

December 2010 Vol. 5/12

Program News

Public Transportation Available for the Chehalis Reservation

Rural & Tribal Transportation (R/T) provides bus service in rural Thurston County including the Chehalis Reservation. The service works a little different then regular fixed route public transportation though. Here's what you need to know:

- There are no set bus stops. Riders must call the day before they need a ride to schedule R/T to pick them up.
- If you live in R/T's service area, you can be picked up at your house.
- If you need to travel to Olympia, Lacey or the Nisqually Reservation, R/T will drop you off at the transit center in Tumwater where you can transfer to an Intercity Transit bus.
- If you need to travel to Centralia or Chehalis, R/T will drop you off at the Dairy Queen in Grand Mound where you can transfer to a Twin Transit bus.

To schedule a ride, please call **1-800-650-7846** between 9 am and 3 pm. The R/T bus operates Monday through Friday from 6am to 6pm. Bus fare is \$1 per ride. R/T accepts Intercity Transit and Twin Transit passes. For more info go to www.transpro.org and click on R/T Transit.

Energy Assistance Available to Help With Energy Bills

Do you need assistance with your electric bills? The LIHEAP energy assistance program is accepting applications at the Chehalis Tribal Wellness Center in the WIC Office.

Qualifications

- Please bring your income verification from head of household for anyone 18 years and older. If you get a Per Capita bring a copy of the pay stub as long as it shows year to date income. If no year to date income then bring all of August, September and October.
 - Bring your current light bill.
 - If you are on the financial part of DSHS then an award letter is required.
 - If your on Social Security or SSI an award letter or direct deposit stub from the bank.
 - The client will also need to know the social security numbers of all the household regardless of age.
- Any questions for qualification please contact Debbie Shortman 360-709-1689.

Website Available on New Changes Regarding DSHS Coverage

DSHS is eliminated coverage of optional healthcare services as a consequence from Governor Gregoire on September 13, 2010 (RCW 43.88.110(07)). This imposed a cut of nearly 6.3% in the DSHS budget for the current fiscal year.

Please use DSHS website at <http://hrs.dshs.wa.gov/News/Budget.htm> to keep current on changes to information. Because these benefit changes affect all Medicaid recipients..

CHEHALIS TRIBAL NEWSLETTER



♦ "People of the Sands" ♦



SDPI Prevention Program Staff Attend Meeting in New Mexico

- The 6-year Prevention Project results confirmed type 2 diabetes can be delayed or prevented in Native American communities., page 2

Tribal Annual Meeting is a Fitting End to a Great 2010



The Election Committee spent many hours in preparation for tribal election day. Pictured (L-R) are Joan Martin, Alicia Canales, David Youckton and Harry Pickernell, Sr.

By Fred Shortman, Editor

At the Annual Meeting on Saturday, November 6, excitement was in the air awaiting the results of the Business Committee elections. It was a very large turn out with 254 tribal members in attendance. Tribal members crowded the new Community Center and listened to Enterprise Directors and General Managers present their reports regarding our tribal investments and updates on future plans to continue in our success.

Polls opened at 8 am and the annual meeting started at 10 am and lasted until 9 pm. Our Events coordinator had the casino provide lunch and had fish cooked in our traditional manner for dinner.

Programs had tables set up in the

commons area providing important information explaining success stories and projects for the following year.

Enterprises

David Youckton, Enterprise Director discussed the End of the Trail Stores, Eagles Landing Hotel, and the Chehalis Tribal Construction Company.

They brought forward the new business ventures of the Burger Claim and RV Park.

Lucky Eagle Casino

John Setterstrom, General Manager gave a report on the Lucky Eagle Casino. It was a great power point presentation on past year statistics. This was another positive year

See Annual Meeting, page 4

Interesting Information on Page 3:

- Madronna Harris Interview of Tribal Elder Nina Bumgarner
- Casino Management Program helps tribal members to become successful managers: Featured is Farley Youckton.

Classes Offer Families Opportunity to Learn About Living Well with Chronic Conditions

By Christina Hicks, Community Health Representative

Nobody wants to have a chronic long-term illness. Unfortunately, most of us will experience two or more of these conditions during our lives. This class was developed by The Stanford University Chronic Disease Self-Management study. It's purpose is to teach people who have an illness to live a healthy life, and to look at the consequences of most chronic diseases. These diseases may be; heart disease, diabetes, liver disease, emphysema, depression, fatigue, chronic pain just to name a few.

