

August 2010

Vol.
4/8

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 Bears. 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 at GWL, come in with an application, and be prepared for an on-the-spot interview. Be sure to put “Tribal Member” at the top of your application.

Any questions or to make a reservation contact Lindsey Fern or and Sean Lynch at 360-273-7718 or email lfern@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
- Please call ahead and make an appointment at 360-273-5504.

Applications Available

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

- **Enterprises:** Contact Anna M. Hartman at 360-273-1251 ext 112 or e-mail 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.

CHEHALIS
TRIBAL
NEWSLETTER



♦ “People of the Sands” ♦



Youth learn cultural activities during summer

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

Program Recognizes Tribal Members for Their Degrees



The Higher Education Pogram dinner congratulated 32 present and past tribal members who have successfully earned their college degrees. Individuals were awarded a jacket. Pictured (L-R) are Jenee Penn, David Burnett, Greg Burnett, Bennie Brown, Elder June Jones, Sarra Burnett-Lisle
By Racheal Mendez, Higher Education Coordinator

On Tuesday, August 10 was the first annual Higher Education Recognition Dinner at the Lucky Eagle Casino. This was the first time ever recognizing tribal members who’ve achieved their Higher Education degrees. We also recognized those who have received there GED within the last seven years. It was a great honor to have this dinner for all who have achieved such great successes. The Higher Education Program’s goal was to recognize anyone who has received a degree of some type; the success of finishing a Vocational Program, Associates of Arts Degree, Bachelor’s Degree, or Masters Degree.

As I asked the honoraries to stand up to all be recognized together people started cheering with all the smiles and happiness around that night it wasn’t hard to be excited for everyone. As I announced people’s names, you could see the delight of being

recognized for their accomplishment as they proceeded to receive their coats of recognition. Vice-Chairman, Don Secena and Secretary, Cheryl Starr were there to congratulate them with a handshake and jacket. The audience acknowledged each person with a loud applause in recognition of their hard work in accomplishing their higher education goals.

There were 32 individuals who received their Higher Education degrees, 10 GED recipients. We had a special honoring for 5 tribal members who have passed away but still committed to achieving their diplomas.

I wanted to say a special thank you to the TELO department; they have helped out so much this year. I had two big events the first one was College Fair at Great Wolf Lodge where I had over 183 people show up and now the honoring dinner. They were always willing to help whether it was stuff

See Awards, page 4

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 sit-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 bring over 38 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 and Wii games for children’s birthday parties.

The food is great too. You can order waffles, 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

See Burger Claim, page 4

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 free massage and reiki sessions. Other activities included drum making and a free-throw competition (the top shooters were all over 40 years old!). The Lucky Eagle Casino prepared a healthy barbecue dinner, of assorted burgers: salmon, turkey or black bean; 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

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) Izaha Powell and (R) Robert Cayenne.

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2 Youth Learn from Elders to Gather Traditional Basket Making Materials



Youth went on fields trips to gather sweet grass along the harbor and learned about harvesting techniques in preserving this important tradition. Pictured (L-R) top row are Leo Daniels, Tony Medina, Savanah Bird, Latishea Banuelos, Violet Starr, Diane Devlin, Theresa Pannkuk. Middle row are Jerry Youckton, Trace Meddaugh, Isaak Hofstetter, Sally Pikutark, Roberta Youckton, Jazmin Banuelos, Geraldine Youckton. Bottom row are CJ Youckton, Alfredo Lopez, Shayna Pickernell, Michael Daniels, Gina Daniels, Aaliyah Meddaugh, Chyler Daniels.

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. The wetlands surrounding the steam plant’s 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 massive amounts of cattail 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 wet land areas. The youth learned not to cut the male cattails down, 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 stocks to the base camp. At base camp youth were busy stripping off the dead outer husk. Others used rubber bands bundling them into groups of ten. 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 we 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 dolls and baskets. The final step will be for the youth to make an item 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 steams at the base of the plant was the way we gathered, but if the roots are pulled out in the process then the plants do not return. To insure the return of the harvesting areas 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 tribal center. Youth Program Director Tony Medina and the Youth Program staff Jerry Youckton, Marla Medina and Teresa, took the group to a traditional Native American camp site to eat at McDonalds. Okay, just kidding. We had planed to go to the beach for a picnic, but Mother Nature calls 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 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, Latishea Banuelos, Jacqueline Bray. Middle row (L-R) are Geradine Youckton, Zachary Banuelos, Isaak Hofstetter, Jordan Wyatt. Bottom row (L-R) are Zander Klauths, CJ Youckton, Payton Simmons.

