

May 2011

Vol. 5/5

# Program News

## 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.

### High School Recognition Dinner

Thursday, June 9 starting at 5:30

at the Lucky Eagle Casino.

For more information contact Jason Gillie at 360-709-1888, JJ Shortman at 360-709-1749. Rachele Mendez at 360-709-1698.

### Head Start Graduation

Friday, June 10 starting at 6:00 PM

at the Lucky Eagle Casino.

For more information contact Tracy Mitchell 360-709-1883 or Jessica Spitzer at 360-709-1885.

## Direct Lines Available to Assist In Contact 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 you 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

## Discounts Available at Burger Claim

Burger claim is now offering a 15% discount to Chehalis tribal members. They must show a tribal identification card. We are also offering it to Chehalis tribal Enterprise employees as well as tribal employees, Lucky Eagle employees and Great Wolf employees.

The hours that Burger Claim is open are 6:00 AM to 11:00 PM. So swing by for a bite, courtesy with a smile and a great meal. You can order on the go by phone at 360-273-9347 and get at the drive thru to assist you on the way. They also have a self ordering screen available in the entry way to order and pay with a credit/debit card to avoid any long lines. Looking forward to your business and have a nice day.

# CHEHALIS TRIBAL NEWSLETTER



♦ "People of the Sands" ♦

## Information on Page 3:

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- Dear CTWC Provider answer on Diabetes
- New Community Resource Officer: Scott Freeman
- Up-coming events happening on the reservation



## Many Fun Activities for Youth in April

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- Community Easter egg hunt a huge success, page 2
- "Dealing with Peer Pressure," page 2
- Tribe clarifies views regarding Flood Authority page 2

## Cultural Activity has Kids Go Buggy During Spring Break



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 name 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, Taylena Klatush, Tristian Smith, and Tyson Jones.

Photo courtesy of Dianne Devlin Cultural Coordinator

By DeDe Devlin, Cultural Coordinator

During Spring Break Tribal Youth met in the Cultural Class Room several times prior to the "Bug Collecting Field Trip" to prepare a Bug Collecting Kit. The Tribal Youth made "Personalized Bug Back Pack" that would hold their bug gear. The kids added all kinds of bug collecting equipment to the kit: a bug catcher's net, tongs to scoop up creep crawly bugs, a magnifying glass for closer looks at bugs and each kid made a bug jars with holes in the top to hold their treasured finds Ewww! Each youth who went on the trip was also given a book with the Chehalis

Indian names of bugs they could refer to while collecting bugs.

Dan Penn, the Chehalis Tribal Language Coordinator helped me made a list that outlined the Chehalis spoken names of bugs. If some of you are like me, you can't read the Linguistic way to pronounce Chehalis words, so I have a little cheat sheet next to each Chehalis Word that shows (using phonics) how the words should sound

On the day of the field trip the kids loaded into the Youth Program Bus at 9:00 in the morning and all headed off to the

See Bugs, page 4

## Tea Party Provides Resources for Women to Get Healthy

By Christina Hicks, Community Health Coordinator

On Tuesday, May 10, 2011 from 11 AM to 3:00 PM the Native Women's Wellness Program held a Tea Party and Mini Spa event at the Community Center's Gathering room. Thirty three women came to the tea party which was provided by Cancer Lifeline. Cancer Lifeline's provides emotional support, resources, educational classes and exercise programs designed to support people in all stages of the cancer process, they also have patient financial navigators to assist women diagnosed with breast cancer. Loretta Riley is the American Indian/Alaska Native Program Coordinator at Cancer Lifeline. She talked about what projects she can assist with tribes, such as a Cancer Quilt. Kim SchAAF is the Program Coordinator at Cancer lifeline and she talked about Self Breast Exams (SBE). There was a Pre-test handed out to women, and the biggest risk for breast cancer is age and gender. One woman out of 8 will get breast cancer. The best thing women can do is SBE, Clinical Breast Exams and Mammograms. The Best Protection is Early Detection! Kim demonstrated to the women on how to do a SBE and answered questions. For more information about Cancer lifeline and it's services you can call 1-800-255-5505.

