

May 2010

Vol.
3/5

Program News

High School Grads Urged to Contact Ed Office

Attention all Chehalis tribal and community members! Graduation is approaching fast for seniors in the final stages of completing their high school education. The Chehalis Tribe celebrates with a dinner and recognition ceremony for graduates and family.

If you are aware of any community or tribal member getting ready to graduate, please contact JJ, Tawni, Jason or Nathan at 360-709-1888 with all their information.

Program Help Members of Two Tribes Get Jobs

By Barb Churchill, Vocational Rehabilitation Program Lead Counselor

The Chehalis/Skokomish Intertribal Vocational Rehabilitation Programs received a grant through the Department of Education for five years! Both tribes have provided a Vocational Rehabilitation Program since 1993 and look forward to serving you for the next five years.

Part of the service we will provide an informational newsletter which will be mailed out three to four times a year. It will offer information on a variety of disabilities, alternative therapies, career tips and success stories.

The purpose of Tribal Vocational Rehabilitation is to provide a culturally appropriate and community-based program of services. Some of the services focus on the individual's strengths, resources, priorities, concerns, abilities, capabilities, interests, and self-informed choices. With these services, clients should be able to prepare for and engage in gainful employment within their communities.

A few disabilities helped by the program include: learning disabilities, post traumatic stress, traumatic brain injury, alcohol/drug addictions, depression and eating disorders. Vocational Rehabilitation Counselors help clients explore and understand their barriers and help turn them into abilities.

We are located in the Resource Center (old clinic) behind the tribal center. Any questions, please contact Barbara Churchill, Project Manager, at 360-709-1633 or Orinda Goddard, Counselor, at 360-709-1735.

Special Nikes Available for Chehalis Tribal and Community Members

The Nike Air Native N7 fitness shoe is the result of nearly two years of research, development, and fit testing, in partnership with the Native American community. The first-of-its-kind performance shoe is built to address the specific fit and width requirements for the Native American foot.

NIKE N7s are being made available for purchase by all Chehalis community and Tribal members. Sizes that are available for men are 6 – 14 and for women are 5 – 12. Cost for the shoes is \$48.00 (includes shipping). Shipping takes about 2 weeks.

If you are interested in ordering a pair of shoes, contact Cindy Beck at the Chehalis Tribal Wellness Center, 360-709-1810.



Honoring Janette Elders: Whiteclaw



■ She treasures the moments she spends with her grandchildren, page 3



Chehalis youth group sends message with music

■ Youth write and record music about suicide prevention, page 2

Six Chehalis Teams Add to the Success and Fun of Tribal Youth Basketball Tournament



Youth enjoyed competing in the first Chehalis Youth Basketball Tournament to be held at the tribe's Community Center. Pictured (L-R) top row are Marvin Youckton Jr., Logan, Coach Ray Lopez, Sr., Brian Ranger, Ray Lopez, Jr., Oscar Jackson, Shawn Youckton, Geo Jack, TJ Pickernell, and Jacob Black. Front row (L-R) are Marcus Youckton, Carla Thomas, Gary Ortivez, III, Jordan Bird, and Coach Bruce Klatush, Sr. Front is Alex Youckton.

By Carla Thomas, Events Coordinator Assistant

We first would like to say thanks to our Chehalis Tribal Youth Basketball Tournament volunteers. Many thanks to Diana Pickernell. She was totally devoted on our opening day of the tournament. She was our official bookkeeper. She stayed throughout the entire day, so thanks so much, Diana, for such devotion!

While she was on the books, her sister, Francis Pickernell, was keeping the clock and scoreboard running. You really deserve props for that one so..., thanks for stepping up and volunteering when we really needed someone! You didn't abandon us.

We can't forget thanking Darrin Jones and Deidra Hawks. They stepped up to the plate and did a game on the score board.

Also there was Ange Youckton, and Bruce Klatush who were there for us in many different aspects of the tourney, taking garbage out, keeping the score book, and coaching when our lil' team needed!

The teams were in three divisions and finished in the following order:

18 and Under Boys
Nisqually - MVP Jordan - All Stars: Kurtis, Rikki
Skok - MVP Tre - All Stars: Berry, Cedric
Chehalis Bobby - All Stars: Bobby Jones, Rikki Sutterliet, Cody
Chehalis Frazer
LaPush
Chehalis Marky - All Star: Marky

See Basketball Tourney, page 4

Huge Storage Building, RV Park are Newest Additions of Chehalis Tribal Enterprises

By Fred Shortman, Editor

Storage Building

You can hardly miss the new building at the main entrance to the reservation along Anderson Road. It's the Chehalis Tribal Enterprises storage building. I'm reminded it is a "storage building" and not a "warehouse" (with lots of coming and going and in and out operations). Indeed, the building is designed to store tribal goods, records, artifacts and other miscellaneous items.

The building is 150 feet wide and 170 feet long, or 25,500 square feet. It is designed with a substantial enough foundation for a future second story mezzanine. The building looks "good size" from the outside but, when I walked inside, I was truly impressed and uttered a "whoaaa!" as I comprehended how massive the area actually is.

