



CHEHALIS TRIBAL

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

NEWSLETTER

February 2012

Free

Severe Winter Storm Blasts the Chehalis Reservation

By Fred Shortman, Editor

A few weeks ago, a severe winter storm warning was in effect for the Pacific Northwest. It promised snow, freezing rain and high winds. As predicted the storm hit, bringing everything to a screeching halt. In some places the snow reached depths between 12-22 inches, then came the freezing rain and high wind conditions. The National Weather Service said it was the first ice storm to hit since 1996.

John Youckton commented, "We were outside, and it sounded like the fourth of July as branches and trees were heard snapping and falling." These conditions knocked out power to many residents. Local areas were without power for at least a week. Dealing with these conditions was definitely a challenge for many families.

An emergency was declared as Tribal elders and members were without power during the severe cold. Many tribal members went to stay at the Eagle's Landing Hotel. The hotel was full and the waiting list was very long. This list created havoc for tribal and community members who did not have generators or alternative heating sources. Some stayed with friends and family, in order to stay warm and fed. Others found other local hotels to stay where there was power available. Others



Ray Secena, Jr., brushing off the snow from his truck before heading off to check on the tribal buildings and family members.

Photo by Joyleen McCrory

were found at the Community Center, using the facilities to stay warm and prepare food once the roads were cleared enough to get there.

The severe winter storm caused many closures: The tribal center, to schools and businesses with hazardous driving conditions and power outages. It made it safer to stay at home. We were fortunate on the reservation with many only losing power for a day or so, while surrounding areas were out of power for a week.

The Chehalis Tribal

Construction crew was out in force braving the elements, plowing and clearing the reservation roads and side streets. They worked many long

hours and it was no small job, as they dealt with snow, ice, fallen trees and downed power lines. Great job guys! Your work is greatly appreciated!



Freezing rain and winds created deep snow drifts at the community center.

Photo by Gerrie Sanders

What do I do if... the Power goes out?

Emergency Management Plan

Emergency information Phone Line: 1-866-623-8883

When will an Emergency be declared?

Emergencies will be declared by the Ralph Wyman, Emergency Manager. The Emergency manager monitors river levels, power outages, and adverse weather conditions. Any of these things could constitute an emergency.

When do I call the Emergency Phone Line?

Any time you are concerned about adverse weather, power outages or other emergency situations.

**For power outages call: Grays Harbor PUD: 1-888-541-5923;
Thurston County PSE: 1-888-225-5773**

What happens once the emergency is declared?

Once an Emergency is declared the emergency line will be updated with the appropriate information regarding the situation..

Can I go to the Hotel?

The Hotel has been designated as a safe center during times of emergency. It is being reserved for At-Risk individuals who are not able to be safe and have their needs met in the community center.

Who do I call if I need help?

For life threatening emergencies call 9-1-1. For other non-emergency assistance call Law Enforcement at 360-709-1603. Remember officers are busy during emergency declarations and will respond as soon as they are able.

Other Questions:

Is there food and water at the community Center?

Not other than the drinking fountains. People need to bring their own food and drinks.

What if I need help getting to the Community Center

Family Services will maintaining a list of "at-risk" individuals. When the Plan is activated, staff will begin contacting these people to see if they need assistance.

During the power outage, if you need assistance and either are not on the list or have not been contacted yet, please call Law Enforcement at 360-273-7051

What do I need to do if I think I'm an at risk individual?

There are certain requirements to be considered at risk. Contact Family Services to see if you meet the criteria. it is important to contact them to discuss before the event occurs as staff will be very busy during an emergency response.

If your interested in learning more about the emergency management plan. Please contact Ralph Wyman, Director of Public Safety at 360-273-7051 or stop by the Public Safety Building.

HOW TO COMMUNICATE DURING AN EMERGENCY

- **Limit non-emergency phone calls.** This will minimize network congestion, free up space on the network for emergency communications and conserve battery power if your wireless.
- For cordless phone users, **keep a standard non-cordless phone available for backup in the event of a power outage.**
- **Keep all calls brief.** If you need to use a phone, try to use it only to convey vital information to emergency personnel and/or family.
- If possible, **try a variety of communications services** if you are unsuccessful in getting through with one. For example, if you are unsuccessful in getting through on your wireless phone, try messaging or email. Alternatively, try a land wireline phone if available. This will help spread the communications demand over multiple networks and should reduce overall congestion.
- **Wait 10 seconds before redialing a call.** On many wireless handsets, to redial a number, you simply push "send" after you've ended a call to redial the previous number. If you do this too quickly, the data from the handset to the cell sites does not have enough time to clear before you've resent the same date. This again contributes to a clogged network.
- **Have charged batteries and car charger adapters available for backup power for your wireless phone.**
- Maintain a list of emergency phone numbers in your phone.
- **Have a family communications plan in place.** Designate someone out of the area as the central contact, and make sure all family members know who to contact if they become separated. (*Sometimes you can get long distance calls to go through even when the local system is down*)
- If you have call forwarding on your home phone, **forward your home number to your wireless number in the event an evacuation is ordered.** This way you will get incoming calls from your landline.
- After the storm has passed, if you lose power in your home, **try using your vehicle or any other means available to charge your cell phone. Make sure you have a battery powered (or car) radio to listen for news updates.** Be careful...Do not try and reach your car if it is not safe to do so, and *remain cautious of carbon monoxide emissions from your car if it's in an enclosed space.*
- Lastly, **if you have an emergency, call 9-1-1 immediately. Use other options if it is NOT an emergency.**



A heavy snowfall covered vehicles anywhere from 12-18 inches deep.

