



# CHEHALIS TRIBAL NEWSLETTER

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

April 2014

Free

## Afternoon Cooking Classes Shares Delicious Recipes and Exercise for a Healthier Lifestyle

This month's lunchtime class recipe was Spaghetti Squash Mac and Cheese. Pat Odiorne, RD, CDE did the cooking demonstration. The Spaghetti Squash you can purchase at any grocery store. Pat had a Spaghetti Squash to show and she explained how to cook and prepare it. She demonstrated how to make the lower fat cheese sauce. Everyone who attends the monthly cooking demonstration class receives a laminated recipe card. Enough Spaghetti Squash Mac and Cheese was prepared for everyone to eat for lunch along with a green salad and frozen grapes.

The next part of the class was about some simple stretching exercises by Cassey Jankowiak. After handing out a Thera-band to everyone, she did a brief



**Participants received instructions on the use of resistance bands for chair exercises at the Chehalis Wellness Center.**

presentation on how to use them in chair exercises. Cassey spoke about the importance of stretching before you exercise and after you exercise. A laminated sheet was provided on how to do the exercises she demonstrated. This fun activity was enjoyed by all the participants,

because it was simple and took little effort.

The SDPI program does this class once a month on the fourth Thursday, noon to 1:00 PM. Everyone is invited to join in

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## Chehalis Tribal Early Learning Program Heads to the Farm!

On Friday, March 28 the Chehalis Tribal Early Learning took our monthly field trip. This month was a visit to Lattin's Cider Mill in Olympia.

We had a great turn out with over 60 people attending! Families came to hear about apple cider, what Lattin's offers families throughout the year, and of course we went to visit the farm animals! Each person received a cup of their homemade apple cider, a fresh cake doughnut and each child was given a baggy of animal feed.

We all walked the farm together and we visited baby bunnies, goats, sheep, lambs, peacocks, ducks,



**During the Early Learning March field trip Families spent the day touring Lattin's Cider Mill.**

turkeys, and chickens! At the end of our tour the children were excited to take a ride on Lattin's farm train! Despite the rain, we all

had a great time together.

Thank you to all of our families who came out to the farm and a big

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## New Questions for an Old Problem in Indian Education

*By Jerad Koepp and Jason Medina*

In education, blame follows close on the heels of trouble. When people find out we are Indian educators, we are routinely asked to list how public schools are failing our students. We encourage the curious to look up the 1928 Meriam Report, the 1969 Kennedy Report, Alonzo Spang's "Eight Problems in Indian Education," and their individual district's report card on Native American student achievement and graduation rates. Lay them out on the dinner table and soak in the realization that we have the same hundred year old problems. Our challenges are old—instead let's start asking why they persist.

For better or worse, the United States government is consistent in its dealings with Indian Country. While the European-style education continues, some important accommodations have been made by the federal government, like Title VII and the Johnson-O'Malley Act. What has changed dramatically over the last 100 years, however, is

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Cooking Class continued from Page 1...



**Pat Odiorne, RD, CDE did a cooking demonstration of the Spaghetti Squash Mac and Cheese.**

during your lunchtime. Come and enjoy each other's company while sharing a meal and some tips for a healthier lifestyle.

If you would like to know more please contact one of the staff members of the SDPI program at the Chehalis Tribal Wellness Center. The SDPI staff also did random blood sugar screenings before lunch, for those who wanted to know their blood sugar level.

*By Chris Franklin*

I am writing this letter to tell you about the wonderful lunch hour I spent with several other tribal employees during the Healthy Cooking Lunch Time presentation on March 27. I appreciated the flyers that I received via email as well as the friendly reminder from Christina Hicks. Myself and another coworker were able to attend and personally I enjoyed myself immensely. The food was wonderful, the company was lighthearted and the presentations were very informative. Pat Odiorne presented a wonderful dish for us to eat while she demonstrated how to prepare the dish. Along with the cooking information we received an exercise band and detailed instructions on how to be successful with this easy form of exercise. Cassie Jankowiak was fun and very encouraging about finding simple ways to introduce exercise for a healthier life.

I want to thank all involved for this event and the others which I have attended. I appreciate the effort and time it takes to be prepared for such an event. I would also like to encourage others to attend and enjoy what the Chehalis Tribe has to offer in the way of community education.



