



CHEHALIS TRIBAL NEWSLETTER

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

March 2014

Free

Program's Fun Activities Educate and Encourage Chehalis Tribal Community about the Prevention of Colon Cancer

By Bobby Bush, Program Coordinator

The SPIPA Colon Health Program and staff hosted the fourth annual March to Prevention Program at the Chehalis Tribal Community Center on March 1, 2014. There were 41 registered participants in the event, but as the event progressed more people arrived. There were approximately 60 participants that filled the gathering room throughout the day.

We were lucky; the day had a full agenda and the rain started after the event. Dan "Bones" Gleason opened with a welcome and prayer for all the participants who came from the seven Tribes of the Colon Health Program. Robert Woodall, PA-C, Quality Assurance and Control, provided an introduction to the SPIPA CHP and described



The tribal community gathered to learn about the prevention of colon cancer at the March to Prevention Colon Health Fair hosted at the community center.

the reasons for screening.

Pat Odiorne provided the keynote address. She told the story of her experience as a survivor and brought the group to tears.

Messages she had for the group were to get screened at the correct age. Also, Pat stressed that if they experience changes in their bodies

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Community Families Gathers to Attend Cultural Drum-Making Class

The Cultural Program has started its Drum Making Classes in February. The focus for the program is to have families work together to learn to make the drums. The drum making class has been a huge success with 35 people signing up. Many children attended with their parents and grandparents who helped each other in this family activity

Tribal and community members are encouraged to come back and decorate their drums. That will be Tuesdays, Wednesdays, Thursdays. The seed was planted as many participants were talking about what they wanted to paint on their



Families learning to make native drums during cultural classes at the Community Center

drums.

It was nice to see our tribal members gather to work together.

It was especially significant for the younger tribal members to learn about the significance of the drum.

Why You Keep Your First Drum

The drum is a powerful instrument and is broadly considered to be the first musical instrument used by humans. Indigenous people throughout America refer to the drum as the "heartbeat of Mother Earth." Drums are used for dances, ceremonies, games and sacred practices. In America, the drum has a history that dates back to pre-Columbian times. Remnants of wooden cylinder drums, and

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Program Shares Ten Years of Chehalis Tribal Education History

Think about all the change that has taken place within the Tribe in the last decade. There has been more growth on the reservation than one would typically expect within a small tribe, especially compared to the first century of the Confederated Tribes of Chehalis. It was ten years ago the tribe received a grant called Tribal Early Learning Opportunities or TELO as most people refer to it. It was a grant that focused on helping our youth starting in Head Start and their parents with reading. That is where it started but it sure didn't stop there.

In the beginning, the program was located in the back of the youth center in a small office space also designated for a library. When the grant first kicked off there wasn't any buy in from the youth to come and read. So an after school program was conceived that while the kids were going to the Youth Center for other activities, we would offer homework help. We also began to work with the Oakville School District. While in the school we could see that

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Cancer continued from Page 1...

or bowel habits to consult with their health care provider immediately; don't wait to check it out.

The group really worked well together and transitioned to physical activities. Chair exercises and ball exercises were facilitated by Anita Mattingly and Pamela McCall. The group then went for the colon health poker walk. This was a fun walk designed as a game to learn the prevention and health facts while engaged in the walk. Prizes were given for the best poker hand made by participants.

Dr. Lance Ray, from the Chehalis Wellness Center, provided an excellent educational talk on colon cancer progression and most important, prevention. This was an excellent follow up to Pat's keynote address. It brought the medical facts to focus on the human experience of



Bobby Bush explains the importance of learning the prevention strategies starting by eating balanced and nutritious meals.

colon cancer.

Thank You

Thank you to Christina Hicks and Sandra Burnett for preparing the luncheon. Thank you so much for your time and effort Christina and

Sandra to help our people learn these prevention strategies while eating a balanced, nutritious, and TASTY meal.

