



CHEHALIS TRIBAL NEWSLETTER

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

June 2013

Free

2013 Tribal Days Memorial Weekend

It was a very busy week for the Chehalis Tribe in preparation of the annual 2013 Chehalis Tribal Days Memorial Baseball Tournament. The tournament was dedicated to one of our Tomahawk Legends – George "Chops" Youckton. There were posters describing his impact towards the game of baseball for many of us on the Chehalis Reservation. He willingly shared his knowledge with those around him through stories, both as a player and as an elder. He was a very respected individual.

2013 Chehalis Tribal Days Memorial Baseball Tournament

The weather hinted at a good possibility of cooperating with the directors of the tournament, who were coordinating their efforts to make it a successful weekend of competing in "Ol' Fashion Indian baseball." Unfortunately, Mother

Nature did not cooperate as she soaked the new baseball fields and games couldn't be scheduled on the new baseball complex. Tournament directors met the challenge with a decision to postpone the coed softball games for the following weekend.

Saturday, May 25 kicked off the men's hardball and women's softball games. Elders Mel Youckton, Dan "Bones" Gleason and Art Medina threw out the first pitch to start the tournament. Saturday was a decent day as the



The women demonstrate good sportsmanship after a highly competitive game during the tournament.

weather was off and on showers, but teams played on. During the day on Sunday a torrential downpour caused the men's hardball game to be temporarily postponed. The grounds crew added an ample supply of diamond dry to the fields in order to continue with the tournament. The

Continued on Page 2

Community Celebrates the 2013 Salmon Ceremony

The Chehalis Tribal Fish Committee selected tribal fishermen to harvest Spring Chinook. This salmon ceremony occurs before open fishing can take place. Every fishing season begins with a ceremonial harvest for fishers to catch salmon for use in these ceremonies. The timing of these feasts matches the arrival of the salmon and the fishers spend several nights fishing until there is enough fish to feed everyone.

Ross Davis, along with a few of his mentors returned this salmon ceremony to the Tribe. Many can remember having it at the old pit where the Elders building now stands. The purpose for this ceremony is to welcome the first salmon of the season and show respect to the salmon in order to ensure a good run. They taught us that if the salmon were not treated well, they would become offended and would stop coming back. They handled everything in a ritual manner.

The first salmon caught for the ceremony was set aside to honor the salmon, and then the bones were floated back downstream.

Continued on Page 3

Tribal Member Receives 2013 Governor's Leadership for Youth Award

On Thursday, May 30, the Boys & Girls Club of Thurston County hosted their annual event to issue the 2013 Governor's Leadership for Youth Award. This award is issued to someone who has dedicated a large portion of their life supporting kids.

Joe Ingoglia, Chief Executive Officer said, "This year's award ceremony was really special for me to able to give it to Don Secena. It wasn't about what his job is, it was about a man who really cares and volunteers his time. I am honored to know this wonderful and high quality gentleman. He is honest and sincere and I am glad to call



Tribal member Don Secena received the 2013 Governor's Leadership for Youth Award.

him my friend. Congratulations Don Secena!"

Don Secena Bio:

Don has lived in Oakville his entire life. He was part of inaugural class for the Chehalis Tribal Head Start and he went on to attend Oakville schools. As a young man he worked seasonally as a firefighter until he secured a position at the Lucky Eagle Casino. He began his career there in security and eventually worked his way up to Shipping and Receiving Manager. He sits on the Oakville School

Continued on Page 3

Inside

Historical Preservation Office	3
2013 Tribal Health Fair	4
Wellness News	5
Traditional Foods	6
South Bank Road Construction	7
June Birthdays	8
Honor a Legend	9
Student of the Month	10
Head Start Super Hero Day	11
Cemetery Clean-up, more Photos ...	12

Tribal Days continued from page 1....

steady rain continued throughout the night forcing the last day of games to be postponed until the following weekend.



At the softball field, the women's teams agreed to tough it out and play in the "Mud Bowl," as it was aptly named, to finish the women's softball portion of the tournament. The wet conditions slowed the game way down on the slippery surface. Base runners were seen sliding into the base sending mud and water towards the defensive player. It didn't dampen the players competitive spirit as they continued to play an inspired game of baseball. It was a fun weekend as the Natives defeated the Lady Stars in the championship game.