Our next presentation was from the SPIPA's Tribal Bear Program, Jutta Riediger. Jutta talked to the women about Hepatitis C and here are the high lights: Liver disease

See Tea Party page 4

## Annual Event Demonstrates Pride and Effort in Cleaning up Road Side Debrises

By Fred Shortman, Editor

On Friday, April 22, Forty tribal, community members, volunteers, and employees gathered at the community center for the annual spring clean-up day. It was a sunny but cool morning to participate with the intent to add more roads to this annual event.

As you travelled throughout the reservation you would find volunteers with safety vests, gloves and garbage bags picking up trash along the roadways on: Howanut, Niederman, Anderson, Secena and Moon Roads. Also the clean-up extended onto Cemetery and South Bank Road.

Workers were seen picking up the trash that had been discarded by passing motorist. The grounds keepers drove their trucks picking the garbage bags and hauling it to our tribal dumpsters. They estimated there was 3 truckloads of garbage this year compared to 12 truckloads along the roadways. Some of this was contributed to an earlier clean up around the fireworks stands.

There was a raffle and buffet tickets

given out to the volunteers who worked that day. Something new was Easter eggs containing special rewards placed along the different roadways. The gifts certificates

were redeemable at the raffle drawing and the grand prize contained \$100.00 gift certificate. Hard labor and a free meal always makes up for the energy put into

See Spring Clean-up page 4



Jeremy Fanning, maintenance crew seen picking up the road debris that was collected by the workers on spring clean-up day event.

FirstName LastName  
Street Address  
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## 2 Youth Excels On and Off the Field of Track



Josh Burnett raises his hands in victory as he crosses the finish line in the 800 meter run at the Grays Harbor All County Track meet.

Photo Provided by Jimmy Burnett

By Fred Shortman, Editor

Josh Burnett, a 17 year old Junior, attending Aberdeen High School and is participating in track. Josh is a scholar, athlete, and a Chehalis tribal member excelling at anything he sets his mind to. Academically he carries a 3.8 GPA as well as participating in one of his favorite sports, track. Last year he did well in this sport, but this year he is maturing and his time and effort is paying off to help himself and his team.

On April 16 at the Grays Harbor All

County Track meet hosted by North Beach and Wishkah Valley High Schools he demonstrated his commitment to this sport by winning first place in the 800 meter run.

His parents are Steve and Renee Burnet who said, "We are so proud of him! He continues to work hard and is making strides to his dreams and goals and success is following him.

"Congratulations Josh and keep up the good work!"

## Tribe Clarifies Views Regarding Flood Authority

By Mark White, Director of Natural Resources

As many of you have been reading in the local newspapers, the Tribe is no longer a part of the Chehalis Basin Flood Authority (FA). And has joined with Thurston County and Grays Harbor County to form the Chehalis Basin Cooperative (CBC).

As many of you are aware, the FA was formed in 2007 to look at basin wide solutions to the flooding issue that plagues the entire Chehalis Basin. But the FA failed to do this. Instead, the process was high jacked early on by the Lewis County PUD and a grass roots group called One Voice. The end result being, the FA was only looking at dams located near the Town of Pe Ell. The FA has never looked at another solution to the flooding issue. The FA still does not have any scientific evidence to even show that dams provide any kind of decreased flood levels past the Twin Cities. And the decreased flood levels for the twin cities are so minor that the dams will require some levees to be effective.

When asked to join the two counties and form the Cooperative, the Tribe accepted and signed the interlocal agreement with them. This is the agreement you have been hearing about in the local papers. Although the local papers are not accurately reporting the truth about the interlocal agreement. The Chronicle is part of the One Voice Group and has been the main media force behind

the push for dams.

So what is different about the CBC? The CBC's goal is to find flooding solutions that do not cause the environmental damage to water quality and fisheries that dams do. To find solutions that complement each other to reduce flooding and either improve or at least maintain the environmental conditions that currently exist. We do not believe that any flooding solution should be constructed just for the economic benefit of a few at the detriment of many. While expecting the many to pay for it. For hundreds of years this river has flooded and that is its natural pattern. While the Tribe has learned to live with it, others feel they shouldn't have to because of property rights and economic development.