The purpose of this structure is to consolidate, store, have access to, and be able to retrieve tribal records, equipment and supplies which were being stored in as many as 15 off-reservation locally-owned, leased facilities. This new building allows for consolidation and provides adequate space for proper filing, easy access, and retrieval when needed.

The interior space is subdivided into secure storage spaces for each tribal department and provides secure limited

See Enterprise, page 4

Multi-Generational Native Women's Health Fair Helps Over 115 Women Stay Healthy with Experts and Workshops

By Christina Hicks, Community Health Coordinator

On Thursday, May 13, the Native Women's Wellness Program held the Multi-Generational Native Women's Health Fair at the new Chehalis Tribal Community Center. We had ladies attend from the Chehalis tribal community, Cowlitz Tribe, Skokomish Tribe, Quinalt Tribe, Oakville, Rochester, Centralia, Chehalis, Olympia, Seattle, and Aberdeen. There were over 115 ladies who attended.

This event was held to support National Women's Health Awareness Week (May 9-15). It was a time for our tribal community women to come learn and take care of themselves: Women are the back bones of our families and communities.

There were 30 vendor tables: The American Cancer Society, National Cervical Cancer Coalition-Pacific NW chapter, Lewis-Mason-Thurston Area Agency on Aging, Olympic AAA, ADSA-Living Well with Chronic Conditions, DSHS, SHIBA, Providence Sound Home Care & Hospice, Native Wellness Institute, SPIPA - Comprehensive. Cancer, Tribal Bear Project, Colon Program, Journey Women, Costco, and Chehalis tribal programs: Native Women's Wellness Program, Clinic, Dental,



Lynn Hoheisel, Diabetes Outreach Coordinator, seen tests Penny Gleason-Wheeler's blood sugar level at the Chehalis Tribe's Womens Health Fair.

Diabetes Prevention, Prevention -Tobacco, Mental Health, Chemical Dependency, Tribal Rez Pet Program, Tribal Housing Authority, Heritage, three different massage tables, reiki, and acupuncture.

The doors opened at 10:00 am with a prayer from Patti Kinswa, a Cowlitz tribal member who brought women from the

See Health Fair, page 4

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2 Chehalis Youth Create Innovative Suicide Prevention Music CD

By Todd Denny, Music Mentor Academies

In April there were 32 youth and 14 adults who gathered for the first ever “Chehalis Tribal Youth Music Academy.” The group spent four days immersed in examining personal challenges they face at home, in their community, and at school. During the Academy, the youth created and recorded an original CD of poetry and songs devoted to cultural preservation and breaking the cycle of violence, alcohol, drug abuse, and suicide. The program, funded entirely by a grant from the Northwest Portland Area Indian Health Board, prepared Chehalis youth for their work as musical peer educators in their community and schools.

The idea for the Academy began with a conversation with Cindy Gamble and Tony Medina, who enthusiastically supported the idea. Amy Loudermilk, tribal planner, provided valuable technical assistance, as did the Chehalis Business Committee, that provided a letter of support to the grant proposal reviewers. Amy stated, “The grant was a great fit and an exceptional project to work on for our youth.”

Under the guidance of Tribal Youth Program Director Tony Medina, Heritage Program Coordinator Elaine McCloud, and Music Mentor Academies (MMA) Program Directors Todd Denny and Jose Gutierrez, the tribal youth were deeply involved in creating a poignant CD. Gutierrez observed, “It’s always powerful when youth and elders communicate. The Academy helped facilitate that connection. Initially shy attendees quickly warmed to express their personal feelings about suicide, a difficult and important issue for all tribal communities.”



Youth enjoyed spending the weekend creating and recording music for the first ever Chehalis Tribal Youth Music Academy. Pictured (L-R) top row are Tony Medina, Todd Denny and Elder Elaine McCloud. Middle row (L-R) are Issack Hofstetter, Denay Young, Savanna Bird, Kiahra Pickernell, Valerie Pickernell, Jerry Youckton, and Kathy Horn. Bottom row (L-R) are Mei-lien Tanner, Daniel Gitchell, Bradley Gitchell, Jordan, Nathan Wittwer, Roberta Youckton, and Jubilee Kainz. In front is CJ Youckton.

Kelly Horn of the Washington State Youth Suicide Program presented a Youth Allies Workshop that focused on three critical areas: Show you care -- Ask the question (are you thinking about killing yourself?) and -- Call for help (1-800-273 TALK.) She said, “The more we build protective factors for our youth, the less likely they are to become depressed and, possibly, suicidal. The Music Academy serves as a protective factor in that it provides a way for youth to express their thoughts and feelings in a productive, healthy way. It allows them to share a message of hope to others.”

Elder Elaine McCloud remarked, “I have a personal interest in the project since my sister died from complications of a suicide

attempt. I tell my story and share my pain so hopefully it touches someone and helps support prevention. The kids were enjoying themselves once they got comfortable, working hard yet having fun. The use of music to spread the message about suicide prevention really touched me.”

Sindick Bura and Kurtis Kelly, members of the Nooksack music team, helped fuel the passion for music creativity with high energy musical performances and youth song writing mentoring. MMA staff, including professional recording engineers and musicians, worked with youth, parents and elders to record both traditional and contemporary music.