Final Weekend

On the morning of Saturday, June 1, the remaining teams left in the hardball tournament came to compete in the final games of the tournament. The field was in much better condition as the grounds crew had worked hard all week preparing for the final games to be played. The weather was sunny as the

tournament was finished.

The Men's Hardball Tournament was played all day. It was a great day as players took to the field at Tomahawk Stadium. The loud

speakers gave a play by play description of the present game being played. There were cheers of encouragement from the crowd as they rooted for their team. Of course, they took the opportunity to pick on the umpires for a close call. Team Chehalis defeated the Rebels in a hard fought offensive game in the championship game.

The Coed Softball Tournament started as men and women took the field in this division of the tournament. The crowd enjoyed some brilliant displays of athletic ability from both the men and women as they finished this two day part of the tournament.

The Inkredibles took the first game forcing a second championship game. Nisqually was able to rebound and win the championship.

Miss Tribal Day Princess Pageant

Many community members attended the Miss Tribal Day Princess Pageant held on Wednesday, May 22. This well attended annual

community event showcases the candidates presenting their speeches. The Youth Center staff provided a delightful dinner of spaghetti and dessert.

The Elders listened intently to each child give their speech and casted their vote for the best candidate to represent the Tribe.

2013 Miss Tribal Days Princesses. Pictured (L-R) are Miss Chehalis - Haley Parkinson; Jr. Miss Chehalis - Malena Canales; Lil' Miss Chehalis - Nora Ortivez; and Miss Head Start - Turtle Canales.



Tournament Summary

Men's Hardball

1st Place - Chehalis
2nd Place - Rebels

3rd Place - Nisqually
4th Place - Indians



Chehalis defeated the Rebels to win the 2013 Men's Hardball Championship

Women's Slow Pitch Softball

1st Place - Natives
2nd Place - Lady Stars

3rd Place - Nisqually
4th Place - Hurricanes



The Natives defeated the Lady Stars to become the 2013 Women's Slow Pitch Softball Champions

Coed Slow Pitch Softball

1st Place - Nisqually
2nd Place - Inkredibles

3rd Place - Bat Attack
4th Place - Skok



Nisqually defeated the Inkredibles to become the 2013 Coed Slow Pitch Championship

Salmon Ceremony continued from page 1....

Songs and prayers were sung to the salmon people to show that we “The Chehalis People” thanked them for continuing to bring nourishment to our bodies and to provide a safe fishing season to follow.

On Tuesday, May 14, the Chehalis Tribe had the Annual Salmon Ceremony at the old fish pit. There were many people that attended this first salmon ceremony, gathering in “Potluck Style,” bringing salads,

desserts and other delicious food. The cooks prepared the eleven fish harvested in the traditional Chehalis manner at our tribal fish pit.

This year the children learned the salmon song. The song was sung entirely in the Chehalis language. The Tribal Youth dressed up in the regalia provided to them. The youth paraded in singing and dancing with salmon sticks. The song and dance had not been performed by Tribal

Youth in almost fourteen years. The kids did a great job.

The Chehalis Canoe Family shared songs with the community adding coastal salish drumming and singing.

Gifts were given to many people who spent time and energy in making this ceremony a success. It was a day to remember, gathering to feast and celebrate in honor of the salmon people.



Great job everyone in making this honorable celebration a success.

Tribal Youth dressed up in regalia singing and dancing with the salmon sticks at the salmon ceremony.

Chehalis Tribe Receives Tribal Historic Preservation Office Protecting Sacred Sites In Washington State

The Chehalis Tribe recently became one of 141 Tribal Historic Preservation Offices in the country and 1 of 12 Tribal Historic Preservation Offices in the state. General Manager Mr. Richard Bellon was designated Acting Tribal Historic Preservation Officer. With approval from the Chehalis Tribal Business Committee, a team of employees of the Chehalis Tribe prepared the rigorous application to be designated a Tribal Historic Preservation Office.

What is a Tribal Historic Preservation Officer?

Tribal Historic Preservation Officers or THPOs are the individuals who respond when a sacred site is threatened, an ancestral home is unearthed, or when ancestral remains are disturbed by development.

Why is this so important?

The recent THPO designation is an expression of our tribe’s sovereignty. The Chehalis Tribe assumed several

functions previously carried out by Washington State’s Historic Preservation Office.