This program helps teach participants to work at overcoming the physical and emotional problems caused by the disease, through self-management skills. Self-management skills: dealing with your illness (such as taking medicine, exercising, going to the doctor, communicating your symptoms accurately, and changing your diet). Continuing your normal daily activities (such as chores, employment, social life, etc.). And managing the changing emotions brought about by your chronic illness (changes brought about by your illness, such as anger, uncertainty about the future, changed expectations and goals, and sometimes depression, and also including changes in your relationship with family and friends).

Participants also learned about communicating with members of your health care team, the key to making the health care system work better involves our ability to develop Good communication with members of our health care team. Some times the providers use unfamiliar medical words that we just don't understand and we are afraid to ask what these words mean. Also, many of us are afraid to share personal

See Living Well, page 4

Wall-to-Wall Vendors Provide Variety Of Native Gifts for Christmas Shoppers at Elders Bazaar

By Nancy Romero, Senior Citizens Coordinator

On Saturday, December 4, the Elders held their Annual Christmas Bazaar at the Lucky Eagle Casino events center. The 2010 Elders Bazaar was a BIG Successful Event! This was the largest bazaar yet!

This year's bazaar continued to draw over 80 vendors located throughout the building. The Elders had a raffle, food, and bake sale. The food was outstanding: having oyster stew, chili and fry bread. All proceeds from this bazaar contribute to the Elders trips and dinners.

There were wall-to-wall vendors and customers in the big event center. You could find anything from clothing, carving, basketry, and baked goods and much more. There were smiles on everyone's faces as they shopped for that special Christmas item, and found gifts that you couldn't find in the stores. Anything from Native arts, baskets, and crafts are always highly sought after and the workmanship is outstanding.

There were a couple of youth trying to earn money for their ambassadorships to different parts of the country. They either had a table

with crafts or a raffle to help earn their way there. We wish them luck and safety as they represent their schools.

The Natives Helping Neighbor's

volunteers had their own table to earn money to be donated to the local area to assist in making a special Christmas for

See Elders Bazaar, page 4



The Annual Elders Bazaar continues to draw a large number of vendors for customers to shop for that special Native Christmas gift. It was a huge, successful event. Hope to see you next year!

FirstName LastName
Street Address
City, ST Zip

* Return Service Requested
Chehalis Tribal Newsletter
PO Box 536
Oakville, WA 98568

PERMIT No. 2
OAKVILLE WA
US POSTAGE PAID

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

2 Focusing on Loved Ones Can Help You Stay Sober During Holidays

By Lorrie Bonifer, Prevention Specialist

The Holidays are perhaps one of the hardest times of the year for newly sober people. During this time some drink for joy and others medicate for pain.

The best way to stay sober this season is to come up with a new tradition with your loved ones. Consider family sledding at White Pass. The best part is that it’s free.

Other ideas are watching movies at home with hot chocolate and popcorn. There’s also family scrap booking, and board games, or go clam digging. Keeping busy with your loved ones is imperative to helping you stay sober. Your loved ones will cherish the time spent with you.

Another way to stay sober is to find a project you and your loved ones can work on together. It can be a project like finding someone in need and helping them. You can invite them to your Christmas dinner, help them with cleaning, firewood, groceries, or even something like cutting them a Christmas tree, or making them a Christmas basket with homemade things in it. Sometimes just going out of your way to help others can, in turn, actually help you.

Family Fun Events

- There is a great family event on February 27 and 28, which is also free. It is the

24th Annual White Pass Winter Carnival. This family-oriented event features a huge snow castle, professional snow sculptors from around the US and Canada, live music, fireworks, a torchlight parade, a kids carnival, and a snow sports competition.

- Take a ride with your family to see Pierce County Parks and Recreation 16th annual ‘Fantasy Lights at Spanaway Park’ the largest holiday drive-through display in the Northwest, featuring nearly 300 elaborate displays and thousands of sparkling lights. The beautiful two-mile drive along Spanaway Lake has become a memorable lakeside tradition for the entire family that opens from November 25 – January 2, 2011 with their hours 5:30 – 9:00 PM.

