December 2011 Vol. 5/12

Program News

Chehalis Tribal Wellness

Center News

Medication Refills: If you are running out of your pills, please call your pharmacy before you run out. Please expect it to take at least 1-3 working days for it to be filled. Safety Pharmacy phone number is 360-350-5229. You call them and they send a refill request to us, if you have no refill left. After you’ve called them please verify with the clinic at 360-273-5911 about your prescriptions. They need to be logged in, so they will be available no later than 4 PM.

Patient Registration: You must notify Debbie Shortman of any changes to your address, phone number, insurance coverage, etc. You will be asked at every visit to the clinic about this. Please remember to bring your insurance card with you to every visit.

Fly Shot: The clinic is now giving out the flu shot to everyone! You can call the clinic to make your appointment with the nurse; it is just now the beginning of the flu season. Please call 273-5904 to get your flu shot.

Dental Appointments: Please remember if you make a dental appointment to please remember to make it to them. If you know you are not going to be able to make it to your appointment PLEASE: call at least 24 hours before the appointment so we are able to schedule another appointment during that time. Thanks for your cooperation and consideration.

Support Group Created to Assist in Achieving Goals of Getting Healthy

Do you have goals of getting healthy? Eating differently? Getting into an exercise routine? This new support group might just be what you are looking for. Participants will learn and share from each other as they establish lifelong healthy habits.

Starting on November 10th, we will meet on Thursday evenings from 5:30 – 6:30 pm in the Clinic PT room. All Community Members are welcome.

For more information contact Cindy Beck at 709-1810 or cbeck@chehalistrib. or

Dental Clinic Has Electric Toothbrush Available for Community Members

The dental clinic has Oral B Triumph electric toothbrush available for $200.00. The Oral B Pro 5000 is available for $200.00 mail in rebate that ends on December 31st. Additional costs will apply depending on your insurance plan.

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Families enjoyed the day shopping for that native gifts for someone special wandering from the wall to wall vendors at the Elders Bazaar.

By Fred Shortman, Editor

The Annual Elders Bazaar was held at the Lucky Eagle Casino on Saturday, December 3. The room was filled with over 80 vendors and Christmas shoppers looking for that special gift. What better way to spend the day for those hard cash shoppers.

There was plenty to choose from too! Vendors provided a wide assortment of hand-crafted gifts from native art, carvings, basketry, jewelry and much more.

The Elders provided a delicious assortment of food as part of their fund raising efforts. Mmmmm! Clam chowder, fried bread, chili, goulash was soooo good! They also sold raffle tickets to enhance a chance at winning donated items from the vendors.

The Shaker Church also sold raffle tickets to help raise money for improvements to the Church and other activities.

The Head Start program had photos with Santa to assist in providing the purchase of Christmas presents for the little ones in their program. The parent committee has been busy to make this yearly effort a special Christmas for all the children attending Head Start. They also had a buggy ride at the Tribal Center to tour the reservation.

It was a good day as Christmas is almost here. Merry Christmas and Happy New Year!

Basketball League Keeps Youth Moving and Promotes Healthy Lifestyles

This is the second year for the Inter-tribal Youth Basketball League. The full season is winding down with the last game being played in December. This year the boys and girls played in the two Elementary and Junior High School divisions.

Many of the games were played at several locations every Wednesday evening with the hosting tribe providing a meal. Participating in the full league were the Skokomish, Nisqually, Suquamish, and, Chehalis Tribes.

The Inter Tribal League was formed with the intent of having native youth play against natives from Tribal communities throughout the Northwest. The league is drug and alcohol free and promotes healthy life styles, sportsmanship, engaging community members and increasing school attendance. Students who participate must be in school or striving to attain their GED.

The Annual Chehalis General Council meeting was held on Saturday, November 12 at the Community Center. A turn out of 220 Tribal members came out to hear the recent year’s accomplishments and future direction of the Chehalis Tribe and its Enterprises.

Program staff members were available at their tables in the main lobby of the Community Center to meet and greet tribal members. Literature and information was readily available. Social Services, Law Enforcement, Planning, Wellness Center, Natural Resources and other Tribal governmental departments provided information and answered questions for individual tribal Members. The Eagles Landing Hotel provided complimentary lattes in the morning to announce the coming in 2012 of a Starbucks espresso shop off the new hotel lobby.

