



CHEHALIS TRIBAL NEWSLETTER

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

January 2013

Free

Christmas Activities Bring Families Together

The 2012 Christmas Holiday was special for many families as they gathered to celebrate Christmas together. It is the season of gathering, giving and feasting. Decorating the tree and setting up the lights are always fun activities. As families gathered to spend time together, it was an opportunity to watch the little ones' eyes light up as they opened their presents.

It was an extra special morning for those that were dreaming of a white Christmas and got their wish. It was only a couple of inches, but it was snowing. Children were out making snowmen and angels.

There were many activities available for families to share together in the local area.

Great Wolf Lodge

Gingerbread House: For those who wished could eat a meal together in the Ginger Bread House at the Great Wolf Lodge. The ambiance was awesome for those who paid the \$20.00 fee. All proceeds went



Children were seen smiling after receiving their presents from Santa at the Christmas Carnival.



Tribal Members sign in to qualify for the raffles during the Christmas Carnival at the Community Center.

to the Big Brothers and Sisters program.

Pictures with Santa

Families staying at the Great Wolf Lodge had a special opportunity for children and adults alike to sit on Santa's lap and let him know what they wanted for Christmas.

Families were taking photos creating a lasting memory of a 2012 Night at the Great Wolf with Santa.

Breakfast with Santa:

On Saturday, December 8 there was a special gift to Tribal members offered by the Great Wolf Lodge. There isn't any better morning than to kick off the day with a delicious energy bursting breakfast, visiting with Santa.

He was also available to take some family photos or just with the children. It was a start to a great day, as children were seen smiling

thinking about what they were wishing for Christmas.

Christmas Carnival:

The Community Center hosted a Christmas Carnival on Saturday, December 22. What a delightful change from previous years at the Lucky Eagle Casino. Families came to see what this was all about. Gathering together to enjoy a meal together, maybe even winning some prizes in the raffle, exchanging Christmas cards with other family members and making the most of the day!

There were activities filling an assortment of locations throughout the building. Gift cards were

given out to the children by the Youth Center. There was a photo opportunity for families to create special memories in the Gathering room. The photos were taken and printed onto a large button.

The Main gym offered a meal with an assortment of combinations for Adults and Children provided by the Lucky Eagle. There was an added raffle for those who brought a desert. Comedian Vaughn Eagle Bear was there to entertain those who didn't participate in the carnival or wreath making classes.

The Youth Center Gym hosted the carnival games for the children to play. Games available were: cake walk, baseball, basketball, padded bouncy house, and always a favorite was the balloon animals. The lines weren't too long and there were a lot of activities to keep them busy. Those youth who attended received gifts from Santa, and no was left out.

Thanks to Cheryle Starr, Events Coordinator and her little elves for making it a special day.

More photos on Page 2....



The Great Wolf Lodge hosted "Breakfast with Santa." Families gathered for breakfast and created memories taking a photo with Santa.

Christmas Carnival Photo's from page 1..



Inspirational Tribal Elder Retires from Head Start Program

On Monday, January 14 the Gathering Room hosted Grannie Annie's Retirement Party. Many of her friends, family and co-workers attended and celebrated with her.

Elder Annie Jones retired from the Head Start/Early Head Start Program. Her last day on the job was January 3, leaving after 15 years with the Head Start/Early Head Start Program. She started working for the tribe 37 years ago, making the most of many opportunities to work for the Chehalis tribal community. Her final tenure was as a cook for the Head Start Program, which she thoroughly enjoyed.

She contributes her learning to cook in the Shaker Church Mess Hall. At the time Ben Starr was the Minister; many, many moons ago. Though she was young lady at the time, she learned from the other community members the traditional manner in preparing large meals. An important lesson was to always have a clean kitchen. One of the biggest lessons taught to her while in the kitchen was to focus on cooking the meal, while having a happy heart. Another good tip was to taste your food before serving it, because if it doesn't taste good to you no one else will like it either. She carried these lessons with her into the Head Start Kitchen. She continued to share these traditional cooking values, as she had trained many different staff members in the kitchen.

When she was hired as the cook



When she would bring the food cart in the room, she always greeted the children with a smile and a good morning. She shared some of the Chehalis Language

Grannie Annie serving up breakfast in her earlier years at the Head Start Program.



Grannie Annie and great grandson Jordan Eichelberger at her Retirement Party. It was a bittersweet to see her retire from the Head Start Program. She is an inspiration to her friends, family and coworkers.

for the Head Start Program, she was glad to accept the challenge. Rosetta Klatush gave her some tips on creating a menu, ordering and shopping for weekly meals. It wasn't easy though, having to study the USDA book to learn the requirements for the program. Another challenge later in her career was to learn how to implement her meal menu's onto the computer. But she persevered and was successful in accomplishing these new tasks.

