



CHEHALIS TRIBAL NEWSLETTER

The Confederated Tribes of the Chehalis Reservation

“People of the Sands”

March 2013

Free

Garden Project Growing a Healthier Community

Spring is fast approaching, and it's getting warm enough to start preparing the ground to plant vegetables, fruit trees, and spring flowers. What better way to refresh the body and spirit than to spend some relaxing time in the garden. It is said that earth below your feet has the property of purifying your body. When you work in the dirt all day, you are in constant contact with earth the whole time. This alone, can provide a surprising amount of benefits for your mental and physical health.

About the Community Garden Project

This is the second season for our Community Garden Project. Initially, some land was donated to be used as a garden from Janice Latch. When she shared with us that her mother loved gardening, she felt it was a perfect place for us to start our Community Garden. The garden will be named “Ida’s Garden” to honor Janice’s mother.

During last summer the garden crew consisted of three dedicated



Youth Geo Jack surveys his work after finishing planting the fruit trees.



During the summer youth workers and volunteers prepared and planted the community garden. Gary Ortivez II said, “It was a rewarding experience our first year getting the garden up and running. I hope more people from our community get involved.”

youth workers: George “Geo” Jack, Gary Ortivez III, and Jordan Bray. They worked very hard last summer to get the garden up and started as they visited other gardens and nurseries to gain the skills they needed. Correna Young, tribal employee and master gardener contributed her expertise, time and energy to set up the garden. There were also many other volunteers who came out and helped build a raised bed by tilling the ground and planting. We encourage anyone willing to come out and help support this project!

Benefits of Gardening

Gardening gives you a sense of accomplishment and independence, as well as a closer relationship with nature. It also provides nutritious food choices while showing the youth that if we work together we can give back to the community.

The garden will also be used for:

- Promoting healthy lifestyles
- Helping high school students gain credit for graduation
- Self-soothing/meditation
- Community service hours with Tribal HR approval
- Core skills of growing a garden from scratch
- Cultural learning with natural medicine
- Community cohesion
- Connection to the environment
- Learning and implementing self sufficient food skills

Goals and plans:

- Keep Community Garden alive and maintained
- More involvement from the community
- Incorporate more varieties of vegetables, fruit, and herbs
- Acquire more land to expand the

garden for production

- Build a healthy community

What’s in the Garden?

Last year the garden was planted with spinach, broccoli, cucumbers, kale, wok choy, two kinds of lettuce, green onions, pumpkins, summer squash, apple trees, plum trees, pear trees, and cherry trees. Our goals for this year are to add potatoes, carrots, corn, peas, cabbage, watermelon, tomatoes, raspberries, blueberries, blackberries, herbs, and natural medicines.

Where the Produce Will Go

When the produce of the garden is ready for distribution, our main priority will be giving to the Elders and community. We also want to be able to have a small weekly market to allow people to buy our fresh produce, and to generate money which will go back into helping support the garden. It would be great to see if we could start a Farmer’s Market monthly and have

Continued on Page 2....



Orinda Goddard working the soil to prepare for planting the crops.

Garden from page 1....

a chance to give out fresh vegetables and fruit to our community. This garden will help showcase to our youth and community that we can grow our own food and make healthy choices for meals and snacks. We hope to collaborate with some of the Tribal programs to help promote a healthy lifestyle. We also plan to offer canning, drying, and cooking classes.

This year the youth center will be helping with the seeding of the produce and high school students will be helping to get the ground ready to plant for this season.

Donations

It is a new year for our Community Garden Project and we plan to get a better start this season. There is a brochure available about the Community Garden which will hopefully raise awareness of the project, to give people a chance to offer their support. We hope to get funding, as well any additional resources we may need for our project. We are very fortunate that Janice Latch donated the use of land for the garden and that the Chehalis Tribe Business Committee graciously donated funds last year. Currently, this project is not funded by any organization and is relying solely on donations and volunteers.

With that said, we are asking for donations and contributions to help and support our Community Garden, and we gladly welcome volunteers! Territorial Seed Company has

donated seeds for the garden and our youth program will be helping with seeding. We will also have a few summer youth working in the garden again this year. Any donation is greatly appreciated and we thank you for considering supporting this project.

We have already accepted some donations this year and have been given more land from a Tribal Elder. Another program will also be donating pumpkin starters for a pumpkin patch. We are grateful for all the help we are receiving.

Special Thanks for Donations, Workers and Volunteers!!

Janice Latch, Chehalis Business Committee, Vocational Rehabilitation Program, Shannon Sullivan, Correna Young, Ray Secena Jr., Maintenance Crew, Youth workers: George "Geo" Jack, Gary Ortivez III & Jordan Bray, Lucky Eagle Casino, Derwin Goddard Family, HWY 99 Nursery & Territorial Seed Company and Volunteers: Steve Burnett, Melvin Youckton, and Winona Youckton!