Photo by Diane Devlin

High School Student is Recognized for Academic Excellence and Dedication

By Fred Shortman, Editor

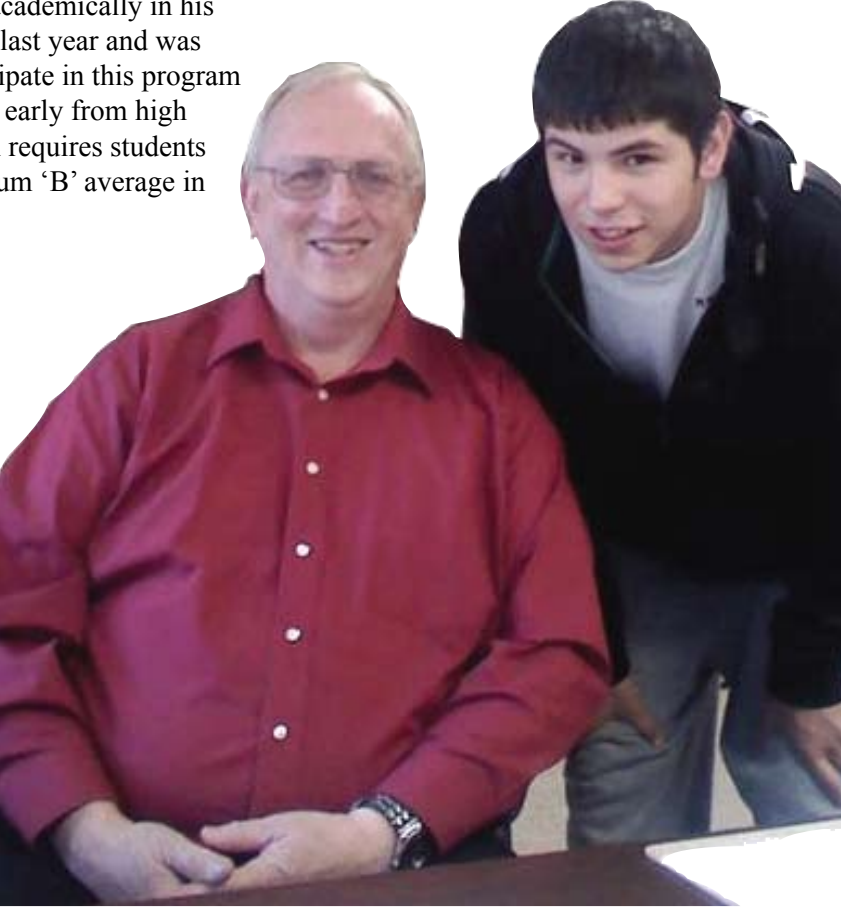
Rigoberto Hernandez, an eleventh grade tribal member was honored by the Skookum Rotary Club of Shelton on April 29, 2010 for academic excellence in the Home Partnership Program. Rigo was part of a small group from the Home Partnership Program who received a Certificate of Achievement for placing in the top ten percent academically among high school students in Mason County.

Rigo was ahead 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. Rigo, who 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 program has given him the opportunity to graduate early. Pictured (R-L) are Mentor and Teacher Pete Peterson and Rigo Hernandez, Jr., who worked together to achieve his academic goals.



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

By Charlotte Lopez, Team Mom

Four Chehalis Tribe youth were selected for the South Thurston 13 year-old Babe Ruth All-Star Team. Ray Lopez Jr., Gary Ortivez, Shawn Youckton, and Oscar Jackson joined other team members from Oakville, Rochester, and Tenino in play at the District Tournament at Morton High School July 8-12. They were coached by Ray Lopez, Marvin Youckton Jr., and Mraw Hill.

The All-Star team finished 3rd in District, then traveled to North Thurston High School to play in the State Tournament July 21-25.

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.



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, Oascar Jackson, Shawn Youckton, Brian Ranger, Ray Lopez, Jr., Bret Casey, Coach Mraw Hill, Coach Ray Lopez, Sr., Bottom Row (L-R) Dakota Cleeves, Dakota Deal, Lucas Eastman, Omar Hernandez, Garry Ortivez III, Andy Sommer, Johnny Archia.

