



CHEHALIS TRIBAL NEWSLETTER

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

February 2014

Free

Guest Speaker Encourages a Lifestyle Change for a Healthier Community

On Monday, February 3 the Community Transformation Grant invited the Oakville and Chehalis tribal communities to its third Healthy Cooking Class in the Community Center's Gathering Room. A healthy dinner of fish, chicken, salad and fruits was provided. A display example of how many calories were in each portion served was provided. This was a very informative cooking class for those who attended. Guest speaker Tricia Sinek, R.D., C.D., Manager of the Community Cancer Program for the Franciscan Cancer Center provided helpful materials regarding nutrition and lifestyle changes in the reduction of reoccurring diseases.



Guest Speaker Tricia Sinek explains the benefits of eating foods that have no mother at the Healthy Cooking Class.

Nutrition is the front line in the defense against many of these diseases. She shared some of her life experiences when

travelling the world. How life has changed for many in other countries as people have grown

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Kevin Bray Creates Culinary Delights at Lucky Eagle

By Katie Hurley

When most people sit down to eat in one of the restaurants in the Lucky Eagle Casino & Hotel, they might not think about those who work behind the scenes to make their dining experience a great one. Kevin Bray, on the other hand, thinks about them, and he talks about them. A lot.

Bray, promoted to Lucky Eagle's Executive Chef earlier this year, understands that all of the people behind the scenes play a very important part in the guests' experience.

When I sat down to talk with



Tribal member Kevin Bray prepares delicious meals at Lucky Eagle Casino & Hotel.

Bray, I wanted to learn more about him as a chef and as a person. What I learned is that he cares a lot about his community, staff, guests and family. All of them have played an important part in his 15-year career at Lucky Eagle.

When he started as a dishwasher 15 years ago, Bray wasn't aiming to be Executive Chef. Soon he began helping with food prep and his work ethic and interest in learning caught the attention of management. After rising through the ranks to Sous Chef, Bray knew he needed a culinary degree to advance further. He began a

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The 12th Man is Alive and Well for the Chehalis Tribal Community

The excitement is now winding down as the Seattle Seahawks won Superbowl 48. What a wonderful journey for the players, coaches and their beloved 12th man. Wow! The energy was electrifying at the games and in the living rooms across the Pacific Northwest.

Tribal members who were lucky enough to find tickets attended the regular season football games played at Century Link Field. They shared their moments with their friends on Facebook in 12th man fashion, sharing the thrilling moments when they won.

At the last game of the season for fan appreciation night, one of our own was on the field carrying the 12th man flag. Chehalis tribal youth Devin Boyd said it was a moment he would never forget.

Their record gave them the NFC West Championship. Then the playoffs began. The road to the Super Bowl had to go through Seattle! First the Saints and then the Forty-Niners. Both teams were tough, but again the 12th man fans were "All in!"

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Healthy Cooking continued from Page 1...



Tricia Sinek uses her hands to demonstrate the power of portion size. This is a useful tool when making the changes to your eating habits.

wealthier, and how the western world's influence on portion size and what types of foods we now eat has grown. Generations of families has changed their eating habits which have contributed to the health problems we have today. Sinek advised that a lifestyle change needs to go back to the traditional way of eating of past generations.

Tricia explained that you have to want to change your eating habits. A lifestyle change is not easy, but if you take small steps it is possible. Make small attainable goals and live them daily. Maybe drop some unhealthy habits first. Maybe add something like drinking two cups of water before each meal. Portion size is very important, she used the example of a portion size equals the size of your hands. A snack should be measured in the palm of your hand. Increase the amount of times you eat per day from three times to maybe six times. This equals more light healthy snacks such as an apple or nuts. A helpful hint is to measure your snack before you start

your day. Cook only enough for the amount of food for the people that is being served at dinner. If there is are leftovers you may be tempted to overeat.

She explained the value of eating bulb plants and to encourage you to eat things that do not have a "Mother." Growing or purchasing fresh vegetables can assist you in achieving your goals to eat more green leafy vegetables. The signs of plant protection are: color, odor and flavor. Plants are loaded with "phytochemicals that protect every single cell in your body from harm. She encouraged everyone to eat a "rainbow" of color every day.

Here are some tips to a healthy lifestyle change:

Body Weight Matters

- Be as lean as possible. Avoid weight gain with age and any increase in waist circumference. Why? Every single pound in adulthood increases the risk of disease!
- More weight = More risk!
- Body fat produces hormones and proteins that cause inflammation and increase blood insulin levels. This creates an environment that encourages cancer cell growth.
- Pay attention to your portions. Portion distortion is killing us.
 - Avoid food and drinks that promote weight gain.
 - Be physically active as part of your everyday life.