We are always looking for more volunteers! Come out and join in the gardening fun of learning and working together. For more information or for scheduling, please feel free to contact:

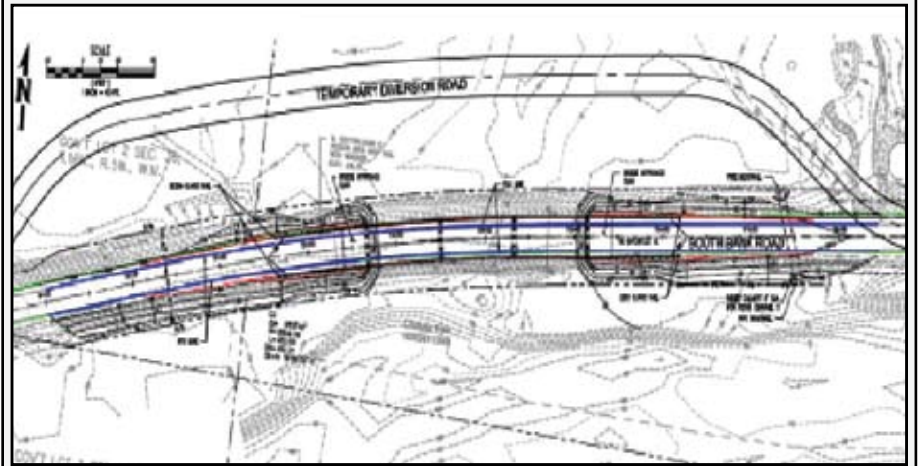
Orinda Goddard
360-709-1735

or

Shannon Sullivan
360-709-1771



Road Improvement Plans to Relieve Flooding Impacts on South Bank Road



Proposed improvements to Sickman Ford Bridge on South Bank Road to minimize flood impacts. Work is scheduled to begin in March 2013

Just before South Bank Road crosses the Sickman Ford Bridge near Oakville, the roadway is built on 6-10 feet of dirt fill to raise it up out of the flood zone. The fill under the road, blocks flood waters from passing freely through the area and causes water to back up onto the reservation. During large floods, that back-watering effect causes the water to build up and eventually cross South Bank Road with increased force, damaging the road and Tribal lands.

The Chehalis Tribe has received a \$2,075,000 grant from the State of Washington to build a new flood relief bridge on South Bank Road and remove several thousand cubic yards of that fill. The new bridge will allow flood waters to return to their historic flood channels, thereby reducing the back-watering effect that occurs in that area during a flood. The new flood relief bridge will be a 250 foot concrete bridge on South Bank Road, located just east of the Sickman Ford Bridge. This project will not include any

changes to the Sickman Ford Bridge and will not impact the normal flows of the river. Grays Harbor County supports the project and will maintain the new bridge once it's built, as part of South Bank Road.

Some tribal transportation funds will likely be needed to complete the project and provide funding for an employee from your Chehalis Construction Company to act as the Tribe's eyes and ears on the project. The project starts in March, but you won't see too much activity until May and June. At that point, a temporary detour road will be built in the field next to South Bank Road and construction will really get going. The bridge is scheduled to be completed in late September and should be in place to help reduce flooding in this winter's flood season.

For more information contact:

Glen Connelly, Environmental Programs Manager
at 360-709-1854

Early Learning Programs February Parent Meeting on Oral Health



Dentist Dr. Elton educates families on the importance of taking care of your teeth at Head Start Parent Meeting.

On Thursday, February 21 families gathered in our Head Start building to listen and learn all about oral health. We welcomed Dr. Elton as our guest speaker and expert on proper care of our oral health.

The children were able to get involved and brush away the “sugar bugs” from their big teeth and toothbrushes that were provided for the activity. Having fun and learning that with their magic wand they can make the sugar bugs disappear! Dr. Elton educated us on the best way to brush; small circular brushing with a soft head toothbrush

gets the best results for clean, healthy teeth.

For dinner we had homemade clam chowder, ham and cheese casserole with rolls, and delicious fresh fruit smoothies! We thank our Early Learning kitchen staff for their hard work.

Dr. Elton quizzed our families with dental questions such as:

- How many teeth do children have?
- How many teeth does an adult have?

■ Why is it important to floss?

■ Why is it important to brush infant teeth?

If you don't know the answers to these questions-go to visit Dr. Elton at the Wellness Center!

Each winner received a prize to promote dental health! It was a great evening to get together and remind ourselves what we need to be doing to live healthier.

We thank Dr. Elton for all of his expert advice & support!

Chehalis Tribe Host ATNI CONFERENCE at the Great Wolf Lodge

The Chehalis Tribe hosted the Affiliated Tribes of Northwest Indians Dedicated to Promoting Tribal Self Determination Conference. January 28, 2013 to Thursday January 31, 2013. ATNI supports many Legislative needs to Indian Country. Several tribal leaders attended along with our Honorable Chairman David Burnett and Dan “Bones” Gleason, Sr.

There were several vendor booths

and workshops of Native American crafts.

One subject of great importance discussed at the ATNI conference was the *Reauthorization of the Violence Against Women Act*. ATNI brought awareness to the passage and critical need for women assaulted in Indian Country. ATNI helped preparing leaders for the upcoming votes for the reauthorization bill of Violence

Against Women.

The Reauthorization was defeated by 168 YAYS to 254 NAYS the first go around with the House substitute VAWA. However, the **SENATE BILL- S.47 PASSED BY 286-YEAS to 138 NAYS. The President sign the law on March 7.**

Great news for Indian Country! Here are some exciting expansions with the passing of the new bill:

■ Indian women assaulted on reservations by non-Indians to take their case to Tribal court

■ Protection for gay, lesbian, bisexual, or trans gender victims of domestic abuse

This clearly is history! Never before, have women assaulted by non-Indian offenders been able to prosecute assailants in tribal court! We shall prepare for the new challenges in upcoming months.