She looked forward going to work and seeing the children and parents every day at work. The children created many fond memories as they attended the Head Start Program.

teaching the young children how to say certain words, like bread, milk, dog or cat. She would quiz them daily to see if they remembered. That's the age that children learn so easily. They responded to her positive energy giving her a hug responding, "Granny Annie you're the best cook!" That name stuck, and many who attended Head Start will remember her as "Grannie Annie." She shared more in her quiet respectful manner, "You know when dealing with children is that you give them respect, because they'll remember that. Even though they are young, they are very smart learning very quickly. They will carry those lessons with them as they continue to grow."

One of the benefits of her position at Head start was watching generations of children grow up. When they became adults and had

children of their own being able to see their children attending our Head Start Program. It was a rewarding experience to see her children go through Head Start, and now her grand children and great grandchildren attending.

Community members were invited to share their memories of Annie. Everyone agreed that they will also think of Annie is a friend, sister and mentor to many who have met her. It didn't matter what capacity her position entailed, but her quiet, respectful demeanor always carried her through and she shared her love openly.

The Head Start Program is planning to plant an apple tree in the playground on Makum Lane. The children will help build stepping stones to represent the impact she had on everyone involved with their program.

It is bittersweet to see her retire. Her smiling face and laughter will be missed by many children and staff at the Head Start Program in their daily activities. Understandably, she needs to take care of her health, and spend quality time with her family.

Good Luck Granny Annie with your retirement! We Love You!

To the Chehalis Tribal Community:

I want to thank the Chehalis Tribe for the opportunities for professional and personal development that have been provided me over the years. I have enjoyed working with the children and appreciate watching them grow and passing on traditions to the next generation. I want to thank everyone for the support provided me during my 37 year tenure. Lastly, I would like to thank my wonderful colleagues who were always there for me and with me.

While I look forward to enjoying my retirement, I will miss working with the children.

Love Annie Jones

Native Speakers Share Their Success Stories about Rising Above Challenges Through Choices

RECOGNITION OF METH PREVENTION MONTH

In the month of November, the Behavioral Health Department brought three guest speakers to the community center. These three Native speakers talked with the community about drugs, trauma, and the historical government run boarding schools.

These boarding schools tried to break all ties to the traditional life of Native people. The pain and suffering and hostile environments experienced by our ancestors, left individuals seeking to forget by numbing themselves with drugs and

Featured Speakers:

alcohol. It is with great resiliency and healing traditions of our culture, families, and friends that we overcome these barriers.

It is with great importance we have access to trained counselors, groups, and treatment centers for those battling with addictions.

If you need Help with Addiction!

**Please contact the Behavioral Health Department
360-709-1733**

The Project Supported by Grant #2008-AC-BX-002

Lily Gladstone

Lily was born and raised on the Blackfeet Indian Reservation in northwestern Montana. Lily spoke of her family's past in the 1930's and 1940's. Her family passed down the trauma experienced in boarding schools we still suffer from today. How the pain led family members

to alcohol and dysfunction trying to cope with the lack of civil rights for Native people. Lily conveyed this message in a unique combination of theater, video, and live interaction that created a high impact experience and unforgettable journey through

history. The cries of pain and suffering captured in Lily's voice moved the audience to better experience the story. Lily's presentation was a grand illustration of courage and strength to deflect the harmful ways teens deal with pain today.

Pictured (L-R) are Dawn Boley, DVA and Guest Speaker Lily Gladstone.



Star Nayea

Star Nayea was only two months old when she was taken from her Native Family in the 1950's-1970's sweep, perpetrated by the United States and Canada. Star landed in an extremely abusive adoptive family that did not share her heritage. After several years of pain and struggle, she escaped her adoptive family and began to reach for her dreams of musical freedom.

Star is a recovered addict that faced peer pressure amongst her generation. Star made a choice, to live free from drugs. Star shares that journey as a songbird, bringing joy, emotional strength, and wisdom to youth around the world.

Star Nayea share her story of surviving an abusive non-native foster family. She made a choice, to live free from drugs.

Vaughn EagleBear

Vaughn was no stranger to unhealthy life growing up. Vaughn found a way through his gift of comedy to inspire and share how he overcame difficult life situations. Vaughn known for his "John Wayne's Teeth," brought laughter to the room and shared the success with youth of his journey away from drugs and alcohol.

He wants everyone to know to use your strength from within, if he could do it, so can you. Substance abuse and alcohol is bad!



Vaughn EagleBear shared his story of using his gift of comedy to inspire and share how he overcame difficult life situations.

Tribal Health and Wellness News

■ The majority of cancers can be prevented through healthy lifestyle choices.

SPIPA's Cancer Control Program (CCCP) is focused on key causes of cancer. If we can change lifestyle habits, such as lack of exercise, poor nutrition, obesity, and commercial tobacco use then we can reduce the risk of getting cancer.