The wide range of talent included budding poets, traditional drummers, and

hip hop girls. The Academy included daily suicide awareness workshops, music and poetry project development as well as jam sessions. Todd Denny said, “Our goal is to break the cycle of secrecy and denial regarding suicide in our Native communities. To achieve this, there were frank conversations with young tribal members. We are taking an important step toward health for future generations.”

Though the Academy ended in April, the music created by the Chehalis youth lives on. Follow-up visits with the youth are preparing them to present their music as peer educators at a community CD release celebration this June. Watch for flyers. A unique component of the Academy enables tribal youth to evolve into an ongoing peer education group which will continue to attract other youth. The final CD will include over 28 songs professionally recorded for distribution to the participating youth and the community.

Program partners that were instrumental in accomplishing the music program goals are the tribal youth program staff, including the Chehalis Business Committee, Youth Program Director Tony Medina, Tribal Health Program Coordinator Cindy Gamble, Heritage Program Coordinator Elaine McCloud, Grant Writer Amy Loudermilk, the Northwest Portland Area Indian Health Board, the Washington State Youth Suicide Program and the crucial component of Chehalis parents, elders, and family.

For further information, contact Todd Denny, Director, Music Mentor Academies at 360-866-7140 or email info@ToddDennyMVP.com

Oakville Senior Honors Chehalis Basket Weaving Tradition for Cultural Arts Credits

By Diane Devlin, Cultural Coordinator

On May 14, 18-year-old Shelby McCrory featured her basketry skills for the tribal community at the Gathering Room located in the new Community Center. Shelby taught a cedar weaving class to demonstrate the skills she had engendered from years of watching, learning and finally doing. Shelby showed participants how to make cedar woven graduation caps. In recent years, tribal students who graduated from public schools have opted to wear a cap woven from cedar, rather than the customary cloth cap. The class turned out to be a big hit.

Shelby, a senior at Oakville High School, spent the past two years with the Chehalis Tribal Cultural Program developing her basket weaving skills from gathering to final product. Shelby began recording her school project last year. She wanted her Senior Cultural Art Theses to showcase Chehalis basketry and allow herself to carry on the art of basket making in her family.

Shelby comes from a long line of notable basket weavers. Her great-grandmother is Master Basket Weaver Katherine Barr and aunts include Master Basket Weaver Cindy Andy and Master Basket Weaver Marie Griswold. There is a saying in my family that we use when we see a person who picks up the art of weaving so easily: We say, “It is in the blood.”

Shelby not only picked up the art of weaving, she has the skills to teach others as well. Last year Shelby was selected as one of a few “Youth Featured Weavers” during the 2009 NNABA National Basket Weavers Conference held at the Great Wolf Lodge. Shelby was delighted to share and pass on her knowledge of weaving to eager younger weavers from around the country.

When told by her instructor during her junior year at Oakville High School that she needed to develop and implement a Native art project for a cultural art credit prior to graduation from high school, Shelby had no doubt in her mind what she wanted her project to be. Shelby wanted to give back to the community by sharing her weaving talent she had learned from her family, and acquired while participating in tribal sponsored weaving classes.

Shelby took it upon herself to attend “The Red Cedar Hat Club”

classes on Thursday evenings, where she picked up all kind of tips and stories about gathering and weaving from the elders.

Note: Tribal elders who share a love for weaving meet on Thursday nights and help community members with weaving projects or teach new ways to work with weaving materials. The name “The Red Cedar Hat Club” was a nix-name we gave ourselves one evening and it just stuck.

Recently Shelby accompanied the Tribal Cultural Coordinator on a cedar pulling trip. Each year the tribe issues cedar gathering permits to tribal members for the purpose of gathering and preparing cedar bark for basket making. Shelby learned there are traditional rules to follow when gathering basket materials, rules that have been passed down from generation to generation. In addition to the types of tools we use to pull the bark, she also learned what we do not do. For example: We never take more than a fourth of the bark from a tree, so as to guarantee the tree’s continued life.

Shelby learned many more gathering rules and techniques: We only gather from female trees. We can begin to gather as early as March. Later in the summer it is best to travel up into the mountains to gather bark. No bark is ever gathered in the fall or winter. Before the pulled cedar bark is brought home, the puller must clean the outer bark off the ribbon-like bands that were extracted from the trees. The cleaned bark is then rolled up and tied for easy packing.

The cedar Shelby pulls is stored by hanging it in a dry, covered space. Often cedar is stripped into one-inch, half-inch or quarter-inch strips for weaving baskets. When Shelby is ready to make a basket, she splits the strips of cedar until they are paper thin for the best results in weaving a fine basket.

The great thing about seeing our younger people learning to weave is that we know we have done our job and the art will not die with us, but will be honored for another generation. The task then falls to those we have taught to pass it on, so our traditions will live on. Shelby McCrory is doing just that.



Shelby McCrory is an Oakville High School Senior who has made the commitment in passing on weaving traditions.

Youth Learn Language, Cedar Work While Making Gifts for Moms

By Fred Shortman, Editor

In April youth made an assortment of gifts for Mother’s Day. What a special way to honor mothers and recognize the love and time they commit to raising their children. The children attended classes in the Cultural and Youth Center classrooms. They were focused and committed to finishing their projects so they could present them to their mothers.