The decisions you make today control your life tomorrow. Life really is about choice and consequences. Please be safe for the Holidays, May God bless you! If you need help through this holiday season to stay sober please contact: Lorrie Bonifer 360-709-1717; Cell 360-977-1606 or email: lbonifer@chehalistribe.org. My office is at the Chehalis Tribal Wellness Center.

The Problems Created by Procrastination

By Lucinda Hughes-Juan

We have all done it at one time or another, waited until the last minute to complete important work tasks. As Native professionals, we may engage this very counterproductive behavior more times than we care to admit. Stressing out, while we try to meet time lines or waiting until the 11th hour to accomplish things at work. And for some, Procrastination even becomes a life habit, as they commonly put things off as long as they can, creating ongoing havoc for themselves and those around them. But is there something in our cultural conditioning that might lead to this bothersome practice?

To start with, we might want to understand some things about procrastination. In general it is the acting of putting off or delaying completing a task, either out of habit or avoidance. It is not necessarily an issue of how effectively we manage out time, experts, say, but rather a psychological behavior. In some case we procrastinate due to work overload, confusion, or lack of knowledge, but in many more cases procrastination is the result of fear, manipulation, defiance, or poor self-esteem. We might even use procrastination to challenge ourselves and our abilities to get things done at the last minute, treating it like a game.

However, when we consider procrastination from a different perspective it might represent a cultural dynamic that has to do more with our collective behavior or the need for approval or acceptance of a particular action, we concern ourselves with who will be affected or is it even our place to perform such action. Delay in completing activities is a common dynamic in many Native organizations. Based on many years of working with tribal work forces and within tribal organizations, one thing is clearly required to be successful among this environment-patience. Whole tribal organizations included, for instance, most tribal government bodies require an excess amount of time and patience when addressing issues presented to them or making decision regarding their business activities. As many outside business and organizations who have worked with Native tribe can attest.

So how can we improved out productivity and minimize the effects of our procrastination from interfering with our success as Native individuals and organizations?

First, we might want to examine our own behavior. Is procrastination a problem for me? Why is a problem and how am I

and others affected by it? Am I creating too much stress for myself? Do I create stress for myself? Do I create stress for my co-workers, friends and family? Do I need to try to respond to things differently to improve, not only my performance, but my chances for success? Better organizational skill might be helpful, and if you require more knowledge or additional resources to complete a task, make it a priority to prepare yourself. If you find you are postponing things for no particular reason, you might want to consider why you are doing this and examine how this behavior may be harmful to you.

Secondly, we might want to consider what our organization’s procrastination habits are? Are your workers chronic procrastinators? How bad is the problem? How is it affecting our success or possibly affecting it in the future? Is it interfering with whether or not we are able to achieve our goals, or even putting us at risk for losing important opportunities? It might be necessary to develop stricter policies dealing with meeting time lines or more importantly educating your workforce on the problems procrastination is creating for your business or organization. Gain their support in finding an effective solution for dealing with procrastination. Highly regulated business and organization are usually better at meeting time lines (however this type of work practice may be too restrictive to be successful when dealing with a Native workforce. It may also suppress creativity and independence).

We thing about how our counter-productive behavior such as procrastination affect not only our individual and professional lives, but the development of our tribal nations and communities. We might find value in learning to recondition ourselves and our behavior. Committing to making important changes is something we should definitely not put off. When we consider how much is at stake and who is relying on us as role models, effective leaders and successful professionals.

Lucinda Hughes-Juan has many years of teaching and training in the fields of business and management, with a focus on cultural dynamics in Native businesses and organizations. She is an enrolled member of the Tohono O’odam Nation. She holds an MBA in global management, and is currently a Ph.D. candidate in business and organization management. E-mail her at MLS8090@aol.com or check out her website at www.nativecareerdevelopment.com.

News from the Chehalis Tribal Wellness Center

Chehalis Tribe Part of Diabetes Success Story

On November 16, 2010 Indian Health Director, Dr. Yvette Roubideaux announced the results of the 6 year SDPI Demonstration Project. The Chehalis Tribe has participated in the Diabetes Prevention Project since it began in 2004. The Prevention Project results has confirmed that Type 2 diabetes can be delayed or possibly prevented in Native American Communities.

