



CHEHALIS TRIBAL NEWSLETTER

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

May 2013

Free

Tour Educates Youth About Fish on the Chehalis River Basin

Friday April 5th, during spring break, the youth program took a field trip to the fish trap located in the head waters of the Chehalis river basin above Pe Ell. This is where the Chehalis Tribal Department of Natural Resources are conducting a fish study.

The children's favorite part of the study was seeing the juvenile fish and eel collected that wet cold Friday morning. Mark White checked the rotary screw trap and collected a few juvenile fish and lamprey eel. After transporting them to the portable building used for sampling. The youth scampered inside to watch Mark White weigh, measure and document the species caught that morning.

He showed the children some of the samples that were going to be sent to the lab for further testing. Due to the small enclosure they took turns watching the process of documenting the fish.

After all the documentation was finished they were released by Fisheries Technician, Bill Secena back into the river.



Youth observe Mark White collect samples from the rotary screw trap on the upper reaches of the Chehalis River Basin.

About the Fish Study

Natural Resources started operating the trap officially on February 4th. It will run thru mid June (or whenever the water levels drop so far that they can't operate it) and will resume in the winter. The project is funded for two years by the Tribe, Lewis County PUD and the Washington State Department of Fish and Wildlife.

Currently they are catching Steelhead, and they are also catching some Chinook, Coho, and lamprey as well as some trout, dace and

The children gathered around the buckets to look at the few juvenile fish and a lamprey eel to be weighed, measured and documented.

sculpins. Over 900 fish have been captured, recorded and identified.

When there are species that cannot be identified, they are sent to a lab in Olympia for species identification. Sometimes utilizing local knowledge in the area helps with species identification.

What they have learned at this very early stage in the study is the length of time (age of juveniles) before they out-migrate, there is significant lamprey breeding habitat up stream of the trap, and length of time for out-migration of fish from the upper reaches to the reservation. Keep in mind this is a very early assumptions.

After this season the Department of Natural Resources will have a much better information

on the upper river basing and after year two will be able to draw some very definitive conclusions about fish migratory patterns.

The average length for steelhead out-migrating is 143 mm at a weight of 25 grams (Bigger than anticipated). With average ages of 2.5 years as determined by scale samples.

Next week they hope to begin to start pit tagging steelhead to refine fish movements and travel times. Next year they will incorporate telemetry to determine losses through different reaches of the river. This will help improve restoration efforts and increase fish runs through survivability.

For more information about this study please contact Bill Secena at 360-688-4305 or Mark White, Director of Chehalis Tribal Natural Resources at 360-709-1551 or email: Mwhite@chehalis-tribe.org



Sample of the juvenile fish were weighed and measured inside the sampling building.

Chehalis Tribe Hosts the 2013 SPIPA Native Men's Wellness Conference

The 2013 SPIPA Men's Wellness Conference was held on March 15 and 16 at the Great Wolf Lodge. This two day conference discussed a wide variety of threats to men's health and provided materials that pay off in prevention activities. Men from the five consortium tribes were invited to attend this conference such as: Chehalis, Squaxin, Nisqually, Shoalwater Bay, and Skokomish.

On Friday, there was a discussion of Native Men's Wellness and Cancer in our communities followed by a discussion on traditional living for men. Saturday morning was an "Ask the Doc" session, as Doctor Ott from the Squaxin Island Clinic discussed the challenges of men's health and answered questions and concerns.

Later that day focus groups were established to go over the topics and challenges of getting and staying healthy. They developed strategies in order to further educate their communities on men's health issues. As each group shared their ideas with each other, it was surprising to find many of the same ideas were brought forward:

Plans and Goals:

- Create and attend events and walk together.
- Educate our children by getting them involved by video taping cancer survivors to demonstrate the consequences of smoking.
- Create a men's group to share and discuss health challenges our daily life brings.
- A commitment to a lifestyle change: Eating healthier, drinking water, and keeping in balance. Learn more about traditional native foods. What to eat? How to harvest? How to prepare what was harvested.



During one of the break-out sessions Kathryn Akea, Outreach Specialist for the Comprehensive Cancer Control Program (CCCP) listens intently from each tribe during the SPIPA Native Men's Wellness Conference.

Do you know the greatest threats to men's health? The list is surprisingly short — and prevention pays off. Consider this top seven list of men's health threats, compiled from statistics provided by the Centers for Disease Control and Prevention (CDC) and other leading organizations to reflect men's health risks in the United States. Then get serious about reducing your risks.

No. 1: Heart disease: Heart disease is a leading men's health threat. Take charge of heart health by making healthier lifestyle choices.

No. 2: Cancer: Various types of cancer are of particular concern to men, including lung cancer, skin cancer, prostate cancer and colorectal cancer.