Field Trip continued from Page 1...

thank you to Lattin's Country Cider Mill and Farm for letting us visit your family friendly farm!



**Families enjoyed the day enjoying the fun activities offered at Lattin's Country Cider Mill and Farms.**

Photos submitted by  
Early Head Start

## CTG Healthy Cooking Class

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

**Monday, 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**



**The Review Panel from Washington DC met with the Wellness Center Team to complete the pilot project for Active Living and Healthy Eating. While the CTG budgets were cut nation-wide, there will be ongoing projects through September 29, 2014.**



### Continued from page 1...

tribal governance and economic development. Isn't it time we ask, "How responsible are we?" Why, given all of our advancements, do we still have the largest achievement gap of any minority? Why haven't we as a people done better by our children?

What if the greatest educational challenge facing our students is our own apathy, anxiety, victimhood, and historical trauma? Teaching our students effectively should be one of the easiest things for us to accomplish. We have been teaching our children as communities for thousands of years and with that educational style we have built some of the most complex societies in the world. Unfortunately, educational trauma seems generational in Indian Country. If a parent was overlooked, under-educated, and pushed out of school he or she will pass

those negative values on to his or her children. How many of us know someone who has told a child, "I have an 8th grade education and I'm fine?"

Rather than looking ahead seven generations, we look back seven generations when we consider education reform. In our experience, a tribe's passion for education is indicative of its experience with education. But why, with the increased wealth and sovereignty of our tribes, do we still expect our students to assimilate and succeed in a European-style education when we no longer have to? For 100 years education has been something that has been done to us. It is little wonder so many of us struggle to understand how modern education works and how to apply it. We need to remember education is about empowerment. It's time we earn our power back.

More of our tribal leaders must commit to education reform with meaningful action. We must break our old habits of accepting mediocrity in our education programs and apathy and indecision from our tribal leaders. We must stop filling our bellies with that most unpalatable government commodity: European-style education. As opportunities and resources for our tribes have increased, so too has our responsibility for our academic achievement gap.

Everyday throughout Indian Country, Native educators advocate for our children. The stiffest resistance they encounter often are their own governments. They understand that education is not a business investment that can be deferred without consequence. They are passionate because each year we content ourselves with mediocrity is another generation of students

we lose to a life of low-paying jobs or unemployment, increased chances of alcohol, drug abuse, and domestic violence, creating another generation of parents who will not value education. Whether on the front lines as an educator or a parent, we all grasp the problems in education. It's time we start asking the most important question in education: "Why?"

*Jerad Koepp and Jason Medina are certified teachers in Washington State. Medina is a career and technical education teacher and Koepp is a middle and high school social studies and history teacher. Both have committed their careers to Indian education.*

Read more at <http://indiancountrytodaymedianetwork.com/2014/03/03new-questions-old-problem-indian-education153745>

# Help Give Community Input to Develop Safety Strategies



*By Jenee Penn, Grant Writer*

In 2013, the Chehalis Tribe was one of only 14 tribes to be awarded a Department of Justice grant. This grant funding will allow the Tribe to develop a 10 year strategic plan to address community safety. The plan will address safety concerns and discuss programs that are needed to prevent or reduce criminal activity. We need your input to shape this plan. What does community safety mean to you?

A public meeting will be held on Thursday, May 1 at 5:00 PM. Dinner will be served. Anyone is welcome to attend. If you have concerns or ideas about safety in our community please attend this event.

If you are unable to attend the public meeting, but would like to provide comments related to community safety please stop by the Planning Office anytime between the hours of 8:00 AM and 4:30 PM before May 1. Please call Janet Stegall at 360-709-1622 or Jenee Penn at 360-709-1620 with any questions.

## Community Safety

**When: Thursday May 1 at 5:00 PM**

**Where: The Gathering Room at the Community Center**

**What: We need your help to identify safety needs in the community.**

We will be serving dinner.

If you have questions please call Janet or Jenee at 360-273-5911



# Tribal Health and Wellness News

## April is STI Awareness Month!

What is an STI/STD? It is a sexually-transmitted infection/disease. This means an infection is passed from one person to another by intimate contact. Don't think this affects you? Think again! 20 **million** new cases are diagnosed in the US each year. Many STIs are treatable but you must be diagnosed in order to be treated. STIs range from troublesome to life-threatening so early diagnosis and treatment are important.