Chehalis Tribal Enterprises

The Enterprises (CTE) were represented by Dave Youkonet, CEO and Chris Richardson, Managing Director. They presented the operating results of each business that the Tribe operates outside of the casino and Great Wolf Lodge, including the Eagles Landing Hotel, Confederated Construction Company, End of the Trail Stores, Shopen Village, the casino and Great Wolf Lodge, including the storage warehouse and 1-5 billboards.

The casino and lodge have their own management companies which reported

The Annual Meeting Provides Insight On Growth of the Chehalis Tribe

By Fred Shortman, Editor

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See Annual Meeting, page 4
Halfway There - Update on the Inter-tribal Biggest Loser Contest

By Cindy Beck, Patient Navigator CTCW

The first month of the Biggest Loser competition has ended, and we are midway thru month 2. I apologize for the delay in getting you these results. Hopefully future releases will be sooner.

October Winners

- Chehalis - John Taney 3.67%
- Squaxin Island - Barbara Truwich 4.46%
- Skokomish - Terri 9.6%
- Shoalwater Bay - Christine H. 8.19%

Each monthly tribal biggest loser will receive $85. Congratulations to all! Please remember - if you miss a weigh-in, you will not be eligible for the monthly biggest loser prize.

The Competition will end with a dinner at Squaxin Island in February and a representative from NIKE will be there to present the grand prize to the overall winner. Besides the NIKE gear, the winner will receive $685. Second Place will receive $342.00. Third Place will receive $171.00. And both fourth and fifth place will receive $85 each.

On March 22nd there will be a Maintenance Weigh-In. Any participants who keep off their weight--or lose more, will split $1,381.00. REMINDER: the Weigh-In hour is Tuesday, November 21st.

Please keep in mind that we will have two more weigh-ins. Make sure you keep your weight off – or lose more, so we can split $1,381.00.

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For more information contact Cindy Beck at the Chehalis Tribal Wellness Center at 360-709-1710.

Protect Your Baby’s Teeth Following These Important Guidelines

By Scott Freeman, Public Safety Officer

Your Baby’s Teeth are very important! They will last your child a lifetime. Take these steps to keep your baby’s teeth strong and healthy.

- Take these steps to keep your baby’s teeth strong and healthy.
- Lift the lid on your child for chunky white or brown spots. Go to the dentist if you see these signs of caries.
- Brush your baby’s teeth twice daily with a smear of fluoride toothpaste beginning with the first tooth that comes in.
- Put baby in bed without a bottle and wean from the bottle around 12 months of age.
- Feed your baby a healthy diet and let the kids sleep without the bottle and pacifiers.

Ask about fluoridation treatments to protect your baby’s teeth from cavities.

The Head Start Parent Committee did picture with Santa and buggy rides as a fund raising effort which we raised $230.00. There were several parents who split $1,381.00. We had more than 20 kids get their photo with Santa, and probably about 20 get buggy rides. The money that is raised goes to get every child at Santa, and probably about 20 get buggy rides. The money that is raised goes to get every child at...
Centralia College will be offering college preparation classes at the Chehalis Tribal Community Center this winter quarter.

These classes will lead you to college level courses. All classes are offered to all Tribal and Community members. Chehalis Tribal members will be paid through the Higher Education program.

**Starts: January 3, 2012**

**Schedule** will go as follows:
- Monday – Thursday total of credits 13-15
- **Math** (5) 7:55 to 9:00 AM
- **English** (5) 9:05 to 9:50 AM
- Reading or Windows (n/a) 9:55 to 11:00 AM

In order to take these classes you must...

- **Apply to Centralia College**
  - Receive acceptance letter
  - Do this to go to www.centralia.edu
- **File for your Free Financial Aid**
  - **Application (Financial Aid is optional but expensive and Chehalis Tribal members not applying will only receive a Basic Scholarship award of $130.00 per credit this barely covers tuition and books)**
  - To do this go to www.fafsa.ed.gov
  - (Things you will need to fill out the forms)
    - IRS Taxes for 2010, Social Security Number, WA ID, Date of Birth
    - Copy of High School Diploma/Transcript
    - Proof of Tribal enrollment
    - GED completion
    - Scholarship agreement
    - Refund Agreement & basic Scholarship agreement
    - Release of information form
    - Data sheet for Centralia financial Aid
  - To do this go to www.centralia.edu/admissions/finaid/forms.html.
- **You must take the Compass test at Centralia College**
  - You may go to the Phoenix Center Library at the Centralia College or call Racheal Mendez to find out good time for her to drive you there.
  - The test cost $10.00 (Chehalis Tribal Members test will be paid through the Education Program)
- **Chehalis Tribal members must also have the following forms filled out**
  - A completed Chehalis Tribal Higher Education Scholarship application which includes:
    - Release of information form
    - Refund Agreement & basic Scholarship agreement
    - Proof of Tribal enrollment
    - Copy of High School Diploma/ GED completion
    - College transcripts if any
  - Please feel free to contact Racheal Mendez at the Community Center, email: rmendez@chehalistribe.org or 360-70-1698.

