



CHEHALIS TRIBAL NEWSLETTER

The Confederated Tribes of the Chehalis Reservation

“People of the Sands”

February 2013

Free

Salish Tribes Perform at the Governor’s Inaugural Ball

It was a special day of celebration at Governor Jay Inslee’s inaugural ball on January 16. People gathered to feast, socialize, and listen to the entertainers. A wide variety of people attended with over 3,000 who came to enjoy the day’s activities and be entertained.

The Chehalis, Nisqually and Squaxin Island tribes participated, and a few members from the Puyallup Canoe families were also invited to join in this momentous occasion. They were listed as “The Southern Sea Canoe Families” in the inaugural ball program. It was an exhilarating opportunity!

The Canoe families prepared for this event by practicing at each participating tribal community. Each family selected their own songs to be sung at the event. The Elders shared their songs with adults and youth alike, passing them onto the next generation. There were time constraints however, on how long they could hold the rotunda floor, so the Canoe families selected specific songs that could be sang in their entirety, so as to not compromise the integrity of those that were sung.

Security needed to be very strict because of this event’s location, so each volunteer had to complete paper work to pass a background check. Many tribal people gladly complied, for it was a special opportunity to sing, drum, and dance in the Olympia Capitol building at the Governor’s Inaugural Ball!



Drummers, Singers, and Dancers performed around the Washington state seal in the middle of the rotunda floor. The songs honored every one that came to the 2013 Governor’s Inaugural Ball.

A Night to Remember!

The day of the ball was a process as each member of the group showed up at the Labor & Industry Building to sign in and get their bracelets in order to join the activities for the night. Transportation to and from the Capitol was an important aspect of this event, and people found their way using various means. Some were dropped off by friends or family members but many took the shuttles that were provided by the event’s coordinators. As people exited the shuttles, the view of the Capitol Building could only be described as breathtaking. Lines outside the building were already growing, even though the event wasn’t to start for another 2 hours.

All the Canoe families were escorted up to the Senate rooms reserved for the men and women. After dressing in their regalia,

many were smiling and laughing while taking photos in and around the rotunda ballroom floor. It was almost too overwhelming, gazing at the vaulted ceilings, while coming to the realization that this was actually going to happen. There was also a discussion on how to proceed down the steps to the rotunda floor. For a few of the members this was the first time setting foot into the Capital Building, as many had only viewed it from the surrounding roadways.

Singers, drummers, and dancers, gathered to sing a prayer song

before preparing to enter the rotunda floor. The excitement could be felt as we prayed for strength and healing for all we hold sacred.

Then our name was announced and the performance began. The Canoe families entered the floor with grace and style singing and drumming. Led by the Elders and lead singers they circled-up around the roped-off Washington State seal in the middle the rotunda marble floor. The dancers followed creating a circle around the singers and drummers. As everyone reached the floor, the clear awe-inspiring notes of the first song rang out by the lead singer Bear, then the others joined in singing and drumming.

Continued on Page 2....



Elders lead the Coastal Salish Canoe families to the rotunda floor with grace and style singing and drumming

Inaugural Ball from page 1....

The dancers then joined in with their dance. The drums echoed through the whole building and the voices lifted above the drums. The songs honored everyone who came to witness this part of the ceremony. Elders, adults and youth alike shared in their songs, drumming, dance and prayers as the night progressed.

As the performance went on, spectators moved in close to see what was happening, listening intently and not wanting to miss such a spectacular performance.

As the songs wended down and the natives exited the floor the audience



was amazed, and they responded with a thunderous applause. It was a night to be remembered!

After the performance, the Canoe families met back up in the Senate room. Wow! What a performance! That was exciting, something to be honored to share like that! Once in

a lifetime opportunity! Some took an opportunity to sit down in senate chairs to wind down. Someone requested to perform another song. An individual began singing the gathering song and everyone began joining in. The next thing we knew, newly elected Governor Jay Inslee

enters the room.

He said that we were the highlight of the evening and thanked everyone for coming to participate in this celebration. He shook hands and had photos taken with the families who chose to.

The smiles told the tale of a night shared at the Capitol Building. Several members shared some well-intentioned gifts, which lit up Governor Inslee's face as he graciously accepted them.

For all of the performers it was a night to remember!!



Safety Class Teaches Head Start Families How to Prepare for Emergencies

On Thursday, January 17 the Chehalis Tribal Early Learning Programs had our monthly Parent Meeting.

