**Program News**

**Great Wolf Lodge Updates on Lodging and Training**

The Great Wolf Lodge tribal rates for reservations may now be made only for Family Suites, Kid Cabins, and Grand Bungalows. The Lodge asks that tribal members not request other rooms, as those rooms are sold at a much higher rate which benefits all of us. The Great Wolf Lodge needs 50 to 60 lifeguards immediately! Training is offered on-site and tribal members are encouraged to apply. Pay is minimum wage. Contact Human Resources for the application, and be prepared for an on-site interview. Be sure to put “Tribal Member” at the top of your application.

Any questions or to make a reservation contact Lindsey Finn or Sean Lynch at 360-273-7718 or email lifeguards@greatwolf.com. The Great Wolf Lodge will be closed from September 19 at 5 PM and reopen on September 24 at noon for their annual deep maintenance.

**Plan Now for Your Sports Physical**

This is a reminder to any tribal and community youth who plan to participate in school sports this year that the clinic is providing sports physicals. Doctors and available days are:

- Dr. Sine: Monday, Tuesday, and Wednesday
- Donna Elam: Wednesday, Thursday, and Friday
- Contact me at 360-709-1726 and leave your new mailing address. Many important tribal documents, including this newsletter, will not be forwarded without this information.

**Applications Available**

Looking for work? Please contact the following to see what positions are available.

- **Entreprises**: Contact Anna M. Hartman at 360-273-1251 ext 112 or email ahartman@chehalistribe.org
- **Tribal Center**: Sylvia Cayenne at 360-709-1508 or email scayenne@chehalistribe.org
- **Lucky Eagle Casino**: Allison Carter at 360-273-2000

**Moved Recently? Let Us Know, and Get Your Mail**

By Fred Shortman, Editor

If you have recently moved, or are planning to move, make sure you contact me with your new mailing address. Many important tribal documents, including this newsletter, will not be forwarded without this information.

If you have not been receiving this newsletter, or other important tribal information including per capita, please contact me as soon as possible. I will forward your new address to appropriate departments.

Contact me at 360-709-1726 and leave your name and new address or email me at fshortman@chehalistribe.org.

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**Interesting Information on Page 3:**

- The Story of the Flood: A Chehalis Legend from our archives.
- Classic Car enthusiasts share their love of the hobby at the Lucky Eagle Casino.
- Mom Recognized for leading the way on healthy eating habits

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**Youth learn cultural activities during summer**

- Youth taught how to harvest, clean and dry materials for weaving by elders, page 2

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**Tribal Enterprise Opens New Fast Food/Casual Dining Restaurant in Grand Mound**

By Fred Shortman, Editor

The Chehalis Tribal Enterprise opened a new fast food/casual dining restaurant near the Great Wolf Lodge on Old Highway 99 on July 14th. The Burger Claim is a combination of fast food for those in a hurry, or slow-down to enjoy a meal with your family. The restaurant has been well received by everyone who has eaten there. Managers Don and Rena Morris is being over 30 years of experience to this new enterprise. Rena commented, “When the Enterprise asked us if we would be interested in running this new venue, we jumped at the chance. The Chehalis Tribe has always been considered our family! It’s great to be back. We’re thankful for the opportunity to make Burger Claim a success.”

As you enter the restaurant the theme originated by Don and Rene is immediately apparent. From the name “Burger Claim” to the gold rush theme on the building and old cut-outs of famous prospectors inside, customers are drawn into the atmosphere. The Burger Claim has both indoor seating and a drive-thru with booth seating in separate areas named Chechako Camp, Cripple Creek and the Chilcoot Room. Plans are being explored to expand the Chilcoot Room into a party room with a flat screen TV and Wii games for children’s birthday parties.

The food is great too. You can order wrapples, pancakes and omelets made fresh along with eggs cooked the way you like, unlike most fast food restaurants. What more could a hungry miner ask for while eating a meal surrounded by a Chehalis culture of gold rush days?

