

July 2011

Vol. 5/7

# Program News

## Returning Survey Will Assist Program in Providing Services to the Community

The Colon Health Program mailed out patient satisfaction questionnaires earlier this month. We are requesting they be returned to either Cindy Beck or Patti Walker by July 18 at the Chehalis Tribal Wellness Center. This information will greatly assist how our Colon Health Program can better serve our community for the upcoming year.

If you miss the deadline and wish to share your information please contact Patty Walker at 360-709-1742 or Cindy Beck at 360-709-1510. Survey is also available at the Chehalis Tribal Wellness Center for your convenience.

Deadline is Wednesday, July 20

## Program Offers Summer Youth Activities

The Education Department and Youth Center will be offering Summer Recreation & Education opportunities for all students K-12. Activities will be scheduled daily (Monday-Saturday) July 11 – August 12. Morning activities will be geared toward youth grades K-5 and afternoon activities will be geared toward youth grades 6-12. Several field trips are planned and various classes will be offered including: Cooking Healthy, Science Lab, Chehalis Language, Beginners Photography, and Physical Fitness. Driver's Education classes will also be offered at this time for those who qualify.

Completion of the Policies & Permissions Packet is required to participate. For a complete schedule and to pick up a Policies & Permissions Packet stop by the Youth Center or the Education Department. Any questions please contact the Youth Center at 360-273-9674 or Jason Gillie at 360-709-1888.

## Free Workshop On Social Security Offered To Community

**FREE Workshop by The Social Security Administration. Sponsored by the Chehalis Tribe's Title VI- Family Caregiver Support Program- part C. SOCIAL SECURITY 101: Everything You Wanted To Know**

**Chehalis Community Center  
Gathering Room  
Thursday, August 4, 2011  
3:00pm to 4:00pm  
Speaker: Kirk Larson**

This workshop will cover the following topics regarding Social Security:

- Retirement Benefits and Eligibility Requirements
- What Early Retirement Does To Your Benefits
- How Survivor Benefits Can Help Your Family
- Information Regarding Medicare, Disability, and Spouse Benefits
- What You Can Do Online With SSA
- What the Future Holds for the Agency
- Understand How To Get The Most From Your Benefit

# 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 5
- Lucky Eagle Casino Management Training Program, David DuPuis
- Great Wolf Lodge Internship Program; Featured Sasha Penn-Roco



## Youth Enjoy June Activities

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- 2011 Head Start Graduates, page 2
- Head Start fatherhood fishing day , page 2

## Tribe Honors 2011 High School Graduates and Families with Recognition Dinner



**2011 Graduating Seniors were recognized with a community dinner at the Lucky Eagle Casino. Pictured top row (L-R) are Michelle Allen, Corrie Medina, Jeanette Boyd, Harry Pickernell, Jr., Raymond Banuelas, Bobby Jones, James Quilt, Brent Simmons. Middle row (L-R) are Monica Lopez, Jessa Penn, Kaylee Trott, Skylar Bracero,. Bottom row (L-R) are Ashleigh Sharp, Ashleigh Parkinson, Sylvanna Bracero, Matthew Mauerman. Not Pictured is Rigo Hernandez and Margaret Gleason.**

Photo by Jodie Smith

By William Thoms, Education Specialist

Twenty students were recognized by the community Thursday, June 9 at a celebratory dinner held in their honor. The Lucky Eagle Casino Events Center was decorated with colorful displays and ornaments reflecting the theme of the evening. Over two hundred members of the community were present to show their support and to pay tribute to the students' accomplishments. All in attendance were treated to a prime rib and salmon dinner provided by the Lucky Eagle. The year produced a record number of graduates for the community. Eighteen students received their diplomas and two GEDs were awarded, which is the most confirmed in recent history.

The evening opened with Chairman Burnett addressing the students. He

spoke of the decisions that are made early in life and how that affects the future. Despite it being an end to their first phase of schooling, Chairman David Burnett reminded the students that graduation is called 'commencement' because it is, literally, a beginning. He wished them luck and expressed the support of the tribe in all their future decisions. Youth Center Manager Tony Medina made a light-hearted presentation to students, sharing "I've watched these kids grow up. I'm real proud of all the graduates." Education Director Tracy Bray relayed the wisdom of Dr. Seuss and Higher Education Coordinator Racheal Mendez read remarks on the behalf of Lucky Eagle GM John Setterstrom. Each presented the honorees with gifts to provide a head

See Recognition Dinner, page 4

## 2011 Fireworks Season Ends in a Heart Pounding Celebration

By Fred Shortman, Editor

The Fourth of July has come and gone. This has been a federal holiday in the United States and also known as Independence Day. With the adoption of the Declaration of Independence in 1776 became the birth of American Independence from the Kingdom of Great Britain. Many typical activities are commonly associated with fireworks, parades, barbecues, carnivals, fairs, picnics, concerts, baseball games, family reunions, political speeches and ceremonies.

