



CHEHALIS TRIBAL

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

NEWSLETTER

June 2014

Free

2014 Tribal Days Memorial Baseball Tournament a Huge Success!

The Tribal Days Memorial Baseball Tournament was a huge success. There were 10 men's hardball, 10 women's softball, and 15 coed teams who came to compete in this annual weekend tournament. Cars could be seen all around the baseball fields in a gathering of tribal people. It was a weekend of playing and competing in our annual baseball tournament. The volunteers and directors were busy coordinating the softball and hardball games with a total of 66 games played throughout the weekend. Announcers' voices echoed across the loud speakers as they did a play by play of the present game. The new scoreboards greatly assisted the spectators to keep up with the games that were being played on the other field. Some of the women's and coed softball games



The salmon and clam bake are always a popular draw during the Tribal Days Memorial Baseball Tournament.

were played on the new baseball complex located at the community center.

The women's softball tournament was completed on Saturday. The Taholah and Natives women's

softball teams battled against each other in a hard fought match. In true double elimination fashion, Taholah came through the loser's bracket to defeat the Natives team

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The Shimmel Family Inspired Native Youth and Share Their Challenges



During the ATNI conference hosted by the Chehalis Tribe at the Great Wolf Lodge, tribal leaders shared resources to enhance economic well-being for Tribes across the region.

During this conference, the Shimmel Family was invited to

attend and share with the Chehalis tribal community. What is so big about the Shimmel family? Ceci and Rick Shimmel, have been together more than two decades and eight children. They have been sharing their story of success across the Native Nations. Their family has been very lucky to have

a couple of athletic rising stars, Shoni and Jude Shimmel. Their athletic prowess and success has given them a lot of mainstream attention. Basketball is wildly popular on Indian reservations. Their family is helping promote the idea that there are great young

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Camas Prairies: A Cultural Landscape

By Elise Krohn, Traditional Foods and Medicines Educator for Northwest Indian College

On Thursday, May 8 the Northwest Indian College Cooperation Extension Traditional Plants and Foods Program hosted a Plant Reciprocity Day at the prairie on the Chehalis Reservation. This is an annual event where over 40 native people gather on the Chehalis Reservation to harvest camas. The site is located to the right of Anderson Road on Helen Sanders' property. So if you drove by and wondered why people were digging in the rain, here is a little information about the important traditional food that drew people together from as far as Lummi, Muckleshoot and Quileute.

Camas Bulb

Camas is a lily with purple flowers and grass-like leaves. It thrives in sunny prairie-like locations with well-drained soil. Common Camas (*Camassia quamash*) is most common on our prairies in South Puget Sound. Giant Camas (*Camassia leichtlinii*) has darker

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Tony Medina explains the rules of games planned for the children during Tribal Days Memorial Weekend.

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to win the championship.

Mother Nature made the tournament directors nervous as the news channels predicted off and on showers throughout the weekend. She didn't bring any real rain showers until Sunday. Players weathered the storm and played their games. The final day was exceptional as the sun came out and smiled down on the tournament.

Youth Activities: On Saturday and Sunday the youth center provided different activities for children to compete in. When the siren was heard, children of all ages were seen running to participate in the fun activities the Youth Center scheduled. Not only did they get to join in the games, but the prize cart was soon empty. The smiles on their faces were priceless as they ran back to their parents to show them what they had won.

On Monday, teams that were still in the tournament played with determination, grit and digging deep within themselves to win first

place. It was a long day for those that were in the loser's bracket. The Oakville Tomahawks played a total of 22 innings and came up short losing to Lil' Boston in the second championship game. Out on the softball field the coed teams played at a high level, having one game go 8 innings before the championship game. The Hit & Runs team from Taholah/Nisqually came out on top of their division defeating the Natives in the championship game.

The final day was long and rewarding for many of the umpires, players and directors. They said good-bye to their new found friends and many old ones with a friendly hand shake as they gathered up their family and gear to travel back to their homes on different reservations. It was a great weekend of friends, family and baseball. Great Job!

Tournament Results

Coed Softball Tournament: 1st Taholah – Rez Rats, 2nd All Nations, 3rd Skok, 4th Taholah
Special Awards: All-stars, MVP, Best Bat, Best Glove

Women's: 1st Taholah, 2nd Natives, 3rd Skok-Horz, 4th Three Sisters

Men's Hardball: 1st Lil' Boston, 2nd Tomahawks, 3rd Black Hawks – Nisqually, 4th NDN-Nisqually

The children enjoyed picking out the prizes offered by the Youth Center



Tournament Results



Lil' Boston baseball team (R) took first place championship jackets in the Men's Hardball tournament defeating the Oakville Tomahawks.



