



CHEHALIS TRIBAL NEWSLETTER

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

January 2014

Free

Community Christmas Party Brings Families Together Creating Lasting Memories

The Chehalis tribal community gathered at the Community Center to celebrate the Annual Christmas Party on Saturday, December 21. There were plenty of activities for all ages to enjoy throughout the whole building. This event was well attended and many tribal members looked forward to it. It showed on their faces as they were greeted by volunteers and filling out their tickets to qualify for the raffle.

The gathering room was all decked out in holiday style where children could pick up their Christmas cards issued by the Youth Center staff. They could also take the opportunity to get a photo with Santa, which was put onto buttons for an awesome keepsake to memorialize the day.

A cake walk was established in the



Families gathered to enjoy a meal and play bingo together at the annual community Christmas party.

entrance for anyone who wished to participate to win a sweet

treat. Children were laughing and

Continued on Page 2

Program Invites Guest Speaker Litefoote to Promote Healthy Lifestyles to the Community

On Thursday, December 19, the Chehalis Tribal Housing Authority sponsored a well attended, healthy families evening at the Gathering Room in the Community Center. It was a refreshing evening of food, inspiration and a discussion focused on achieving a healthy lifestyle

The message was clear and simple, "How do we create a safe environment in our Chehalis tribal housing within the Reservation." The Housing Authority has always dealt with the issues regarding unhealthy life



Guest speaker Gary "Litefoote" Davis signed autographs for youth at the Healthy Families event.

choices. The community requested activities to help keep a drug free environment for those who reside

in the housing developments. It is the hope and prayers to raise healthy families.

The Tribal Housing Authority invited guest speaker Gary "Litefoote" Davis, an enrolled member of the Cherokee Nation of Oklahoma. Litefoote is an actor recording artist, entrepreneur, businessman, and motivational speaker.

He shared a video of his tour "Reach the Rez Project," which he began in 2006 where he share his music and his message.

Continued on Page 3

2013 Annual Elders Bazaar Brings Vendors, Shoppers, Food, Fun and Laughter

On Saturday, December 7 the Elders Bazaar was hosted by the Lucky Eagle Casino. There were 91 vendors that brought their talent and beautiful gifts for shoppers to give to that special someone in their lives. There was a wide variety of gifts to select from like beadwork, native designed clothing, woven items, wood working and so much more.

The vendors showed how much they loved their craftwork having them ready to be purchased for those savvy shoppers. It was a hard choice if you didn't bring enough money to buy everything. But the smiles were proof enough as many people came and went with their gifts.

Gifts were not the only thing available for the shoppers. The elders had some delicious food available for the hungry shoppers, and it was not too expensive either. There was good selection to choose from and Clam Chowder and fried bread goes a long way to satisfy your appetite.

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Christmas continued from Page 1...

smiling as they tried to stop on the lucky spot to earn that cake when the music stopped.

The bounce houses were set up in the Youth Center gym. Screams of joy echoed through the air as children were seen enjoying this activity. Parents looked on as they watched their children play. It was crazy fun.

In the classrooms were a couple of opportunities to make a special gift with the Heritage and Culture Programs. Walter Lewis, Cultural Coordinator, had kits ready for anyone that wanted to make a beautiful cedar place mat to put their picture on. Diane Devlin, Cultural Coordinator, and her sister Sally Pikutark had no sew blankets available for anyone who wanted to try their hand in making these wonderful blankets. It was a taste of culture for all those who participated. Elders, adults, and children alike were seen smiling as they took their keepsake for the family to enjoy for years to come.

The main gym hosted the main event for the Christmas party. Families gathered, filling the gym to share a meal catered by the Lucky Eagle Casino. Bingo was one of the fun activities played. When someone yelled "Bingo" the bingo runners were heard verifying the numbers. Of course, there were a few practice bingos as people were heard laughing.

Throughout the event a raffle drawing was done to win a special gift. Loudspeakers echoed throughout the building announcing the winners name, but you had to be present to win.

Great job by all the volunteers who made the 2013 Community Christmas Party one to remember.

Thanks from Cheryle Starr, Events Coordinator

Philip Youckton and I would like to thank each and every one that helped make this year's Christmas Party a success. Their dedication, time and energy was very much appreciated. There were a number of Santa's helpers that assisted in the Christmas shopping and wrapping the presents for all the age groups from Elders, adults and children. To the set up crew who decorated the Gathering Room for Santa's pictures, camera crew (buttons and photos with Santa), carnival crew, cake walk helpers, Bingo helpers and the Casino catering crew, Youth Center, Youth Education Services Department, Heritage and Culture Program and a big thank you to Santa and all the ones who stayed behind to help clean up afterwards. Again, thank you all! We could not of done this without all your help. Have a Happy New Year!



Elders Bazaar continued from page 1...



Elders Joyce Fanning and Lynn Hoheisel selling raffle tickets during the Elders Bazaar.

