



CHEHALIS TRIBAL NEWSLETTER

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

April 2013

Free

Traditional Food Activist Helps Transform Communities

By Rhonda Winter

Muckleshoot Tribal member and author, Valerie Segrest, was the keynote speaker at an educational event hosted by the Chehalis Tribe and Oakville High School this week. Segrest has been working to promote food sovereignty, the use of traditional foods, plant medicines and better nutrition, to help create a more sustainable and culturally appropriate local food system. She explained that what we eat is not just a commodity, but that we must value where our food comes from, and that plants can become our greatest teachers.

Revitalizing Native Northwest Food Culture

Ms. Segrest gave an engrossing presentation about the cultural and health issues linked to harvesting and preparing different native wild foods, including the significance of camas, hazelnuts, nettle and salmon berries. She explained that the traditional methods of harvesting



Volunteers assisted in packaging the nettle tea for people to take home and savor at their leisure.

camas help the flowers to flourish, while also better aerating the soil, and also described the way her ancestors constructed a natural pit oven for cooking.

Segrest highlighted the many nutritional properties contained in traditional foods; consuming them may actually help prevent diabetes, obesity and other diet related diseases. The Muckleshoot nutritionist told us that through her experiences working with elders suffering from chronic health

issues, she discovered that as these traditional foods have been lost, not only does the culture suffer, but so does the health of the people:

"150 years ago there were no reported cases of diabetes in our tribal communities...I am

Valerie Segrest adding ingredients to her nettle tea. She presentation about the cultural and healthy benefits of different native wild foods.

interested in building relationships with food. What we eat and choose to eat are linked with our values and our culture."

Valerie's genuine enthusiasm was apparent as she spoke. She stressed the importance of teaching interconnectedness in our oral traditions, and that it was possible to live a life of generosity, love and abundance, like the salmon. At the gathering I learned a great deal of useful and surprising information, met many of my neighbors, and came away with an increased respect for native Northwest culture, as well as a renewed appreciation for the seasonal abundance that surrounds us all. Several volunteers helped to prepare medicinal nettle and mint tea for everyone to drink, and we were all also given packets of the delicious dried tea mixture to take home.

The Chehalis Tribe Community Transformation Coalition sponsored and helped organize the free event, which attracted several dozen people from the Oakville and Chehalis tribal communities. A freshly cook healthy dinner was provided for all, as was access to blood sugar level tests, income tax and financial advice, and the opportunity to register to donate blood at the next local drive on April 11th.

In addition to Ms. Segrest, the assembled crowd also heard from several of the tribal elders and neighbors. Anita Hawkins shared her perspective on the many benefits of living in a community that is small enough to know each other, as well as tales of growing heirloom beans, and the joy that comes from gardening together:

"Community gardening is twice as good as gardening alone. Thinning carrots is much more fun when you have company."

This article can also be found on Ecolocalizer.com



The diabetes program provided blood sugar screenings at the event.

The Harlem Crowns Return Bringing Laughter to the Community

On Saturday, March 30 the Community Center hosted the Harlem Crowns Basketball Team to compete against the Chehalis Stars. Tony Medina, Youth Center Director, scheduled this fantastic evening of comedy and showmanship. A face painting table was set up in the commons entry for youth to have their face painted with a design of their choosing. Again, "Clownball" brought fits of laughter to the Chehalis tribal community. The Crowns kept a running line of chatter going through the game. Some old gags and some new ones, you never know when a real rib tickler will happen throughout the game, combined with fancy displays of passing, dribbling, shooting, and slam dunks.

Before the activities started, Tony Medina requested a few youth at the event to come forward to receive their trophy for participating in the Native Youth Basketball League. Their dedication and participation was greatly appreciated, as they demonstrated an effort in learning the game of basketball.