Photo provided by Chalotte Lopez

Chehalis Tribal Newsletter

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

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

A Chehalis Legend: The Story of the Flood

Submitted by Elaine McCloud, Heritage Coordinator (Chehalis Tribal Archives - Unknown Author)

A long time ago, the animals and birds lived as people. Thrush wanted to marry a certain young girl, but her parents did not approve of him. The young girl, however, wished to marry him. The girl persisted and finally her parents gave their consent. Thrush and the young girl were married.

Thrush always had a dirty face; he never washed before he ate. His mother-in-law asked him “Why don’t you wash your face?” Thrush did not answer. The next morning she asked again “Why don’t you wash your face? It’s getting dirty.” Thrush once again did not reply. She asked him the same question for 5 days in a row.

Finally on the 5th day, Thrush said “If I wash my face, something will happen.”

Nevertheless, his wife’s parents still insisted. Then they gave him an ultimatum. “If you don’t wash your face, we’ll take our daughter away from you.” So Thrush finally gave in, “All right then, I’ll wash my face”.

He went to the river to wash his face and sang, “Father-in-law, Mother-in-law, Keep moving back from the river.”

He washed his face. The dirt rolled off, leaving his face streaked all over. Then it began to rain. It rained all day.

Thrush told his in-laws, “Move back from the river. I washed my face as you asked.”

The river continued to rise. It rained many days and nights. Soon there were no places for the people to stand but in the water. The water rose and covered

everything. There was no place for them to go. Many drifted away and were never seen again.

Thrush, his wife and his in-laws landed their canoe on this side of the land, in Upper Chehalis country. There was only the top of one tall fir tree sticking out of the water. And that is where the People tied their canoe.

They got together and planned what they should do next. They agreed that someone needed to dive in the water and see how deep it was. Muskrat dove into the water and came up with some dirt. He dove down into the water 5 times. Each time he brought up some dirt. From the dirt, he made a little mountain. He told the People to land there, that they would be safe. He told the People “This is the mountain that I have

made for you so that you can be safe”. The People called that mountain Tiger Lily Mountain. It is known today as Black Mountain.

After the water receded and the earth dried up, the earth was found to be covered with dried whales (fossils). At Gate, not far from Mima Prairie, the earth still remains in the shape of the waves. It extends like this for 4 or 5 miles.

After the water subsided, the earth was just like new and the People could begin all over again. It was said “There shall never again be a person who will cause a flood when he washes his face.” Thrush turned into a bird and flew away.

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.

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 1920s to the 1970s 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 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 car restoration and complimenting them on their beautiful 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.”

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



There were many beautiful classic cars on display at the Lucky Eagle parking lot. Original owner Milinda Shunkwiler stands with her husband Wayne. The 1973 Barracuda Coupe named “Sugar N Spice” is their pride and joy.

**John Barnett Memorial
Traditional Canoe Races
Hosted by Cowlitz Tribe**

**September 10, 11, 12
Mayfield Lake at
Ike Kinswa State Park**

Come and enjoy a relaxing weekend of drumming, singing, intertribal canoe racing. Camping sites available. This is a drug and alcohol free event.

Any questions contact Taylor Aalvik at 360-577-8140 or email Taalvik@cowlitz.org.

**SPIPA 8th Annual Intertribal
Breast Cancer Walk**

**Saturday, October 16
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 709-1741. The Best Protection is Early Detection.

The Benefits of Indian Health Service Contract Health Service

By Cindy Gamble, Director of CTWP

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 able to access care at 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. Due to the lack of funding for our dental program, only CHS eligible or patients who have alternate resources that pay a standard percentage can access the CTWC Dental Program.

Any AI/AN who lives on the Chehalis Reservation, and all Chehalis tribal members living in Grays Harbor, Lewis or Thurston County, are also Contract Health Service (CHS) eligible. All Chehalis Tribal Members living in the three county areas described above are also eligible for Tribal Member Health Funds (TMHF) to purchase outside or contracted services. The only other requirement for eligibility for either IHS or TMHF contract health funds is that the member must be an active patient of the

CTWC. This is a Federal Requirement for IHS..

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 their own funding through private insurance, Medicare or Medicaid, they can choose to go to any health care provider. If it is for primary health care, they would be responsible for any co-pay, deductible or uncovered charges.

If a CHS –eligible and active patient at the CTWC goes out for services not offered at the CTWC and they are referred by a CTWC Provider, any uncovered fees would be paid for. If a patient goes out for medical care services that are not referred by a CTWC Provider, they can appeal to the TMHF to reimburse them 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 360-273-5504.

