



CHEHALIS TRIBAL NEWSLETTER

The Confederated Tribes of the Chehalis Reservation
"People of the Sands"

January 2012

Free

Tribal Community Activities Bring Family and Friends Together to Celebrate Christmas

By Fred Shortman, Editor

■ Annual Community Christmas Party

The Lucky Eagle Casino hosted the Annual Community Christmas Party on Sunday, December 18. The turnout was huge as people filled the wall-to-wall tables. This annual event is always a popular and well attended event. People gathered together as they laughed and smiled filling out raffle tickets to qualify for the prizes. They enjoyed a delicious dinner and fun filled activities for the day.

Dinner was provided by the Casino and staff. A delicious meal of prime rib with all the fixings was provided for the adults, and for the youth hamburgers, hot dogs and chicken strips were available.

Unto the fun game of BINGO! Yet another opportunity to take a chance to win a prize offered by the Tribe. Volunteers handed out bingo packets and onto the games. The games were divided into three separate divisions: Elders, adults and youth. When someone yelled BINGO, volunteers verified to see if it was a winner.

Over the loud speakers came the long awaited, "Santa has arrived!" Children waited



The Lucky Eagle Casino was filled wall-to-wall with tribal and community members at the Community Christmas Party.

anxiously for their age bracket to be announced and they raced to have their picture taken with Santa and receive a present from him.


The magician provided by the Lucky Eagle Casino was present to entertain during the event. He was seen meandering throughout the crowd. He brought fits of laughter and amazement to the children and adults alike as he demonstrated his magical prowess.

Tony and Marla Medina from the Youth Center handed out Target gift cards to youth to create a memorable Christmas

for all to enjoy. They children were heard whispering about their plans on what they were going to purchase as they gave their gift card to their parents.

As the day drew to an end the winners for final door prizes were drawn. For those that missed out and left early, you need to be present to win. As the room emptied, everyone was offered a candy bag that the tribal employees put together for this annual event. This set the tone for many as they headed off to prepare to spend time with their families for their own Christmas.

A HUGE Thanks from

Continued on page 2 

Volunteers handed families raffle tickets to qualify for the prizes during the Christmas party.



Christmas Activities Continued

Cheryle Starr, Events Coordinator to all the volunteers in helping

making this annual event a success!



Charlie Latch, beams with pride with his grandma, Elder Janice Latch and shows his present that he received from Santa.



Families gathered to play bingo and enjoy the day together. Pictured (L-R) are Monique Lopez, Chloe, and Brandon Palmer

The magician does a card trick for families during the Annual Community Christmas Party.



■ Employee's Annual Christmas Party

On Thursday, December 22, the Annual Employee Christmas Party was hosted at the Lucky Eagle Casino events center. It was a great day to relax and enjoy the activities. Chairman David Burnett opened the ceremonies encouraging everyone to branch out to other tables to meet people from other departments.

Raffle Tickets were distributed for a chance to win prizes sponsored by the Departments. There was also a gift exchange for those employees who wished to participate. Men providing gifts for men and women for women. This event occurred throughout the day.

The talent contest has been a favorite for everyone to enjoy

watching. There are some very gifted employees with some hidden talent here at the Chehalis Tribe as they competed for first prize.

Lunch was served in Lucky Eagle fashion as they provided the meal in style. Delicious side dishes and something to quench your thirst was provided, not surpassed was the prime rib lunch that always quenches the palate.

Black Jack tournament rules were an opportunity to win the most money in 10 hands. Winners were selected by being in the top 5 winners. Employees try their hands qualifying as winner in the Black Jack tournament. It does get pretty noisy in that

little corner as employees either on a winning hand.

As a special note, 9 year old Caitlyn Antil who came up and thanked the tribe personally for sponsoring the Junior World Rodeo Championship. She won

a saddle that the Tribe sponsored at the Junior World Rodeo Championship.

The event made for special day. Many thanks to the Tribe for gathering employees for this annual event.



Winners of the talent contest at the Employees Christmas party. Pictured (L-R) top row are Tabitha Dennison, Bill Thoms, Tracy Bray, John Tanzy. Bottom row (L-R) are Annie Burnett, Cindy Beck

Operation Natives Helping Neighbors

By Fred Shortman, Editor

What a unique opportunity to help our neighbors who are struggling with the economy. This is the second year of the Chehalis Tribe's Operation Natives Helping Neighbors. It was kicked into high gear with more volunteers this year to make it a huge success. Committee members gathered to discuss ideas and brainstorm on how to make a special Christmas from the list of families they received from the Rochester Roof Program and Oakville.

There were a total of 26 needy families adopted. Each family was given gifts for their families. The families were sponsored by department and individuals. Gifts were purchased based on age and gender of the family members. 20 families were out of Rochester and six from Oakville. Individuals and tribal programs coordinated their efforts to make this a special Christmas for everyone involved. The contributions from the Lucky Eagle Casino, Great Wolf Lodge and our Tribe total cash donations of about \$5,000.00. That doesn't include the money individuals purchased for this worthwhile cause. There was plenty of Christmas spirit to be shared as they shopped, wrapped and delivered these presents.