The silent auction was another way you could purchase a gift. These items were either donated by the vendors or donated by an Elder. It was hard choice and smart bidders kept an eye on the bids in order to have the winning bid.

Now that being said, you could try your

luck and purchase some raffle tickets from the Elders. This gave you an opportunity to win a beautiful gift. The table was full of them and you had to wish hard to win what you wanted. Otherwise, like a lottery, take that chance to win a super gift. It's a game of chance, but well worth supporting our Elders, vendors and volunteers to kick off the Christmas season with a little shopping. See you next year! The Annual Elders Bazaar is scheduled for the first Saturday of December and held in the Event Center of the Lucky Eagle Casino.

The Elders Committee would like to thank everyone who brought donations of food and raffle items, our volunteers, everyone who supported our raffle, and the great staff at the Casino who arrived early to set up tables, chairs, and the coffee service.

Please join us on Saturday, December 6, 2014, for our next Holiday Bazaar.



Shoppers finding a gift for that special someone at the Elders Bazaar.



Healthier Families continued from page 1...

He talked about his experiences and how he became successful at his choices in life. But his core values contributed to his success. He encourages youth to stay away from drugs and alcohol and become successful leaders. It is a continuous struggle for many youth and we should be aware and not become another statistic. Actions speak louder than words, so parent show your children by leading through example. They are very intelligent and watch what you are doing. Use your gift of prayer and believing in the creator to give you strength through the trying times.

There are many inspirational things to do to impact your children. Finding your purpose and to love yourself first so you can love others. Our ancestors knew of the creator so when all is lost, go back to your roots. It is not new. Remember what was already done and follow the path to a healthier life! Together communities are stronger and help support each other to make the change because the only one who can stop you is you.

Afterwards was an opportunity to visit, get autographs, and a photo session. It was a great evening!

Sponsored by: Chehalis Tribal Housing Authority, Chehalis Tribal Enterprises, Chehalis Tribal Wellness Center, Vocational Rehabilitation, and Behavioral Health Programs.



Tribal Health and Wellness News

WARNING: Deadly Influenza Outbreak Sweeping the United States

For thousands of years our Tribal peoples in Washington lived on these lands and worked to protect the health of our families and communities.

The H1N1 virus knows no boundaries. All tribal people can be affected by it, and the impact will likely be felt throughout our tribal communities in Washington State. Tribal governments, Indian leaders, tribal communities, and tribal individuals must take this virus very seriously and take the necessary precautions.

One of the greatest things we have to celebrate is that we as tribal people and cultures continue to survive and thrive despite insurmountable obstacles we have faced for more than 200 years. The H1N1 virus is a new challenge, and it's critically important that tribal communities act quickly to guard against it. National reports now tell us that Indian people are more susceptible to this virus than others, and we must take extra precautions.

H1N1 is no ordinary flu. It's a proven deadly disease that targets a different group of people compared to the seasonal flu we see each fall and winter. This one attacks our children, young adults, and pregnant women harder than it does our elders. They will suffer the most from this illness.

The greatest ally of the H1N1 virus is time and inattention. We must work hard to protect our families in many ways. By following a few basic tips, we can help protect our communities from this threat.

As Individuals we can:

- Stay home from school or work if we are sick.
- Wash our hands often with soap and water, especially after we cough or sneeze.
- Use an alcohol-based hand sanitizer when soap and water aren't available.
- Sneeze or cough into your sleeve or a tissue, then throw the tissue away.
- Get the H1N1 and the seasonal flu shots when available.

As Tribal Employers we can:

- Tell staff or clients to stay home if they have flu

symptoms.

- Educate staff and clients on the importance of basic hygiene such as covering coughs and sneezes and frequent hand washing.
- Ensure staff and clients follow these good health manners.
- Increase the frequency of deep cleaning in public areas and work areas.
- Separate staff or clients that have flu symptoms from the group.
- Sharing new information with the community quickly.

These simple guidelines can help keep most of the threat away from our families. Together we can protect our tribal communities today and in the future.

H1N1 or Swine flu is the most common strain of flu being seen across the US, and has claimed the lives of eight teenagers in Washington State alone.

The Center for Disease Control recommends flu vaccination for **ALL** persons **age 6 months and older** if you don't have a life-threatening allergy to eggs.

Many adults remember getting flu shots in the past, and getting sick afterwards, and there were "live" virus vaccines used in the PAST.

The flu vaccine being used at the Clinic contains **NO live virus**. It is just a protein which starts the process of building antibodies to protecting each person from getting the flu. It can be taken even if you already have a cold or an upper respiratory illness, since there is nothing in it to make you achy or feverish.

Middle age community members can help protect those most vulnerable, the very young and the Elders, by getting their own vaccinations. This reduces the spread of flu in the Community, even if you feel that "I never get the flu."

NO APPOINTMENT NEEDED FOR THE FLU VACCINATION! GET YOURS ASAP!