Many people within the SPIPA Colon Health Program and the seven Tribes it serves, Chehalis,

Nisqually, Skokomish, Squaxin Island, Shoalwater Bay, Quinault and Cowlitz, contributed time and effort to this event. Thank you to Carmen Kalama, Rita Andrews, Joan Simmons, Christina Hicks, Sandra Burnett, Vernon McCrory, Phillip Youckton, Heidi Brown, Rob Woodall (Quality Assurance and Control), Nita Mattingly, Trisha Shipp (Chehalis Patient Navigator), Cindy Gallegos (Nisqually Patient Navigator), Lindy Parker (Squaxin Island Patient Navigator), Paula Soto (Skokomish Patient Navigator), Tracy Lev (Shoalwater Bay Patient Navigator), and Cynthia and George White (Quinault Prevention). Thank you to the SPIPA Community Services Staff: Debbie Gardipee-Reyes and Shelley Wiedemeier for help with the tokens of appreciation and the travel documentations. Thanks forever to Joseph Reyes for unloading and loading the van in preparation for this event.



Continued from page 1...

more was needed for our students to get a fair chance in making it to graduation along with their peers.

By the time the grant ended the program had grown into an education program that offered after-school homework assistance, attendance tracking and in-school education assistance. It had established itself in the Rochester and Oakville School Districts. It was running different activities during the summer program. It had also solidified a few events a year. It was rolled over into tribal funding for our youth and was given its own budget. This was the actual beginning of the Chehalis Tribal K-12 Program.

The program focused on providing services to the Chehalis students and youth we have on the reservation. It started to becoming a successful



Children at the after school program are assisted by staff on their homework assignments to achieve their academic goals.

program through trial and error. There were some ideas that did not completely work out, but if it was deemed unsuccessful, another idea

was implemented until we saw success in our students. Then came the move to the new Community Center, and we started more of a

combined effort with the Youth Center for after-school activities. Now ten years later we are under the Youth Services umbrella. The program is well established in the community and also serves Chehalis Tribal Members within a 75 mile radius. There are three staff members in the local school districts and one staff member who provides services to the students in outer districts. In total, the program is serving over 150 students! We strive to help our students in whatever their needs are, from reading, math tutoring, or to being prepared for their next level of life.

We are here for all our parents with whatever your needs are with your student. If we do not have an ability to help you with your problem we will work in unison with any of our Tribal Programs and will find you the help you need.

Improvements Continue to Enhance the Chehalis Tribal Community



Auxiliary Building

Some of you may have noticed a new building going up behind the Community Center and wondered what it was for. Well, it is an auxiliary building for the Community Center, and it is now complete and ready to use. The auxiliary building was built by Schwiesow Construction, Inc. out of Centralia. The building is 2,160 square feet, with 1,200 square feet to be used as a woodshop.

The woodshop area will give our carvers and woodworkers more room to create beautiful carvings, and a more comfortable building to work in. The remaining 960 square feet will be used by the Facilities Department to store lawn and grounds maintenance equipment used to maintain the area around the Community Center.

It is good to see new additions like the auxiliary building popping up on the Chehalis Reservation!

AUXILIARY BUILDING WOODSHOP



The Community Center Auxiliary Building Project is Complete. Come Out and See the New Woodshop!!

There will be a short tour of the facility for anyone interested in seeing the new space prior to coordinating for move-in and use. Planning for the move is now underway. All users at the existing Tribal Center wood shop location are asked to remove their personal items as soon as possible.

Tour is Thursday, March 27 AT 3:00 PM.

REMOVAL OF PERSONAL ITEMS FROM EXISTING WOOD SHOP MUST BE COMPLETED BY APRIL 30.

Contact Dave Hinkson at 360-709-1822 with any questions.
Thank you for your support!

Tribal Health and Wellness News

March is Colon Cancer Awareness Month : the third leading cause of cancer in men and women



Basic Information: From Your Chehalis Tribal Wellness Center Prevention Staff Colorectal cancer is cancer that occurs in the colon or rectum. Sometimes it is called colon cancer, for short. As the drawing shows, the colon is the large intestine or large bowel. The rectum is the passageway that connects the colon to the anus.