The Power of Traditional Spring Foods For Healing

For Cancer Risk Reduction and Survivorship

- Lots of greens, fruits and vegetables
- Wild fish and game (Healthy fats-Omega 3's)

■ Lots of high-fiber foods.

■ Leans, greens and beans!

Traditional Spring Foods include:

- Nettles, purslane, dandelions and other greens-Food, fiber and medicine
- Seaweeds and Kelp (ocean greens).
- Wild onions, garlic and mustards (sulfur containing vegetables).
- Berries.
- Wild fish, shellfish and wild game.

Good Sources of Information for Learning More

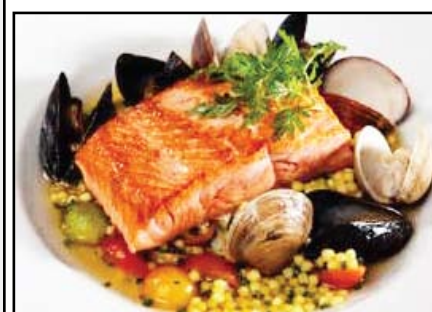
- Feeding the People, Feeding the Spirit; Revitalizing Northwest Coastal Indian Food and Culture
- The Traditional Foods of Puget Sound Project 2008-2010
- Food: Your Miracle Medicine and Food Pharmacy by Jean Carper
- Food Rules by Michael Pollen
- Magazines: Vegetarian Cooking, Vegetarian Times, Clean Eating, Eating Well
- Websites: www.oldwayspt.org, www.aicr.org, www.slowfood.com
- Seeds and other resources: Rancho Gordo Beans, rareseeds.com, bountifulgards.org, baker seed company
- Consider starting a small container garden with mixed greens or veggies
- Eat mostly plants

For any question or more information, please call Tricia Sinek at 253-426-6746 or Email: triciasinek@fhshealth.org Franciscan Health System

Healthy Foods Choices



Leans, greens and beans!



Wild fish and shellfish



Whole grains

Continued from page 1...

The annual tailgate party: was hosted on Friday, February 7 at the Gathering room. This party was special for those that attended. Our beloved Seahawks were in the Super Bowl. There were incentives for prizes, food, and a time to gather to show team spirit. The 12th man showed up and it was something to remember. S-E-A-H-A-W-K-S!!!! S-E-A-H-A-W-K-S!!!! S-E-A-H-A-W-K-S!!!! echoed throughout the gathering room.

Super Bowl: The game was expected to be a close one, with the number one team offense (Broncos) versus the number one defense (Seahawks).

The Seahawks played it with pride



The 12th man spirit was present at the Super Bowl tail gate party this year. It was loud with a wave of blue and green in support of our beloved Seahawks to win the Super Bowl!

and an overwhelming team effort in all aspects of the game. They dominated the Denver Broncos

defeating them with a final score of 43-8, bringing the Lombardi Trophy home with Seattle's first Super

Bowl.

Victory Parade: It hard to imagine being greeted by 700,000 fans much less witnessing the Victory Parade for the Seattle Seahawk players, coaches and staff for winning the city's first Super Bowl. This parade will be etched into the memories of all the fans who attended.

A few of our Elders, adults and children bundled up to brave a chilly Wednesday afternoon to attend the victory parade in Seattle. They cranked up the volume, cheering, chanting, and celebrating the first Super Bowl victory as the players' vehicles came to rest in front of their crowd. Everyone was still basking in the glory of the victory giving a "Big huge thank you to the 12th Man crowd!"

Continued from page 1...

two-year Culinary Degree program at South Puget Sound Community College (SPSCC).

Upon completion of his degree, Bray began an internship in an Oregon casino. "There's a lot to be said for work experience plus professional training," said Bray. "I got exposure to more chefs I had never worked with before," he said of his internship. He brought that experience back to Lucky Eagle where he continued to gain the experience that led to his current position.

"One thing I heard early on in my career here is that you set your own ceiling," says Bray. "The only thing that is going to limit you is yourself." This philosophy plays a key role in how he manages his staff to this day. "If there is anything we can teach them and they are willing to learn it, we will teach them," he said. "We have a duty to attain and pass on as much knowledge as we can."

When reflecting on the number of people working at Lucky Eagle, Bray says, "It is a family

atmosphere, and we all know each others' names. Without the staff we have, we wouldn't be where we are. It's about how we take care of our guests, and we are thrilled to have everybody who walks through the door.

Bray's care for the community is apparent. "It's about giving back," says Bray, a 2009 graduate of Leadership Thurston County. He puts his training and experience to work for the community by participating in the Hawks Prairie Rotary's Mushroom Festival, Taste of the Market and United Way's Straight from the Heart Winemaker's Dinner, along with teaching healthy cooking classes to members of the Chehalis tribe.