This is great news for those individuals who have experienced diabetes in their families. The Prevention Project has shown that small changes in lifestyle can reduce

blood sugar, blood pressure and cholesterol. Reducing these factors significantly decreases a person’s risk to diabetes and its complications. So, get tested; know your blood sugar number and what that number means! Early detection and lifestyle change will result in a healthier community. A healthier community means a reduction in the incidence of Type 2 Diabetes.

For testing contact Lynn Hoheisel, Community Outreach at 360-709-1744.



At the SDPI Diabetes Prevention Project meeting in Albuquerque, NM, the results of the 6 year Diabetes Prevention Demonstration Project was announced. Pictured (L-R) are Pat Odiorne, Dr. Yvette Roubideaux, IHS Director, and Cindy Gamble, CTWC Health Director.

Flu Shots Available at the Clinic

We want to remind all tribal members and staff that flu shots are in and available at the Chehalis Tribal Wellness Center. You can call and schedule a nurse visit to receive your immunization. Or you can get a shot as part of a regular physician visit—just ask your doctor. Health organizations are encouraging everyone to get a flu shot this year. This years’ vaccine is a combination of seasonal flu and H1N1 protection. Yes, folks still need to get a shot even if they had one last year. Bird flu is still a risk. The good news is, we need just one shot this year, not two.

Remember that preventive measures are still important:

- If you are sick with a contagious illness with fever, cough or cold---stay home.
- When you are in contact with other people with those symptoms, wear a mask.
- Wash hands frequently.

We wish you wellness this holiday and winter season. A flu shot will help. Contact the clinic at 360-273-5504 to schedule appointments



Glen Connelly, Enviromental Specialist for the Chehalis DNR, is seen here checking on the progress of the new Davis Creek bridge that has been built after removing the Wickett Levee. The Davis Creek Restoration project will open up 16 miles of spawning habitat for coho & steelhead.

Chehalis Tribal Newsletter

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

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

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

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

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

A photograph of a small, round, woven basket with a red and black checkered pattern.

Business Committee
David Burnett, Chairman
Don Secena, Vice Chairman
Stephanie Pickernell, Treasurer **NEW**
Cheryle Starr, Secretary
Dan Gleason, Sr., 5th Council Member

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

A logo featuring an eagle with its wings spread, perched on a globe. Below the eagle is a circular emblem with a fish and a tree.

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

MADRONNA HARRIS INTERVIEW OF TRIBAL ELDER:
Nina Bumgarner

Submitted by Elaine McCloud, Heritage Coordinator

This story was taken from an interview with Tribal Elder, Nina Bumgarner by Madronna Harris. For brevity, we have taken only portions of her story and other editorial privileges. The story in it's entirety is available at my office.

My little story this afternoon will be of an Indian woman that adopted a white baby. This child was just a new baby, wasn't even a day old when they brought this baby over to the Indian mother. They claim—the way I heard—they said my grandmother had a new baby they thought was about three weeks old, which was my father. There was this white lady- I'm not going to call her name because she was just one of many. It was common for the white people, the new people that came over to leave their children when they were having a hard time. They let the Indians take their children because the Indians had a lot of food. They had fish, deer meat, elk jerky and clams. And potatoes, but they called it wapato, which was similar to the potatoes nowadays, but it was still potatoes. And this white girl had a new baby. She said, "What was my baby?" They told her, "You have a beautiful little girl."

And she just went into hysterics. She said, "I didn't want no girl. I don't want that girl." And she was just hysterical and she said, "I will not keep that girl. I wanted a boy."

And now they said, "You better quiet down, you're just all shook up."

"No," she said. "I'm not shook up, I don't want no girl. I don't want that baby. Take it away! Get away! I don't want no girl. I will not tolerate her. I don't want her around me."

So they said, "Well, this Indian lady just had a new baby. Maybe she'll take the baby." She said, "I don't care where you take that baby, I don't want it."

So somebody went over and spoke to my grandmother, said, "This lady had a new baby and she doesn't want this baby. It's a little girl. Would you take this little baby -- she's a white baby?"

