



CHEHALIS TRIBAL NEWSLETTER

The Confederated Tribes of the Chehalis Reservation

“People of the Sands”

August 2014

Free

Basketball Camp Encourages Youth to Develop Basketball and Life Skills

On Wednesday, July 9, 25 youth Chehalis tribal youth took advantage of the basketball skill camp hosted by the Youth Program. It was an action packed and fun day. The Watts Basketball team offered an intensive athletic development and world class basketball training. The children learned to excel on the court while developing focus, confidence, and determination.

Donald Watts, Jr. son of Seattle Sonics legend Donald “Slick” Watts, and Fred Brown, Jr., son of another Seattle Sonics legend “Down-town Freddie Brown” put on the basketball skills camp.

Melvin Samuel, tribal youth counselor participated and attended this skills camp taught by no other than Fred Brown, Jr. when he



Youth took advantage of the basketball camp hosted by the Youth Center. Pictured are the children wearing their Slick Watts signature headbands.

was a young man. This camp not only helped him gain more than basketball skills, but enabled him to become a successful person.

Power of the Head Band

All the children were given a head band and explained that Slick was

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Youth Workers Join Chehalis Tribal Stream Team

This summer there is a new opportunity for some of the Chehalis youth workers. The Tribe secured a BIA Tribal Youth Initiative Program grant to start a Chehalis Tribal Stream Team. Five teens were hired as part of the youth worker program to be on the Stream Team – Natasha Moore, Dewey Gleason, Makayla Ortivez, Gary Ortivez, and Ray Lopez.

One of the first things the Stream Team did was to get their boating safety certifications. They have put this to good use already, taking turns going up and down the Chehalis River in a kayak tracking fish. The Stream Team members also took turns going out on the air boat and taking the water temperature and collecting water samples to test. All of the teens got



Five Chehalis tribal youth workers joined the Chehalis Tribal Stream Team. These teens received their boating safety certifications. Pictured are Gary Ortivez, Makayla Ortivez, Natasha More, Supervisor Jason Gillie, Dewey Gleason, and Ray Lopez.

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Chehalis Youth Visit Fort Vancouver

By Jolynn Amrine Goertz

Tuesday, July 22, Chehalis Youth visited Fort Vancouver National Historic Site to learn about archaeology and the Pacific Northwest fur trade through hands-on activities and a tour of the Fort. National Park Service Ranger Mike Twist greeted the group, sharing a brief history of Fort Vancouver and explaining that, prior to the coming of the Hudson Bay Company, local Tribes burned the surrounding prairie to cultivate camas.

The Youth then got their hands dirty in a Kid’s Dig. Fort Vancouver hosts Kid’s Digs every summer, with the aim of teaching youth about archaeology. Justine Hanrahan, a Public Archaeology Intern, put together a special program for the group. Hanrahan explained, “At Fort Vancouver, we aim to use archaeology not only as a research tool, but as a means to connect peoples in the Pacific Northwest to one diverse community heritage. It is inspiring to see young members of the Chehalis tribe so enthusiastically engaging in history and exploring heritage in a hands-on way.” In her

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one of earlier wearers of the head band. He was well known for the white head band as he played for the Super Sonics. It had several purposes, one was to keep the sweat off the face and being able to see clearer helped him visualize the game as it was being played. The youth eagerly put them on and wore them the rest of the camp. You could hear across the basketball court as they yelled, “Power of the Head Band!”

Life Skills

Donald Jr. and Fred Jr. sat down and talked to the children and their words inspired and encouraged the youth who were participating. To challenge themselves by working hard at whatever they were doing would help them become successful. It doesn’t matter if it was playing basketball or other sports. They should put down the video games, phones or other things that prohibited them from being active.

Donald Jr. and Fred Jr. reminded the youth to tell their parent that they love them on a regular basis. It is important, because of all the sacrifices a parent makes to provide food, clothes, roof over their heads, school, sports and other activities. Be thankful that they are part of their lives, as in some cases some parents don’t even do that.