The Taholah women softball team took the championship after a hard fought battle with the Natives to win the tournament.



The Rez-Rats Coed softball team took the championship after defeating the All Natives team to win the tournament.

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Trudy Marcellay (R) shows Helen Sanders (L) a hand made traditional tool used for harvesting camas.

purple flowers and thicker leaves. It blooms a couple of weeks later than common camas and only grows on the west side of the Cascade Mountains. Camas bulb is a prized native food that resembles a small dense potato.

Harvesting: Camas is dug in May or early June when the blue flowers or dried flower petals are visible. This helps people to distinguish it from a poisonous plant with similar looking leaves and bulbs called death camas.

Camas is dug with narrow straight digging sticks that are made out of hard wood, bone, antler or metal. You can also use a hand trowel with a long narrow base. When you dig bulbs, keep the larger ones and

replant the smaller ones. Be careful not to split camas bulbs in half with your tool – this takes practice. If camas has gone to seed you can sprinkle the seeds back on open soil. Leave some large flowering plants so they can go to seed. Only keep bulbs that you can see flowering stocks on, since death camas bulbs and leaves look almost identical. Consider weeding invasive plants including Scotch broom and St. Johns wort. Try to leave the area in good condition so plants can thrive in the future.

Eating Camas: Bulbs can be boiled, baked or slow roasted. When the bulbs are cooked for a shorter time, they are fairly tasteless. When they are slow roasted for 24-48 hours they become dark-colored and sweet. Roasted camas was traditionally used to sweeten other foods. Cooked bulbs have been made into cakes and dried for later use. Fresh bulbs can also be dried.

Nutritional Benefits: Camas contains a complex carbohydrate called inulin that provides our body with food energy. Inulin has been shown to have a balancing effect on blood sugar. It is also a “prebiotic” that supports the growth of intestinal bacteria. It helps us to absorb minerals including calcium and magnesium.

Cleaning the bulbs: Pinch off the stem where it enters the bulb and the small roots coming out of the base of the bulb. The dirty outer skin will peel off pretty easily and you will be left with a little white bulb that resembles an onion with the outer skin removed.



When the bulb is cooked for a long time (24-48 hours), inulin breaks down into fructans, which taste sweet but do not increase blood sugar.



Rain or shine the camas harvest is well attended. This is an annual event where over 40 native people gather on the Chehalis Reservation to harvest this traditional food.

Rinse remaining dirt from the bulbs.

Steaming the Bulbs (recipe from Abe Lloyd at arcadianabe.blogspot.com)

Place an expandable vegetable steamer inside a slow cooker and fill the slow cooker with water to just below the level of the steamer. Put the camas bulbs in the steamer and cover the slow cooker. Set the slow cooker at a moderate to high temperature and steam the bulbs for 36 hours (yes, you read that right). Check the water level every 2-4 hours and refill as necessary. The bulbs will begin to brown and smell like molasses after 12-24 hours. Cook until they are a very dark brown.

A meal that takes two days to prepare will challenge the patience of even a Slow Foodist. For that reason, an entire year’s worth of camas was traditionally cooked and dried so that it could quickly be rehydrated and eaten. Most of us won’t harvest the several bushels of camas bulbs that it would take to make a large pit-cook worthwhile. My slow cooker method is intended to provide a safe, energy efficient and relatively convenient alternative for smaller quantities of Camas bulbs.

CAUTION!!!

Be very sure of your identification before eating Camas. The bulbs of Death Camas are deadly poisonous and look very similar to the edible varieties (*Camassia quamash* and *Camassia leichtlinii*). Death Camas has white flowers, tighter flower clusters, and flowers that mature later in the Season (usually June). If you have any Death Camas in the plot you are harvesting from, I recommend only eating bulbs that are attached to a flowering stalk that you can positively ID as a *Camassia* species.



Knowledge of the type of bulb harvest is very important. The purple flowered camas (L) and the white flowered camas (R) is known as the death flower.

Tribal Health and Wellness News

Start Walking!

There is no better time than right now to start walking. More than 65% of all adults are overweight or obese, conditions that contribute to the risk of chronic health conditions such as high blood pressure, diabetes, and heart disease. Our growing lack of physical activity has made the problem a weighty one.