Any solution that is found must protect the fisheries and water quality of this basin and promote the natural function of the river. It is the life blood of the basin and without good water for drinking and for fisheries, this basin will no longer exist as a great place to live and flourish. Not only for us, but also for our children's children.

For more information contact Mark White, Chehalis Tribe's Director of Department of Natural Resources at 360-709-1551 or email [Mwhite@chehalis-tribe.org](mailto:Mwhite@chehalis-tribe.org)

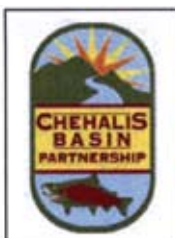
## Tips Protecting the Quality of Water for Healthier Rivers and Streams

Sponsored by the City of Chehalis

The Chehalis Basin Partnership supports clean water. Actions you take affect the quality of water in our rivers and streams. Please consider implementing some of the tips below and protect the water quality in your watershed.

- Never pour any chemicals or other hazardous substances from cars down a storm drain, on to the ground, or leave on driveways or parking lots. When changing fluids from your car, drain into a clean container and seal completely. Take the oil and the oil filter to a used oil collection site.
- Help protect our limited water resources by regularly maintaining your septic system. A failing septic system is a nuisance, a health hazard, and can impair our surface and groundwater supplies. Your septic tank should be pumped out once every 3-5 years. If wastewater is seeping out into your yard, a new drain field may be needed.
- The runoff from washing your car can be harmful to fish and the bugs they rely on for food. When washing your car, use a shutoff nozzle on your hose and use detergents and water sparingly. Wash your car on the lawn where water can soak into the ground. Or a better choice is to take your car to a commercial car wash where the wash water

- is recycled, reused and treated.
- Pet waste is a health hazard and a water pollutant. Protect your health and our waterways - Clean up after your pet! Do not leave pet waste on driveways, sidewalks or other impervious (hard) surfaces where it can wash into storm drains and waterways. Never place pet waste in a storm drain, stream or lake. Use a bag to pick up pet waste, tie it, and place in the trash.
- Use fertilizers, pesticides, and herbicides sparingly and follow the manufacturer's instructions.
- Keep your leaves and grass clippings out of the streets and storm drains. - Yard plants that get into our waterways will rob aquatic life of oxygen as they decompose.
- Direct your down spouts away from hard surfaces. - Rainwater leaving your roof has collected pollutants that can be safely captured by your lawn. If it runs across hard surfaces and into the storm drains instead, run-off goes directly in our waterways without any treatment.



For more information contact your local Public Works Department or the Department of Ecology

## Resources Available Assisting Parents in Understanding Their Teen

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



Chapter 1-Dealing with the 2000's Family Editions a comprehensive guide with dependable information for Parents/Teens.

### Peer Pressure

We've all experienced it. Youth today feel social pressure in countless areas. Everything from: clothing and music to risky areas such as drugs, sex and smoking. The intensity of peer pressure varies from situation to situation.

Teens experience peer pressure when friends and others they admire pressure them to do something they don't want to do, or they feel they have to do something to fit in.

Peer pressure makes teens feel that they're being pulled in two directions. They may not want to do what they're feeling pressured to do, but they're also afraid of

losing their friends if they say no. Teens worry about being on people's bad sides and really want to avoid feeling like outsiders.

The effect of peer pressure can be so strong in some instances; it can cause an otherwise well-mannered socially adjusted person to lose sight of what is important. To make devastating decisions that **cannot** be so easily correct.

**Resisting peer pressure is not easy but it can be done. Saying "NO" to peers is made more successful if one:**

- Stands up straight
- Makes eye contact
- Says exactly how one feels
- Does not make excuses
- Sticks up for oneself

Everyone is afraid to say "NO." Overcoming this fear is one of the most difficult parts of resisting peer pressure. Just be sure in yourself and confident that the right decision remains the right decision, despite what other people think, do or say.