Bray also volunteers in the high school concession stand to support his daughter's school. As if that wasn't enough, he also serves as the Vice President of SPSCC's Culinary Advisory Board.

When I asked him what he enjoys most about his job, Bray referred to the holiday celebrations. "Families come together. If it is a holiday, you're going to remember it for

the next year or longer, and we're going to do the best we can to make it a special event." One holiday celebration that Bray is particularly proud of is Lucky Eagle's annual Veterans' Day celebration, honoring military veterans and their guests with a traditional salmon and chicken dinner, American flags lining the road leading up to the casino and fine details like the intricately carved watermelon depicting a soldier saluting an American flag.

It's not just the holiday celebrations that Bray wants to be memorable, though. "We focus on putting out a good, wholesome product," says Bray. "We are committed to freshness and the plate speaks for itself. When we make something, we make it the best that we can."

When he's not in the kitchen or volunteering in the community, Bray enjoys spending time with his wife and six children, as well as working on his collection of old cars. He is

This is a intricately carved watermelon depicting a soldier saluting an American flag for the Lucky Eagle's annual Veterans' Day celebration.

currently restoring a 1974 Plymouth Satellite, which he volunteered to drive his daughter's high school homecoming court.

Bray's positive attitude and commitment to quality shine at Lucky Eagle's restaurants. "I am fortunate to have a job I enjoy," says Bray. "It is truly a lot of fun and every day is a new challenge." For more information or for reservations, visit the Lucky Eagle website or call 800-720-1788.

Website: www.thurstoncountytalk.com

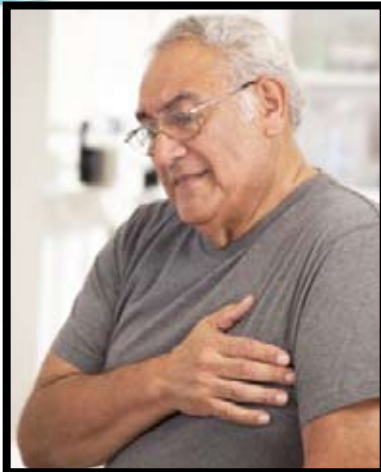


Tribal Health and Wellness News

Recognizing Signs of a Heart Attack or a Stroke

Heart disease remains the number one killer of both men and women! Stroke is the number three cause of death, behind heart disease and cancer.

What are the heart attack symptoms differences in men and women?



Indigestion:
Great
Masquerader

Lasts Longer than
15 minutes



- | | |
|---|--|
| ■ Crushing chest tightness or pressure. | ■ Often more vague in quality. |
| ■ Shortness of breath. | ■ May be located in the right arm, jaw, or upper back. |
| ■ Sweating, nausea, and/or dizziness. | ■ May occur as a new onset of shortness of breath or fatigue <u>without</u> chest pain. |
| ■ May masquerade as indigestion. | |

Symptoms and Causes of a Stroke:

Symptoms of Stroke

- Sudden numbness or weakness in the face, arm or leg.
- Sudden confusion, difficulty speaking travels to the brain or understanding speech.
- Sudden trouble seeing.
- Sudden trouble walking or loss of balance.
- Sudden severe headache.

Causes of Stroke

- Blockage of an artery in the neck or brain.
- Blood clot from the neck or heart that travels to the brain.
- Bleeding in the brain from high blood or a ruptured aneurysm in the brain.

Lifestyle and Medical Treatments for Heart disease and Stroke:

- | | |
|--|--|
| ■ Quit smoking | ■ Regular exercise should be paced so NOT to trigger chest pain |
| ■ Control high blood pressure | |
| ■ Control cholesterol | ■ Control Diabetes |
| ■ Control weight | |
| ■ Physical activity for 30 minutes 3 times/week | ■ Control stress with walking/sleep as NOT to trigger chest pain |
| ■ Avoid excessive alcohol reduces risk of heart attack by 50 Percent | |

What shall I do if I have these symptoms?

- | | |
|--|---|
| ■ Heart attack: call 9-1-1 and go directly to the Emergency Room by ambulance | ■ Stroke: call 9-1-1 and go directly to the Emergency Room by ambulance. |
| ■ (TIME is MUSCLE) | ■ (TIME is BRAIN function) |

Chehalis Tribal Wellness Center/SDPI Healthy Heart Program
Lance Ray, MD

Chehalis Tribal Wellness Center Available Health Care Services


Need a healthcare service, but not sure where to go? How about the Chehalis Tribal Wellness Center! You may not realize it, but we offer a wide variety of services.