In general, our S.P.I.P.A. Tribal communities have a similar overall cancer incidence rate to the general population. However, we have a significantly higher smoking rate, lower rate of exercise, lower consumption of fruits and vegetables. Therefore, if we can

make even small steps towards healthier lifestyles, we have the potential to lower the rate of people getting new cancers or reoccurrence of cancers.

Last year's Community Wellness survey was filled out by more than 400 people, most from the five SPIPA tribes. The results of the survey show some positive gains: a reduction in smokers, more youth eating fruits and vegetables, and more people getting screened. Even so, we still have a long way to go as tribal communities. The CCCP

is committed to working with each tribe to meet, or even better, exceed the state numbers. Together we can conquer cancer.

The CCCP is best known for the annual Native Men's Wellness, Cancer Survivor & Caregiver, and Youth POWER events. The CCCP also works with volunteers at each tribe to set up cancer support groups. Please call us at 360-462-3226 for more details.



I'd appreciate it if you could like the South Puget Intertribal Planning Facebook page and also share it with your Facebook friends (and all your contacts) – that's how an audience is built. So please share liberally.



It's South Puget Intertribal Planning Agency. <https://www.facebook.com/#!/SouthPugetPlanning>

If anyone has problems getting to the page they can go to www.spipa.org and in the right hand column there is a directly link to our page.

■ January is National Cervical Cancer Awareness Month

What is cervical cancer? Cancer is a disease in which cells in the body grow out of control. Cancer is always named for the part of the body where it starts, even if it spreads to other body parts later. When cancer starts in the cervix, it is called cervical cancer. Cervical cancer is the easiest gynecologic cancer to prevent with regular screening tests and follow-up. It also is highly curable when found and treated early.

Who gets cervical cancer? All women are at risk for cervical cancer. It occurs most often in women over age 30. Each year approximately 12,000 women in the United States get cervical cancer. The human papilloma virus (HPV)

is the main cause of cervical cancer. HPV is a common virus that is passed from one person to another during sex. Both men and women can get HPV and pass it along to each other. At least half of sexually active people will have HPV at some point in their lives, but few women will get cervical cancer.

What are the symptoms? Early on, cervical cancer may not cause signs and symptoms. Advanced cervical cancer may cause bleeding or discharge from the vagina that is not normal for you, such as bleeding after sex. If you have any of these signs, see your doctor. They may be caused by something other than cancer, but the only way to know is to see your doctor.

Are there tests that can prevent cervical cancer or find it early? There are two tests that can either help prevent cervical cancer or find it early:

The Pap test (Or Pap Smear) looks for precancers, cell changes, on the cervix that can be treated, so that cervical cancer is prevented. That Pap test also can find cervical cancer early, when treatment is most effective. The Pap test is recommended for women aged 21-65 years old. The Pap test only screens for cervical cancer. It does not screen for any other gynecologic cancer.

The HPV test looks for HPV-the virus that can cause precancerous

cell changes and cervical cancer. To find out more information you can go to www.cdc.gov/cancer/knowledge or call 1-800-CDC-INFO or come into the Chehalis Tribal Wellness Center and talk to a health care provider. The CTWC does have the S.P.I.P.A's Native Women's Wellness Program and does women's wellness screenings.

To find out more information about this program please call 360-273-5504.



Will Writing Classes Offer to Protect Your Property and Families Future

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 Call Christina Hicks at 360-709-1741 to set up an appointment and get the paperwork needed to get started.

\$\$\$ CONTRACT HEALTH REMINDER \$\$\$



NOTICE TO CONTRACT HEALTH ELIGIBLE PATIENTS:

PLEASE BRING IN YOUR MEDICAL BILLS AND STATEMENTS. (Labs, x-rays and related services)

If you have been billed that means they don't have all your billing information. Please don't assume we have the bill. Please bring them to the CTWC.

This applies for pre-authorized services ONLY - no exceptions.

Free Basic Tax Help in Your Community

Chehalis Tribal Loan Fund

VITA Volunteer Income Tax Assistance KICK-OFF

January 25
9:00 AM to 3:00 PM
at the Chehalis Tribal Community Center

Bring your W-2 and 1099 Forms and any other income information for all deductions/credits. Also bring a copy of last year's tax return, Photo I.D., Social Security Card

Our trained volunteers prepare and e-file basic income tax returns, particularly those who:

- Have low or fixed income
- Are disabled
- Are Elderly

Please note: We are not trained to prepare tax forms that include business, rental or partnership income.

Financial Education Classes

It is a New Year to bring on new things in life for 2013. Please join the Financial Education classes

Learn how to prioritize your budget and still save for the asset of your dreams, whether it is a home, a small business etc. You'll find out how to get a free copy of your credit report and learn credit repair and building tips.

Any information please contact Diana Pickernell 360-709-1631 or
dpickernell@chehalistribe.org

Let her know which time works best for you.