Goals and Dreams

Each child was asked what they wanted to be when they grow up? The children took turns and shared: a teacher, soccer coach, police officer, and a wide assortment of career choices. Donald Jr. and Fred Jr. explained that these are goals and stressed the importance of making goals. Working hard to achieve them by being a good student, athlete and person will open many different doors to make a difference in their community. It’s a great way to be!

Be a good student athlete! Keep up you attendance and get good grades. This will open doors to continue onto college and get out into the real world. Maybe even become a professional athlete.



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The Stream Team members also took turns going out on the air boat and taking the water temperature and collecting water samples to test.

a chance to drive the boat and take the water samples.

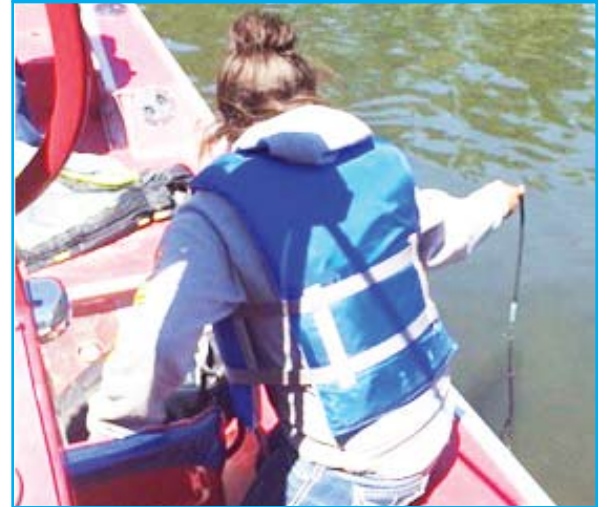
Dewey shared that he really liked going night fishing to catch fish to track, even if he only caught two fish. However, Natasha and Makayla both said they did not like kayaking – it made their arms really tired. But both Gary and Ray really liked kayaking, as it was challenging and something different to try. All of the kids are

having a good time outside while learning more about careers in Natural Resources.

Another project the Stream Team helped with was building a flood fence on the Tribe's Porter property. This is a new restoration project that the Natural Resources team is just starting on to help with flood mitigation on the Chehalis River. The teens worked with Don Secena to plant cottonwood trees, which will grow to create a natural flood fence that will slow flood waters.

One of the issues in the Chehalis watershed that the teens learned about is how a warmer water temperature impacts the fish. If the water is too warm, the fish won't spawn in the river and will swim back to where the water is cooler. One day the Stream Team had an extra helper to test the water temperature, as they rescued a cat. Natasha took the cat to Rez Animal Resources to be taken care of after she played with it all day.

Thank you to the Natural Resources Department and the K-12 Department for putting the Stream Team together. A special thank you goes to Jason Gillie for supervising the Stream Team this summer. We can't wait to see what these Chehalis teens do next!



Continued from page 1...

talk, Hanrahan emphasized that the Hudson Bay Company came to the Pacific Northwest and entered an already-established trade network. She also talked about Chehalis people at Fort Vancouver. Some Chehalis women married French-Canadian fur trappers and lived in the Village adjacent to the Fort. Hanrahan led our group through an excavation of four periods of history: modern, U.S. Army, Hudson Bay Company, and pre-contact times. The Youth got to work as excavators, screeners, recorders, and artifact baggers—four jobs integral to archaeology.

After the Kid's Dig, Ranger Twist led the group on a tour of the Fur Store and the Indian Trade Shop. In the Fur Store, he showed and talked about many different furs, including bear, beaver, deer, fox, and, a crowd favorite, wolverine. He explained the trade value and use of each



Chehalis Youth learn about archaeology at Fort Vancouver.

type of fur. Beaver was by far the most-traded fur at Fort Vancouver. Ranger Twist then gave a tour of the Indian Trade Shop, which is set up as it would have been when the Hudson Bay Company operated the Fort. The Indian Trade Shop is where local trappers would have

brought in furs to trade for items they valued. These included beads, blankets, clothes, guns, medicine, and tobacco.

