

April 2011

Vol. 4/5

Program News

The Domestic Violence Prevention Program has Moved

The Domestic Violence Prevention Program has recently moved from the Community Center to the Family Resource Center in the old clinic.

How We Can Help.....

- Provide emergency shelter for abused women and their children.
- 24/7 crisis intervention through the Domestic Violence Hotline: 360-709-1874
- Provide advocacy (with permission from client) with other social service agencies.
- Provide legal advocacy including help with protection orders and victims compensation. Provide group and individual counseling.
- Help explore choices and referrals to other service providers.
- Referrals Mental Health and Chemical Dependency Providers.
- Assist you in a Safety Plan that fits your needs.
- Talking Circle for survivors appropriate for our community.

If you're a victim of domestic violence... You have rights! You are not alone...The Chehalis Domestic Violence Prevention Program is **free!** Contact: 360-709-1874 Emergency call 9-1-1 or Law Enforcement 273-7051.

Program Requests Information Recognizing the 2011 Graduating Seniors

The Education Department is getting an early start at planning the Graduation Celebration for seniors that graduate class of 2011. The Education Department is asking all parents, grandparents, aunts and uncles to let us know if you have a student who will be graduating this year. Also, if your student is graduating with honors, let us know which school your child is graduating from and we will do our part to make sure your student is recognized.

Any information is helpful, and thanks for your participation. Seniors, keep up the good work and we're looking forward to seeing you this summer. We could be looking forward to the largest graduating class of Chehalis Youth in a long time.

Please turn your information to Jason Gillie at 360-709-1888, JJ Shortman at 360-709-1749. Graduation will soon be up on us, so our program encourages families to get their information to us.

Direct Lines Available to Assist in Contacting the Family Services Program

If you need to contact the Family Services Program, please use the direct phone lines to contact their programs. Please leave your name, phone number in which you can be reached, and a brief message. They will return your call as soon as possible. Your cooperation is greatly appreciated.

- Children's Justice Advocate – 360-709-1745
- Adult/ICW Caseworker – 360-709-1754
- Director/Supervisor – 360-709-1871

CHEHALIS TRIBAL NEWSLETTER



♦ "People of the Sands" ♦

Information on Page 3:

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



Harlem Crowns Entertain Community

- Youth kicked off the night with a entertaining game of basketball, page 2
- Restructuring of programs, page 2
- Introduction to "Dealing with the 2000's", page 2

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.

Photo by Christina Hicks

By Christina Hicks, Community Health Coordinator

"March to Prevention" Conference

March is Colorectal Cancer Awareness month and S.P.I.P.A's Colon Health Program held it's first "March to Prevention" annual conference, held on March 18 & 19th, 2011 at the Chehalis Tribe's New Community Center, with over a 100 participants during the event. What is Colorectal Cancer? It is 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 why early detection and screening is so important. SPIPA's Colon Health Program consists of: Chehalis, Cowlitz, Nisqually, Shoalwater Bay, Skokomish, Squaxin and Quinalt 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

See Conference page 4

Stars Shine at Casino's Associate Appreciation Event

By Darshan Lovgren, Executive Assistant, Lucky Eagle Casino

Lucky Eagle Casino proudly hosted its 15th annual Associate Recognition Dinner Tuesday, March 22, 2011 at Great Wolf Lodge.

The gala event, which took place in Great Wolf's Chehalis Grand Ballroom, was attended by over 250 associates, their guests, and community members. This highly anticipated banquet recognizes associates' contributions and exceptional guest service which help Lucky Eagle stand out in a highly competitive industry.

The evening commenced with an elegant reception followed by a gourmet dinner, live piano music, and presentations for each Associate of the Year candidate which highlighted their outstanding talents and achievements. Chehalis Tribal Elder Dan (Bones) Gleason delivered the dinner blessing, and long-time friend of Lucky Eagle, Greg Bailey, acted as Master of Ceremonies.

General Manager, John Setterstrom, commented: "This event is a special Lucky Eagle tradition and a time to reflect on the contributions and commitments that our associates have made during the year. Lucky Eagle associates continue to be the best in what they do, and we are here this evening to recognize each honoree and to say thank you."