Half time was a time to share with



The Harlem Crowns Basketball Team encourages youth to use sports, culture and tradition to give themselves discipline and bring out leadership qualities.

the youth and audience, and giving advice to the youth, the Crowns told it how it is... Each member of the Crowns took turns sharing their story about growing up in the inner city. Many of the players were making poor choices due to the

influences of others, such as gangs; drugs and alcohol; failing school,

They used basketball to get them where they are today. They enjoyed the game of basketball and they had the skills. To be good at any

sport, one must practice to get better. The benefits on dedicating themselves to this sport enabled them opportunities from basketball scholarships. It wasn't easy, struggling to accomplish goals to get there, but the mistakes helped mold each individuals character. They hope that achievements in any young man's life will develop his interests and carry them successfully through life. Giving yourself self-pride, discipline, and leadership qualities associated with sports. There are a number of young men and women in the past who had the talent to play basketball, but lacked the necessary disciple to guide them through the trying times.

There was a Native American Marvin Blackateer on the Harlem Crowns basketball team. He said there are many things available for a young person could develop. Not only sports, but learning Native American culture and traditions: learning from the Elders, weaving, beading, carving, and the canoe journey. Spending time and energy in these activities will assist native youth to avoid some of the challenges life has to offer.



1ST ANNUAL DALE KLATUSH SR. MEMORIAL BASKETBALL TOURNAMENT



The Klatush family members dedicated this basketball tournament to their father Dale Klatush, Sr.

Pictured top row (L-R) are Joyleen McCrory, Colleen Klatush, Bev Starr. Middle row (L-R) Bruce Klatush Sr., Karen Klatush and Dale Klatush Jr. In front is Dale Klatush, Sr.

Eleven native basketball teams came out to participate in the Dale Klatush, Sr., Basketball Tournament hosted at the community center on the weekend of March 22-24. It was a true double elimination tournament. What a spectacular demonstration of basketball skills by our Native American men. With grit and determination the teams, to the best of their ability and with a little luck, to make it to the final day to win the championship.

This tournament was dedicated to Dale Klatush Sr., who passed away in 2011. His family had a collage for everyone could reminisce and see his accomplishments. He was a husband, uncle, dad, father, grandfather, great-grandfather as well as a mentor to many of us here on the Chehalis Reservation.

While in school Dale was an outstanding athlete and excelled in whatever sports he participated

in. He served in the army and when he returned from the war, he continued his love of playing in Indian Baseball tournaments for the Oakville Tomahawks. After retiring, he managed the Tomahawks for several years after his brother Gordy passed away.

He was born and raised on the Chehalis Reservation and worked for the Tribe for over 35 years. He said, "There is always something to be done." His parents are Mena Secena-Klatush and Walt Klatush. His family honors him with this tournament.



**His motto is: Practice, Practice, Practice!
Play Hard - Play Fair -
Play as a Team. Have Fun!**

Thanks from the Klatush Family!

Good Job everyone! Thank you to the volunteers who helped make this tournament a success, you know who you are. Thanks to the teams that came to play in this tournament dedicated to our father Dale Klatush, Sr.

Tournament Results

1st Place - Skokomish



2nd Place - Lummi



3rd Place - Taholah



Tribal Health and Wellness News

Lemony Green Beans



This is a simple to make and full of flavor spring side dish that your entire family will actually enjoy.

Packed full of protein, fiber, folic acid and complex carbohydrates.

Hands-On Time: 15 minutes
Ready In: 15 minutes
Yield: 4-6 servings

Ingredients

1 pound green beans
2 tablespoons minced garlic
1/4 cup olive oil
Zest of 2 large lemons (yellow part only)
1/2 cup chopped fresh Italian parsley (optional)
1/3 cup lightly packed grated Parmesan
Salt and pepper to taste

Directions

For crunchy green beans, blanch them in boiling salted water for 1 minute. For softer beans, aim for 5 minutes. Either way, drain them, plunge them into ice water, and drain again thoroughly. Transfer them to a bowl.

In a small skillet over low heat, sauté the garlic in the olive oil just until fragrant, about 1 minute (do not let it brown). Pour the mixture over the green beans and add the lemon zest, parsley, cheese, and salt and pepper, tossing everything together. Serve warm or at room temperature. Enjoy!!

Submitted by: Melissa Grant-Diabetes Prevention
Recipe courtesy of www.disneyfamily.com

What are Complex carbohydrates?