So who should be tested? What should you be tested for?

- Everyone between the ages of 13-64 should be tested for HIV at least once in their lifetime. You should also be tested after any high-risk partners or activities.
- What is a "risky" activity? Any unprotected sexual contact, sharing needles (including those used for tribal tattooing), and/or having sex with someone who shares needles.
- Everyone who received blood products before 1987 and/or anyone born before 1966 should be tested for hepatitis C once in their lifetime.
- Anyone who uses IV drugs, shares needles or has sex with someone who does should be tested regularly for hepatitis B and C.
- All women under 26 should be tested for chlamydia and gonorrhea at least once a year **plus** after any new sexual partner. Men under the age of 30 should be tested after any new partner as well.
- We do not test asymptomatic patients for herpes, but if you ever have unusual sores on your genitals, come in as soon as possible for testing.
- Any time you have anything unusual going on, get tested!

### How to prevent STIs?

- Wear condoms for **every single** sexual encounter (unless you are in a long-term, monogamous relationship in which both partners are confirmed to be STI-free).
- Limit the number of sexual partners you have.
- Get vaccinated against hepatitis B.
- Get vaccinated against HPV (the virus that causes genital warts and some genital cancers).
- Do not share needles for any reason: medication, street drugs or tattoos.

### How to treat STIs

- Many require treatment with antibiotics or antivirals. If you get treated however, your partner(s) will need to be treated too, to make sure you don't pass the infection back and forth.
- Some STIs, like genital warts, need to be removed. The earlier this is done the better.
- Some STIs, like hepatitis, herpes and HIV cannot ever be cured. They can however be treated and managed very well, but like most conditions this is best done as soon as possible.

What is the take home message? Prevention and testing! It's better not to get the STI in the first place but if you ever have questions or concerns please come to the clinic. According to Washington State law, anyone 14 years and older can be seen regarding sexual health without a parent or guardian.

This is something we deal with every day so don't be embarrassed - we are happy to help. Your wellness and privacy are our top priorities and you can get the care you need at the Wellness Center. Come on by for free condoms or to follow up with one of the providers.

Do you need Medicaid or Medical Insurance?

Assistance Available at the  
Wellness Center  
Every Other Wednesday

**Starting April 23**  
**9:00 AM - 4:00 PM**



James Craig, SPIPA Tribal Assister Program  
To set up appointments contact the Clinic at  
360-273-5504

**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, SPIPA 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

**Thursday, May 8**  
**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

## USDA Food Distribution Dates

**Thursday, May 22**  
**Thursday June 19**

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



# Chehalis Tribal Wellness Staff Profile

Yá'át'ééh! My name is Cassey Jankowiak and I am Dine' (Navajo). My mother is MaryAnn Weaver and I was born for my father, Max Spencer of the Ta'neezahnii (Tangle Clan). Some of you may recognize me from the Wellness Center, where I worked this last year as a Registered Nurse.



**Cassey Jankowiak**  
**Health Advocate and**  
**Educator**  
**Chehalis Tribal Wellness**  
**Center**

scheduled. After that, I will continue to work with the staff and community to coordinate events that will keep us safe, healthy and active all year long. To do this, I believe the information to living well should be accessible to everyone. I believe knowledge is a powerful tool. I believe everyone deserves to live

a good life. I believe being active should be fun. I believe nutritious foods should taste good. I believe living well requires we support and encourage one another. I believe in the strength of the Chehalis tribal community. I believe in all of you. And, I believe together, we can accomplish anything.

If you are interested in participating as a volunteer, have special training, or certificates in exercise, activities, or nutrition, and would like to share your expertise, please call me at 360-709-1771 or email [cjankowiak@chehalis tribe.org](mailto:cjankowiak@chehalis tribe.org).

I am happy to be in service to you and hope to hear from you soon!

Be well.

I enjoyed working on the clinical side of nursing, and equally look forward to working with you all as a Health Advocate and Educator. I completed a degree of Bachelor of Science in Nursing from Washington State University-Vancouver in 2012, and I am currently a full-time student in their Doctorate in Nursing-Advanced Population Health program. I am passionate about education, contributing to the community, running, and good food!