Photo by
Gerrie Sanders



OFFICE OF THE SECRETARY
**U.S. Department
of the Interior**

www.doi.gov

News Release

Date: February 2, 2012

Contact: Adam Fetcher, DOI (202) 208-6416

Nedra Darling, AS-IA (202) 219-4152

Interior Seeks Comments on Cobell Land Consolidation Draft Plan

First Meeting of Trust Reform Commission set for March, 2012

WASHINGTON, D.C. - The Department of the Interior today announced two important steps in the ongoing commitment to fulfilling this nation's trust responsibilities to Native Americans. Today, Interior announced the publication of a draft plan and a request for comment on implementing the potential Cobell Land Consolidation Program. Additionally, Interior announced that the first meeting of the Commission established to undertake a forward-looking, comprehensive evaluation of Interior's trust management of Native American trust funds is set for the first week of March.

"Interior's continued rapport and outreach through consultations with Indian Country are crucial components to accomplishing truly open government-to-government communication," said Deputy Secretary of the Interior David J. Hayes. "We are thankful for the participation of all of the tribal leaders as we continue to move forward with this landmark program in a manner that incorporates tribal priorities and promotes tribal participation in reducing land fractionation in a timely and efficient way."

The Cobell Land Consolidation Program will not be implemented until all court approvals are final; however, Interior has prepared the draft plan to continue the tribal consultation on the development of the program. In May, 2011, the District Court allowed representatives of the United States to communicate with Cobell class regarding to the land consolidation component of the settlement. Since then, Interior has conducted seven regional government-to-government tribal consultations on the issues.

In accordance with the \$3.4 billion Cobell Settlement, a \$1.9 billion land consolidation fund is to be used to purchase fractionated interests in trust from willing sellers to benefit tribal

communities and aid in land consolidation. Up to \$60 million of the \$1.9 billion will be set aside to provide scholarships for post secondary higher education and vocational training for American Indians and Alaska Natives.

Today's publication in the *Federal Register* opens a 45-day comment period on the draft implementation plan that seeks to remedy the proliferation of thousands of new trust accounts caused by the increasing subdivision or "fractionation" of trust and restricted fee land interests through succeeding generations. The draft implementation plan proposes a voluntary buy-back and consolidation of fractionated trust and restricted fee land interests that would occur over a 10-year period after the Cobell Settlement becomes final.

Deputy Secretary Hayes also announced that the first meeting of the National Commission on Indian Trust Administration and Reform is scheduled for March 1-2, 2012 in at the Interior Department in Washington, D.C. The March meeting will mark the first time the five recently-named members of the Commission will meet to move forward on their comprehensive evaluation of Interior's management and administration of the trust assets, as well as recommendations for improvement.

"Building upon the progress made with the historic Cobell Settlement, this commission will help usher in a new era of trust administration," added Hayes. "Our trust administration must be more transparent, responsive, customer-friendly and accountable in managing these substantial funds and assets."

More information on the Cobell Trust Land Consolidation Program can be found at: www.doi.gov/cobell.

Tribal Health and Wellness News

■ From the Tsapowum Behavior Health Center

This is the time of the year where new ideas abound and resolutions to undergo a transformation are created. Many will attempt to rekindle old resolutions while some will take their first steps towards a brand new self. How are you doing with your New Year's Resolution? In whatever scenario you may find yourself in, difficulties will face you, but fear not, your stride towards bettering yourself need not be disrupted. There are those who will aid you; those who have experience at giving people the tools and support that will allow for them to forge their own lives and push through obstacles to health they have resolved to be rid of.

Resolving to get control of alcoholism is a heavy task that can run into hardships; they may be so significant that you feel trapped. CAGE is a quick questionnaire for alcohol dependence that, though simple and not a diagnostic tool, reveals some of the identifying signs of trouble associated with alcoholism. Coming to the Tsapowum Behavioral Health Center will introduce you to people who are trained in helping you achieve a healthy state of mind and body. If after taking this you find

you have answered yes to more than two questions, then seeking further help would be advisable.

1. Have you ever felt you should *cut down on your drinking*?
2. Have people *annoyed* you by criticizing your drinking?
3. Have you ever felt bad or *guilty* about your drinking?
4. Have you ever had a drink *first thing in the morning* to steady your nerves or get rid of a hangover (*eye-opener*)?

The Tsapowum Behavioral Health Center will also provide assistance for those who wish to resolve substance abuse issues. DAST, another quick questionnaire will give you an idea if, your drug use is interfering with your relationships, your career, and your life. A few example questions are:

Can you get through the week without using drugs?

Have you been in trouble at work because of your use of drugs?

Have you ever experienced withdrawal symptoms (felt sick) when you stopped taking drugs?

If you wish to become more active, but find that your mood keeps you

from doing so, anxiety or depression could be standing in your path. CES-D is a questionnaire on your past week that brings up feelings that keep you from doing those things you wish to do. Examples of the questions it asks are: I felt that I could not shake off the blues even with the help of my family or friends.