**Chehalis Tribal Wellness Center
Prevention Team**

Biggest Loser Contest

Biggest Loser Weigh-in Schedule

Weigh-in Dates:

January 6, 2014 *

January 21st

February 18th *

March 3rd,

March 17th

March 31st

April 14th

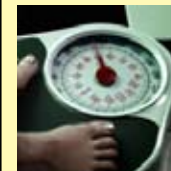
April 28th *

May 12th

May 27th

June 9th *

(*Mandatory dates)



You can come into the clinic on any of these dates between 8:00 AM and 4:00 PM to get weighed. Please ask for Sandra Burnett or call her at 360-273-5504 ext.1744

Monthly Lunch Time Healthy Cooking Demonstration

at the Chehalis Tribal Wellness Center on the following dates:

January 23 from Noon to 1:00 PM

February 27 from Noon to 1:00 PM

March 27 from Noon to 1:00 PM

April 24 from Noon to 1:00 PM

May 22 from Noon to 1:00 PM

CTG Healthy Cooking Class

First Monday of each month at the Chehalis Tribal Community Center's Gathering Room.

January 6 from 5:00 PM to 7:00 PM

February 3 from 5:00 PM to 7:00 PM

March 3 from 5:00 PM to 7:00 PM

April 7 from 5:00 PM to 7:00 PM

May 5 from 5:00 PM to 7:00 PM

Pat Odiorne, RD is also here to meet with CTWC patients one-on-one for nutrition health education. Contact her at 360-273-5504 for an appointment or more information.

Healthy Living with Diabetes

During the holiday season we are so busy that we don't seem to give our health a thought. It is important to think about what health risks we might on at a time of overeating and a lack of exercise. Many of us have family members who have Diabetes and that puts us at risk ourselves. There are some very important facts about Diabetes that can help us be more aware and live a healthier lifestyle.

■ **The Risk Factors:** Being Native American, Family History, being Overweight, History of Diabetes while Pregnant, Age, Sedentary Lifestyle, and Stress. The more of these risk factors you have the more risk you have.

■ **The Signs and Symptoms:** Unquenchable Thirst, Frequent trips to the bathroom, Blurred vision, Weakness and Fatigue, Wounds that are slow to heal, and Numbness and Tingling of the feet.

■ **Diagnosis of Diabetes:** Fasting Blood Sugar greater than 126 or A1c 6.5 or higher (picture of average blood sugar for 2-3 months) or 200+ Blood Sugar 2 hours after a meal or random Blood Sugar 200+.

■ **Diagnosis of Prediabetes:** Fasting Blood Sugar in the range of 101 – 125 or A1c (3 month blood sugar average) of 5.7 – 6.4. Individual beginning to have these slightly elevated blood sugars can reduce their risk of developing Diabetes by 58% just some simple lifestyle changes. Contact: Pat Odiorne at the Wellness Center (360) 273-5504 for more information about the Diabetes Prevention Program.

If you already have Diabetes there things you can do to manage it. Managing your Diabetes will significantly reduce your risk to developing problems with your feet, eyes, heart, blood vessels and nerves.

Here is a checklist:

Item #1 Self Monitoring of Blood Sugar: Check your sugar 3 times/week (i.e., Monday, Wednesday, and Friday) before breakfast and 2 hours after a meal. Record your readings and bring your reading to your next Provider visit. If you do not have a meter call and make an appointment with your Provider so the clinic can give you one along with a prescription for the strips. Goals of checking your blood sugar are: Fasting 90-120 (before breakfast) and 2 hours after a meal 140-180.

Item #2 Eating and Exercise: What to do? Make your portions smaller, your plate more colorful (more fruits and veggies), 3 meals and 2 to 3 snacks spread out over the day. With exercise it is best to start slow and easy. Try going for a 10 minute walk 3-5 times each week then as you are able (in a week or so increase the time by 5 minute increments) to work up to 30 minutes/session. With sweets and desserts "go easy" too. Try "just" tasting or maybe sharing with someone.

Item #3 Diabetes visits with your Provider: where you

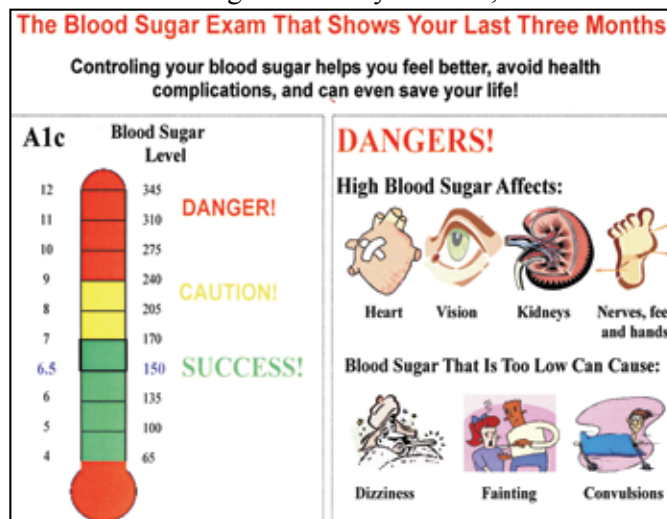
come just to talk about your diabetes should happen every 3 months. At these visits your Provider will order labs, check your feet, give you a referral to the eye doctor for your annual exam. If your blood sugar is in good control and you are doing well your appointments might be less often.