My main focus will be to carry on the Community Transformation Grant projects until its completion this September. Until then, beginning this May, there will be on-going physical activity and community gardening events

## Program Encourages Active Living Through Gardening Project

In 2013, The Community Transformation Grant (CTG) was awarded funds to complete the pilot project for Active Living and Healthy Eating. The purpose of this project was to improve access to fresh fruits and vegetables and physical activity. While the CTG budgets were cut nation-wide, there will be ongoing projects through September 29, 2014.

CTG is currently working with GRuB, a renowned community organization out of Olympia, WA that integrates the fields of education, sustainability, agriculture, social justice, and community building to potentially implement raised garden beds in Oakville and on the Chehalis Reservation. The grant will be working closely together with the Vocational Rehabilitation Program, The City of Oakville, the Oakville School District, and community members to accomplish this garden effort.

Active living is about the benefits of getting healthy to improve access to different types of lifetime fitness activities and engage individuals in physical activity. The garden project has the potential to enhance the lifestyle for the Chehalis Tribe and the City of Oakville residents.

Working in a garden has many benefits, not only providing exercise, but it provides healthy food. Classes will be offered for both communities beginning in May to learn about the different types of community gardens, basic planting, weed identification, garden pest management, and food preservation. These dates are being finalized with presenters and will be posted soon!

The community garden project takes a community to build, grow and sustain. If you are interested in more information or want to volunteer, we want to hear from you. Please contact Cassey Jankowiak, Health Advocate & Educator at 273-5504 or email [cjankoiak@chehalis tribe.org](mailto:cjankoiak@chehalis tribe.org).



**Working in a garden has many benefits, not only providing exercise, but it provides healthy food.**

## Chehalis Community Walk

**Beginning April 10**  
**6:00 - 7:00 PM**

**Every Thursday evening**  
**thereafter**

**Meet in front of the**  
**Community Center**

The walk is open to ALL community members. Accommodating to the beginner, moderate and experienced walkers. Join us to enjoy friendship, sunshine (hopefully!), raffles, giveaways, and fun!

Event is prepared for rain or shine. Water and snacks will be provided after the walk.

Look forward to seeing you all there!

\*This activity is made possible through the Community Transformation Grant\*

## Resistance Band Exercise Class

**Starting May 12**  
**from 12:15 PM – 1:00 PM**  
there will be weekly (Mondays)

Lunchtime resistance band classes in the Behavioral Health building.

Take a break from the office and join us in this low impact activity that will strengthen our bodies and minds. Hope to see you there!

If you have any questions about this event, please contact Cassey Jankowiak at 360-273-5504 or email [cjankowiak@chehalis tribe.org](mailto:cjankowiak@chehalis tribe.org)



**Second Wednesday  
of Every Month  
1:00 to 3:00 PM**

### **Division of Child Support**

Have questions? Need help with paperwork?

Mark your Calendar for the second Wednesday of every month. We will have a state representative from Support Enforcement here to help! She will be available to answer questions and assist with any paperwork you might have. No appointment needed. Just show up between 1:00-3:00 PM.

**Not sure how to get started?**

**Don't be shy  
We are here to help!**

**Lori Webb  
Support Enforcement Officer,  
Tribal Liaison**

**Department of Social &  
Health Services  
Division of Child Support  
Olympia Field Office**

**webblla@dshs.wa.gov  
360-664-6924**

**Child Support Enforcement  
30 Niederman Road  
Oakville, WA 98568**

**Public Safety Building  
Conference Room**

**Second Wednesday of  
every month**

**1:00 - 3:00 PM**



**Northwest Justice Project**

## **FREE LEGAL ADVICE CLINIC**

**For low-income SPIPA community members**

An attorney from the Northwest Justice Project will be coming to the South Puget Intertribal Planning Agency's (SPIPA) Squaxin Island Office the third Friday of each month to provide legal consultations to eligible tribal members on civil legal matters (not criminal). Legal issues include (among other things): Consumer - payday loans, debt collection, repossessions, Driver license reinstatement; Education - suspensions, expulsions, special education; Employment issues; Family Law - child custody, child support; Health Care and Welfare Benefits; Housing evictions, foreclosures; Indian Wills and Estate Planning.