No. 3: Accidents: Motor vehicle crashes are a leading cause of fatal accidents among men. To stay safe on the road, use common sense. Wear your seat belt. Follow the speed limit. Don't drive under the influence of alcohol or any other substances, and don't drive while sleepy.

No. 4: Chronic lower respiratory diseases: Chronic lung conditions — which include bronchitis and emphysema — also are a concern for men.

No. 5: Stroke: You can't control some stroke risk factors — such as family history, age and race — but you can control other contributing factors.

No. 6: Type 2 diabetes: Type 2 diabetes — the most common type of diabetes — affects the way your body uses blood sugar (glucose). Poorly controlled diabetes can lead to heart disease, eye problems, nerve damage and other complications. To prevent type 2 diabetes, get serious about your lifestyle choices. Eat a healthy diet. Include physical activity in your daily routine. If you're overweight, lose excess pounds.

No. 7: Suicide: Suicide is another leading men's health risk. An important risk factor for suicide among men is depression. If you have signs and symptoms of depression — such as feelings of sadness or unhappiness

and loss of interest in normal activities — consult your doctor. Treatment is available. If you're contemplating suicide, call for emergency medical help or go the nearest emergency room.

The bottom line: Understanding health risks is one thing. Taking action to reduce your risks is another. Start with healthy lifestyle choices — eating a healthy diet, staying physically active, quitting smoking, getting regular checkups and taking precautions in your daily activities. The impact may be greater than you'll ever know.

Wow, that is information over load right? Don't consider it a diet, call it a lifestyle change. Keep it simple at first by selecting one small change in your food intake.

Did you know many people planning a vacation then planning a meal. Also eat less fast food and processed meats. Let go of the soda and replace it with water. Maybe start reading the labels on your food and select a lower fat or sodium foods.

It could be a simple change of taking a short walk with a friend around the block or to the store instead of driving.



Men listened intently to each tribal representative who discussed their challenges and strategies to get healthy.

Program Provides Classes for Native Artist to Build a Successful Business

The Chehalis Tribal Loan Fund was honored to have First People's Fund from Rapid City, SD come to present the Native Artist's Training on April 29th and 30th. First People's Fund's mission is to "Honor and support the creative community-centered First People's Artists; and nurture the collective spirit ® that allows them to sustain their peoples." First People's Fund has an Artist specific curriculum, which was presented to Native Artists at the Eagles Landing Hotel.



Native artists from different tribes shared their talent learning the technical aspect to building their business including marketing strategies and funding resources.

Our trainers were: Theresa Secord and Jeremy Staab from First Peoples Fund. Theresa Secord is from the Penobscot Nation of Maine. She is a fourth generation Penobscot basket maker. She is also the founder and Executive Director of the Maine Indian Basket Maker Alliance. Jeremy Staab is from the Ho Chunk Nation (aka Winnebago) of Nebraska. He designs heritage t-shirts, sweatshirts that tells stories of Ancestors and our Heroes.

The Artists had a chance to share with the group where they were from, their values, their vision and how their journey connected them to their art.

The artists learned technical aspects to their business, including marketing strategies. There were

also information on grants and resources provided to the Artists. Every Artist was asked to bring a piece of their artwork and to participate in the Native Artist Idol. During this NAI; our Artists only had 3 minutes to sell their art to our 4 member judges. The Judges gave constructive and helpful advice to

all participants.

We had a total of 20 Native Artists attend this training, representing many tribes. We had a mixture of Artist mediums; from painters, carvers, basket makers, photographers, and others. A lot of networking was done amongst the artists. We were hoping to see more Chehalis Tribal Members take advantage of this training. If you are interested in attending another workshop like this, contact our CTLF Staff or look out for flyers within the community.

The Chehalis Tribal Loan Fund also offers many other trainings and resources for Chehalis Tribal Members like: Financial Education, Indianpreneurship Class, Debt Consolidation, along with many others. If you are interested in learning more, please contact Julie Burnett or Diana Pickernell at the Chehalis Tribal Loan Fund @ 360-709-1631 or 360-709-1831.



Contact the CTLF staff for any questions at 360-709-1831 or 360-709-1631.

Julie Burnett, Executive Director
jburnett@chehalisTribal.org

Diana Pickernell, Loan Coordinator
dpickernell@chehalisTribal.org

Chehalis Tribal Loan Fund News

Wednesday, May 29

How to buy a car: Please sign up and we will let you know the place and time

Firework Loans

We are still accepting Firework Loan Applications

Business Plans

Do you need a business plan? or have you thought about owning your own business? We can help you. Come see us at the CTLF.

Tribal Health and Wellness News

■ American Red Cross Blood Drive *by Christina Hicks*

On Thursday, April 11 the American Red Cross held a blood drive at the Chehalis Tribal Wellness Center. We had 29 folks come in and donated. Out of those 29 only 17 folks were actually able to donate blood.