Our crew of elves gathered the gifts that were wrapped with care and delivered to each designated area. It was awesome as the final stages came together and the families received their presents.

The feeling was indescribable made their Christmas one to remember. Santa's helpers did an outstanding job!

Thank you to all the Santa's elves in action

Natives helping Natives committee: Joyce Thomas, Carla Thomas, Alicia Canales, Bev Starr, Lydia Fromm, Charlotte Lopez, Jenee Penn, Correna Young, Chris Ortivez, Jaimie

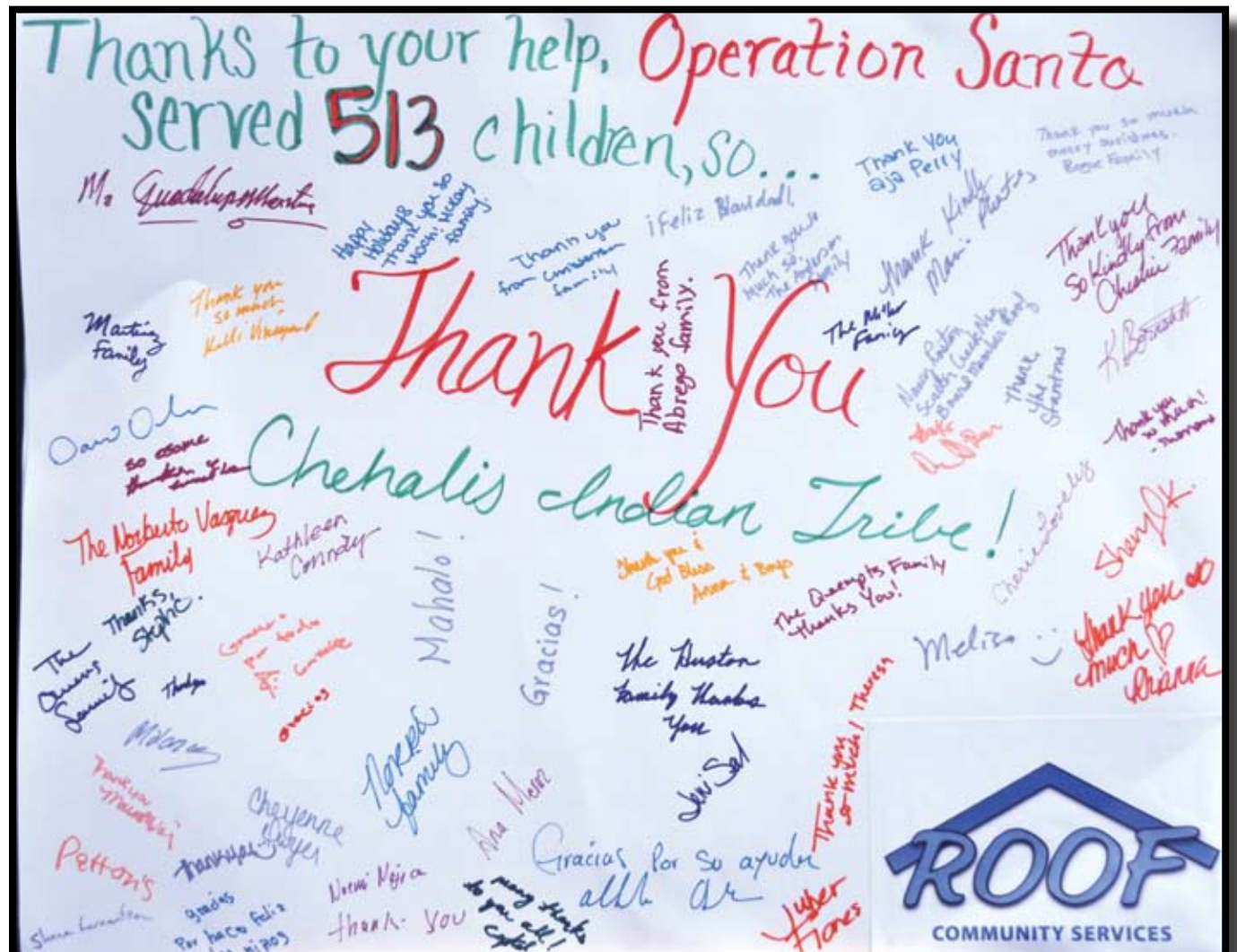
Smith, Bones, Dolly and Joan.