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 puts 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 makes sure healthy eating and physical activity are a part of her children’s lifestyle too.

“I feed my kids lots of fruits and vegetables, and they like that. I try not to bring soda into the house. Once a month I buy it for my husband to take 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 walk and run around the pond. After we do that, I let them get wet, and they love that. I feel good knowing that we are all healthier, and we won’t have as many health and dental problems.”

- Gladys’s Tips for Healthy Parenting**
- Drink less soda.
 - Give your kids plenty of water, leave soda and juices out of the bottles.
 - Be more active with your children and have a good time.
 - Make sure they are active during the day. They sleep well at night, and are ready to get up and do the same thing the next day.

Stengthen the Family Circle is a partnership between SPIPA USDA Foods and Washington State University Extension. The program provides simple ways to strengthen your family and community through food and physical activity based on the characteristics of people living a traditional lifestyle: Willing, Committed, Persistent, Balanced, Purposeful, Patient, Open, Courageous, Adaptable/Flexible, Fun-Loving.

Gladys Curley and her daughter Lorena are working towards a healthier lifestyle.



4 **Awards** (continued from page 1)



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

envelopes, pass out flyers, or set up time. They were all there ready and willing to help. It’s great to know that our tribe has a great group of people so dedicated to help our people in education. Thanks again!

The Higher Education Program is a great program that the Chehalis Tribe offers to all our tribal members. I want everyone to remember our program is available to

encourage and assist you in advancing your educational goals, even if it is only one class at a time. Education takes time and commitment to complete as long as you put your mind to it you will be successful. So if you like to be part of our next Higher Education dinner in two years let me know how our program can help you!

Burger Claim (continued from page 1)

delicious breakfast to kick off their day. For lunch there is an 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 and the old fashioned shoestring fries are also on the menu. Guests love the special

hardy, old fashioned corn-dusted buns that compliment the burgers. The buns are made from Montana wheat, have no preservatives, and offer a healthier choice for diners. Just like the old mining days of long ago.

Burger Claim is open 6:00 AM to 11:00 PM. So swing by for a bite, courtesy with a smile and a great meal. Phone orders can be made at 360-273-9347 and picked up at the drive thru to speed you on your way. The Burger Claim also has a self-ordering screen in the entry where you can order and pay with a credit/debit card to avoid any long lines. Dan and Rena look forward to serving you.



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

Health Fair (continued from page 1)

Program [CHP] also donated many Cabela’s gift certificates. This program is part of a SPIPA grant, which includes: Chehalis, Nisqually, Shoalwater Bay, Skokomish, Squaxin Island plus Cowlitz and Quinault. The Colon Health Program’s focus is to increase colorectal cancer screening rate in the U.S. for all persons 50 years of age and older.

You may be eligible for this screening if you are:
■ Without insurance or limited insurance at

- or below 250% Federal Poverty Level.
 - 50-64 years of age.
 - Have a direct family history of colon cancer (first degree family).
- If you would like to know more about the Colon Health Program or Colon Cancer please contact the Patient Navigator for the CHP, Cindy Beck at 360-709-1810 or email: cbeck@chehalistribe.org
- Thank you to all who donated to this event, and to those who participated.



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

Homeowners Tips on Preparation for the 2010-11 Winter Weather

The 2010-2011 Winter Forecast is predicted to be one of the worst in Pacific Northwest history according to Charles Wallace, Deputy Director of Emergency Management for Grays Harbor County! It appears La Nina is definitely taking hold in the Pacific. Water temperatures are two to three degrees below normal which is a strong indicator of a harsh winter for the Pacific Northwest.

AccuWeather.com Chief Meteorologist, Joe Bastardi, predicts the winter’s worst cold and snow will be in the Pacific Northwest reaching all the way to the Great Lakes. Cities like Portland and Seattle who experienced mild winters last year are forecast to be much colder and snowier this year.

The harsh cold air we receive in the winter months comes from Canada to Washington State. It is predicted that the Canadian winter will be very harsh this year compared to the mild winter last year, which means that we could be in for many more sub-freezing temperature days than the few we experienced in early December last year. It looks like we should prepare for severe winter storms, colder temperatures, more snow and freezing rain this winter.

It may only be August, but it’s never too early to prepare for what the experts are predicting to be a severe winter for our region. Learn to be Pro-Active. Visit Grays Harbor Emergency Management website at: <http://www.co.grays-harbor.wa.us/info/DEM/Index.asp>.