What is this going to look like on the reservation?

The Chehalis Tribe will be working with archeologists, historians and experts in preservation. You may notice individuals observing or monitoring ground disturbing activities. This is done to protect or reduce harm to items of historical significance.

Tribal Member Receives Leadership Award continued from page 1.....

Board where he has served for six years as a tribal liaison and facilities collaboration between Oakville and tribal members. For 10 years he served on the Chehalis Tribal council as Fifth Council member and was also Vice-Chairman for six years.

Don and his wife Mary are very passionate about helping youth. They have two granddaughters, six grandsons, and have fostered many children over the years. He has done a lot of work with the Indian Child Welfare program, and through this work he realized that when it comes to working with youth “we can do better.” He said he saw many children who never experienced basic things like fishing, swimming, or having a positive role model, and was compelled to reach out to foster youth. Don was also a Boys & Girls Clubs of Thurston County Board Member for five years and he still volunteers his time during the holidays to the Club. “He has connections with Santa!” In his spare time, Don enjoys fishing and cooking what he catches.

Past Recipients

2012 Bill Lahmann,
Olympia School District

2011 Jerry Farmer,
94.5 Roxy & Walter Neary, Comcast

2010 Paul Grudis,
Evergreen Vista & Mercy Housing

2009 Dr. Jim Koval,
North Thurston Public Schools

2008 Jay Wood,
Tumwater School District

2007 Governor Christine Gregoire,
State of Washington

2013 Tribal Health Fair



Vendors were available to answer questions about resources their program had to offer to those that attended the health fair.

By: Christina Hicks, Community Health Coordinator

On Thursday, May 16, 2013 the Chehalis Tribal Wellness Center hosted this annual health fair. The main sponsors who contributed to help support this effort were from the Office of Women's Health, the Chehalis Tribal Wellness Center, and the Community Transformation Grant. The health fair was held over at the Community Center Gym. The 60 vendors were available to share what resources they had to offer for the 220 who people attend.

This year we offered a "mini health screening," where participants were able to get: free blood pressure, random blood sugar, height, weight, BMI, Triglyceride, Total Cholesterol, HDL, and LDL. This mini screening also included a small questionnaire in which participants were asked about health insurance coverage, tobacco use, age and where they live. Other vendors included various tribal programs: Clinic, Dental, ICW, Behavioral health, Youth Center, Domestic Violence, Housing, Vocational Rehabilitation, SPIPA's CCCP, CHP, NWWP, Harmony Hill, UW Native People for Cancer Control, Susan G. Komen Puget Sound, EPA, Big Brother's and Big Sisters of SWW, NW Regional Council "Wisdom Warriors," TOGETHER!, LMTAAA, Olympic Area AAA, and various DSHS programs. The mobile DSHS office was outside for people who wished to apply for Food, Cash, and Medical benefits. The Grays Harbor, Oakville Rescue was also set up outside. We also had Community Health

Plan of WA, WA Prescription Drug Program, Providence Centralia, and many more vendors. We also had Keysar massage offering massage and Healthy Toes reflexology. Guest speaker, Lori Stone of the National Cervical Cancer Coalition did a small presentation on HPV and cervical cancer. Besides a healthy lunch there were raffles done throughout the day.

We would like to thank the Chehalis Tribal Enterprises, Lucky Eagle Casino, Great Wolf Lodge, Colon Health Program, Costco and all the vendors who donated items for the raffles. We thank everyone who participated and came to this year's health fair and made it a success.



Participants were able to check on their health at the mini health screening.

Facts to know about HPV Infection

What is genital HPV infection?

Genital human papillomavirus (also called HPV) is the most common sexually transmitted infection (STI). There are more than 40 types of HPV that can infect the genital areas of males and females. HPV can cause cervical cancer in women and genital warts in both men and women. There is no certain way to tell who will develop health problems from HPV and who will not. In most cases HPV goes away by itself before it causes any health problems, and most people who become infected with HPV do not even know they have it.

HPV is not the same as herpes or HIV (the virus that causes AIDS). Both viruses can be passed on during sex, but they have different symptoms and cause different health problems.

Who is at risk for HPV?

Anyone who is having (or has ever had) sex can get HPV. HPV is so common that nearly all sexually-active men and women get it at some point in their lives. This is true even for people who only have sex with one person in their lifetime.