To be selected as Associate of the Year, a candidate must meet several essential

See Banquet 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 a weekend 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, 14 and under and 16 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 threes in each round advancing to the

See Youth Basketball Tourney, page 4



Youth players await to rebound a shot taken by the Muckleshoot team (blue) during the championship game against the Warm Springs team (white). It was a competitive game with the Muckleshoot team being the victor and winning the championship in the 10U Division.

Chehalis Tribal Newsletter
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2 Comedy on the Court Brings Laughter to Community



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, Courtney Price, Leo Daniels, Chyler Daniels, and CJ Youckton. Middle row (L-R) are Tayleena Klatush, Aalyiah Meddaugh, Payton Simmons, Jeanna Atkins, Tres Meddaugh, and Bradley Meddaugh. Front row (L-R) are Carolani Black Tony Groninger, Tre Groninger, Daniel Gitchell.

By Tony Medina, Youth Director

On Wednesday, April 6 brought another year of Comedy on the Court. We started this year with having youth ages 4-10 years of age playing basketball against themselves; There was a lot of running back and forth, sometimes it seems like making "touchdowns." Just getting these young youth on the court was a feat within itself, although very enjoyable to watch. In the end they all received t-shirts for their accomplishments.

Again the Crowns were warming up to a crowd of youth, adults, and seniors. Our Chehalis Stars led by Shawn Ortivez

warmed up to play the Zanny Crowns. Comedy and laughter was in the air. At half time the Crowns talked to the audience of the importance of education and 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 only a few copies available and excerpts will be published 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 kids and their 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 we don't consider them adults until they

reach 18. It is your role as a parent to try your best to get them through those years healthy, happy, and safe. They may not like you at the time for doing that, but chances are when they become mature adults they will be grateful.

Chances are, if you know someone else's child is practicing high-risk behaviors and you tell the other parent, they may not like what they hear. They may react negatively towards you, which is unfortunate. However, you cannot let that keep you silent. You don't want that on your conscience if something bad happens. Chances are that child's parent may already suspect something and they are not ready to admit it or maybe they didn't think anyone else noticed. Maybe they are completely oblivious. It does not matter. Why wouldn't you report to a child's parents if you know they were in trouble?

In life, few periods are more significant, confusing and full of pressure than the teenage years. With so much outside 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 teens face every day and increase the likelihood of making the right decision when the time comes.



The Chehalis Stars led by Shawn Ortivez played the Harlem Crowns (Blue). It was comedy in motion that gave the audience fits of laughter during an entertaining night of basketball.

Photo courtesy of Marla Medina

Growth and Expansion in Governmental Operations to Provide Better Services to the Community

There are some very exciting changes happening in Governmental Operations! After much discussion and consideration, we are moving forward with some restructuring of departments to better serve you and to foster opportunities to bring new services to the Tribe. Look for the following improvements to be implemented over the next three to four months:

Family Services will be splitting into two departments – Social Services and Education & Development.

- Social Services will include Protective Services with ICW and other related services intended for the protection and sustainability of our families. Another area of this department will be Community Services with Heritage, Culture, and Elders and also Vocational Rehabilitation. The Social Services Department will also be looking at growing programs to meet the needs of our Tribal Members and community.
- Education and Development includes Education programs with TELO, Higher Education, and Language. Early Learning houses Head Start, Early Head Start, and Childcare and Youth Services will be joining this Department too. We are looking forward to being able to expand opportunities for development and education for our Tribe.

Behavioral Health will become a stand-alone Department from the Wellness Center.

- Behavioral Health will include Mental Health, Substance Abuse, and Domestic Violence services and will be working hard to expand programs in line with requests from the community.
- The Wellness Center will continue to work on developing stability and high quality care. We are excited about our medical staff – our Medical Director Dr. Sine and Physician Dr. Reveron are soon to be joined by Nurse Practitioner Julianne Westlake and our wonderful team of nurses will be growing.

There are a lot of positive changes in the works as we look for ways to improve services in a sustainable way for today and the future.

More Information from Behavioral Health

Tsapowum, the Chehalis Tribe's Behavioral Health Program, is currently ready to move back into our remodeled and mold-free space. Along with the staff in place prior to the temporary move to the clinic: Barb Sanders, LMHC, Gail Hurst, CDP, Tammy Vessey, CDP and Randy Kempf Domestic Violence Perpetrator Counselor, now on board are also: Charlene Abrahamson, Behavioral Health Director, Dawn Boley, Program Manager, Domestic Violence Prevention Program and Lorrie Bonifer, Prevention Specialist. Additionally, we will be posting and hiring for another Chemical Dependency Counselor and a Mental Health Counselor, both with a focus on working with the youth and an Administrative Assistant/Biller.