Here is a sampling:

- Full span of life healthcare- infants and children, adult, geriatrics and more.
- Women's health (routine well-woman exams, birth control, menopausal support).
 - IUD insertion/removal.
 - Nexplanon insertion/removal.
- Chronic disease management .
- Mole removal.
- Cyst removal.
- Skin biopsies.
- Steroid joint injections.
- Carpal tunnel steroid injections.
- Trigger point injections.
- Toenail removal's.
- X-rays.
- Labs.
- Simple foreign body removal, including eyes and ears.
- Simple laceration repair (sutures/staples/steristrips).
- External hemorrhoid removal (for thrombosed hemorrhoids).
- Much more, just call and ask or schedule today!

Contact the clinic for appointment at
360-273-5504

Hours are Monday through Friday
8:00 AM to 4:30 PM



Live Better With **Life's Simple 7**

Get your free personal heart score and custom plan today.

You're invited to start a new life resolution. All you need is a goal, a plan and the desire to live better.

To find out where you stand, take the My Life Check assessment. In just minutes, you'll know how you're doing and have the information you need to Live Better With Life's Simple 7.

heart.org/MyLifeCheck

American Heart Association | American Stroke Association | My Life Check™
Learn and Live. Live Better With Life's Simple 7™

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CTG Healthy Cooking Class

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

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

Monthly Lunch Time Healthy Cooking Demonstration

at the Chehalis Tribal Wellness Center on the following dates:

March 27 from Noon to 1:00 PM
April 24 from Noon to 1:00 PM
May 22 from Noon to 1:00 PM

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

March 6
9:00 AM to 4:00 PM

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

USDA Food Distribution Dates

March 20
April 17

Pick up is at the Community Center from
 11:00 AM to 2:00 PM.
 For more information contact Lynn or
 Shirley at 360-438-4216

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.



Chehalis Tribal Community Discussion and Presentation on

The Affordable Health Care Act

When: March 10, 2014

Time: 5:00 PM – 7:00 PM

Where: Chehalis Tribal Community Center
“Gathering Room”

We will be having Sheryl Lowe, the Tribal Liaison Washington Health Benefit Exchange and former Executive Director at the American Indian Health Commission for Washington here to do a community presentation on the Affordable Health Care Act and how it effects our tribal community. Dinner will be provided.

For any question or more information please contact

Jhon Valencia at the clinic 360-273-5504

CTWC is happy to
announce the return of our
**Diabetes Wellness
Clinics**

Our goal is to offer a comprehensive office visit for Diabetics that include: time with your medical provider, labs, foot exams, nutritional assessment/counseling, exercise assessment and any referrals needed for yearly exams such as eyes and dental exams.

We are hoping this will not only help with time management by offering all these services in one visit but also significantly improve the quality of life for each of our patients.

To schedule an appointment or if you would like more information, please call Trisha at 360-709-1742.



CHEHALIS TRIBAL LOAN FUND NEWS

The Chehalis Tribal Loan Fund is a certified Native *Community Development Financial Institute. (CDFI)*. We obtained our certification through the Department of Treasury on June 20, 2012. What does a CDFI do? Native CDFI's are designed to overcome identified barriers to financial services in Native Communities. Our goal is to increase access to credit, capital, and financial services in Native Communities. The Chehalis Tribal Loan Fund is here to provide Financial services to Chehalis Tribal members. We can help you with the following:

Repair or Rebuild your credit

Provide Loans in the following areas:

- Home improvement: Loans up to \$25,000.00 for a maximum of 7 years.
- Business Loans: Loans up to \$100,000.00 for a maximum term of 7 years.
- Debt Consolidation and Credit Builders: Loans from \$1000.00-\$25,000.00, maximum term of 3 and 5 years.
- Firework Loans: We will begin advertising in March. Apply for your loan early to catch all of the wholesaler's sale prices in April and March. We

served 21 Chehalis Tribal members last year with Firework loans.

- We offer competitive interest rates. We will assist any tribal member with the paperwork process.
- Savings: We can assist you with opening a savings account. We also have a Savings Match program for *income eligible participants. You must meet 200% of the poverty guidelines to qualify.*

Trainings: We provide one on one Business Development Training, including how to write a Business Plan. We offer trainings once a month to the community. We provide training to the youth once a month as well. If there is a training regarding financial services you would like us to provide, please call:

Julie Burnett, Executive Director
360-709-1831
jburnett@chehalistribe.org
Diana Pickernell, Loan Coordinator
360-709-1631
dpickernell@chehalistribe.org

Don't let your credit score stop you from seeing if you qualify for a loan! We are here to help you.