*(Please be advised these can happen during daytime or evening hours)

The Chehalis Tribal Loan Fund Has Money to Lend!

We have several loan products for Chehalis Tribal members:

- **Small Business Loans**
- **Debt Consolidation**
- **Credit Builders**
- **Home Improvement Loans**

Please come see us at our office. We are the small building next to the Chehalis Tribal Office. We also have many Financial Literacy classes for you, including:

Indianpreneurship (How to write a Business Plan), Financial Literacy, Savings and Budgeting, Extreme Couponing, Investments, Savings for Retirement

You can also open a savings account at our office, with any size amount. You just need a savings goal.

For more information contact the CTLF Staff:

Julie Burnett, Executive Director, 360-709-1831
or email: jburnett@chehalistribe.org

Diana Pickernell, Loan Coordinator, 360-709-1631
or email: dpickernell@chehalistribe.org

Entrepreneurial EMPOWERMENT OUTREACH

BROUGHT TO YOU BY: DNABEN-A NATIVE AMERICAN BUSINESS NETWORK AND THE SBA'S OFFICE OF NATIVE AMERICAN AFFAIRS



When:

Wednesday, January 30, from 9 am to 4 pm
and

Thursday, January 31, from 9 am to 4 pm

Where:

Eagle's Landing Hotel
12840 188th Avenue, SW
Rochester, WA

NO COST TO ATTEND. All Materials Provided.
Lunch Included

"Growing" a Business in Indian Country
Hosted by the Chehalis Tribal Loan Fund

To Register or For More Information, contact Julie Burnett, Executive Director,
jburnett@chehalistribe.org
360-709-1831



Cultural Program News

Youth Participate in the After School Sewing Club

Sewing Club for Youth has kids in stitches, hehehe! Okie that was a little corny even for me, but the after school turnout for sewing lessons is really great. Each kid has to have a permission slip signed by the parent or guardian to participate in the class. Participants get a sew kit with pins, pin cushion, needles, scissors and tote box to hold their personal sewing tools.

Last summer the Cultural Program began a Sewing Club for Community Youth. Sewing classes are no longer taught in Public Schools so I began a sewing club for the kids who wanted to learn. It is handy to learn sewing for so many reasons. Mending clothes, or sewing outfits from scratch. The class is a mix of boys and girls. When summer ended the Sewing Club became the After School Sewing Club. Youth learn a number of basic sewing skills which include

hand stitch work and sewing machine skills.

Each week kids are taught steps to follow to complete a project. Kids might use one or many of the steps listed here.

So far projects consist of straight stitch project, like pillows or aprons. Many of the kids have learned to make pillows embellished with buttons, ribbons and tassels. Kids also learned to make their own patterns on butcher paper for a pillow in the shaped of the first letter of their name. During Christmas some of the youth in the class made aprons as presents for family members.

We plan to learn to make purses, medicine bags from cloth, cell phone pouches, bibs for babies and much more.

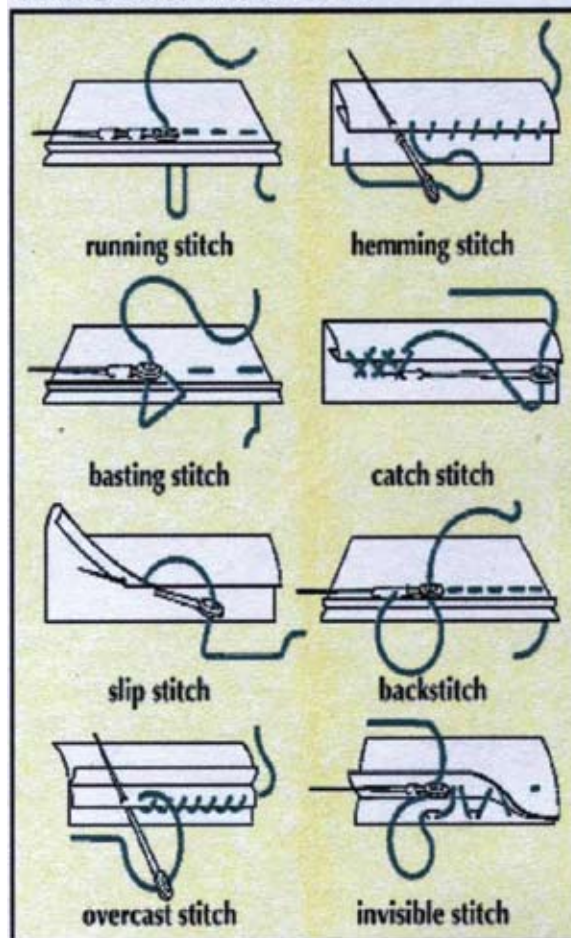


Youth learn the basics on how to sew during the summer months. The Cultural Program began a Sewing Club to give them them this handy skill.