Staff Profiles: ICW Social Worker and Diabetes Prevention Specialist



**Marti Zimmerman
ICW Social Worker**

Hi, I am Marti Zimmerman. I am the new ICW social worker and super excited to work for the Chehalis people. Previously, I worked for the State of Washington

as a social worker. I have a degree in Community Service from St. Martin's University and have recently applied to the Master of Public Administration program at Evergreen State College. My journey to social work is an interesting one, and many of my strengths as a social worker come from my life experiences, rather than my education. I believe my values and character are defined by how I overcome my mistakes and failures, rather than my successes.

I am a down to earth and enjoy comic books, Sci-fi and consider myself to be a Star Wars Super Fan. I have a strange fascination with competition reality shows,

love to hear bad jokes and hate it that sometimes I forget a person's name after meeting them. I am married with a teenage daughter and the cutest dog on the planet. I absolutely love being a social worker.

My name is Mary Weber, I am the newest member of the Diabetes Prevention Team at the Chehalis Tribal Wellness Center. I am a Chehalis Tribal member, but I grew up in Skokomish with my grandparents, Rena and Ted Pulsifer. I've lived here off and on for the last two years. Last year I attended Everest College for medical assisting. I am 23 years old, married and have 2 toddlers.

I look forward to meeting those that I don't know and serving the community in the best way possible. See you soon!



**Mary Weber
Diabetes Prevention Specialist**

Tribal Health and Wellness News

■ WHAT'S ALL THE FUSS ABOUT FIBER?

Fiber is a component of many plant foods, and when we eat certain plants, the fiber in them enhances our health. Fiber is an indigestible substance that works its wonders in our digestive tract. Some fibers help to prevent constipation and keep the intestinal tract healthy by making sure all food residues are removed on a regular basis. This reduces the risk of colorectal cancer, diverticulitis and hemorrhoids. Other types of fiber hold onto cholesterol and other fats in the intestines, preventing us from absorbing them. This reduces our risk of many chronic diseases like heart disease and diabetes. Fiber also keeps us feeling full longer, so we don't eat as much, which is helpful for those who are watching their weight.

Fiber is found in many different foods, and it's recommended that we get a minimum of 25 grams of fiber each day. The average American gets less than 10 grams of fiber every day. Beans [legumes] are a rich source of fiber. Beans come in many varieties; pinto, garbanzo, black, kidney and lentils are just a few examples. A half cup of cooked beans contains 9 grams of fiber, while a half cup of whole grain rice has 2 grams of fiber, and a slice of stone ground whole grain bread contains 2 grams of fiber. Quite a difference! Beans are also low in calories, contain valuable minerals such as iron, magnesium and phosphorous, and are a good source of protein.

Beans can be used in many dishes such as soups, salads and chili. This recipe is from the Cancer Lifeline Cookbook, and is easy to prepare, as well as quite yummy!

THREE BEAN VEGETARIAN CHILI

2 tablespoons olive oil	1 can [15 oz] low sodium pinto beans
1 cup chopped onion	1 can [15] low sodium black beans
4 cloves garlic, minced	1 can [8 ounces] low sodium garbanzo beans
1 green bell pepper, diced	1 can [15 oz] tomato sauce
1 zucchini diced	Hot chilis chopped to taste
2 tablespoons chili powder	
1 teaspoon ground cumin	
1 teaspoon oregano	

Heat oil in a Dutch oven or saucepan. Add onion, garlic, bell pepper, zucchini, and sauté for 5 minutes. Add the chili powder, cumin, oregano, beans and tomato sauce. Simmer for 30 minutes to combine the flavors. Season with hot chilies to taste.

Serves 6. Per serving: 338 calories, 7 grams of fat, 17 grams of protein, 55 grams of carbohydrates, 17 grams of fiber, 500 mg of sodium

WHITE BEAN WRAPS are another way to use beans and increase the fiber in your diet while cutting calories and fat. Wraps have 20% fewer calories than 2 slices of bread.

In a food processor, blend a 15-ounce can of white beans, 3 tablespoons olive oil, 2 garlic cloves, juice of ½ lemon, 1 tablespoon fresh thyme, ½ teaspoon cumin, ½ teaspoon paprika and salt and pepper to taste. Spread over two whole-grain wraps. Top each with fresh veggies, roll and slice in half.

2013 CANCER SURVIVOR & CAREGIVER CONFERENCE



April 5
Eagles Landing Hotel
6:00 - 8:00

April 6
Community Center
Gathering Room



The Comprehensive Cancer Control Program (CCCP) announces the annual SPIPA Cancer Survivor & Caregiver Conference for 2013.

The Cancer Survivor & Caregiver Conference will be held on April 5 - 6, 2013 at the Eagle's Landing Hotel located on the Confederated Tribes of the Chehalis Reservation. The event will begin Friday evening with a "mocktail and massage" social hour from 6 PM – 8 PM. Saturday's activities will take place in the beautiful Chehalis Tribal Community Center's Gathering Room and Gym. There will be break-out workshops for both cancer survivors and caregivers.