The main reason was low iron. Iron is necessary in building the proteins of red blood cells, which help carry oxygen from the lungs to all parts of the body. These red blood cells help the body metabolize energy and stay healthy. Different factors may contribute to low levels of iron and, thus, a low concentration of red blood cells. These include:

- Monthly loss of blood during menstruation among women.
- High carbohydrate diets and high levels of physical activity of athletes.
- Frequent blood donation.

A well-balanced diet with plenty of iron-rich foods helps maintain a healthy hemoglobin or hematocrit level and helps ensure that donors are eligible to give blood.

Donors who are deferred because of a low hemoglobin or hematocrit level can reschedule an appointment and return to donate at a later time. Vitamin C helps the body absorb iron. Foods high in Vitamin C include fruits, raspberries, strawberries, tomatoes and broccoli. Other foods high in iron content: Raisins, Kale, baked potato, Brussels sprouts, asparagus, lima beans, pinto beans, lentils, kidney beans, pistachios, pumpkin seeds, whole wheat bread, iron-enriched white bread, oat bran, beef, pork, chicken, turkey, clams, oysters, shrimp, tuna, tofu.

The next American Red Cross blood drive will be held locally at end of June at the Lucky Eagle Casino. Thank you to all that donated blood.

Everyone that donated received a free lunch buffet coupon for the Lucky Eagle, and the winner of the 4 free Water park passes to the Great Wolf Lodge was Mary Weber. Thank you to The Lucky Eagle Casino and The Great Wolf Lodge for your donations to help this event.

Staff Profile: CTWC Nurse Practitioner

I've been a Women's Health Care Nurse Practitioner for many years and I am delighted to be providing women's health services at the Tribal Wellness Center. Through the Women's Wellness Program I will be providing cancer screening and referrals. I can also help with other health concerns



**Chris Knutson
Women's Health Care
Nurse Practitioner**

or problems specific to women like infections, or advice about how to have a healthy pregnancy.

Western Washington is my home base. I was born in Aberdeen and have a love for this area and its small towns. Of course, I went away

for college and other periods of time, but I always come back here.

Right now, I wear two work hats; I work for the State Department of Health in Olympia full time as well as the Tribal Wellness Center one day per week. Retirement from my state job is approaching so

I am looking forward to perhaps being more available down here in Chehalis. Outside of work my personal interests are mainly outdoors activities like gardening, kayaking, hiking or beachcombing, and camping.

Attention: Chehalis Tribal Members

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 @ 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

**Thursday, June 6
9:00 AM - 4:00 PM
It Dental/WIC, so everyone
needs to be seen.**

**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. 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@chehalisTribal.org



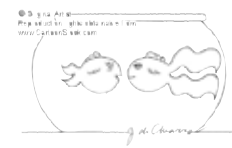
AQUA AEROBICS

**OPEN to ALL
COMMUNITY
MEMBERS**

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

No matter which way you move, it challenges you.

**5:00 - 6:00 PM
Wednesdays**



**Low impact
Strength. Flexibility.
Aerobic Conditioning.**

For more information contact Cindy Beck at 360-709-1810 or email: cbeck@chehalisTribal.org

Fitness Basics for Couch Potatoes to Marathon Runners plus fueling for fitness



Russ Baker and his son Jeremiah Jones-Baker showing the audience how to prepare the three-cobbler dessert.

The Community Transformation Grant hosted their 2nd Community Gathering with April's theme of Physical Activity.

We started our event with an amazing healthy dinner provided by Talisa and Russ Baker. They made boiled Red potato, fresh green salad, and Don Secena and John Youckton cooked fish on a stick. (Thank you Don for the donation of fish!) We also had two elders, Helen Sanders and John Sharp talk about what fitness meant to them and how they use diet and exercise in their lives today.

Our guest speaker, Carrie Johnson; who is a personal fitness trainer for Thorebecks in Chehalis spoke to the community about fitness basics. She gave the audience some quick tips to exercise. Letting them know how important exercise should be put in daily lives. Captain

Captain Thorebecks and Carrie Johnson talking to kids about fitness.



Thorebecks was also there to talk and meet with kids about exercising. Children had the opportunity to meet with Captain Thorebecks and take pictures.

We also had our Chehalis Dietician, Pat Odiorne talk about portion control and why it is important to make healthy choices.

To end our event Russ Baker, who is a Chehalis Tribal member did a food presentation, which was a delicious Three Berry healthy dessert.

Chicken and White Bean Chili Soup

Makes one large pot (about 4 quarts) - serves about 6

This is my new favorite soup-very easy to make and deliciously flavorful, too. Serve as is, or top with cilantro, grated cheddar cheese, hot sauce, or a dollop of plain Greek yogurt (for added creaminess).