But there is good news. We can easily do something to put the physical activity back into our day, and it can all start with a walk around the block.

Walking is the gold standard of exercise, since it uses nearly 200 muscles and is a safe, inexpensive, and fun activity almost anyone can do. But that is not all.

Benefits of Walking

- Strengthens your bones
- Reduces your stress
- Gives you more energy
- Tones your muscles
- Enables you to get more restful sleep
- Reduces your risk of developing many health problems

- Helps you lose weight and keep it off
- Enables you to maintain your current weight
- Increases your heart health
- Makes you feel good!

Summer time is here and now is the time to take advantage of the great outdoors! Other ways of being active:

- Walk or bicycle to places, instead of taking the car
- Go for a walk after dinner
- Plan activity dates with your family or friends, get the whole family outside and exercising!
- Put exercise on your daily schedule. Make time to walk every day.

Before you start any exercise activity please talk with your health care provider before starting any exercise activity. The Diabetes Prevention Program has a monthly walking competition with the 3 other diabetes prevention programs (Shoalwater Bay, Skokomish, and Squaxin Island). Let's get the walking stick back to the Chehalis Tribe.

If you'd like to learn more about preventing or delaying the onset of Diabetes please contact the Diabetes Prevention Staff at 360-273-5504

Elders Meal Program

Congregate Meals are for individuals **55 years and Older**, their spouse, regardless of age, and their dependent children with disabilities

Elder Meals served at the elder's center are:

Monday – Thursday
11:30 AM to 1:00 PM
Friday 9:00 am to 10:00am

No need to sign up for eating lunch at the Elder's Center, just show up and sign in when you eat lunch.

Congregated Meals are important because it provides socialization for elders and allows staff and other elders to interact with them.

Home Delivered Meals are for individuals 55 years and Older, and meet the Homebound and Frail qualifications (2 ADL's), spouses regardless of age, dependent children with disabilities; caregiver of Elders who are receiving a meal.

- Fill out an application packet that includes an annual assessment (Home visit) of nutritional well-being. Packet and assessment must be filled out and completed before lunches are delivered.

Activities of Daily Living (ADL) are Bathing, Transferring, Eating, Toileting, Walking, Grooming, Dressing, Continence

If an Elder cannot do two of these without "Substantial human assistance", they are eligible for Home Delivered Meals. If they do not meet two of these ADL's they **DO NOT Qualify** for Lunch Deliveries.

Home delivered lunches are delivered starting at 11:30 AM Monday – Friday.

If you would like a packet for an elder who may qualify for Home delivered lunches, please contact Pat Odiorne or Christina Hicks at the Chehalis Tribal Clinic at 360-273-5504

Monthly Lunchtime Healthy Cooking Demonstration

The Healthy Lunchtime Cooking class will be taking a summer break starting in June. This noontime event will resume again in September on the third Thursday of the month (September 25th).

We have had 5 such cooking classes with over 70 in attendance. Participants have learned about healthy ways to lose weight and recipes such as Spicy Chicken Tacos and Black Bean Brownies. Those participating are able to see the recipe being prepared and then are able to taste the final product for themselves. The focus of these events is to not only share the recipes but to provide nutritional information and to demonstrate that healthy food can taste good.

We will be starting this monthly event again in September so watch for the notice when it comes out in August.

SDPI
DIABETES
PREVENTION
PROGRAM

Chehalis Tribal Health Fair

Thursday, September 18
10:00 AM to 3:00 PM
At The Chehalis Tribal Community Center

For more information please contact:
Christina Hicks, at 360-273-5504 ext.1741
Or email: chicks@chehalistribe.org

Summer Time is a Perfect Opportunity for Dental Care

Please take advantage of your children's time off from school and call the Chehalis Tribal Dental Clinic at 360-709-1659 or 360-709-1875 and make an appointment.



The Community Garden Needs You!!!

If you haven't had a chance to see your community garden, check them out at the Community Center— they are beautiful! The garden bed construction has taken place, but there are still so many ways the garden needs care.




Consider signing up as a volunteer and/or coming to the next Garden Council meeting

**June 19th 10 AM—11 AM
at the Community Center Gathering room.**

Unable to attend the meeting? Call Cassey Jankowiak at 360-709-1771 to talk about garden participation opportunities.

Low-impact Resistance Band and Stretching

Where: Behavioral Health Conference Room
When: Mondays from 12:15 - 1:00 PM

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@chehalistribe.org

Do you need Medicaid or Medical Insurance?