Here is a list of those who adopted their own families: Sharon Hall, Chris Ortivez, Anna Hartman, Frances Pickernell, Chris and Pam Klatush, Bev and Amil Starr, Jenee and Dan Penn, Brandon Canales, Lydia Fromm, Ena Myers, and Ralph Wyman

Departments that adopted families are: Department of Natural Resources, Accounting, Business Committee, Planning

Department and Attorneys, Family Services, Education, Ray Secena's crew (facilities-took 2) and the Clinic took 2 families. Delivery Crew: Tom Hayden, Tony Olney, Josh Terry, Penny Gleason.

A huge thank you goes to everyone here at the Chehalis Tribe for making a special Christmas. Their unselfishness truly is a gift within itself! Give them a huge KUDOS!



A thank you card from all the families to everyone who was involved with Operation Native Helping Neighbors. For many it brought tears of joy to their eyes receiving so many thoughtful gifts making it a Christmas to remember.

Tribal Health and Wellness News

Wellness Center Adds Resources to Assist Tribal Members With DSHS Eligibility

Hi! My name is Verona Moore. I work for the Department of Social and Health Services. I am currently stationed at the Wellness Center and hope to be there for a couple of years.



Verona Moore
DSHS Financial Services
Specialist 3

My job is to determine eligibility for our programs: food

assistance, cash and medical. If you or your family are in need of assistance and are wondering if you would be eligible, please call me at 709-1429 or come see me at the Wellness Center.

I look forward to meeting you.

Dental Chat on Tooth Decay

Did you know that dental decay is the most common chronic infection in children? Dental cavities cause children pain, missed school days, poor sleep, poor speech, and difficulty eating. On the bright side, cavities are preventable.

Daily brushing with toothpaste that contains fluoride and flossing are the simplest ways to prevent cavities. Remember, children don't have the coordination to brush and floss their teeth well until around age 8. Having an adult brush and floss the teeth of children is the best way to clean a young child's teeth.

For more information on how to prevent cavities in children and any other oral health questions call the Chehalis Tribal Dental Clinic and schedule your appointment today. Dental clinic direct line 360-709-1659

February is Children's Oral Health Month to celebrate the dental clinic is giving away an Oral B Vitality toothbrush-perfect for a child. Each child ages 0-17 that completes their scheduled dental appointment in

February is entered to win. Drawing will be held Wednesday February 29 at 4:00 PM.

Class Offered In Learning How to Communicate with Medical Professionals

Medication Solutions Presentation The Olympic Area Agency on Aging Nursing Services Presents a "Medication Solutions Presentation" at the Chehalis Tribal Wellness Center on Thursday, February 16, from 3:00 PM to 4:30 PM. Seniors are encouraged to attend our creative, interactive presentation.

This will be presented by: Ruth Ann Kolodzie, RN. This presentation will cover how to communicate with your doctor and pharmacist concerning

your medications; common medications taken by seniors and medications not recommended; managing prescription medications and over-the-counter drugs and herbs safely, wisely and cost effectively.

If you have any questions please feel free to contact Christina Hicks, at the Chehalis Tribal Wellness Center at 360-273-5504 Extension 1741 ~ this is a Title VI-Part C, family caregiver support program activity.

Nike Shoes Available to Tribal Members

NIKE shoes: The new Nike Air Native Tempo+ N7 will be available February 1st! The shoe has been completely revamped with new innovation and technology. The Air Native Tempo+ N7 still retains many original characteristics of the original shoe but has incorporated new and improved features to make the shoe even more comfortable, sustainable, and stylish.

The price is \$55.00 and can be ordered by contacting Cindy Beck 360-709-1810 or cbeck@chehalis tribe.org. Shoes must be prepaid – and the first order can be placed on February 1st. Pre-orders will be taken.



Wills and Estate Planning Services Offered to Chehalis Tribal Members

Indian Wills and Estate Planning services are now being offered to all Chehalis tribal members who are 18 years and older. This service is without cost to Chehalis tribal members who currently do not have a will. Please contact Christina Hicks, at the CTWC at 360-709-1741 to start the paperwork process.

It's a New Year, and a New Healthier You

Each year comes and goes, but with each year we make a **New Year's resolutions**. There are many things we can do to improve your health and live longer. Here are some habits and behaviors with big impacts on our health and longevity:

- Losing weight
- Exercise more
- Eat healthier foods
- Drink less alcohol
- Quit smoking

- Learn more about how to protect your health from your health provider

There are many resources available offered by the Chehalis Tribe assisting you to accomplish your new year's resolutions.

Contact the Chehalis Tribal Wellness Center at 360-273-5504 for more information to assist you in achieving these goals.

Add exercise to your day!
Want to feel more in fit in 2012

Adding a half hour of exercise a day could be the key to achieving your commitment to personal goal of getting fit. There are many benefits from regular physical activity even if you do not lose a pound. Here are some suggestions on how to make more time to exercise:

- Do not try to lose it all at one. Keep track of how much exercise you do all day and that may add up to that extra half hour
- Walk. It's easy and a very efficient way to get the necessary
- Find ways to walk. Try walking to the store instead of driving.
- Walk with a partner.
- Keep a journal. Tracking your routine. A visual record will add to your success. Add more exercise time and work your way up to additional time.
- Try a different types of activities

and challenge your family and friends to join you in exercising 30 minutes a day.