And my grandmother said, "Well I guess

I could take her. Another baby won't make much difference. So bring the baby over. But bring some clothes over for the baby, because I just have enough things for one baby."

And so they went over and they said, "Yes, this lady will take the baby." (My grandmother's name was Frances.)

They said, "Yes, Frances will take the baby." So they packed this new baby, brand new baby that nobody wanted. They brought over a bunch of clothes. Them days there was no such thing as Pampers. They had to have diapers, cloth diapers. So they brought over a whole trunk of clothes and they was all blue because this lady wanted a boy. So my grandmother had two babies.

These things were told to me. I didn't know anything about it. It was many times told to me, not only by my people, but by different people that knew my grandmother. They said my grandmother took care of that baby just like it was her own baby. My father didn't have any better treatment than this little girl. In fact, my grandmother was glad to have a little girl. She just had one child, my father. She never had any more children. So she was glad to have this little girl.

Well, this little girl grew up with the Indians. She ate Indian food. Until she was about four or five years old, when this white mother realized that she would like to have that child. And she came over to my grandmother's lodge. And the little girl when she saw those people coming, she started screaming. She says she was scared of them. She never did see her—that lady never did come to see her baby. And she didn't know her. She screamed, she says, "Who are they? I don't want those Postons over here!" She spoke in Indian. She spoke English also, but her home language was Indian, just like the Indians spoke. She said, "I don't want these white people round here."

And this lady come over and she wouldn't let her mother touch her. She said, "Don't you touch me!" She spoke in Indian,

and she said, "That's why I come after you because I don't want you to be speaking Indian. I want you to speak English."

She said, "I speak English too, but my mother speaks Indian, so I speak with her." She said, "That's not your mother. I'm your mother."

And this little girl said, "You're not my mother. Here's my mother, right here." This little child was old enough to realize the one that took care of her was her mother.

Then this lady said, "You're coming home with me. You better gather your stuff, and you're coming home with me."

The little girl began screaming. She said, "I'm not going home with you! "I'm staying with Mama!"

But finally, after all this commotion, after this screaming and talking and this mother wanting her baby, finally my grandmother stood up and she stood up for her rights. She said, "Now, let me tell you something. There was a time when you didn't want this baby. You absolutely refused to take your own child. And they brought this baby to me and I think I've got something to say."

She said, "I will tell this baby who her mother is, and let her get acquainted with you before I let her go. Right now, you'd better go home."

And this white lady said, "I'm not going home. This is my child and I want her home."

And this Indian woman, she said, "I don't care if this is your child, I'm the one that raised this child and gave her the love you didn't give her...your own flesh and blood."

"And so," she said, "When I get ready to relinquish this child, you can come and get her. But I'll tell you, she won't be happy with you, because she will know at one time you didn't want her, didn't want to keep her."

So this lady said, "Okay, but when I come back, I want you to have her stuff all ready, and I'm going to take her home."

And in the meantime, this little child was all shook up and she was screaming, "I don't want to go home with that Poston, (that means, white woman)."

Next time she come over, grandmother acquainted this girl with the idea that she didn't belong to my grandmother. Her mother was white and her father was white. So she finally went home. But she wasn't a bit happy with her new mother, which was her natural mother. But it was a new mother to her because she was raised among the Indians and spoke Indian. And to the day this lady died, she could speak just as good Indian as the Indians. And she was very good to us. She was—what would you call—a millionaire /laughing/. She had a lot of money and she gave us a lot of stuff. She gave my mother a lot of things we didn't have, couldn't afford. We didn't think about that when we took her as a baby. We didn't take that as pay for raising her.

I knew her. I knew her myself. She didn't die too long ago. She died before my father did, but I've heard this story many times, not only from my people, but from different people that knew my folks and they were so glad that my grandmother took this baby when nobody else wanted her.

So, many times I've taken little children that nobody wanted and brought them over to my home. I kind of inherited the love of children from my grandmother. I've raised a lot of children that weren't my own children. I have boys that I've sent off to college that I took as little babies and I sent them on through grade school, high school, on to college. And so I think I inherited the love of children from my grandmother.