## Annual Easter Egg Hunt Creates Lasting Memories for Families

By Marla Medina, Assistant Youth Coordinator

Our program started preparing for Easter a week early. Teresa Pannkuk and I, with the help of some volunteers, fill the plastic eggs with a variety of candies. Decorating Easter eggs is always a fun activity for the youth. As the eggs cooled down the youth took turns coloring them making each egg unique with bright colors and adding stickers. Mr. and Mrs. Wilson came to help the Easter bunny hide the eggs in the girl's softball field. They had to of course guarding the hard boiled eggs from the crows was a challenge as there were a couple that got away with some.

On Thursday, April 21 was the Community Easter Egg Hunt. Approximately 70 kids of all ages even teenagers whom were all excited to get out there and find all of the eggs. The youth were divided into the different age groups. The youth were so excited waiting to for their turn to find all the eggs. It was a great turn out for the hunt, and afterwards they took pictures with the Easter Bunny with each youth receiving a delicious chocolate Easter bunny.. There were a few kids that showed

up late, and they didn't get any eggs. Our program was prepared from past experience just in case, having bags of candy set aside for them. This brought smiles to their faces even though they didn't participate in the hunt.

The Chehalis Tribal Headstart Program had a dinner to fund raiser for their graduation ceremonies. The food was donated by the Head Start parents and a few local businesses. A delicious spaghetti dinner was prepared by Granny Annie and her helpers. It included all the trimmings and was served to a hungry crowd. Connie Todd volunteered to be the Easter Bunny at the dinner and pictures were sold for donations. Thanks to all the support from the community they were able to raise enough money for caps and gowns.

For the parents who didn't get their child's picture with the Easter Bunny, they are available at the youth center. Please feel free to drop by the youth center and pick them up. Our hours are 11:00 AM to 6:00 PM or call and leave a message at 360-273-9674.



The Annual Easter Egg Hunt was a huge success. Grandparents, parents and youth are pictured here awaiting to begin hunting for Easter eggs.

## Chehalis Tribal Newsletter



420 Howanut Road  
Oakville, WA 98568  
(360) 709-1726 (office)  
(360) 273-5914 (fax)  
[newsletter@chehalis-tribe.org](mailto:newsletter@chehalis-tribe.org)

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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.

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



# Elders Activities Take to the Road During the Month of April



It was cool and windy on opening night at the Mariners game, but the Elders enjoyed watching their favorite hometown team. Pictures top (L-R) are Helen Sanders and Sue Sanders-Secena. Below pictured is Art Medina.



By Nancy Romero, Elders Coordinator

Well, April sure has been here and left! The Chehalis Tribal Elders had several activities going on this month!! First of all there was approximately 36 Elders and guests that attended the opening day of the Mariners!! Woot Woot—it was a loss for the Mariners but an exciting opening day. The Mariners team honored the long time announcer Dave Niehaus. You could sure tell the love the mariner fans had for this special man! It was a chilly night and the Mariners didn't start off in the best way, but everyone enjoyed themselves.

From here on the Elders will be attending

one game a month, with 9 tickets available, so first come first serve! I will put the sign-up sheets out the very next day I put the newsletter out, to give a fair share to all Elders wanting to attend games or activities.

## Weavers Teaching Weavers Conference

Then on April 14 and 15, several Elders attended the Weavers Teaching Weavers Conference in Lummi. Boy was it crowded, with Native people from all over. The Elders had a blast! One the way home we even stopped off in La Connor to see the tulips blooming in the fields. What a sight it was! Viewing such beautiful flowers in all different colors, shapes, and sizes. I know the Elders that attended this had a great time, and were happy they finally were able to witness the tulips

in bloom!!



Elders loved the beautiful displays at the tulip farm. Some purchased some flowers and bulbs that took their fancy.

## Easter Dinner

On April 21<sup>st</sup> the Elders had their traditional Easter dinner at the gathering room. It was decorated with beautiful Easter bunnies and flowers for the giveaway. With the busy holiday season it wasn't as well attended, but those that did show had a good time, and enjoyed a well cooked meal catered by the casino and delicious pies from SPIFFY's. Yummm!