Colorectal cancer affects both men and women of all racial and ethnic groups, and is most often found in people aged 50 years or older. For men, colorectal cancer is the third most common cancer after prostate and lung cancers. For women, colorectal cancer is the third most common cancer after breast and lung cancers.

Colorectal cancer is the second leading cancer killer in the United States, but it doesn't have to be. If everybody aged 50 or older had regular screening tests, as many as 60% of deaths from colorectal cancer could be prevented.

Colorectal cancer screening saves lives. Screening can find precancerous polyps—abnormal growths in the colon or rectum—so that they can be removed before turning into cancer. As a rule, it takes (10) years for a polyp to turn into a cancer. Screening also helps find colorectal cancer at an early stage, when treatment often leads to a cure. If you are aged 50 or older, or think you may be at higher than average risk for colorectal cancer, speak with your provider or prevention team staff

about getting screened.

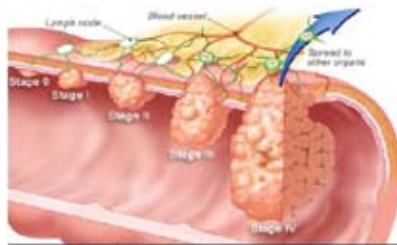
Tests for colon cancer screening Fecal Occult Blood Test (FOBT) or the “ I FIT” Test

This test checks for occult (hidden) blood in the stool. At home, you place a small amount of your stool from bowel movements on test cards. You return the cards to your doctor's office or to a lab where they're checked for blood. This test is recommended yearly. (If blood is found, you likely will need a follow-up colonoscopy.)

Colonoscopy

Before this test, you will take a strong laxative to clean out the colon. A Colonoscopy is conducted in a clinic or at a hospital. You are given a sedative to make you more comfortable during the test. You are advised not to drive or work on the day of the exam, because the sedative may make you sleepy, and most doctors will not perform a colonoscopy unless you have someone with you who will accompany you home. During the exam, the doctor uses a narrow, flexible, lighted tube to look at the inside of the rectum and the entire colon. During the exam, the doctor may remove polyps (abnormal growths) and collect samples of tissue or cells for closer examination. This test is recommended every 10 years.

Colon cancer screening using both the stool test for blood and colonoscopy are part of a good health maintenance program for both men and women over 50. Please talk to us about scheduling one for you, so you can prevent yourself from getting cancer of the colon and rectum.



Cancer Support Groups

Comprehensive Cancer Control Program
South Puget Intertribal Planning Agency



Please contact Sarah
at 360-462-3241
or Christina
at 360-273-5504
for more information

Support Groups will be held at all SPIPA Tribes

CTG Healthy Cooking Class

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

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:

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

SPIPA Colon Health Program Presents the Fourth Annual “The Shining Light” Walk to Prevention

at the Shoalwater Bay Tribe



Saturday, June 14
9:00 AM to 4:00 PM

For any information on the SPIPA Colon Health Program please call Trisha Shipp Chehalis Patient Navigator at 360-709-1742 or Bobbie Bush, Program Coordinator, at 360-462-3235.

DSHS Program

Monday through Friday
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

April 10
9:00 AM to 4:00 PM

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

Mammogram Dates

May 6, 2014

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

Monthly Cooking Class Focuses on the Benefits of Native Plants

As a continuation of the Community Transformation Grant's "Healthy Cooking Classes," Charlene Abrahamson, Director of Behavioral Health, was invited to share her knowledge on the uses and health benefits of some local plants as well as to demonstrate a healthy meal on Monday, March 3 in the community center gathering room. She began by providing a delicious and healthy meal of buffalo stew, along with bread, salad and frozen fruit for dessert. After explaining the process of this surprisingly easy recipe and sitting down to share a meal with the rest of the group, Charlene continued her lesson, teaching about the properties of nettles, horsetail, and red clover.



Everyone pitched in helping mix the teas and package them up to take home under Charlene's direction and help at the monthly Healthy Cooking Class.