Selling fireworks is a family tradition on the Chehalis Indian Reservation. Many tribal members were seen preparing their fireworks stands to provide to the public for their private 4<sup>th</sup> of July celebrations. 86 Stands were found in the various locations within the reservation (Thunder Alley, Thunder Valley, Thunder Valley II, Moon Road, Top of the Hill, Thunder City Mall, Indian Country, and the Tribal Center Parking lot). Families came from as far south as California and Oregon to continue in their annual family ritual of purchasing their fireworks.

Even with the economy and July 4<sup>th</sup> falling on a Monday, most of the veteran fireworks stands did okay. As usual customers known as "Repeats" keep the sales up, while new stands owners struggled to break even. Some say it was good just meeting some new people and developing their customer base, overall it was a fun and busy time.

The Chehalis Tribal Fireworks Show was awesome as the local people came to see the show. Law Enforcement set up the safety zone and patrolled to provide

See Fireworks, page 4

## Community Center Hosts Health Fair as Families Learn, Laugh and Enjoy the Day Together

By Cindy Beck, Program Coordinator for the [DPP] & Patient Navigator for the Colon Health Program [CHP]

The Chehalis Community Health Fair was held on Wednesday, June 8 at the Community Center. Over 130 community and tribal members attended. There were a variety of vendors available to talk to participants about health issues. There was some fun activities too, many participants made medicine bags, had Reiki treatments, and participated in a free throw shooting contest run by Tony Medina and the Youth Center. The Lucky Eagle Casino provided a delicious Bar-B-Q dinner in the gathering room.

With an abundance of prizes, the raffle drawings lasted throughout the event. Jordan Bray won a fishing pole and Roxanne Thompson won the chainsaw. The highlight for the event was the bicycles: two adult and two children's were given away. The children's bikes were won by

See Health Fair, page 4



Health professionals shared with community and tribal members about what services were available to assist them in caring for their health at the Chehalis Community Health Fair.

Chehalis Tribal Newsletter  
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## 2 Conference Empowers Youth to Become Health Awareness Leaders



**Chehalis tribal youth learned how to rumba dance during the "Get Moving Class" at the Native Youth POWER Conference. Chaperones Theresa Pannkuk and Tony Medina also participated and got their groove on.**

Photo by Marla Medina

By Marla Medina, Assistant Youth Director

The Great Wolf Lodge hosted the S.P.I.P.A.s Native Youth POWER Conference on June 30 and July 1. The conference goals and dreams are to teach Native youth to become leaders in wellness for the community. Empowering and educating them to make healthy decisions on the topics of Tobacco, HIV/AIDS, and nutrition. The conference used teaching methods through creative and innovative ways of spreading the message to their individual communities "Healthy living today. Wellness for tomorrow!"

Ten of our tribal youth attended this conference kicked off with registration receiving their backpacks and passports. The requirement for the passports was to verify that they attended the classes participating in all the events. After registration they went to the Loose Moose Cottage buffet for a delicious meal.

After finishing eating they started right into their classes. The first one was the "Get Moving" class which was a "Zumba" dance class. Not only did youth participate, but so did the chaperones Tony Medina and Teresa Pannkuk, who were out there getting their groove on by showing off their "zumba" dance moves. What a way to start the conference out and after eating lunch. I heard from the Instructor from the Skokomish Tribe that our group of youth were the most active group and was real proud of the Chehalis youth.

The other classes were only a half an hour long so the day's activities went by quickly. They then rotated to their other classes which informed them about how media advertised the tobacco products, HIV/AIDS, Hepatitis C, Healthy Foods. Finally to end the day they had to separate the girls and boys to different rooms to teach them about the different cancers that male and females get and how to detect them.

At dinner the youth filled out a survey

and went over the following days activities. Finally, being at the Great Wolf Lodge they took advantage of what it had to offer, going swimming in the water park, playing in the arcade, and socializing with youth from other tribes. The night had to end early, because they had to be up bright and early for the next day of activities which was a Mother Earth Water Walk.