Program Provides Free Well Water Testing to Tribal Members

Did you know that you should have your well water tested at least once year for bacteria? Contaminated wells can cause physical problems, especially in young children and seniors. The Chehalis Tribe provides free well testing to all tribal members whether or not they live on or off reservation. Non tribal members can have their water tested for a \$25 fee.

To have your water tested, you will need to stop by The Chehalis Tribe Department of Natural Resources and pick up a water bottle. Take the bottle home, fill it up and return it. Your results will be emailed to you. If your results come back positive, we will work with you to correct the well and retest the water.

For questions please call 360-273-5911 as ask for

Harry Pickernell
hpickernell@chehalistribe.org

or

Glen Connelly
gconnelly@chehalistribe.org

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 in April.

It is an opportunity to learn more about 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

Substance Abuse: *A Community Response*

April 30, 2014

9:00 AM to 4:00 PM

Registration begins at 8:30 AM

at the

Great Wolf Lodge

www.Thurstontogether.org/events

Please join the Thurston County Drug Action Team for this comprehensive training on targeting drug abuse in our communities.

- Presentations from recognized authorities
- Informative breakout sessions
- Hear from professionals in many fields
- Networking and resources
- Lunch Provided

GREAT WOLF LODGE TRIBAL MEMBER DISCOUNTS

Great Wolf Lodge General Manager, Patrick Alvarez, is excited to announce an increased discount for tribal member reservations, and a new Reservation Policy for tribal friends and family, as follows:

TRIBAL MEMBER RESERVATIONS

Enrolled Chehalis Tribal members will now receive the best available rate of \$79.99 per Family Standard Suite, no change in the procedures to reserve a room. Call 360-273-7718 to make a room reservation. One room per night, tribal member reserving the room must be present at check-in, show their tribal ID, and must be at least 21 years of age. Great Wolf will be happy to offer upgrades at no extra charge upon check in, if those rooms are available, but upgraded rooms cannot be reserved at time of reservation at the discounted rate. **If the tribal member who made the reservation is not actually staying in the room, the full room rate will be applied.**

TRIBAL FRIENDS AND FAMILY VOUCHER

Chehalis tribal members are now eligible to receive Friends and Family vouchers at a rate of \$99.99 per Family Standard Suite, as follows: Tribal members must pick up a voucher from Great Wolf Employee Relations (Open 9:00 AM – 4:00 PM, Monday through Friday) prior to making a reservation.

- Tribal members must show their tribal ID and must be 21 years of age or older to receive a F&F Voucher.
- Each voucher will have a unique code on it that can be used for only one reservation. If multiple reservations are needed, then a voucher must be obtained for each reservation. Each voucher is good for 60 days.
- Friends and Family must reserve their room by calling the reservation center at 800-905-9653 or by reserving online at www.greatwolf.com. They cannot book or make changes to the reservation on their own. The F&F unique voucher code will be required at the time of reservation.
- Tribal friends and family must show the voucher at time of check-in. If the voucher is not presented the room rate will change to the Best Available Rate.
- Each tribal member may have up to three F&F Vouchers per month.

Please contact Cammi Wittwer at 360-273-7718, Ext 4920, or Trudy Marcellay, Ext 4981, with any questions you may have regarding this process.



Selena Kearney Photography

Weddings Start at-\$500
Portrait Session-\$200

www.selenakearney.com



Do You Qualify? IHS Well and Sewer Assistance

Indian Health Service has a program to help Native homeowners with well and sewer facilities in their home. The program offers assistance up to \$20,000 toward safe drinking water or a new or repaired septic system.

In the Tribal Planning Office, Don Terry is the Chehalis Tribe's liaison for IHS. Don will be able to help you get the ball rolling if you need assistance by processing and qualifying applicants, as well as helping you to secure bids.

To qualify you must show that you:

- Are a homeowner that LIVES IN or is building a new home to live in
- Have not previously used the program in your lifetime
- Are affiliated with any federally recognized tribe
- Live in the Chehalis Tribe's Service Area (Lewis, South Thurston, South Mason and East Grays Harbor counties)

If you need well or sewer assistance and believe you qualify for the IHS program, contact the Tribal Planning Office for an application and more information.