■ I had trouble keeping my mind on what I was doing.

■ I felt everything I did was an effort.

■ I felt sad.

The New Year is a time for change and should you search out and find the right help to get on your side, you will find those difficulties that face you easier to overcome. If after taking time to reflect on your state of health associated with using and/or troubling moods, you have concerns come to the Tsapowum Behavioral Health Center. Also ensure you check on health issues with your physician and/or the Wellness Center.

Remember we also have prevention and domestic violence professionals on staff. We can be reached at 360-709-1733.

A NEW YOU!!!

Looking to Jumpstart Your Weight Loss? Looking to break through a Plateau? Then take the Advocare 24 day challenge!

If you're interested in learning more about 24 day challenge or to hear about Advocare Health and Wellness Products, please come to the mixer! It's not about being skinny or buff -it's about being fit and healthy!

Date: March 7, 2012

Time: 6:00 PM

Location: Community Center - Gathering Room

Hosted by: Yvonne Haukom and Leilani Finau. Please RSVP

onceconditionwork@gmail.com

Want to learn more: <https://www.advocare.com/11125486>

SOCIAL SECURITY 101

Everything You Wanted To Know

- 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

When: Feb. 28, 2012

Time: 3:00 PM to 4:00 PM

Where: Community Center

Gathering Room

Speaker: Kirk Larson



Employees wear "Red" on Friday, February 3, in support of Women's Heart Health Awareness day.

2/1/2012 Fitness and Performance with Bo Tinaza (5 foods to NEVER eat)

The world of fitness and weight loss is often confusing, with contradictory information swirling about. I'm going to cut through the confusion and make things really simple for you.

Below is a list of 5 foods that you should never eat.

These foods will derail your fitness and weight loss efforts every single time.

In addition, I will suggest a healthy substitute for each of these off-limits foods.

By simply swapping out the items below you will quickly and effortlessly become healthier, leaner and fitter than you are today.

Do-Not-Eat #1: Anything Fried

Fried food is loaded with fat and calories while offering zero nutritional value. It's a lose-lose! Sure, fries and chips TASTE good, but healthier items also taste good. Just say no to the deep fried items on your menu. You'll be thinner, healthier and won't have greasy fingers.

Try This #1: Broiled

If you simply must have a French fry, then make them at home in your oven. Use sweet potatoes, as these are a more complex carbohydrate. Cut into matchsticks, drizzle with a tablespoon of olive oil along with a dash of salt, then place in your oven on broil. Mix every 5 minutes until the fries are tender on the inside and crispy on the outside.

Do-Not-Eat #2: White Bread

White bread products have zero nutritional value and are quickly converted by your body into sugar. So you may as well eat a cupcake. Even breads that are technically wheat, but are as soft and smooth

as white bread, should be avoided. Do not be afraid to discard the bread from your sandwich or to push away that bread basket. Your waist will shrink and you will lose that bloated feeling that high carbohydrate meals give you.

Try This #2: Sprouted Grain Bread

If you must have bread, then stick with sprouted. Sprouted grain bread is a lot easier on your digestion and is packed full of nutrients. Two delicious brands are Food For Life's Ezekiel bread, and Manna Organics. Sprouted grain breads are often kept in the freezer section since they don't contain preservatives to prolong shelf life.

Do-Not-Eat #3: Creamy Salad Dressing

You were so good to order a salad, but then you ruined it by drenching the salad in fattening creamy dressing. Just a few tablespoons of creamy dressing contain more than 20 grams of fat and hundreds of calories.

Try This #3: Vinegar Dressing

Salad dressing is meant to lend flavor to the salad, not fat and calories. Vinegar-based dressings pack amazing flavor in with minimal fat and calories. You can even mix your own dressing at home. Take high quality vinegar, fresh lemon juice, salt and pepper, your choice of dried herbs, and a bit of olive oil.

Do-Not-Eat #4: White Rice

I'm sure by now you've heard that white rice is not a healthy choice. Just like white bread, white rice has zero nutritional value – other than calories. Fiber and vitamins have been removed and the glycemic load will quickly prime your body for storing fat.

Try This #4: Brown Rice

Brown rice has three times the amount of fiber, more B vitamins as well as other nutrients, will not sky rocket your blood, and will keep you feeling fuller for longer. That should be enough to convince you to swap your large pile of white rice out for a small pile of brown rice.

Do-Not-Eat #5: White Sugar.

Sugar and high fructose corn syrup are the epitome of anti-fitness food. Nothing will destroy your progress, expand your waist and plummet your energy levels like sugar will. If you only take away one do-not-eat food from this article please let it be sugar.

Try This #5: Fruit

Do not turn to artificial sweeteners to get your sweet fix, instead turn to nature's wholesome source of sugar: fruit. Eat organic fruit that is seasonal and locally grown. Stay away from dried fruit and fruit juices, as these are high in simple calories.

Eating right, along with challenging exercise, is the formula for a toned, lean body.

Together we will come up with a fitness plan that is uniquely yours, one that fits your lifestyle and brings you promptly to your goals.

Call or email today to get started.

Feeling Blue?

If you're feeling depressed or stressed then studies show that you're probably going to overeat. And when you gain weight from overeating you'll end up feeling more depressed and stressed.