Cultural Center

At the Cultural Center classroom, children decorating flower pots and making handmade cedar roses. This two-day class involved decorating pots with Elders Sally Pikutark and Diane Devlin. Their commitment greatly assisted the completion of these Native gifts. The youth were also assisted by Elder Elaine McCloud in the making of cedar roses. On a special note, Dan Penn, Language Coordinator, had “Happy Mothers Day” in the Chehalis language placed on each individual pot



and the youth learned how to say “Happy Mother’s Day!” when they presented the special gifts.

Youth Center

Youth Center staff Theresa Pannkuk and Marla Medina provided craftwork supplies like bobble heads, cups, flower pots, and flowers for the youth to make Mother’s Day gifts. Jerry Youckton and Theresa Pannkuk encouraged the children use paint pens to decorate their little bobble heads. The youth displayed their artistic concepts choosing different arrays of colors to paint with. They personalized their bobble heads by trimming the photos and gluing their smiling faces onto them. Youth smiled and laughed, thinking about what their mom, grandma or aunt would think of their personalized, handcrafted gifts. Others were seen decorating cups or putting together flower arrangements for their mothers.

Volunteers always make it successful, and many thanks to Valene Klatush, and Frank Boyd. It was great watching the youth work on their projects.

Elders and youth work together making traditional Mother’s Day gifts at the Cultural Center.

Chehalis Tribal Newsletter



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



Honoring our Elders: Janette WhiteClaw

“..enjoys time with her grandkids and reading the Bible...”

Jeanette WhiteClaw was born to Elsie (Beckwith) and Alfred Pepion. She is 64 years old. Her maternal grandparents were Lizzie (Williams) and Ernest Beckwith. Her paternal grandparents were John and Julia Pepion. Her only sister, Carol, has already passed on.

Jeanette’s mother, Elsie, had five brothers and four sisters, and her father came from a large family from the Blackfeet Tribe in Montana. He had nine brothers and ten sisters. Several of her father’s sisters lived to be over 100 years old.

Jeanette has five children; three sons and two daughters from her first marriage. She has 27 grandchildren and eight great-grandchildren. She has been married to Richard Hazen since 1997.

Elsie raised Jeanette and her sister, Carol, by herself. She spent much of her childhood in California. Jeanette went to school in Eureka, California, until the middle of 11th grade, then she got her GED. She remembers her mother attending beauty school for a year, but she didn’t pursue that career choice. Her mother enjoyed washing dishes and continued being a dishwasher up to a year before she died.

Jeanette looked forward to coming home during the summer to her Grandpa Ernest Beckwith’s house. Her grandmother had died in childbirth and her grandpa did his best to raise all nine kids on his own. She was real close to him. She considered herself one of his favorites, along with Albert Ortiz, Jr.

In the summer they would go blueberry picking and then go swimming. He would set his net, and in the evening he would go check his nets and go sell his fish. Jeanette says he taught her so much from how to drive a car to how to play slahal. She remembers asking if she could practice driving the car and he said she could. She drove round and round: It seemed like for over an hour. Her grandpa had gone in and took a nap, and when he woke up and saw Jeanette still driving, he poked his head out and hollered at her to “bring that car back.”

Her grandfather had two beautiful gardens. In the summer he was always getting food ready for the winter, but he would find time to lay a blanket out, and she would get to lay in his arms and take a nap. She said she would have beautiful dreams while she slept in Grandpa’s arms. She

remembers he would give her anything she asked for like money or a camera.

Jeanette remembers once when she and Albert Jr. finished early from picking blueberries, so they went to the river to fishing. Because they hadn’t returned from berry picking, her grandpa started worrying about them. He searched the farm where they were supposed to be berry picking, and discovered they weren’t there. He was really worried and didn’t know where they could be. When he finally found them, he was so mad he punished them by saying, “No dinner, ice cream, and no swimming.” When he finally calmed down, he ended up cooking the fish they had caught, and taking them swimming anyway. He told them that, more than anything, he was just worried about them.

When Jeanette was visiting during the summer months, she became good friends with Janice Beckwith and Lorraine Klatush. Jeanette remembers walking over to Lorraine’s to visit. Lorraine had a boyfriend, but Jeanette remembers she wasn’t allowed to have a boyfriend. So she would ask Lorraine all kind of questions about having a boyfriend. When she asked Lorraine if she kissed him and Lorraine said yes, Jeanette remembers she acted like a typical preteen girl and got all giggly.

When she was about 13, she had a boyfriend in Little Boston at the Camp Meeting. They didn’t do anything but sneak a kiss. Her grandpa had a little book that he wrote information in and he wrote, “Jeanette has a boyfriend.”

A bunch of kids had gone to the beach

and had jumped into the water. Jeanette said they were smelly and dripping wet. Somehow her grandfather discovered that she was with her boyfriend. The rumors were that they were “getting too friendly.” When she returned from swimming, he grabbed her and marched her in the church all wet and smelly. Later, when he found out who the boyfriend was, and what had really happened, he tore the pages up. He had mistakenly though her boyfriend was an older guy.