SEWING STEPS

1. PICKING FABRIC
 - i. Print _____
 - ii. Solid color _____
2. LEARNING TO PIN FABRIC
 - a. CORNERS _____
 - b. CURVES _____
 - c. STRAIGHT SECTIONS _____
3. LEARNING TO CUT FABRIC
 - a. Scissors _____
 - b. Pinking sheers _____
 - c. Rotary blade _____
 - d. Cutting ruler _____
 - e. Measuring fabric _____
 - i. Cutting square _____
 - ii. Ruler _____
 - iii. Measuring tape _____
4. Marking fabric with tailor chock
 - a. Marking right and left panels _____
 - b. Marking darts _____
5. Learning the sewing machine
 - a. Picking the right color of thread _____
 - b. Threading the bobbin _____
 - c. Placing the bobbin in the machine _____
 - d. Threading the sewing machine _____
 - e. Setting the tension _____
 - f. Setting the pattern stitch _____
 - g. Setting the length of a stitch _____
 - h. Running a practice stitch before sewing _____
 - i. How to adjust the stitch _____
 - j. Making a button hole _____
 - k. Putting a zipper in _____
 - l. Learning hem lines _____
 - m. Standing ¾ edge _____
6. Learning to stitch by hand: running ____; hemming ____; basting ____; catch ____; slip ____; backstitch ____; overcast ____; invisible ____
7. Putting buttons on a project _____
8. Making pillow tassels _____

SOME BASIC SEWING STITCHES



Cultural Program Tips:

Planning your calendar for gathering basket materials? Mark these month's for gathering certain materials on your calendar.

Then contact DeDe and Walter if you need help gathering materials.

GATHERING TIMES USUALLY BEGIN IN APRIL AND END IN SEPTEMBER (depending on nature).

April and May: Begin gathering **Cedar bark**



June: **Bear grass** and **Cedar roots** gathering time.

August: Gather **Sweetgrass**



August and September: gather **Cattail**

Happy Birthday to Tribal Members Born in January

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 John McCrory	2 Sidney Cole Lauren Quilt Geraldo Sanchez	3 Ravenhawk Penn	4 Joe Wilieferd Cheryl Jones Jayzen Owen Leslye Wyatt	5 Brooke Allen Mariah Klatush John Youckton
6 Daniel Gleason, Jr.	7 Alynn Clancy Darrin Jones	8 Eva Delamater Kathy Pickernell	9 Joyce Fanning Makayla Mashburn	10 Robyn Fields	11 Curtis DuPuis II Alberta Gilmore Anna Hartman Makayla Ortivez	12 Russ Baker Jon Brown Jeremy Fanning Alexander Hoheisel Ezrah Merriman Kaelen-Jay Sanchez Chayse Youckton- Bonifer
13 Joseph Wittwer	14	15 Sheilah Bray Dylan Burke	16	17 Daryl McCrory Diana Pickernell	18 Irene Adams Roy Wertz	19 Jacob Christjohn Mya Ortivez
20 David Bird Patricia Gitchel Anna Meas	21 Nathaniel Klatush Traci Parkinson Edward Sanchez, Jr. Benjamin Starr, Jr. Rodney Youckton	22 Hollie Brockmueller Calvin Cayenne Jennifer Cooper Ulises Klatush Miya McAlister Dreama Secena Ferguson	23 Chris Pickernell Ashley Rosado Patrick Simmons, Sr.	24 Jake Burnett Bella Couillard Daniel Gitchel	25 Jaileen Sanchez	26 Mimi Cayenne Megan Christjohn James DuPuis Laura Fricke Margie Youckton
27 Cameron Hjelm-Snell Robert Phillips Cheyne Youckton Derek Youckton	28 James Gunnels Shirley Kay Crystal Martinez	29 Akasha Clements	30 Avery Mc Joe	31		

Happy Birthday Anna

Another year and you're getting prettier. I am so proud of you and the job you do. You go to school and help with your grandkids. God has his hand on you and your family. That's why you have come so far. I am proud of my daughter. Have a great day. It belongs to you!!



We love you!!!
Love your kids & grand kids

Happy Birthday
Calvin Cayenne.

From Mom, Don, Dyani,
Jared & Andria)))☺

Happy Birthday wishes
Sheilah

Love Mom

Happy 5th Birthday
Dylan



Love
Auntie Jodie, Cedes & Tony

Happy Birthday Sis!
Joyce Fanning



Elders Status...LOL
Love Your Brothers, Sisters
& Your Family

Happy Birthday
Margie Youckton
&
Diana Pickernell

Anna M. Hartman

Happy Birthday
Chayse Youckton-Bonifer

Your my special gift and
your make me so proud!

Love Your Mom

Happy Birthday
Patrick Simmons, Sr.