Item #4 Other Clinic Visits: It is important that you schedule a Dental Exam twice each year for checkups and cleaning. Having Diabetes can affect the blood vessels in your mouth and gums. Also, seeing the Diabetes Educator twice each year for individual nutrition and diabetes self-care is important as well.

Item #5 What if my blood sugar is running too high? Too high would be above 200 for more than 3 days in a row. In this case, you should check your fasting blood glucose before breakfast and 2 hours after a meal and write these down to share with your provider to discuss the higher blood sugars. Don't forget to bring your records and your meter with you to the appointment.

Item #6 What if my blood sugar is running too low? Too low is individual. When you are having low blood sugar symptoms such as, all of a sudden you feel weak, shaky, and sweaty (like you have "lead in your shoes"). Have your blood sugar checked. If your sugar (below 70). In either case, eat something with "quick" sugar, like regular hard candy, ½ cup regular soda, a tablespoon of jelly or honey or a glucose tablet (4-5). When you start to feel better go eat a snack. A snack could be half a sandwich with meat or cheese, fruit, yogurt, or nuts. Avoid candy and candy bars; they will help you feel better for a while but will not maintain your blood sugar.

We who work at the Chehalis Tribal Wellness Center want to help you to live well with Diabetes. In January, we are planning to bring back the "Wellness" Clinics for our Diabetic Patients. You will be able to come in and get labs, see your Provider and the other Diabetes Educators (more information to follow). We hope through the "Wellness" Clinics you will get to know us better and we will get to know you better, too.



Mammogram Dates

February 19, 2014

March 18, 2014

May 6, 2014

For more information contact Christina Hicks
Community Wellness Manager, CTWC at
360-709-1741

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

February 6

March 6

9:00 AM to 4:00 PM

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

SPIPA Colon Health Program Presents the Fourth Annual

"March to Prevention" Conference

at the Chehalis Tribe's Community Center

Saturday, March 1

9:00 AM to 4:00 PM

Learn COLON Cancer Prevention Strategies

Who: Tribal and Community Members

RSVP: 360-462-3235

Giant Colon Display, Colon Health Bingo, Educational Workshops and Activities.



New Traffic Signs Improve Safety on Busy Highways

Submitted by Brenda Padgett, Business Manager of Oakville School District

As many of you know, traffic on Highway 12 can often be very heavy. In addition, travelers are often driving at a higher speed than what is safe for a school zone. Previously, flashing beacons had been installed to help slow traffic and enforce school zone speed limits through town, but have not been operational for some time. Due to outdated equipment and the high cost of repair, the old beacons were simply not feasible to fix. The only solution was to replace them. The Oakville School District has been working on securing a grant from the Washington Traffic Safety Commission in order to help fund this project.

In late July, this Grant was approved!



Through the help of this grant, the Oakville School District was able to replace the two beacons as you enter and leave town, with new brighter double beacons, new poles, and signage. The district then matched the grant funds in order to replace the two beacons nearest the school.

This helped save shipping and installation costs. Over the winter break, the two main beacons were installed and as of January 3, were fully operational. A significant decrease in speeds was noticed immediately.

The district is excited to have these beacons working as the students return to school and will be moving forward with the remainder of the beacons as soon as possible.

New Website and Reader Board Will Improve Communication between School and Families

The Oakville School District is launching a new website! Communicating with our families and the community we serve is paramount to the Oakville School District. As technology moves forward, it has become important to the district to provide a place where families can get fast, accurate information on things happening in our schools. To do this, the district has been working on launching a new website to replace the previous site that has become outdated.

The new site offers a fresh new look in line with other districts in the area, and will hopefully offer a user friendly platform for parents to receive much needed information. In addition, teachers will have the ability to post information regarding class projects, homework assignments, and other important topics in their classroom. As the finishing touches and other necessary security measures are completed, the district will send out a mailer to let families know when the site is operational, and to provide the link.

We look forward to launching a new site for our parents and community! Future information to watch for will include technology in the classroom made possible by a grant from the Chehalis Tribe, information on upcoming family events, and the addition of a new reader board to further communicate with our families!

Register to Vote!

The deadline to register to vote online or by mail is January 11 for the upcoming February election. Be sure to register and cast your vote to help make a difference!

Go to: <http://www.sos.wa.gov/elections/myvote> to register online, or pick up a voter registration form at any post office, county elections office, or school district.

Rez Animal Resources and Education T-shirt Sale!

The drawing on the t-shirt was designed by myself, Dylan Gleason. I am a Chehalis tribal member and a Senior at Oakville High School. For my Senior project I wanted to show my support to the program by raising money to donate to Rez Animal Resources and Education (R.A.R.E.). I wanted to do this for my Senior project because I like animals and I've used the program for vet visits for my dog.