The Tribe proposes a road improvement project between the Black River and Willamette Creek Bridges. This project is identified in the Tribe’s 2010 Long Range Transportation Plan. The project reconstructs 1 mile of existing road to improve motor vehicle safety, allow for pedestrians and bike use, and to enhance local water resources. The project will flatten 3 existing sub-standard curves, add 5 foot shoulders, and improve riparian function and water quality along 1500 linear feet of Willamette Creek by providing a critical areas buffer.

A draft environmental assessment (EA) was prepared for the proposed project pursuant to the National Environmental Policy Act of 1969. The EA evaluates alternatives for compliance with applicable environmental laws. The EA is available for review online at the Chehalis Tribe website at: http://www.chehalistribe.org/news-events/index.html.

If no significant issues are identified during the comment period, the Chehalis Tribe will finalize the EA and issue a Finding of No Significant Impact (FONSI). Unless substantive comments are received, the Chehalis Tribe will not publish another notice for this project. However, should a FONSI be issued, it will be available for public viewing at http://www.chehalistribe.org/news-events/index.html.

The draft EA is also available at the Chehalis Tribal Center- Planning Department at 420 Howanut, Oakville, WA. Written comments on the draft EA should be directed to Kaylese Dawson, Transportation Planner, Chehalis Tribe, P.O. Box 536, Oakville, Washington 98568, or by e-mail at kdawson@chehalistribe.org. Comments also can be faxed to 360-273-9024.

**2011 Winter Native Youth Basketball League**

Looking for a ride? Looking for an alternative to high gas prices? The Planning Department is evaluating the possibility of providing a local van/transit service and also seeks to increase public awareness of existing transit services in the area. Recent community survey results show:

- **18%** of respondents would support a local, tribally operated, transit service (an on-call shuttle van), while 29% of respondents would personally use such a service.
- **Current** regional transit services (Grays Harbor Transit, Twin Transit, Intercity Transit, and Rural and Tribal Transportation (R/T)) have been used by 11% of responders in the last 6 months. At least 17% of responders are unaware of existing transportation services.

The most direct transportation service on the reservation is provided by Rural and Tribal Transportation (R/T). R/T provides scheduled bus service to the communities of Tumwater, Centralia, Rochester, Tenino, and Bucoda. Their “Rochester Loop” bus route has 4 scheduled stops along Anderson, 188th, the Casino, and Moon Road. For more information on this and other routes visit their website at: www.Transpo.org. R/T asks that riders be scheduled 24 hours in advance by calling 1-800-650-7846 during office hours of 9:00 AM to 3:00 PM, Monday thru Friday.

**SPOTLIGHT ON TRANSIT SERVICE**

The proposed plan for the Howanut Realignment Project will flatten 3 existing sub-standard curves, add 5 foot shoulders, and improve riparian function and water quality along Willamette Creek.

The proposed project is identified in the Tribe’s 2010 Long Range Transportation Plan. The project reconstructs 1 mi of existing road to improve motor vehicle safety, allow for pedestrian and bike use, and to enhance local water resources. The project will flatten 3 existing sub-standard curves, add 5 foot shoulders, and improve riparian function and water quality along 1500 linear feet of Willamette Creek by providing a critical areas buffer.

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**R/T ROCHESTER LOOP BUS ROUTE**

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**Chehalis Tribal Loans Program Available Promoting Tribal Members to Become Successful**

By Taheirah Kalashiki, Executive Director CTFE

We would like to introduce the Chehalis Tribal Loan Fund (CTLF), a program that was implemented through the Confederated Tribes of the Chehalis Reservation in 2007. The main goal of this program is to provide Tribal members with the necessary tools and resources to become successful business owners. The CTFE is here to help you make your ideas become reality through entrepreneurship, savings programs and investment opportunities. Our team will help you start a business plan and help you along with the process to promote a successful venture. Come visit us and tell us your ideas.