Complex carbohydrates are those carbs that are made of three or more sugar molecules linked together. These carbs are found in vegetables, nuts, fruits, seeds and grains. They differ from simple carbs, like sugar, that are made of only one or two linked sugar molecules. Complex carbohydrates take longer for your body to break down than simple ones, which helps to maintain a steady blood sugar level.

Which Foods Are Complex Carbohydrates?

Complex carbohydrates should make up a large portion of your diet. You should aim for roughly half of your daily caloric intake to be derived from complex carbohydrates, with over half of these coming from whole grains. Starchy carbohydrates include foods such as:

- Bread
- Cereal
- Rice
- Pasta
- Corn
- Carrots
- Dry beans
- Potatoes

Additionally, green vegetables contain less starch and more fiber, making them a great choice to fulfill your complex carbohydrate needs. This includes vegetables such as:

- Green beans
- Broccoli
- Spinach

Include these healthy choices in your diet, and increase your energy levels and health.



AQUA AEROBICS

5:00 - 6:00 PM
Wednesdays

Low impact
Strength. Flexibility.
Aerobic Conditioning.

Water provides at least 12 times greater resistance than air, and in every direction.

No matter which way you move, it challenges you.

**OPEN to ALL
COMMUNITY
MEMBERS**

INFO: Cindy Beck
360-709-1810

cbeck@chehalistribe.org



Noon Exercise Program

**Come to a low impact, 30 minute workout
12:15-12:45 Mondays, Tuesdays, Thursdays
and Fridays in the Youth Center Gym**



Choose which days best fit into your workout schedule. Come to any or all sessions.

Each session will include stretching, strength training and some core work.

Wear loose, comfy clothes, barefoot or socks.
All equipment and MATS PROVIDED

For a class schedule, questions or would like to register, please contact Cindy Beck at 709-1810 or cbeck@chehalistribe.org

Starts Monday, April 8th - Ends Friday, May 31st

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. 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.

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).

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



For more healthy recipes or information about the DPP please contact your local Diabetes Prevention Offices.



“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
10:00 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
May 2 -June 6
9:00 AM - 4:00 PM

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

Survivor Cancer Survivor Celebrations

Celebrating you, embracing life

June 1, 8:30 AM- 2:00 PM
Capital Event Center, 6005 Tye Drive SW, Tumwater
 A continental breakfast and buffet lunch will be served.

Join us as we celebrate, you, your family members and caregivers! If you currently have cancer or had it in the past, you and a guest are invited to attend our third annual cancer survivor celebration. This free event will feature a keynote speaker plus inspirational presentation about wellness, survivorship and more!

Free! To register visit www.proregister.org or call 360-493-7247.
 Space is limited

Community Transformation Grant Meeting (CTG)

All Tribal Members Are Welcome!

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

Meetings are the second Wednesday of the month:

Wednesday, May 9
2:00-3:30 PM

Eagles Landing Hotel
Conference Room, 5th Floor

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 used 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

5 Tips on How to Save Money

The saying 'save for a rainy day' is not empty advice. It is imperative for a person to save and to have funds stashed in the bank or in any form of investment to tide them over rough spots such as emergency expenses and temporary unemployment. Saving money in today's society is not easy. The temptation to spend is everywhere and to save money takes determination and commitment. However, there are small everyday things that can be done to help save money. After all, even the smallest amount saved can make a big difference when in debt.

Below are 5 tips on how you can save money:

Tip No 1. Spend less – To really save money, a person needs to spend less. If a person reviews all the little expenses that they spend on every



“Save for a rainy day” helps smooth over rough spots such as emergency expenses and temporary unemployment.

day items that are not really necessary. They will realize that this may sum up to a considerable amount of money. Here are some expenses that an individual can cut-back on or even avoid to save money:

- Taking a taxi or using the car to and from work can be expensive. You can avoid these costs by taking public transport, riding your bike or walking to work. This will not only save you the taxi fare and fuel costs it will also keep you healthy.
- Buying branded items when the quality of the unbranded is almost the same, if not better. It is the name that a person pays for, not the quality.
- Rather than having the newspaper delivered to your home every morning, buy it from a news stand or better yet read the news on the

internet, this will save you a nice annual charge.