Ingredients:

2 small or 1 large onion(s), diced
 1 Tbsp. olive oil
 2 cans (4oz. each) diced green chilies (can use chili pepper)
 4 cloves of garlic
 2 Tsp. cumin
 1 Tsp. oregano
 1/4 Tsp. pepper
 1/4 Tsp. cloves
 3 cans (14.5 oz. each) chicken broth (lower sodium if possible)
 4 cups pulled rotisserie chicken
 2 to 3 cans (15.5 oz each) Great Northern white beans, drained and rinsed use 2 or 3 depending how much you like beans! (Can substitute any kind of beans)

Instructions:

In a large soup pot, sauté onions and oil together until onions are transparent.

Add green chilies, garlic, cumin, oregano, green chilies, pepper, cloves, and sauté 2 to 3 more minutes.

Add chicken broth, chicken, and beans. Bring to a broil; cover pot and simmer 15 minutes. Serve hot and enjoy!

Healthy recipe donated by: Deborah Baker, Oakville Library Manager



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@chehalisTribes.org
 Phone: (360) 273-5504

IHS and the National CDC Tobacco Education Campaign

IHS has joined the national CDC tobacco education campaign, “Tips from Former Smokers” to help deter the use of commercial tobacco in Indian Country.

The health consequences of smoking are staggering; each year, an estimated 443,000 people die prematurely from smoking, and an estimated 49,000 of these smoking-related deaths are a result of secondhand smoke exposure. And the consequences are even more dramatic in Indian Country:

American Indians and Alaska Natives (AI/AN) have the highest prevalence of smoking and other tobacco use of any population group in the United States.

According to the National Center for Health Statistics, 17.8 percent of AI/AN women smoked during their pregnancy, compared to 13.9 percent of non-Hispanic white women. Tobacco use during pregnancy is one of the key preventable causes of adverse pregnancy outcomes. Nationally, Native American youth living on reservations have the highest smokeless tobacco use of all U.S. population groups. Smokeless tobacco can cause cancer of the esophagus, mouth, and pancreas. Cardiovascular disease is the leading cause of death among AI/AN’s, and tobacco use is an important risk factor. Cancer is the second leading cause of death among AI/ANs nationally, and lung cancer is the leading cause of cancer

death.

Most smokers—nearly 70%—say they plan to quit and half make a serious attempt for a day or longer each year. The “Tips from Former Smokers” campaign was designed to create a sense of immediacy about the damage smoking causes to encourage people to stop smoking now or not to start.

Please help us spread the message throughout Indian Country about the benefits of quitting and not starting the use of commercial tobacco products. Further information on commercial tobacco use among AI/ANs is available at: <http://www.cdc.gov/tobacco/campaign/tips/groups/american-indian-alaska->

[native.html and http://www.tobaccofreekids.org/research/factsheets/pdf/0251.pdf](http://www.tobaccofreekids.org/research/factsheets/pdf/0251.pdf).

General information on the national campaign and tips for quitting smoking are available at [http://www.cdc.gov/Features/TabaccoEducation Campaign/](http://www.cdc.gov/Features/TabaccoEducationCampaign/) and <http://betobaccofree.hhs.gov/index.html>.

Thank you for your immediate attention to this important health issue and thank you again for your great care of the American Indian and Alaska Native population.

Susan V. Karol, M.D.
Chief Medical Officer, Indian Health Service

WEBSITE PROVIDES IMPORTANT UPDATES REGARDING COBELL VS. SALAZAR SETTLEMENT

New Trust Administration Class Deadlines: On April 9, 2013, the Court approved Plaintiffs’ Unopposed Motion to Modify Aspects of Class Action Administration and filed an Order Granting Motion to Modify Aspects of Class Action Administration which extends certain deadlines as listed below, authorizes claims postmarked by March 30, 2013 to be accepted as timely, directs the Claims Administrator to pay amounts otherwise due Class Members to holders of valid claims of lien or to lawfully appointed bankruptcy trustees, and authorizes the Special Master to hire and pay staff.

Updated deadlines for claimants who submitted claims in connection with the Trust Administration Class:

■ May 1, 2013 – The Claims Administrator will mail letters detailing the initial determination of eligibility to all persons who filed a timely claim.

■ July 1, 2013 – Written requests for reconsideration must be postmarked and sent with all supporting documentation to the Claims Administrator. It is important that all documentation supporting your claim as a member of the Trust Administration Class be provided to the Claims Administrator when you are asking for reconsideration.

■ August 1, 2013 – The Claims Administrator must respond to any requests for reconsideration with a second determination of eligibility.

■ September 4, 2013 – Written requests to appeal the second determination of class eligibility must be postmarked and sent to the Claims Administrator.

■ Appeals will be reviewed by the Special Master, the Honorable Richard Levie (Ret.), who was appointed by the Court on December 19, 2012.