She began by demonstrating how to make a cooking seasoning made of ground sesame seeds, ground, dried nettles, sea salt, and optional garlic powder explaining that it can be used as an all purpose cooking seasoning. She then showed us a recipe for two different types of nettle tea. Everyone pitched in to help mix the teas and package them up to take home with Charlene's direction and help. The first tea was a Nettle Peppermint tea which can help with digestion and

ease stomach trouble. Made of equal parts dried nettle and dried peppermint, we brewed a pot of this tea so that we could all try a cup. It was a perfect after dinner tea with a soothing minty flavor. Charlene also explained that nettle tea can help with seasonal allergies. She recommends starting with a cup a day before allergy season starts to ward off allergy attacks in the

spring. The second tea was made of equal parts red clover, nettle, and horsetail and is intended to help with bone strength, and hair and nail health.

Charlene showed us that many of these ingredients can be found locally. She went across the parking lot before the class started to gather an example of horsetail

and cottonwood buds. Charlene explained about making oil from cottonwood buds and its uses for sore muscles, joint pain and sunburns. If there is enough interest we may go on a gathering outing with Charlene to know where, how and when to gather plants this time of year. She also let us know that most of these ingredients can be found at stores like the Olympia Food Co-Op and Radiance Herbs and Massage in downtown Olympia. All in all it was a very inspiring lesson to cook more and incorporate nettles and other local plants into a healthy diet. All of Charlene's recipes were simple and easy to try at home whether you're an experienced chef or a beginner.

Make sure to come for the next "Healthy Cooking Class" in the gathering room on Monday, April 7 from 5:00 to 7:00 PM "Reading Labels and Artificial Sweeteners."



Horse Tail, Red Clover and Nettles

Good for healthy bones, hair and nails.

Peppermint and Nettle

Great for digestion and allergy season.

Herbs de Provence with

Rosemary, Basil and Lavender

Rosemary is good for your memory. Lavender is very calming. All add good taste and aid digestion.

Buffalo Stew Recipe

Ingredients

- 1 1/2 lbs. hamburger, but if stew meat 1 lb. cubed.
- 1 - 2 Cloves of garlic, but garlic seasoning mixed with other seasonings, if available, is good too.
- 1/2 teaspoon sea salt, unless using the seasoning mix
- 1 teaspoon black pepper
- 1 tablespoon Herbs de Provence
- 4 potatoes, cubed
- 1/2 yellow onion, chopped
- 3 carrots, chopped
- 3 celery sticks, chopped
- Optional: 1 (4 ounce) can tomato paste (I only use this with ground meat, not stew)
- 3 tablespoon extra virgin olive oil

Directions:

1. Brown hamburger, seasoning and vegetables in extra virgin olive oil. Use low heat, with vegetables on top of the meat.
2. Once the meat has browned, then break apart the meat with the spoon. If you prefer less chunky meat, begin to break it apart right away.
3. Add water and tomato paste to cover the ingredients.
4. Stir to combine.
5. Over medium-high heat bring to a slight boil; reduce heat to low; cover.
6. Continue simmering stew, stirring occasionally for 30 minutes, basically until the potatoes are cooked.
7. This stew can be easily used with other vegetables and sometimes I use bags of vegetables - the broccoli, cauliflower, carrot mix. I'll usually chop up the cauliflower and broccoli smaller than what's in the bag.

Look What's Happening in Oakville!!!

Community members in the Oakville area are looking ahead to this year's community activities which will include an Easter egg hunt, the Independence Parade and Community celebration, the Zucchini Festival, and the Holiday Tree Lighting/Community Spaghetti Dinner.

Put these dates on your calendar now and come enjoy these family activities!

- Easter egg hunt Saturday, April 19
- Independence Parade and Celebration Saturday, July 5
- Zucchini Festival/Kids Parade Saturday, September 13
- Community Spaghetti dinner/Tree Lighting Saturday, December 6

Chamber meetings

The first Wednesday of each month
Starts at 5:30 PM at the
Oakville City Hall.