This is a sacred event that has a lot of meaning towards our water source. They explained to the youth the meaning behind the water walk. After breakfast they started in on their craft classes making a mini paddle and decorating it. They also made a necklace with a cancer awareness logo.

Youth were given copies tobacco manufacturers ads to advertise their cigarettes. They were given the assignment to draw counter ads to make a poster against the ad. They also attended a class on the effects of smoking. There were real pig lungs, which are similar to our lungs. They showed us a healthy one and one that has cancer and is full of tar from smoking. In this class they got to make 'quit kits' for loved ones they want to quit smoking.

Finally the last class they had to design a plate. Each youth listed their goals to improve a healthy lifestyle, whether by eating more healthy traditional foods, to exercise more, or to get more involved in our Native Culture. Each one of the youth did a great job with their plates and was very impressed in what they all drew.

The conference came to an end with lunch, each participant receiving a zip up sweatshirt with the conference logo. The youth then received a certificate and a jump rope to get them more active to prevent cancers. Many of the youth liked the conference, pledging to do their best to spread the message for communities to get healthy.

## Water Usage Tips Saving Money and Creating Healthier Rivers and Streams

Sponsored by the City of Chehalis

The Chehalis Basin Partnership supports sustainable fish runs. Actions you take affect the quantity of water in our rivers and streams available for fish. Please consider implementing some of the tips below to help improve in stream flows for fish.

- Use a water-efficient shower head. They're inexpensive, easy to install, and can save you up to 750 gallons a month.
- Check for toilet leaks by adding food coloring to the tank. If you have a leak, the color will appear in the bowl within 30 minutes. Flush immediately to avoid stains. A leaky toilet can waste 200 gallons per day.
- Consider purchasing a high efficiency washing machine, which can save over 50 percent in laundry water and energy use. Run your clothes washer only when full.
- Repair dripping faucets by replacing washers. One drop per second wastes 2,700 gallons of water per year!
- More than 50 percent of residential irrigation water is lost due to evaporation, runoff, over watering, or improper system design/installation/maintenance. Don't over water your lawn. Lawns only need 1 inch of water per week. Water the lawn

or garden early in the morning during the coolest part of the day. Consider installing an automatic timer. Don't forget to adjust your watering schedule, as days get longer or shorter.

- Make sure your home is leak-free. When you are certain that no water is being used, take a reading of the water meter. Wait 30 minutes and then take a second reading. If the meter readings change, you have a leak!
- Upgrade older toilets with water efficient models and ask your water provider if they offer rebates.
- Retrofit all household faucets by installing aerators with flow restrictors.
- Plant it smart. Plant native and/or drought-tolerant grasses, ground covers, shrubs, and trees. Once established, they don't need water as frequently and usually will survive a dry period without watering.



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

## Families Gather to Share the Art of Fishing with Their Children

Tawni Willis, Early Learning Manager

On Friday June 17 the Head Start Program had their 6<sup>th</sup> annual fatherhood fishing day. The morning started off with a breakfast at the Head Start and Early Head Start Class Rooms. Children were seen with their fathers eating a delicious breakfast of eggs, sausage and hash browns, prepared by Granny Annie. They finished up and off to the Tribe's Ponds property in Grand Mound.

It was cool and sunny as they selected their spot where they were going to catch "the big one". Fathers taught their children how to tie and bait their hooks, as well as demonstrating the art of casting. And of course, how to untangle the line when a "birds nest" happened. Many children were seen laughing and playing enjoying a morning of fishing with their dads, grandpas and friends as they shared their stories of the big one that got away, or even showing off the one

they caught.

Head Start staff provided a yummy lunch of BBQ hot dogs and potato chips to keep up their energy.

Fatherhood involvement is a priority in Head Start and Early Head Start. The Fatherhood Fishing Day allows fathers, grandpas and uncles to spend a day teaching fishing skills to their children. Fathers are an important part of each child's early childhood development. Even though it was the first time some of the fathers went fishing they learned from Elders and fellow parents on the art of fishing. No better way than to go fishing with dad on a beautiful summer day.

Head Start would like to especially thank Bill Secena Fisheries for providing the fishing poles and bait.

Also, a big thanks to all the fathers for taking the time to spend the day fishing with their children. Without you, this event would not be possible.