Jeanette stays at home these days, dedicating her free time to her grandchildren by babysitting. She says she treasures every moment she spends with them. She also reads the Bible and goes to church.

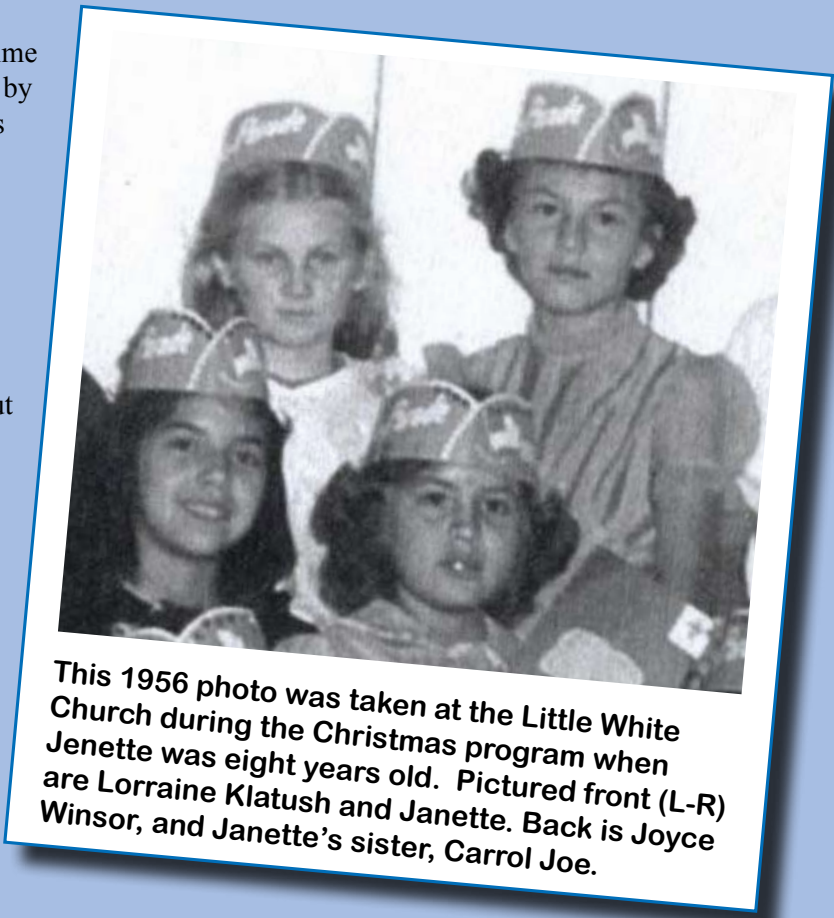
Jeanette is very frank when asked what she thinks about the tribe today. She feels discouraged due to the outside influence of non-Indians working for the tribe who don’t understand our ways. “It’s not like when Grandpa was on the Committee,” said Jeanette. “It was all volunteers



Janette smiles and waves a greeting to her fellow Elders as she and her husband arrive at the Elders Christmas dinner.

back then, people did not getting paid for their time, so they worked at it because they believed in the tribe. They had good, friendly relationships.”

She has words of encouragement for our youth. “Respect your elders. Our children should be encouraged to respect each other and make good sound decisions, like our parents did with us in the past.” And, she has suggestions on how to improve opportunities for our youth. “It would be nice to see more activities for them to keep them out of trouble.”



This 1956 photo was taken at the Little White Church during the Christmas program when Jenette was eight years old. Pictured front (L-R) are Lorraine Klatush and Janette. Back is Joyce Winsor, and Janette’s sister, Carrol Joe.

Elders Can Continue Living at Home by Using These Easy Safety Tips

By LaVonne Fox, PhD, OTR/L

For the majority of Native American elders, living at home is their preference and, in most cases, is the preference of their families. The main reason elders have to leave their homes is because they have fallen and hurt themselves. There are simple changes you can make in your home that will make living at home safer and more comfortable. Most of the tools and products you need to make these changes are available in your local hardware store or home improvement center. You can begin making some of these simple changes right now.

Increase Lighting Throughout Your Home

- Open the curtains and use natural light.
- When light bulbs burn out, replace them with higher wattage bulbs; especially the lights over the counters and stove in the kitchen, in the bathroom, on porches and sidewalks, and in entrance halls and stairways.

Walk Safely

- Remove all rugs that you could slip or trip on.
- Remove clutter in the hallways, doorways, and stairs so you can walk safely and easily through your home.
- Remove or replace any worn or torn carpeting and linoleum. Nail down trim or floor boards that are uneven or sticking out.
- Make sure no nail heads are sticking out.
- See if someone can put handrails in the hallways so you have something to hold

- on to for support and balance.
- Wear shoes or slippers that are flat, nonslip, fit well, and are comfortable.
- Have someone help you move furniture and extension cords in each room so you can move around safely without tripping.
- Paint or put bright colored tape along the edges of steps so you can see where each step begins and ends.