Next meeting is
Wednesday,
April 2

Here Comes the Independence Parade and Celebration!

Yes, this year's Independence Parade and Community Celebration is set for Saturday, July 5th. Remember how much fun we had at last year's Parade and Celebration? There was such great response to the parade and the addition of live music, a car show, kids' activities, and food and craft vendors.

Well, we want to do that and more again this year, so**The first Independence Parade and Celebration planning meeting is set for 5:30 PM on Wednesday, March 12th at the Library.**

Thanks to the many community folks who participated to create last year's inspiring event; we will again need that involvement to make this year's Celebration a truly community event.

Come be part of the Buzz!

Help with hearing, vision, mobility and communication



Reserve devices online or at your local library branch:

Timberland Regional
LIBRARY
www.TRL.org



Deborah Baker
Library Manager
Phone: (360) 273-5305
Email: dbaker@TRL.org

Oakville Timberland Library
PO Box C, 204 Main Street
Oakville, WA 98568-0079
Fax: (360) 273-7446

Save the Date!

More information:
Tamara Clark
tclark@thurstonTOGETHER.org; (360) 493-2230 ext 10

Substance Abuse:

A Community Response

Wednesday, April 30

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.

Tribal Members: If you are interested in attending this conference please contact Madelyn Dethlefs, Prevention Coordinator at 360-709-1717

USDA Food Distribution Dates

Thursday, 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

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.

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.

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 and ask for

Harry Pickernell

hpickernell@chehalistribe.org

Glen Connelly

gconnelly@chehalistribe.org



Selena Kearney Photography

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

www.selenakearney.com



Chehalis Tribal Newsletter

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

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

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

Contributing writers, artists, and photographers include Chehalis tribal community members and staff. Submission deadline: 6th of each month
Printed monthly

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(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 March

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Raven John Jeremy Sanchez
2 Andreas Jacobs Mel Youckton	3 Anthony Andrews Nathan Wittwer	4 Sara Baker Devon Boyd	5 Jason Canales Quinten Canales Carrie Ehmke	6 Amy Dehart	7 Jerry Meas	8 Anthony Brown Steve Burnett Allison Carter Jeffrey Gomez
9 Linda Carpenter Rose Choke Olivia Latch Jeffrey Leclair Mathew Reynolds	10 Kami Beckwith Tyson Black John Blacketer Tina Ebling Jay Sanchez, Jr.	11 Colleen Klatush Richard Revay	12 Mercedes Bracero Falistry Bumgarner Joseph Charles Guy Youckton	13 Terri Farrier	14 Trevor DuPuis Ranessa Goddard	15 Arick Burnett
16 Jace Cayenne Amy Shivers	17 Dede Devlin Angelina Sanchez David Youckton	18 Josh Burnett Wilson Pickernell	19 Ted Gleason Noah Snell Derrek Yawn	20 Sarrah Burnett-Lisle Natasha Goddard	21	22 Frank Cayenne, Jr.
23 Jack Colson Tre's Meddaugh	24 Alxis Beckwith Haezen Charles- Cayenne Kylee Secena	25 Beatrice Christensen Zander Sanchez Aaron Youckton II	26 Jace Hoyle Brent Simmons	27 Sean Allen David Burnett Garret Hicks Emily Ortivez Robert Wertz	28 Annie Jones Bev Starr	29 Norma Daniels Victoria Hanna
30 Skylar Bracero Yolanda Ortivez	31 Colby Higheagle Chris Secena					

Many Happy Birthday wishes to my Princess Olivia March 9 (10 years old)



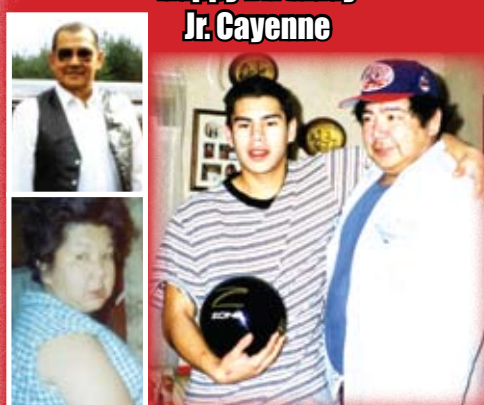
Much Love Grandma

Happy Birthday Dad



We Love You!!!