If you would like to show your support, you can order a shirt for \$20.00, +\$5.00 s/h, at:

www.booster.com/rezanimal

All shirts come in red with white lettering and will be delivered approximately 2 weeks after the close date, February 9. All funds raised will be sent directly to Amy Loudermilk toward Rez Animal Resources and Education. At 100 shirts sold, we can raise \$1,230.00!



Attention Chehalis Tribal Members:

Tsapowum Chehalis Tribal Behavioral Health Program will be sponsoring Chehalis tribal community members to attend the Thurston County Substance Abuse Conference at the Great Wolf Lodge on April 30.

It is an opportunity to learn more about the solving this epidemic. It also gives you an opportunity to ask questions, network with the professionals, and continue to be an essential part of prohibiting this type of behavior.

If you are interested in attending this conference please contact

Madelyn Dethlefs, Prevention Coordinator
at 360-709-1717

Do I Need a Permit for That?

Building permits are required by the Chehalis Tribe to ensure building projects are performed in a safe and consistent manner. Fees vary from project to project. To start the Building Permit Process just download a copy of the permit application from the Tribe's website:

<http://www.chehalis-tribe.org/resources-services/planning-department.html>

Turn in your completed application to Don Terry in the Planning Department.

Situations:

1. I want to build something to cover my wood, like a shed. Do I need a permit?
No, you can construct a wood shed without a permit. You would need to obtain a permit if you were adding electricity, water or someone was planning on living there.
2. I want to add a porch onto my house. Do I need a permit?
Yes, you do need a permit to construct a porch.
3. My house doesn't have a fireplace or woodstove. I want to add one. Do I need a permit?
Yes, you need a permit to add a fireplace or a woodstove.
4. My dogs keep running away, I want to build a fence. Do I need a permit?
No, you do not need a permit to build a fence.
5. I want to add a room to my house. Do I need a permit?
Yes, you need a permit to add a bedroom. Any major modifications like adding a room, electricity or water require a permit. You do not need to obtain a permit for minor modifications like painting or installing carpet.
6. I want to build a carport. Do I need a permit?
Yes, you need a permit to build a carport; however a free-standing canopy to park your car under does not require a permit.
7. My husband wants to build a smokehouse to smoke fish. Do I need a permit?
No, you do not need a permit to build a smokehouse unless you are also adding electricity.
8. I would like to build a drainage ditch. Do I need a permit?
Yes, you need a permit to build a drainage ditch.
9. We need a new septic system. Do I need a permit?
Yes, you need a permit to put in a septic system.
10. I want to build a dog house. Do I need a permit?
No, you do need a permit to build a dog house.

If you have any doubt or questions about whether your particular project needs a permit, please call Don Terry at 360-709-1806.

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

NEED YOUR DRIVERS LICENSE?

If you are currently driving without a valid drivers license, the only thing I can ask is why? Our program can help reinstate your driving privileges with in day's.

If you do not have your license for any of the following reasons: tickets, fines, child support, habitual driver (under certain conditions), DUI (certain conditions), ignition interlock, alcohol assessment needed, or SR-22, DWLS/3rd, accidents, out of state tickets it doesn't matter. Stop making excuses and get your license reinstated.

If you are interested feel free to contact:

Jean at 253-561-1321; email Jeannie@NMDD.onmicrosoft.com
or Tracy at 360-328-3331;
email NOMOREDRIVNDIRTY@GMAIL.COM

Free Discovery Passes Now Available for Chehalis Tribal Members

In 2011 Washington State mandated that all vehicles that park or travel on lands owned by State Department of Natural Resources, Department of Fish and Wildlife, or State Parks and Recreation Commission, must have a Discovery Pass. In response to this, we asked the State to provide these passes free to tribal members engaged in tribal cultural activities such as hunting, fishing and gathering.

We are excited to say that they are now available and FREE to Chehalis Tribal Members. For more information contact Mark White, DNR Director at 360-709-1850 and leave a message with your name, address, and enrollment number and when you would like to pick it up or email DNR@chehalis-tribe.org. We will mail one to you. For those wanting to just stop by CDNR, call ahead and we can have one ready for you.