Our main focus was a Safety Training for our families. Chehalis Tribal Law Enforcement graciously hosted the event, and had Officer Ramondi lead the training for the evening. Officer Ramondi talked with us about road safety, and emergency safety to keep our children safe while in our Early Learning Program. Officer Ramondi reminded us of everyday ways to stay safe on the road that we often forget about due to our busy lives.



Chehalis Tribal Officer Ramondi answers the Headstart children's questions during the parent meeting.

We had a great family food activity for our dinner where the children

made their own "cars" out of a hoagie sandwich. They scooped it out the bread and filled it with sloppy joe meat. They used cucumbers for the wheels, tomatoes for the headlights and drove their car right into their mouths. It was a great food experience!

Officer Ramondi talked to the children about the importance of buckling up! The children did such a great job listening to Officer Ramondi! There were tons of t-shirts, lanyards, and helmets for all of our Parent Meeting participants.

Thank you Officer Ramondi!

Community Wears **Red** In Support of Women's Heart Health

Do you know what causes heart disease in women? What about the survival rate? Or whether women of all ethnicities share the same risk?

The fact is: heart disease is the No. 1 killer of women, causing 1 in 3 deaths each year. That's approximately one woman every minute! But it doesn't affect all women alike, and the warning signs for women aren't the same in men. What's more: These facts only begin to scratch the surface.

Causes and Prevention of Heart Disease

It's true: heart disease is the No. 1 killer in women. Yet, only 1 in 5 American women believe that heart disease is her greatest health threat. The truth is, women are less likely to call 9-1-1 when experiencing symptoms of a heart attack themselves. It simply doesn't occur to them to do so. And why would it? The bulk of media attention on the disease is focused on men. Here are more unsettling facts:

- Heart disease causes 1 in 3 women's deaths each year, killing approximately one woman every

minute.

- 90 percent of women have one or more risk factors for developing heart disease.

Since 1984, more women than men have died each year from heart disease and the gap between men and women's survival continues to widen.

The symptoms of heart disease can be different in women vs. men, and are often misunderstood.

While 1 in 31 American women dies from breast cancer each year, 1 in 3 dies of heart disease.

It's time to focus on finding, and becoming the solution. Here's what you need to know about the causes of heart disease and ways you can prevent it.

What causes heart disease?

Heart disease affects the blood vessels and cardiovascular system. Numerous problems can result from this, many of which are related to a process called atherosclerosis, a condition that develops when plaque builds up in the walls of the arteries.

This buildup narrows the arteries, making it harder for blood to flow through. If a blood clot forms, it can stop the blood flow. This can cause a heart attack or stroke.

But it doesn't end there. Heart disease can take many other forms as well:

- Heart failure or congestive heart failure, which means that the heart is still working, but it isn't pumping blood as well as it should, or getting enough oxygen.
- Arrhythmia or an abnormal rhythm of the heart, which means the heart is either beating too fast, too slow or irregularly. This can affect how well the heart is functioning and whether or not the heart is able to pump enough blood to meet the body's needs.
- Heart valve problems can lead to the heart not opening enough to allow proper blood flow. Sometimes the heart valves don't close and blood leaks through, or the valve leaflets bulge or prolapse into the upper chamber, causing blood to flow backward through them.

How can I prevent it?

Many things can put you at risk for these problems – one's you can control, and others that you can't. But the key takeaway is that with the right information, education and care, heart disease in women can be treated, prevented and even ended. Studies show that healthy choices have resulted in 330 fewer women dying from heart disease per day. Here are a few lifestyle changes you should make:

- Don't smoke
- Manage your blood sugar
- Get your blood pressure under control
- Lower your cholesterol
- Know your family history
- Stay active
- Lose weight
- Eat healthy

For more information you can go to website: www.goredforwomen.org American Heart Association.

Photo on next page...



Employees were RED in support of Women's Heart Health in the Gathering Room at the Community Center.

Will Writing Classes Offered to Protect Your Property and Families

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.

What are Your Estate Planning Options?

One of the main purposes of the Act is to preserve the trust status and reduce the number of small, fractionated into Indian Lands. The following chart is a brief overview of your estate planning options.

Without a Will

Trust Interest 5% or more - trust property goes to the eligible descendants and surviving spouse in order:

Surviving spouse in a life estate, then to children equally or to grandchildren, great grandchildren.

- If none, than to parents.
- If none, then to siblings.
- If none of the above, land goes to Tribe
- If no tribe, to co-owners or Secretary

If Surviving Spouse, spouse receives life estate and

- Gets 1/3 of IIM account at date of death
- Gets all income produced by the trust interest during spouse's life time
- Other eligible heirs will get the remaining 2/3 of the IIM account at date of death.