Community Center Fitness Center, Gym, and Pool

Hours of Operation

**Monday – Friday
8:00AM to 5:00 PM**

**Unless otherwise noted
Closed on weekends and holidays**

*Please sign in and out when using the
community center's facilities. Thank you!*

*For more information
regarding the
Community Center
contact Philip Youckton,
Chehalis Tribal Events
and Facilities Specialist
at 360- 709-1752 or
360-688-3380.*



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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Oakville, WA 98568
(360) 709-1726 (office)
(360) 273-5914 (fax)
fshortman@chehalistribe.org

Chehalis Tribe's Vision Statement

*To be a thriving, self-sufficient,
sovereign people, honoring our past
and serving current
and future generations*

Business Committee

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

Chehalis Tribal Newsletter Staff:


Fred Shortman,
Communications
Coordinator



Happy Birthday to Tribal Members Born in February

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Bailey Parkinson Bonnie Quirke
2 Devin Olney	3 Josephine Aldrich Kelsey Bray Tommy Colson Rita Hernandez Shaylah Seymour	4 Don Brown Shelby McCrory Terry Middleton Ray Secena, Jr.	5 Catherine Nemeth	6 Norma Flores Shadow Hernandez Sabrina Owens Lois Poling	7 Aalyiah Meddaugh Kesawin Washburn Andrea Youckton	8 Layne Colson Jennifer Bird Joseph Revay, Jr.
9 Daryl Boyd, Jr. Karen LeClaire	10 Xavier Flores Amy Potter	11 Stephanie Pickernell Steven Pickernell Laura Starr	12 Jennifer Revay	13 Timothy Garza Heather Klatush Albert Ortivez-Hicks Chase Perez Fred Shortman	14 Michael Boyd Mariah Vassar	15 Albert Ortivez III
16 Mackenzie Jones Susan Sanders	17 Chaon MacDougall	18 Daryl Boyd Maggie Gleason-Wheeler	19 Kim Heck Catherine Secena	20 Tyler Klatush Charlotte Lopez Bradyn Lopez Ray-Ray Lopez Zedikiah Sanchez Mei-lien Tanner Carla Thomas	21 Lilia Hoheisel Patrick Simmons, Jr. Christopher Teague	22 Riley Youckton
23 Sharon Tolbert	24 Luke Cayenne Thomas Heck Jerrie Simmons Cheryle Starr Dwayne Thomas Coleton Youtkon Kayden Youckton	25 Daymon Thomas Ryan White Eagle, Jr. Zayden Youckton	26 Marla Conwell Mary DuPuis	27 Halisa Higheagle	28 Virginia Canales Tom Hayden, Jr.	

Happy 94th Birthday
Gram Barr



Happy Birthday
Ray Secena, Jr.
Welcome New
Elder!!!




Happy Birthday
Timothy Garza

From All Your
Washington
Family!!!

Aunties Jodie
& Josie


Thank You!

The family and relatives
would like to thank
the community for
gathering in support in
memory of our beloved
Mae Palmer

Even through the
tough time of our loss,
your heartfelt prayers
helped us through
these trying times.

Again Thank You
Oakville and Chehalis
Tribal members, cooks
and fish committee.

Happy Birthday
Jerrie Simmons



From your
Kids, Grand kids & Family

Happy Birthday Shelby



Love you to pieces
Mom

Happy Birthday Stephanie



Love the Boys!!!

Early Learning Program News

Now Accepting Applications!!!



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

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

- 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

Expectant Mother's Program

Chehalis Tribal Early Learning Programs

Now Enrolling!!!

Services Provided:

- Week to week fetal development
- Preparation leading up to labor and deliver
- Postpartum recovering, including information on maternal depression and the benefits of breastfeeding!
- Transportation to and from appointments
- Support group

Please stop by the Chehalis Tribal Head Start building for an enrollment application to get started today!!



For more information contact Mary Sanders
at 360-709-1629 or email
msanders@chehalistribe.org



SPIPA
Healthy Families
Project
Presents:



POSITIVE INDIAN PARENTING

*Every Wednesday beginning:
January 29, 2014 – March 19,
5:30PM- 7:00PM
In the Head Start Second Building
(old youth center)*



To Sign Up Contact Beth Burnett
Office: 360-709-1627
Email: bdodge@chehalistribe.org

Chehalis Tribe Students of the Month

Geraldine Youckton (9-12)



Geraldine Youckton is in the 10th grade at Oakville High School. She currently holds a GPA of 3.2.

She enjoys going to school, it gets her going and is more ready to learn. She

strives to make her parents proud. Geraldine's advice for others is to stay positive and believe in yourself because the more you believe in yourself the farther you will get, and not slack because your last two years in high school are the hardest to make up.

Geraldine enjoys playing fast pitch for her school.

After high school Geraldine plans on going to NWIC for Native American Studies and is also considering joining the Navy.

Kelsey Bray (6-8)

Kelsey Bray is in the 8th grade at Oakville Middle School. She currently has a 3.74 GPA.

In addition to her studies, Kelsey enjoys seeing her friends and playing basketball, volleyball, and fast pitch. Her advice for others is to do your work.

After high school Kelsey plans to go to college to be a tattoo or nail artist, or Geriatric nursing.



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!