Please register as soon as possible if you are interested in attending. A total of 80 rooms have been reserved at Eagle's Landing. Please make sure to register all attendees so that we can prepare enough materials for survivors and caregivers. The registration deadline is March 27th. Confirmation letters will be sent out as soon as your registration is received.

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



American
Red Cross

Red Cross Blood Drive

Thursday, April 11, 2013

From 1:00 PM to 6:00 PM

Location: Chehalis Tribal Wellness Center (Bus)

To make an appointment please call: Christina Hicks at 360-709-1741

Tips for a positive donation experience:

- Eat a small healthy, low fat meal prior to donation
- Drink plenty of water or fluids throughout the day
- Bring a photo ID or Red Cross Blood donor card
- Wear a short-sleeve shirt or one that can be comfortably raised above the elbows.
- Avoid heavy lifting or exercise after donation.
- Feel free to ask questions, and follow any additional instructions given.

"Healthy Choices, Healthy Lives"

Chehalis Tribe's "Healthy Choices, Healthy Lives" Health Fair. Some of the vendors: S.P.I.P.A's NWWP, Colon Health, Comp. Cancer, Chehalis Tribe's: Domestic Violence Prevention, Protective Services, Dental, Vocational Rehabilitation, Rez Animal Resources and Education., Community Transformation Grant, SPDI, Clinic



Others: Olympic Area Agency on Aging, SHIBA, Lewis-Mason-Thurston Area Agency on Aging, Alzheimer's Association, Native People for Cancer Control, American Cancer Society, DSHS-Home and Community Services & Mobile CSO, Washington State Prescription Drug Program, Harmony Hill Retreat Center, Social Security Administration, Komen Puget Sound, Costco, NW Parkinson Foundation, Heart of Wellness, Together!, Assured Home Health, just to name a few!



Chehalis Tribal Community Center
461 Secena Road, Oakville, WA 985689
Thursday, May 16
10 AM to 3:00 PM

For more information please contact: Christina Hicks @ 360-2730-5504 Ext: 1741 or email: chicks@chehalistribe.org

Fund-raising for this event was made possible by: Office of Women's Health, Chehalis Tribe, SDPI, CHP Programs



The Chehalis Tribe

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.

DSHS Program

Every Tuesday
8:00 AM to 4:00 PM

A representative from DSHS will be available. Contact the Chehalis Tribal Wellness Center at 360-273-5504 to schedule an appointment.

WIC Program

Thursdays
April 4 - May 2 - June 6
9:00 AM - 4:00 PM

For more information contact
Deb Shortman at 306-709-1689

Community Walk

Every third Thursday of the month, the Diabetes Prevention Program has a community walk in competition with the other tribes Diabetes Prevention programs (Squaxin, Skokomish, and Shoalwater Bay). The tribe with the most participants gets to display the walking stick in their clinic until the next community walk.

Any physical activity can count as long as you sign up and do at least 30 minutes of physical activity on the day of the walk.

There will be:

- DPP team members walking laps around the gym in the community center from noon to 2 (no outside shoes on the gym floor)
- Water and a snack provided.
- Sign up sheets in the work out area for those who chose to be active independently or in the work out center.
- Raffle for all participants. (drawing will be next day at noon) Raffle prizes include: 1 Basket necklace, 1 basket necklace and earring set, 1 beaded lanyard and more!

For additional information, or to sign up in advance please contact: Mary Weber at the Chehalis Tribal Wellness Center 360-273-5504 EXT 1744 or mweber@chehalistribe.org

FAVORITE FAMILY RECIPES



The Community Transformation Community Coalition invites 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 showed in local cooking demonstrations. Please have your name and contact information on your recipe. Feel free to 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 delicious 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

Financial Literacy Trainings Offered



March 21, 2013

Savings Event at CTLF. "What do you want to save for?" A FREE piggy bank will be given to all participants in partnership with Sterling Savings Bank. For those who opened an account in December, come make a deposit.

April 11, 2013

(New Date!) Small Business Development: Accepting credit cards to expand your business. Location to be announced. Please call to sign up.



March through May



Fireworks Loan Training. How to increase your sales. By appointment only. Mandatory for all Firework Loan applicants. Please call to schedule an appointment.

Do you need a business plan? Or want to start a business? Contact our office to begin our Indianpreneurship Class. We also offer Financial Literacy classes to individuals.

Julie Burnett, Executive Director: 360-709-1831
Diana Pickernell, Loan Coordinator: 360-709-1631

Don't Miss These Signs of Financial Trouble

Despite one's best efforts, sometimes, help is needed in getting all the bills paid. Here are some signs of financial trouble:

- Making only the minimum payments.
- Missing credit payments.
- Moving debt around instead of paying it down.
- Depending on overtime to cover monthly bills.
- Withdrawing funds from savings/retirement to cover bills.
- Borrowing money from family and friends.
- Maxing out credit cards.
- Applying for almost any offer without reading the terms.
- Using cash advances from credit cards.
- Unaware of total debts.
- Unaware of how long it will take you to pay off current debts at the rate you are paying.

You may ask, "How do I get the help I need to get out of debt?" One way is to take a financial education course. Learn about your credit report, how to pay off your debt and bring up your credit score. You just have to take the first step.