To conclude the day, the Youth walked out to an archaeological project in the Village. Students

from Portland State University and Washington State University worked through the summer to excavate a house floor that was occupied during the Hudson Bay era by a French Canadian man called Little Proulx and his wife, a Chinook woman called Catherine

Dr. Doug Wilson, NPS Archaeologist, introduced the group to the site, and invited the Youth to guest screen. The PSU and WSU students excavated quite a bit of dirt earlier in the day to prepare for the visitors, and then helped the Youth pick through screens for artifacts.

Special thanks to Justine Hanrahan, Dr. Wilson, and Ranger Twist, for sharing their time and knowledge, and to Jesse Gleason, Tony Medina, Dan Penn, and other volunteers who chaperoned the field trip. There is an open invitation to Chehalis Youth to visit again next summer.

Tribal Health and Wellness News

Our Youth “Cook-up” a Healthy Lunch

Recently, the Prevention Team from the Chehalis Tribal Wellness Center (CTWC) helped the kids in the Chehalis Youth Program prepare their own healthy lunch. With the direction of Gloria Jones, Community Wellness Specialist, the kids rolled meatballs and placed them on wooden skewers with breadstick dough wrapped between. (Recipe shown below.) The skewers were then placed on a cookie sheet lined with foil that had been sprayed with non-stick cooking spray. Then mozzarella cheese was sprinkled on the top.

While lunch was baking Pat Odiorne, Nutritionist from the CTWC led the children in an activity to help them learn about how much sugar is in some of their favorite drinks. Pat included drinks such as Coke (20 oz.), Sunkist (20 oz.), Mountain Dew (12 oz.), Chocolate Milk (16 oz.), Starbucks Frappuccino (13.7 oz) and Orange Juice (13 oz). She had measured out granulated sugar in sandwich bags to represent the sugar in each drink. The kids were to guess which bag

of sugar went with which drink. Pat discussed why it is so important for us to limit sugar in our diet: 1) To protect our teeth, 2) Sugary drinks provide only empty calories (no vitamins or other important nutrients and 3) These drinks fill us up so we are not able to eat healthy foods like fruits, vegetable and whole grains. The kids were also served “Citrus Infused Water” a healthier alternative to their sugary drinks. After the learning activity the kids were ready for lunch. The Meatball skewers were served with hot marinara sauce, and a selection of fresh fruits and raw veggies. The kids ate and enjoyed their Meatball skewers. They also cleaned up on the fruits and veggies.

A special thanks to the Youth Program Staff: Tony Medina, Brandon Canales, Nate Floth and the Summer Youth Workers as well as the CTWC Prevention Team: Gloria Jones, Scarlett Romero, Sandra Burnett, Trisha Shipp, Pat Odiorne and Christina Hicks.



Recipe for Meatballs on a skewer

Ingredients

1 box (9 oz) Green Giant™ frozen chopped spinach
2 slices whole wheat sandwich bread, torn in pieces
¼ cup half and half or low fat milk
1 can Pillsbury™ refrigerated original breadsticks
1 cup shredded mozzarella cheese (4 oz)
2 cups tomato pasta sauce

Steps

Heat oven to 375°F. Line two large cookie sheets with parchment paper.

Microwave frozen spinach as directed on box; cool slightly. Squeeze dry with paper towels.

In medium bowl, mix bread pieces and half-and-half; let stand 1 minute. With fork, mash bread until well blended. Add spinach, turkey, ¾ teaspoon salt and ¼ teaspoon pepper; mix well. Shape mixture into 36 (1 ½-inch) balls.

Unroll dough; separate into 12 breadsticks. Thread one end of a breadstick on 10-inch skewer; add 1 meatball, leaving ¼ inch between dough and meatball. Repeat threading with breadstick and 2 additional meatballs. Place 1 inch apart on cookie sheet. Repeat with

remaining breadsticks and meatballs.

Bake 18 to 22 minutes, rotating cookie sheets halfway through bake time, or until meatballs are no longer pink in center and meat thermometer in center of meatball reads 165°F. Sprinkle each meatball skewer with about 1 tablespoon cheese. Bake 3 to 4 minutes longer or until cheese is melted.