Regardless of where you live, it’s essential to check heater units, clean vents, and replace old or worn weather stripping. Heat costs money, and the harder the heating unit works, the more money that comes out of the budget to pay for fuel.

Winter survival in the north and mid-west depends on proper winter maintenance for a home. Neglecting or putting off cold weather and winter storm preparations presents a dangerous safety hazard. Equipment breakdowns could result in costly repair bills later on. Failing to test a home’s heating source to see whether or not it is working properly could result in injury or death if the unit is faulty.

Tips to start winter weather home preparations:

- Check the home’s heating source. Clean or change filters, check the thermostat, and have the unit serviced if necessary. Check the chimney for any problems.
- Avoid using portable heating units that emit dangerous fumes or don’t have the safety turn-off feature should the unit tip over.
- Dispose of units with frayed cords, missing parts, or units that don’t work properly.
- Make sure the fireplace works properly. Remove any soot or debris from wood fireplaces and check the pilot light for a properly burning flame in gas units.
- Have carbon monoxide detectors and smoke detectors in working order with fresh batteries. Keep a fire extinguisher within easy access.
- Store an ample supply of seasoned wood for wood burning stoves and fireplaces.
- Make sure the home has enough insulation.
- Check weather stripping on doors and windows and install or replace as needed.
- Cover window AC units to keep cold air out.
- Insulate pipes with insulation material purchased from a home supply store, or use newspaper and plastic. Allow faucets to drip during hard freezes to keep pipes

- from bursting.
- Know how to shut off water to the home in case a pipe should burst.
- Leave a flood light on in your pump house during freezing weather.
- Don’t forget to put antifreeze in vehicles.
- Have a battery-operated radio and flashlights available; and don’t forget extra batteries.
- Check on elderly and disabled neighbors to see if all winter preparations are up to speed.
- Be ready for icy walkways and steps with rock salt. Check shovels and the snow blower to see that the tools are in good working condition.
- Don’t Take Chances in Winter Weather

Every year people die from winter-related incidents and accidents. According to an online news report from the U.S. Consumer Product Safety Commission (CPSC), titled, “CPSC Warns of Deadly Fire and Carbon Monoxide Hazards with Winter Home Heating”, the U.S. Fire Administration (USFA) estimates that more than 150 residential fires resulted in more than 200 deaths since Thanksgiving, 2008.

Families continue to struggle through tough economic times. People look for alternative ways to heat homes and sometimes the choices can be deadly. More than ever, neighbors are encouraged to watch out for each other. Ice can cause dangerous falls for elderly people, and shoveling snow can cause heart attacks – two more reasons for neighbors to look out for each other. Avoid prolonged exposure to freezing temperatures.

Preparing for winter weather is a matter of survival for residents that live in the northern U.S., but southern residents have to take precautions to stay safe, as well. When making winter preparations, don’t forget pets, pipes, and plants. Winterize the home and vehicle and stay aware of weather conditions to avoid unnecessary stress.

Plan ahead for winter storms.

Play it safe by preparing ahead for winter storms and blizzards. Be sure to winterize your manufactured home by following all the tips in the winterizing section above. Remember, these storms can cause loss of electricity, heat, and telephone service and can trap you in your home for a few days. It’s important to have ample supplies on hand in your home including:

- Flashlight and extra batteries
- Battery-powered NOAA weather radio & portable radio to receive emergency information. These may be your only links to the outside.
- Extra food & bottled water. High energy food, such as dried fruit or candy, and canned food requiring no cooking or refrigeration is best.
- Manual can opener.
- Extra medicine & baby items.
- First-aid supplies.
- Heating fuel. Fuel carriers may not reach you for days after a severe winter storm.
- Back-up heating source, such as a fireplace, wood stove, space heater, etc.
- Be sure to carry a survival kit in your car that contains: Cell phone, blankets/ sleeping bags, flashlight with extra batteries, knife, High calorie, non-perishable food, can & waterproof matches to melt snow for drinking water, sand or cat litter, shovel, windshield scraper, tool kit, tow rope, jumper cables, water container, compass, road maps, extra winter clothes and boots.



Parrot feather was being hand picked to remove this noxious weed from Davis Creek slough along the Chehalis River. Pictured are (L-R) Bobby Jones and Andrew Starr. Back ground are (L-R) Shawn Goddard and Tommy Colson.