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**Health Fair Offered Many Options Encouraging Men to Maintain Good Health**

By Cindy Beck, Patient Navigator for the Colon Health Program

Men’s Health was the focus of the health fair attended by 70 tribal and community member at the Community Center on Wednesday, June 2nd. Over 20 vendors were available to share their expertise with participants including massage and reiki sessions. Other activities included drum making and a free-throws competition (the top shooters were all over 40 years old!). The Lucky Eagle Casino prepared a healthy barbecue dinner, of assorted burgers: veggie kabobs and fruit. Prizes were raffled throughout the evening, with a grand prize of a chain saw, awarded to Martin Estrada. In order to enter the raffle participants visited and received a signature at each booth, then received a ticket to enter the drawing. The primary sponsor of the event, The Colon Health Project.

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**See Awards, page 4**

**See Burger Claim, page 4**

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**See Health Fair, page 4**

Booths provided information and answered questions during the Men’s Health Fair. Gianna McManus from the community acupuncture studio in Olympia shared information about their program to (L) Tazha Powell and (R) Robert Cayenne.
Youth went on field trips to gather sweet grass along the harbor and learned about harvesting techniques in preservation. When the harvest was complete, pictures (L-R) top row are Leo Daniels, Tony Medina, Savanah Bird, Latishea Medina, Tony Briggs, Manager of Trans Alta, to gain permission for the tribe to gather cattails on Trans Alta’s property. The wetlands surrounding the Trans Alta property are ideal for the natural growth of the cattail. The bus left at 9:30 AM Thursday morning filled with youth ready to learn all about cattail gathering. We met the Steam Plant Manger at the State Park just outside of Trans Alta and followed him to the back side of the Steam Plant’s property where our traditional gathering place of cattails where growing by a small pond.

Tony and Jerry assisted in directing the youth during the trip. As we gathered the cattails we learned about where and why cattail grows in wetland areas. The youth knowned how to identify the male and female cattails and why that is important, as well as how to identify the male cattails. They worked as a team, with some cutting the cattail while others carried the stock to the base camp. At base camp youth were busy stringing off the dead outer husk. Others used rubber bands to group the bundles of cattail into kits preparing the material to make baskets. There was a bit of a delay due to questions for a picnic, but Mother Nature called the shots and the program went to plan “B”. Both the cattail and sweet grass gathering trips were planned to teach youth that gathering the basket materials is just the first step, cleaning and preparing the materials is also part of the process. Our Basket Culture is a living part of our Tribal Life and the kids are helping to keep it alive by learning where our traditional gathering places are and how the Chehalis People gather and care for the basket materials we use. The kids did a great job and created some true art in the process.

Youth Learn from Elders to Gather Traditional Basket Making Materials

By Diane Devlin, Cultural Coordinator

Youth, ages 5 to 14, who participate in the Youth Program learned first-hand how to gather and prepare cattails for basket making on July 15. Under the direction of Tony Medina and Jerry Youckton, who transported them, the youth traveled to the Trans Alta Steam Plant in Centralia, Washington to gather cattails. Mark White from the Tribal DNR Program and the Chehalis Tribe Cultural Program met several times with Tony Briggs, Manager of Trans Alta, to gain permission for the tribe to gather cattails on Trans Alta’s property. It was a hot, fun filled day as everyone took and enjoyed the day off we stopped at the park to eat.

After the cattail was loaded up the bundles were transported back to the Community Center. The youth were quizzed on what they had learned that day. They did a great job answering the questions. To finish the day off they stopped at the park to eat. It was a hot, fun filled day as everyone enjoyed cooling off and took a swim in the Skookumchuck River. At the end of the trip youth unloaded the cattail and laid them out to dry in the sun. The cattail was rotated everyday for a week to completely dry them before we started the next steps in processing. The following week the youth helped to clean and cut the cattail into kits preparing the material to make cattail drums and baskets. The final step will be for the youth to make an item as they can be proud to say they gathered and made themselves. On Thursday, July 22, the Youth Program traveled outside of Hoquiam to a traditional gathering place in the bay area to harvest the sweet grass materials. They learned how to pull the sweet grass, and how to cut the grass from the mud flats. Traditionally, twisting the stems at the base of the plant was the way we gathered, but the roots are pulled out in the process then the plants do not return. To insure the return of the harvesting area it is also acceptable to cut the plant at the base of the stem if the pullers are not able to correctly twist the plant out at the base. Over the years we have seen the harvest beds of the sweet grass grow smaller and smaller. Where once there was a vast amount of sweet grass, it has now dwindled to a minute area. Tribal people are not sure why this happened, but in order to protect this precious resource we continue to teach both ways to harvest sweet grass.