Financial Education Classes

Come in to sign up at the CTLF office
We will work around your schedule.
Contact: Diana Pickernell 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@chehalisTribal.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



FIREWORK LOAN Applications Available



BEGINNING IN MARCH 2013
AND WILL BE DISBURSED APRIL 2013 IN TIME
FOR PRE-SALES WITH THE WHOLESALERS

CUSTOMERS IN GOOD STANDING

Loan amount
\$5,000 for Borrowers in Good Standing

NO INTEREST or PAYMENTS UNTIL JULY 1, 2013

NEW, NEW, NEW

FOR CUSTOMERS WHO HAVE DEFAULTED IN THE PAST, WE ARE OFFERING YOU ANOTHER CHANCE!

YOU CAN APPLY FOR A LOAN UP TO \$3,000

CONTACT:

Julie Burnett 360-709-1631 or Diana Pickernell 360-709-1631

News from the Higher Education Coordinator:

If are you interested in College this next fall (September) 2013, be sure to fill out the Chehalis Tribal Scholarship packet and apply for admissions to the school of choice. With most universities they have deadlines, but with community college you still have time! Your Chehalis Tribal Scholarship packet will need to be completely finished one month before your college quarter starts. If college is not what you're interested in, then now would be great time to start thinking of other educational goals like technical school, or a vocational program.

After you have completed you're taxes this year file for your Free

Application for Federal Student Aid (FAFSA) www.fafsa.ed.gov. FAFSA must be completed in order for you to qualify for the full Chehalis Tribal Scholarship Award. For the Basic Chehalis Tribal Scholarship Award FAFSA is not required. By submitting a FAFSA you will be reviewed for grants, work-study and maybe a large amount of other additional funds.

Besides thinking of admissions and FAFSA on Thursday, May 9th at the Community Center we will be hosting another honor dinner for those who have not been honored yet. This will be for all Chehalis Tribal members who have diplomas

or Certificates in Higher Education. In order to be honored you must have at least one of the following:

- GED: General Education Diploma, with in the last 2 years
- Certificate of Completion — These typically take a year.
- Associate's Degree — This type of degree requires about 90 credits of study.
- Bachelor's Degree — Students pursuing a bachelor's degree complete 180+ credits.
- Master's Degree — In order to obtain a master's degree, students must have already obtained a bachelor's degree.

■ Doctoral Degree — It takes about five years for the average student to complete a doctoral degree.

■ For the G.E.D appreciation you must have your certificate and or test scores.

Recipients of the Higher Education Degrees will be honored regardless of the date, the degree was received. Everyone wishing to be honored must turn in a copy of your certificate or diploma by **April 1, 2013**. If I'm not available you are more than welcome to leave all your information in my mail box at the tribal center or in my office.

If you have any question please feel free to contact Racheal Mendez at 360-709-1698.

GED Changes for Washington State

Advice for GED students for the year 2013

To earn a GED under the current test version, all five required tests must be completed by December 2013.

- If a student has taken and passed only a portion of the current tests, they will need to complete and pass all the tests prior to December 31, 2013.
- Otherwise, they will have to start over with the new tests in January 2014.

New test, new delivery method

- The paper-based tests will be gradually eliminated as test centers transition to computer-based testing during 2013. During this time, a combination of paper-based and computer-based will be available. Once the new GED tests are released in 2014, only computer-based testing will be available.
- Tests are taken in person at a monitored test center and are not available online.

Beginning in January 2014

The two organizations that jointly administer the national GED® Testing Service — the American Council on Education and the for-profit Pearson Vue electronic testing service — have made changes that will impact colleges and students.

Beginning in January 2014, the GED® exams will be:

- **Delivered in a computer-based format only.**
- **The current five tests will be condensed into four tests** that align with the national Common Core State Standards. The standards are designed to ensure every student is ready to compete and succeed; whether in higher education or better careers in the global economy. The current five-part GED® test was last revised in 2002.

If you would like more information please contact Racheal Mendez 360-709-1698 or rmendez@chehalisTribes.org

Centralia College at the Community Center

Centralia College will be offering college level classes at the Chehalis Tribal Community Center this spring quarter. All classes are open to anyone wanting to pursue a higher education. Chehalis Tribal members will be paid through the Higher Education program.

Starts: Monday, April 1, 2013

Schedule will go as follows:

8120 Psychology 100 TC (5) 8:00-8:50 Monday and Wednesday Hybrid Neal
The scientific study of behavior history research methods, biology of behavior, lifespan development, sensation and perception, learning, memory intelligence, motivation, emotion, personality, psychological disorders and therapies and social psychology.

8121 English 102TC3 (5) 10:00-11:30 Monday, Wednesday and Friday Erickson
A argumentative and persuasive writing, methods of research, development and preparation of an original research paper. Prerequisite English 101

8204 EDUC 130 CT3 (3) 9:00-10:00 Monday and Wednesday Hybrid Jenni Hines
Students will examine the principles and theories that promote social abilities in young children. Coursework will help caregivers work with children to develop skills for effective interactions. Students will examine techniques that positively guide children and enhance group experience.

8166 Human Res. Management 210AP1 (5) Meet 3-4 times a quarter mostly Online Smejkal
Introduction to fundamental concepts of human relations management. This course will focus on recruiting, employee selection and training, employee performance and compensation, and employee laws and labor relations.

In order to take these classes you must...