- Set realistic expectations. Change takes time so be patient.

Exercise Room Available to Community

To assist tribal and community members in achieving their getting healthy goals, the exercise room and equipment are available at the community center. The hours it is open are week-days 7:00 AM-5:00 PM.

Please respect the equipment, and children under the age of 13 will need parental supervision. This is a Use-at-Your-Own risk facility and a waiver must be signed. Let's exercise and get healthy together!

For more information contact Sonny Youckton, Assitant Facilities Manager at 360-709-11769. Please leave a short message and return phone number.

WIC Program Dates

February 2; 9:00 AM to 3:00 PM - Voucher/Certification day

March 7; 9:00 AM to 3:00 PM - Voucher/Certification day

April 7; 9:00 AM to 3:00 PM - Dental/Voucher/Certification day

Dental and WIC everybody must be seen. Please bring your child, medical coupons, or pay stubs, and identification. Contact Deb Shortman at 360-709-1689.

Mammogram Clinic

Tuesday, February 7, from 9:00 AM to 3:00 PM at the CTWC. Please call for an appointment at 360-273-5504. Women will need a Clinical Breast Exam before the Mammogram. Women can make an appointment to see Julianne Westlake or Dr. Duffy. Any questions please call Christina Hicks at 360-273-5504.

Monthly Exercise Activities

Water Aerobics: Tuesdays in 10-12 AM-Elders only
Wednesdays for everyone is 5:00-7:00 PM at the Community Center Pool.

Monthly Health Walks will resume the third Thursday of February. [February 16th]

Pilates is offered Monday and Thursday mornings 9:30 – 10:30 AM in the Youth Gym at the Community Center. Everyone welcome. Wear comfy clothes. Info Cindy Beck 709-1810 or cbeck@chehalis tribe.org or stop by the clinic with questions. Please contact Lynn Hoheisel at 360-709-1744 to sign up.

National Wear Red Day!!

Friday, Feb. 3 is “**National Wear Red Day**” to show your support for Women's Heart Health Awareness day. Put on your Red and show your support.

News from the Colon Health Program:

On Tuesday, February 7 at 6:00 PM. We will host the premiere viewing of Weaving Patterns of Wellness. This is a documentary made by the CHP about colon health in the Gathering Room.

There will be Refreshments and door prizes. All are welcome.

The 2nd Annual March to Prevention Conference

will be held at the Community Center on Saturday March 31 from 9:00 AM to 3:00 PM. The day's various activities will include Zumba and the Giant Colon.

General Council Committee Elections 2011

Personnel Committee – 2 Year Term

Staggered, 5 Members + 1 Alternate

2010

1. George Youckton Alt.
2. Charlotte Lopez
3. Greg Burnett
4. Heather Youckton
5. Winona Youckton
6. Carla Thomas

2011

1. Marla Conwell
2. Janice Latch
3. Dolly Canales
4. Heather Youckton
5. Winona Youckton
6. Carla Thomas

(Members 1-4 up for election 2011 and 5-6 will be up 2012)

Head Start Policy Council GC Representative

1 Year Term, Annually, 1 General Council Representative

2010

1. Terry Youckton

2011

1. Stacy Youckton

Trust Committee – 3 Year Term

Staggered, 9 Members

2010

1. Charlotte Lopez
2. Diane Pickernell
3. Joyce Thomas
4. Orinda Goddard
5. Terry Youckton
6. Jamie Smith
7. Janice Latch
8. Gloria Jones
9. Greg Burnett

2011

1. Charlotte Lopez
2. Diane Pickernell
3. Joyce Thomas
4. Orinda Goddard
5. Terry Youckton
6. Jamie Smith
7. Janice Latch
8. Dolly Canales
9. Farley Youckton

(Members 7-9 up for election 2011, 1-3 will be up in 2012, 4-6 will be up 2013)

Heritage Committee – 2 Year Term

Staggered, 5 Members

2010

1. Melvin Youckton
2. Cindy Andy
3. Sylvia Cayenne
4. Dolly Canales
5. Christina Hicks

2011

1. Dan Penn
2. Cindy Andy
3. Sylvia Cayenne
4. Dolly Canales
5. Christina Hicks

(1-2 will be up for election 2011 and 3-5 will be up 2012)

Health Board – 4 Year Term

Staggered, 5 Members

2010

1. Rodney Youckton
2. Racheal Mendez
3. George Youckton
4. Marie Griswold
5. Greg Burnett

2011

1. Jessie Goddard
2. Janice Latch
3. Mary DuPuis
4. Marie Griswold
5. Greg Burnett

(1-3 up for election 2011 and 4-5 up 2013)