The Youth Program placed the sweet grass in garbage bags to bring back to the community center. Youth Program Director Tony Medina and the Youth Program staff Jerry Youckton, Marlita Medina and Teresa, got the group to the traditional Native American camp site to eat at McDonalds. Okay, just kids being kids and having a picnic for a picnic, but Mother Nature called the shots and the program went to plan “B.” Both the cattail and sweet grass gathering trips were planned to teach youth that gathering the basket materials is just the first step, cleaning and preparing the materials is also part of the process. Our Basket Culture is a living part of our Tribal Life and the kids are helping to keep it alive by learning where our traditional gathering places are and how the Chehalis People gather and care for the basket materials we use. The kids did a great job and created some true art in the process.

Youth Succeed in Babe Ruth Division at District and State Baseball Tournament

By Charlotte Lopez, Team Mom

Four Chehalis tribal youth were selected to play for the 13 Year Old Thurston County All Starr Baberuth team. Pictured are (L-R) are Coach Marvin Youckton, Jr., Greigh Hill, Oscar Jackson, Shawn Youckton, Brian Ranger, Ray Lopez, Jr., Brel Casoy, Coach Mraw Hill, Coach Ray Lopez, Sr., Bottom Row (L-R) Dakota Cleeves, Dakota Deal, Lucas Eastman, Oscar Hernandez, Garry Ortiz, Jr., Andy Sommer, Johnny Archia.

In exciting and competitive games at the state level they lost by one run each to the first and second place teams. The South Thurston All Stars ended the season as third in state. Commenting on their play Ray Lopez and Marvin Youckton Jr. said, “We were honored to have such a talented team. They worked hard and we are very proud of them!”

Our local boys express a huge “Thank-you!” to all those who supported them throughout the baseball season.

Chehalis Tribal Newsletter

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Articles and opinions expressed in this publication are not necessarily the opinions of the publisher or the Chehalis Tribal Business Corporation. The Chehalis Tribal Newsletter encourages tribal members to submit letters, articles, and photographs for publication. These are subject to editing.

Photo provided by Chalotte Lopez

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

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The Confederated Tribes of the Chehalis Reservation...

“People of the Sand”

High School Student is Recognized for Academic Excellence and Dedication

By Fred Shortman, Editor

Rigoberto Hernandez, an eleventh grade tribal member was honored by the Skookum Rotary Club of Hoquiam on April 29, 2010 for academic excellence in the Home Partnership Program. Rigoberto was part of a small group from the Home Partnership Program who received a Certificate of Achievement for placing in the top ten percent academically among high school students in Mason County. Rigoberto was already academically in his classes at the end of last year and was encouraged to participate in this program as a way to graduate early from high school. The program requires students to maintain a minimum ‘B’ average in their course work. Rigoberto was mentored by Pete Peterson, received mostly ‘A’s throughout the school year.

Rigo’s mom, Rita Hernandez applauds her son, “I am pleased with the way things are working out for you. It makes me proud of your accomplishments and how you’ve grown in the past year. Keep up the good work. You make me so proud and I love you!”

The Partnership Committee gave him the opportunity to graduate early.

Pictured (L-R) are Monitor and Teacher Pete Peterson and Rigo Hernandez, Jr., who worked together to achieve academic goals.

Youth field trip to Trans Alta at the Centralia Steam Plant pond learning how to harvest cattail for weaving material. Pictured top row (L-R) are Tony Medina, Latisha Banuelos, Jacqueline Bray. Middle row (L-R) are Geraldine Youckton, Zachary Banuelos, Isak Hollstetter, Jordan Wyatt. Bottom row (L-R) are Zander Klauths, CJ Youckton, Payton Simmons.