Historical Accounting Class:
The Historical Accounting Class distribution has been very successful. Over 99% of all living Historical Accounting Class Member payments have been distributed.

Two principal challenges remain with respect to distribution of remaining Historical Accounting Class checks.

1. Estates. There are approximately 38,500 deceased Class Members with awards that have not yet been distributed. Under the Court’s current order, distribution of those checks are to be made to the personal representative, administrator, or executor of the estate of that individual or to the heirs of that beneficiary pursuant to a state or tribal probate order. Therefore, if you are an heir of a deceased Class Member we encourage you to send documentation to the Claims Administrator which

details the identity of the personal representative, executor or administrator or a copy of the final state or tribal probate order. Under the current court order, a federal probate order is not sufficient. If a state or tribal estate has not been opened, we encourage you to open a state or tribal estate and arrange for the appointment of an executor, administrator or personal representative of the estate in order to expedite payment of these checks.

2. Whereabouts Unknown. Some checks have not been distributed due to insufficient addresses for Class Members. If you have not received a check and are a member of the Historical Accounting Class, please contact the Claims Administrator and provide a current address. OST maintains a list of those beneficiaries who are considered “whereabouts unknown.”

A copy of that list can be found at <http://www.doi.gov/ost/wau/index.cfm>.

What does the Planning Department do?

The answer to that might surprise you. You probably assume that the Planning Department is involved with planning the development of the tribe and the reservation, but you might not know that the department is involved with every other department within the Tribal government to plan, design and inspect projects that range from new buildings to new roads, and to bring in grant money to keep the tribe operating at the level we've come to expect. The Planning Department also issues permits needed to do just about anything on the reservation; business, building, electrical, septic, special use, herbicide, utility, grading. All this is done to insure structures, utilities and anyone who does business on the reservation are safe and are done correctly.

If you want to do business on the Chehalis Reservation, you will need to come into the Planning office and see Winona Youckton at the front

desk to get your Business Permit. It's a simple application and it only costs \$25 for each calendar year. The process is easy and quick and you'll be able to go out and start selling your wares or offering your services within minutes.

Don Terry, who has worked with the Tribe for more than 12 years, handles the other permits. When you want to build a garage or spray your land to eliminate pests, you must come in and get a permit to do so from Mr. Terry. Don also does the inspections to make sure any new structure is done correctly and meets life safety standards.

The Chehalis Tribe's Transportation Planner, Kayloe Dawson is a licensed Professional Engineer. All the road and bridge projects you see happening on the reservation are courtesy of Kayloe's meticulous design, planning and management. Kayloe has completed some

pretty significant projects recently, including Howanut Road and the Harris Creek culverts, and there are more coming up in the near future. If you ever have inquiries about any of it, Kayloe is always happy to talk to you and show you the plans.

Jenee Penn, Melissa Koepp and Janet Stegall are grant writers in the Planning Department. They work daily going after grant monies for all the different Tribal departments. Many of the Tribe's programs rely on grants to function and being able to effectively communicate the need for that money is an important job. Jenee and Janet are tribal members, and Melissa is an experienced grant writer who came to share her expertise last July. Jenee has worked in Planning since 2011 and has also recently started designing parks for the reservation. The new playground she designed across from the Tribal Center has been very popular and more are in the works. Janet is a Tribal Member Grant

Writer Trainee and has worked in the department since May of 2012. In 2012, the grant writers brought \$2 million in grants to the Tribe.

The Planning Director is Amy Loudermilk. Amy was a grant writer for the Tribe from 2006 to 2010 before taking on the role of Director so she is well versed in all specific aspects of grant writing for the Tribe. She keeps the whole ship running smoothly. Amy also runs Rez Animal Resources and Education, a non-profit organization which helps pet owners and pets on the Chehalis, Nisqually, Skokomish, Squaxin and Shoalwater reservations.

Feel free to drop by if you have any questions about Planning, permits, grants or Rez Animal Resources.

The Planning Department office is open from 8:00 AM-4:30 PM, Monday through Friday.

Help Name the New Hardball/Softball Fields!

We need your help in naming the new hardball and softball fields at the Community Center.

Do you have a great idea for a name? We want to hear it!

Please stop by the front desk at the Tribal Center to make a suggestion and cast your vote.

Voting will end June 14th and the new name will be announced the last week of June.