Assistance Available at the Wellness Center
Every Other Wednesday **9:00 AM - 4:00 PM**

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

2014 Breast Cancer Awareness Walk



Saturday, October 18

Hosted by:
Shoalwater Bay Indian Tribe

Please be advised and mark your calendars for the 2014 Breast Cancer Awareness Walk. The Shoalwater Bay Indian Tribe is hosting the Walk this year.

SPIPA's Native Women's Wellness Program

Chehalis Community Walk

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!

WIC Program

**Thursday, July 10
August 7
September 4
9:30 AM to 3:00 PM**

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

USDA Food Distribution

Thursday July 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

BUY NATIVE BY NATIVE

Tribal entrepreneur sets out to start a grassroots movement for Native owned businesses. - By Matt Nagle

It's no secret that there are numerous Native American-owned businesses in the South Sound, but exactly what these businesses do and how to find them is a secret of sorts in that there is no one place to find out about them. For those who wish to shop at and do business with Native-owned companies, where do customers go to find them?

Local entrepreneur and Puyallup tribal member William Manzanares is out to solve this dilemma. Himself a successful small business owner with much experience in start-ups on the reservation, he became perplexed recently when attempting, in vain, to find listings of local Native businesses.

"One day I went to make a purchase then realized that I don't know how to buy Native products. I Googled it and didn't find anything," he said, noting that there is no "Angie's List" for businesses owned by tribal members. "There are chambers of commerce for different cities, but there's no local Native chamber of commerce for all Native businesses. We should keep our money in our own community."

To do something about it, William Manzanares is launching a grassroots movement that he's hoping will take hold among area Native entrepreneurs and help build a stronger business presence on the Puyallup reservation and beyond, encompassing for-profits and non-profits alike.

"I like to promote entrepreneurship and business ownership in all the Tribes and I think this is the best way to show everyone that there are Native owned businesses and not just smoke shops and gambling establishments. I want to get people to participate in this. We can wait for someone else to do it or we can just do it ourselves.

"It should be one quick Google search so that you could find out in a minute which businesses are Native owned," William Manzanares said. Given that this type of grassroots movement is unprecedented in the South Sound, it will require the involvement of business-owning tribal members to make it work. Thus, the first task at hand is to get a handle on just how many Native-owned businesses there are locally and what each business does.

"I need to know how many entrepreneurs there are in our Tribe who own their own business or non-profit who'd be willing to participate," William Manzanares said. Building a website for a Native business network that the public can access is in the plans, as is creating a regular business page in the Puyallup Tribal News that will feature business listings, interviews with business owners, business profiles and advice on how tribal members can launch and run their own business. William Manzanares has lined up a few volunteers to help him with this project, which includes involving Chief Leschi Schools in order to show the youth that they too can open their own business one day if they so choose.

"I don't know how far this can go, but the sky's the limit in my mind." Anyone who wants to get in on the ground floor of this exciting project is encouraged to contact William Manzanares at 253-405-5625 or e-mail William@smokinwillys.com.

Business owners who wish to have their business listed on the Puyallup Tribal News business page are asked to e-mail the info to William Manzanares and to Tribal News Managing Editor Matt Nagle at matt@puyalluptribalnews.net.

FOSTER PARENT CLASSES CIRCLE OF KEEPERS: VOICES OF NATIVE AMERICAN FOSTER CARE WARRIORS

This training is designed to prepare, develop and enhance skills, and assist foster families who are parenting Native American children and youth. Native teaching, values and practices inform the core of the curriculum addressing key concepts of child development, attachment, grief and loss, behavior management, impact of abuse and neglect, strengthening families and cultural connections, resiliency and foster families as team members.



WHEN:

EVENING SESSIONS

❖ **JULY 9-10, 16-17, 23-24, & 30-31**
5:00 to 7:00 pm

AND

DAY-TIME SESSIONS

❖ **AUGUST 8th, 9th, & 10th**
9:00 am - 4:00pm

WHERE: SOCIAL SERVICES CONFERENCE ROOM

CALL OR STOP BY THE RESOURCE CENTER FOR INFO AND SIGN-UPS:

KIM BURDICK, CHEHALIS TRIBE FOSTER CARE LICENSOR
(360)709-1782
kburdick@chehalis tribe.org

"This project supported by Administration for Native Americans Grant# 90NA8230-01-00"

Oakville's Independence Day Parade and Celebration

"Celebrating Oakville!! Past, Present, Future"

Saturday July 5th
11:00 AM Parade Starts

Festivities to follow
Live music
Beer garden
Car show
Kids' activities
Food, craft, art, informational vendors
Petting zoo
Pony rides
Dunk tank

Parade participation & vendor forms
At Umpqua bank Oakville or -
<http://www.oakvillecityhall.com/>
Looking for more information?
Call any of the ladies at the bank
360-273-7766

Spread the word and come join the fun!!