How do people get HPV?

HPV is passed on through genital contact, most often during sex. Most infected persons do not realize they are infected, or that they are passing HPV on to a sex partner. A person can still have HPV, even if years have passed since he or she has had sexual contact with an infected person. It is also possible to get more than one type of HPV.

How can I lower my chances of getting HPV or having problems resulting from it?

- Condoms reduce infection and help stop warts
- Get vaccinated! Recommended for both males and females.
- Get routine screening for cervical cancer (Pap test) for women aged 21–65 years (and following up on any abnormal results).

Call the Chehalis Tribal Wellness Center for vaccine and screening appointments! 360-273-5504

Tribal Health and Wellness News

Living Well with Chronic Conditions Classes

Mark your calendars; we plan to start having "Living well with Chronic Conditions" classes beginning on

**Thursday, August 8, 2013
from 2:00 to 4:00 PM
at the Chehalis Tribal Wellness Center PT Room**

This will be a 2 hour class held every week for 6 weeks. You must attend all 6 weeks. The sign up sheet will be available starting in July. This is a Self Management class based on the Stanford University Chronic Disease Self-Management Study.

Watch for more information coming next month.

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 are in the work out area for those who choose 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

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

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



NOTICE TO CONTRACT HEALTH ELIGIBLE PATIENTS:

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

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

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

WIC Program

Thursday, July 11
9:00 AM - 4:00 PM

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

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.

USDA Foods - Delivery Dates

Friday, July 19

Friday, 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

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



**Contacting the
Chehalis Tribal
Wellness Center**

360-273-5504

Diabetes Prevention & Traditional Living



Butterfly landing on
Dandelion



Stinging Nettle



Purslane
(Coalminer's Lettuce)

SDPI Diabetes Prevention Program-A consortium of confederated tribes of the Chehalis Reservation

LuAnne Kennedy
Skokomish Health Center
Phone 360-426-5755

Melissa Grant
Squaxin Island Tribe
360-432-3972

Tanya Brown
Shoalwater Bay
360-267-8206

Mary Weber
Chehalis Tribal Wellness
360-709-8440

THE POWER OF TRADITIONAL SPRING FOODS FOR HEALING

Simple traditional foods help us function better.

We love to see mother nature at her best. This time of year is when everything is in full bloom and ready to harvest. The foods of spring have many teachings. Such as nettles, sprouts, violets and the spring salmon, Chinook.

Harvesting native plants is like second nature to most of us. Native foods are being embraced as a powerful tool to help fight modern chronic diseases, including diabetes. They are reconnecting people to the seasons and the land, which is beautifully woven into Northwest Coastal Indian culture.

Elders are gathering to remember

and teach. Families and communities are restoring harvest areas and are picking up the digging stick and the basket. Gardens are being planted. Land partnerships and food policy initiatives are developing. We can't forget that northwest coastal diet consisted of many types of berries, roots, bulbs, nuts, and seeds, which remain the most important part of our diet, even today. Because of our Northwest coastal ancestor's we are rich in cultural traditions and excellent health contributed from foods that are diverse and nutritious value. That is why eating traditional foods regularly can make a big difference in your health.

Let's take every opportunity to make this a better place to live

by revitalizing our cultural spirit and growing plentiful gardens, harvesting, gathering and eating native foods, to give each and everyone of us that fighting chance. If you are ever in the woods or near a lake or stream, and you are curious about things, don't hesitate to ask an elder or a loved one. Learn everything you can about it. You never know, you might just save a life. Being reconnected to the land and our community is happening more and more today. Let's introduce native plants and wild berries and wild game into your every day living.

Written by LuAnne Kennedy

TRADITIONAL SPRING FOODS INCLUDE

Stinging Nettles: Stinging nettles have been used for medical purposes, including as a treatment for hay fever. Aficionados of edible weeds harvest the young leaves and boil them, which renders the leaves edible. I emphasize "young" because the barbs haven't had time yet to develop on young leaves. Not only will they not sting your mouth once cooked sufficiently, but young leaves are also quite nutritious.

Purslane: Also known as Winter Purslane, or Indian lettuce. Wild American native popular in Europe for its tender juicy leaves and mild buttery flavor. An excellent winter crop rich in Vitamin C. Adapts well to greenhouses, or extra-early spring sowing. Shade tolerant. Eat entire plant; best before flowering.