She took this little child and raised her as her own. Gave her the love that this natural mother didn't want to give her baby. So that's my story about this child that wasn't wanted. And we're living in a day that a lot of children are not wanted. And that's why we have a lot of foster homes and I feel sorry for the children that have to live in foster homes because a lot of the foster homes are not just the right people to have. I see a lot times in the paper where a lot of children are mistreated—abused.

So my advice to anybody, any parent: love your children and they'll return your love.

Lucky Eagle Management Training
Program Helps Tribal Members
Become Successful Managers

By Rodney Youckton, Director of Business Operations

The Lucky Eagle Management Training Program is designed for our tribal members and their success working at the casino. The casino reports quarterly on the program so that the Tribal community has an awareness of what efforts are being made with our tribal members employed at the casino. We are building success stories which will be reflected in the Succession Plan. We are hopeful a large number of young adults will read about the hard work and sacrifices fellow Tribal

members are undergoing in an effort to achieve their goals. They all have dreams and set goals to reach those dreams. Tribal Management Training Program employees hope to be good role models and mentors for those wanting to be successful in the career of their choice. We all have dreams. Never, never, give up on your dreams. Reach for the stars and make it happen. "Our commitment is to provide an unparalleled entertainment experience that exceeds our guests' expectations."



Featured Tribal Member:

My name is Farley Youckton and began working at Lucky Eagle Casino almost eight years ago as a dealer in the Table Games department. I moved on to become a dual rate supervisor/dealer, and later trained to become a dual rate pit manager/supervisor. I trained as a pit manager and shift manager over the next four years.

During this time I attended numerous training classes and seminars. I completed a 49-week Tribal Government and Gaming Management class through Tacoma Community College, where I learned about the different casino departments, as well as management styles and skills. I also completed a Dale Carnegie course for public speaking earlier this year.

In October 2009 I had the opportunity to become a Video department manager overseeing the slot technicians. This was



Tribal Member
Farley Youckton
Tribal Enterprise and
Gaming Management
Program

a big move for me because my previous experience was in Table Games and I knew very little about slots. In addition to the technical aspects of slots, I am learning slot analysis, slot purchases, game changes, inventory, budgeting, and more.

Thankfully, I have had much support from my staff and casino management as I train with my new department.

I continue to learn as much as I can in my role at the casino. My long term goals are to become Slot Manager, Casino Manager,

Assistant Director, Director, and finally General Manager. I would also someday like to work in tribal government, although I have not decided in what capacity. While I may not be certain where my future may lead me, I am positive that I will be supported by the casino, tribal management, and my family.

Author’s Inspiring Presentation on
Native Side of American History

On Saturday, December 4, Author Robert J. Miller held a seminar at the Gathering Room at the community center. It is a unique perspective and inspiring teaching on his thoughts and theories regarding his book Native America, Discovered and Conquered Thomas Jefferson, Lewis & Clark, and Manifest Destiny.

Manifest Destiny, as a term for American westward expansion, was not used until the 1840's. Its predecessor was the Doctrine of Discovery, an international legal principle by which Europeans and Americans laid legal claim to the lands and rights of the Indigenous peoples that they "discovered." Thus, there was a competition among the United States and European nations to establish claims of Discovery by getting somewhere "first." In North America, the United States was competing with the English, French, and Spanish for control of the lands west of the Mississippi. Who would be deemed to be the "discoverers" of the Indians and their lands? We know how this race turned out, of course, but in his book, Miller for the first time explains exactly how the United States achieved victory, not only on the ground, but also in the developing legal thought of the day.

The American effort to control the Louisiana Territory and to claim the Pacific Northwest really began with Thomas Jefferson's authorization of the Lewis & Clark Expedition. Lewis and Clark were given several objectives: 1. find the Northwest Passage—a land route across the continent—to establish an American fur trade with China; 2. open American trade with

Indians and tribes in the Louisiana Territory; 3. help steal the Indian fur trade from England; 4. strengthen America's claim to the Pacific Northwest, the Oregon Country; and 5. pursue Jefferson's personal interest in studying American Indians and tribal groups, and cataloged new plant and animal life.

This book describes how the English colonies, the American states, and the federal government all used the Doctrine of Discovery in their conquest of North America and how this international legal principle became part of American law, as it still is today. American Indians and Indian Nations still live today under the limitations

that the euro-centric, feudal, and racially oriented Doctrine of Discovery placed on them centuries ago.