- Apply to Centralia College
 - o Receive acceptance letter
 - o To do this go to www.centralia.edu
- You must take the Compass test at Centralia College
 - o You may go to the Phoenix Center/Library at the Centralia College or call Racheal Mendez to find out a good time for her to drive you there.
 - o The test cost's \$15.00 (Chehalis Tribal Members test will be paid through the Education Program)
- Chehalis Tribal members must also have a completed Chehalis Tribal Higher Education Scholarship application done.

Please feel free to contact Racheal Mendez at the Community Center.
email: rmendez@chehalisTribes.org, or 360-709-1698.

Happy Birthday to Tribal Members Born in March

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Raven John Jeremy Sanchez	2 Andreas Jacobs Mel Youckton
3 Anthony Andrews Nathan Wittwer	4 Sara Baker Devin Boyd	5 Jason Canales Carrie Ehmke	6 Amy Dehart	7 Jerry Meas	8 Anthony Brown Steven Burnett Allison Carter Jeffrey Gomez	9 Linda Carpenter Rose Choke Olivia Latch Jeffrey Leclair Matthew Reynolds
10 Kami Beckwith Tyson Black John Blacketer Tina Ebling Jay Sanchez, Jr.	11 Colleen Klatush Dicky Revay	12 Mercedes Bracero Falisy Bumgarner Joseph Charles Guy Youckton	13 Terri Farrier	14 Trevor Dupuis Rannessa Goddard	15 Arick Burnett	16 Jace Cayenne Amy Shivers
17 Dede Devlin Angelina Sanchez David Youckton	18 Joshua Burnett Wilson Pickernell	19 Ted Gleason Noah Snell Derrek Yawn	20 Sarrah Burnett-Lisle Natasha Goddard	21	22 Frank Cayenne, Jr.	23 Colson Jack Tre's Meddaugh
24 Alxis Beckwith Haezen Charles-Cayenne Kylee Secena	25 Beatrice Christensen Zander Sanchez Aaron Youckton II	26 Jacee Hoyle Brent Simmons	27 Sean Allen David Burnett Garret Hicks Emily Ortivez Robert Wertz	28 Annie Jones Bev Starr	29 Norma Daniels Victoria Hanna	30 Skylar Bracero Yolanda Ortivez
31 Colby Higheagle Christopher Secena						

Happy Birthday
Mom
Grannie Annie

Love Cheryle, your children,
grand-children and great
grand-children!

Happy Birthday
DeDe Devlin

From your
favorites sister
Sally Fixico

HAPPY BIRTHDAY TO MY
NEPHEW
BRENT SIMMONS

LOVE YOUR
AUNTIE JODIE
MERCEDES, TONY

March 26th Happy Birthday
Wayaipax Simmons



Love your Simmons Family

Happy Birthday to my #1 Princess
Olivia Jade Latch

Love you with all my heart

Grandma

Thank You!

I want to thank Terry, Jamie, Jennifer, Correna, Chris, and the community for helping our family with a fund raiser for my dad's funeral expenses. To cover my father in a pendleton blanket meant a lot to me. Thank you Jamie for picking it out.

A special thanks goes out to Terry, Robinette, George and Norine for making Chayse's birthday a success during the loss of my dad. He truly enjoyed time with his friends and family.

We are so blessed with everyone. Many thanks to Bones, Ray, John Setterstrom, and to all those who have supported us through our life's challenges.

May god bless you all!!



Lorrie & Chayse



Respect Yourself

We all have weaknesses and strengths, good parts and not-so-good parts. No human being is perfect. It's extremely important to know that you are a *good person, a worthwhile person, a capable person*. You respect other people. Often you think more highly of them than yourself. "He/she is better than I am."

Some people can do certain things better than others. Your friend may play sports better, may cook better, and may learn faster. He/she is not **better** than you—merely **different** from you. All human beings are good. None is better than any other. We are all equal.

- Make a list of at least 10 ways in which you are a good person.
 - Now make another list, of ways in which you do good things. List the good you have done in your life. Simple things such as: helping loved ones, serving your community, doing a good job in school or work.
- Look at the lists you made. Feel pride and happiness from reading them and re-reading them. You deserve it! Don't fall into the trap of comparing your lists with those a friend might write. Your lists are uniquely yours. No one else can write them, because they come from your own life. You are a special unique person. No one else is exactly like you. Enjoy yourself today, right now. *You are fine, you are lovable, you are capable just the way you are.*
- Think of people who like you. What do they like about you? List some of these things.

Remind yourself of the things you have done, the things you can do, the abilities, talents, gifts you have. Remember never to compare them to others. You are a capable, lovable person. You can cope with life and meet the challenges of your life. Believe that! It is true!

Vocational Rehabilitation Program
Barbara Churchill, Orinda Goddard and
Jamie Smith.



Self-Discovery Too: Values Assessment

Identifying your personal values is an important part of a successful career plan. In this context, the word "value" refers to how you feel about the work itself and the contribution it makes to society. Most people who pursue work that is congruent with their values feel satisfied and successful in their careers.

The following is a list of personal values that many people have identified as being important to them in their careers. To begin exploring your own personal work values, rate each value listed with the following scale and you can add other values you consider essential to your list.