- Energy bills can be costly. Reduce energy bills by using energy saving light bulbs and other devices and by turning off the light every time you leave a room.
- Buying a coffee from the coffee shop next door to work each morning is costing you a fortune for something you can do yourself at home.

Tip No 2. Shop Wisely – The first thing to do when shopping wisely is to prepare a shopping list of what you need and stick to that shopping list. Bring only enough money to pay for the items on your list and leave the credit card at home so there is no temptation to buy on impulse. Check out stores, local markets, supermarkets, and local shops that offer the best prices. Take advantage of promotional offers, as these can also be a great money saving tool.

Tip No 3. Limit Debts – There is no avoiding debts, but the key to saving money is to limit debts and to control them. If there is a need

to use the credit card make sure that it is paid on time so that there are no interest fees charged to your account.

Tip No 4. Prepare a Budget – A person who wants to save money needs to prepare a budget, if possible a monthly budget. Without a budget it is almost impossible to save. A budget will give immediate information on how much a person earns and how much expenses they incur each month. A budget is a good way to identify which expenses are unnecessary and can be avoided.

Tip No 5. Save money – Set aside a certain amount every pay check that will be kept in a savings account. A growing savings account is a very good incentive to continue saving. It is important that every person have a savings account that they can fall back on when unexpected situations arise. Even the smallest amounts saved on a daily basis can make a big difference to your monthly and annual savings.



Native Artist

Professional Development Training

A two-day training which is designed to give Native artists the tools and support they need to manage small entrepreneurial businesses to achieve economic success.

This comprehensive, hands-on training experience will enhance the artists business skill set and prepare them for their journey toward becoming successful artist entrepreneurs.

PRICING • MARKETING • PORTFOLIO • BUDGETING

Workbooks provided • No charge • Limited space

Place:	Eagles Landing Hotel 5th Floor Conference Room 12840 188th Avenue SW Rochester, WA 98579	Call to reserve your spot today!
Date:	April 29th and 30th, 2013	Sponsored by: The Chehalis Tribal Loan Fund
Time:	8:30 AM - 4:30 PM.	360-709-1831

Chehalis Tribal Loan Fund News

- We are still accepting Firework Loans through the end of May.
- We offer Financial Literacy and Business Plan classes. Contact us for an appointment.
- We will begin offering Home Improvement Loans in May.

Do you want to save for something? Contact us to open a savings account for as little as \$5.00 as an opening deposit. You will also get a free piggy bank!

7 Threats to Your Home and What You Can Do About Them *by HomeAdvisor*

What you don't know could cost you

While you probably have your home's maintenance schedule down pat, we've identified seven potential problem areas that could be costing you your cash and your health.

Mold, pests, old windows, leaky toilets, carbon monoxide - all silent, and often hidden, dangers capable of causing significant damage to your home. But just because they're out of sight, doesn't mean they should be out of your mind.

1. Environmental Threats: When you bought your home you had it inspected. The question is: How thorough of an inspection did it receive? Depending on whether this was your first house, the advice you received from friends, family, or your realtor, or whether or not you did your research, you may have not received the home inspection you thought you did.

Many homeowners are under the false impression that a home inspector inspects every element of the home. In fact, unless you add it to the inspection, i.e. pay for it, they typically do not check for asbestos, radon gas, lead paint, toxic mold and/or pests. Left un-mitigated, these contaminants can do serious damage to your house and your health.

If you suspect that your home is at risk, we recommend meeting with a specialist. In addition to inspecting your home for contaminants, they'll identify the best course of action to remove the offending contaminant from your home.

2. Inefficient Windows: Home experts advise that you replace your windows every 25 years. And while you likely already know why you should replace them, you also know how expensive it can be. However, the benefits of replacing your windows could be reason enough to make you reconsider.

First, new windows improve the look

of your home. Granted, this might not be something you're overly concerned about, but it is something appraisers, and potential buyers, will keep in mind - especially if you're the only house in your neighborhood without new windows. Why is this important? Because improved looks usually correlate to improved home values.