Elders gathered together and enjoyed their Easter Dinner at the community center. Pictured top (L-R) are Mae Palmer and her best friend Marilyn. Bottom (L-R) is Jerrie Simmons and Josephine Aldrich.

All photo's submitted by Nancy Romero

## Elders Luncheons

And on April 27 and 28 several Elders travelled to attend two Elder luncheons. The first day was hosted by Muckleshoot Tribe, and the second day was hosted by the Tulalip Tribe. The Elders also went



This the view that the Elders saw on the tractor tour though the tulip farm in La Connor. Many agreed it was such a beautiful sight as they had never witness the seen the tulip bloom. It was a beautiful sight to see the flowers in colors, shapes and sizes bloom.

to find the tulips in La Connor. At first we drove and didn't find any, but then finally we found some and they were so beautiful. We stopped at a local garden shop and a few elders purchased tulips bulbs for their own gardens.

I think overall this month's trips and activities were a success! Hope to see more of you out and about for the next trip. We are traveling to the Seven Feathers Casino and Lincoln City on May 13-16. I sure hope the weather is sunny and pleasant!

Have a wonderful day and fell free to stop in at the elder center for a cup of coffee and a chat! For any question or concerns please call Nancy Romero, Elders Coordinator at 360-870-0141.

## News from the Chehalis Tribal Wellness Center

### Program available to answer health questions "Dear Provider"

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.

### What is Diabetes and how can it be managed



By Dr. Sine, CTWC Provider

Diabetes is a disease process that is usually characterized by an elevated blood sugar either because the

body does not produce enough Insulin or because the cells do not respond the insulin itself. The symptoms of a high blood sugar can be frequent urination, increased thirst and increased hunger. Other symptoms can be blurred vision, being in a "mind fog" ....unable to concentrate, increased infections and decreased energy.

There are three main types of diabetes..... Type One where there is no insulin produced by the pancreas. Type Two where the body's pancreas still produces insulin but the cells are resistant to the insulin working effectively and finally... Diabetes of Pregnancy where women have high blood sugar during their pregnancy which can sometimes be a predictor of getting Type Two later on in life.

The mainstay of treatment for Diabetes is Insulin for Type one ....which was first used in 1921. Since then there have been many more new of insulins that have been created along with oral drugs to aid in the treatment of lowering blood sugars. Today we use many different combinations for all types of Diabetes which help prevent many of the complications. While we have these many modern and newer treatments available today the other strong arm of treatment is diet and exercise. In type I diabetes.... diet and exercise alone will not control the Diabetes but rather in combination with insulins that vary in strength and duration of action.

The occurrence of diabetes especially in Type II's is on the rise. We are encountering or finding 1 new diabetic person per week

at the Chehalis Tribal Wellness center. This is a huge number when you consider the actual number of tribal numbers is around 800. World occurrence of diabetes is around 2.8 % while our current rate of diagnosis for our population at Chehalis is around 8.6 %....almost 4 times as much as the world occurrence. This strongly suggests that our diets and lack of exercise greatly contribute to this increase. In some places in tribal groups the occurrence is as high as 14 %. Medicines alone do not successfully treat the diabetes but rather careful attention to watching what we eat and how much we exercise as well. Our bodies were designed over time to run on what we hunted and gathered around us and not for wandering through the grocery store.....often called the Caveman diet. It makes sense that our bodies would work more efficiently by eating simpler foods and exercised more.

The good news is that we can improve our chances with treating Diabetes more successfully with both the good medicines that we have along with good eating habits and exercise and in some cases prevent it even occurring if we start early. Finally ignoring the disease does not make it go away but can lead to serious complications with our hearts, vision, kidneys and nervous systems. Diabetes puts us a greater risk of early heart attack or strokes. That is a shame because with proper medications, attention and some hard work much of that can be prevented or delayed.

So have some questions ask.....there is no such thing a stupid question or worry. Next time we will talk about what foods to eat and what to avoid to help with blood sugars and hopefully some recipes on what might be good food to eat.