Tiera Garrety (K-5)



Tiera Garrety is in the 4th grade at Griffin Elementary School, where she enjoys science, art and reading.

Her advice for other is to listen to their teachers, do their homework and read every day. Some qualities that make her a successful student are she likes to learn; she likes to read and likes to stay after school and work with her teacher.

She is Vice President of the Kindness Club at school. She is also involved with gymnastics, and takes hip hop, and ballet, and she was the mouse in last year's performance of the Nutcracker at the Washington Center's for the performing arts in Olympia, Washington.

After high school Tiera wants to go to college at LSU in Baton Rouge, LA and to become a doctor.

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.

Youth Center Activities Provide Fun Activities for the Youth

The Youth Center have been very busy providing a variety of activities for 2014. We had over 125 family members participated in the Tacoma Domes' annual Monster Truck Rally. Our program didn't provide transportation, because it encourages families to travel together enjoying each other's company and watching the Trucks race and performing tricks with their powerful vehicles. Families were seen yelling and cheering for their favorite driver and truck to win. Accidents happen but roll-overs are a fan favorite. If you go...always bring ear plugs. The roar of the engines are deafening.

We hold a monthly birthday celebration for our children who attend our activities. In January

we celebrated five birthdays! Our program celebrated with a swimming pool party having the traditional cake and ice cream. Of course, we sing happy birthday too!

Other activities we treat the kids to a monthly visit to the local Dairy Queen. If your child is going, please sign and return their permission slip.

Last but certainly not least, the Youth Center and Youth Services staff celebrated the Super Bowl by throwing a mini party for the kids! Not only do we have a World Champion SEAHAWKS, we have world champion children.

Working together twenty-five children and education workers

are able to unite and pull off the sometimes challenging events/trips. It is honor to work with the children, watching them play, grow, and learn together.

Parents are always welcome to

come to the youth center and interact with their children. Our program offers some fun activities throughout the week.

Contacting the Youth Center
360-273-9674.



Adults and children enjoy making treats together for special events at the youth center.

February is National Teen Dating Violence Awareness and Prevention Month

Obama declared February National Teen Dating Violence Awareness and Prevention Month 2014 and in the proclamation from the White House it was noted that: “Each year, 1 in 10 American teenagers suffers physical violence at the hands of a boyfriend or girlfriend, and many others are sexually or emotionally abused. Dating violence can inflict long lasting pain, putting survivors at increased risk of substance abuse, depression, poor academic performance, and experiencing further violence from a partner. During National Teen Dating Violence Awareness and Prevention Month, we renew our commitment to preventing abuse, supporting survivors, holding offenders accountable, and building a culture of respect.”

Often in the statistics for Native people we find higher percentages in addiction, stalking and violence; but, we also are high in percentages for people who serve and protect our country, people who follow and value our culture and traditions, with respect. Much of the information out for assisting ourselves and our peers has a foundation in respect, therefore, I believe as Native people we have a head start. As is pointed out, and are not just words on a poster, violence is not our tradition. Certainly, different tribes have different beliefs and traditions AND what holds us together is our common strengths. Breaking cycles of addiction, violence and abuse is completely doable for a people so strong. Healthy relationships of all types is a perfect beginning, meaning relationships with family, friends and partners can all be healthy.

Disagreeing is healthy, it's the manner of settling differences that is key. Learning healthy ways of communication is a lifelong endeavor and it is never too late to learn. There are many things I say over and over again, usually learned from others, one is: You are always an elder to someone, no matter your age. They look up to you and you have many opportunities to teach. Another is: even if you are younger, perhaps you are teaching elders. Having reached an age where I am soon to be a grandma (in April), I can say that I have learned so many things about courage, wisdom and forgiveness from adolescents and children for many years. Part of that wisdom has been that there are certain things where you are not a snitch

to talk with a supportive person if you, or someone you care about, is having a chaotic, abusive time. You are never in a hopeless situation.

It can feel this way, I know. It is true that almost any Native you meet from all over the country will have a common understanding, with very few words, about what it means to have grief, trauma and scars. We forget about the joy though too in our hardest times. It is my belief we are turning the corner – we are moving from surviving to thriving. Part of that thriving is seeking out help when you need it.

Thriving is breaking away

from the “Don’t talk, don’t trust, don’t feel” trap. We have reason to be optimistic in Indian Country, we are, and always have, found ways to generate a way to support ourselves, find humor and find leaders. I do not mean showy leaders, but modest, wise leaders. Another of my “always” statements is: if you are walking down the road in recovery, learning healthy ways of living, you are a warrior. You are teaching even without saying a word. Saying you can’t trust anyone is just a way to trap yourself, maybe you just have to make friends with your instinct which tells you who is trustworthy.