Second, new windows improve the comfort of your home. Old, single-pane windows are drafty, poorly insulated, vulnerable to condensation, and often borderline inoperable. If you are tired dealing with any one of the above, new windows are the solution.

Finally, new windows improve your home's energy efficiency. The obvious payback here is decreased utility bills. How much will depend on how efficient the windows are. However, this alone is not reason enough to replace all of your windows. Even if they reduce your utility bill \$500 per year, you're still looking at a payback period of nearly 10 years. So, why replace your windows? Because you want to improve the look, comfort, and efficiency of your home. If that's not reason enough, what is?

3. An Inefficient Water Heater: How old is your water heater? If it's older than 10-years-old, not heating efficiently, or needs constant repairs, it could be time to replace it. Thankfully, unlike new windows, a new water heater isn't nearly as expensive. According to our Cost Guide, the average replacement cost comes in at just under \$1,000. When you compare that against the average repair cost of \$516 you can quickly see why, in most cases, it's better to replace than repair.

4. Improper Dryer Exhaust Venting: According to the National Fire Protection Association, approximately 14,000 fires are caused each year by improper dryer ventilation and maintenance. Many of those fires can be traced back to lint accumulation. You might be wondering how that's possible given

that you make it a point to clean out your dryer's lint trap. The problem is that you're neglecting to properly clean out your dryer's exhaust vent - that tube that snakes from your dryer to the outside of your house. Over time, lint build-up can restrict airflow and increase the temperatures in the dryer, leading to increased fire danger.

5. Unknown Termite Problem: On the list of "things that cause billions of dollars of damage each year," you'd be hard pressed to include termites. However, these irksome little pests cause billions of dollars of damage before unsuspecting homeowners even know what hit them. The good news is there are steps you can take to protect your home from them. The bad news is you probably won't know you have a problem until the termites are already well established. If you live in an area that is prone to termites or suspect that your home has termite damage, consult a pest specialist to see what you should do to best protect your home.

6. Leaky Plumbing: Did you know that, on average, leaks account for 10,000 gallons of wasted water each year? That's enough to fill a

swimming pool. So, what part of your home is responsible for the greatest amount of water waste? If you said toilet, you pass. In fact, if your toilet is constantly running you could be blowing through 200 or more gallons of water per day. That's 73,000 gallons of water! Do the math and you'll quickly see how much that adds to your water bill. Thankfully, fixing your leaky pipes is as easy as hiring a plumber.

7. Carbon Monoxide: Carbon monoxide, or CO, is often called the silent killer as its odorless, colorless gas can cause sudden illness and death. It's a gas that nearly every homeowner is aware of, yet far too many either ignore the risks it poses, or are unaware of their home's vulnerabilities. Fortunately there are a few things you can do to protect your home and family. Easiest of which is installing carbon monoxide detectors and ensuring the proper function of your gas, oil, or charcoal burning appliances. Want to make sure you're protected? Talk to a fire protection and prevention specialist.

Read more on their website:

www.homeadvisor.com

Staff Profile: Enterprise Payroll Specialist

My name is Rhonda Dixon and I am the new payroll specialist at Chehalis Tribal Enterprise. I have been working in accounting for the past 20 plus years, but have specialized in payroll and ADP over the past 10 years. It is something that I really enjoy.



Rhonda Dixon
Chehalis Tribal Enterprise
Payroll Specialist

first half marathon in February at Walt Disney World, and we are training for another in September at Disneyland.

In my spare time, I enjoy crafting. I love to make mini scrapbooks out of anything that I can find. I have made

I am a mother of four children - two girls; Rachel 28 and Abby 14 and two boys; Josh 23 and Seth 21, and one dog-Molly. Abby is the only one left at home and we do just about everything together. We are obsessed with all things Disney, or at least I am. We recently completed our

books out of coffee sleeves, empty paper towel and toilet paper rolls, envelopes, and lunch sacks. I also love to take pictures, especially sepia and black and whites. I used to do the "old fashion" pictures when the kids were little. Now it just family pictures and of course anything Disney. ☺