Photo by Diane Devlin
There were many beautiful classic cars on display at the Lucky Eagle parking lot at the event, asking questions of the owners. Some of the owners collect and displayed their old classic cars and motorcycles filled by the Olympia Street Rod Association.

By Fred Shortman, Editor

The Lucky Eagle Casino Rod Run hosted by the Olympia Street Rod Association was held in the Lucky Eagle parking lot on Saturday, August 14. Restored and original old classic cars and motorcycles filled the casino parking area on a hot day that reached into the 90’s. The event involved over 429 registered owners of motorcycles, model T’s, trucks and cars from the early 1920’s to the 1950’s to be displayed for the public. Some of the owners collect and restore these vehicles just out of a love for the cars and agreed that they had many fond memories of driving cars like these when they first came out. Winning is not what it’s all about, though, it's preserving our past and embracing the honor of the hobby.

People walked around and took pictures at the event, asking questions of the owners about the art of restoration and complimenting them on their brush work or restoration work. Attending these events can spark an interest that leads you into the hobby of classic cars.

Debbie Moreno, Olympia Street Rod Coordinator, said, “We’ve been doing this for over 15 years. The cars and people are great and this event has continued to grow. There isn’t any criteria in picking out the winner, it’s the judges who pick something we like.”

Jenny Hanson from Portland, Oregon said while taking a photo, “I’m not an owner, but this is too fun! I make pictures of whatever makes me grin. I’ve been glimpsing ever since I entered the parking lot. My favorites are the 50’s and 60’s years. It makes you appreciate an event like this.”

Classic Car Rod Run Shares Love of Hobby at the Lucky Eagle

People above were walking around and taking pictures of this event. There were 479 classic cars and motorcycles at the Lucky Eagle filling the parking lot and demonstrating their love of preserving part of our car history.

The Benefits of Indian Health Service Contract Health Service

The Indian Health Service (IHS) provides the base funding for the direct service operation at the Chehalis Tribal Wellness Center (CTWC) and for Contract Health Service (CHS) funding.

IHS, requires an American Indian/ Alaska Native (AI/AN) to be a member of a Federally Recognized Tribe to be eligible to access IHS funded facilities. AI/AN who live in our service area are able to access primary medical care services offered at the CTWC. Patients eligible for these services are called “direct care” patients. Patients who are eligible for IHS CHS services are called “contract care” patients. Those eligible for contract care have a choice of which program they would be eligible for, any co-pay, deductibles, and/or coinsurance is determined under the program they choose.

If a CHS-eligible and active patient at the CTWC goes off services not offered at the CTWC and they are referred by a CHS Provider, any uncovers fees would be paid for. If a patient goes out for medical care services not offered by a CHS Provider, they can appeal to the TMF to reimburse their uncovered fees. There is no guarantee that fees will be reimbursed.

The Chehalis Tribal Wellness Center staff are striving to improve services for all of our patients. We want to hear from you on what we are doing well and where we need to improve. Please contact Cindy Gamble at 360-256-5770.

The Children’s Place

Breast Cancer Walk

SPIDA 6th Annual Intertribal Breast Cancer Walk

Registration starts at 10:30 AM

At the Gathering Room in the Community Center

The walk will begin at 11AM. Incentives, door prizes and lunch will be provided. Please come out and show your support for the ladies in our tribal communities! We will also have a Mobile Unit (Van) at the breast cancer walk to do Mammograms.

For more information please contact: Christina Hicks at 705-1474. The Breast Cancer Walk is Fully Detoxified.

Mom Leads the Way with Healthy Habits

Sue Duffy, WSU Thurston County Extension

Gladys Curley knows how good it feels to eat well and be active, so she’s helping her children develop healthy habits at an early age.