Make Your Bathroom Safer

- If it is hard to sit on the toilet, you can buy a piece that attaches to your toilet set to make it higher so you don’t have to bend down as far.
- Change your showerhead to one that allows you to control how hot the water is so you don’t burn yourself.
- Put non-slip strips or a rubber mat on the floor of the tub or shower so you don’t slip and fall.
- Have someone put grab bars around the bathtub and near the toilet so you have something to hold on to. All that is needed is a screwdriver and tape measure.
- If you have trouble balancing or get tired easily when taking a shower, buy a bath bench to sit on while you shower. It’s safer and makes it easier for you to take your shower.

If you are interested in some grab bars, shower mats, walkers, canes, or a portable toilet, and you are an elder, please contact Christina Hicks at the Chehalis Tribal Wellness Center at 360-709-1741. You must be an elder over age 55.

Two Kinds of Bankruptcy Get Clear Explanations

Bankruptcy is a legal proceeding for people or businesses unable to repay their outstanding debts. The two most common types of personal bankruptcy are Chapter 7 and Chapter 13 – named for chapters of the Federal Bankruptcy Code.

Filing for bankruptcy is generally considered a worst-case scenario because the results are so long-lasting and far-reaching: Bankruptcy can remain on your credit report for up to 10 years and make it difficult to obtain credit, buy or rent a home, get insurance or even a job.

It’s also expensive and complicated: Chapter 7 bankruptcy can cost thousands of dollars in up-front lawyer’s fees, plus fees for a court filing, mandatory credit counseling and budgeting courses, and Chapter 13 is even more expensive. Under Chapter 7 (“liquidation”) bankruptcy, an administrator or trustee is appointed to sell most of your assets, aside from certain exempted necessities such as your primary residence, a car, clothing, home furnishings and work tools. Pensions and 401(k) accounts are usually protected as well.

Once assets are liquidated, the trustee distributes the proceeds to your unsecured creditors. In exchange, many unsecured debts, such as credit card and medical bills, are forgiven, or discharged. However, secured or fixed debts, such as mortgages, student loans, taxes, alimony and child support typically are not erased.

Eligibility for Chapter 7 is determined by a “means test” which requires you to confirm that your income does not exceed a certain amount. The court uses the means test to determine whether or not you have sufficient money available to make at least minimal payments to creditors under a Chapter 13 plan. If you fail the means test, your case will be dismissed or converted to a

Chapter 13 filing.

Chapter 7 bankruptcy typically remains on your credit report for up to 10 years. Also, you must wait eight years after having debt discharged before filing again.

Under Chapter 13 (“reorganization”) bankruptcy, debtors with steady income are allowed to keep property they might otherwise lose, in exchange for agreeing to use future income to repay creditors over a three-to-five-year period. You are assigned a trustee with whom you develop a proposed debt repayment plan.

The bankruptcy court decides whether to accept or alter the plan, or to dictate another plan. After it’s approved, both you and your creditors are bound by the plan’s terms. Generally, you make payments to a trustee who in turn distributes the funds according to the plan’s terms. Once all payments are completed, the court will formally grant a discharge of your debts.

Chapter 13 bankruptcy typically remains on your credit report for up to seven years. Also, you must wait at least two years after having debt discharged before being able to file Chapter 13 again.

Under bankruptcy law, before filing for bankruptcy you must first receive credit counseling from a government-approved organization within six months before filing. To find an approved credit counselor in your area, visit the U.S. Trustee Program at www.usdoj.gov/ust

In addition, after filing but before your debt is discharged, you must also complete an approved debtor education program. (Go to www.justice.gov/ust/eo/bapcpa/ccde/de_approved.htm to find one.) You must receive certificates of completion from each program in order to proceed with your bankruptcy.

4 **Basketball Tourney** (continued from page 1)



In the 18 U girls division pictured here is Taholah playing Chehalis during the Youth Basketball Tournament. The game was very competitive and everyone had fun as they demonstrated their basketball skills on the court.

18 and Under Girls

Taholah - Iya, Alicia
Chehalis - Jordan, Tammy

14 and Under Boys

Chehalis Marky - All Stars: Geo, Jacob and Jordan
Chehalis Ray Ray - All Stars: Oscar, Shaun, Logan

This was a fun, happy-go-lucky opening tournament. It was an exciting one to say the least. There was the very first-ever Point Contest (first ever in Indian Ball). Everyone was invited to participate. Our own Kayley Trott from the Chehalis Tribe took it for the girls division. Dustin Larkin won the boys division. The winners of this event received \$20 cash prizes. It was a lot fun and we should make this an annual event.. Aaaye.

Another new one for us is the MVP’s from our 18U championship game, receiving \$100 cash prizes. Winners of this were Cedric of Skok (2nd Place) and Jordan of Nisqually.

As you can see, the Chehalis Tribe was represented by having six teams in the tournament. This was awesome because without them this whole thing would have been canceled...couldn’t have that! It was to our unfortunate timing that we scheduled

our tourney the exact same time as Nisqually’s tourney. Next year we’ll have to schedule this one earlier in the tournament season, so be looking for us earlier in the year next year.

The most outstanding person in the whole tournament would have to be Marcus Youckton. He has a great attitude about the game and about helping out in whatever needed to done to make things happen. He wanted to play on a team in every division, but he cut his hair and couldn’t find enough girls that wanted to play...lol.