Happy Birthday Jr. Cayenne



From Calvin, Dyani and Family


Thank You!!

I would like to thank the Chehalis tribal community for assisting me and my family in the loss of my uncle Eddie. He wasn't from this tribe, but he was treated like family.

Your support and caring helped us through this difficult time. Again thank you!

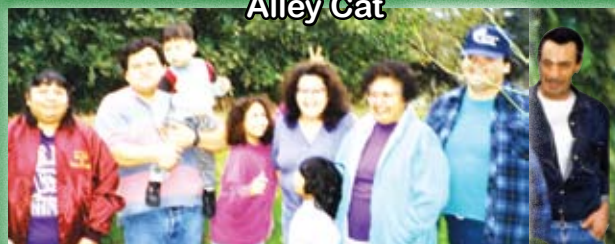
Susie Pickernell & Family

Happy Birthday Ranessa



We Love You!!!

Happy Birthday Alley Cat




Don, Mary & Your Family

Happy Birthday Colleen Klatush

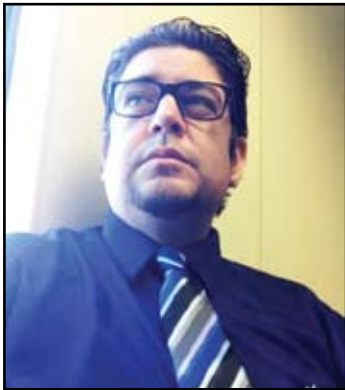
From her road dogs Mimi and Sally

HAPPY BIRTHDAY DEDE

FROM SISTER SALLY, SON, DAUGHTER AND GRANDKIDS



Meet Our Chehalis Tribal Early Learning New Employees



**Jesse Gleason,
Teachers Aide**

I am Jesse Gleason. I have recently been hired in the early learning department as a teachers aide. As I continue to learn more and more about the advantages of being a molder of young minds, I will also be doing my best to bring Chehalis Tribal culture and language to the forefront of our curriculum.

I have studied under Marla Conwell and Catharine Barr in language and have worked with many artists and hand crafters and hope to bring this to our department.

My name is Brenna Youckton. I've been a part of the Chehalis tribal community my whole life. I don't have any children, but I'm an awesome aunt....I have one niece in the program and plenty of little cousins.



**Brenna Youckton,
Teachers Aide**

I'm grateful for the opportunity to join the Early Learning team and I'm really looking forward to spending lots of time with my new friends!!

Hello! My name is Katie McNair and I am the new cook for the Chehalis Tribal Early Learning Program. You may recognize me from working with your children in the classrooms as well as helping out in the kitchen when needed over the last year and a half. I grew up in the neighboring community of Tenino and I have a 3 year old daughter.

I love spending time outdoors, rodeos, racing, and learning new things about the world and communities around me. This last summer, I had the privilege of traveling with the Chehalis Canoe Family on their journey, along with my niece and nephew. I spend most of my free time surrounded by my friends, family and children.



Katie McNair, Cook

I am very excited to have the opportunity to prepare healthy meals for your children on a regular basis, implementing some new ideas and bringing some fun into mealtime while providing balanced meals. Families are always welcomed and encouraged to join us for meals. I look forward to meeting you and sharing a meal with you and your child(ren).

Head Start Kids Celebrate National Nutrition Month



Chehalis Tribe's nutritionist, Pat Odiorne, helped the Head Start children make delicious sugar free applesauce.

Recently, Pat Odiorne, Nutritionist for the Chehalis Tribal Wellness Center, helped the kids in Head Start make applesauce to celebrate March as National Nutrition Month.