How is this vicious cycle broken? With a consistent and challenging

exercise routine.

Sprouted Grain French Toast

Just because you gave up white bread and sugar doesn't mean that you can't enjoy a delicious plate of French Toast! This recipe is made with sprouted grain bread, egg whites and protein-packed Greek yogurt. The whole family will love it. **Servings: 5**

Here's what you need...

5 slices cinnamon raisin, sprouted grain bread

1 cup egg whites

6 oz fat free, Greek yogurt

1 teaspoon vanilla extract

1/2 teaspoon ground cinnamon
dash of salt

Optional: additional fat free Greek yogurt and pomegranate seeds for topping.

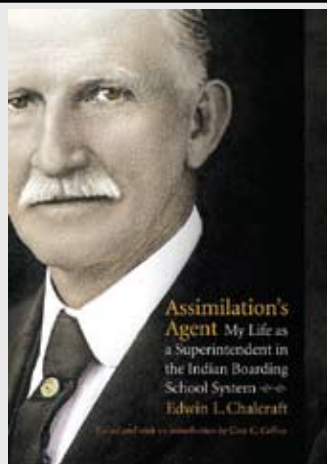
1. Preheat a skillet, or pancake griddle over medium high heat. Lightly coat with cooking spray.
2. In a shallow bowl, whisk the egg whites, yogurt, vanilla, cinnamon and salt. Mix until well combined.
3. Dip each slice of bread in the egg white mixture, flipping to coat each side. Place on the prepared skillet and cook for 3-5 minutes on each side, until the eggs set and turn golden.
4. Serve immediately with the additional yogurt and pomegranate.

Nutritional Analysis: One serving equals: 127 calories, 0 fat, 157mg sodium, 19g carbohydrate, 2g fiber, and 12g protein.

Motivate your friends, family and co-workers!

Bo Tinaza is a local fitness expert and enrolled tribal member (Skokomish Tribe). Check out the website: [Fitness Ablaze & Performance](#)

Book Reveals Chehalis Boarding School History (Part One)



Reprinted from Assimilation's Agent: My Life as a Superintendent in the Indian Boarding School System by Edwin L. Chalcraft, edited by Cary C. Collins, by permission of the University of Nebraska Press. Copyright 2004 by the Board of Regents of the University of Nebraska.

The cost for the book is \$29.95. If you are interested in ordering a copy of the book, go to this website. <http://www.nebraskapress.unledu/product/Assimilations-Agent,671728.aspx>

About the Book

Assimilation's Agent reveals the life and opinions of Edwin L. Chalcraft (1855-1943) a superintendent in the federal Indian boarding schools during the critical period of forced assimilation in the late nineteenth and early twentieth centuries. Chalcraft was hired by the Office of Indian Affairs (now

known as the Bureau of Indian Affairs) in 1883. During his nearly four decades of service, he worked at a number of Indian boarding schools and agencies, including the Chehalis Indian School in Oakville, Washington; Puyallup Indian School in Tacoma, Washington; Chemawa Indian School in Salem, Oregon;

Wind River Indian School in Wind River, Wyoming; Jones male Academy in Hartshorne, Oklahoma; and Siletz Indian Agency in Oregon.

In this memoir Chalcraft discusses the Grant peace policy, the inspection system, allotment, the treatment of tuberculosis, corporal punishment, alcoholism, and patronage. Extensive coverage is also given to the Indian Shaker Church and the government's response to this perceived threat to assimilation. *Assimilation's Agent* illuminates the sometime treacherous political maneuverings and difficult decisions faced by government officials at Indian boarding schools. It offers a rarely heard and today controversial "top-down" view of

government policies to educate and assimilate Indians.

Drawing on a large collection of unpublished letters and documents, Cary C. Collin's introduction and notes furnish important historical background and context. *Assimilation's Agent* illustrates the government's long-term program for dealing with Native peoples and the shortcomings of its approach during one of the most consequential eras in the long and often troubled history of American Indian and white relations.

Cary C. Collins has a PhD in history from Washington State University and is a public school teacher in Ravensdale, Washington.

{Chapter 2}

Chehalis Indian Reservation

The superintendency of the Chehalis Indian Reservation, like several positions that Chalcraft would hold during his Indian Service career, was not a coveted appointment. The reservation, located about twelve miles west of present-day Centralia, was small, isolated, and a low federal priority. Its inconspicuous nature, however, may have benefited a young superintendent just learning to navigate the complex currents of the OIA. At Chehalis-where he worked from early 1883 until mid-1889-Chalcraft began to implement an administrative system that would serve him well for another four decades. Most notable,

the stability and organization he brought to both his school and his reservation became a model for a branch of the federal government notoriously lacking in those qualities. The Chalcrafts, besides the boarding school under their care, assumed administrative control over the entire reservation.

In the evening of Thursday, September 27, 1883, after having supper with our next-door neighbors, Reverend and Mrs. Strange, and spending the evening with them, Alice and I left Seattle to take charge of the Chehalis Indian Reservation and boarding school under supervision of Hon. Edwin Eells, Indian Agent with headquarters located at the Puyallup

Reservation near Tacoma.