1 - Things I VALUE VERY MUCH 2 - Things I VALUE 3 - Things I DON'T VALUE very much

	<i>Help Society</i>	<i>Do work which contributes to improving the world we live in</i>
	<i>Help Others</i>	<i>Be directly included in helping other people, either individually or in small groups</i>
	<i>Public Contact</i>	<i>Have a lot of day-to-day contact with the public</i>
	<i>Work with Others</i>	<i>Work as a team member toward common goals</i>
	<i>Work Alone</i>	<i>Do projects by myself, with limited contact with other people</i>
	<i>Competition</i>	<i>Engage in activities which pit my abilities against others</i>
	<i>Make Decisions</i>	<i>Have the power to decide courses of action and policies</i>
	<i>General Creativity</i>	<i>Have the opportunity to create new programs, materials, or organizational structures</i>
	<i>Supervision</i>	<i>Have a job in which I am directly responsible for the work of others</i>
	<i>Change and Variety</i>	<i>Have work activities which frequently change</i>
	<i>Security</i>	<i>Be assured of keeping my job and receiving satisfactory compensation</i>
	<i>Stability</i>	<i>Have a work routine and job duties that are largely predictable</i>
	<i>Fast Pace</i>	<i>Work in circumstances where work must be done rapidly</i>
	<i>Excitement</i>	<i>Experience a high degree of (or frequent) excitement in the course of my work</i>
	<i>Adventure</i>	<i>Have work duties which require frequent risk-taking</i>
	<i>Financial Gain</i>	<i>Have a high likelihood of achieving very great monetary rewards for my work</i>
	<i>Physical Challenge</i>	<i>Do activities that use my physical capabilities</i>
	<i>Independence</i>	<i>Be able to determine the nature of my work without significant direction from others</i>
	<i>Moral Fulfillment</i>	<i>Feel that my work contributes to a set of moral standards which I feel are very important</i>
	<i>Community</i>	<i>Live where I can participate in community affairs</i>
	<i>Time Freedom</i>	<i>Be able to work according to my own schedule</i>

My 5 Most Essential Values

1.
2.
3.
4.
5.

Contacting the Vocational Rehabilitation Program and General Assistance Programs:

Barb Churchill, VR Project Manager
360-709-1633 or email: Bchurchill@chehalisribe.org

Orinda Goddard, VR Counselor
360-709-1735 or email: Ogoddard@chehalisribe.org

Jamie Smith, VR Administrative Assistance and GA Caseworker
360-709-1872 or email: Jamiesmith@chehalisribe.org

Office is location behind the main Tribal Center Building

Career Classes

Career Classes are being held every other Thursday at 1:00 PM in the Resource Center. If you are a recipient of Chehalis Tribal General Assistance, you are required to attend.

Our upcoming class schedule is as follows:

Thursday March 7, 21, April 4 and 18

For more information please contact Jamie Smith at 360-709-1872.

Everyone Welcome!!

Chehalis Tribe Students of the Month for February

Karen Little Bear Davis (9-12)

Little Bear is a Junior at Oakville High School. She enjoys working in her Metals class because it's fun and she always has a new project to work on. After high school, Little Bear plans on attending college to complete her 4-year Nursing degree and to study Photography. She encourages others to be a strong example, proving that you can accomplish things in life without drugs and alcohol.



Roberta Youckton (6-8)



Roberta is in the 8th grade at Oakville Middle School. Her favorite subject is Gym; she likes getting a good workout every day. She enjoys her time at school because she gets to learn new things and spend time with her friends. Roberta's advice to other kids is to "Stay in school!"

Nathan Kluth (K-5)

Nathan is attending Oakville Elementary in the 1st grade. He really likes math, though he admits his favorite part about school is actually recess. Nate hopes to be "a cop" when he grows up, so that he can help people.



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

Autum Beckwith
Tyler Beckwith
Ostynn Farrier
Shayleen Fulton

Kayleen Fulton
Lela Pulsifer
Duane William, Jr.
Rose William

Youth from the Five Tribes are invited to attend the seventh annual Native Youth POWER Conference. This year it will be held at the Great Wolf Lodge on May 24th and 25th.

Kathryn Akeah
Phone: 360-462-3228
Fax: 360-426-1282
email: Kakeah@spipa.org

Topics covered during the conference include traditional wellness plays and creating healthy messages for Native Youth using modern social media and networking.

Contact:
SPIPA Cancer Control Program
3104 SE Old Olympia Hwy.

Attention Chehalis Tribal Youth

Chehalis Tribal Youth interested in attending this conference.

Please contact William Thoms at 360-709-1597.



Hazel Pete Institute of Chehalis Basketry

137 Anderson Rd, Oakville, WA 98568
(Washington State Tax Registration # 602 509 665)

“Basketry Workshop – Weavers Teaching Weavers”

Friday, Saturday May 10th & 11th, 2013

9:00 AM – 4:00 PM

Doors open at 8:00 AM

I-5, Exit 88 Great Wolf Lodge, Grand Mound, WA
1-800-640-WOLF (9653)

Use code: 1205WEAV when reserving rooms
by April 17th

**Registration Cost: \$125.00 Payment by May 1st
to reserve your place or pay \$130.00 at the door
Make check payable and send to: HPICB
or Hazel Pete Institute of Chehalis Basketry,
137 Anderson Rd, Oakville, WA 98568**

Call Trudy at 360-888-5808 for more information.

