Information on Page 3:
- The Book "Glimpses of Gate" shares neighbors memories of past Chehalis Reservation people, page 4
- "Dear CTWC Provider" answer on Vitamin D3 the Sunshine Hormone
- Great Wolf Internship Program: Featured Tribal Member, Anthony Olney

Community Center Hosts S.P.I.P.A First Annual March to Prevention Conference

At the March to Prevention Conference Jeffery Powell shared his story about his family member who died from cancer, and encouraged everyone to get cancer screenings.

By Christina Hicks, Community Health Coordinator

“March to Prevention” Conference

The Second Annual Chehalis Tribal Youth Basketball Tournament was held during the month and S.P.I.P.A’s Colon Health Program held its first "March to Prevention" annual conference, held on March 18 & 19, 2011 at the Chehalis Tribe’s New Community Center, with over a 100 participants during the event. What is Colorectal Cancer? It is a cancer that occurs in the colon or the rectum, or both. It is the second leading cause of cancer death in the United States and is one of the most preventable cancers. It is a rare early detection and screening is so important. S.P.I.P.A’s Colon Health Program consists of Chehalis, Cowlitz, Nezquipey, Shoalwater Bay, Skokomish, Squaxin and Quinault tribes.

On Friday, March 18, 2011 the registration table opened for community members to register for this conference, they were given a “Passport” to complete five activities that were held during the event (Necklace, Giant Colon Display, Zumba, Prostate Cancer, and the Colon Cancer Panel) and then they would be put into the drawing at the end of the event.

Rita Andrews opened the conference with a prayer and a blessing, lunch was served and later the participants played Colon health bingo, and then ended the evening with dinner.

On Saturday, March 19, folks ate breakfast, and then went off to start on their activities. Christina Hicks and Sharon Fleming facilitated the Necklace making activity while they went over colon cancer screening.

See Conference page 4

Annual Youth Basketball Tournament Makes for a Unique Basketball Experience

By Fred Shortman, Editor

The Second Annual Chehalis Tribal Youth Basketball Tournament was held during the second week of April. What a way to spend an afternoon together, bringing native people together to watch their tribal youth play basketball, meet old friends and make new friends in a friendly competitive game of basketball.

The games were all scheduled at the Community center with both basketball courts put to good use. Tournament director Cheryle Starr and her assistant tournament directors Carla Thomas, Ray Lopez and Charlotte Lopez were busy during the week getting prepared to make it a successful weekend arranging game schedules, referee’s and volunteers.

There were 4 different divisions for youth to enter according to their age: 5 and under, 10 and under, and 14 and under. The younger age brackets was held in the youth center gym, with no visible time clock and no electronic score board. But that didn’t matter they were there to play basketball. Parents were seen laughing and cheering as they watched their tribal youth played as they gained precious experience at this level of basketball. The main gym hosted the older division and the three point contest. Saturday hosted a three point contest. There were 22 tribal youth who chose to enter this contest. It was brilliant display of shooting as the contestants drained down the three in each round advancing to the finals.
Tribal youth played basketball and received t-shirt’s for participating in the Harlem Crowns Basketball event. It was very enjoyable to watch. Pictured at the very top is Tony Medina. Top row (L-R) are Jake Jenkins, Konner Burnett, Tayleena Klatush, Aalyiah Meddaugh, Payton Simmons, Jeanna the very top is Tony Medina. Top row (L-R) are Jake Jenkins, Konner Burnett, Tribal youth played basketball and received T-shirt’s for participating in the entertaining night of basketball. It was comedy in motion that gave the audience fits of laughter during an know what is best or for them which is why Children (under the age of 18) don’t know what you are saying not that they don’t like your problem. (Most likely they do not like your children may not like you, but that isn’t not a pal. Your children may not like you or to look cool. That is not the purpose of being a parent. You can look cool and be an social lives and friends. The parents want to look cool. That is not the purpose of being a parent. You can look cool and be an effective parent, but you have to be a parent, not a pal. Your children may not like you or at least say they don’t like you, but that isn’t your problem. Most likely they do not like what you are saying not that they don’t like you?