Fun for the whole family!!!

Notice of Planned Power Outages

This is a notice to let Tribal members know that Grays Harbor P.U.D. has a planned power outage scheduled for the evening of Thursday, July 24th in order to make improvements. This will affect areas served by to the Cedarville substation from Porter to Oakville, including the Grays Harbor side of the Reservation and is expected to last from 10 to 12 hours, starting Thursday night at 6:00 PM until between 4:00-6:00 AM Friday morning. Notification is being given now in order to give you time to prepare for the outage. Here are some things that can be done in preparation of this event:

- If you rely on medical equipment dependent on electricity, have a plan to maintain use of your equipment during the outage.
- Have flashlights and fresh batteries on hand.
- Charge your cell phones. Cordless phones will not work during the power outage.
- Unplug computers, televisions and sensitive electronics to avoid electrical surge.
- Know how to manually operate garage doors and electric gates.
- Minimize opening refrigerator and freezer doors to help maintain the temperature inside; you may even want to consider buying dry ice to put into fridges and freezers.
- If you have a generator, make sure it has been installed properly. Refer to the manufacturer's instructions for safe generator use. You can go to this website to learn more about generator safety: <http://pse.com/safety/ElectricSafety/Pages/Generator-Safety.aspx>
- Any appliances should be plugged into the generator using extension cords that are the right capacity
- Never plug a generator into an outlet; this could back-feed into power lines causing serious injury to power line crews.
- Check to make sure all heat-producing appliances (stoves, toaster ovens, irons, and hair curlers) are turned off. This will minimize any fire hazard if the power is restored while you're away.
- If electricity is required to run your water or to refill your toilet for flushing, have a reserve of water on hand prior to the planned power outage.
- Never use a gas range, indoor cooker, and charcoal or gas barbeque for heating.
- Purchase of fuel may also be necessary as this outage will affect the local Tribal gas station

Also, make sure you have contact numbers stored in cellphones in case of emergency.

The numbers to contact Grays Harbor PUD are:

Toll Free Customer Service
800-562-7726

and Toll Free Outage Number
888-541-5923.

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

Program Shares Strategic Community Safety Plan

By: Jenee Penn, Grant Writer

As you have hopefully heard by now, the Chehalis Tribe was awarded a grant to develop a 10 year strategic plan to address community safety. A community meeting was held on May 28th to gather input about safety. Thank you to everyone who attended for making this meeting a success! Issues discussed at the event included:

- Emergency Preparedness including emergency evacuations, first aid/ CPR and power outages
- Animals, specifically animals off leashes, and the enforcement of existing animal ordinance
- Transportation including infrastructure such as speed bumps, striping and signage as well as traffic cameras on the main roads
- Quad safety, particularly offering quad safety courses and providing a safe place off of the roads for quads to ride
- Elders living at home and falls
- Car seat safety, specifically offering car seat safety checks so people know how to properly work child restraints
- Bicycle safety and the bike rodeos that were held in the past to teach children to ride safely
- Neighborhood safety including "Neighborhood Watch" groups and issues that affect specific neighborhoods on the reservation
- Safety issues relating to children and supervision
- Building safety issues such as pool safety and visitors not signing in

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. Feel free to call Janet Stegall at 360-709-1622 or Jenee Penn at 360-709-1620 with any questions or comments.



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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Chehalis Tribe's Vision Statement