## Staff Profile: Scott Freeman, Community Resource Officer

Hello, my name is Scott Freeman and have been recently hired as the Community Resource Officer. As a 20-year veteran of law enforcement my experience includes working for state, tribal and municipal agencies. I began my career as a municipal park ranger for the City of Los Angeles, where I was assigned patrol duties in the 30 most crime-ridden parks from East LA to Watts. I relocated to Reno, Nevada and spent the majority of my career there. Besides being an experienced police officer I have specialized experience in probation, wildlife enforcement and as a criminal investigator for Nevada's Gaming Control Board, which handled all criminal cases in the casinos. I am excited to become the community resource officer for the Chehalis people. Community Resource Officers (CRO's) have a complex and diverse assignment. We encourage, enhance and facilitate a positive relationship between the police and



Scott Freeman  
Community Resource Officer  
Chehalis Tribal Law Enforcement

the citizens we serve. As your CRO I hope to be an outstanding point-of-contact for the community. That means I'll make myself available to answer questions, and if I don't have the answer, I'll get the community member in touch with the person or persons who can provide it.

I will attend meetings with any community organization that wishes to have me involved with their efforts to strengthen this great community.

I look forward to developing programs, training and lectures for groups and other organizations, which will enrich the community and its members.

I encourage citizens to seek out police expertise in all matters of mutual concern and I welcome the opportunity to assist providing you with the necessary information. I can be contacted at Chehalis Tribal Public Safety Building; by phone at 360-273-7051; or email Sfreeman@chehalisTribal.org.

### Job Fair

Wednesday, May 25  
From 10:00 AM to 3:00 PM  
at the Community Center

For more information please contact Stephanie Pickernell at 360-273-2000

### Tribal Days Memorial Baseball Tournament

Weekend May 27, 28, 29, and 30

Enjoy a weekend of baseball, activities for the children. Salmon plates at the Fish Pit. A variety of vendors will be available.

For more information contact Cheryle Start at 360-709-1824, Carla Thomas at 360-273-5911.

### 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)

### Chehalis Tribe 4th Annual Cancer Walk

Sunday, May 29

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

Come "Walk as One" in support of past and present cancer survivors.

For more information contact Goddard at the Tribal Center or call 360-709-1735.





**Youth collected bugs on a field trip to Borst Park in Centralia. After they collected their bugs they sat down and listed their bugs learning how to pronounce it in the Chehalis Language. Pictured are Jasmine Banuelos (in gray) and Roberta Youckton (in red).**

Borst Park in Centralia. Tony Medina and Teresa Pannkuk from the Youth Program transported the kids and did a great job supervising the kids. Tribal Elder Sally Pikutark help the tribal youth make their bug kit and came along to the park to help the eager collectors.

Upon arriving at the park we gave each kid in the group a “dog tag” with a bug symbol on the tag as we divided into groups. Tony, Teresa, Sally and I each headed up one of the youth groups. Before setting off in the four directions we all practiced saying the bug’s name in the Chehalis Language.

Soon there were bug nets flying in the air, and tongs grabbing at the many crawlers or winged bugs in the region. You could hear one kid after another shout out “I found a bug!” as kids searched the grass, trees and lake areas. Some of the younger kids while taking a break on the “Play Ground Equipment” found bugs. “What luck?”

After a successful hunt, everyone settled in for a picnic. I ask the kids one at a time to name the bugs they had caught using the Chehalis Language. Each of the kids did a great job saying the bug’s names in both the English and Chehalis Language.

While the youth ate lunch I told them the story of how the Chehalis People came to have Mosquitoes living among us. The story is about a Blood Drinking Giant. He drank the blood of all the animals, but the blood he loved the most was human blood. Ekkkkk! ... hehehehe! The short version of the story goes like this: A long time ago a giant called “Puch-Aks” wandered into the Chehalis Peoples’ hunting grounds where he hunted and drank the blood of the Chehalis People. He was almost 20 feet tall. With very long hairy arms and very long hairy legs. He had a big round head, with big bulging eyes.