**Every Third Friday  
10:00 AM to 3:00 PM  
SPIPA's Squaxin Island Office  
3104 Se Old Olympic Hwy.**

Please make sure to bring all the paperwork related to your legal problem. No RSVP required.

For more information please call Janel Riley at  
888-201-1012 EXT. 631



## **No More Driving Dirty - The Daily Life of an Unlicensed Driver**

*"To eat, to breathe, you need to have a driver's license."*

Almost 300,000 drivers in the State of Washington are currently suspended for unpaid traffic tickets, of those 300,000 all but 15,000 are eligible to reinstate their licenses. In fact all they need to do is pay their unpaid traffic tickets. Sounds easy right?

Unfortunately it isn't as easy as it sounds, and the options are limited. In fact, so limited that most people give up hope of ever seeing their license again. The tickets and court fines snowball until it is so out of control that it even has its own term, "The Snowball Effect."

We can help you get your license back immediately without all the hassle, stress, and worry, we have found that most drivers have, causing them to give up hope. We handle 100's of licenses a month all around the state and work with the Department of Licensing and the collection agencies to make sure we take care of everything that is affecting your life, not just the immediate issues.

Please call us and we can get you back on the road legally. Contact **No More Drivn Dirty** at 360-328-3331



## **Hazel Pete Institute of Chehalis Basketry**

**137 Anderson Road, Oakville, WA 98568**

## **Presents: Basketry Workshop**

*"Weavers Teaching Weavers"*

**Friday and Saturday  
May 9, and 10, 2014,  
9:00 AM – 4:00 PM, both days  
at the Great Wolf Lodge**

Registration \$125

Friday: Tribal Youth Day, registration \$75

For more information contact

[yvonnepeterson1@comcast.net](mailto:yvonnepeterson1@comcast.net)



# Chehalis Tribal Days Memorial Day Weekend

May 23, 24, 25 & 26, 2014



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

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

**Fish and Clam Bake**  
**Arts & Crafts Tables, Food Tables**

Contact Dan "Bones" Gleason at 360-273-5911

## Youth Activities



## 2014 Cancer Walk

Sunday, May 25

Walk starts at 1:00 PM

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

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

We are always looking for donations and volunteers to assist with this annual walk. Please contact Orinda Goddard at 360-709-1735.

**Block of rooms available at the Eagles Landing Hotel**

Contact the Hotel at 360-273-8640



## Affiliated Tribes of Northwest Indians (ATNI) Conference

"Promoting Tribes Self Determination & Sovereignty"

May 5, 6, 7, 2014

at the Great Wolf Lodge

There is registration and membership fees.

For more information about the Affiliated Tribes of Northwest Indians (ATNI) Conference go to their website: [www.atnitrines.org](http://www.atnitrines.org); E-mail: [atni@atnitrines.org](mailto:atni@atnitrines.org); or by phone 503-249-5770.

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

## 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.



Selena Kearney Photography

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

[www.selenakearney.com](http://www.selenakearney.com)

## Attention!!!

The Chehalis Tribal Website is being revamped and will be more interactive. It's just the beginning of change to what our tribal programs have to offer to the community. If you have not been on it for a while, I would suggest you check out the new improvements.

For comments or suggestions, please contact Fred Shortman, Communications Coordinator at 360-709-1726. Leave a short message.

[www.ChehalisTribes.org](http://www.ChehalisTribes.org)



## Chehalis Tribal Newsletter

The Confederated Tribes of the Chehalis Reservation...

"People of the Sands"

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

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

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

Tribal Center (360) 273-5911

420 Howanut Road  
Oakville, WA 98568  
(360) 709-1726 (office)  
(360) 273-5914 (fax)

[fshortman@chehalisTribes.org](mailto:fshortman@chehalisTribes.org)