Playground and Covered Area



Hardball/Softball Field



Softball/Little League Field




Happy Birthday to Tribal Members Born in May



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Tein Meas Raymond Roff Robert Smith	2 Sasha Penn-Roco Distiny Zaidy	3	4 Roger Goldman Alexander Shortman Jaimie Smith Eli Snell
5 Lori Lund William Pressnall	6 Ashlea Parkinson	7 Brandon Canales Mable Cooper Lucy Cush Lela Pulsifer	8 Christian Hoheisel Georgia Meier	9 Joseph DuPuis Jessie Goddard Harry Pickernell, Sr.	10 Beth Hofstetter	11
12 Ann-Marie Youckton	13 Lindsey Fern Dante McGee Emily Mordhorst Teresa Pannkuk	14 Leo Daniels-Meddaugh Adam Flores Art Medina Nora Ortivez Sarah Hall	15 Violet Snell	16	17 Bobby Beckwith Cole Fulton Tiera Garrety Janice latch Robert Penn	18 Curtis DuPuis Airel Klatush Amber Penn-Roco Sheylee Phillips Austin Vigil
19 Kenny Brown, Sr.	20 Tony Brown Dewey Gleason-Wheeler Michael Haltom Shawn Ortivez	21 Valea Higheagle Patricia Jones Farley Youckton	22 Addison Sekishiro Asa Simmons	23 Joseph Burns Chyler Daniels Cyrena Ortivez Rosalina Sanchez	24 Artie Uden	25 Jacqueline Pickernell
26 Gavin Hernandez Paula Klatush Amara Penn Brady Pickernell Tiffany Simmons	27 Aiden Secena-Sanchez Rikki Sutterliet	28 Damius Hansen Steesha Mc Joe TJ Trott	29 Janet Stegall	30 Serenity Klatush Stephanie Robles Jesse Youckton	31 Savanna Bush-Bird Joaquin Robles Sunday Tejda	

Happy Birthday to a wonderful Mom
Awesome grandma
and sweetest Great
Grandma
Lucille Cush



I <3 U Momma!!
Love, Anna, Rita &
Rick

HAPPY BIRTHDAY
ROBBIE SMITH
FROM YOUR AUNTIE JODIE, CEDES
& TONY


Happy Birthday wishes to:
to a great son-in-law
Harry Pickernell ~ May 9th
From Janice

Happy 13th Birthday
Savanna!!



Love always Mom,
Jordan, Jonnie and
LeeAnna

Happy 62nd Birthday
Dad - Grandpa!!



We love you!

Happy Birthday to
Shawn Ortivez,
Tiffany Simmons,
Savanna Bush Bird,
Johnny Atkins

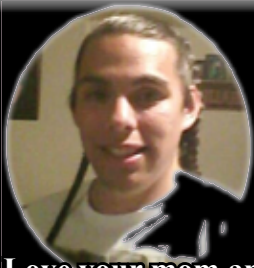
Love all of you sooo
much,
your auntie Chris O.

Happy Birthday
MaryBeth
Hofstetter

From your
brother Fred

Happy Birthday
Alex Shortman *From Dad.*
Mom. Grandma
& family

Birthdays continued from page 8.....



Happy 18th Birthday TJ!

Love your mom and sisters!

**HAPPY BIRTHDAY
EMIN MORDHORST
FROM AUNTIE SUSIE
AND FAMILY**

“Happy Birthday to my most Beautiful niece Cyrena Ortivez.



Love you bunches Auntie Chris

Happy Birthday to my Beautiful daughter Jamie Smith



Love you so much!!!!

Happy Birthday to my beautiful auntie Mabel (Doodle) Cooper!

You are such a special lady, and I love you sooooo much! Best wishes for many more, your niece Chris Ortivez



Corrections Officers Graduate from the BIA Basic Corrections Academy



Picture (L-R) are Ralph Wyman, Jennie Eng, Rick Fahlenkamp, and Bobby Johnson.

The Chehalis Tribal Corrections Department would like to congratulate our newest Indian Police Academy graduates; Officer Rick Fahlenkamp, Officer Robert “Bobby” Johnson, Officer Jennie Eng.

These Officers have recently attended the BIA Basic Corrections Officer Academy in Artesia, NM. This program is a 6 week course that trains Corrections Officers to serve in Correctional Facilities all across Indian Country.

Thank you for your hard work and dedication to service with the Chehalis Tribal Corrections Team.

Clothesline Project

Sponsored by The Chehalis Tribe’s Domestic Violence Response Program

**Thursday, May 23
Starts at 4:30**

At the Community Center Classroom

**Come make a T-shirt and watch our project grow from year-to-year!
Bring a friend!**

The Clothesline Project is a visual display that bears witness to violence against women and provides opportunity for healing and community building.

The Chehalis Domestic Violence Response Program will make t-shirts to display at Tribal Days on the corner of Anderson and Howanut Road. The Clothesline Project honors survivors who have been affected by intimate violence. A survivor is anyone who has experienced personal violence and has lived to tell about it. Survivors of domestic violence and sexual assault will have an opportunity to break down the silence of abuse. Show your support for the project and for survivors of violence by educating yourself and bearing witness



to the experiences displayed on the shirts.