Constitution Committee – 2 Year Term

Staggered, 5 Members

2010

1. Virginia Garity Alt.
2. Melvin Youckton
3. David Youckton
4. Janice Latch
5. Dolly Canales
6. Jenee Penn

2011

1. Virginia Garity
2. Melvin Youckton
3. David Youckton
4. Janice Latch
5. Dolly Canales
6. Jenee Penn

(1-3 up for election 2011 and 4-6 up 2012)

Housing Committee – 4 Year Term

Staggered, 5 Members

2010

1. Margie Youckton
2. Harry Pickernell, Sr.
3. Rodney Youckton
4. Sue Ortivez
5. Jaimie Smith

2011

1. Margie Youckton
2. Harry Pickernell, Sr.
3. Jessie Goddard
4. Barnaby Canales
5. Janice Latch

(1-2 Up for election 2013 and 3-5 up in December 2011)

Fireworks Committee – 1 Year Term

5 Members, 1 Alt.

2012

1. Heather Youckton
2. Mary DuPuis
3. Chris Ortivez
4. Jenee Pann
5. Chris Richardson
5. Nancy Romero ALT

(Election was held
January 10, 2012.
Committee Position will
be replaced in 2013.)

By Scott Freeman, Community Resource Officer

Public Safety

Many tribal communities have developed neighborhood advisory/crime prevention programs to fit their distinct needs and geographies. The Police Department is looking for volunteers for each of the neighborhoods in our community.

We wish to develop a Citizen's Advisory Committee to foster the revitalization of a hybrid Neighborhood Watch concept in our community. Members will form a Residents Advisory Committee, with input from the Chief of Police. The geographically diverse, respected, and trusted members of the community will act as de facto neighborhood coordinators.

We hope to institute a monthly "community meeting" concept. A topic and training session is conducted at the beginning of the meeting. Then, an open forum is used to address any topics that arise, in addition to watch issues. This format will be used to receive, review, and discuss concerns, complaints, compliments, and recommendations. The Residents Advisory Committee acts as a consultation and information dissemination entity. The Police Department and the Housing Authority would work collaboratively with needs and priorities identified by the Advisory Committee

Proactive measures would be

taken by the Police Department in partnership with the Housing Authority which could include things like, lighting inventories, light installation, graffiti eradication, fixed/portable surveillance cameras, and the use of interdictory signage.

We would like to hear from you! Would you like to implement a neighborhood advisory/crime prevention program? These programs empower residents and communities to become active in emergency preparedness, as well as fight against crime and respond to community disasters. What are some of the other benefits? Throughout the years communities with strong neighborhood advisory programs

have experienced a better quality of life. In addition to being extra "eyes and ears" which reduce crime these programs help:

- Building community partnerships (e.g. Law enforcement and housing authority)
- Address community concerns
- Learn new skills
- Learn about resources in the community
- Increase community unity and pride

If you would like more information or are interested in volunteering to serve as a representative for your neighborhood please contact Scott Freeman at 790-8654 or sfreeman@chehalistribe.org

Meth and More

SAVE THE DATE!
Tuesday, April 17, 2012

3rd Annual "Meth and More: Drug Abuse in Our Area" Conference

Join us in discussing the effects on our community of meth, marijuana, prescription drugs and more.

- Informative breakout sessions
- Hear from professionals in many fields
- Great networking opportunities
- Guest keynote speakers
- Raffle prizes

For questions or to submit a proposal, contact: Tamara Clark tclark@thurstonTOGETHER.org 360-493-2230, ext. 10

CALL FOR PRESENTATIONS: We are requesting presentation proposals for the conference. The purpose of this conference is to provide a high-quality education, collaboration and networking opportunity for prevention leaders, treatment professionals, law enforcement professionals, educators, health professionals, government officials and the community. To take action and bring about change in our communities, we must take time to listen to the problems, needs and opportunities concerning substance abuse prevention across all segments of our communities.

The conference offers self-directed educational breakout sessions, interactive forums and exhibitions. Education sessions are designed to cover all community sectors and focus on current and emerging issues, latest research findings, best practices, cutting-edge programs successes, lessons learned or problems solved. Presentations are designed for all levels of experience. They should last one hour, including a brief question-and-answer session. We will seek continuing education unit accreditation for all programs once they are selected. Submission deadline is Monday, Jan. 9, 2012.

Brought to you by:




Happy Birthday to Tribal Member Born in January!