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
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(360) 273-5914 (fax)
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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 January

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 John McCrory	2 Sidney Cole Lauren Quilt Geraldo Sanchez	3 Ravenhawk Penn	4 Joe Wilieferd Cheryl Jones Jayzen Owen Leslye Wyatt
5 Brooke Allen Mariah Klatush John Youckton	6 Daniel Gleason, Jr.	7 Alynn Clancy Darrin Jones	8 Eva Delamater Kathy Pickernell	9 Joyce Fanning Makayla Mashburn	10 Robyn Fields	11 Curtis DuPuis II Alberta Gilmore Anna Hartman Makayla Ortivez
12 Russ Baker Jon Brown Alexander Hoheisel Ezrah Merriman Kaelen-Jay Sanchez Chayse Youckton- Bonifer	13 Jeremy Fanning Joseph Wittwer	14	15 Sheilah Bray Dylan Burke	16	17 Daryl McCrory Diana Pickernell	18 Irene Adams Roy Wertz
19 Jacob Christjohn Mya Ortivez	20 David Bird Patricia Gitchel Anna Meas	21 Nathaniel Klatush Traci Parkinson Edward Sanchez, Jr. Benjamin Starr, Jr. Rodney Youckton	22 Hollie Brockmueller Calvin Cayenne Jennifer Cooper Ulises Klatush Miya McAlister Dreama Secena Ferguson	23 Chris Pickernell Ashley Rosado Patrick Simmons, Sr.	24 Jake Burnett Bella Couillard Daniel Gitchel	25 Jaileen Sanchez
26 Mimi Cayenne Megan Christjohn James DuPuis Laura Fricke Margie Youckton	27 Cameron Hjelm-Snell Robert Phillips Nikolas Romero Cheyne Youckton Derek Youckton	28 James Gunnels Shirley Kay Crystal Martinez	29 Akasha Clements	30 Avery Mc Joe	31	

Happy Birthday
Derek!!!



We Love You!!!

We wish
Babe Leslie
Marie
a very Happy
19th Birthday
Love Mom, Dad,
Chris and Sisters

HAPPY 24TH BIRTHDAY
JEREMY FANNING
LOVE MOM, DAD &
BROTHERS

Happy Birthday Son
Calvin Cayenne
Hope you have many
more to come



Love you Mom, Dyani,
Don & Family

"Happy Birthday to our Superman"
Chris Pickernell



With Love
Erika, Emily & Kaytlin

Happiest Birthday
Wishes to my daughter
Shellah Michelle
- January 15th -
Love Mom

Happy Birthday Wishes
Jessica Belle January 11th
Tracy Marilyn January 22nd
Love Janice

Happy Birthday
Avery!!!



We Love You!!!

Happy Birthday
Jordan Fixico
Love you!
Chi-cha, Auntie DeDe, &
Cousin Lance

Happy Birthday
Babygirl
Dream WildStar;
Love Auntie Allison,
Zach and Girls."

Happy Birthday
Dylan Burke

From
Auntie Jodie, Mercedes,
Tony, Auntie Josie
& Family

Happy Birthday Rodney!!!



We Love You!!!

Operation Neighbors Helping Neighbors Strive to Make Christmas a Special Holiday for Families

This was the fifth year the Neighbors Helping Neighbors volunteer to raise funding for Operation Santa for the Rochester Organization of Families (ROOF) bringing holiday cheer to those less fortunate. What a program! Not only for the families that received these gifts, but also for those little secret Santa's who were out there shopping for the families, humming along with the Christmas music that was being played while smiling thinking of the difference they were making in a family's lives.

The ROOF Community Services has been sponsoring their Operation Santa for the past 20 years. The program started with 35 families and presently has



A few of the elves involved in Operation Santa for the Roof Communities Services. Pictured are top Row (L-R) are: Hiran Eskeets, Josh Terry, Asa Simmons, Jeremy Fanning, Gavrielle Davis, Program Manager at ROOF Community Services. Front row are Kelly McNelly, Executive Director at Roof Community Services, Nicole De Furia, AmericCorps member serving at ROOF, Bev Starr. There are many, many more who deserve a big thanks!

grown to over 180 families and serving 421 children. It's a great feeling knowing that children would be happy with all that love and special moments to find gifts under their tree on Christmas morning. That is what the season is all about. Sharing the love of family during the Christmas Holiday Season.

Many heartfelt thanks to all those people that continue to make this program happen. The smile on the faces of the children? Priceless.

All your hard work is greatly appreciated from the families and the Rochester ROOF Community Services Program. Happy Holidays!

Evergreen State College Promotes Native Creative Development and Master Artist Initiative: Artist Teaching Artists Grant Programs

Olympia, WA (January 6, 2014): The Longhouse Education and Cultural Center at The Evergreen State College is pleased to announce the 2013 winners of the *Native Creative Development* and the *Master Artist Initiative: Artists Teaching Artists* grant programs. The grants are awarded annually through a competitive process, selected by a panel of local and regional experts in the field of traditional and contemporary Native American art forms. This year's group of grantees includes both emerging and established Native American artists who work in many different media, including visual arts, performance-based arts and media arts.

The winners of the winter 2014 *Native Creative Development* grant program are Alison Bremner (Tlingit), Denise Emerson (Skokomish), Louie Gong (Nooksack), Clifton Guthrie (Tsimshian), Donna Mae Huff-Ahvakana (Inupiat), Alex McCarty (Makah), Ramon Murillo (Shoshone-Bannock), Jessica Porter (Chinook), Joseph Seymour (Squaxin Island), Emily Washines (Yakama) and Tammie Wilson (Nilinchik). The *Native Creative Development* grant program was designed to address the professional development needs of individual Native artists, such as training in marketing, purchasing supplies and materials, harvesting resources, portfolio development, apprenticeships, workshop fees, travel to museum collections, and other forms of support.