The Chehalis people were determined to deal with this terrible giant. They asked the wisest elder of the tribe what to do? He told them they must destroy every single part of “Puch-Aks, because he is a Super Natural Being” and if they do not destroy all of him he would come back. They tried to get rid of “Puch-Aks” by trapping him in a deep pit. They dug a deep pit, covered with trees and branches and had the fastest runner

taunt and lure him across the pit. When “Puch-Aks” fell in the pit it did not put an end to him, nor did the long wooden spikes he fell on at the bottom of the pit destroyed him. Puch-Aks was angry and shouted at the Chehalis people, let me go or I will drink the blood of you and all the Chehalis People forever. The Chehalis People were fed up with his threats and decided to burn him up while he was trapped in the pit. This would surely stop him from his evil ways. After feeding the fire in the pit all day and much of the night they wanted to know if “Puch-Aks” was finally gone. They stuck a long pole down in the pit to make certain the fire did the trick. But as they stirred the remains of the fire, the burning ashes from his body flew up into the air. The burning cinders of “Puch-Aks” floating in the air chased after the people biting and drinking their blood. That is why Puch-Aks drinks our blood to this day. The Chehalis People did not completely succeed in destroying all of him. Oops! Our bad!

“Puch-Aks” is the Chehalis word for Mosquito. It is told that if you smudge yourself with cedar or sage “Puch-Aks” will not bother you, but that’s another story.

Special thanks to Tony, Teresa and Sally for making the “Bug Gathering Field Trip” a big success. Big thanks to Mother Nature too, who kept the weather good for most of the day. By the end of day you could hear the satisfaction in the voices of the kids who caught bugs. Plus it was a fun way to learn the Chehalis Language.

**Language Classes are held at the Community Center every Wednesday from at 5:00 to 7:00 PM.**

**For more information contact Dan Penn, Language Coordinator at 360-709-1747.**

Below is a list of the Chehalis words for bugs:

English	q'w'ay'ayit'q'	Pronunciation
Spider	t'upa	too-Pah
Fly	x'w'ay'uux'wa'	Hwy-yook-Hwa
Bee	q'w'atæmu	kwa-tum-you
Ant	c'skiiyq	Ts-key-yuk
Cricket	c'alæsc'alæs	salus-salus
Caterpillar	qaa'x'ns'tuk'w'at'	Ka-huns-thlew-kwath
Butterfly	x'aleew'x'alu	Ha-louw-Ha-loo
Dragon fly	maat'ap'im'tn	match-op-ain-thln
Mosquito	p'ææeqs	puch-aks
Yellow Jacket	c'iiçs	ts-ee-chs
Grasshopper	s'tuu'tm	s-thlooh-Tm
Centipede	'aax'w'p'aq'im'tn	ahk-pa-cane-thun

**Tea Party** (continued from page 1)

is a common cause of death among Native Americans, much of it driven by Hepatitis C. Highest prevalence is in 30 to 54 year old people. Hepatitis C is transmitted through blood and highly transmissible. It is easily transmitted in tattoos if the needles and ink is not changed between customers. Tattoo parlors just got licensed last year but lot of tattoos are done at home. Piercings are of equally high risk if they are done at home and the instruments are used on several

people. Native Americans have a Hepatitis C genotype that has a better cure rate. New screening methods and better medication are available and can lead to a complete cure of Hepatitis C. For more information regarding Hepatitis C you can reach Jutta Riediger at SPIPA office by calling 360-462-3224.

The ladies had a healthy lunch, turkey

**At the Mother’s Day Tea Party Jenée Penn relaxes and receives a hair cut from Hairstylist Nancy Black.**



**Spring Clean-up** (continued from Page 1)

this event. It give you a good feeling of accomplishments keeping our reservation free from road side debris.

Great Work Everyone! Many thanks go to Correna Young and the United Way for again coming out to help with our spring clean-up, also to everyone that helped that day. Everyone is invited back and watch for flyers for next years annual spring clean-up! Help assist in keeping the reservation clean

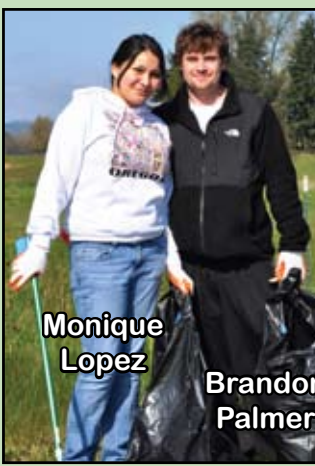
and put trash in it’s place, use a trash can. United Way Angela French, Resource Development and Linda Lee, Finance Director having been participating in the annual spring clean up for 3 or 4 years. The both agreed saying, “The Tribe has been contributing to our program for years, and this is one way of giving back to the Tribe. The Chehalis Tribe is so generous and this reservation is so beautiful.”