Charlene arrived from working for several years with the Squaxin Island Tribe and says: "I am very grateful to the Chehalis Tribal people and staff for being so welcoming to me and I'm excited to share the goals of the Tribe for the wellness of their people." Charlene is a member of the Spokane Tribe and has worked in the field for approximately 10 years.

The community is familiar with both Dawn and Lorrie who have transferred to the Behavioral Health Department, in order to consolidate resources into what will provide more convenience for those seeking services and allow for collaborative efforts of available support. All of the staff share a love and drive for assisting people to develop their internal skills and achieve a fulfilling life free of drugs and alcohol.

Tsapowum is planning an open house in the month of April, please keep an eye out for the announcement and come visit us in the remodeled space we are very grateful to have completed.



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 in the Chehalis language. Pictured top row (L-R) are Roberta Youckton, Jasmine Banuelos, Sally Pikutark, Tony Medina. Middle row are Chyler Daniels, Mykale Atkins, Leo Daniels, Jared Simmons, Nathan Wittwer, and Dianne Devlin. Bottom row are Aalyiah Meddaugh, Ares Wittwer, CJ Youckton, Riley Smith, Teelena Klatush, Tristian Smith, and Tyson Jones.

Photo courtesy of Dianne Devlin, Cultural Coordinator

Chehalis Tribal Newsletter



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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

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for online newsletters copies: www.chehalis-tribe.org/news-events/index.html



The Confederated Tribes of the Chehalis
Reservation...
"People of the Sand"

Interview of Neighbor's Reveals Memories of Chehalis Reservation People, Part 4

Submitted by Elaine McCloud, Heritage Coordinator

These writings come from the book "Glimpses of Gate" by Judith Upton. They were compiled from interviews with surrounding neighbors of the Chehalis Tribe. The information is taken from excerpts from the book with the person who was interviewed and provided the information is in parenthesis.

The book can be purchased from the author for \$25, which includes tax. The address is **Judith Upton, 8333 Camano Loop NE, Lacey, WA 98516,**

Grandma Heck

Lucy Heck was the mother of Silas, Adam, Peter and Edith. Earl Hunter asked Grandma Heck how big she was when she saw the first white man. She was nine or ten years old. She lived near Vean Hunter's and heard they come down the river in a boat. She thought they had funny clothes and whiskers, and ran out in the woods and hid behind a mossy log.

The Indians lived all along there, on that (north) side of the Black River. Grandma Heck was born in that little swale by the east ford of the Black River in front of Grandma Brown's place. She said they were living there when she was about fifteen or sixteen

years old and a smallpox epidemic broke out. They made them go into the river to cool the fever. Those that weren't swept downstream by the river or didn't catch pneumonia, like as not survived. When she came out she was blind for sixteen moons as a result. When the whites came she was still and evermore with bad eyes.

(Lillian Pilcher)

Grandma Heck was very much a part of both the reservation and Gate communities. She was respected as a midwife, and would come in to help the settler women with housecleaning, or laundry in time of need.

When Minnie (Vean's sister) Hunter was a girl, the Indian Mrs. Heck used to work for her mother Sarah. Then when Minnie grew up, she married Charlie Heck. Now, there's no relation (to the tribal family), cause Charlie's folks come from Germany, his mother didn't speak English at all. When Mrs. Heck met Minnie Heck and found out their names were the same, she was just tickled pink.

(Dutch Pilcher)

When the grain had been cut, Grandma Heck would come over to our farm and glean in the field. She had a little basket on her back and a little knife, and she would go all around the edges of the field and cut

the heads off the wheat and toss them into her basket. She would get a half of sack of wheat heads, then sit flat on the ground in the barn yard to beat, pound and winnow out the grain cereal. She ground it in a small coffee mill. She would wait for Papa (Wright Brewer) to come home and over dinner with him, tell him her troubles. Once one of the white neighbors pastured their cattle on her land without paying her, saying she wasn't using it anyhow, so they might as well. He felt bad about it, but there wasn't anything he could do.