For more information contact Executive Director Taheirah Kalashiki at 360-369-1830 or Loan Program Coordinator Dana Pickens at 360-709-1631.

*Providing Support to Tribal Members and their families through economic self-sufficiency for generations to come.*

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**Ginger Bread House Raises Money in Support of the Big Brother and Sisters**

By Fred Shortman, Editor

Ever fantasized about what it would be like to share a meal with family or friends inside a life-size gingerbread house? If so, the Great Wolf Lodge in Grand Mound has a fundraiser that dream while benefiting local children. A small crew at the indoor water park spent about 400 hours of work constructing a 10 feet by 12 feet gingerbread house in the main lobby. The gingerbread house seats up to eight people for breakfast, lunch and dinner. It’s a great ambiance with the smell of sweet gingerbread and company of friends as you share a meal together. Although the site’s water park is available to only registered guests, meals at the gingerbread house are open to the general public, as is the resort’s restaurant.

Proceeds from a $20 reservation fee will be directed to the Big Brothers Big Sisters of Lewis and Thurston Counties. The fee is open to families and friends from both Bellott and Kent Camp Fire USA celebrated a birthday in the Ginger Bread House, saying, “We love coming to the Great Wolf Lodge. The Ginger Bread House was an added plus. It’s a great cause and very, very fun. Eating inside the Gingerbread House smells soooo good! We would do it again.”

**Chehalis Tribal members CTE Managers were introduced at the annual General Council Meeting. Each have worked hard to earn their respective positions.**

Pictured (L-R) are: David Youcotton, CFO, Chris Richardson, Managing Director; Manny Medina, Overall EOT Manager, Anna Hartman, HR Coordinator; Don Green, Mill, Eagles Landing Hotel; Pam Youcotton, Stamping; Steve Burnett, Construction Manager; Not Pictured are Ducky Black, EOT 2, and Bov Starr, EOT 1.

Tribal members CTE Managers were introduced at the annual General Council Meeting. Each have worked hard to earn their respective positions. Pictured (L-R) are: David Youcotton, CFO, Chris Richardson, Managing Director; Manny Medina, Overall EOT Manager, Anna Hartman, HR Coordinator; Don Green, Mill, Eagles Landing Hotel; Pam Youcotton, Stamping; Steve Burnett, Construction Manager; Not Pictured are Ducky Black, EOT 2, and Bov Starr, EOT 1.

CTE will analyze the prospect of distributing liquor to our existing businesses. In addition, the success of selling beer at the EOT 3 warrants EOT 2 to also sell beer & wine in order to better serve its customers. OCC, the new8a construction company, will start to bid for government contracts. Starbucks will be a new vendor at the Hotel which will open in early 2012. Hotel expansion will be completed in March. CTE is exploring the feasibility of opening a second franchise for Burger Claim. They are always searching for new investments and business opportunities, including various properties owned in Grand Mound.

The Tribe receives two types of cash flow from Tribal businesses: free cash and taxes. Free cash, if any, in excess of debt payments, working capital, capital expenditures, sinking funds and new venture investments is returned to the Tribal government at the end of each year. In addition, a variety of taxes is generated from fuel, cigarettes, hotel room and retail sales, which are passed through to the Tribal Government.

**Great Wolf Lodge**

Mr. Patrick Alvarez was introduced as the new general manager for the Great Wolf Lodge having started on September 12 of this year. He took over several Great Wolf Lodge properties over the past 8 years. He really likes Washington and plans to make this his permanent home. He introduced his Tribal liaison, Sheila Bray, to assist in communicating with the Tribe and its members.

He provided information on upcoming events and the improvements in order for Tribal members to make reservations and day passes. Though the Tribal member employee numbers were low, he was able to better serve its customers. They presented a slide show about the Casino Operations and answered questions from the floor. They also provided success stories on the advancement and training of Tribal members within the organization through the Tacoma Community College. They provided information of how the economy has impacted the Casino operations, but has maintained very steady numbers.

**Merry Christmas & Happy New Year!**

The beautiful Chehalis Tribal Native American Christmas nativity scene at the Community Center for everyone to enjoy. This year an added touch was the white Christmas trees.

The Ginger Bread House Raised Money in Support of the Big Brother and Sisters.