Trust interest less than 5% - goes to Descendants and surviving spouse in this order:

Single heir rule - goes to one person as follows:

- Oldest surviving, eligible child,
- Oldest surviving, eligible grandchild,
- Oldest surviving, eligible great grandchild, or
- If none of the above, land goes to the Tribe.

If surviving spouse is living on that parcel at the time of death, the spouse gets life estate in the parcel only (including the home) with remainder in oldest single heir above.

Ways to avoid Probate:

- Gift deed to family members
- Negotiated sale or land exchange
- Gift deed to co-owner or other Indian
- Sell land to the Tribe
- Gift deed land to the Tribe

With a Will

- With a will the trust owner can decide who gets the land and IIM monies
- If trust interest is passed to another Indian or eligible non-Indians (see below, the land stays in trust.
- If non-IRA trust interest is left to a non-Indian, the land passes from trust to fee status. The tribe will also have the right to purchase before fee transfer is complete in probate.
- IRA lands may not be given in a will in fee to anyone, the transfer will fail. IRA lands must remain in Trust or Restricted status under AIPRA and IRA (25 USC 226(b)(2)(B) and 25 USC 464).

Stopping Purchases at Probate

Heirs give their consent to sell of one of the following applies:

- Interest to be received by heir is 5% or greater
- There is a valid Will.
- Heirs to receive interest lives on the parcel at time of death.
- Heirs agree to voluntary consolidation agreement during the probate proceeding.

Who is eligible to inherit land in trust?

Any one of the following:

- Member of an Indian Tribe.
- Eligible to become a member of a Tribe.
- Person who owns an interest in trust land on October 27, 2004
- Person who needs the definition of Indian under the Indian Reorganization Act.
- In California, any person who owns an interest in trust or restricted land in California.
- Descendant's lineal descendents within 2 degrees of relationship to any Indian (Without a Will).
- Any children, grandchildren or great grandchildren (lineal descendants of testator) who are given an interest in a Will even if non-Indian.
- A co-owner in same parcel.

Tribal Health and Wellness News

■ Steps You Can Take To Combat Influenza (Flu)

Each year, flu vaccine is made with the three most common circulating strains and the Center for Disease Control and Prevention (CDC) recommends that everyone aged six months and older obtain a flu shot. The flu shot is not a 100% guarantee of not getting the flu but it does provide better protection for you than if you were not vaccinated at all. Flu-like symptoms can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Certain people are at greater risk and are encouraged to get the seasonal flu vaccine. This at-risk population includes:

- Kids and adults of any age with certain chronic health conditions or special health care needs, such as diabetes, heart disease, cancer, cystic fibrosis, asthma and other breathing problems, sickle cell anemia, and cerebral palsy.
- Pregnant women.
- Household contacts and caregivers of people in any of the above groups.
- Health care professionals.
- Household contacts and caregivers of kids, especially those in contact with babies under six months of age who are too young to get seasonal flu vaccine.
- The CDC website high risk for flu complications also lists American Indians and Alaska Natives as having a higher risk of flu complications.

There are preventative actions you can do each day to stop the spread of germs:

- Wash your hands often with soap

and water.

- Avoid contact with sick people.
- If you are ill with flu-like symptoms, stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities.
- Limit contact with others as much as possible to keep from infecting them.
- Cover your nose and mouth with a tissue or upper arm/shoulder when you cough or sneeze.
- Avoid touching your eyes, nose, and mouth.
- Disinfect surfaces and objects that may be contaminated with germs.
- Cover your mouth and nose with a mask to stop the spread of germs.

Here are five steps to take to help you on your road to recovery:

- Stay at home and rest.
- If you get very sick or are at high risk for flu complications, call your doctor.
- Take the antiviral flu drugs if your doctor prescribes them.
- Drink plenty of water and clear liquids to prevent water loss (dehydration).
- Treat fever and cough with medicines you can buy at the store.

Visit CDC's website to find out what do if you get sick with the flu and how to care for someone at home who is sick with the flu.

<http://www.cdc.gov/flu/protect/preventing.html>

Dental Chat

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. Having a dental exam every six months is a very important step to keep teeth healthy.

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 at 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 Thursday, February 28 at 4:00 PM.



SPIPA Colon Health Program Presents the Third Annual

“March to Prevention” Conference

At the Little Creek Event Center
with Squaxin Island Tribe

Saturday, March 2
9:00 AM to 4:00 PM

Who: Tribal and Community Members
RSVP: 360-462-3235

March is Colorectal Cancer Awareness Month. To commemorate it, the Colon Health Program will hold its 3rd Annual March to Prevention conference at Little Creek Event Center, Squaxin Island.