Happy Birthday to Tribal Members Born in April



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Amber Higgins Giles Youckton	2 Jean Haltom	3 Remy Garrety Jessica Hill Aiden Youckton	4 Sam Boyd Dan "Bones Gleason, Sr. Dakota Hernandez Rhonda Higgins Segne Phillips Ronald Rogers, Sr.	5 Hector Canales, Jr. Tracey Pickernell	6 Claudea Daniels Rycker Longino Daryl Shortman	7
8 Daryl Beckwith Emma Fern Steven Gunnels	9 Dennis Gunnels Deidra Hawkes	10 Annie Burnett Andrew Starr	11 Glenn Bobb Jesse Gleason	12 Lykaios Bracero- Rosbaugh	13 Daniel Poling, Jr. Gavin Vigil	14 Greg Burnett Makya Klatush Tony Medina Jared Mordhorst Larry Pressnall Chavez Secena Kelli Thompson
15 Bonnie Phillips	16 Christina Blacketer Rodney Boyd, Jr. Angelia Oliver April Reynolds	17 Beverly Andrews Ayden Sanders James Teague, Jr. Kaleah Quilt	18 Amanda Andrews Amy Andrews- Mashburn Hawk Wittwer	19 Brandy Sanchez Jay Sanchez, Sr. Enyo Visaya	20 Lynn Hoheisel	21 Nadine Burnett Charles Latch, Jr.
22	23	24 Eldon Gleason Tanner McCloud Courtney Price Antonio Sanchez Robert Sanchez Jonathan Williams	25 Gary Ortivez, Jr. Randall Powell-Johnson Javier Lopez Sanchez Freddie Sanchez III	26 Dalia Perez	27 Gaughe Culver	28 Kevin Bray Jazmyn Nath
29 Dominic Degado Jordan Lopez Wakiza Wittwer	30 Kenedy Adams Max Lyon Maureen Prince					

**"Happy 21st Anniversary
Stephanie, Love Harry"**

*Happy Birthday and many, many more
Kevin Bray - April 28th Charles Latch - April 21st*

*Happy Anniversary wishes to the best couple
Stephanie and Harold Pickernell
April 25th*



Love Mom

**Happy 1st Birthday
Maureen Prince
Cousin Susie**

Happy 6th Birthday



**Jared
Mordhorst
From Auntie Susie**

**"HAPPY 7TH WEDDING
ANNIVERSARY HONEY"**



LOVE ERIKA



Love Mom



Congratulations

**Misty for
graduating
from WSU
May 4th**

I Love You



Your Proud Grandma

**Happy Birthday
Daryl Shortman**

**We are so proud
of you!**

**Mom, Dad,
Grandma
& Family**

2013 Youth Center's Annual Easter Egg Hunt

The youth were busy Monday and Tuesday learning to dye Easter eggs. Older youth assisted Marla and Branden to finish dying the eggs. It was no small task to complete dyeing 30 dozen eggs. There were 583 plastic eggs filled with candy. Thanks to the many volunteers that came out to help.

On Thursday, March 28 was the Youth Center's Easter Egg Hunt at the softball field. It was a wonderful day with the weather cooperating enough not to rain during the hunt. The youth look forward to this annual event. The children gathered at the softball field as employees scattered the eggs around the grass outfield of the softball field. Elders, parents and volunteers watched an exciting race to pick up the eggs and various prizes.

Tony lined the youth up along the fence announcing age brackets before they could start. The younger children were given a head start in order to be able to get some eggs. The older ones anxiously waiting their turn before they were turned loose. It was a mad scramble to get as many eggs as possible.

Afterwards, the children were encouraged to take a picture with the Easter Bunny. All the photos taken were given to families as a keepsake for the 2013 Easter Egg hunt. They were also given a chocolate Easter bunny to add to their basket full of eggs.

One parent commented, "Wow! That was amazing to watch! It took longer to set up for the Easter Egg hunt, than it took the kids to pick them up. It was over so quick."



Youth Recognition Dinner



The youth participating in the after school classes proudly displayed their drums they made and painted in cultural classes.