### Chehalis Tribe's Vision Statement

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

### Business Committee

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

### Chehalis Tribal Newsletter Staff:

Fred Shortman,  
Communications  
Coordinator



Happy Birthday to Tribal Members Born in April

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Amber Higgins Bowen Wittwer Giles Youckton	2 Jean Haltom	3 Remy Garrety Dan "Bones" Gleason, Sr. Jessica Hill Aiden Youckton	4 Sam Boyd Dakota Hernandez Rhonda Higgins Segne Phillips Ronald Rogers, Sr.	5 Hector Canales, Jr. Tracey Pickernell
6 Claudea Daniels Rycker Longino Daryl Shortman	7	8 Daryl Beckwith Emma Fern Steven Gunnels	9 Dennis Gunnels Deidra Hawkes Brandy Sanchez	10 Annie Burnett Andrew Starr	11 Glenn Bobb Jesse Gleason	12 Lykaios Bracero- Rosbaugh
13 Daniel Poling, Jr. Gavin Vigil	14 Greg Burnett Makya Klatush Tony Medina Jared Mordhorst Larry Pressnall Chavez Secena Kelli Thompson	15 Bonnie Phillips	16 Cristina Blacketer Rodney Boyd, Jr. Angelia Oliver April Reynolds	17 Beverly Andrews Ayden Sanders James Teague, Jr. Kaleah Quilt	18 Amanda Andrews Amy Andrews- Mashburn Hawk Wittwer	19 Jay Sanchez, Sr. Enyo Visaya
20 Lynn Hoheisel	21 Nadine Burnett Charles Latch, Jr.	22	23	24 Eldon Gleason Tanner McCloud Courtney Price Antonio Sanchez Robert Sanchez Jonathan Williams	25 Gary Ortivez, Jr. Randall Powell- Johnson Javier Lopez Sanchez Freddie Sanchez	26 Dalia Perez
27 Gaughe Culver	28 Kevin Bray Jazmyn Nath	29 Dominic Delgado Jordan Lopez Wakiza Wittwer	30 Kenedy Adams Max Lyon Maureen Prince			

Happy 1<sup>st</sup> Birthday to  
my handsome Grandson  
Taren!



Gramma Lova, Lova,  
Lova You!!

Happy Birthday  
Kenedy Adams

You Rock!  
Mom, Dad, Brothers,  
Uncles, Aunties &  
Cousins




Happy  
Easter

Happy Birthday  
Dominic Delgado


We Love You  
Mom & Dad

Happy Birthday  
Daryl Shortman



We are so Proud of you  
Love Dad, Mom, Uncles,  
Aunties & Family

Happy Birthday  
Daryl Beckwith



Love Mom

Happy Birthday  
"Bones"

Your kindness,  
dedication and  
prayers are  
appreciated by many.

From Friends &  
Family

"Happy 8th Wedding Anniversary



"Luv you Chris with all my heart"  
~ Erika

Happy Birthday wishes to my sons  
Charles - April 21<sup>st</sup>  
K.K. - April 28<sup>th</sup>  
Love Mom



# Heritage and Culture Program News

## Hours of Staff

Heritage Coordinator: Lynn Hoheisel is available to assist tribal members with

- Family trees,
- Digitizing and organizing family pictures,
- 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.

### Cultural Activities Offered

- Sewing
- Drum Making
- Weaving
- Carving
- Beading
- Art/Painting/Drawing

### Art/Drawing Classes

are going to be offered starting in  
Late April or Early May.

These classes will be offered in the evening. We encourage community members to come challenge themselves to learn together. **Watch for Flyers!!**

We are still looking for people that are able to assist with beading, fishing pole making, carving, the wood shop will be ready soon and if you are interested in teaching classes please contact Joyleen McCrory 360-709-1748. There has only been a couple of responses to our request, 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 assisting us to bring families together and add activities you want to learn.

## Glass Cabinets

One of the glass cabinets in the gathering room is available for tribal members to display an item of their own bead work, 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.

## Blast from the Past!



Picture of Chehalis Tribal Days from the Chehalis People Book



Photo donated by Elder, Betty Fulton



1939 Picture of the Sewing Club on the Chehalis Reservation. Pictured Front row are Margret Brown, Edith Heck, Bertha Bobb. Second row are Lillian Sanders-Young, Mena Secena-Klatush, Violet Sanders-Starr, Nancy Beckwith-Secena, Class Instructor??, Gladys Beckwith Brown

How many people do you recognize? Contact Lynn Hohesel at the Heritage Office for your answers.

# Chehalis Tribe Students of the Month

## Kaileen Bray (9-12)



Kaileen Bray is in the 12th grade at Oakville High School. She currently has a 3.93 GPA.