(Carolyn Brewer Lonborg)

There was an old Indian lady we called Grandma Heck. We lived right straight back of the depot at Gate. She would walk over there from the reservation and get cattails out of that swamp back of where we lived to weave baskets out of. She would stay at our place, then if the car happened to be there, why we'd load up her cattails and take her back the next morning. She would visit with mother. They were hyas tillikum (great friends). Grandma Heck knew English. Mother knew a little Chinook, and so did I.

(Otis Parish)

Grandma Heck would make a day's outing

of a shopping trip to the store in Gate. On her way over from the reservation, she would stop and visit friends like Mrs. Schultz or Mrs. Austin, and maybe have coffee or a bit to eat. After she completed her shopping, she would put her goods in a basket, or carry them using a head strap, and stop to rest and trade or "talk old times" on her way back home.

Mrs. Heck's children had bunk beds in the back of the house. When some neighbors came by to visit, the little kids went crawling under the bunks and pulled out a bear somebody had brought them for a plaything. The bear scratched like everything but they wanted to show it off.

Mrs. Heck's son Peter, a policeman and bishop of the Shaker Church, married George Jack's sister Lena. They had Edith, John, Ralph, and Art. When Mrs. Heck's son Silas was 90-some, Lyle Erskin talked to him about logging on the reservation for Silas. Lyle remembered him as easy going, very intelligent, and "expert at lookin' ahead". He quoted Silas as saying, "Timber's gotta be taken out. We need the ground. The way things are going there'll be a day when there won't be enough ground to feed people.

News from the Chehalis Tribal Wellness Center

"Dear Provider" Program available to answer health questions

The Staff at the Chehalis Tribal Wellness Center (CTWC) want to hear from you. We invite you to participate in a new monthly column: "Dear CTWC Provider". You can write a question to the CTWC Provider of your choice--or just a general question.

We hope this will give our community and

our staff another way to communicate. The questions can be anonymous. You do not need to sign the letter.

The drop boxes are located at the Wellness Center and Tribal Center for your letters. We hope this will be a good service for our community. We hope to hear from you soon.



Vitamin D3 – The Sunshine Hormone!

By Dr. Maribeth Duffy, CTWC Provider

Our bodies need "Vitamin" D3 (not actually a vitamin, as it turns out,

but actually a hormone!) in order to have a good immune system.

Vitamin D3 helps keep us from getting colds/viruses, have less joint pain, fight off cancers, have strong bones, and to feel happy. The winter time in the northwest brings with it an increase in mood disorders such as Depression, Bipolar D.O., Anxiety D.O., and SAD – Seasonal Affective Disorder – these correlate with a drop in Vitamin D3 levels in our blood. These conditions are improved with taking a Vitamin D3 supplement!

We get Vitamin D3 naturally from our skin, which makes it when our skin is exposed to sunlight. However this exposure also causes skin cancer. This isn't an issue in the Pacific Northwest for the most part, as we have much less sun than most areas of the United States.

How much sun exposure is needed depends on a few things. Older skin needs more sun to make the same amount of

Vitamin D3 as young skin. If our skin is more olive or brown in color it requires more sun exposure to make the same amount of Vitamin D3 (the increase is melanin is a natural sunscreen).

The Pacific Northwest has more Vitamin D3 deficiency due to both the gray days and the high latitude. Our days are mostly spent indoors, different from our ancestors, and so we make significantly less Vitamin D3. Most of us work indoors all day, so have no chance to make this hormone for most of the year. Even our children are not outside playing, making their Vitamin D, due to the fact that the cold wet weather can't compete with the draw of television, video games, and computer time.

We need a minimum of 1,000 IU daily in the northwest. We absorb it better from an oil or capsule form. We can become toxic if taking over 4,000 IU daily for a prolonged time. Your blood level of Vitamin D3 can be tested, but most patients are in good ranges if they supplement appropriately (1,000-2,000 IU daily).

If you have any questions, please see Dr. Duffy, or your Primary Care Provider (PCP) at the Chehalis Tribal Wellness Center.