**Mother Connie Todd and her son Lloyd Scott display a large trout the caught during Fatherhood fishing day.**



## Huge Turnout to Witness 2011 Head Start Graduation Celebration

By Tracy Mitchell, Pre-K Teacher

Another year is gone and so are twenty-eight of our Head Start students. The Graduation ceremony took place on Friday, June 10 at the Lucky Eagle Casino. The parents worked very hard raising money all year to put this event together. With the help of the community, they raised enough money to buy the children's caps and gowns, diplomas, decorations, a sweatshirt and a gift bag. The children were also each given a "Hooked on Phonics" set we received through the First Book grant. This will prepare them for Kindergarten. The celebration was well attended having over 200 parents, family and friends to witness

their next step towards Kindergarten.

The Lucky Eagle Casino donated a delicious dinner for the grown-ups, and a special kid's buffet which was enjoyed by everyone after the ceremony.

We would like to thank the Chehalis Tribal Business Committee, the Lucky Eagle Casino, Head Start parents and the members of the community for all the support the Head Start program receives each year. We could not do this without your help!!

The Head Start staff share your joy in celebrating their success. We are sad to see them go, but we know they are ready to take on the world.



This is the 2011 Head Start graduating class. Pictured (L-R) are top row: Tracy Mitchell, Courtney Price, Tyler Klatush, Eddie Klatush, Tayleena Klatush, Jessica Spitzer, Alley Allen, Jordan Lopez, Malachi Birchfield, Charlie Latch, Tawni Willis. Middle row are Rygin Sanders, Andre Kluth, Laela Baker, Chloe Rangel, Ben Johnson, Tristan Smith, Nikkara Meddaugh, Malikah McNair, Zander Heap. Bottom row are Ruth Colgrove, Nathan Kluth, Ryleigh Sauer, Alexander Woosley, Madison Henry, Ares Wittwer, Jasmine Calderon, Lloyd Scott, Zoi Lundy

## 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.chehalistribe.org/news-events/index.html](http://www.chehalistribe.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 5

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,**

Mrs. Young was half Indian. She married a white and lived behind where Alta Cross was. She taught basket weaving. It was not unusual for an Indian woman to be in Gate. Everybody was people unless you was feisty. It didn't matter who you was, but what you was.

(Lillian Pilcher)

The early settlers and Indians viewed each other as individuals instead of as a group or race. There were stories about friendly settlers and those who were untrustworthy and as Lee Johnson put it, "Some Indians were mean, but some were good to the whites." The relationships were often based on trade, sometimes simply an exchange of survival skills. There were many stories of the people native to the land sharing with the newcomers how to catch fish, preserve berries, or build dugout canoes. They even taught them to look for the moss and debris in the trees to judge how high the water would be in a potential building spot. As Andrew Newton said, "The settlers depended on the Indians to

learn what was good in this country." The whites traded back gardening and hunting implements, cloth, cultivated produce, domestic animals, medical knowledge and "book learning."

Trade was a natural way of relating in the Pacific Northwest, as Carolyn Lonborg explained. They used to go to potlatches some other tribe would have and they'd give away a lot of stuff. Some of them had access to Hudson Bay goods, so they'd get all these things and put them away. Then in the winter when they got hungry, they would go to Grandmother Delia Newton. They'd want potatoes or apples, and they would bring something like a piece of calico to trade. I think they honestly didn't understand that if they bought groceries on credit and the groceries were eaten up, they should still have to pay for something that was gone.

The Indians would come to A. R. Smith's farm for candles for their religious ceremonies, and basics like salt and sugar. Later they would come to his store at Gate to visit with him and buy their supplies. When they owed him, they would trade baskets, or he'd hire the men to clear the land. The women would be hired to clean house or help with the laundry. As the postmaster, Smith also had the legal right to marry the Indians.

Edna Moe told that on the Reservation, where she was raised, the Haydens were the closest neighbors up one way, the Smiths the other way. The Indian men worked for her dad, Sam McMasters, on the farm, haying and threshing and he worked with a number of them in the woods. Steve Jack worked for them, and he would hunt with Edna's

husband, Fred.

Trading and selling salmon was common in Gate. Tapio traded a sack of "spuds" for fish when potatoes were a dollar a sack. When Gabriel Erickson butchered, he'd trade Choke meat for fish. Pike Ben would deliver big Chinook with an old horse and buggy at fifty cents apiece. Floyd Smith had been friends with them since he was a kid, so they didn't sell their fish to him too high.

Erickson's property joined the Reservation, and he rented pasture from the Indians. He butchered and traded with them. His daughter Julia (Reed) recalled picking wild strawberries there. She played with Indian children, particularly remembering that Lillian Hayden was in her grade in school and her brother fixed Julia's bike by filling the tire with sawdust.