1st John McCrory	9th Joyce Fanning Makayla Mashburn	19th Jacob Christjohn Mya Ortivez	25th Jaileen Sanchez
2nd Sidney Cole Lauren Quilt Geraldo Sanchez	10th Robyn Fields	20th David Bird Patricia Gitchel Anna Meas	26th Cheryl "Mimi" Cayenne Megan Christjohn Laura Fricke Margie Youckton
3rd Ravenhawk Penn	11th Curtis DuPuis II Alberta Gilmore Anna Hartman	21st Nathaniel Klatush Traci Parkinson Edward Sanchez, Jr. Rodney Youckton	27th Cameron Hjelm-Snell Robert Phillips Cheyne Youckton Derek Youckton
4th Wilieferd Joe Cheryl Jones Jayzen Owen Leslye Wyatt	12th Russell Baker Johnathan Brown Alexander Hoheisel Kaelen-Jay Sanchez Chase Youckton-Bonifer	22nd Hollie Brockmueller Calvin Cayenne Jennifer Cooper Uilises Klatush Miya McAllister	28th James Gunnels Shirley Kay Crystal Martinez
5th Brooke Allen Mariah Klatush John Youckton	13th Jeremy Fanning Joseph Wittwer	23rd Christopher Pickernell Ashley Rosado Patrick Simmons, Sr.	29th Akasha Clements
6th Daniel Gleason, Jr.	15th Sheilah Bray	24th Jake Burnett Bella Couillard Daniel Gitchel	30th Avery Mc Joe
7th Alynn Clancy Darrin Jones	17th Daryl McCrory Diana Pickernell		
8th Eva Delamater Kathryn Pickernell	18th Irene Adames Benjamin "Morgan" Starr		


Many Thanks
I would love to thank Lucy and James for being with me on the day of my surgery on December 7, 2011. To my daughter Anna for coming up to the hospital, she came by herself to be with me. I love them for being there. I called a lot of people to pray for me. I thank them too. Thank Lucy and James for letting me stay with them. They helped me a lot. Times like this there are so many people or pray for you. Thank God for that. I thank God and family for being there and helping me. Doctor said I am doing well. Our God is good to us. God bless my family and the ones that helped and prayed for me. Everyone have a good New Year!!
Happy Belated Birthday to Marie Bird! God Bless you and the Church!

Happy Birthdays to:
*Sheilah - January 15th
'Love, Mom'*
*Jessica - January 11
Anna H - January 11
Tracy - January 22*
Janice



Happy 1st Birthday Ezra!

**From Dad, Uncle Geo,
Uncle Aaron and Grandma
Carla**



My wish is for the happiest birthday ever to my 1st born son!

We are all so proud of the man you have become, the lil 1's u share with us. May they be proud of you too.

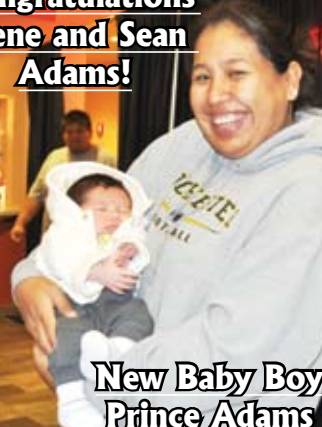
*Love from Mom, Mother & G, Chich & Ruby, Snaz & Ears,
Sopa, Wils & Red, Steve & Francine, Natalie & Matt, Maelani & Thaniel.*



**HAPPY BIRTHDAY TO CALVIN
01-22- AND MANY MANY
MORE**

**FROM DYNAL, ANDRIA, DON,
MOM AND FAMILY J**

**Congratulations
Irene and Sean
Adams!**



**New Baby Boy
Prince Adams**

News from the Elders Program

News from the Elders Program, Heritage and Culture Program New start/New year:

Its 2012 we hope everyone has a good year. We are in the process of planning the quarterly activities for both programs. We will be following the present By-laws that are in place for these programs.

ELDERS: When the activities

are planned we estimate what the costs will be and we have sign-up sheets in the elders building for the ones that want to participate in them.

This year we need you to sign-up for the activities so that we can be sure you are included in the cost this will help us to keep an accurate budget each month and will give us time to set up a bus/driver if needed to transport

to the activity. Please read your monthly calendars so if you want to be included in the activities you must put your name on the sign-up sheets that are located in the elders building.

Elder meals are served on: Monday, Tuesday, Wednesday, Friday at 12:00 noon.

On Thursdays is breakfast at 9:00 AM in the Elders Building.

Come join the Elders and enjoy a meal and socialize.

If you have any questions please call us anytime. Nancy Romero, Office: 709-1577, Elders Coordinator or Joyleen McCrory, 709-1573, Community Services Manager.

We are located in the Elders Building.

Elders enjoy the Elders Christmas Dinner in the Gathering Room



Pictured (L-R) are Gloria Jones, Art Medina, Nancy Romero and Ray Romero



Pictured (L-R) are Cindy Andy and Katherine Barr



Chubby breaks out in song at the Elders Christmas Dinner.

HERITAGE & CULTURE:

We are looking for tribal members that would like to do a class for Heritage & Culture. Classes are scheduled quarterly and Bids will be accepted prior to each quarter with the closing date being the 15th of the preceding month to allow for Heritage Committee approval and will give the program manager time to complete the bid paperwork and contract. If you are interested in doing a class for us, please give me a call and we can begin the bid process. These programs also have sign-in sheets for the on-site activities that the coordinators do after

school, evenings and weekends. So watch for the calendars that will be going out to the community and for articles in the newsletter so that if you want to participate you will know the dates and times.