Speakers, Zumba, The Giant Colon display, Colon Health Bingo, Educational Workshops and Activities.

If you would like more information or to register to attend, contact Cindy Beck at 360-709-1810 or cbeck@chehalis tribe.org



Communication is a Key Part to Building a Healthy Relationship

Communication is a key part to building a healthy relationship. The first step is making sure you both want and expect the same things -- being on the same page is very important. The following tips can help you create and maintain a healthy relationship:

■ **Speak Up.** In a healthy relationship, if something is bothering you, it's best to talk about it instead of holding it in.

■ **Respect Your Partner.** Your partner's wishes and feelings have value. Let your significant other know you are making an effort to keep their ideas in mind. Mutual respect is essential in maintaining healthy relationships.

■ **Compromise.** Disagreements

are a natural part of healthy relationships, but it's important that you find a way to compromise if you disagree on something. Try to solve conflicts in a fair and rational way.

■ **Be Supportive.** Offer reassurance and encouragement to your partner. Also, let your partner know when you need their support. Healthy relationships are about building each other up, not putting each other down.

■ **Respect Each Other's Privacy.** Just because you're in a relationship, doesn't mean you have to share everything and constantly be together. Healthy relationships require space.



2013 NATIVE MEN'S WELLNESS WORKSHOP



The Comprehensive Cancer Control Program (CCCP) announces the annual SPIPA Native Men's Wellness Workshop for 2013.

A Native Men's Wellness Workshop will be held on March 15 - 16, 2013 at the Great Wolf Lodge, located in Grand Mound, WA. The event will begin Friday evening at 7:00 PM with healthy snacks and conclude on Saturday early afternoon. While past Men's Wellness events have been education focused, this year will also include a focus on cancer prevention planning. Cigarette use, obesity, lower than recommended fruits and vegetable servings and physical activity account for a majority of cancer causes. These factors are within reach, and Native men deserve the best health.

To ensure a maximum effect on Native Men's Wellness campaigns throughout the 5 SPIPA tribes, the CCCP asks that this year's participants commit to attend the workshop in March and at least 1 follow-up meeting later in the year.

To reach men in each of the 5 tribes, the Native Men's Wellness Summit has reserved 50 rooms for the March Summit. There will be at least 5 rooms per tribe and the remaining rooms will assigned be on a first come, first serve basis. Spouses or partners and up to 2 children per participant are welcome, though some sessions will be men only. Participants are encouraged to share rooms as it will allow more total participants. The registration deadline is February 28th.

To register, please contact Kathryn Akeah, Outreach Specialist CCCP, at 360-462-3241 or visit www.spipa.org.

Winter Workout Tips

Eight Tips to keep you moving all year long. It is hard to keep active during the winter months. Try these tips to increase your physical activity during the dark cold winter months:

Indoor

- Use the tribal gym or swimming pool.
- Try a group exercise class like Zumba.
- Work out at home with a DVD from the library or try free internet videos on youtube.com or Hulu.com
- Laugh it up – invite a friend to join you, try a Wii activity or game.

Outdoor

- Take time to warm up your muscles before doing high intensity workouts or stretching.

- Insulate – dress in layers, stay warm but don't sweat.
- Stay hydrated – drink water, even though you don't feel thirsty
- Wear reflective material if exercising in the dark.

Why is this important?

- Exercising controls weight
- Exercise combats health conditions and diseases (like high blood pressure, heart disease, diabetes, certain cancers).
- Exercise improves your mood
- Exercise boosts your energy
- Exercise promotes better sleep

Low Impact Workouts Available

Come to a low impact, relaxing 30 minute workout [12:15 – 12:45]

Tuesdays, Thursdays and Fridays in the Youth Center Gym.

Each session will include stretching, light strength training and some core work. Wear loose, comfy clothes, barefoot or socks.

All equipment and MATS PROVIDED

If you have questions or would like to register, please contact Cindy Beck at 360-709-1810 or cbeck@chehalistribe.org

Starts Tuesday, January 8th - Ends Friday, March 29th



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. Please 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.

For additional information,
please contact us at:
Email: CTG@chehalistribe.org
Phone: (360) 273-5504

Community Transformation Grant Meeting (CTG)

All Tribal Members Are Welcome!

If you are a community member interested being part of the “Communities Transformation to Make Healthy Living Easier” contact: Shannon Sullivan at 360-709-1771 or email: ssullivan@chehalistribe.org.