We secured berths aboard the steamer "Emma Hayward," which was to leave Seattle at 3:00 a.m., to make connection at Tacoma with the Northern Pacific train leaving there at 7:00 a.m., for Tenino. This was necessary because there was no railroad operating from Seattle at the time. We had breakfast on the boat and went aboard the train with tickets for Tenino, where we arrived at 9:00 a.m., this was a small place of one store kept by a Mr. (Joseph) Blumauer, and there were three or four dwellings.

We were met by Mr. (George W.) Mills, Industrial Teacher at the school, who had come with a team to take us to the reservation. This was a splendid ride of fifteen miles across level prairie land

and then three miles through heavy timber in the Chehalis River bottom. When we left the timber, the boarding school buildings came in view, situated on the north side of a small prairie. We were soon entering the school premises where we found Mr. Eells, who had come down from Tacoma to transfer the Government property from the retiring Superintendent, Mr. (J.L.) Henderson, to me. We met also Mrs. (H.E.) Henderson, the Seamstress, who was leaving with her husband; Mrs. (Isabella) Mills, the Matron; and Miss Florence Humphry, the Cook and Laundress. On Saturday, after invoicing the property, I signed for the same preparatory to taking charge on Monday, October 1st, 1883, the date we began work in the Indian Service,

Continued page 7

Agent Continued....

not thinking we would be connected with for so long a time as proved to be the case.

We attended the Mission Church Services on Sunday. Mr. Henderson preached a regular sermon in English, which was translated into the Indian language by an interpreter standing by his side. Agent Eells was at the organ and led the singing, which was very good. The sermon was followed by several Indians talking to the congregation, offering prayer, and singing Gospel hymns. After conclusion of the services, Indians having children in school visited with them awhile and then went home. From our experience later, we found the religious services that day were the regular Sunday Program.

The religious work on the Chehalis, Nisqually, and Puyallup Reservations was supported by the Presbyterian Board of Missions, of which Rev. J.R. Thompson, living in Olympia, was the Western Superintendent. Rev. M.G. Mann, living in Tacoma, was the local Missionary for the three reservations, and (he) visited Chehalis one Sunday in each month. When he was absent, the school Superintendent had charge of the religious services.

During the administration of President U.S. Grant, he became convinced the Indians needed more religious instruction than they were receiving and inaugurated a plan that became known as the "Grant Peace Policy." Under this plan, he assigned different reservations to the various Church organizations that agreed to undertake mission work with the Indians, and permitted the Church authorities

to submit the names of men to be appointed Indian Agents as vacancies occurred.

The politicians did not favor this plan because it reduced the number of places at their disposal for pressing office-seekers; but the President carried it out to the end of his term in office. When we entered the Indian Service, there were but three of the Grant appointees left: McLaughlin, Catholic at Standing Rock Agency; and Peter Ronan, Catholic at Flathead Agency. Edwin Eells was first appointed Indian Agent at the S'kokomish Reservation in June, 1871, succeeding Lieutenant J.W. Kelly, an army officer. In September, 1882, several other reservations were placed under his control, which finally ended by his being in charge of those when we went to Chehalis. He remained in charge of these until the Agency was abolished in 1895 and the duties placed in the hands of a Superintendent. He then retired from the Indian Service.

In 1882-3, Agent Eells allotted land to Indians on the reservation under his charge and gave each allottee a Certificate, signed by himself, as temporary evidence of ownership. Senator (Henry L.) Dawes, Chairman of the Senate Committee on Indian Affairs, was a personal friend of Agent Eells' and when in Tacoma he spent considerable time at the Agency. He became very much interested in allotting land to the Indians, visited their homes and talked to them about it, and had long discussions with Agent Eells as to the wisdom of taking Congressional action towards giving the Indians a better title to their allotments than the Agent's Certificate, and if this was done,

what should be the provisions embodied in the Act. I was present at two or three of these conferences, and it was evident the Senator was very much interested.

An Allotment Act, known as the "Dawes Bills," was passed by Congress and approved by the President on February 8, 1887. This authorized the issuance of "Trust Patents" to Indians, covering a period of twenty-five years, free from taxes, judgments, and all other financial claims that might be made against the allottee. In addition to this, it conferred the right of franchise to those accepting allotments.

Edwin Eells was born July 27, 184, at his father's mission station, Tsh-i-ma-ka-in, northwest of Spokane. His only associates during early life were the Indian children about the station. He related many interesting incidents about that time. I remember distinctly one. He said he and his younger brother, Myron, were always fearful and would hide away if a strange white man came to their house; but if was an Indian man they were not afraid and "He could turn the tongs upside down in the fire-place if he wanted to do it."

Agent Eells' father, Reverend Cushing Eells, was a co-laborer with the lamented Dr. Marcus Whitman, murdered at his mission, Wa-li-lat-pu, in 1847. At Dr. Marcus Whitman's funeral, Cushing Eells made a vow that he would raise a monument to the doctor's memory, which he did later by starting a small school for Indians and the few white children within reach of his station, with his wife and himself as the only teachers, naming

it "Whitman Seminary." This little school has grown to be the large and prosperous educational institution, Whitman College at Walla Walla, Washington, a lasting memorial to the patriotic Missionary who made the historic mid-winter ride from this Coast to Washington City in the winter of 1842, and had so much to do with preventing this part of our Country from being awarded to England in a treaty then being considered by our Government.