Awards of \$5000 will be distributed to the five winners of this year's *Master Artist Initiative: Artists Teaching Artists* grant program. The *Master Artist Initiative: Artists Teaching Artists* grant program is designed to promote Native arts and cultures within urban and rural Native communities and tribes by providing opportunities for master artists to teach emerging Native artists within a particular art form. Peggy Ball-Morill (Klamath) will

teach a week-long star quilt making workshop with Native women artists at Many Nations Longhouse at the University of Oregon. Of the project, Ball-Morill said, "Art is transformative and making star quilts is both a spiritual and cultural endeavor. This grant makes possible passing on the skills and philosophy to not only the generation that will learn at the longhouse this summer, but those that will learn from those participants in the future." David Boxley (Tsimshian) will hold a series of workshops to teach the ancient tradition of making bentwood boxes. Pat Courtney-Gold (Warm Springs) will work with urban Indian students in a residency in Portland, OR to teach Northwest basketry. Vickie Era-Pankritz (Alutiiq) will teach a course in traditional Alutiiq open-weave technique, she stated that receiving the grant "will strengthen my resolve to pass on the intricate Alutiiq weaving style by providing me with the ability to set up a venue to teach. Many weavers and Alutiiq people have expressed an interest in learning and carrying on this traditional style." Robert Harju (Cowlitz) will work with the Cowlitz tribe to teach quarterly classes in woodcarving.

For more information about the *Native Creative Development* and *Master Artist Initiative* grant programs, and to see winners from previous grant cycles, please see the Longhouse and Cultural Center website at www.evergreen.edu/longhouse/grantprograms.htm.

The Longhouse Education and Cultural Center, "House of Welcome," is a public service center located at The Evergreen State College. Its mission is to promote indigenous arts and cultures through education, cultural preservation, creative expression and economic development. To learn more about the Longhouse please visit the website at www.evergreen.edu/longhouse.

Chehalis Tribe Students of the Month

Arielle Burnett (9-12)



Arielle Burnett is in the 10th grade at Hoquiam High School, her current GPA is 3.66

Ariel likes seeing her friends and knowing that she is learning something new every day. She tries to take any advanced classes offered; it

helps her prepare for college.

Arielle's advice for others is "hard work beats out talent, when talent doesn't work hard and to always do your homework, make up any missing work, and do extra credit when it is offered".

Arielle lettered in Cross Country this year, is a swinger on her JV/Varsity basketball, and Varsity Fast Pitch for her school. She is also involved in cooking club and is on a 16U fast pitch tournament team.

Arielle wants to get a fast pitch scholarship to a University, where she plans on going to study Law to become an Attorney, then a Judge.

Jakeb Hoyle (6-8)

Jakeb Hoyle is in the 7th grade at Adna Middle/High School,

Jakeb likes when Nate from the tribe's education program comes visit him at school.

His advice to other students is "to be respectful and do your work."

Jakeb enjoys playing football, he plays both offense and defense lineman. He also enjoys playing Xbox live. He said that he wants to be a pro football player when he 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.

Congratulations. Keep up the good work!

Keziah Gleason (K-5)



Keziah Gleason is in the 3rd grade at Rochester Elementary School.

One of her favorite subjects is math. At recess she can hang out with her friends who are in different classes. Her advice for other students is "not to run in the halls."

Keziah enjoys cheerleading, playing baseball, and soccer, and is going to do some other sports. She said she wants to be a physiologist or a surgeon when she grows up.

Attention Tribal Members: If you feel that your child should be nominated for student of the month, please contact Jodie Smith at jsmith@chehalistribe.org or 360-709-1897. State the reason why your child should be considered. Deadline is the last Friday of each month.

Christmas at the Chehalis Tribal Early Learning Program

On Thursday, December 19 the Chehalis Tribal Early Learning celebrated Christmas together. A very large thank you goes out to the parents who made Christmas possible for our children here at Early Learning. They did a great job fund raising so each child could receive a toy.

We invited our families to join us for the day as we waited for Santa and enjoyed a warm holiday breakfast of pancakes and sausage links. Everyone enjoyed watching Santa come in and surprise the children with

presents. Thank you to Santa for coming in and bringing such joy to the classrooms.

It was a great day, celebrated by many and a memory to last us all. Happy Holidays from everyone here at Early Learning!!

Upcoming Dates:

Thursday, January 16: - Spirit Day. Wear your pj's!

Monday, January 20 - Closed for MLK Jr. Day

Wednesday, January 22 - Native Crafts Night at 6:00 PM at Community Center



Lucky Eagle Casino Deli Recognized as Best Deli in Casino Player Magazine

CHEHALIS TRIBAL LOAN FUND NEWS

We offer Business Loans, Home Improvement Loans, Debt Consolidation and Credit Builders Loans!