No identifying information or unwanted language are allowed on the t-shirts!

Everything is provided!

Chehalis Tribe Students of the Month for April

Halle Colson (9-12)



Halle is a senior at Todd Beamer High School in Federal Way. She currently has a 3.7 GPA. She is in her fourth season playing Varsity Fast pitch for school as starting catcher and also plays outfield. Her favorite subjects are Creative Writing and Photography.

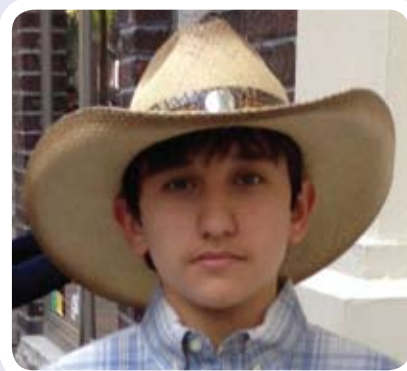
Halle enjoys helping at church, is currently serving as a leader for a middle school youth group, and is looking forward to serving on a mission trip at a shelter for abused women and children in Guatemala this

summer. She also loves to read and is training to ride in the Seattle to Portland bicycle ride in July.

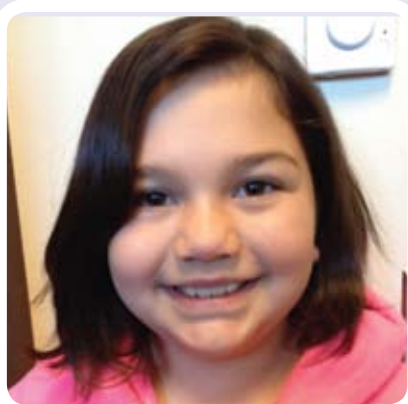
Halle will attend University of Colorado Boulder next fall, studying Education or English.

Farley Youckton (6-8)

Farley is in the 8th grade at Winlock Middle School, where he is regularly named to the Principal's List (a greater honor than Honor Roll), is enrolled in the Select Robotics class, and plays on the baseball team. Outside school, Farley enjoys football, playing games, and hanging out with his friends. He recently got his braces off and he is very happy about his new mouth.



Payton Simmons (K-5)



Payton is attending Rochester Elementary in the 2nd grade. Her favorite subject is science. For fun, Payton likes to dance and attend powwows.

She says the reason she is such a good student is "because I always pay attention."

Payton hopes to be a teacher when she grows up.

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!

Oakville Receives Funding to Reduce Underage Drinking

Oakville has been selected to receive funding to reduce youth alcohol and other drug use, and create a healthier and safer community environment. The support includes funding for training, technical assistance, and community and school-based prevention services.

Oakville is one of 52 communities statewide currently participating in a Prevention Redesign Initiative (PRI), funded by the state Department of Social and Health Services' Division of Behavioral Health and Recovery (DBHR). PRI supports new or existing coalitions in partnering with parents, youth, educators, health professionals, law enforcement, faith leaders, tribes and local government. Coalitions will identify their highest prevention needs, plan and implement evidence-based strategies, leverage local resources and evaluate the impact of selected programs.

"Our goal in redesigning and targeting our state prevention services is to leverage enough resources in high-need communities to achieve greater reductions in substance abuse and the harm it causes," said Chris Imhoff, DBHR's Director. "Community leaders are prepared to use these resources to help young people make healthy choices and succeed," added Imhoff.

PRI will focus a larger amount of leveraged resources in targeted communities over several years, with the primary goals of reducing underage drinking among 8th and 10th graders, improving academic performance, and reducing juvenile crime. Alcohol kills more youth than all other drugs combined.

While the 2012 Washington State

Healthy Youth Survey found that teen drinking is going down, more than 115,000 youth reported using alcohol in the past 30 days. Because the teen brain is still developing, alcohol use during this time can permanently damage learning and memory, and impairs judgment and impulse control. This puts teens at greater risk for serious injuries and death.

"A number of factors were considered in selecting Oakville for services", said Wilma Weber, coalition coordinator from Grays Harbor County Public Health. "These included a variety of data regarding substance abuse along with Oakville School District's readiness to benefit from these services. This is a great opportunity for the youth and the community of Oakville."

The local coalition is in the building phase and Weber encourages any community member who is interested to join the coalition to help plan and support programs that will be meaningful and impactful for the Oakville community. You can contact her at 360-500-4069 or wweber@co.grays-harbor.wa.us. Also, please stop by the public health table at the "Healthy Choices, Healthy Lives" health fair at the Chehalis Tribal Community Center on May 16th to learn more.