On Wednesday March 19, the Youth Center hosted a youth recognition dinner in the gathering room. The youth have been participating in various activities that the youth center provides. Their hard work was recognized at this event.

A dinner of steak, rolls, pork and beans, baked beans salad, and a delightful desert of Marla's famous cake combined with a topping of Branden's berries.

Walter Lewis, Cultural Coordinator gave a speech on drum making and painting classes in the after school sessions. He was amazed with the children's energy and ability to learn. They made their drums and afterwards picked a design and painted on them. They really enjoyed this portion of the class. After completion of the drums, they attended a class with Dianne Devlin to make the drum sticks otherwise known as "beaters" to be able to play their drum.

When asked about his drum, one youth said, "I'm going to hang my drum that I made on my wall

at home." This was to remind her of this experience, which she really enjoyed learning to make.

After the meal was finished, Tony Medina honored the youth by bringing them in front of the community members and presented them proudly showing their hard work and artistic ability. The smiles they had on their face as they lifted their drums spoke for itself.

Tony Medina, Youth Center Director introduced two new employees, Brandon Canales and Melvin Samuel. They are a great addition to helping out with the various activities the youth center has to offer.

The after school programs have a lot to offer to those who wish to attend, consisting of the homework club, cultural activities, games, snacks and much much more. Bring your child to enjoy some of the experiences the Youth Program has to offer.

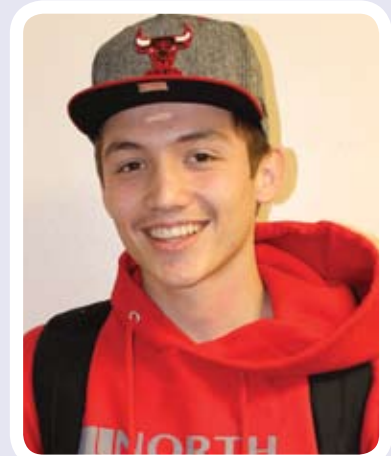


Tony Medina, Youth Center Director introduced his new employees for the youth program. Pictured are Melvin Samuel (L) and Brandon Canales (R).

Chehalis Tribe Students of the Month for March

Gary Ortivez III (9-12)

Gary is a sophomore at Oakville High School. In addition to his solid academics, he is currently playing Baseball for the Acorns. After high school, Gary plans on attending college and be a collegiate athlete in baseball or basketball. He says he's not the type of person who has a message for the world, but he admits that he is most proud of the things he has put a lot of time and effort into, and would encourage others to do the same.



Samuel Starr-Wright (6-8)



Samuel is in the 6th grade at Oakville Middle School. His favorite subject is reading; he mostly likes to read books about sports. He also plays the bells in the middle school band. When he grows up, Sam wants to go to the University of Oregon and play football for the Ducks. His personal motto for the past year has been

"Never never quit," (You have to say it real fast like a coach).

Mya Ortivez (K-5)

Mya is attending Oakville Elementary in the 5th grade. She enjoys reading books of all kinds, doing fractions and other math problems, and especially enjoys P.E. Mya likes to spend time outdoors; she can be found playing outside often and was on the fast-pitch team for awhile.



She says the key to success is to "Work hard."

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!

Early Learning Families Learn the Creation Story of the Chehalis People



Dianne Devlin, Cultural Coordinator shared the Creation story told on the button blanket about the Chehalis people with the Headstart Early learning families.

On Thursday, March 21st, our Chehalis tribal early learning families came together to celebrate spring with a parent meeting on Chehalis culture. Dianne Devlin was our gracious guest speaker. She told us stories about the native Chehalis people. We started the evening with soup, hot casserole, and buckskin bread, which is a favorite that Granny Annie passed down to our kitchen before her retirement.

Families came together to hear stories about the Chehalis people from long ago. Dianne told us her traditional Chehalis Creation Story. She came wrapped in her beautiful button blanket and at the end of the Creation Story she held it up

to show us the pictures that told the story on the blanket. The families loved sitting, listening, and learning about the Chehalis culture. Dianne did a wonderful job catching the children's attention and teaching us through storytelling.

Thank you, Dianne, and thank you to all the families for coming!