Meanwhile, in 1-quart saucepan, cook sauce over medium-low heat 3 to 4 minutes, stirring occasionally, or until thoroughly heated. Serve with meatball skewers.

Nutrition Breakdown: Calories: 147; Protein: 15.1 gm; Total Fat: 7.8 gm; Carbohydrate: 6.3 gm; Dietary Fiber: 1.5 gm



Chehalis Tribal Wellness Center
“Living healthier lives”



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, Community Wellness
Manager at 360-709-1741
or email chicks@chehalistribe.org

Some vendors who are coming: Alzheimer's Association, Lewis Mason Thurston Area Agency on Aging, DSHS-Child Support Service (DCSC), Harmony Hill Retreat Center, The Hoe Heart Institute, Costco, Olympic AAA, Developmental Disabilities Administration, Big Brother Big Sisters of SW WA, REZ Animal Resources & Ed., Thorebecks Fitlife Center, American Diabetes Association....and many more.

SPIPA's NWWP Annual Breast Cancer Walk Hosted by Shoalwater Bay Tribe



SPIPA's Native Women's Wellness Program
Invites you to enjoy our Annual Breast Cancer
Walk on

October 18, 2014

10:30 AM – 2:00 PM

At Shoalwater Bay Tribal Center

Door Prizes Lunch T-shirts

Keynote Speaker

Special Recognitions for Breast Cancer Survivors

For More Info contact your local Outreach worker
Shoalwater Bay: Tanya 360-267-8206
Chehalis: Christina 360-709-1741
Squaxin Island: Traci Lopeman
Nisqually: Raylene McCloud
Quinault: Suzanne Adams
Skokomish: Jessica Small

Program Offers Class on Making Home Made Jam

The beautiful summer has provided a lot of great weather for being outside and growing garden foods. While the Chehalis Tribe community garden doesn't grow raspberries yet, many of our local farming neighbors do, which provided a bounty of raspberries for the CTG canning event that took place Monday, July 14 at the community center kitchen.

The event was attended by elders, parents and youth, and facilitated by Mary Sanders and her Grandparents. They discussed the benefits of food preservation, basic canning, freezer jam tips (see recipe below), and information on sugar substitutes. Once the jars cooled, attendees were able to take their jars of jam home to enjoy, but not before taste testing the jam from the canning pots, and everyone agreed that it was delicious!

In addition to sharing joyful company and laughter during this hands-on workshop, there were raffles for canning books and supplies. Thank you to everyone who supported and participated in the event - community is what makes these events memorable! If you missed this event there will be other food preparation classes coming in September. Keep an eye out for flyers!

Here is a quick way to make your own jam at home.

What You'll Need:

- Four 1-lb. containers of Fresh Strawberries or Six 6-oz. containers of Fresh Raspberries {you can even use berries grown in your yard to save \$\$!}
- 1.5 cups of Sugar
- 1 Pkg. Ball Freezer Jam Pectin {can be found at most grocery stores or Wal-Mart}
- Freezer-safe Canning Jars

What You'll Do:

- Wash, stem & slice berries {I chose strawberries}, then place in a shallow pan.
- Use masher to crush berries {consistency will depend on how chunky you like your jam}.
- In separate bowl, mix together Pectin and Sugar.
- Add mashed berries into mixture, and stir for 3 minutes.
- Scoop jam into small freezer-safe jars. {I use the 4oz. – 8oz. size.}
- Let jam set for 30 minutes, then store in your freezer until you're ready to use your tasty jam. Enjoy!
- I make 12 little jars at a time {as pictured}, and I take out one at a time to keep in the fridge.
- Store in freezer for up to 1 year, or in refrigerator for up to 1 month.
- Recipe makes approximately six 8 oz. jars or twelve 4 oz. jars.

(recipe from <http://thefrugalgirls.com/2010/05/easy-freezer-jam-recipe.html>)



Low-impact Resistance Band and Stretching

Chehalis Tribal Wellness Center PT Room
Mondays (Through September) from
12:15 - 1:00 PM

A great class to help you recover from weekend activities and get your week off to a strong start! No special clothing required and resistance bands are provided.