Meetings are the second Wednesday of each month:

Wednesday, March 13
2:00-3:30 PM
Eagles Landing Hotel
Conference Room, 5th Floor



Available On
Facebook: Chehalis Tribe Community Transformation Grant
Twitter: ChehalisCTG

Email: CTG@chehalistribe.org

Chehalis Tribal Loan Fund News

Up-coming Trainings

February

February 7th: Financial Literacy

March

March 21st, 11:00 AM - 1:00 PM. Savings Event at CTLF office with Sterling Savings Bank. "What do you want to save for?". Open a savings account with any amount. For those who already opened an account, come make a deposit.

April

25th: Small Business Development: Accepting Credit cards to expand your business.

May

23rd: Providing Excellent Customer Service.

We will begin accepting Firework loan applications in May!

Contact the CTLF staff for any questions.
Julie Burnett, Executive Director
jburnett@chehalistribe.org

Diana Pickernell, Loan Coordinator
dpickernell@chehalistribe.org
360-709-1831 or 360-709-1631



100% Free Tax Preparation

Free Basic Tax Help in your Community!

By appointments only

■ Call us today to schedule an appointment to e-file your taxes!

We still need Volunteers to help Prepare Taxes for the community.

For more information contact:
Anna Yim.

Chehalis Tribal Loan Fund
Phone: 360-709-1631
Fax: 360-273-3664

Email: ayim@chehalistribe.org

You can schedule an appointment with us to file your Taxes from:

January - April 15, 2013

Weekly Gift Card Drawings. Grand Prize Drawing on April 15th.

Sponsored by the Chehalis Tribal Loan Fund

Happy Birthday to Tribal Members 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 Stephanie Pickernell Laura Starr	12 Jennifer Revay	13 Timothy Garza Heather Klatush Albert Ortivez-Hicks Chase Perez Fred Shortman	14 Micheal Boyd Mariah Vasser 	15 Albert Ortivez III	16 Mackenzie Jones Susan Sanders
17 Chaon MacDougall	18 Daryl Boyd Maggie Gleason-Wheeler	19 Kim Heck Catherine Secena	20 Tyler Klatush Charlotte Lopez Bradyn Lopez Ray Ray Lopez Zedikiah Sanche Mei-lien Tanner	21 Lilia Hoheisel Patrick Simmons, Jr. Christopher Teague	22 Riley Youckton	23 Sharon Tolbert
24 Luke Cayenne Thomas Heck Jerrie Simmons Cheryle Starr Dwayne Thomas Kayden Youckton	25 Daymon Thomas Ryan White Eagle, Jr.	26 Marla Conwell Mary DuPuis	27 Halisa Higheagle	28 Virginia Canales Tom Hayden, Jr.		

Happy Birthday
Rita Hernandez
A great
mother, sweet
grandmother
The best sister and
caring daughter
We love you very
much!!
Anna M. Hartman



HAPPY 93rd
BIRTHDAY TO MY
GRAM
KATHERINE BARR

LOTS OF LOVE!!!
CHERYLE STARR
& FAMILY

Happy Birthday
Jennifer Klatush
"Jenny Buns"
I love love love
you ☺
*Anna M.
Hartman*

*Many, many
Happy Birthday wishes to my
daughter Stephanie
~ February 11th ~
Love Mom
Happy Birthday wishes to my
sweetheart of a granddaughter
Kelsey ~ February 3rd*

Happy Birthday
Timothy Garza
Love Jodie, Cedes
& Tony


Happy Birthday to my
Beautiful niece Jennifer Bird -
February 8th!!!
Happy Birthday to my
Beautiful daughter
Heather W.L. Klatush
February 13th
Happy 6th Birthday to my
awesome little nephew
Albert Jae Ortivez!
Happy Birthday Feb. 15th to
my nephew Albert Ortivez III!
~ Chris O.~

Happy Birthday
Stephanie



From Harry and the Boys

Happy Birthday
to my Son, Ray
Lopez Jr and
Grandson Bradyn
Lopez-Palmer.
It's a Blessing to
share the same
Birthday!
Love
Mom/Grandma
Charlotte



Also Best wishes to Gram Barr, Carla Thomas,
Charles Barkley, Tyler Klatush and Mei-lien
Tanner.....The 20th is the BEST

Tips for Completing Employment Applications

Tell the truth. State things in a way to show yourself in a positive light, but do not falsify information.

Complete all requested information. Don't leave anything blank. If a question doesn't apply to you write, "Not Applicable" or "None".

Write clearly and neatly. Always use a black or blue ink pen. Check for spelling and grammatical errors.

Contact information is vital. Be sure to put down a good address and phone number where you can be reached or receive a message.

Be specific about the position or type of work you are applying for. Never write, "Anything" or "Whatever is available."

