Program News

Returnig Survey Will Assist Program in Providing Services to the Community

The Chehalis 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 our Colonial Health Program to 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 360-709-1310. 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 grades 6-12. Several field trips are planned and various classes will be offered including: Cooking Health, Science Lab, Chehalis Language, Beginners Photography, and Physical Fitness. Details of these classes will also be offered at this time for those who qualify.

Contact Permissions Packet is required to participate. For a complete schedule and to pick up a Permissions Packet stop by the Youth Center or the Education Department. Any questions please contact the Youth Center at 360-273-9074 or Jason Gillette 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: Every Parent’s Daycare Should Know. Chehalis Community Center Gathering Room Thursday, August 4, 2011 3:00pm to 4:30pm 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 Benefits for the Agency
• Understand How To Get The Most From Your Benefits

Community Newsletter

Vol. 5/7

July 2011

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 DePuis
• Great Wolf Lodge Internship Program; Featured Sasha Penn-Roco

Youth Enjoy June Activities

• Youth attend POWER conference at Great Wolf Lodge, page 2
• 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, Kayleene Trott, Skylar Bracero. Bottom row (L-R) are Ashleigh Sharp, Ashleigh Parkingon, Sylvanna Bracero, Matthew Mauerman. Not Pictured is Rigo Hernandez and Margaret Oleason.

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 Tony Medina and the Youth Center. 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 Barnett 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. Senso and Higher Education Coordinator Rashida Mendez read remarks on the behalf of Lucky Eagle GM John Setternom. 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 preparing their fireworks stands to provide to the public for their private 4th 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 4th falling on a Monday, most of the veteran fireworks stands did okay. As usual customers known as “Repeats” keep the sales up and stand 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 called in to provide a 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 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 chairs. The highlight for the event was the bicycling: two adult and two children’s were given away. The children’s bikes were won by

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

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.

See Health Fair, page 4
Chehalis tribal youth learned how to rumba during the “Get Moving” class at the Native Youth POWER Conference. Chaperones Theresa Pannkuik and Tony Medina also participated and got their groove on.

By Marla Medina, Assistant Youth Director

- **Water Usage Tips**
  - Saving Money and Creating Healthier Rivers and Streams
  - The Great Wolf Lodge hosted the S.P.I.P.A.s conference, pledging to do their best to prevent cancers. Many of the youth liked dancing as a way to start the conference out and after eating 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.

- **Family Gathering**
  - Gather to Share the Art of Fishing with Their Children
  - On Friday June 17 the Head Start Program had their 6th 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.

- **Huge Turnout**
  - 2011 Head Start Graduation Celebration
  - The Lucky Eagle Casino hosted the S.P.I.P.A.s conference, pledging to do their best to prevent cancers. Many of the youth liked dancing as a way to start the conference out and after eating 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.

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  - Don Stevens, Vice Chairman
  - Stephanie Pickett, Treasurer
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  - Dan Gleason, Sr., 5th Council Member
  - Fred Shortman, Communications Coordinator
  - Go to this direct link for more information.

- **Chehalis Tribal Newsletter**
  - 420 Howarth Road
  - Oakville, WA 98638
  - (360) 709-1726 (office)
  - newsletter@chehalistribe.org
  - Articles and opinions expressed in this publication are not necessarily the opinions of the Tribe 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.

- **Submit for publication**
  - Submission deadline: 6th of each month
  - Each month

- **Chehalis Reservation**
  - “People of the Sand”

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**Conference Empowers Youth to Become Health Awareness Leaders**

Ten of our tribal youth attended this conference, 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 park water, playing in the arcade, and socializing with youth from other tribes. The kids 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 with water and water ways. The youth 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.

Young people were given copies of tobacco manufacturers ads to advertise their cigarettes. They were given the assignment to draw counter ads to make a postcard against the use. They all attended a class on the effects of smoking. There were real prop lungs, which are similar to our lungs. They showed us one lung and one that has cancer and is full of tar from smoking. In this class they got to make ‘quit kits’ for others who want to quit smoking today.

Finally the last class they had to design a craft. 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 then got to make ‘quit kits’ for others who want to quit smoking today.

The conference came to an end with lunch, except for each participant receiving a zip sweatshirt with the conference logo. The youth received their 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.

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**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 came out in droves and 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, gowns, diplomas, decorations, a sweatshirt and a gift bag. The children were also each given a “Survivor on Forbes” set we received through the First Book Grant. This will propel and inspire them to 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 lunch to the students and faculty of the Chehalis tribe’s Head Start Program.

We would like to thank the Chehalis Tribal Business Committee, the Tribe’s Head Start Program 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 successes. We are sad to see them go, but we know they are ready to take on the world.

---

**Family Gatherer**

- To Share the Art of Fishing with Their Children

- They caught.

- Head Start staff provided a yummy lunch of BBQ hot dogs and potato chips to keep up the fishing.

- 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 to go than fishing with dad on a beautiful summer day.

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

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

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Interview of Neighbor’s Reveals Memories of Chehalis Reservation People, Part 5

These writings come from the book "The Chehalis Indian Tribal Court, Oakville, Washington" and are excerpts from the book with the person who was interviewed and provided the statement.

The book can be purchased from the author for $25.00, by check or money order. The address is Judinton, 833 Camas Avenue, Lacey, WA 98516.

Mrs. Young was half Indian. She married a man named Bently Altus who was half Mexican. She had that constant fighting. It was almost like a constant battle. Whatever she wanted, she would set her sights on. She was a very dominant person. She had no patience.

Community Gets Healthier Through Contest

By Christina Hicks, Community Health Coordinator

This was an eight week program that happened last summer. Everyone came in and did their first blood test, urinalysis, and all the other tests.

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The Master of Ceremonies for the evening was Education Specialist Jill Shortman. After a few choky 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 rice-zest-flavored party kit. This was followed by a short slideshow featuring pictures of the students from diaper days to pictures of the students from diaper days to pictures of the students graduate. Each graduate was followed by a short slideshow featuring pictures of the students from diaper days to pictures of the students graduate. Each graduate

**Chelalis Tribal Fireworks**

Was a grand finale of explosive color

And colorful bursts of colors celebrating our 2011 Fourth of July celebration.

Bobby Jones won the final round, a three-way
tie-shootout to take home the grand prize.

The evening ended with final accolades

for the students. The Business Committee,

represented by Chairman Bemmel and Dan “Bone” Gleason, presented the ceremonial
gift of a Pendleton blanket to each

graduating tribal member. Additionally,

each tribal graduate received an endorsement

from the Education Department which included a

new laptop computer to use in the pursuit of

further education.

Those honored included: Sklar Bescro,

Monica Lopez, Hardy Pickenel, James

Quilt, Marit Saamson, Kaylee Trott, Bobby

Jones, Raymond Bussich, Jesse Penn,

Jeanette Boyd, Betim Simmons, Michelle

Allen, Roy Fernandez, Sylvia Bacoce,

Corez Meldash, Ashleigh Parkinson,

Ashleigh Feddy, Mathew Maasoom, Rickie

Marion, and Margaret Gleason.

**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 860-795-3161.

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, some do. When forced sex occurs between two people who already know each other, it is known as date or acquaintance rape.

Even if the two people know each other well, and it’s not an act of revenge. When forced sex occurs between two people who already know each other, it is known as date or acquaintance rape.

Even if the two people know each other well, and it’s not an act of revenge.

Girls and women are most often raped—

one in three women will be sexually

assaulted in her lifetime. Guys can also be

raped, though. 7% to 10% of rape victims are male.

Even rape involves forced sex, especially

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,