We Love You!
From Your Family

Staff Profiles: Cultural Coordinator and Heritage Coordinator

Hello! My name is Lynn (Gleason) Hoheisel, I am a Chehalis Tribal Member. I was raised in Rainier by my dad, Ernest Gleason, Jr., (Jug) a Chehalis Tribal member, mom Jane (Bailey) Gleason, Upper Skagit, with my sisters Terry, Bonnie, Roxy, Penny and brother Ted. I attended and graduated from Rainier High School, and attended one year at South Puget Sound Community College.



Lynn Hoheisel
Heritage Coordinator

I am married to my husband Art. Together we raised 7 children, Connie, Traci, Kelli, Tyson, Jacob, Jason and Jeff. We have 19 grandchildren and 4 great-grandchildren.

I currently live in Rochester, and own my own home through the Tribal Home Loan Program and the 184 program.

I've worked at the tribal clinic with the Diabetes Prevention Grant, for 5 years. Performing blood

screenings and offering classes to help tribal members manage the onset of Diabetes. I also instructed water aerobics' classes twice a week.

I have been recently hired as the new Heritage Coordinator, and am looking forward to the new challenges and opportunities this position brings. Learning and sharing our Chehalis Tribal history, stories and photos' with everyone.

Hello! I respectfully introduce myself to the Chehalis tribal community. My name is Walter Lewis, a Chehalis tribal member. My mother is Sylvia Cayenne. I have been recently hired as the Cultural Coordinator (Official title). I will be working with DeDe (Dianne) Devlin, Cultural Coordinator at the Community Center.



Walter Lewis
Cultural Coordinator

I am looking forward to share some of my cultural teaching on basket weaving, carving, beading, drum making with our people and community. It's exciting to know that I can pass on my knowledge to anyone who participates in the fun activities that our program

is scheduling throughout the year. DeDe and I have planned out the whole year for gathering times for sweetgrass, cattail, bear grass, cedar and cedar root materials. We will be working on locations and how accessible the gathering places will be for youth

and elders. We know it will be great to work with the community on collecting the different basket materials.

Watch for advertisements in the newsletter, flyers, or just stop by the office to see what fun activities we are going to provide. I am looking forward to working for the Chehalis Tribe's Cultural Program. Have a good day!



Chehalis Tribal Vocational Rehabilitation Program News:

Our VR staff and the Chehalis Tribal Youth Center staff recently attended the Second Annual SPIPA Youth Community Network Conference at Little Creek Resort.

The conference focused on Identifying Disabilities among Youth. Speakers gave insight on ways to identify hidden disabilities and ways to deal with bias against disabilities among parents and in the community. We took part in group discussions and activities that gave us a deeper understanding of each topic and staff from other tribes shared their experiences and knowledge with the group. We also discussed the different resources that are

available for Tribes in our area. This was a wonderful conference full of excellent information that we can utilize within our programs.

If you have any questions regarding the Vocational Rehabilitation Program or are interested in seeing if you are eligible for services, please come by our office and we will be happy to assist you.

Contact

Barbara Churchill at 360-709-1633
email: bchurchill@chehalis-tribe.org

or

Orinda Goddard at 360-709-1735
email: ogoddard@chehalis-tribe.org

Career Classes

Thursdays
Starts at 1:00 PM
at the Chehalis Tribal Resource Center

We are currently providing Career Classes to the Chehalis Tribal Community. These classes will be beneficial for anyone who wants to learn the skills needed to successfully gain employment.

Career Classes will be held every other Thursday at 1:00 PM in the Chehalis Tribal Resource Center.

Upcoming class dates are: January 10th, January 24th, and February 7th. All are welcome!!!

If you have any questions please contact Jamie Smith at 360-709-1872 or jamiesmith@chehalis-tribe.org.

Chehalis Tribe Students of the Month for December

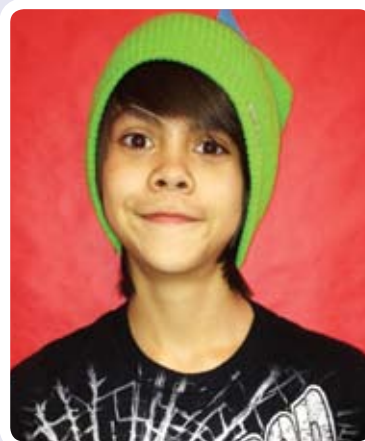
Alyssa Albert (9-12)



Alyssa Albert is a 10th grader at Oakville High School. She scored a flawless 4.0 GPA for the first quarter of the year. Besides academics, Alyssa also works for the tribe's accounting department. When she is not adding to her cow collection, she enjoys sleeping. She is concentrating on graduating as quickly as possible and warns other students: "Don't slack."