If you have any questions about this event, please contact Cassey Jankowiak at 360-273-5504 or email cjankowiak@chehalistribe.org

** This activity brought to by the Community Transformation Grant*



Family Zumba

Chehalis Tribal Community Center - Youth Gym
Tuesdays from 6:30 - 7:30 PM
Tuesdays (through September
from 6:30 - 7:30 PM

Wear your comfortable work out attire. Smooth soled shoes (running shoes not advised.) Water will be provided. Contact Cassey Jankowiak at 360-709-177.



Notice: Regarding information contained in this advertisement and/or displayed on the Tribe's website is subject to change without notice. Please address all question to the person or department identified in the announcement.

Chehalis Community Walk

6:00 - 7:00 PM

Every Thursday evening

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, September 4
9:30 AM to 3:00 PM

Thursday, October 2
9:30 AM to 3:00 PM
WIC/Dental will be handing
out 3 months worth of
voucher's.

Thursday, November 6
WIC 9:30 - 12:00 Noon

Thursday, December 4
9:30 - 12:00 Noon

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

Cancer Support Groups

Comprehensive Cancer Control Program
South Puget Intertribal Planning Agency



Date: September 9th

Time: 5:00 PM

Where: Chehalis
Wellness Center -
PT Room

All are welcome. A light meal will be provided. Contact Sarah 360-462-5241 or Christina 360-273-5504 for more information.

USDA Food Distribution Dates

August 21st

September 18

October 23

November 20

December 16

Pickup is at the Community Center
from
11:00 AM to 2:00 PM

Reminder: Please stick to monthly
schedule for the USDA Food
(Commodity) Program. If you are
unable to make the date, please
call and schedule an appointment
with appropriate staff.

For USDA Food, call the
warehouse at Nisqually
360-438-4216



Tips in Protecting Your Pets During the Summer Months

Take care of your pets when the summer temperatures rise. Animals can sustain brain damage or even die from heatstroke in just 15 minutes. Beating the heat is extra tough for dogs because they can only cool themselves by panting and by sweating through their paw pads. Here are some tips to keep your pets cool:

Never Leave Your Dog in a Parked Car – On warm days your car gets hot inside, even with the windows down. On a day when the temperature is just 80 degrees outside, your car can reach 110 degrees in minutes. Do your dog a favor and leave them at home.

If you see a dog left alone in a hot car, take down the car's color, model, make, and license plate number. Have the owner paged in the nearest building, or call the police.

BE KIND! LEAVE YOUR DOG BEHIND!
It's HOT !!!!
But do you know just how quickly
your car's temperature heats up?

Vehicle Temperature		
Outside	Inside	Time to Reach
75	100	10 minutes
75	120	30 minutes
85	90	5 minutes
85	100	7-10 minutes
85	120	30 minutes
100	140	15 minutes

The German Shepherd Dog Community

Give Them Lots of Water - Make sure your animals have access to lots of fresh, clean water throughout the day. If you usually have one bowl, add a second just for fresh water during the

summer. Dogs and cats need the extra water to stay hydrated.

Provide Shade - Your pet needs a cool place to lie down while outdoors. Make sure there is a nice tree or shaded area where your pet can stay cool. If you don't have trees provide a shaded area with a tarp. Do not offer a doghouse for your dog in the heat of the summer, that's one of the hottest places for them to go.

Take Your Dog Swimming - The best activity you can do in summertime or hot weather is swimming. Instead of walking the dog, take your dog to the river to wade or swim.

If your dog or cat shows signs of heatstroke such as rapid breathing, heavy panting or lethargy, cool them down with water and contact a veterinarian immediately.

Burn Ban

Due to dry weather conditions, there is a Burn Ban in place for the entire Chehalis Reservation until further notice. During this type of Burn Ban, you may not have open flames (like burn piles or campfires) and you may not use fireworks. Smoke houses, or fish cooks, are allowed, but please take extra precautions to ensure that sparks do not fly and you must have water on hand in case of an emergency.