When asked about Salary you desire write, "Open," "Negotiable" or "Prevailing rate".

List your most recent job first when completing employment information. Make sure information is complete and accurate. Be specific when describing your job duties in the work history section.

List your most recent education first. Include vocational schools and training programs as well as college and high school.

List all skills relevant to the position you are applying for, including those gained through volunteer activities.

When asked about health, physical limitations or availability, give only information relevant to your ability to perform the job.

If you have a negative experience on your record (i.e., you were fired or have a conviction) write, "Now resolved" or "Will discuss." This may or may not keep you from being screened out.

References don't necessarily have to be professional. If you have volunteered you can use members of the organizations that you have helped or if you are a student use your teachers. In all cases, ask for permission prior to using the person for a reference.

Reread your application before you hand it in. Make sure you have signed and dated it.

Know Yourself 101

In the life-long process of getting to feel better about yourself, the first step is to know who you are!



can be an opportunity to learn things you might not otherwise have known. You can then decide if you want to change those things. If you don't know about them, you can't change them.

Who are you?

- Are you a wife/husband, mother/father, sister/brother, citizen, student, neighbor, friend?
- Are you kind or cruel, smart or dumb, understanding or callous, giving or selfish?
- How do you react to adversity?
- How do you treat others?
- What parts of you do you like?
- What parts do you dislike?
- How can you change to be the person you want to be?
- To live the life you want to live?

Self-knowledge is an important starting point. Listening to what others say to you about yourself is one to increase self-knowledge. However, many people are not open to hearing about themselves from others. If you can be receptive to another person's view about you. You can learn and grow more easily and quickly.

Sometimes it hurts to hear bad things about yourself. If hurtful things are said in a spirit of kindness from someone who cares about you, it can be helpful. Listening openly

Some people have difficulty listening to nice things said to them and about them by others. How do you feel when you hear nice things? Can you drink them in with joy without qualifying, denying, avoiding these nice gifts? Accepting positive words from others is extremely helpful and useful.

- There are many paths to self-knowledge.
- Whatever the path, the important thing is GROWTH.
- You must keep growing.
- And learning,
- And changing.
- Never stand still.

The more you know about you, the better position you will be in to change what you want, and keep what you want. Self-awareness is the key to change and growth.

Staff: Barbara Churchill, Orinda Goddard, and Jamie Smith

Chehalis Tribal General Assistance Program

General Assistance (GA) will begin in March. If you would like to apply, you will need to pick up an application at your earliest convenience and have it completed and turned in before March 5th.

If you have any questions regarding eligibility, please contact Jamie Smith – GA Caseworker, at (360) 709-1872 or jamiesmith@chehalisTribal.org. You can pick up applications at the GA Office located in Resource Center.

Career Classes

If you would like to learn more about completing employment applications, creating a resume, or any other job search related items, please join us for Career Classes every other Thursday at 1:00 PM in the Chehalis Tribal Resource Center.

Upcoming class dates are: Feb. 7th & 21st.

Classes are open to the Chehalis Tribal Community.

Chehalis Tribe Students of the Month for February

Makayla Ortivez (9-12)



Makayla is a Junior at Oakville High School. "School is great," she says. "New Market is the best though, because it's opened up so many more opportunities for me. After high school, I plan to go

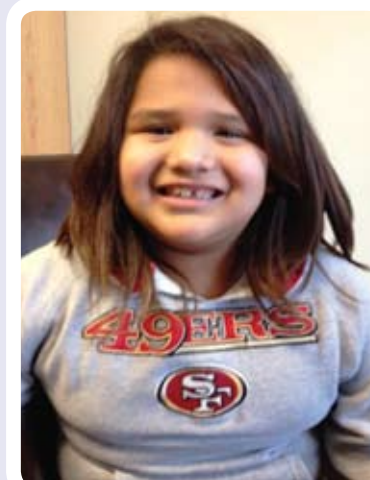
to a university and double-major in Law and Psychology. I also have an interest in Sociology, so maybe I'll minor in that."

Shyann Ortivez (6-8)



Shyann is in the 8th grade at Oakville Middle School. Her favorite subject is math; she is especially fond of the Pythagorean Theorem. "Pay attention in class; it helps," she says. At school she enjoys school sports and spending time with her friends. Shyann hopes to explore the veterinary field someday. She loves animals and loves doing new things so "Why not try it?"

Alexis Starr-Wright (K-5)



Alexis is attending Oakville Elementary in her 2nd grade year. She really likes to take tests; her favorite subject is math. Her advice to other kids is to be quiet and pay attention. After school, Alexis enjoys sewing in DeDe's cultural classes and wants everybody to know that she lives in America.