Floyd Parish recalled when you could buy \$99 worth of wood from the Indians. If it was \$100, you had to go through the agent. The kids would pay five dollars for a tree on the Reservation, take a horse and sled, and work all day with a crosscut saw to cut a seven, eight foot slab off the tree, chop it up and haul it home for firewood.

Fourth of July on the Reservation was a big celebration. Tribes from as far away as Montana and "prit near all the whites around the country" would go. About nine bushels of butter clams were brought fresh from Puget Sound to steam. Women such as Hazel DuPuis and Mrs. Secena prepared pits for baking the salmon and steaming the oysters and clams. While the elders visited, the younger men would take part in ball games, boxing matches, foot races, and horse races. While it was just the Indians who would

race their "little paints," they would always pick Jerry Cross as one of the men to pace off the quarter of a mile track.

William Choke was describes as "One of the old friendly Indians who used to live over on the Chehalis River Reservation when the first settlers came to the country in pioneer days."

(Lillian Pilcher)

I used to play baseball with them Indians - with 'em and against 'em. Sam Smith and his brother John (from the Reservation) were tough buggers, really tough. There was a baseball team and the men like Hunter played the Indians at Oakville. My son Alvin was the mascot.

(Joe Floyd Parish)

I've seen Indians at Gate. They come in there to trade. There was an Indian Smith used to come to town quite often. Dad always liked him. He was a smart old Indian. They was down on the river when the salmon was runnin', you know. A lot of them kids was a spearin' salmon just for fun, cause there's so many of 'em. This old Smith, he come up there in a horse and buggy. He just stood there and watched for quite awhile like an old billy crane, you know. When a good one'd go by, why then he'd spear it. He speared ten and put 'em in the buggy to take home. He told Dad, "They shouldn't waste any of 'em." A lot of 'em come up that wasn't fit to eat, they was about ready to lay their eggs. But them that was bein' wasted that he was talkin' about was full of eggs. They should've let 'em go on up and spawn, that's what.

(Pat Murray)

## Community Gets Healthier Through Contest

By Christina Hicks, Community Health Coordinator

In the beginning of May, the TELO staff came in to the clinic wanted to have a friendly little contest amongst themselves, it turned out a lot of folks were looking for a chance at losing weight. An announcement was sent out and next thing we know we had a biggest loser contest with 34 people participating.

Everyone came in and did their first weigh-in and paid \$25 entry fee. Information was available for the participants to utilize the tribe's new community center's exercise room, the diabetes prevention program's water aerobics, Pilate's class and nutrition counseling. This was an eight week program with the final weigh-in held on Wednesday, June 29.

The top 4 winners were as follows: First place Biggest Loser - Taaffe Wyatt-Simmons losing 21.6 pounds winning \$725.00; Second place Biggest Loser- James Cayenne losing 19.8 pounds winning \$100, third place Biggest Loser-Harry Pickernell Sr. losing 19 pounds winning \$25, fourth place

Biggest Loser- Dr. Sine losing 15 pounds. Congratulations to everyone!

Though this contest was held during a busy time, firework season, most people want to continue with trying to lose weight and keep it going. So, we will continue with the Biggest Loser contest. It will start with first weigh-in on July 8 and end with final weigh-in on September 14 by 9 AM. The cost is \$25 per participant to join the contest. The top 3 winners will be paid, depending on the amount of participants that enter. Good luck to everyone who wants to lose weight and make the commitment to be healthier. We encourage people who are interested to join with a friend. This offers a stronger support system for each other on maintaining their diet and exercise routines.

Also want to say a Big "Thank You" to Debbie Shortman for recording and tracking the weight. For more information please contact her at the Chehalis Tribal Wellness Center at 360-709-1689.

## Internship Program Promotes Employment to Tribal Members

By Alicia Shepard, GWL Human Resource Manager



### Featured Tribal Member

Sasha Penn-Roco began her career with Great Wolf Lodge as a Tribal Intern in March 2011. As an intern, Sasha was able to experience a wide variety of job duties throughout the lodge, from Sales to Aquatics to Housekeeping. Because she had previous work experience from working at the Eagles Landing hotel, Sasha excelled when she interned in Guest Services. Guest Services offered Sasha a position but she was steadfast in her determination to complete the internship program in order that she was able to investigate all departments at the lodge.