Dandelion: From its thick tap root, dark brown, almost black on the outside though white and milky within, the long jagged leaves rise directly, radiating from it to form a rosette lying close upon the ground, each leaf being grooved and constructed so that all the rain falling on it is conducted straight to the centre of the rosette and thus to the root which is, therefore, always kept well watered. The maximum amount of water is in this manner directed towards the proper region for utilization by the root, which but for this arrangement would not obtain sufficient moisture, the leaves being spread too close to the ground for the water penetrate. Seaweed edible are algae that can be eaten and used in the preparation of food.

It typically contains high amounts of fiber and, contrary to landbased plant foods, contain a complete protein. They may belong to one of several groups of multi-cellular algae: the red algae, green algae, and brown algae.

The present uses of seaweeds at are as human foods, cosmetics, fertilizers, and for the extraction of industrial gums and chemicals. They have the potential to be used as a source of long – and short-chain chemicals with industrial uses.



New Flood Relief Bridge on South Bank Road



Construction has begun on South Bank Road in preparation for the new bridge to reconnect historic flood channels

If you have driven down South Bank Road in the last few weeks, then you probably noticed that construction has started on the Sickman Ford Overflow Bridge Project. Using some Tribal transportation funds, plus a \$2,075,000 grant from the state, the Tribe is building a new 250 foot long bridge to help alleviate flooding on the western end of the reservation.

The Tribe has hired Quigg Bros. Inc. to build the bridge and Quigg has partnered with WH Pacific (a tribally owned engineering firm) to design the new bridge. The new bridge will allow flood waters to pass more easily through the area and reconnect historic flood channels that were blocked when the

county built the road on fill.

A gravel detour road has been built around the construction site. The speed limit through the area has been reduced to 25 MPH to protect the construction crew and the driving public. Please watch for detour signs and respect any flaggers or traffic control signs in the project zone.

Construction will take place all summer and the project should be completed by early October.

If you have any questions, please feel free to contact Glen Connelly in the Natural Resources Department at 360-709-1854 or Kayloe Dawson in the Planning Department at 360-709-1767.

Free Firewood!

Tribal members can get a free firewood gathering permit at the Natural Resources Department. There's a pile of logs ready to be cut up into free firewood. All you need is a permit. You can cut up to 2 cords of wood for your household use. (The firewood cannot be sold and the permit holder must be present while cutting it up.)

Dry Firewood Burns Cleaner - Seasoned (dried) wood burns hotter and cleaner in your fireplace. This means more heat in your house, less soot in your chimney, and less smoke blowing toward your neighbor.

Here are few reminders:

- Split your wood now and it will dry before this winter.
- Store your wood off the ground, so air can circulate and dry it. (Old pallets work great.)
- Cover the wood pile with a tarp, or build a wood shed to keep the rain off of it.
- Never burn garbage or wood that has been painted or treated. They produce toxic chemicals.

Wood smoke is the leading source of air pollution in our area and we all create some of it. Every little bit we do to reduce pollution from wood smoke makes your community healthier for the elders, the children, and those folks with respiratory illnesses. So don't wait, get your firewood cut now so you'll be ready for the cold weather next fall.

Do your part and burn clean, dry wood.

For more information contact Glen Connelly, Environmental Programs Manager at 360-709-1854

The 2013 Cancer Awareness Walk



The 2013 Cancer Awareness Walk was a success. People "Walked as one" bringing attention to find a cure and to honor the past, present and future by this disease
Look for the story in next month's newsletter.



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 is the 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@chehalisTribes.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