She likes that her teachers are helpful and great

motivation and knows she can succeed with help from her teachers.

Kaileen feels she is a successful student because she pushes herself to do better than she did before and she has amazing classmates that are there to help each other out when needed. Her advice for others is don't slack off at all through high school because you'll regret it later down the road when your applying for scholarships and colleges because you don't have the grades or the GPA.

She has played Volleyball and Basketball throughout school.

After she graduates Kaileen is planning to attend Centralia Community College to get her degree in Early Childhood education. Her overall goal is to get a masters degree and pursue her career of being a head start teacher.

**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!

## 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](mailto:jsmith@chehalistribe.org) or 360-709-1897. State the reason why your child should be considered. Deadline is the last Friday of each month.

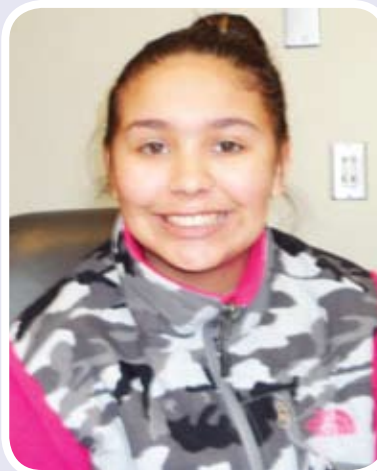
## Savanna Bird (6-8)

Savanna Bird is in the 7th grade at Oakville Middle School. She currently has a 2.78 GPA.

Savanna enjoys going to school and learning with her friends.

Her advice for other students is to stay on track and don't get distracted and don't let your friends disrupt you.

After graduating high school Savanna plans on going to college so she can get a good job.



## Koner Burnett (K-5)



Koner Burnett is in the 1st grade at Rochester Primary School.

He enjoys math at school. His advice for other students is to be good.

He says to be a successful student you need to listen.

Koner enjoys playing basketball, baseball and wrestling.

After high school Koner wants to be a skate boarder.

# Education Program Seeking Information For 2014 High School GRADUATES

The Chehalis Education Program is currently seeking information regarding all High School Seniors on-track to get their high school diploma in 2014.

Graduating seniors who are Tribal Members and/or members of the Tribal Community will be recognized at a dinner and celebration to be held in their honor on Thursday, June 13. The Education Department wants to make sure that nobody misses out on this special moment, especially Tribal Member students that may live outside the Oakville/ Rochester area.

At this time we are seeking information on the following students that may be graduating this year; we have been unable to contact:



*Chase Perez  
Adam Lower  
Tyler Beckwith  
Ostyn Farrier  
Rose Williams*

If you or someone you know has contact information for any of these individuals, or any other high schoolers that are on track to graduate this year,

please contact:  
Taaffe Wyatt at 360-709-1759  
Jodie Smith at 360-709-1897

# Contacting the Youth Center

360-273-9674  
Director: Tony Medina

Monthly Activities Calendar  
Available



## CHEHALIS TRIBAL LOAN FUND NEWS

**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 versus 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

The Chehalis Tribal Loan Program is now accepting Fireworks Loans.  
Get your's now before the wholesalers have their sales!

We offer loans up to \$5,000.00.  
No payments due until July!

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

For more information contact the  
CTLF Staff

### Contacting the CTLF Program

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

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



## 2014 National Child Abuse Prevention Month

Child abuse and neglect occur when a parent, caretaker, or another person in a custodial role (e.g., clergy, coach, teacher) acts, or fails to act, in a manner that results in the death, serious physical or emotional harm, or sexual abuse or exploitation of a child; or that presents an imminent risk of serious harm to a child (Office for Victims of Crime: Child Abuse and Sexual Abuse, retrieved February 17, 2014).

In ensuring the protection and welfare of children, the Federal Government has concentrated on three primary goals: safety, permanency, and well-being for abused and neglected children. The Government has led efforts to ensure that child welfare agencies, courts, and other stakeholders work together to achieve these worthy goals (Office of Juvenile Justice and Delinquency Prevention, Court Performance Measures in Child Abuse and Neglect Cases, 2009).

Each year, April is designated as National Child Abuse Prevention Month, a time for raising awareness about child abuse and neglect. To learn more about the Justice Department's current efforts related to children exposed to violence, including victims of child abuse, visit the Defending Childhood Web site (Office for Victims of Crime: Child Abuse and Sexual Abuse, retrieved February 17, 2014).