If you have any questions please give me a call. Joyleen McCrory, 709-1573, Community Services Manager. Elaine McCloud, 709-1748, Heritage Coordinator; or Diane Devlin, 709-1621. Culture Coordinator. Heritage & Culture Staff are located in the Community Center.



Elders Craft Night

Janette Whiteclaw shows here handmade blanket during Elders craft night at the Elders building.

Program Information

Annual Meeting Survey Says

By Jenee Penn, Grant Writer

At our Annual General Council Meeting, the Chehalis Tribal Planning Department conducted a survey to gather data about Chehalis Tribal members and their families. Ninety-nine Chehalis Tribal members completed the survey. Data gathered in the survey will help with future planning activities. Based on respondents answers: Tribal members living off the Chehalis Reservation have a higher unemployment rate than tribal members living on the reservation

The Chehalis Tribe is the largest employer of Chehalis Tribal Members

- The average household size is 3.68 compared to 2.59 for Washington State
- 54.5% or 54 of the survey respondents live on the Chehalis Indian Reservation.
- 47.5% or 47 of survey respondents live off of the Chehalis Indian Reservation.

■ 63.9% or 62 of the survey respondents are employed full time.

■ 2.1% or 2 of the survey respondents are employed seasonally.

■ 24.7% or 24 of the survey respondents are unemployed.

Tribal members were also asked to provide input on what activities they would like to see offered on the reservation. The top response was more cultural activities, followed by language activities, teen activities, and sports including soccer, swimming lessons, and boxing. There were also many requests for programs to combine activities and host them together. Thank you for taking the time to complete the survey. Your valuable input is greatly appreciated.

For more information, or to see the full survey results contact Grant Writer Jenee Penn in Planning at (360) 709-1620 or simply e-mail jpenn@chehalistribe.org.

Program Offers Career Development Classes to Community

Vocational Rehabilitation Program will be teaching Career Development Classes February 21st, 22nd & 23rd from 9:00 AM - 12:00 Noon at the Chehalis Tribal Community Centers class rooms.



This is an opportunity for anyone who wants to explore and obtain skills to get the career you want. This is the first in a series of training's to assist you in building your portfolio. Classes will include applications, resumes, and interviews.

Please call to reserve your spot with Orinda Goddard 360-709-1735 or Social Services Assistant, Melanie Snell 360-273-5911.

****For all the youth that was a 2011 summer youth worker, who wanted to stay in touch with teen issues please contact Orinda Goddard 360-709-1735 or ogoddard@chehalistribe.org so, we can get together for a meeting. Thank you! ****

FINANCIAL LITERACY

WHAT ARE THESE YOU MAY ASK?

Financial Literacy Courses. helping you build your assets.

Understanding your finances and how credit affects you all.

These classes are offered to Chehalis Tribal Members
FREE OF CHARGE.

The classes will begin in February 2012

Courses are required for Business Loans through the Chehalis Tribal Loan Fund Program.

All Tribal members are encouraged to join!!!
There have been over a dozen Tribal members who have successfully completed the Financial Literacy course.

Child care will be available if needed as well as snacks provided.

If you would like to sign up please contact Diana Pickernell-Loan Program Coordinator, Facilitator 360-709-1631 or email: Dpickernell@chehalistribe.org.



There are parent meetings/training the monday of each month. Dinner provided, childcare and giveaways. Get involved!

Chehalis Domestic Violence Prevention Program



Dawn Boley
DV Advocate

Mission

It is the mission of the Chehalis Tribal Domestic Violence Prevention Program to increase awareness of domestic violence/sexual assault in our community through education and confidential advocacy services.

Services

The program offers services to enrolled Chehalis Tribal members, non-Indians

related by marriage to enrolled Tribal members. Including are non-Indian community members who live and work for the Tribe. There are tribal community members that may or may not be from federally recognized tribes living on or near the reservation.

Program Services:

- 24/7 crisis line for victims and responders
- Advocacy based counseling to domestic violence/sexual assault victims/stalking
- Emergency Shelter
- Advocacy and court accompaniment assisting with forms and procedures.

Program

The program services include working directly with victims in group counseling strategizing new life skills to avoid violence. The program can offer personal services to victims helping with food and transportation on an as needed basis. The Domestic Violence Prevention Program is now working with the local school system to advocate for our youth regarding dating violence, sexting, cyber bullying, and prevention techniques to help avoid sexual assault.

In a combined effort with Law Enforcement the program is helping to provide the new bullying curriculum for the Oakville School District along with other

informational resources needed to encourage healthy lifestyles for Tribal youth.