The activity was very "hands-on" when the children used a large colander to press the cooked apples into sauce. After making the applesauce the kids tasted the

product that they had made.

Everyone, including the teachers agreed, saying the totally natural applesauce (no sugar or extra flavorings) was "De-licious." Apples are plentiful here in our State of Washington. The sweet/tart types such as Honey Crisp, Granny Smith or Jonathans make good apple sauce.

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

Chehalis Tribe Students of the Month

Ravenhawk Penn (9-12)



RavenHawk Penn is in the 9th grade at Rochester High School. He is currently holding a 3.38 GPA.

RavenHawk likes that school allows him to get an education.

His advice for others is to just do the work.

He feels that he is a successful student because he does his work when it is handed to him.

When he graduates from high school, he wants to go to school to learn how to work with computers.

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.

Chayse Bonifer-Youckton (6-8)

Chayse Bonifer-Youckton is in the 7th grade at Rochester Middle School. He is currently holding a 3.75 GPA.

Chayse likes how school allows him to get an education with his friends.

His advice for others is to stay in school. The teachers don't like giving out bad grades.

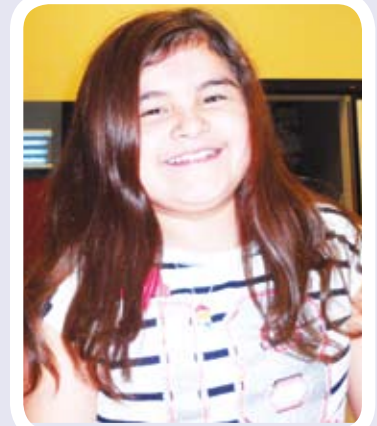
Chayse feels like he is a successful student because he does his homework and when there is a problem with his grades he takes charge to make them better.

He is involved with his school band; he likes percussion because he is able to make a lot of different noises.

After he graduates from high school, he would like to go to college in Hawaii, so that he can become an inventor.



Leala Baker (K-5)



Leala Baker is in the 2nd grade at Rochester Primary School.

At school Leala likes math and PE.

Her advice for others is to get your work done.

Leala feels that she is successful student because she listens to the teachers.

She is not involved in any sports at this time, but is looking forward to playing softball.

After graduating from high school, Leala wants to go to the UW to be a movie star.

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!

Mardi Gras Celebration at the Youth Center



New Bus Stops Provide a Safe Dry Place for Children

Over in the Vosper neighborhood, there are two new bus stops on Sickman Loop. These stops were requested by the families living in the neighborhood, who wanted a safe and dry place for the children in the area to wait for the school bus each day. The location and the design of the two bus stops were also chosen with help from neighborhood residents as well as the Oakville School District. Both stops have covered bus shelters to keep the kids dry during our long rainy winters. The new bus shelters will also keep the children safer, as they will want to wait in the shelter and not run out into the road.

A big thank you goes to Kayloe Dawson from the Planning Department and the Tribe's own Confederated Construction Company for listening to the needs of the community and putting these great new bus stops in.



BIG NEWS! We are now accepting loan applications from all Chehalis Tribal Employees, Enterprise employees and Natives who live within our service area. We are continuing to serve Chehalis Tribal members as well.

- **A new loan product:** Do you need a Masters degree or PhD? Are you an enrolled member of the Chehalis Tribe? You could qualify for a student loan through our program. Contact our office for more information.
- **Credit Builders:** Don't let your credit score keep you from applying for a loan from us. We will work with you to re-build your credit. When is the last time you checked your credit score? We are finding that almost every person has a MEDICAL collection on their credit score.
- **Chehalis Tribal members:** Are you wanting to purchase a house, but have collections on your credit report? Come see us. We can assist you. We also continue to offer Home Improvement Loans.
- **Secured Credit Cards:** Did you know you can re-build your credit by opening a Secured Credit card? The local Sterling Bank in Oakville can assist you. You just need \$300.00 to open it. You make monthly on time payments, and keep it open for 3 years. This will be reported as a positive on your credit report as long as you make your monthly payments. You can also open a savings or checking account with no hassle at Sterling. Contact Theresa Keegan, Branch Manager at (360) 273-7766.
- **Native Artists:** We will be offering a Native Artist's training this year. Please call our office if you are interested in attending. We will let you know the date as soon as we find out.