During the month of April and throughout the year, communities are encouraged to raise awareness and promote strategies that address the risk factors surrounding child abuse. In recognition of the importance of ensuring child safety and welfare, NCJRS presents this compilation of child abuse-related publications and resources. To learn more about child abuse go to these websites

[NewsFromNCJRS@ncjrs.gov](mailto:NewsFromNCJRS@ncjrs.gov)  
[www.ChildWelfare.gov/preventing](http://www.ChildWelfare.gov/preventing)



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# Children’s Learning Disabilities Signs and Solutions

Have you noticed if your child dislikes reading out loud, writing an essay, or has trouble doing math problems? Even though a majority of kids have trouble with homework from time to time, if a certain area of learning is consistently a problem, it might indicate a learning disorder. By learning about learning disabilities you can ensure your child gets the right help to over-come classroom challenges.

No parent wants to see their children suffer. You might wonder what it could mean for your child’s future, or how your child will make it through school. Perhaps you’re concerned that by drawing attention to your child's learning problems he or she might be labeled "slow" or assigned to a less challenging class (special education class).

Kids with learning disabilities aren’t lazy or dumb. It’s just that their brains are simply wired differently. This difference affects how they receive and process information. The most common types of learning disabilities involve problems with reading, writing, math, reasoning, listening, and speaking.

## Ages 5-9 signs and symptoms of learning disabilities

- \* Trouble learning the connection between letters and sounds
- \* Unable to blend sounds to make words
- \* Confuses basic words when reading
- \* Consistently misspells words and makes frequent reading errors
- \* Trouble learning basic math concepts
- \* Difficulty telling time and remembering sequences
- \* Slow to learn new skills

## Ages 10-16 signs and symptoms of learning disabilities

- \* Difficulty with reading comprehension or math skills

- \* Trouble with open-ended test questions and word problems
- \* Dislikes reading and writing; avoids reading aloud
- \* Spells the same word differently in a single document
- \* Poor organizational skills (bedroom, homework, desk is messy and disorganized)
- \* Trouble following classroom discussions and expressing thoughts aloud
- \* Poor handwriting



If you have any questions or concerns the Vocational Rehabilitation Program would gladly help assist parents with resources.

## Common Types of Learning Disabilities

Dyslexia	Difficulty reading	Problems reading, writing, spelling, speaking
Dyscalculia	Difficulty with math	Problems doing math problems, understanding time, using money
Dysgraphia	Difficulty with writing	Problems with handwriting spelling, organizing ideas
Dyspraxia (Sensory Integration Disorder)	Difficulty with fine motor skills	Problems with hand-eye coordination, balance manual dexterity
Dysphasia/Alphasia	Difficulty with language	Problems understanding spoken language, poor reading comprehension, language
Auditory Processing Disorder	Difficulty hearing differences between sounds	Problems with reading comprehension, language
Visual Processing Disorder	Difficulty interpreting visual information	Problems with reading, math, maps, charts, symbols, pictures



and services PAVE provides support, assistance, training, information, and referrals.

PAVE’s Parent Training and Information Program (PTI) has parent Resources Coordinators on staff who are parents of children with disabilities. They help other parents learn about the rights of children with special learning needs.

PAVE’s PTI helps you understand your child’s education program, your rights and responsibilities and how to become your child’s best advocate. The majority of PAVE staff are parents who have children with special needs.

PAVE was established in the 1979. PAVE assists families, individuals with disabilities, professionals and others who lives are linked to address the various needs of the individual from birth through adulthood. Through a variety of programs

PAVE, a non-profit organization, exists to share information and resources with people whose lives are linked to children and adults with disabilities. PAVE can:

- Help you understand the educational system for preschoolers and school-age children.
- Assist you to find services in your community for you and your child or adult with a disability.
- Provide support when you learn that your child has a disability or chronic health care need.
- Help you as your child transitions from school to adult life.



For more information, to schedule a workshop in your area or to subscribe to the PAVE Pipeline newsletter, please call

1-800-572-7368 or  
Visit PAVE website to learn more:  
[www.wapave.org](http://www.wapave.org)