As per the Tribe's everyday rules, you cannot burn garbage or furniture, anytime of the year. Burning garbage produces toxic pollution that will injure elders, children and people with breathing problems. Trash, furniture and mattresses can be taken to the dumpsters down near the Fish House. If you have any questions, call Glen Connelly at your Natural Resources Dept. at 709-1854.

Thank you for helping to keep the Chehalis Reservation a safe place to live.

Notice

Regarding: Bear Sighting

There has been a bear spotted by the tribal center crossing the road to the other property. Typically, every year there is a bear seen in this area. Down the hill from the tribal center are apple orchards. This just to remind you that he is back looking for food and allow him his space.

So.....If you spot a bear:

- Just leave the animal alone.
- Don't leave pet food out overnight.
- Manage your garbage.
- If you see bear cubs stay clear of them, **DO NOT APPROACH THEM.**
- And, remember bears are scared of people.



Northwest Justice Project

Free Legal Advice Clinic

For low-income Community members of the five Tribes SPIPA serves

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 unless noted to provide free legal consultations to eligible tribal members on civil legal matters (not criminal). Legal issues may include (among other things): Consumer – payday loans, debt collection, repossessions; Driver's 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.



UPCOMING CLINICS:
Friday, August 15
Friday, September 19
Friday, October 10 (*Second Friday)



10:00 AM – 3:00 PM AT SPIPA'S OFFICE AT SQUAXIN ISLAND TRIBE
3104 S.E. OLD OLYMPIC HWY.

PLEASE MAKE SURE TO BRING ALL THE PAPERWORK RELATED
TO YOUR LEGAL PROBLEM. NO APPOINTMENT NECESSARY.

If you prefer to schedule an appointment or for more information please call
Janel Riley at 888-201-1012 EXT 631

ATTENTION Chehalis Tribal Community

Program staff are responsible for submitting their activities for the community to attend. Either through the web, newsletter, reader boards, and bulletin boards. There have been tribal members who have submitted articles too. If you like what you see, make sure you take the time to thank them.

Tribal Enrollment

If you need to enroll your child this year please stop by the enrollment office to pick an application. If the biological father is an enrolled tribal member a DNA test is required. Make sure you get your application in by August 29, 2014. Enrollment Deadline is September 30.

If you need a Tribal Identification Card please call at least one day in advance.

For more information contact Chris Ortivez at 360-273-5911. Please leave a short message, name, type of request, and a return phone number and I will get back to you as soon as possible. Have a great day!



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@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 August

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 Allen Bush
3 Geraldine Youckton	4 Ron Fanning Faith Hoheisel Makya Ortivez-Hicks Monica Sanchez Dalton Youckton	5 Alvin Boyd Paul Gibson	6 Sylvanna Bracero Jenee Penn	7 Adrian Brown Lon Burgess Kyle Fanning William Heck Lee Starr	8 Thomas Blacketer Jordan Bray Ares Wittwer	9 Leo Sanchez
10 Sarah Myer Riley Smith	11 Kaiden Delgado Gerald Pickernell III	12 Shayleen Fulton Kayleen Fulton Sally Pickutark Joseph Sanchez Anthony Youckton	13 Adrian Hjelm-Snell L'Ree Minthorne	14 Starla Starr	15 Mark Colson Ashley Wittwer	16
17 Douglas Boyd Johnny Bumgarner James Cayenne II Lataya Tanner	18 Anthony Joe	19 Andrea McGough Manny Medina	20	21 Wilfredo Rosado Lucille Starr	22 Ryan Burnett Cynthia Yawn	23 Ostynn Farrier
24 James Gunnels Amanda Jennings Joseph Sanchez Misty Secena William Thoms	25 Henrietta Boyd Victoria Parent Rose Williams	26 Wayne Barr Elizabeth Fulton Hakan Phillips	27	28	29 Merle Benda Owen Youckton	30 Kly Meas
31 Mike Brown Bradley Gitchel						

Happy Birthday to
Malia Accacia
Karlea Youckton
Vanessa Youckton
Happy Anniversary to
Jessie & Derwin
We Love you!