Internship Program Promotes Employment to Tribal Members

By Mike Lusky, General Manager of Grand Mound Great Wolf Lodge

Great Wolf Lodge, in an effort to promote the employment of Chehalis Tribal Members, does a variety of programs to assist in getting Tribal Members in to the lodge to see what positions might be the best opportunities for each candidate. The Internship program that they put into place a little over a year ago allows interested candidates the opportunity to get a good understanding of virtually all the positions available at the lodge. From Sales to Front Desk and HR to Aquatics, this program is designed to give the interested parties a unique glimpse of the role each department

has and allows both the candidate and the department to see what positions would potentially be a long-term match. The program has been very popular and highly successful. The lodge always looks to promote from within and this is a great opportunity for someone who is interested in growing in the hospitality industry to take the first step.

We invite tribal members interested in this internship program to contact Human Resources at 360-273-7718 or stop by the Human Resources Office to fill out an application.



Featured Tribal Member: Anthony Olney

My name is Anthony Olney. I was previously a tribal intern with Great Wolf Lodge until I was moved in to a regular position in March as Banquets Set-Up. On the Banquets team I tear down and set up tables to prepare for banquet functions. I'm like a roadie but for the food industry! I'm trying to get my hands on all aspects of the banquet department, including serving and bartending.

I come from a family of eight with six sisters and one brother. I started bussing tables at 8-years old and have been in the restaurant business ever

since, including catering, fairs, helping family friends with salmon bakes including serving a wide variety of academic scholars from throughout the world. I'm married to Nicole and have two wonderful daughters with her. Nicole spends her time fattening me up with her wonderful cheesecakes and baked goods; if you ever need an awesome cake, call us!

I'm looking forward to growing within the GWL Banquets team with my eye on Banquets Supervisor. I know I can provide many years restaurant background which can serve to benefit our GWL team!



Anthony Olney
Banquet Set-Up
Conference Center
Great Wolf Lodge

Contract Health Services

BRING IN YOUR MEDICAL BILLS & EOB'S

I am here to assist you. Question about a medical bill, stop by. Have an insurance question, call me. Either way I am here to help you.

Joyce Thomas, Contract Health Services at 360-273-5504

Contacting the Clinic

Main: 360-273-5504

Hours: Monday—Friday
8 AM to 4:30 PM

Community Diabetes Walk

Every third Thursday of the month. It'll be on May 19.
Contact Lynn or Pat at 360-709-1744 after you do your 20 minutes of walking.

Pilates Classes

Every Tuesday and Friday at the Wellness Center. With Pilates you improve muscle strength, flexibility, balance and coordination. All are Welcome!
Contact Christina Hicks, 360-709-1741 for more information.

Water Aerobics

Tuesdays in 10-12 AM
Wednesdays & Thursdays
5:30-7 PM
at the Community Center Pool
Please contact Lynn Hoheisel at 360-709-1744 to sign up.

Quote of the Day!

"I think I should have no other mortal wants, if I could always have plenty of music. It seems to infuse strength into my limbs and ideas into my brain. Life seems to go on without effort, when I am filled with music."

George Eliot, English novelist.
(1819-1880)

Tribal Landowners Meeting Available to Hear Your Voice on Land Issues



PRESENTED BY: BUREAU OF INDIAN AFFAIRS-NORTHWEST REGION AND OLYMPIC PENINSULA AGENCY

This is a meeting for Landowners to discuss issues, concerns and to learn about the services provided by the Trust Programs (e.g., Realty, Forestry and Probates)

If you have any questions please call 360-533-9100 (BIA-Olympic Peninsula Agency).

CHEHALIS TRIBE
COWLITZ TRIBE
SKOKOMISH TRIBE
SQUAXIN ISLAND TRIBE

SHOALWATER BAY TRIBE
If youth own land, you are invited.

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 Youth Basketball Tourney (continued from page 1)

finals. It was a blast for many youth as the audience became involved by yelling and applauded encouragement. First place received a \$100 and a back pack, second placed received \$50.00. Winners were first place Jered Pichette, Warm Springs/Lummi/FlatHead who went 6 for 6 in the final round to defeat Gary Ortivez III, Chehalis in the final round.

It was a very successful tournament for the youth and their families that travelled to play basketball. When the weekend came many youth were exhausted having played all day Sunday in both divisions. The was a fun filled weekend of basketball win or lose it was a great family event.



Here are the top 2 winners of the 3-point contest during the second tribal youth tournament. Pictured (L-R) are: second place, Gary Ortivez III, Chehalis tribal member, and first place Jered Pichette, Warm Springs/Lummi/Flathead Tribes.