The doctor’s news that she had high blood pressure was a wake up call for Gladys. As she put it, “I just wanted to be more healthy.” So she cut back on junk food and sugary drinks. She also got active, attending spin classes at the YMCA with friends on a daily basis. “I feel a lot better now, better about myself, better about my eating, and a lot healthier.”

Gladys says making sure they eat healthy and physical activity are a part of her children’s lifestyle.

“I feed my kids lots of fruits and vegetables because I don’t want them to bring soda into the house. Once a month I buy it for my husband to work, but I don’t buy it for me and my children to drink. Once in a blue moon I let the kids have soda, but not everyday. For the most part they drink water, and sometimes we add a little drink powder.”

“We go to the park on picnics every other day and the kids get to run and walk around the pond. After we do that, I let them get wet, and they love it. I feel good knowing that we are all healthier, and we won’t have as many health and dental problems.”

Gladys’ Tips for Healthy Parenting

Drink Water

Give your kids plenty of water, leave soda and juices out of the bottle.

Eat Healthy

Meals must be healthy and active during the day. They sleep well at night, and are ready to get up and do the same thing the next day.

John Barnett Memorial

Traditional Canoe Races

Hosted by Cowichan Tribe

September 28, 29, 30

Malahat Lake at

Memorial Park, Duncan

Come and enjoy a racing weekend;

Fishing, games, dancing, fun and more.

Contact and information in the community.

Registration is $25 per canoe.

For more information please contact: John Barnett at 250-344-1154.

Another Federal requirement is that CHS funds cannot be used to pay for primary care services which are offered at the CTWC. In other words, patients can’t choose to go to another primary care clinic and ask the CTWC funds to pay that bill. Of course if a patient has private insurance or Medicare or Medicaid, they can choose to go to any health care provider they choose for their primary care, but they would be responsible for any co-pay, deductibles, or coinsurance.

Another Federal requirement is that CHS-eligible and active patient at the CTWC goes off services not offered at the CTWC and they are referred by a CHS Provider, any uncovered fees would be paid for. If a patient goes out for medical care services not offered by a CHS Provider, they can appeal to the TMF to reimburse their uncovered fees. There is no guarantee that fees will be reimbursed.

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Meals must be healthy and active during the day. They sleep well at night, and are ready to get up and do the same thing the next day.
Burger Claim
delicious breakfast to kick off their day. For lunch there is a assortment of burgers and hand cut fries to fill up on. Top that off with an ol’ fashioned hard ice cream milk shake in a variety of flavors. The Burger Claim also offers no sugar added Shakes with sugar free flavors for those watching their calories or sugar intake.

Where Burger Claim separates itself from other fast food restaurants is that everything is fresh. The special ground beef is never frozen; lettuce, tomatoes and other vegetables including salads and French fries are cut fresh daily. Popular sweet potato fries are always hand cut and frying, and replace old or worn weather stripping. Heat costs money, and the harder the heating unit works, the more money that comes out of your pocket. To help with this, Burger Claim offers a great selection of fresh ground beef or healthy options like the old fashioned corn-dusted buns that are free flavors for those watching their calories.

The Penn family was proud to be recognized at the dinner for completing their level of education. Pictured (L-R) are Amber Penn, Elder Evelyn Penn and son Tony Olney.

Burger Claim on July 14. Managers Dave and Rene Morris are working hard to make this such a successful business venture for everyone. Both agreed saying, “The Chehalis Tribe have always been like family. It’s been great to be invited back!”

Health Fair
Program [CHP] also donated many Celah's gift certificates. This program is part of a 25% grant, which includes: Chehalis, Nesqually, Shoalwater Bay, Skokomish, Squaxin Island plus Cowlitz and Quinault.

Homeowners Tips on Preparation for the 2010-11 Winter Weather The Penn family was proud to be recognized at the dinner for completing their level of education. Pictured (L-R) are Amber Penn, Elder Evelyn Penn and son Tony Olney.

4 Awards (continued from page 1)

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The men’s health fair provided a drum making class taught in the gathering room. Harry Pickernell, Jr., shows his completed drum as his father Harry Pickernell, Sr., continues to finish his drum. Photo by Cecilia Kayano.