Children (under the age of 18) don’t know what is best or for them which is why they don’t consider adults until they warmed up to play the Zanny Crowns. Comedy and laughter was in the air. At half time the Crowns talked to the audience about the importance of a drug free life, anger management, and drug awareness. The crowns started the second half of the game by giving the stars an extra 20 points to make it close in the end. Many youth stayed after the end of the game for the picture and autograph session. So a night of fun and comedy came to an end. I would like to thank the community for coming for a great family night.

Resources Available to Assist Parents in Understanding Their Teen

From the Behavioral Health Parents/Teens Comprehensive Guide in Dealing with the 2000’s

This book is a very useful tool in helping parents gain more tools in understanding their teen. There are 21 chapters covering some very uncomfortable issues teens have to deal with while growing up. Due to water damage there are a few copies available and excerpts can be shipped monthly. For more information please contact Behavior Health at 360-709-1682.

Introduction
It is time for parents to realize who they are…parents. It is not the role of parents to be their child’s best friend. You can be friendly with child, but above all, you must be their parent. Kids can find friends at school or at work or wherever. Kids need a positive strong role model who is there to provide support and guidance and lay down the rules and boundaries.

There are so many parents trying so hard to “fit” in with their peers and the kids’ social lives and friends. The parents want to look cool. That is not the purpose of being a parent. You can look cool and be an effective parent, but you have to be a parent, not a pal. Your children may not like you or at least say they don’t like you, but that isn’t your problem. Most likely they do not like what you are saying not that they don’t like you?

Children (under the age of 18) don’t know what is best or for them which is why they don’t consider adults until they reach 18. It is a role as a parent to try to get them to get past the biggest obstacles teens face every day and increase society can make all the difference later in

Dealing with the 2000’s

society can make all the difference later in facts and not succumbing to the pressures of influences and self-discovery, getting all the facts and not succumbing to the pressures of society can make all the difference later in life. The Parent/Teen Guide aims to educate teens and adults to raise awareness to the obstacles they face and increase the likelihood of making the right decision when the time comes.

Dianne Devlin, Cultural Coordinator, took Elders, adults and youth on a field trip to collect bugs at Borst Park in Centralia. This involved story telling and learning how to pronounce the bugs’ names on the Chehalis language. Pictured top row (L-R) are Roberta Youckston, Jenny Banales, Sally Pitkurak, Tony Medina. Middle row are children are Chyler Daniels, Mykalie Atkins, Leo Daniel, Jordan Burns, Erik Vesey, Charlene Arrington, and Nathan Wittwer, and Dianne Devlin. Bottom row are Aalyiah Meddaugh, Ares Wittwer, CJ Youckton, Riley Smith, Teelena Klatush, Trinidad Smith, and Tyson Jones.

The Confederated Tribes of the Chehalis Reservation - "People of the Sand"
More sun exposure is needed. We get Vitamin D3 naturally from our skin, which makes it when our skin is exposed to sunlight. However, this exposure is limited, as we are only able to make sufficient Vitamin D3 when our skin is fully exposed to the sun. Therefore, we rely on Vitamin D3 supplements!

Vitamin D3 supplements help us get our daily requirement, especially during the cold and dark winter months. It is important to consume Vitamin D3 to maintain a healthy immune system and prevent various health conditions. Vitamin D3 is essential for bone health, muscle function, and overall well-being. In the absence of sunlight exposure, it is recommended to take Vitamin D3 supplements to ensure adequate intake.

Wednesday May 11 From 2:00 PM TO 8:00 PM
(The meeting will be at the Squaxin Island Little Creek Hotel/Casino Grand Ball Room)
4 Youths Basketball Tournament (continued from page 1)

The Giant “SuperColon” display was used as an educational tool that teaches about colorectal cancer prevention. The display was an exhibit of the Prevent display in the gym. There was a Giant “SuperColon” provider, get exercise, eat right, reduce the risk of colorectal cancer. Some of the main themes were to get screened, talk to your healthcare providers, and participate in sports.