But seriously, he kept himself involved in this tourney in two different brackets the 14U and 18U. In the older bracket where his lil’ team was struggling, he had came to me and said, “I know Auntie, all I have to do is play hard all the way through this win or lose, right Auntie?” I answered, “Right Marcus, play hard and have fun doing it!” (They came back from being down by 17 points and made it a close game losing by only 2 points).

He also is part of the Canoe Family and they were running concessions, so of course he was in there getting orders out as we arrived (8 am!). I’m very proud of this lil guy. He is a great leader and I’m proud to say he is my nephew!

2010 Fisheries Steelhead Season Successful

By Andy Olson, Fisheries Biologist

The Chehalis Tribe Fisheries Program is staying busy even when they aren’t fishing. The new fish hatchery has been opened and fish are in the building. Sheena Tanner is happy to have some fish to care for, and looks forward to watching them grow. The fish are Rainbow Trout that will be released at the ponds property for the Fatherhood Fishing Day on June 18th. More fish are in the works and eggs will be online in the near future. Hopefully some of the fragile runs can be helped by the Chehalis Tribe’s conservation effort and recovered with the hatchery.

The Steelhead season wasn’t as bleak as the Spring Chinook last year, as good numbers of fish returned and we had lots of large fish caught. The fishermen began to catch Steelhead in December and fished until February operating on a two-day-a-week schedule. The fishermen made just over \$18,000 and paid over \$500 in fish tax to the Fishermen’s Fund. The Steelhead averaged over eight pounds, and the biggest fish was over 23 pounds. During the 2009-

2010 Steelhead season, there were usually excellent flows for fishing and 15 fishers participated. The new fish house was really nice to enjoy with amenities like the new digital scale and the large two-room walk-in cooler. The space available for us is great and we look forward to expanding the use of the fish house with processing.

We didn’t have any major flood this year, so impacts on fish from them should be small, and the downstream migrant trap has counted lots of Spring and Fall Chinook and thousands of Coho. Hopefully ocean survival conditions are good and we can look forward to an upturn in the number of fish returning to the Chehalis.

The Spring Chinook forecast doesn’t allow for a commercial fishery this year, but the Salmon Ceremony fish will come from the Chehalis River and there will be a Tribal Salmon Ceremony for 2010. The fishermen all remember what happened in the 80s with Spring Chinook, and nobody wants a return to those days with returns of less than 300 fish. Last year there were only 650 Spring Chinook counted on the spawning grounds. The forecast for this year is even lower than last year so these fish need to be protected.



Sheena Tanner, Hatchery Technician, releases Rainbow Trout into the rearing troughs at the Hatchery. These fish will be grown before releasing them on the pond’s property for the Fatherhood Fishing Day in June.

Enterprise (continued from page 1)

access. Space was designed in collaboration with the various heads of the departments. The building was built at the direction of the Tribal Council for all the right reasons, and the various departments and their staff members are looking forward to enjoying the benefits and efficiencies of their improved storage building for years to come.

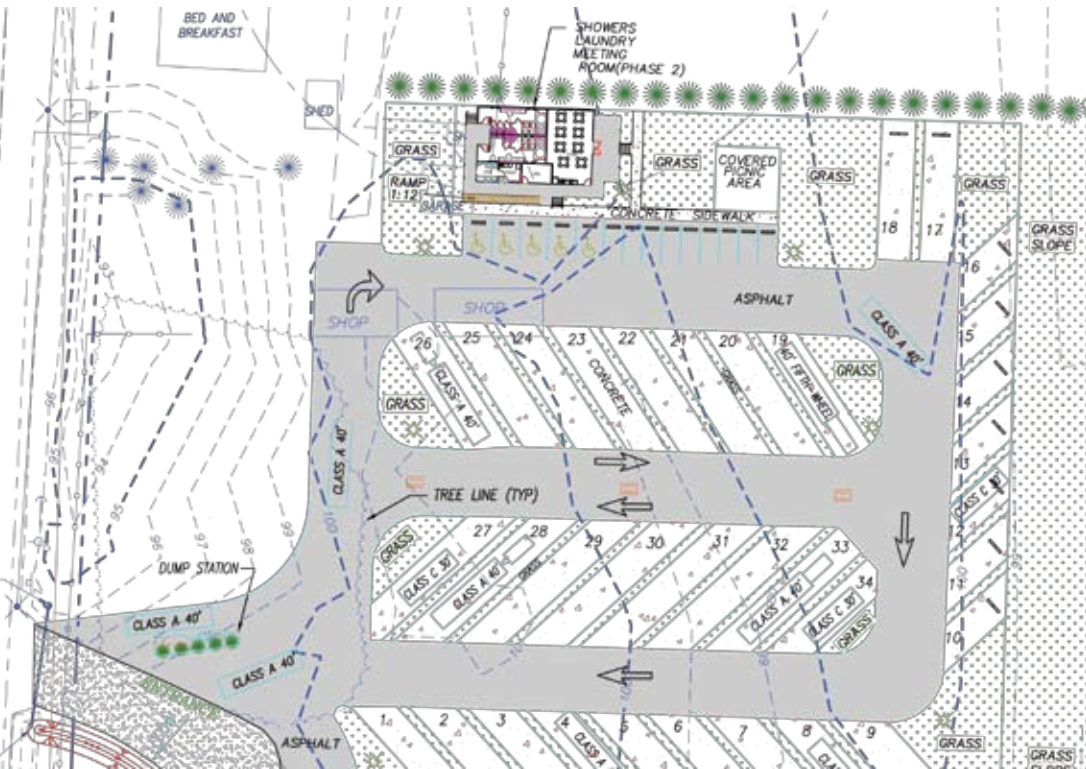
RV Site, AKA “Mt. Chehalis”