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!

Program Seeking Information 2013

High School GRADUATES

The Education Department is seeking information on the following students that may be graduating this year, but that we have been unable to contact.

If you or someone you know has contact information for any of these individuals, or any other high schoolers that are on track to graduate this year.

Please contact:
Taaffe Wyatt at 360-709-1759
Racheal Mendez at 360-709-1698

Autumn Beckwith
Tyler Beckwith
Ostynn Farrier
Shayleen Fulton
Kayleen Fulton
Lela Pulsifer
Duane William, Jr.
Rose William

Cultural Program News

Cultural Program

The schedule for Walter Lewis, Culture Coordinator is: Monday, Wednesday, Thursday, and Friday. His classroom is open from 12:00 to 6:00 PM daily.

Tribal members can come in anytime to learn how to weave small projects. This is a beginning weaving class and available for those who are interested in learning how to weave.

His office is located in the library in Classroom 6 at the Community Center. On Tuesdays he is scheduled to be working with the youth in the Youth Center Program.

Diane Devlin, Cultural Coordinator's schedule is: Monday, Tuesday, Thursday, and Friday. Her classroom is open from 12:00 noon to 6:00 PM daily.

You can come to do small sewing projects such as purses, cell phone holders, pillows, etc. She has a list of projects you can come over and learn with her. On Wednesdays she will be working with the children in the Headstart Program.

Sign-up sheets for all classes will be at the community center. Watch for all the upcoming classes that will be offered to Chehalis Tribal Members.

Heritage Program

Lynn Hoheisel, Heritage Coordinator is in the Heritage office Monday – Thursday 8:00 AM-4:30 PM. She has been busy doing inventory and getting the office ready.

She is available to help you get started on your family trees. It is great opportunity to learn about your family lineage. If you have a copy of your family tree, please bring them with you.

The Heritage Program is encouraging families to bring in your old pictures to be placed into our Chehalis Tribal Archives.

If you cannot come to the office and you wish to share old stories on the Chehalis tribe with pictures, she will gladly come to your home and talk to you where she can scan pictures at your home. So please give her a call and schedule an appointment.

Her office is located in the community center in the Heritage office or call at 360-709-1748.

Come out and visit and give them ideas of what you want to see offered this New 2013 Year.

State Testing 2013

Dear Parent/Guardian:

Every spring, the state tests all students in grades 3–8 and 10 to make sure their learning is on track. It also tests all English language learners in grades K–12 to make sure they are learning English. The results from this testing are important to us all.



Students in grades 3–8 participate in the Measurements of Student Progress (MSP). Those in high school take High School Proficiency Exams (HSPE) in Reading and Writing, and End-of-Course (EOC) exams in algebra 1 or integrated math 1, geometry or integrated math 2, and biology.

Students in grades K–12 who are English language learners take the Washington English Language Proficiency Assessment (WELPA). The WELPA measures growth in oral and written English. Since knowing and using English well is necessary for success in school, it is important that students who need additional help learning English get the help they need.

The MSP is also offered online in reading, math and science (grades 5 and 8). Beginning in last spring, students in grades 3–8 began taking the reading and math tests online.

Our state tests were named to convey their specific goals:

- The MSP *measures student progress*. While the MSP results are important, state testing should never be the sole measure of a student’s academic skills and knowledge. A student’s entire performance should always be considered.
- The HSPE ensures that high school students are *proficient*, or have the basic skills necessary to move on to the next steps in their life. The high school tests are aligned to graduation requirements.
- The EOC tests students at the *end of a specific course* on the knowledge and skills they’ve gained from that course, rather than a comprehensive test that assesses overall knowledge.

Students in the classes of 2013 and 2014 must pass reading, writing and math (algebra 1 or integrated math 1, OR geometry or integrated math 2) to be eligible to graduate. Students in the class of 2015 and beyond must pass reading, writing, math (algebra 1 or integrated math 1, AND geometry or integrated math 2) and science.

If you have questions or concerns about your child’s learning, please contact your child’s teacher or school counselor. To learn more about the state’s testing system, please visit www.WAtesting.com.

A student receiving special education may be eligible for additional alternatives related to the testing requirements (please see “How students in Special Education Participate in State Testing” on the OSPI website).

Who Gets Tested and When?

The federal No Child Left Behind Act requires yearly testing of students in grades 3–8 and 10 in reading and math, and in three grades in science (grades 5, 8 and 10 in Washington). Our state also tests students in writing (grades 4, 7 and 10).

Students for whom English is not their first language are tested annually in the spring using the WELPA from kindergarten through grade 12, until they no longer qualify for language support services.