Author Robert J. Miller visits the Chehalis Tribe sharing on his unique perspective and his book Native America, Discovered and Conquered Thomas Jefferson, Lewis & Clark, and Manifest Destiny.

About the Author Robert J. Miller, Professor Miller speaks regularly on issues regarding tribal governments, and the Doctrine of Discovery, Manifest Destiny, Thomas Jefferson and the Lewis & Clark expedition. He was actively involved in 2003-06 in the Lewis & Clark Bicentennial because his tribe

appointed him to the Circle of Tribal Advisors (COTA), which worked with the National Committee of the Lewis & Clark Bicentennial. He is an enrolled citizen of the Eastern Shawnee Tribe of Oklahoma.

Academic Credentials
B.S. 1988, Eastern Oregon University
J.D. 1991, Northwestern School of Law of Lewis & Clark College (magna cum laude)

Website available for more information: http://lawlib.lclark.edu/blog/native_america/

4 **Annual Meeting** (continued from page 1)



At the Annual Meeting Elder George “Chops” Youckton received a Pendleton blanket from (L) Chairman David Burnett and (R) Vice-Chairman Don Secena. This honored and recognized Chops for his commitment to the tribe for serving on the 1968 Business Committee.

for the Casino but still need to be aggressive with the economy still impacting business decisions.

Great Wolf Lodge

Mike Lusky, General Manager made an informative report on the operations of the Great Wolf Lodge. The operation is doing well, with a slight increase over the prior year results. They have increased the number of Tribal employees, and will continue to look for ways to get more Tribal Members hired.

Tribal News

George “Chops” Youckton was honored for his past commitment in assisting the tribe back in 1968 when he held the position of chairman. His short speech described how things were back then, and he’s was glad to see the improvements on where the tribe is going economically.

There was a discussion on the enrollment freeze on adults at this time. The audit has been completed and General Council voted to continue the moratorium. There were fourteen applications for the children that

were accepted, bringing our enrollment up to 844.

The allocation plan was presented by Jessie Goddard, treasurer for the Business Committee. If you don’t have your address updated you’re check will not be released to you. Tribal members were given the chance to pick how their per-capita will be paid out to them- monthly, quarterly, semi-annually, or annually. If you did not fill out the form your check will be automatically made out as in one payment. Contact Accounting for your address change 360-273-5911.

The Constitution Committee positions were filled by Dolly Canales, Janice Latch, and Jenee Penn. The rest of the committees positions will be filled in the next regularly scheduled General Council Meeting..

Congratulations to our Business Committee Members: Davis Burnett, Chairman; Don Secena, Vice-Chairman; Newly Elected Stephanie Pickernell, Treasurer; Cheryl Starr, Secretary; Dan Gleason, Fifth Council Member.

Many thanks to everyone for their commitment for the success of our tribe. Your dedication and time is appreciated.

Elders Bazaar (continued from page 1)

those who need help. Thanks to all the donated items and they successfully raised over \$1,300.00. Also to everyone that donated a raffle or silent auctions. Your thoughtful gifts helped make this first part a success. Now on to the food/toy drive.

Special Thanks

I would like to Thank a few of the Lucky Eagle staff Jana Peters, Allan and Thurman Lucky Eagle maintenance staff that set up the event and put up with me!! (these guys do a great job) And Thanks to my other half Ray Romero who volunteered to help arriving at 4:30 a.m. to help with

the set up and whatever else needed to be done. To Elder volunteer, Nadine Burnett (Elder’s Committee member) who was there at 7 a.m. to help organize and set up vendors. Thanks to the other Elders Joan Martin, Dolly Canales, Linda Daniels, George ”Chops” Youckton and Gloria Jones who helped with the food and raffle, this was a very successful fund raiser for the Elders program. Thanks to all that donated items for the raffle. A special thanks to those customers who supported our Elders program!! Merry Christmas to all!

Living Well (continued from page 1)

things about ourselves because we don’t really know and trust our providers. These fears **block** communication. There are two things to keep in mind that will help open and keep open, the lines of communication with your health care team; how do they feel? It is frustrating for them not to be able to cure someone with a chronic condition like emphysema or arthritis.