Youth News!!!

We are working with Tony Medina's youth program once a month. The youth are learning ways to save, wants vs. needs, and more. We are looking for Youth Entrepreneurs, those who want to start a business. Contact our office for more information.

Youth ages 16-18: Do you want to build a budget for your per capita? Do you want to set aside money for a house, college, or a car? Make an appointment with us to set up an individual plan.

Firework Loan Applications

Available beginning in March 2014. Approved Loans will be disbursed in April.

In time for pre-sales with wholesalers.

New Loan Amounts available: For those in good standing with our program, you can borrow up to \$5,000.00 with no interest or payments until July 1st!

50% of the Firework loan must go toward direct business expenses, such as wholesalers or building costs.

Contacting the CTLF Program

*Julie Burnett, Executive Director
360-709-1831*

*Diana Pickernell, Loan Coordinator
360-709-1631*

Looking for a job? How about a career instead? Casino Offers Opportunities to Grow and Lead

There is a big difference between a job and a career. A job is just a way to earn money. A career is how each of us learn, grow and develop through employment, leading to positions of influence and leadership.

When John Hogl took over as Human Resources Director at Lucky Eagle Casino & Hotel last November, he was given a clear mission by CEO John Setterstrom: to make the casino the best employer in the region by providing careers not jobs - especially for Tribal members.

Hogl's approach to achieving this objective is to attract, develop and

reward people with a passion for the work of the Lucky Eagle.

"We can't just hire warm bodies to staff the place," Hogl said. "We have to talk to people who are excited about Lucky Eagle and what we are doing here. We need people who recognize and embrace the opportunity in our business and where we are headed at Lucky Eagle and who want to be a part of our success here."

The casino is currently looking to bring on new team members in a variety of positions in various departments. All of these openings feature competitive pay, generous benefits, development possibilities

and opportunities for advancement. Those who are interested are encouraged to visit the casino's Human Resources Department and apply.

Lucky Eagle Organizational Development Manager Vanessa Youckton encourages Tribal members to take advantage of the opportunities at the casino by trying different jobs to find the one they might enjoy.

Youckton's job is to guide Associates toward career success through job placement, training and educational opportunities.



**Vanessa Youckton
Lucky Eagle
Organizational
Development
Manager**

She is one of the examples of Tribal members who have made good by working hard and taking advantage of the available opportunities. She started in the Gift Shop at Lucky Eagle sixteen years ago, and has held various positions at the casino and other Tribal casinos, including working in the Cage and the Finance Department.

Other examples of Tribal members who have climbed the corporate ladder at the casino include Vice President of Administration and Community Development Rodney Youckton, and VP of Operations Joseph Dupuis.

* Or Current Resident

FirstName LastName
Street Address
City, ST Zip

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small pottery drums found in Central Mexico, Peru, and other parts of America have dated back to AD 700: older examples most likely existed but succumbed to the elements.

It is a tradition that the first time you learn to make something, you must give the item away, but not if you make a drum. When you sing with the drum you have made, you are giving a gift each and every time you use it.

We are still looking for people who are able to assist with Art/ drawing, beading, fishing pole making, and carving. The woodshop will be ready soon and if you are interested in teaching classes please contact Joyleen McCrory 360-709-1748. There have been a couple of responses to our previous advertisement, so our program is extending this request to the tribal community.

The Heritage and Culture Program wants to provide the Chehalis Tribal member families with projects they can do together as a family activity. If you are interested please call with your ideas that will help us to continue to bring families together and work on the activities you want.

Lynn has been working on many family trees if you would like to see if your family is one of the ones that she has done please drop in anytime Monday-Thursday. She has done many six-generation family trees.