The elevation of “Mt. Chehalis” stands at 120’ above sea level. Not much of a mountain, perhaps, but that is one, big pile

of dirt. Perhaps you’ve noticed it. It’s at the north end of the reservation across from EOT II along Anderson Road.

The 2.6 acre site is being developed by Chehalis Tribal Enterprises as a 34-site RV park, complete with water, electricity, WiFi, and a sanitary dump. “Mt. Chehalis” was created as the first stage of site preparation and it will soon disappear as the work on the site progresses. Confederated Construction Company (CCC), the tribe’s construction entity, is the prime contractor for the RV park.

Chehalis Tribal Recreational Vehicle Park Site Plans



Updating Your Current Address with the BIA Can Find Big Money

Whereabouts Unknown (WAU) is the term used for an Individual Indian Money (IIM) account whose owner’s current address information is not available to the Office of the Special Trustee for American Indians (OST). Some WAU accounts have thousands of dollars just waiting for account owners!

Two account holders were glad they stopped by the OST outreach booth at an American Indian festival in August of 2009. When the account holders updated their address information, they found that one account held more than \$14,000 and the

other had a balance over \$6,000. To find out if you have a WAU account, go to the OST website at www.doi.gov/ost/wau. Each of the listed names represents an account which may contain money for the account owner. However, some accounts have only land ownership interests. The Trust Beneficiary Call Center (TBCC) is another source to check. Call the TBCC, toll free, at 1-888-678-6836 Monday through Friday from 6 AM to 5 PM, and Saturday from 6 AM to 11 AM.

Health Fair (continued from page 1)

Cowlitz Tribe. The ladies were given a raffle ticket, and a passport, which they took to each table for someone from each table to initial. Once this was completed, it was returned to the registration table for a gift bag. Each gift bag included breast health information, pink ribbon car magnet, key ring, bracelet, sun screen, lotion with SPF 70, and a pedometer.

The passport created interaction, ensuring that all tables were visited, and information was exchanged. Along with the blood pressure and diabetes screenings, H1N1 shots were also available. All the ladies had their pictures taken. They were printed on the spot and given to them in a frame.

There were also four different workshop presentations:
■ Jutta Riediger from Tribal Bear Program did a 30-minute presentation on Hepatitis C, STD’s and HIV/AIDS.
■ Pat Odiome, Diabetes Prevention Manager, did a healthy cooking demo and made homemade “chili mac.”
■ Theresa Youckton, a Chehalis tribal member, talked about the importance of women’s health screenings, monthly breast exams, CBE, and mammograms, and talked about her own battle twice

with breast cancer and answered questions from the audience. Christina Hicks also talked about the NWWP, and mentioned that each of the SPIPA tribes have this program. She also asked the ladies who did monthly CBE and mammograms to raise their hands, and also asked those who haven’t done these screenings to raise their hands. Only a few hadn’t had a mammogram.

■ Lori Stone, from the National Cervical Cancer Coalition-NW Pacific Chapter, did a presentation on HPV, cervical cancer, and screenings, and answered questions. All these workshops had about 35 in attendance.

There were door prize raffles every 30 minutes, the grand prize being a one night stay at the Eagle’s Landing Hotel. Also given away were two \$50 Lucky Eagle Grand Buffet gift certificates, two \$25 Shell gas cards, candles, relaxation gifts, T-shirts, bags, travel mugs, aprons, bath sets and lots more.....

Thanks to the many sponsors that helped make this a successful health fair: AVON, DOH-tobacco funds, the Northwest Portland Area Indian Health Board, and the Office of Women’s Health.

Men’s Health Fair

Wednesday, June 2
4 PM - 7 PM
At the Community Center
Gathering Room

There will be a barbecue, over 20 vendors. Grand prize raffle: STIHL chainsaw, Cabela gift cards, 1 night stay at Eagle’s Landing, gas cards, and more. A free-throw shooting competition and lots of information about staying healthy. Contact Christina Hicks at 360-709-1741.

Facilities Master Plan

Thursday, June 3
4:30 PM - 6:00 PM
at the Community Center

The facilities Master Plan looks at buildings, sidewalks, open space and parks. The Plan focuses on the land between Howanut Road and Secena Road, and from Anderson Road to Niederman Road. Come see how your ideas have fit together into plan options, and share your thoughts on the proposed options for future development on the reservation. Please contact the Planning Department at 360-273-5911 or Ena Myers at 360-709-1811 or email emyers@chehalis tribe.org.