Sasha noted, "Although I thought that it was most likely that I would accept a position in Guest Services, I wanted to complete the internship because it gave me a wonderful opportunity to obtain hands-on experience through the lodge as well as getting to know several fellow Pack Members. I'm glad I made this choice



Sasha Penn-Roco  
Guest Services  
Great Wolf Lodge

because I'm now able to answer a lot of questions quickly that guests may have regarding the Great Wolf Lodge. I love being able to do my job, do it well, and with more training I will strive to excel. My long-term goal with the Great Wolf Lodge is to continue to work hard, gain more experience, and hopefully do well enough over time to move up within the company."

We are happy to announce that Sasha accepted a regular, full-time position within Guest Services and will begin in that department as of June 10, 2011. We look forward to Sasha continuing her career goals with the Great Wolf Lodge.

If you are interested in the Tribal Internship program with Great Wolf Lodge, please pick up a brochure at the Human Resource office at the lodge, which is open 9:00 am to 12:00 noon and 1:00 pm to 4:00 pm. Monday through Friday.

## Training Program Helps Tribal Members Advance Within the Organization



### Featured Tribal Member

I am new to casino gaming, but I have a past connection to Lucky Eagle Casino when I was involved with Tribal Gaming. I was a Gaming Officer representing the Chehalis Tribe in 2002 thru 2004. Although a few years have passed the Lucky Eagle vision remains strong and we have seen a lot of change to the gaming floor, increased the number of slot machines and we have moved our offices into a new building complex.

I have now returned to the Lucky Eagle as the Assistant Manager of the Bingo Department. This is strange and hard to explain because my lifetime work experience comes from coal, copper and iron ore work. I have over 30 years of working in the mining industry. I also took a brief leave from mining and went over-seas to work as a contractor on the Kandahar A.F.B. Afghanistan working there from Oct.2004 thru June of 2005. When I was interviewing for the position of Asst. Manager for Bingo, one question came forward and really seemed like the answer to my future, the question was in part, "How does your past work experience qualify you for this position."

After much thought and re-thinking the past 30 years, I was able to connect my past work history to my future. I have worked as Union Officer for 8 years and supervised people and crews, which meant I had to meet dead-lines and work with budgets. In today's industry there are many parallels that we can bring forward to work in the gaming



David DuPuis  
Bingo Assistant Manager  
Lucky Eagle Casino

world. I love working with the public and working with my crew on the Bingo floor, I also like and accept the challenges of dead-lines, budgets and daily reports.

I am new to casino gaming, I love my job and I am a team player. My goals are to be here for many years, to be involved in all training courses offered here at the Lucky Eagle and I would encourage other tribal members

to be involved with the many on-sight Development Opportunities offered to help build management skills.

*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 of the Succession Plan. We are hopeful the 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."*

### Public Notice: The Chehalis Indian Tribal Court, Oakville Washington

Che-J-3/11-057 IN RE: S.K. DOB: 1-21-2009  
Notice Petition of Guardianship Hearing  
To Jeremy Klatush and Allison Klatush

Petition for Guardianship has been filed in the Chehalis Indian Tribal Court. A hearing is set for **August 10, 2011 at 2:30 PM**; 30 Niederman Rd. Oakville WA on the Chehalis Indian Reservation. Any questions please feel free to contact the Tribal Court at 360-709-1615.

**THIS COURT HEARING MAY RESULT IN AN ORDER OF GUARDIANSHIP BEING GRANTED.**



## 4 Fireworks (continued from page 1)



Elder, Annie Jones supervises her grandsons Nathan and Andre Kluth as they lit their fireworks in the reserved section for Tribal members, awaiting the Tribal fireworks show to begin.

a safe atmosphere for all. Mason County Fire District #12 was there to oversee the safety of the show. People were seen all over "Blowin' stuff up!" in established areas. There was a spot reserved for tribal members along the ball field. Many thanks to Barnaby Canales and his helpers for doing another great job giving everyone that heart pounding tribute in celebrating our Independence!!

Many thanks to everyone else who helped clean up after the show. Many people that came out to the show cleaned up their mess. A special thanks goes out to our grounds crew: Correna Young, Jeremy Fanning, and all the summer youth workers for their time and effort on this momentous task.

### Special Thanks from Barnaby Canales, Pyrotechnists for the Fireworks Show

This show is operated with safety being number one. Each volunteer must wear the appropriate safety gear (Fireman's Jackets, Motor Cycle Helmets and eye protection). Volunteers are assigned responsibilities such as lighters, loaders, box man, and counters. Without these volunteers this show wouldn't be such a success. I would like to thank Dustin Klatush, Manny Medina, Sean Ortivez, Omar Cruz, Pit Bull, Bubba Canales, and Angel for providing another awesome "Fourth of July" Extravaganza for our community.