The experience and record of Agent Eells and his father caused me to realize they knew the Indians' virtues and faults, and their counsel and advice in important matters were valuable to any novice, small part in any success that may have to me in later years.

The Chehalis Reservation containing 4,225 acres was established by Executive Order, date July 8, 1864. The school plant consisted of five buildings; viz., a large dormitory, occupied by pupils during the school year, school house, Superintendent's cottage, hospital, and a barn for the horses and other stock. A commissary building was erected later. The Matron had charge of the domestic affairs and the Industrial Teacher looked after the boys and their industrial pursuits. The Superintendent taught in the school-room during the morning and spent the remainder of the day in supervising other work and attending to official matters relating to the Agency. In fact, the status for the school was much like that of a large family, excepting for two months' vacation when all the pupils were at their homes.

Look for Part two in March Issue

Happy Birthday to Tribal Member Born in February!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Bailey Parkinson Bonnie Quirke	2 Devin Olney	3 Josephine Aldrich Kelsey Bray Tommy Colson Rita Hernandez Shaylah Seymour	4 Don Brown Shelby McCrory Terry Middleton Ray Secena, Jr.
5 Catherine Nemeth	6 Norma Flores Shadow Hernandez Sabrina Klatush Lois Poling	7 Aalyiah Meddaugh Kesawin Washburn Andrea Youckton	8 Layne Colson Jennifer Klatush Joseph Revay, Jr.	9 Daryl Boyd, Jr. Karen LeClaire	10 Xavier Flores Amy Potter	11 Mae Palmer Steven Pickernell Laura Starr
12 Jennifer Revay	13 Timothy Garza Heather Klatush Albert Ortivez-Hicks Chase Prez Fred Shortman	14 Michael Boyd Mariah Vassar	15 Albert Ortivez III	16 Mackenzie Jones Sue Sanders	17 Chaon McDougall	18 Daryl Boyd Maggie Gleason- Wheeler
19 Kim Heck	20 Tyler Klatush Charlotte Lopez Ray-Ray Lopez, Jr. Zedikiah Sanchez Mei-lien Tanner Carla Thomas	21 Lilia Hoheisel Patrick Simmons, Jr. Christopher Teague	22 Riley Youckton	23 Sharon Tolbert	24 Luke Cayenne Thomas Heck Jerrie Simmons Cheryle Starr Dwayne Thoms	25 Daymon Thomas
26 Marla Conwell Mary DuPuis	27 Halisa Higheagle	28 Virginia Canales Tom Hayden, Jr.	29			



Happy Birthday to a Wonderful Daughter, #1 Sister, Awesome Mom, Amazing Grandma and a beautiful Niece

"Rita L. Hernandez"

With Love from your Family!!



Happy 1st Anniversary

Patrick & Taaffe
Simmons



Happy Birthday

Patrick Simmons, Jr.



Happy Birthday

"Kia" Jerrie Simmons

Love your family

Happy 21st Birthday

Timmy Garza

Love Auntie Jodie,
Cedes & Tony,
Auntie Josie,
Britney, & Brent

Happy 49th
Birthday Fred

Love Jodie, Cedes,
Tony, Daryl, &
Alex

"My Baby Boy is 25 today, not a baby any more. Happy Birthday Steven Pickernell from ALL of your family and congrats on your engagement. You make us proud just by being you.

Love Mom"



Tribal Members Requesting Support in Finding a Cure for Diseases

Susan G. Komen Race for the Cure-Supporting Sofie

Each and every one of us has a path we must walk down. That path is always changing and evolving as we grow and learn, get married, and have children. We expect ups and downs. What none of us are ever prepared for is when our paths are suddenly changed by something unseen and out of our control.



Sofie Sekishiro

and a husband whom I imagined a very long life with. Altering those plans was not an option.

Two days later I went in for biopsy. Two weeks later, my husband sat by my side as the doctor told me I had cancer. I was diagnosed with Her2+ Invasive Ductal Carcinoma. I was devastated.

Life was a whirlwind after that. I spent the better part of the year fighting this disease. My loved ones followed my progress. Their love and support was amazing. They followed me through five surgeries, six TCH chemotherapy infusions and countless doctor appointments cheering me on all the way.

The surgeries and side effects of chemo wounded my soul as much as it ravaged my body. I have 10 scars that remind me daily how precious life is. Today I am bald, weak and

more determined than ever to get the word out. Early Detection Saves Lives.

Even though my life has been turned upside down, I'm finally on my way to healing and regaining my health. I feel lucky because I caught it early; lucky because I have medical insurance; and lucky because I had an awesome team of doctors. I am alive and I am grateful! With my new lease on life, I realize my new path. I want to raise awareness, and help people understand what comes along with a diagnosis. Because not everyone that gets diagnosed, will be as "lucky" as I have been.

On September 14th I will join thousands of men and women as I participate in the Susan G. Komen 3-Day walk in Seattle. I will walk 60 miles in 3 days keeping in mind that each step I take is a step toward a cure. I support this event because 100% of the net proceeds will fund innovative global breast cancer research and local community programs supporting education, screening and treatment. Virtually every major advance in the fight

against breast cancer in the last 30 years has been impacted by a Komen grant. It is the world's largest grassroots network of breast cancer survivors and activists fighting to save lives, empower people, ensure quality care for all and energize science to find the cures.