Join master weavers in a “sit beside” art - basketry. Challenge yourself, relearn, and adapt basketry techniques with new and old friends. Each master weaver will have kits priced. (Participants need to bring cash for the purchase of kits.) Most classes will be 1/2 day in length. You will be able to complete 2 projects per day. Dinner is served on Friday night with a program, and box lunches will be provided during the day. Coffee, tea, and water service throughout the day. Door prizes, silent auction and raffle daily.

Are you only able to attend 1 day?
Tribal Youth Day is Friday the May 10.
Register for \$75.00 and bring kit fees!

Want a vendor table
Contact Yvonne Peterson at (cell) 360-490-9659 to discuss options or
email: (yvonnepeterson1@comcast.net)



Support for Native Artists Apply Now!

We are proud to announce the call for entries for the 2014 Native Arts and Cultures Foundation Artist Fellowships. Online applications are due before May 3.

**NATIVE
ARTS &
CULTURES
FOUNDATION**

“Through the fellowship program, we hope to foster the creative voices of our indigenous artists,” said foundation Program Director Reuben Tomás Roqueñi (Yaqui/Mexican). “We believe in the beauty and inspiration of the work of Native artists and the fellowships provide a significant resource for their practice.”

The \$20,000 fellowships awarded by the Native Arts and Cultures Foundation (NACF) recognize the creativity and expression of exceptional Native artists who have made significant impact in the field. American Indian, Alaska Native and Native Hawaiian artists are encouraged to apply for this unique national fellowship honoring excellence by Native artists in six disciplines: dance, filmmaking, literature, music, traditional arts and visual arts.

Artists who are members of federally and state-recognized U.S. tribes, Alaska Native and Native Hawaiian communities can review criteria in full and apply by the May 3 deadline at: <http://nacf.us/2014-fellowships>

We will announce recipients in November 2013. For questions about this opportunity, contact Program Director Reuben Roqueñi: reuben@nativeartsandcultures.org or 360-314-2421.

2014 NACF Artist Fellowships

Deadline to Apply: **May 3**

Application: <http://nacf.us/2014-fellowships>

Since it was launched in 2009, the Native Arts and Cultures Foundation has awarded \$1,341,000 in grants to 72 Native artists and organizations in 20 states. Created after decades of visioning among the nation’s first peoples with the support of the Ford Foundation and others, we are a national charity solely dedicated to supporting the revitalization, appreciation and perpetuation of Native arts and cultures. To learn more about past fellows awarded and to donate in support of our mission, visit: www.nativeartandcultures.org.

**You can also connect with us on Facebook, Twitter, LinkedIn, Google+,
and YouTube**

**NATIVE ARTS AND CULTURES FOUNDATION - (360) 314-2421
11109 NE 14th Street, Vancouver, WA 98684**

FirstName LastName
 Street Address
 City, ST Zip

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The Chehalis Tribal Newsletter is a FREE publication. Current and past issues are available on the Chehalis Tribal Web Site.

Go to: Chehalistribe.org and click news to view an electronic version of the newsletter.

Moved Recently? Let Us Know, and Get Your Mail. If you have recently moved, or are planning to move, make sure you contact me, the Newsletter Editor, to provide your new mailing address. Many important tribal documents, including this newsletter, will not be forwarded to changed addresses. They are mailed back to me or other tribal departments. If you have not been receiving this newsletter, or other important tribal information including per capita, please contact me as soon as possible. I will forward your new address to appropriate departments. Please contact me, so you can receive your materials.

If you are receiving too many newsletters to one address, you can contact me to discontinue issuing to that address.

Call me 360-709-1726 and leave your name and new address or e-mail me at Fshortman@chehalistribe.org. Your cooperation is greatly appreciated.

Chehalis Tribal Law Enforcement Vehicle Auction!!!!

The seized vehicles are being made available for bid to tribal members. They can be viewed in the impound yard at the Department of Natural Resources.

The auction is to be a sealed bid only at the Public Safety Building. The auction will start Monday, April 1 at 8:00 AM. The auction closes at the end of the business day on the Friday, April 12.


After notification of winning bid, the new owners must pick up the vehicle within two days.

Rules:

- The bids must have Tribal Member's Name, Phone Number, Bid Amount and Vehicle they are bidding on.
- They have until the end of the business day- 1 week after the newsletter goes out .
- Winning bidder has 48 hours to pay and remove vehicle or it gets defaulted to the next highest bidder.
- Minimum bids are available below.
- Please contact Akeisha Rainbolt, Administrative Assistance for Law Enforcement to view the vehicles at 360-709-1706. Business hours are weekdays, 8:00 AM to 4:30 PM.

Vehicles available for auction are listed below:

Year	Make	Model	VIN #	Color	Minimum Bid
1996	Honda	Accord	1HGCD5659TA227057	Silver	\$ 500.00
1993	Honda	Accord	1HGCB7247PA034250	Maroon	\$ 250.00
2000	Acura	Integra	JH4DC4467YS004205	Green	\$ 250.00
1987	Mazda	323	JM1BF222XH0500891	Blue	\$ 250.00
1991	Mercedes	190	WDBDA29D7MF788423	White	\$ 250.00
1992	Lincoln	Towncar	1LNLN81W5NY701026	Blue	\$ 250.00



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

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Chehalis Tribal Newsletter Staff:

Fred Shortman, Communications Coordinator

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



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