Anyone wishing to help next year, please contact Fred Shortman at 360-709-1726 if you interested for helping in next year show.



*Chehalis Tribal Fireworks Show was a grand finale of explosions of huge burst of colors celebrating our 2011 fourth of July celebration.*

## Recognition Dinner (continued from page 1)

start on their new enterprises.

The Master of Ceremonies for the evening was Education Specialist JJ Shortman. After a few cheesy jokes, he led a special raffle eligible only to the parents of the graduates. Lucky parents took home special prizes ranging from a gourmet waffle iron to a river-float-style party raft. This was followed by a short slideshow featuring pictures of the students from diaper days to the present, filling the crowd with laughs and sighs of nostalgia.

The laughs continued as the guests of honor were called up on stage and subjected to the good-natured embarrassment of being contestants in their very own game show. The Education Department devised several games based on the hit show "Minute To Win It". From high-speed head banging and Kleenex picking to hip-shimmying and marshmallow-tossing, each student tried to survive to the next round. Oakville graduate

Bobby Jones won the final round, a three-way trivia shoot out, to take home the grand prize.

The evening ended with final accolades for the students. The Business Committee, represented by Chairman Burnett and Dan "Bones" Gleason, presented the ceremonial gift of a Pendleton blanket to each graduating tribal member. Additionally, each tribal graduate received an endowment from the Education Department which included a new laptop computer to use in the pursuit of further education.

Those honored included: Skylar Bracero, Monica Lopez, Harry Pickernell, James Quilt, Mariah Samson, Kaylee Trott, Bobby Jones, Raymond Banuelas, Jessa Penn, Jeanette Boyd, Brent Simmons, Michelle Allen, Rigo Hernandez, Sylvanna Bracero, Corrie Medina, Ashleigh Parkinson, Ashleigh Sharp, Matthew Mauerman, Rickie Marion, and Margaret Gleason.

## Health Fair (continued from page 1)

Christina Edwards and Libby Penn, whose big brother Maddex was thrilled! Dylan Gleason and Fred Kemp won the adult bikes.

Over 25 contestants participated in the free throw contest and the winners were Daryl Shortman with 16 baskets, Devin Boyd had 10 and Leo Daniels made 7. This part was great fun as adults and youth were laughing and joking as they attempted to make as many baskets as possible in one minute.

Vendors provided some great information about health issues. But the laughter and taking the time to relax is so crucial to your health making it a well rounded and fun Health Fair. Thank you to everyone who came and participated in the health fair.

## 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.

### The Importance of Breakfast

Article Submitted By Pat Odiorne, Registered Dietician for the Diabetes Program

It often amazes me how people take better care of their cars than their bodies. I have yet to meet a person who said, "God has a plan as to when my car should 'die' and I do not need to worry about it. I don't need to check or change the oil, or perform any routine maintenance. And I don't need to worry about the type of gasoline I use." We recognize the necessity of proper care to get the longest life and best performance out of our automobiles. When will we realize that proper care also gives our bodies the longest life and best performance?

Today, a wealth of scientific research has confirmed that most of the leading causes of death and chronic diseases are preventable. We have been talking about the lifestyle factors that will help us improve our health. Adding breakfast to your eating pattern is a major step to improving your lifestyle. Well, why bother with breakfast? Food is fuel. Many studies have emphasized the importance of breakfast. If you want to make the most of your day, fuel your body early with the right stuff.

#### ONE STEP AT A TIME: WHAT TO DO

Other studies have even linked healthy breakfasts with less chronic disease, increased longevity and better health. Starting your day with a good breakfast boosts your energy, increases your attention span, and heightens your sense of well-being. You'll be in better control of your emotions. A good breakfast is one that provides at least one third of the day's calories.

Most people give a variety of reasons for not eating breakfast. A common reason is that they are not hungry in the morning, which is a result of eating a full meal late in the evening or late snacking. When they go to bed, the body is still busy digesting all that food. Digestion then goes into a slower gear during the hours of sleep and there is still food in the stomach in the morning. The stomach needs a rest too. A tired stomach does not feel like digesting a big breakfast. When you get up in the morning, your glucose or blood sugar level is at its lowest point in the day. Glucose is the basic fuel for the brain and central nervous system. A good breakfast will keep you from being tired and irritable by mid-morning.

The effects of a skipped breakfast are short attention span, lack of alertness, longer reaction time, low blood sugar, decreased work productivity. Surely, breakfast is the most important meal of the day. Take time to eat a large, balanced breakfast. It's a good investment of your time. Once you get into the habit of eating breakfast, you may feel hungry in the morning.