Happy Birthday to Tribal Members Born in June

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Eric Beckwith Mario Robles
2 Payton Albert Roberta Combs	3 Billy Uden	4 Suzanne Ortivez Nikki Sanders	5 Zach Baker Leroy Boyd	6 Allen Andrews Dustin Couillard Tyson Hoheisel Michael LeClaire	7	8 Tyler Beckwith Donna Choke Loyala Davis David Dupuis Lee Starr, Sr. Winona Youckton
9 June Jones Charlotte Karl Emily Pickernell	10 Jeffrey Klatush Duane Williams, Jr.	11 Malena Canales	12 Paul Klatush Lindsay Shadle	13 Leona Clary	14 Jeremy Klatush Rachael Mendez Levi Sanchez, Jr. Rick Sanchez	15 Keziah-MaRay Gleason
16 Warren Beckwith Charles Blacketer Latisha Boyd Susan Sanchez Brendon Torres	17 Marilyn Johnson	18 Adam Lower Anthony Youckton Stacy Youckton	19 Beverly Bishop Kaylena Delgado Sonya Sherman Cheryl Stein	20 Barnaby Canales Darian Washburn Marvin Youckton	21 Harold Pickernel, Jr. Bailey Revay-Fern	22
23 Jordan Eichelberger Erica Esselstrom Anastasya Lukianov Danika Pickernell Edward Sanchez, Sr.	24 Jeannette Boyd Jordan Hutchinson- Albert Tanner McCloud Joshua Phillips	25 Robert Dupuy Jolene Lovelett Aaron Myer Heather Youckton	26 Soryn Davidson Janet Sanchez	27 Rena Hernandez- Klatush	28 Brian Benda Janessa Bumgarner Filiberto Sanchez	29 Elaine Myer Brooke Stein
30						

*Happy Birthday wishes to my granddaughter Jacquelyn - June 10th
Love Grandma*

*Happy Birthday wishes to my grandson who turns the big 21 years - June 21st
Much Love Grandma*

*Happy Anniversary Selena and Matt - June 17th
Love Mom*

Happy Father's Day

Fireworks Safety Tips to Protect Your Children

Fireworks and celebrations go together, especially during the Fourth of July. It is important to remember, fireworks are not toys! They are explosives and they can cause devastating injuries.

As we kick-off another season of sales and fun please take a moment to remember nearly 10,000 people annually are injured and treated at emergency departments all over the country because of fireworks. Besides causing injuries, the National Fire Protection Association estimates that local fire departments respond to more than 50,000 fires caused by fireworks each year.

Never allow young children to play with or ignite fireworks without properly training them and appropriate parent supervision. Half of all fireworks accidents happened to children under the age of 16. Sparklers can reach temperatures hot enough to melt gold. Three sparklers together generate the same heat as a blowtorch. If you give a child a sparkler make sure they keep them away from their face, clothing and hair.

Here are some more facts and safety tips about fireworks to think about:

- Don't hold fireworks in your hand or have any part of your body over them while lighting. Wear some sort

of eye protection. The most common injuries are to hands, followed by the eyes and face.

- You see the explosion of a firework before hearing it because sound travels at 761 mph, but light travels at 671 million mph.
- The majority of firework related injuries happen at family or private parties.
- Never throw or point fireworks at other people.
- A rocket can reach speeds of 150 mph. A firework shell can reach as high as 200 meters.
- Point fireworks away from homes, and keep away from brush, leaves and other flammable substances. Soak all fireworks in a can of water for 15-20 minutes before throwing them away.
- Never relight a dud. Don't let children pick up pieces of fireworks. They may still be ignited.
- Never try to make your own fireworks!

Fireworks are safer now than they have been in the past thanks to safety standards. Use, sell and enjoy them responsibly for the safety of everyone.

Chehalis Tribe - Students of the Month for May

Brooke Allen (9-12)



Brooke is a junior at River Ridge High School in Lacey. She is currently scoring a 3.55 GPA for the semester. Brooke participates in activities ranging

from pulling cedar and preparing it for weaving, playing volleyball, beading, and running.

Brooke would like one day to attend law school, and help Native peoples, especially Native children.

Nathan Wittwer (6-8)

Nathan is in the 6th grade at Wa He Lut Indian School. His favorite subjects are reading and art. Outside school, Nate says he enjoys just walking around. His advice to other students is to do what he is trying to do: "be a nicer person and a better artist."

Nate hopes to become good enough to be a writer and artist for DC Comics when he grows up.



Maddex Penn (K-5)

Maddex is attending Kindergarten at Rochester Elementary. His favorite subject is math. Maddex loves playing soccer and is also currently playing 3rd base for the Rochester Rockies t-ball team.

When he grows up, Maddex wants to buy a house across from his mom and dad's house so his mom can always cook him dinner.



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!

Artist Encourages Youth to Express Themselves Through Art



video was the talk of the classroom, they instantly recognized his coastal salish design shoes from Facebook and other social media.