Mathew Reynolds (6-8)

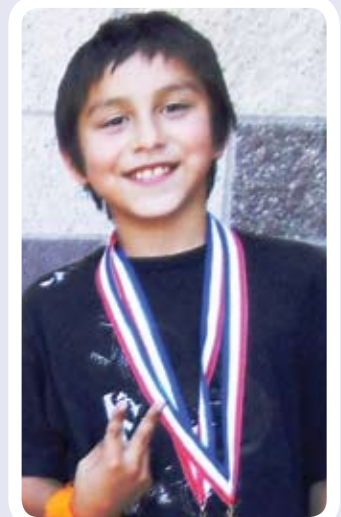
Mathew Reynolds is in the 6th grade at Rochester Middle School. His favorite subject is Social Studies. Mathew says his dad is his supportive guidance.



When he's not studying, Mathew enjoys eating bread. He is fond of saying "Always do your best."

Bradley Gitchel (K-5)

Bradley Gitchel is attending Wa He Lut Indian School in his 5th grade year. He likes to play at recess since there are no organized sports right now, but he's really looking forward to baseball.



Bradley says paying attention and doing his work makes him a good student and he encourages others to do the same.

From the Education Department: As a reward for their commitment to school and personal growth, each student of the month will receive a \$50.00 gift card from the Education & Development Department.

Congratulations, Keep up the good work!

Youth encouraged to apply for "Journeys in Creativity" Art Camp

Our 10th annual art camp is happening this year. We'd love to make it our best camp yet...and if you know any youth (ages 15-19) that art is a large part of their life, this may be something that they'd be interested in. The Pre-College art camp is scholarship based (i.e. all 12 accepted applicants receive full tuition waiver to attend...meals, lodging, supplies are covered). We do offer limited travel assistance based upon distances from Portland. If you do have a youth interested, please emphasize to them to put some thought into writing their "letter of interest" and carefully choose someone who can write a "reference" letter for them. Because of the limited number of accepted students, the applications will be reviewed by a select panel of Native American Artists, Tribal curators and OCAC faculty.

A. Susana Santos' Journeys in Creativity Program—*An Exploration in Native American Art*

History: The Journeys in Creativity program (Journeys) was founded 2004 in partnership with Oregon College of Art and Craft (OCAC), The Museum at Warm Springs and Kah-Nee-Ta by Pat Courtney Gold and the late A. Susana Santos, tribal members of the Confederated Tribes of Warm Springs.

Courtney-Gold and Santos, an OCAC alumna, sought to further the study and perpetuation of Contemporary Native American Art and Craft for Native American teenagers who, through this program's encouragement might pursue a secondary arts education or a future profession in the arts.

Summer Camp: The Summer Camp offers twelve (12) teenagers the opportunity to live on the OCAC campus and participate in intensive arts workshops over the course of two full weeks. Classes and workshops are set up so that students have the opportunity to participate in a positive

pre-college art experience with an emphasis on material exploration, innovation, and critical thinking, all of which grant the student insight into their own creative process. **Full scholarships are available to all**

Who is eligible? Teens ages 15-19 who can show an interest and talent in art and culture. Preference is for Native American teens.

How do I apply? Deadline to turn in applications is April 2, 2013.

How much does it cost? This program is free to the twelve (12) selected participants. Please note that all participants must make their own travel arrangements to and from OCAC. Accepted students may be available for travel reimbursement depending on eligibility and availability of funds. Arrangements can be made with camp staff to pick up a participant if traveling by bus, train or plane.

Application Requirements

- A completed application form.
- One letter of recommendation from a teacher, community leader or mentor who knows you well (no family members please).
- A letter of interest (approximately 200 words) stating why you would like to attend camp.
- Optional: If you would like to express yourself visually, examples of your original artwork can be submitted via digital images on CD/DVD. Submissions of original artworks are accepted, but may not be returned.

Questions?

Please contact Shirod Younker, Journeys in Creativity Program Manager at 971-255-4148 or syounker@ococ.edu

All materials must be received on or before April 2, 2013. Submit all materials to: Journeys Program, c/o Oregon College of Art and Craft, 8245 SW Barnes Road Portland, OR 97225.

COMMUNITY TRANSFORMATION GRANT



Thank you for your support and willingness to help prevent the devastating effects of chronic diseases in our community, and our nation.

We, the CTG Team wish you a healthy end of the year surrounded by family and friends.

CTG@chehalisTribes.org

CTG Grant Objective

Promote healthy lifestyles, especially among population groups experiencing the greatest burden of chronic disease

Help improve health, reduce health disparities, and facilitate effective health care spending.

Q: What is "Capacity Building"?

A: The creation of infrastructure during our first year(s): team building, community education, health planning and information gathering and analysis.

First year accomplishments? Here are a few examples:



CTG Team



Physical Activity



Healthy Eating

Teams
Leadership Team, Community Coalition

Community Events
Health Fair, Healthy Families, Walk and Knock, Back to School, Open House, Annual Meeting and many more...

Surveys
Three (3) public opinion surveys and one (1) interactive questionnaire...

Community Health Needs Assessment Interviews
City of Oakville, Timberland Library, Chehalis Tribal Enterprise, Lucky Eagle Casino, Chehalis Tribe Youth Center, Oakville Methodist Church...