Individual counseling is available to anyone needing services from the program. In some cases referrals are provided to both chemical dependency and mental health services, when necessary.

Warning Signs

Domestic violence: can be physical, sexual, emotional, economic, or psychological actions or threats of actions that influence another person. This includes any behaviors that intimidate, manipulate, humiliate, isolate, frighten, terrorize, coerce, threaten, blame, hurt, injure, or wound someone.

Types of Abuse

Physical Abuse: Hitting, slapping, shoving, grabbing, pinching, biting, hair-pulling, biting, etc. Physical abuse also includes denying a partner medical care or forcing alcohol and/or drug use.

Sexual Abuse: Coercing or attempting to coerce any sexual contact or behavior without consent. Sexual abuse includes, but is certainly not limited to marital rape, attacks on sexual parts of the body, forcing sex after physical violence has occurred, or treating one in a sexually demeaning manner.

Emotional Abuse: Undermining an individual's sense of self-worth and/or self-esteem. This may include, but is not limited to constant criticism, diminishing one's abilities, name-calling, or damaging one's relationship with his or her children.

Economic Abuse: Making or attempting to make an individual financially dependent by maintaining total control over financial resources, withholding one's access to money, or forbidding one's attendance at school or employment.

Psychological Abuse: Causing fear by intimidation; threatening physical harm to self, partner, children, or partner's family or friends; destruction of pets and property; and forcing isolation from family, friends, or school.

BULLYING

How can I tell if my child is being bullied?

Your child may be the victim of bullying if he or she:

- comes home from school with torn or dirty clothing, or damaged books;
- has cuts, bruises or scratches;
- has few, if any, friends to play with;
- seems afraid to go to school, or complains of headaches or stomach pains;
- doesn't sleep well or has bad dreams;
- loses interest in schoolwork;
- seems sad, depressed or moody;
- is anxious or has poor self-esteem; and/or
- is quiet, sensitive or passive.

If your child shows several of these warning signs, it's possible he or she is being bullied. You may want to talk with your child to find out what is troubling him or her, and schedule a conference to discuss your concerns with school staff.



"Trauma takes people out of the circle. Healing takes you back in. It takes everyone to make the community a better place!"



Chehalis Tribe's Domestic Violence Prevention Program

P.O. Box 536
Oakville, WA 98568
360-709-1874

Information is strictly confidential!

FirstName LastName
Street Address
City, ST Zip

PRSRT STD
US POSTAGE PAID
OAKVILLE WA
PERMIT No. 2



“Thrashers” Select Fastpitch Team

If you are interested, call Coach Eko at
360-880-4613

Eligibility: Age 10 or younger on December 31, 2011

Tryouts are on January 14 and 28 at the Centralia Middle School Gym from 4 pm to 6 pm. Also we start February 5 at Olympic Elementary. Any girl wishing to play can arrange custom tryouts at anytime. Anyone interested can e-mail, text or call me.

General Council Meeting

Tuesday, February 7

Start at 5 PM

In the Community Center Gathering Room

For more information contact Sharon Hall, Business Committee Assistant at 360-709-1841 or email Shall@chehalistribe.org

Enter the Survey to Win a Free Gas Card

Letter from the Editor

Welcome to 2012! Changes are here and I am experimenting with a new format-style to fit the needs of our tribal and community members. I am interested in hearing from the community to see how I am doing.

I have developed a survey and hope that they are turned into my tribal office. There will be two separate \$50.00 gas cards as prizes. The deadline to get these surveys in is February 28. Extra surveys will be available at the front desk of the tribal center. The drawing for the gas cards will be the following week. Please sign your survey with a phone number to be able to qualify for the prize. Only one entry per person.

There will be several ways to get your survey in:

- Leave at the tribal front desk; or
- Mail to Fred Shortman, Communication Coordinator; PO Box 536 Oakville, WA 98568

Do you like the new format or the old format? ___ New ___ Old

What kind of articles and content do you want to see more of in the newsletter? (Suggestions)_____

Would you like to see more photos of events? ___ More ___ Less

Does the newsletter meet the needs of the community? ___ Yes ___ No

Any suggestion of what more can be provided to you in the newsletter from our programs?_____



Chehalis Tribal Newsletter

The Confederated Tribes of the Chehalis Reservation...

“People of the Sands”

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 monthly



Tribal Center (360) 273-5911

**420 Howanut Road
Oakville, WA 98568
(360) 709-1726 (office)
(360) 273-5914 (fax)
newsletter@chehalistribe.org**

Chehalis Tribe’s Vision Statement

*To be a thriving, self-sufficient,
sovereign people. Honoring our past
and serving current
and future generations*

Business Committee

David Burnett, Chairman
Don Secena, Vice Chairman
Stephanie Pickernell, Treasurer
Cheryle Starr, Secretary
Dan Gleason, Sr., 5th Council Member

Chehalis Tribal Newsletter Staff:

Fred Shortman, Communications Coordinator