Each child was given a paper to see what ideas they could come up with, along with a pair of "Mock-ups." The youth talked excitedly amongst themselves about what they would create for their shoes. Some of the children couldn't wait and when they went home that evening they began working on their new canvas.

The three day class was inspirational

to the children as they drew and painted their shoes. They were given tips on how to transfer and paint their mock-up design onto a pair of white vans. It was a great class, bringing out their inner artist, challenging themselves to draw and paint on a pair of shoes they intended to wear. The shoes were creative and shared a story about what inspired them. The children did an awesome job and their work was inspiring as they shared their finished pair of hand painted shoes.

About the Artist

Louie Gong, founded Eighth Generation in 2009 when - on a whim - he took a Sharpie to a pair of shoes. Louie is a Native of mixed heritage (Nooksack, Squamish, Chinese, French, Scottish). Growing up in a home with no running water, Louie's background serves as a stark contrast to his current success.

About the Mock-Ups

"Mock-ups," is a DIY (Do-it-yourself) art toy based on his work with youth and his desire to make the experience of personalizing a pair of shoes more accessible. *Mock-ups* are 7-inch white, molded plastic shoes that are a blank canvas; any medium can be used to decorate them. Design Yourself: IAMNMAI is a multi-layered artistic partnership designed to explore issues of identity, community and mixed heritage through art.



Youth focusing on painting their designs on their shoes.

Louie Gong giving design tips to the children during one of his classes as they personalized their shoes.

Louie Gong, a Seattle-based artist, activist and educator, was invited to teach a class to our youth at the community center in late April through May. He kicked off the classes with an inspiring video about the potential art designs they could create on a pair of shoes. Louie explained his diverse ethnicity and shared his inspiration on design work he paints on his shoes. His

Chehalis Tribal Early Learning Super Hero Community Clean Up Day



Early Learning Super Heros show their safety gear before going into action to help fight littering in the playgrounds, sidewalks and ball fields.

Every month at Early Learning, our staff and families are encouraged to take part in our Spirit Day.

Each month it is a different theme and a few of our families are recognized when they take part in dressing up along with their child. The children really enjoy dressing up, and love showing off their family members while at school with them. We appreciate our families supporting our Spirit Day and having fun with it.

On Friday, May 17 our Spirit Day was "Super Hero." We had an awesome turnout of children, parents and staff all decked out as what Super Hero they chose to be. As you know it was also the Community and Cemetery Clean Up, and Early Learning wanted to be super heroes in action! Most of our classes headed out in capes, hats and masks ready to fight littering at areas that Early Learning often visits playgrounds, sidewalks and the ball fields. Each

child had on child sized gloves and teachers were monitoring what was being handled ensuring the children were putting the garbage in bags. The children did such an awesome job and had so much fun with the experience.

We want to thank our families for getting involved and suggesting great ideas for upcoming Spirit Days!!



Spirit Day Winners: Terry and Rebecca Youckton!!

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@chehalisTribes.org

Chehalis Tribal Early Learning Programs

Now Accepting Applications!!!



Ages 6 weeks to 5 years old and 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

Annual Tradition Continues to Honor Beloved Ones for Memorial Day Weekend



Friday, May 17, was the annual cemetery and spring clean-up day. In preparation of the Memorial Day Baseball Tournament, the Elders, volunteers, and tribal employees were invited to help clean up the four cemeteries on the reservation. So families can visit the cemetery to place flowers on the loved ones head stones.

This is an annual tradition that was done for many, many moons. Beloved past Chairman, Percy Youckton had begun inviting employees to join community members to assist in this good work.

at the Community Center to start the day's activities. The option to help clean the cemeteries or roads rewarded them with a raffle ticket. A free lunch was provided in order to keep up their strength as this work isn't easy. The damp spring had caused the grass to grow at a rapid rate. Elders, adults and youth alike were seen working alongside each other sharing memories of ones who have gone on. The hum of lawn mowers, and weed eaters could be heard as the good work was started.

Spring Clean Up

Everyone that helped that day met

Added to this great day was an opportunity to keep our reservation beautiful. Employees and community members were seen picking up trash and debris along the roadways throughout the reservation. Volunteers were issued safety gear and signed up for established areas.



Volunteers picking up trash along the roadways through out the reservation during Spring Clean up day.



Tribal Days



2013 Salmon Ceremony