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

Business Committee

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

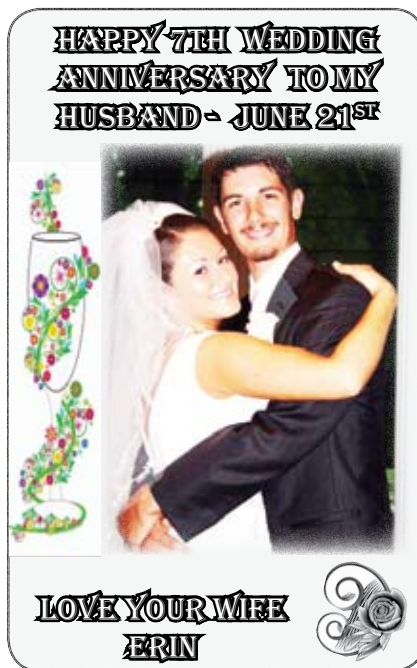
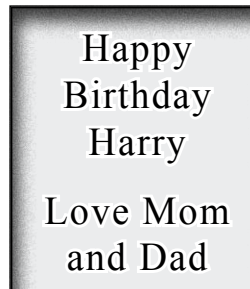
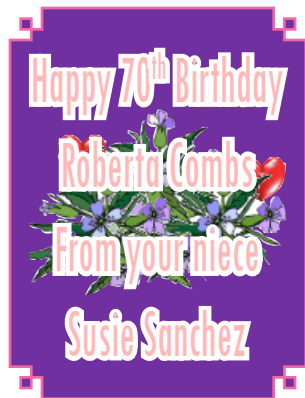
Chehalis Tribal Newsletter Staff:

Fred Shortman,
Communications
Coordinator



Happy Birthday to Tribal Members Born in June

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



Special Thank You's From Cheryl Starr

To the Tournament Crew and Grounds Crew: Philip Youckton, Carla Thomas, Aaron Myer, Darrin Jones, Casey Pickernell, Ange Youckton, Shawn Ortivez, Ritchy Revay, Chris Secena, Shawn Goddard, Bobby Jones, Jason Slighte, Jerry Youckton, John Youckton, Amil Starr, Ray Secena Jr., and Chubby Pickernell. Umpires: Chet Delamater, Casey Pickernell, Herk Hanson, Andy Zaidy, Don Chan, Sonny Youckton, Tony Youckton, Bruce Klatush, Rueben Lopez and Jerry Youckton. Fish Pit Crew: Don Secena, Shawn Ortivez, Grant Shortman, Lori and Mark Tovera, Dennis Cayenne, Dave Threlkeld, Fred Shortman and all the ones who brought salads Cancer Walk and Vendor Organizer: Orinda Goddard, Joyleen McCrory, Bones Gleason & all the Tribal Programs, Casino, Enterprise and GWL for all the donations for Raffle Items.

All the kids had a blast and look forward to the Youth Activities every year that Tony Medina, Brandon Canales, and Melvin Samuel put on. Especially with that loud horn that the kids can hear from everywhere, and they drop everything and run! The Horn is a tradition now.

Also Thank You goes out to all the ones who helped participate in the Cemetery Clean Up Day. Thank You to Joyleen McCrory and her crew for the flower arrangements for the Cemeteries. Let's not forget this is Memorial Day Weekend and I'm glad the Tribe allows Staff to participate on this time honored tradition. An added plus was that the Casino Staff participated this year.

Thank You to volunteers that coordinated the Cancer Walk; Orinda Goddard, Pam Youckton, Stacy Youckton, Joyleen McCrory, Vernon McCrory, Brenna Youckton, Meja Handlen, Rick Reynolds, Daryl Beckwith, Oli, Talisa Baker, Ray Secena, Jr., and Dylan Gleason

Last but not least, THANK YOU TO PEPSI for the DONATION OF 4 SCOREBOARDS for us. The fields looked pretty awesome. People looked at the scoreboards, especially on the women's field!!!

Chehalis Tribal Early Learning Program heads to the pond to celebrate Father's Day with our Annual Father's Day Fishing trip!

Chehalis Tribal Early Learning Program headed down to the pond at Fisheries on Thursday, June 5th for a fun filled day of fishing with family. Each year we celebrate our fathers, grandfathers, uncles and everyone involved in the upbringing of our youth by gathering at the pond and spending time together fishing. Picnic lunch was provided for all. Good job Early Learning kitchen staff.

Everyone here at Early Learning would like to wish all of the men involved in raising our youth a very Happy Father's Day!

A big THANK YOU to our Fisheries Department for getting the area around the pond safe, accessible, and stocking it with fish for our special day. Thank you Fisheries! We would also like to thank Ray, Josh, Chris, Jerry and Shawn for all their help with setup and clean up. You guys are awesome! We would also like to say thank you to Chehalis Tribal Enterprises for their large water donation!



Chehalis Tribal Early Learning Programs Head Start, Early Head Start and Child Care



**NOW ENROLLING
for the 2014-2015
Program Year**

Head Start & Early Head Start Center based program offers:

- Focuses on early childhood development and promoting healthy relationships as the context for all learning and growth.
- Curriculum is individualized to meet the physical, intellectual, and social-emotional needs of each child.
- Children receive opportunities to enhance social skills, fine and gross motor skills and are exposed to early literacy, math and science activities.