Thanks from Cheryle Starr, Events Coordinator

Thanks to volunteers who made this such a successful tournament: Carla Thomas, Ray Lopez, Charlotte Lopez, Boo Thomas, Joyce Thomas, Pam Youckton, Ang Youckton, Sonny Youckton, Bobby Jones, Geo Jack, Junior Jack, Annie Jones, Barb Daniels, Baby Gary Ortivez, Monique Lopez, Rosa Arreguin, and Jerry Youckton.

Also a huge thanks to the teams who came and participated sharing a fun filled weekend of tribal youth basketball.

Tournament Summary

When the final game of the tournament ended, awards were handed out to each division: 1st Place received championship jackets; 2nd Place received hooded sweatshirts; 3rd Place received crew neck sweatshirts; 4th Place received T-shirts; 2 All-stars per team received back packs; Special awards for MVP for the Championship teams. All day Ray (RayRay) Lopez Jr. received the tournament 3 point award as he made over 20 of them to earn that awards during the tournament.

16 and Under Division

1st Place- Warm Springs
2nd Place-Tigerz
3rd Place-Willies
4th Place-Chehalis
BJ's Team



Warm Springs won the 14 years and under division Championship

14 and Under Division

1st Place- Warm Springs
2nd Place-Muckleshoot
3rd Place-Nisqually
4th Place-Chehalis



Warm Springs won the 14 years and under division Championship.

10 and Under Division

1st Place- Muckleshoot
2nd Place-Warm Springs
3rd Place-Auburn
4th Place-Nisqually



Muckleshoot won the 10 year old and under division championship

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 Courtney Brown



Conference (continued from page 1)

health and your risks and ways to prevent colorectal cancer. Some of the main themes were to get screened, talk to your health care provider, 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 Skokomish tribe. "Zumba" is a high-energy Latin dance exercise class; participants had fun with this class.

Michael Maxwell, who works for SPIPA talked about his new program, the "Informed Decision Making Regarding Prostate Cancer Project". It is currently in year one of a two-year project which provides education and outreach to tribal communities, Native American men diagnosed with prostate cancer to improve their ability to make a treatment decision consistent with their personal values and traditional beliefs.

Finally there was a speaking panel;

Charlene Nelson, of Shoalwater Bay tribe, 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 Cowlitz tribe, who was diagnosed with colon 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 calendars!

The winners for the door prizes were: Cecil Cheeka, 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 made it a success!

If you would like to know more about the colon health program, please contact the Patient Navigator workers at the Chehalis tribe: CTWC: Patti Walker 360-273-5504 or Cindy Beck 360-709-1810 or Bobbie Bush, Colon Health Program Coordinator at SPIPA 360-426-3990.



The Giant "SuperColon" display was used as an education tool in preventing, treating and beating cancer

Banquet (continued from Page 1)

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

The evening's top honor went to Executive Assistant Kristina Nielson. Kristina, 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, Kristina 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 - Tayleejo LaCroix, EVS



February - James (Ringo) Pickernell, Table Games
March - Janet Gallaher, Buffet
April - Rose Green, Busing
June - LuWayne French, Security/Shuttle
July - Thesia Hertwig, Deli
August - Bernell Williams, Security
September - Kristina Nielson, Food & Beverage
October - Chase Wells, IT
November - Jessica Hurd, Bingo
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
LuWayne French – Extra Mile Award

Associate of the Year nominee and recipient of the 2010 Guest Service Award James (Ringo) Pickernell (center) poses with guests Gerald Pickernell and Kathy Pickernell upon arriving to the event by limousine.

Photo courtesy of Larry's Photography

Tribal Days Memorial Baseball Tournament

Weekend May 27, 28, 29, and 30

For more information contact Cheryle Starr at 360-709-1824, Carla Thomas at 360-273-5911 or email: cstarr@chehalistribe.org or cthomas@chehalistribe.org

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

Chehalis Tribe 4th Annual Cancer Walk

Sunday, May 29

5 K walk (tribal center to End of trail/gas station). Starts at noon

This year we will be holding our annual Chehalis Tribal Days Cancer Awareness Walk on May 29th.

All those that are interested in being on the committee please contact Goddard at the Tribal Center or call 360-709-1735.