They must take satisfaction from improvements rather than cures, or even from maintenance of existing conditions rather than declines. Secondly, in this partnership the biggest threat to a good relationship and good communication is time. Most visits with providers doesn’t allow enough time with the patient. With more time you have a chance to explain things, more time to explore options. One way to help you to get the most from your visit with the doctor is to take **P.A.R.T.** (Prepare, Ask, Repeat, and Take Action). Before visiting your doctor prepare your “agenda.” What is the reason for your visit? Write down a list of your most important concerns or questions. Mention these at the beginning of your visit. Another key to effective communication is asking questions. You need to ask questions about

diagnosis, tests, treatments and follow-up. It is extremely helpful to briefly repeat back to the doctor some of the key points from the visit and discussion, to make sure you understood correctly. When the visit is ending, you need to clearly understand what to do next. For example, should you return for another visit? Why and when? Any instructions? Also, your providers need to know how satisfied you are with your care. If you don’t like the way you have been treated by a member of your health care team, let this person know. In the same way, if you are pleased with your care, also let your providers know. Everyone appreciates compliments and positive words of feedback, especially members of your health care team. Good communication skills help make life easier for everyone.

We had nine participants that attended the six week class that was held here at the CTWC on Thursday’s from 1:00-3:30 PM. There was two trained facilitators; Marisela Martinez and Amy Murphy. This was collaboration between the Chehalis Tribal Family caregiver support program, The Grays Harbor County Public Health Department, and the Olympic Area Agency on Aging.

Program Continues to Provide Training to Encourage People to Pursue Business Opportunities

A Success Story

By Traci Parkinson, Tribal Member

When I first heard about the Indianpreneurship and financially literary classes from my mother, Lynn Hoheisel, I thought it would be a good opportunity for me to help advance my position with Parkinson Painting. It is our family owned business that does painting and drywall and I’m the head of the Customer Service Department. You may have recognized us painting several units for CTHA. It was exciting to be going back to school for the first time in nearly 20 years.

I wasn’t sure what to expect on my first day but the instructors, CJ and Ben, made everyone feel very comfortable. They really spoke to us in layman’s terms to help everyone understand the material. When someone didn’t completely understand the material, they wouldn’t continue until everyone was on the same page. We began formulating our plan through brainstorming ideas, class discussions, and homework between each session. After a few weeks of composing budgets and drawing up financial statements, it really started coming together. Once the class was completed, we all had a new or improved company. I really feel like CJ and Ben went the extra mile for us. CJ even got me the paperwork for Women Owned Businesses on her own time.

Now that I have completed the classes, it is time to put the information to work for me. With a newfound perspective of business, I feel much more prepared to make informed decisions and increase my role in the management side. The class has given me a much better grasp of bookkeeping, financial statements, business goals and

inspired me to improve Parkinson Painting with my new ideas for the future. I owe it all to the Indianpreneurship class sponsored by Diana Pickernell and the Chehalis Tribe.

By Diana Pickernell, Loan Coordinator

In addition to Traci’s article I would like to congratulate Lydia Fromm, Jay Sanchez, Anthony Olney, Sky Eagle Schlacta and Frances Pickernell in their completions of Building Native Communities a Financial education class and Indianpreneurship classes. All but one are Chehalis Tribal members who have made the time and commitment to make a change in their lives financially.

The Indianpreneurship classes require thinking, putting their own ideas down on paper, making a plan for a future business. All of these people have some great ideas and have been working hard on their business plans.

In addition to them taking the class there was lunch and drinks provided each class day, as well as incentives at the completion of classes.

Overall in 2010 there have been 2 tribal youth who have completed financial education classes and 8 Tribal member adults who completed Financial Education as well.

If you as a Chehalis Tribal member are interested in taking any of these classes we will be starting again in January 2011, look for flyers, or call my office 360-709-1631 to sign up.



Traci Parkinson successfully completed the indianpreneurship and financially literary classes and received a certificate of achievement. Pictured (L-R) are: CJ Williams, Traci Parkinson, and Diana Pickernell.



The Native Nativity Scene is on display at the Community Center. Elders, adults and youth worked together to complete this project. Dianne Devlin, Cultural Coordinator, thanks everyone involved for their time and creative efforts for everyone to enjoy.