Our interest rates are competitive with local bank rates. Interest rates are rated on a point system. We base our scores based off your credit score, length of employment, owning a home, etc.

Youth: Would you like to take a "How to budget per capita" class, or "How to start your own business?" "How to purchase your first car?" Please call our office at 360-709-1831. If you do not live locally, we can send your curriculum to complete at home.

Businesses: Do you want to start a business? We have **Business loans** and assistance in developing Business Plans. We also have business lending dollars for Tribal members. Contact our office to get started.

Do you need a new roof? Want to replace your carpet or flooring? We have **Home Improvement Loans**.

Credit: Want to work on your credit? We can run your credit report, and assist you in repairing it. Call us for an appointment.

Too much debt? We have **debt consolidation loans**. We have helped clients save thousands of dollars in interest rates by providing much lower interest rates.

Want to start saving? We have a partnership with Sterling Savings bank where Tribal members can open an account with as little as \$5.00.

Julie Burnett, Executive Director,
360-709-1831,
jburnett@chehalistribe.org
Diana Pickernell, Loan Coordinator,
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Casino Player

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26
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Casino Player Magazine, December 2013

BEST DELI

Atlantic City: Sack O' Subs, Ballys
Chicagoland: Nelson's Deli, Blue Chip
Detroit: Pronto Café, Caesars Windsor
Gulf Coast: Quench, Imperial Palace Biloxi
Las Vegas: Carnegie Delicatessen, Mirage
Laughlin: The Deli, Golden Nugget Laughlin
Louisiana: Boomer's Café, Boomtown Bossier City
Missouri: Delilux, Ameristar Kansas City
Native Midwest: Mystic Deli, Mystic Lake Casino
Native Northeast: Chief's Deli, Mohegan Sun
Native West: Sidewalk Deli, Lucky Eagle
Pennsylvania: Carnegie Deli, Sands Casino Bethlehem
Racinos: Rooney's, Delaware Park
Reno: Manhattan Deli, Atlantis Reno
Tunica: Snacks N' Stuff, Sam's Town Tunica



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EDITOR'S CHOICE AWARDS

WINNER: LUCKY EAGLE CASINO & HOTEL ROCHESTER, WA

Majestically located between mountain forests and flower-filled meadows, Lucky Eagle Casino & Hotel is a gambler's paradise. With over 1,000 of the most popular slot machines, as well as all the favorite games including poker, blackjack, roulette, bingo and keno, there's fun around every corner. But like our other Best of Dining & Nightlife award winners, there's more to the casino experience than just gambling.

For fine dining at Lucky Eagle, Prime Rib & Steakhouse is a must. With tender prime rib and delectable steaks, fresh seafood and salads, it's simply one of the region's best restaurants. For those with a big appetite, sample the cuisine at the newly remodeled all-you-can-eat Grand Buffet. You can enjoy the international buffet Monday-Thursday, or the expanded prime rib and seafood buffet on Friday and Saturday. There's even a Sunday brunch buffet to satisfy those mid-morning hunger pangs. For quick bites and lighter fare, check out Scatter Creek Grill or Sidewalk Deli.

After an exhilarating day of winning check out the live entertainment at Main Street Bar. If a broader venue is more your preference, pick up a couple of tickets at the Lucky Eagle Box Office and take in a comedy show or concert.



Prime Rib & Steakhouse

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Community Holiday Night Challenges Community to bring out Their Creativity

Families gathered at the community center to participate in a Community Holiday night. The sound of laughter echoed through the building as Elders, adults and children enjoyed the activities provided by the programs. Many challenged themselves to get their creative juices flowing as they participated in small groups making pretty arts and craft items.

The event was well attended, having over 81 people sign in. What a night, getting away from the stress the holiday season brings and spending a little family time enjoying the activities provided.

Thank You From Christina Hicks

I want to do a Big SHOUT OUT to all who helped and participated in the Community Holiday Night making it HUGE success! All the Indian Tacos gone, kids were getting seconds.

Thank you to Gloria Jones, Sandra Burnett, Mary Weber, Pat. O., Jhon Valencia, Shannon Sullivan, Nancy Romero, Frances Pickernell, Melanie Snell, Scarlett Romero, Dr. Ray, Mary Sanders, Heather Galloway, Mae Smith, and "Santa" aka John McGee for all your participation and hard work last night. Everyone had fun!



Families Enjoy Breakfast with Santa at the Great Wolf Lodge

On Saturday, December 21 the Great Wolf Lodge hosted the Breakfast with Santa for tribal members! It was a wonderful event for the families that came out to enjoy a delicious breakfast buffet in the Grand Ballroom. Santa and Mrs. Claus were there to meet and greet those that participated. It was just a normal day as children were seen laughing and talking with Santa about what they wanted for Christmas.

A Ho! Ho! Ho! and a good natured chuckle set the tone for the morning. It was a memorable Christmas with children taking photos with Santa. What an exquisite and great morning!