State and county data from the Washington State Healthy Youth Survey is available at:

www.AskHYS.net

Information and tips for parents for preventing underage drinking can be found at:

www.StartTalkingNow.org

Early Learning Families Learn the Importance of Budgeting and Saving

On Tuesday, April 30th Chehalis Tribal Early Learning Programs welcomed Julie Burnett as our guest speaker for our April Parent Meeting. Julie is the Executive Director of the Chehalis Tribal Loan Fund. Families came out for the evening to participate in all there is to know regarding family budgeting, something everyone does whether we want to or not!



Julie Burnett, Executive Director for the Chehalis Tribal Loan Fund was the featured guest speaker for the April Parent Meeting. She discussed family budgeting, short and long term goals and the best way to save for your families future.

Julie was most helpful discussing savings accounts for short term goals or long term goals and the best ways to save, save, save!

Our families enjoyed turkey sandwiches, soup & corn bread while our community youth donated their time to watch the children so

our parents could get tips on the best ways that work for their family to pay bills such as energy and credit

Julie was awesome at taking

questions, thoroughly answering them and giving sound advice for families looking to invest, save & budget their finances. We are so grateful to have Julie as our guest speaker & offering great resources for our families that can work with their life and culture.

Thank you, Julie!

Upcoming Events at Early Learning

Friday, May 24th
 ½ day: please pick your child up by 12:30 PM
 No drop off bus service-childcare open

Happy Mother's Day!

Chehalis Tribal Early Learning Programs

Now Accepting Applications!!!



- Ages 6 weeks to 5 years old & Expectant Mothers too!

- Applications for Early Head Start, Head Start & our Expectant Mother's/Home Based Program

- Childcare is also available!

Highly qualified staff and a wonderful program for families!

Please call for more information
360-273-5514
 or stop by for an application!



420 Howanut Road
 Oakville, WA 98568

North West Head Start Coalition

**23rd Annual Conference at the Northern Quest Resort, Spokane, WA
 August 5-8, 2013**

"Head Start: Creating School Readiness Stars through Our Partnership"

There are over 60 Tribes in over 8 states, that belong to this coalition. It is their goal to provide opportunities for Head Start Program staff to gather together to learn, share, and network their knowledge to enhance their skills, thus benefiting Head Start children, their families and communities.

If you are interested visit their website at: www.nwhsc.org

The Healthy Families Project

Provides the following services:

- Parenting skill development through positive native parenting practices and resources
- Support and assistance in accessing prenatal care for pregnant women
- Provide developmental guidance and parent-child interaction support.
- Provision of home visits for prenatal through 5 years.
- Developmental and observational screening of the child, caregiver, and family including home safety, developmental concerns, pre/post-natal depression in mothers, domestic violence and family social support
- Referral and linkages to other health, developmental, mental health, community and educational supports for the child, caregiver and family as appropriate.



For more information please contact:

Christibeth Burnett
 Healthy Families Project Home Visitor
 Chehalis Tribal Education Dept.
 Cell: 360-463-1526
 Office: 360-709-1627
 Fax: 360-273-5207
 Email: bdodge@chehalisTribal.org

FirstName LastName
Street Address
City, ST Zip

PRSR STD
US POSTAGE PAID
OAKVILLE WA
PERMIT No. 2

USDA Foods - Delivery Dates

June 14
July 19
August 16

Pick up is at the Community Center main lobby on the dates listed above.
Application and for more information please contact
Deb Shortman at the Chehalis Tribal Wellness Center
or call 360-709-1689

Chehalis Tribal Enrollment Identification Cards

Any tribal member who needs to get a Tribal I.D. Card, contact Chris
Ortiz 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.



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

Business Committee

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

Chehalis Tribal Newsletter Staff:
Fred Shortman, Communications Coordinator

**Disclaimer: All dates and times are
subject to change. Please call the contact
numbers to verify the event advertised.**

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



Chehalis Tribal Days Memorial Day Weekend May 24, 25, 26, and 27

*** We have added 2 new fields ***



Men's Hardball Tourney
Women's Softball Tourney
Co-Ed Softball Tourney



Contact Cheryl Starr 360- 688-3354; Phillip Youckton 360-709-1752 and
Darrin Jones 360-790-2206 or leave a message at 360-709-1824

Fish and Clam Bake
Arts & Crafts Tables, Food Tables

Vendors contact Dan "Bones" Gleason at 360-273-5911

Youth Activities

2013 Cancer Walk

Sunday, May 26
Walk starts at 1:00 PM

Please come early to sign-up at the Chehalis Tribal Center.
The walking path will be marked with pink ribbon signs.

Come support a cure for cancer as "We Walk as One"



Block of rooms Available at the Eagles Landing Hotel

Contact the Hotel at 360-273-8640

Survivor

Cancer Survivor Celebrations

Celebrating you, embracing life

June 1, 8:30 AM- 2:00 PM

Capital Event Center, 6005 Tyee 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.provregister.org or call 360-493-7247.
Space is limited