#### What's your excuse for not eating breakfast?

■ "No time?" How much time does it take to eat a bowl of cereal? Make toast and eat it on your way to work. Make your breakfast the night before. Making time for breakfast is making time to be healthy.

- "Not hungry?" To get started, don't eat anything after an early supper. Finish supper by 6:30 PM.
- "Might gain weight?" Eating breakfast will actually help you reach and maintain your healthy weight. Your appetite will be satisfied longer. You'll be eating food when you can best burn the calories. You'll feel great. Eat breakfast.
- You "don't like breakfast foods?" You don't have to eat traditional breakfast foods. You can eat leftovers, or a sandwich. Any healthy food is fine. Caffeine may mask hunger.
- You "don't like eating breakfast?" It is in your best interest to eat breakfast. Take the step. Do the right thing. Eat breakfast.

#### Simple, easy ways to add Breakfast:

- Start Small. If you're not a breakfast eater, begin with whole wheat toast and/or a piece of fruit.
- Choose Fruit for Breakfast. Fruit gives you fiber. Fresh fruit is the best choice.
- Eat High Fiber Cereals. Choose a cereal with at least 3-5 grams of fiber/serving and 5 grams or less of sugar per serving. (Remember 4 grams of sugar=1 teaspoon.)
- Choose Whole Grain Bread with at least 2 grams of dietary fiber per slice. Eat two slices of toast in the morning or a whole grain bagel. Spread with fruit spread or applesauce or your favorite nut butter.
- Make Healthy Pancakes or Waffles. Have you ever considered topping your pancakes or waffles with fruit?
- Instead of scramble eggs try scrambled tofu. You're in for a great surprise.
- The sky's the limit. The only limitation is your imagination. Make it a priority. Eat breakfast.

#### YOUR CHALLENGE: You Can Do It!!

Try this simple experiment. Eat one or two servings of fresh fruit every morning for the next three weeks. Eat as many different kinds as you can find.

And remember, Health is by Choice... not by chance! The choice is yours. You don't have to be a statistic. By adopting a better diet and wiser lifestyle habits, you can live longer, feel better, and enjoy a healthier, more productive life.

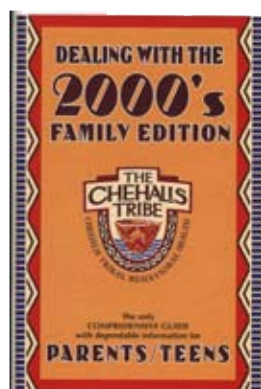
*Nancy Schmieder works with the Better Living Ministries in Wayland, NY as a Certified Lifestyle Consultant and Specialist. The Better Living Ministries is a Community Resource for Lifestyle Education and Support. Health by Choice is a practical, simple journey on how to incorporate healthy habits into your lifestyle. Nancy is a Mother of five and she lives with her family in Springwater.*

Check out this website address for more healthy tips: <http://www.beyondthebend.com/health/breakfast.htm>

## Resources Available Assisting Parents in Understanding Their Teen

Chapter 2-Dealing with the 2000's Family Edition a comprehensive guide with dependable information for Parents/Teens.

For more information please contact the Behavior Health at 360-709-1682.



### Date Rape, Chapter 3

When people think of rape, they might think of a stranger jumping out of a shadowy place and sexually attacking someone. But it's not only strangers who rape. In fact,

about half of all people who are raped know the person who attacked them.

Most friendships, acquaintances, and dates never lead to violence, of course. But, sadly, sometimes it happens. When forced sex occurs between two people who already know each other, it is known as date rape or acquaintance rape.

Even if the two people know each other well, and even if they were intimate or had sex before, no one has the right to force a sexual act on another person against his or her will.

Girls and women are most often raped - one in three women will be sexually assaulted in her life. Guys can also be raped, though: 7% to 10% of rape victims are male.

Even though rape involves forced sex,

rape is not about sex or passion. Rape has nothing to do with love. Rape is an act of aggression or violence.

You may hear some people say that those who have been raped were somehow "asking for it" because of the clothes they wore or the way they acted. That's wrong: The person who is raped is not to blame. Rape is always the fault of the rapist. And that's also the case when two people are dating - or even in an intimate relationship. One person never owes the other person sex. If sex is forced against someone's will, that rape.

Healthy relationships involve respect, including respect for the feelings of others. Someone who really cares about you will respect your wishes and not force or pressure you to have sex.