Thanks from Cheryl Star, Events Coordinator

Thanks to volunteers who made this such a successful tournament: Carla Thomas, Ray Lopez, Charlotte Lopez, Bo Thomas, Joyce Thomas, Pam Youckton, Ang Youckton, Sunny Youckton, Bobby Jones, Goo Jack, Junior Jack, Annie Jones, Barb Daniels, Baby Gary Ortiz, Monique Lopez, Rosa Arreguin, and Jerry Youckton. Also a huge thanks to the teams who came and participated sharing a fun filled weekend of youth basketball.

Here are the top 2 winners of the 3-point contest during the second tribal youth tournament. Pictured (L-R) are:

1st Place- Gary Ortiz, Chehalis tribal member, and first place Jered Pichette, Warm Springs/Lummi/Flathead Tribes.

5 and Under Division

Team Chehalis played in the 5 and under division in the Tribal Youth Basketball Tournament. Many agreed it was cute watching the little ones play basketball. Photo courtesy of Another.

Banquet (continued from Page 1)

Critia Each year, the selection committee works diligently to narrow down the field from 12 worthy candidates to one outstanding recipient.

The evening’s top honoree went to Executive Assistant Kristine Niason, Kristine, who came to the Casino in 2008, has proven herself to be an indispensable member of the Food and Beverage team. Cheerful, outgoing, and well-liked by her peers, Kristine regularly goes above and beyond her own job duties, is actively involved in associate events, and assists with special projects throughout the casino.

The Associates of the Month in 2010 included:

January - Taylor Jo LaFlure, FVS

February - James (Ringo) Pickernell, Team Table Games March - Janet Galzerano, Buffet April - Rose Green, Buffet June - Melvin Williams, Water July - Thomas Harvey, Slot August - Bernell Williams, Security September - Kristina Nicholas, Food & Beverage October - Chase Wells, IT November - Jessica Hotel, Banquet December - Scott Hill, Video

In addition to the Associate of the Year award, three prestigious awards known as the Executive Awards were presented. Executive Award winners included: James (Ringo) Pickernell – Guest Service Award Chase Wells – Teamwork Award LaWayne French – Extra Mile Award

Chehalis Tribe

Chehalis Tribe 4th Annual Cancer Walk

Weekend May 27, 28, 29, and 30

For more information contact Cheryl Star at 360-709-1824, Carla Thomas at 360-273-5911 or email: cstarr@chehalistribe.org or chthomas@chehalistribe.org

Vendors please contact Dan Gleason at 360-273-5911 for table costs and locations.

Thief Days Memorial Baseball Tournament

The Giant “SuperColon” display was used as an educational tool in preventing, treasuring, and beating cancer.

Conference (continued from page 1)

health and their risks and ways to prevent colorectal cancer. Some of the main themes were to get screened, talk to your health care providers, get exercise, eat right, reduce the use of tobacco and alcohol, and at age 50 get a colonoscopy. A colonoscopy can detect polyps before they turn into cancer. There was a Giant “SuperColon” display in the gym. Prevent Cancer SuperColon is an exhibit of the Prevent Cancer Foundation. The Super colon is an educational tool that’s message is Colorectal Cancer is preventable, treatable and beatable. Inside the display you can see what a healthy colon looks like, see what it looks like when the tissue becomes affected with non-malignant colorectal diseases, polyps, and various stages of colorectal cancer.

Participants had fun doing the “Zumba” class, lead by Julie LaClair of the Sophiswater Band, shared her experience of dealing with her husband’s cancer. We also heard from Anthony Cole, a 30 year old colon cancer survivor from the Cowlip tribe, who was diagnosed with colorectal cancer at the age of 22 years old. After his treatment was completed he is now a physical fitness trainer, who wants to help people be healthier. John Simmons, of the CCCP, facilitated the panel. All speakers shared their personal stories and the important message of getting your health screenings and early detection.

Bobbie Bush ended the event saying that this has been a great learning experience for all and that they plan to do this event again the last weekend of March of 2012, at a different tribal location, so mark your calendar!

The winners for the door prizes were: Cecil Cheek, who won a gardening basket, Joan Carpenter, who won an IPad, and Chase Bonifer and his dad Anthony Youckton, who won the chain saw. Congratulations to all the winners and thank you to everyone who attended this conference and there was a huge success.

If you would like to know more about the colon health program, please contact the colon health program, please contact the

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