Early Head Start also provides Home Based services for expectant families and children ages BIRTH to 3 years old!!

ALL FAMILIES WITH CHILDREN AGES 0-4 YEARS ENCOURAGED TO APPLY!!

For information and applications, please call: 360-273-5514
Our offices are located at 420 Howanut Road on the Chehalis Reservation

Chehalis Tribe Students of the Month

Brook Allen (9-12)



Brook Allen is in the 12th grade at River Ridge High School, she is currently holding a 3.0 GPA.

She mostly enjoys the student diversity at River Ridge HS.

Brook feels she is successful by having a strict mom, self motivation and being organized helps tremendously!

Her advice to other students is to stay on top of their work and be organized! It makes thing much easier when you're organized.

This year she was only able to play volleyball due to hip surgery.

Brook will attend UW Tacoma in the fall and will be studying Native Law.

Mathew Reynolds (6-8)

Mathew Reynolds in the 8th grade at Rochester Middle School. He is currently holding a 3.18 GPA.

Mathew says that he likes the girls at school. He feels that he is successful student, because he keeps his grades up.

His advice for other students is to stay in school.

Mathew is involved with cross country. After high school, Mathew plans to go to University of Washington, to study aeronautical engineering.



Falidity Bumgarner (K-5)

Falidity Bumgarner is in the 3rd grade at Rochester Primary.

While at school she enjoys P.E., lunch and recess.

She enjoys reading chapter books and works hard on her math homework. She makes sure to get her work done on time and done right.

Her advice for others is to listen to your teacher.

After high school Falidity wants to be a 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! Have a great summer.

2014 Miss Tribal Days Princess Selection Day



Elders, family and community members celebrated the selection of the Tribal Days Princesses.

The selection of the Lil' Miss Tribal Princesses was hosted at the Community Center on Thursday. Many families came out to listen to the speeches of the contestants on why they should be selected. Elders listened intently on their speeches to assist them in making their selection.

A delicious meal was served, and elders were given the opportunity to be served the first salmon caught for the spring Chinook season. The salmon and smoked fish heads was prepared by our fisheries department personnel.

The 2014 princesses selected by our Chehalis Elders are:

Miss Tribal Days - Emily Ortez
Jr. Miss Tribal Days - Christina Blackateer
Lil' Miss Tribal Days - Riley Smith
Miss Head Start - Rebecca Youckton-Legg

Contacting the Youth Center

360-273-9674

Director: Tony Medina

Monthly Activities Calendar
Available

Summer Activities

There are summer activities scheduled through out the summer. Applications are available for children to qualify will be available at the youth center.

For more information contact the youth center staff at our office.

Tribal Communities “Walk as One” at the 7th Annual Cancer Walk

By Orinda Goddard, Cancer Walk Coordinator

7th Annual Cancer walk was held on May 25 at the Legends Field picnic area. I would like to thank everyone that came out and supported the walk. It's an amazing event that has become a part of the Chehalis Tribal Days weekend. Every step we take is a prayer to find a cure for cancer. We had 165 walkers and 20 different tribes were represented that registered for the walk and 85 of the walker were Chehalis Tribal Members, Thank you all for supporting our tribal event. There were 109 raffle prizes that were donated for the raffle that was held at the end of the walk. Each participant had to walk the cancer loop that was marked off with pink ribbon signs, starting at the Community Center then to the Tribal Center and then down to the 4-way and finally back to the community center. Each walker had to finish in order to receive a raffle ticket. This year each walker received a Cancer t-shirt, cup, pen and lip balm.

I would like to take the time to thank these companies, departments and individuals for donating items for the cancer walk: Chehalis

Tribe Business Committee, Accounting Department, Law Enforcement, Family Services, TGA, Human Resources, Vocational Rehabilitation, Behavioral Health, Heritage and Culture, Chehalis Tribal Wellness Center, Women's Health Program, Chehalis Tribal Enterprises, Great Wolf Lodge, Lucky Eagle Casino & Hotel, Quinault Nation, Christina Hicks, Fred Shortman, Rez Gear, Dora Underwood, Willies Sports Shop, Glenco and Lewis County Community Outreach. Special

Thank you to the following: Pam Youckton, Stacy Youckton, Joyleen McCrory, Vernon McCrory, Brenna Youckton, Meja Handlen, Daryl Beckwith, Talisa Baker, Ray Jr, Bones, Christina Hicks, Janet Stegall, Dylan Gleason, Philip Youckton, and Cheryle Starr.