	3rd	4th	5th	6th	7th	8th	9th	10th	11th	12th
Reading	✓■	✓■	✓■	✓■	✓■	✓■	NT	✓	Necessary only if student has not met state assessment graduation requirement.	
Math	✓■	✓■	✓■	✓■	✓■	✓■	✓	✓		
Writing		✓			✓		NT	✓		
Science			✓■			✓■	✓	✓		
English Language Proficiency	✓	✓	✓	✓	✓	✓	✓	✓		

■ Offered online in spring 2013

NT Subject not tested (9th graders only take end-of-course exams in math and science, if they are in those

State Testing and Reporting Timeline

Jan 2–Feb 8:	Math and Biology EOC retake testing window
Feb 4–Mar 8:	WELPA testing window for grades K–12
Mar 12–14:	Writing & Reading HSPEs
Apr 24–May 16:	MSP paper/pencil testing window for grades 3–8*
Apr 24–May 31:	MSP online testing window for grades 3–8*
End of School Year:	EOC Math & Biology exams (last three weeks of school, between May 6 and Jun 21)
May 31–Jun 23:	August HSPE registration window
Jun 6:	HSPE score reports sent to districts for grades 10–12
Jun 20:	Release of statewide HSPE results
Aug 13–15:	Summer HSPE testing
Sept:	Student score reports sent home

* Testing is one subject per day.

What Does an MSP/HSPE/EOC Score Mean?

Students receive a score for each MSP/HSPE/EOC test taken. Scores are based on how an individual student performed, so you won’t find percentiles often provided by other standardized tests. Scores fall into one of four levels:

- Level **4 Exceeds State Standards:**
4 Represents advanced mastery of skills and knowledge in a subject.
- Level **3 Meets State Standards:**
3 Represents mastery of skills and Knowledge in a subject.
- Level **2 Below State Standard:**
2 Represents some mastery of skills and knowledge in a subject.
- Level **1 Well-Below State Standard:**
1 Represents little to no mastery of skills and knowledge in a subject.

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 City, ST Zip

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SAVE THE DATE!

SPIPA's 13th Annual Native American Art Auction & Dinner

* Live & Silent Auctions and Buffet *

**Lucky Eagle Casino
 Rochester, WA**

April 13
 Tickets \$75 Ea.
 Reservations: 800/924-3984

Own interest in Squaxin Island?

The Squaxin Island Tribe is purchasing undivided fractionated interest in allotments on Squaxin Island. At least twenty-four (24) tribes in the surrounding area have members eligible to sell their interests. The allotments include:

ALLOTMENT #	ALLOTEE	ALLOTMENT #	ALLOTEE
3	Isaac/Chavistied	17	Tyee Bob
4	Old Man Sindam	18	Peter Klabsch
8	Old Man Sedulk	18a	Peter Klabsch
9	Dick Simmons	19	John Sealk
12	Tom	19a	John Sealk
13	Kate Charley	20	Henry Kiopel
14	Old Man Sollatah	21	Tobolitsa
15	Julia Quastadia	22	Jack / Yesapab
16	John Senaksob		

The Tribe is paying individuals the appraised value of the land, the full fair market value of the timber outside establish buffer zones, and 50% of the value of timber within the buffer zones. Generally timber cannot be harvested within the buffer zones established in the Tribe's Forest Management Plan. The Squaxin Island Tribe will only be able to purchase interest on allotments that have been appraised by the BIA, Office of Special Trustees. Appraisals are conducted annually. The Tribe is buy undivided interest on a first come = first served basis. The date of your application will determine your priority status.

PLEASE CONTACT:
Esther Fox, Real Estate Manager, Squaxin Island Tribe,
360-432-3864 or efox@squaxin.us

Free Legal Services for Native Americans

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.

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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Business Committee

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

Chehalis Tribe's Vision Statement
To be a thriving, self-sufficient, sovereign people. Honoring our past and serving current and future generations

Chehalis Tribal Newsletter Staff:
 Fred Shortman, Communications Coordinator

REZ ANIMAL RESOURCES EDUCATION

Get your pet fixed for \$5

For all Chehalis tribal members and anyone living on the Chehalis Reservation:

- Step 1. Call 253-370-6392 to request a voucher.
- Step 2. Call a local veterinarian to schedule an appointment.
- Step 3. Take your pet to the scheduled appointment.

Rez Animal Resources & Education is a small Non-Profit organization helping animals on the Chehalis, Nisqually, Skokomish, Squaxin Island and Shoalwater Bay Indian Reservations.

www.rezanimals.com