Thanks to events like the Komen Race for the Cure and the 3-Day, the organization has invested more than \$1.9 billion to fulfill its promise, becoming the largest source of nonprofit funds dedicated to fight against breast cancer in the world. It is estimated that there will be 226,870 new cases and nearly 40,000 deaths from breast cancer in the United States in 2012. This is an epidemic that must be stopped!

Please join me in this endeavor. Donating is simple. Go online to the3day.org. From there, scroll over the word Donate and click Search for a participant. Type in my name (Sofie), click the search button, click donate now. No donation is too big, or too small. When I walk that day, I will feel your support with every step that I take.

Diabetes: Tour De Cure - Adam Medina

I am the son of Michael Medina and grandson of Alice Secena Medina. I live in American Fork, Utah, forty five minutes outside of Salt Lake City. I have been married to my wife, Shelly for 19 years, and have two sons, AJ and Michael.

I am participating in the Tour De Cure on June 9th. It is a fund raiser for diabetes. I have chosen the 80 mile ride and have been training since the end of November. Like a lot of Natives, my family struggles with diabetes. I taught my boys to be fighters, not to give up. About two years ago, the doctor told me to drop weight or

face some nasty consequences. I had tried before and I was never able to lose weight. I would get disappointed and give up. This time had to be different. I lost my dad when he was 56, and he never got to see his grandsons grow up. He was taken away too early. He was a diabetic and it changed the once strong man I idolized. I was going to fight. I needed help. I hit my knees, I asked God for the motivation. If HE would get me moving I would keep it moving.

I started with diet. I tracked my intake and limited it to 2,000 calories a day. You have to write it down to see how fast it adds up.

The exercise came next. I started out walking and worked myself into jogging. Start small, work yourself into more and more. In three months I lost 100 pounds. I have gone from borderline diabetic back into the normal range. I have trained and completed three 5 k's and a 60 mile cycle event in the last 18 months. I no longer believe in limitations. I might have to work harder to get where I need to, but I can do it. Find your motivation. Surround yourself with people to help. Avoid bad situations. Realize that there will set backs but limit the damage. Get involved, push yourself. Choices: It all comes down to you making a

choice.

Get involved. They have events in all 50 states. If you aren't physically ready you can still help by donating. Donate at diabetes.org or help sponsor me at [Http://main.dibetes.org/goto/medina72](http://main.dibetes.org/goto/medina72). Thanks for your support.



Adam Medina

Program Information

Why Does the Tribe Sometimes Call Burn Bans in the Middle of Winter?

By Glenn Connelly, Environmental Specialist

In early February, The Natural Resources Department called for a Burn Ban on the reservation and many of you were probably wondering why we would do that in the middle of our wet winter. Well the Burn Ban wasn't because of fire danger, it was due to poor air quality. During the cold days of the winter, many people use woodstoves, or fireplaces, to heat their homes and that burning gives off a lot of smoke. Certain weather patterns in the winter (and sometimes during the summer too) cause the air around here becomes, stale, or stagnate, and air pollution levels rise. In early February, we had that exact weather pattern, cold clear days and nights, with little to no wind. Each night the wood smoke and other pollutants from cars, trucks and other heating sources, would build up and just float around the Chehalis Reservation.

Air pollution can cause health problems for elders, children and anyone who already has an illness related to their lungs or sinuses. Air pollution can even increase the number of heart attacks and strokes in a community. When we call for a Burn Ban, all outdoor burning must stop. We also ask that you only use your woodstove, or fireplace, if it is your only source of heat. Cultural, or spiritual, related fires are allowed, but we ask that you delay the event if you can, so as not to add more pollution to the air. We need everyone's help to limit the air pollution until the weather pattern changes.

If you ever have questions about air quality or Burn Bans, please feel free to call Glen Connelly at the DNR, 709-1854. Thanks for your help in reducing air pollution.

Veterans Invited to Join the Marine Corps Detachment

My name is Steve Ostrander. I'm the Commandant of the Olympia detachment of the Marine Corps League. We are a veterans organization of former Marines and Navy Corpsman (who served with Marines). I would like to invite members of the Chehalis Tribe who qualify to join our detachment.

We meet the fourth Saturday of the month at the Olympia Veterans of Foreign Wars, 2902 Martin Way E., Olympia, WA 98506. Those interested can call me at 253-307-4087, email me at: steveo471@yahoo.com or check our web site at: olympiamcl482.org.

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 March 8, 2012

Class Time: 3:00– 5:30 PM

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@chehalis tribe.org.