Social Media
Logo, Tribal Newsletter, Cruiser Newspaper, Facebook, Twitter, Email Account...

Community Affiliations
CTWC Prevention Team, GRUB, Oakville Friends of the Library, Nisqually Community Garden, Chehalis Tribe Vocational Rehab. Program, American Indian Health Commission for Washington State, South Puget Inter-tribal Planning Agency, Makah Tribe, Washington State Dept. of Health CTG, Grays Harbor Public Health CTG, University of Washington, Policy Council Head Start, American Public Health Association, Oakville School District, Methodist Church, Lucky Eagle Casino, City of Oakville...

Small Changes - Smart Choices

Join us for an evening of ideas on ways to stay healthy.

Healthy Food Choices

Traditional Medicine Bags

Chronic Disease Prevention

- Cervical Cancer and HPV
- Diabetes
- Colorectal Cancer

Co-sponsored by the SDPI, CHP, CCCP, NWWP & CTG Programs

**Thursday, February 7
5:00-7:00 PM
at the
Community Center
Gathering Room**



Favorite Family Recipes

The Community Transformation Community Coalition invites you to share your favorite family recipes.

We would like to compile the favorite recipes of our area into a community cookbook. While we are compiling enough recipes for a cookbook, we would like to share the recipes. Some of the recipes may be published in community newspapers and/or used in local cooking demonstrations. Please have your name and contact information on your recipe. Submit as many family favorites as you like.

Look for our Community Transformation (CTG) drop boxes at the Oakville School Elementary Office and Secondary Office, the Timberland Regional Library-Oakville Branch, the Oakville Methodist Church and the Chehalis Tribal Center. (The drop boxes are also being used to drop off CTG surveys.) You can also bring your recipes to the Chehalis Tribal Wellness Center. We look forward to seeing all of your recipes, and eventually a local flavor cookbook!

Thank you for your participation.

FirstName LastName
 Street Address
 City, ST Zip

PRSRT STD
 US POSTAGE PAID
 OAKVILLE WA
 PERMIT No. 2

Your Input is Requested on the Planning and Prioritizing of Future Road and Bridge Projects on the Reservation

The Planning Department is coordinating the annual update of the Tribal Transportation Improvement Program (TTIP). The TTIP is a publically reviewed document which guides how Transportation Funds received by the Tribe will be spent over the next 4 years. A copy of the draft TTIP is available for public review at the Chehalis Tribal Center located at 420 Howanut Rd., Oakville, WA. Comments and questions can be directed to Kayloe Dawson at (360) 709-1767 or by stopping by the Planning Department.

On February 7th from 1:00 PM to 4:00 PM the Planning Department will be set-up in the lobby of the Tribal Center to provide information to interested persons. Copies of the draft TTIP, and specific information on proposed/upcoming transportation projects will be available.

Any comments or questions must be received before the close of business on March 1, 2013.



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)

fshortman@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
 Ray "Barnaby" Canales, Vice Chairman
 Farley Youckton, Treasurer
 Cheryle Starr, Secretary
 Dan Gleason, Sr., 5th Council Member

Chehalis Tribal Newsletter Staff:
 Fred Shortman, Communications
 Coordinator



Free Legal
 Services
 for
 Native
 Americans



Serving the Legal Needs of
 Washington State's Native
 American Communities



Contacting the Native American Unit's Intake Hotline

The Northwest Justice Project's Native American Unit (NAU) provides free civil (non-criminal) legal services for people who cannot afford a lawyer in Washington.

To reach us call the toll-free hotline at **(888) 201-1014**, and then **press 5** to leave a message for the NAU. You can leave a message **24 hours a day, 7 days a week** and we will return your call within 2 business days.

Cat Spay Day

Concern for Animals in cooperation with Animal Care Veterinary Clinic is offering FREE Spay procedures to 25 adult female cats per day for Thurston County residents. Please contact Concern for Animals at **360-456-8176** for more information. Proof of low income and residence to qualify.

This four day cat spay program is made possible through a grant from the Thurston County Human Society, Inc. to help control the feline population in our community while easing the financial burden of pet owners. A total of 100 spay surgeries will be available to qualified cat owners over 4 clinic days.

**ADULT CAT
 FREE SPAY
 DAY**

FOUR THURSDAYS

**January 31
 February 28
 March 28
 April 25**

**Concern for Animals
 PO Box 4422
 Tumwater WA 98501
 360-456-8176
 www.concernforanimals.org**



SPIPA Healthy Families Project

Presents:

POSITIVE INDIAN PARENTING



**Wednesday, January 23
 5:00 PM- 7:00 PM**

**To Sign Up Contact Beth Burnett
 Office: 360-709-1627
 Cell: 360-463-1526
 Email: bdodge@chehalistribe.org**