So where do you reach out? You can start by promoting in your school. This website is a good source: <http://www.teendvmonth.org/announcement> and here's another: <http://loveisrespect.org> and these are just the start. It is not just about the month of February.

If you need personal assistance, and are a leader in the making, you can call Tsapowum Behavioral Health at: 360-709-1733.

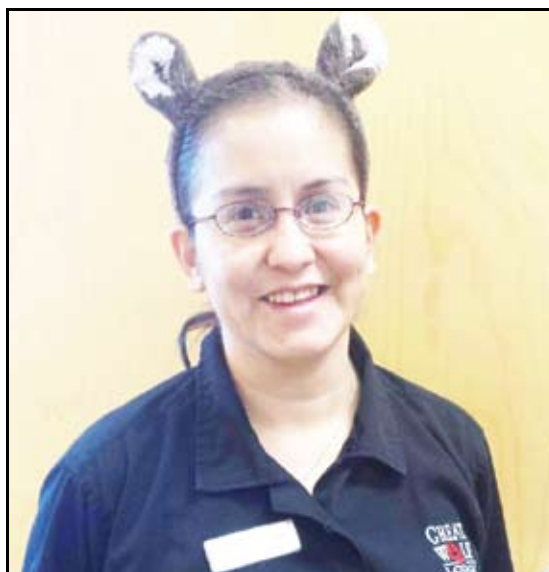
Websites available if you want to start more anonymously there is also <http://loveisrespect.org/about-national-dating-abuse-helpline> with a hotline number of 1-866-331-9474. If you are unsure of whether or not your relationship is healthy here's a great quiz for you or your friends to try: <http://loveisrespect.org-dating-basics/healthy-relationships-quiz>.

I hope we hear from you if you need a fresh, safe start and I believe in your abilities, truly.

Article submitted by Behavior Health Program



Tribal Member Dedication and Hard Work Earns Wolfy Award at the Great Wolf Lodge



**Pack member - Tina Ebling
Tribal Member**

Pack Member Tina (Penn) Ebling Tina began her employment at Great Wolf Lodge in June of 2013. She began in the Tribal Internship position, where she had the opportunity to rotate through all of the GWL departments. At the end of her Internship, she moved into a full time position with Housekeeping.

At the recent 2013 Wolfy Awards, which celebrates lodge standards of Respect, Integrity, Accountability, Competency, and Teamwork, Tina received the Wolfy Award for Teamwork. Tina earned this award because she offers to help her fellow pack members in time of need, is willing to pick up shifts for others when needed, is always being flexible and willing to talk things through, listens to others, and accepts the most effective role here at the Lodge. With her commitment to her department as well as the lodge, Tina was very deserving of this award.

In addition, Tina recently became a member of the 2014 Emerging Wolves, a group of Pack Members who learn more in-depth information about the Great Wolf Brand, receive training in supervisory and leadership skills, and have fun while learning. We are excited to have Tina be part of this team!

Congratulations Tina! HOWLS!

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Heritage and Culture Program News

Heritage and Culture Classes Offered to the Community to Gather, Create and Learn Together

Heritage and Culture staff will be starting up the new year with New Projects. We are looking for volunteers to help in the area of fishing pole making, net hanging classes, drum making and drumsticks classes. We will continue to have sewing and weaving classes.

Heritage Coordinator: Lynn Hoheisel is available to assist tribal members with their family trees, pictures, and history of the Chehalis Tribe.

Monday through Thursday
8:00 AM to 4:30 PM

Our program welcomes any assistance you can offer us to help make these classes successful and it would be greatly appreciated. We are located in the community center by the library.

The Culture Coordinators' work hours are

Monday: 11:00 AM to 5:30 PM.
Tuesday, Wednesday, and Thursday: 12:00 noon to 7:00 PM
Friday: 10:00 AM to 4:30 PM



Tribal Members, you are welcome to drop in anytime during these hours to work on projects with the staff.

Glass Cabinets

One of the glass cabinets in the gathering room will be available soon for tribal members to display an item of their own arts and crafts or baskets. They will be locked so no one can get into it except the designated person. If you would like to display your work or family heirlooms please contact Lynn Hoheisel in the

Heritage program and she will have the necessary documents for you to fill out and will go over the process we will have in place for you.

If you have any projects that you think the tribal members would be interested in working on for the new 2014 year please stop by the office and let us know. Your input will assist in having projects available for everyone to enjoy learning together.

For more information or if anyone can help, please contact: Joyleen McCrory, 360-709-1748



In our little corner of the world the 12th man was here to support our hometown Seattle Seahawks in Super Bowl XLVIII. Tribal employees gathered together dressed in blue and green to proudly show their team spirit!