Upcoming Events for the Early Learning Programs:

April 29th- ½ Day
In-Service-Childcare Open

April 30th- Parent Meeting
Head Start Building-5:00 PM
Dinner & Childcare provided

Seniors Present Their Projects to Judges Panel in Preparation for Graduation

Students of the Oakville Senior Graduating Class presented their state mandated senior projects to a panel of eight judges on March 15, 2013.

Judges were: Mary Mulvaney, Judith Palmer, Winona Youckton, Mel Youckton, Bill Scholl, Ginger Garity, Nancy Romero and Pam Youckton.

The judges were provided a rubric with 12 criteria to use for scoring the presentations. Students also were able to receive verbal feedback from the judges. Nancy Romero has graciously arranged for several elders to judge senior projects the last two years. The judges were fair and consistent with the process and all the students did very well according to their scores and feedback.



Elders, School staff and community members volunteered to be the judges for the Oakville Senior Projects.

Several were not prepared to present, but appeared as required to offer their apologies and thank the judges for their time. Those students also presented successfully on a designated date a week later. Each year the requirements for the senior projects at Oakville have increased in rigor and formality and our students have stepped up to meet the challenge.

The community has reason to be proud of them.



Photo provided by Oakville High School

A few details of native students' projects are:

Deidra Hawkes

Deidra Hawkes created an excellent 2013 Graduation slideshow, which features a different song chosen by each student, along with photos. Her inspiration was her slide show she initially created in memory of her brother, Paul Snell. One challenge was be able to get students to coordinate with her in time to finish

her project, due to a significant number of students moved and/or returned to school.

Heather Daniels

Heather Daniels hosted a Native American Cook-Off in the school library on December 15, 2012 which was enjoyed by many in the community. The first

prize dish was smoked salmon by Maynard Starr which was quite tasty.

Nate Newton

Nate Newton built a beautiful and functional bench from a large recycled piece of wood, welding the frame, and mounted it into the concrete outside the campus door under a roof overhang for added usefulness and protection.

FirstName LastName
 Street Address
 City, ST Zip

PRSR STD
 US POSTAGE PAID
 OAKVILLE WA
 PERMIT No. 2

Chehalis Tribal Enrollment Identification Cards

Any tribal member who needs to get a Tribal I.D. Card, contact Chris Ortivez at 360-273-5911. Please schedule an appointment at least two days in advance.

If Chris is not available when you stop by her office, and you already have a card on file, you are welcome to pay for your I.D. in the accounting office. Leave a copy of the receipt with our receptionist Jennifer. I can print your card and either mail it to you, or you can stop by later to pick it up.



**Hazel Pete Institute
 of Chehalis Basketry**

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

End of the Trail Store Hours

 <p>End of the Trail #1</p> <p>Hours Monday - Friday 7:00 AM to 8:00 PM</p> <p>Saturday and Sunday 10:00 AM to 7:00 PM Phone #: 360-273-6603</p>	 <p>End of the Trail #2</p> <p>Hours 6:00 AM to 11:00 PM daily Phone #: 360-273-1058</p>
	<p>End of the Trail #3</p> <p>Hours 5:00 AM to 12:00 AM daily Phone #: 360-273-7715</p>

**“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. There are box lunches daily and dinner Friday night with a program. 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

Chehalis Tribal Newsletter
 The Confederated Tribes of the Chehalis Reservation...
“People of the Sands”

Articles and opinions expressed in this publication are not necessarily the opinions of this publication or the Chehalis Tribal Business Committee.

The Chehalis Tribal Newsletter encourages tribal members to submit letters, articles, photographs, and drawings to be considered for publication. These are subject to editing.

Contributing writers, artists, and photographers include Chehalis tribal community members and staff.

Submission deadline: 6th of each month
 Printed monthly

Tribal Center (360) 273-5911
 420 Howanut Road
 Oakville, WA 98568
 (360) 709-1726 (office)
 (360) 273-5914 (fax)
fshortman@chehalistribe.org

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

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

Chehalis Tribal Newsletter Staff:
 Fred Shortman, Communications
 Coordinator