**Spring clean-up crew in action along the reservation roads**

**Anderson Road**



Linda Lee Angela French



Monique Lopez Brandon Palmer

**Cemetery Road**



Charlene Abrahamson Geraldine Sanders

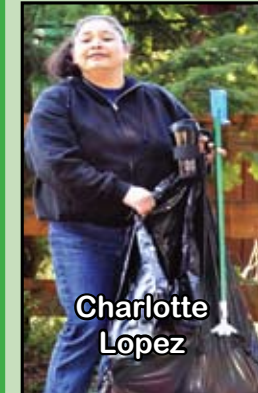


Joyce Thomas



Chris Ortivez

**Howanut Road**



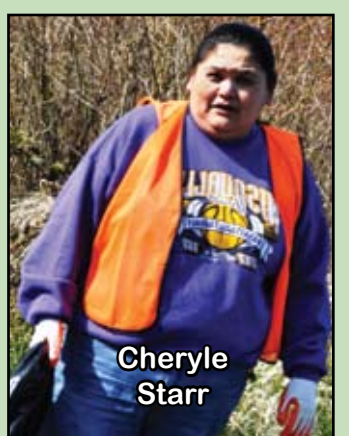
Charlotte Lopez



Ena Myers Dawn Boley



Shawn Ortivez



Cheryle Starr



George Sanchez, Jr.



Taffe and Patrick Simmons Sr.

**South Bank Road**



Bill Secena



Devon Tiam



James Cayenne II

**Thanks You Everyone for participating on spring clean-up day!**

Not pictured are: Pam Youckton, Scott, Connie Todd, Christina Hicks, Corenna Young, Darryl Beckwith, Josh Terry, Tom Hayden, Penny Gleason. Thanks to everyone else I might have forgotten.

**See you next year. Watch for flyers!!**

wraps, veggie trays, fruit trays, water and tea. Once lunch was over the Spa session began. We had a Chehalis Tribal Member Nancy Black, cut hair. Trinity Massage, Lizzy and Anne Marie offered chair Massage, Kelly Guerra did nails, Jen Olsen did photos and Julia Lea did massage. The Colon Health Program and Diabetes Prevention Program also tables with their program information and screenings. Door Prize winners were: Jamie Smith, Monique Lopez, Jenée Penn, Cindy Andy, Diana Pickernell, Sofie Sekishiro, Sylvia Cayenne, Joyce Thomas, and Beverly Starr.

Bobbie Bush said “I was not feeling well when I arrived at the event. But as the speakers taught about cancer prevention and other wellness topics and we had lunch, the feeling of community wellness grew and expanded in the Gathering Room. I was lucky to observe Grandmothers, Mothers, Aunties and Cousins get hair cuts, massages and manicures. It was amazing to me that such small comforts could heal so profoundly. When the event was almost

over, I noticed that some new women entered the Gathering Room. My friend, Christina Hicks, said that’s OK, we have the building until 5 PM, so as I left the healing continued. Thank you Christina!”

I would like to thank The Northwest Portland Area Indian Health Board who made this event possible through a mini grant. The Susan G. Komen , CDC and the NWWP program. The event was to reward the women who come in and get their women’s health screenings throughout the year, and also to promote the National Women’s Health Awareness week. If you would like to schedule your women’s health exam you can call the Chehalis Tribal Wellness center at 360-273-5504.

Our Next Mammogram Clinic is scheduled for Tuesday, May 31, 2011 from 8:00 am to 5:00 pm you can call the clinic to make your appointment. Women 40 years old and older are encouraged to have a mammogram done on a yearly basis, and you will need a clinical breast exam done prior to having a mammogram.