These individuals sure show their support each year to make this walk happen. We are looking forward to next year's walk and hope that more people come out and support cancer awareness.

Thank you all once again for your support!



Tribal Community Continues Tradition of Cemetery Clean Up Day for Memorial Day Weekend



Tribal employees and community members cleaning the headstones in preparation of the upcoming Memorial Day Weekend.

Cemetery Clean up was Thursday, May 15 and dedicated to clean up the cemetery in preparation for the Memorial Day Weekend. Elders, tribal employees and youth gathered at the community center before heading out to the cemeteries to work. Some volunteers stayed at the community center to put together flower arrangements to be placed on the headstones of loved ones who journeyed onto the creator.

The hum of the lawn movers, and weed-eaters could be heard as people cut the grass. Others washed the headstones and cleared the plot with love and care.

A lunch and drinks were served at the community center. There was a raffle for everyone that turned in a ticket. The Tribe sponsors the gifts as a good deed does go rewarded for their commitment to help that day.

Afterwards many went back to complete the work at the cemeteries. It isn't easy, but the hard work is greatly appreciated by many. A job well done, thanks goes out to all that helped.



Flower arrangements were made to place upon the headstones at all the cemeteries.

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City, ST Zip

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athletes on reservations around the country who deserve a look.

On Monday, May 5 at 7:00 am kicked off a fun run for the ATNI Conference. The Shimmel family and 15 to 20 Chehalis tribal youth gathered at the Great Wolf Lodge for a few laps around the Great Wolf property.

Later that day they came to the Community Center to introduce themselves to the Chehalis community. The presentation started around 3:00 pm. Rick introduced his family, advising that Shoni Shimmel was not present as she was continuing her dream by playing for the Atlanta Dream of the WNBA.

He discussed basketball, family values, and overcoming obstacles and adversity for Native Americans. He stated it isn't easy to be part of two worlds, the reservation and non-native world. He shared about the hardships their family had to overcome while Shoni and Jude chased their dreams of playing college basketball. Their family didn't listen to the doubters who stated that their daughters wouldn't be successful at the next level and were destined to become "rez ballers."

He shared many things that their family did to be successful in raising a couple of talented and competitive basketball players. Be proud of who you are. Set you goals and aim high. It doesn't have to be basketball, just follow you dreams.

Good strong core values are key to success, but believing in a higher power helps and his family has always attended church. With out God and prayers there would not have been a good strong balance. It helped a lot with the struggles that came with all the challenges that life brought their family.

Ceci introduced herself to the community and she shared her childhood being raised on the Umatilla Reservation. She also shared Ricks athletic prowess at baseball. He might have been a little shy about it being a non-Indian, but he was very talented. She was a very good athlete who played sports through high school and couple of years in junior college.

She started raising a family at an early age, but

that did not deter her from chasing her dreams. She encouraged their children to participate in school sports, which taught the children about athletics and the children learned better. They moved around, because Shoni demonstrated a real talent for basketball. She wanted her to have a real chance and their family left the reservation moving to Portland. She called it the Shoni Card, and searched for a coach that would work and enhance their daughter's athletic ability.

She reminisced about watching her two daughters playing rez ball. Their free wheeling love of the game was evident when the two were on the basketball court together. Jude wanted to play basketball with her sister Shoni and requested to start playing high school as an eighth grader. To her delight she was given permission, bringing their rez ball style into the lime light of other coaches.

A word to the parents - Show your children tough love and stay persistent. Don't baby them, stay hard and hound them. Involve all of your family from Grandparents, Aunties, Uncles.

Jude Shimmel shared her story with the community. She stated that each one of us has a different story to tell. There is always something we can relate to, and it always nice having our family to support us. It is important to listen to your elders. That an education provides an opportunity to excel, challenge yourself to become a success, it can lead you to places. She also stated that they aren't the only people that have become successful, but it is also very important to share.

The Shimmel family challenged the Leaders to a fun game of basketball and many people came out to witness a little rez ball played that night. They didn't disappoint as both the leaders and the Shimmel family demonstrated their skills of the game. After that game, they challenged the Chehalis tribal youth. This brought smiles to many faces of Elders, youth and adults alike as they played a game they enjoyed. Their love of the game made it a night to remember.

Thank you Shimmel Family and Tribal leaders for dedicating your time, leading to the success of all of our tribes.