Reporting Tribal Distributions

If you are a member of a federally recognized tribe and have received income from tribal per capita distributions or from Indian gaming proceeds, here is some important information. Reported on a 1099-MISC income statement, this income should be included on Line 21 of Form 1040, with a description. The correct description will allow the return to process as quickly as possible! For paper or e-file returns, please enter one of the following descriptions on Line 21:



**Indian Gaming Proceeds
Indian Tribal Distrib
Native American Distrib**




You may obtain additional information by calling 800-829-1040 or from the Indian Tribal Governments' Web site at:

www.irs.gov/tribes



Internal Revenue Service

February 2012

Mon	Tue	Wed	Thu	Fri
	Happy Valentine's Day ♥♥♥♥	1 Youth/TELD Program 4PM-5PM Adult Water Aerobics @5PM-7PM Heritage Class starts @5PM	2 Language Class@5PM	3
6 Elders Water Aerobics @10AM-12PM Tribal Council Meeting @5PM	7	8 Youth/TELD Program 4PM-5PM Adult Water Aerobics @5PM-7PM Heritage Class starts @5PM	9 Pilates class @9:30AM-10:30AM Language Class@5PM	10
13 Elders Water Aerobics @10AM-12PM	14 Elders Valentines dinner/bingo @ Elders bldg. 5-7PM	15 Youth/TELD Program 4PM-5PM Adult Water Aerobics @5PM-7PM Heritage Class starts @5PM	16 Pilates class @9:30AM-10:30AM Language Class@5PM Elders Qtr Meeting/Dinner/Elections @ Elders bldg. 6PM	17 Pilates class @9:30AM-10:30AM
20 Career Development Class @9AM-12PM in Community Center Classroom	21 Pilates class @9:30AM-10:30AM Elders Water Aerobics @10AM-12PM	22 Career Development Class @9AM-12PM in Community Center Classroom Youth/TELD Program 4PM-5PM Adult Water Aerobics @5PM-7PM Heritage Class starts @5PM Elders Basket Class @ Elders Center 3PM-8PM	23 Pilates class @9:30AM-10:30AM Career Development Class @9AM-12PM in Community Center Classroom Language Class@5PM Elders Birthday Dinner @ LEC Steakhouse 4-5:30PM	24
27 Elders Water Aerobics @10AM-12PM	28	29 Youth/TELD Program 4PM-5PM Adult Water Aerobics @5PM-7PM Heritage Class starts @5PM	* Youth Projects M-F @ 3 PM-5 PM * Beginning Zumba for Adults in Youth Center Gym from 7:15 AM Monday-Friday * Fitness Room and Pool available for use from 6 AM to 6 PM Monday-Friday	

Quick! Change Your Mood!

If you're feeling negative and grumpy today, here are some ways to turn on positivity.

- Use deep-breathing exercises to reduce stress. The slow, rhythmic breathing will calm you down and the extra oxygen raises alertness.
- Get moving. Even a quick 15-to-20 minute workout is enough to produce mood-elevating endorphins.
- Push away and tune out negative influences. Read or engage in something that uplifts and inspires instead.
- Fake it "til you make it. Enthusiastically engage a friend or coworker and put you focus on brightening his or her day. You'll find that cheering others up cheers YOU up as well.
- Finally, make a quick "gratitude list." Nothing shrinks upsetting event to a manageable size like focusing on what you are thankful for in your life.

The Connection - Connecting you with Healthy Tips for a Healthy Life

**TRIBAL ARTIST
SUBMIT YOUR ART
AT THE
ANNUAL SPSCC ART SHOW.**

- ⇒ SHOW YOUR ART WORK
- ⇒ GET INVOLVED
- ⇒ MEET OTHER ARTIST
- ⇒ DEVELOP A PORTFOLIO



**OPPORTUNITY FOR YOU TO HAVE YOUR
ART DISPLAYED.
ENTRY FORM TO SUBMIT TO:**

**South Puget Sound Community
College**

Forms are available in the "In-box"
located outside of the Cultural Class Room Door
at the Community Center

FirstName LastName
Street Address
City, ST Zip

PRSRT STD
US POSTAGE PAID
OAKVILLE WA
PERMIT No. 2



**Sign-ups and practice
February 19, 2012 @ 1 PM to 3:30 PM
At the Youth Center**

**If you have any questions please call
Orinda Goddard at 360-515-6826**

General Council Meeting

Tuesday, March 6
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**

Request for Artist Donations to Team “Aunties for Angels” Relay for Life-American Cancer Society

By Kathy and Wilson Pickernell

Hello my Friends and Associates.
As you may recall from last year,
I had asked for any help with
donations or contributions from
our tribe in raising funds for my
son, Wilson Pickernell's team, in
the Relay for Life Cancer walk
in Grays Harbor. Some of our
local businesses and artists gave
some fantastic prizes that helped
tremendously. We were hoping
for your generosity once again,
but are reaching out earlier so
that we may raise even more
money this year.

I have family members and loved
ones who have or still battle with
Cancer. I have taken an interest
in this drive and am reaching out
on behalf of my son who does
the 24 hour relay in Hoquiam.
We are both tribal members with
the Chehalis tribe. The people of
the harbor took great interest in
the prizes we had collected into

one big raffle. His team name for
the Relay is “Aunties Angels” in
memory of a dear friend of the
family. For more information go
to: [RelayforLifeAmericanCancer
Society](http://RelayforLifeAmericanCancerSociety).

If you can find any way to help
with prizes this year please
contact me either by phone
at 360-273-5954 or e-mail:
urprisoner64@yahoo.com. No
donation is too small or too big
and personal contributions will
happily be accepted as well. The
relay itself is not until June 1st
and 2nd, 2012. It takes place in
Hoquiam. This is a team concept
and each team combines their
efforts in the end.

I respect your craft as an artist
and would honor any type
of assistance you can make.
Thank you for your time and
consideration in this matter.

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



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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