Happy 30th Birthday
Ronal Matthew Fanning



"The Fannings"
Love Mom & Dad, Alissa
& Abe, Jeremy

Happy Birthday to my
Favorite Niece
Misty Secena



Auntie Lova Lova
Lova you!!

Happy Birthday
Daddy
Johnny Bumgarner




Love, Falisity

Happy 6th Anniversary
Ron & Alissa Fanning



Love Mom, Dad, Abe,
Kyle, & Jeremy

Happy 27th Birthday
and Congradulations
on your BA English
Degree for WSU.
We are very proud of
you
Kyle Fanning



Love Mom & Dad,
Ron & Alissa, Abe,
Jeremy

Happy Birthday
to my Handsome
Son
Kly Meas Jr.



Love you to the
moon and back
<3 Mom

Heritage and Culture Program News

Heritage and Culture Classes Offered Tribal Members

Cultural Coordinator, Walter Lewis has gathered cedar for tribal members and it is now ready for use on projects. Our program invites beginning weavers who are tribal members to come to the community center and learn how to prepare the cedar by stripping and splitting it. Once you have learned to do this you can prepare your weaving kits to make a project.

Culture Room is Open
Monday 11:00AM – 5:30 PM
Tuesday, Wednesday and Thursdays
NOON-7:00 PM

Please contact us at the community center and let us know if you want to participate in this project. We are still looking for teachers who CAN DO beading, fishing classes, special sewing projects, other projects, please contact Joyleen McCrory at 360-709-1748 if you are interested. If you have any suggestions or ideas that you think would be a great tribal member family activity please let us know.

Heritage Coordinator, Lynn Hoheisel is available to work on family trees with tribal member families and is still looking for pictures to add to our collection.

Monday - Thursday 8:00 AM - 4:30PM

9th Annual Northwest Indian Story Telling Festival

Saturday and Sunday
October 11 and 12
Portland, Oregon

NORTHWEST INDIAN STORYTELLER'S FESTIVAL



The Emerging Storytellers Workshop will be held over two days. Registration is \$40.00, and includes admission to the weekend festival events.

A single ticket admission to any one festival event is \$20, however, this is offered on a sliding-scale

donation basis, as no one will be turned away for a lack of funds.

Story Tellers Invite: If there are any story-keepers who would like to participate please contact Daniel Dixon (Menominee/Stockbridge-Munsee Mohican) NISA Coordinator at 503-775-4014 or email daniel@wisdomoftheelders.org

If you have a group that is interested in attending please refer to the contact number. It would be great to see 'delegations' from Washington, Oregon, and Idaho tribal communities!

Website: <http://wisdomoftheelders.org/nisa/>

CHEHALIS TRIBAL LOAN FUND NEWS



The Chehalis Tribal Loan Fund team.
Pictured (L-R) are Diana Pickernell and Julie Burnett.

The Chehalis Tribal Loan Fund has been busy! As you may know, we offer the following loan products:

- Business
- Firework
- Debt Consolidation
- Home Improvement

This year (2014) we have processed:

- 2 Business Loans
- 28 Firework Loans
- 18 Debt Consolidation Loans
- 2 Home Improvement Loans

We offer competitive interest rates. We are a Certified Native CDFI. We work hard at trying to improve your credit score, and lower your debt to income ratio.

We will be offering a training in September on "Providing Excellent Customer Service." When you own a business, you need to be able to provide good customer service to keep operating.

If you have any questions, please come see us at our office, located across from the Chehalis Tribal Center. Or call us at:

Diana Pickernell, Loan Coordinator
360-709-1631

Julie Burnett, Executive Director
360-708-1831

PER CAPITA FORMS FOR THE NOVEMBER DISTRIBUTION:

The finance department is mailing out this year's per capita distribution form and W-9 to all adult tribal members at the end of August. The deadline for returning the forms in the self addressed envelope is October 17 .

If you do not receive the form or the W-9 then please contact the finance department at 360-709-1830. Thank you.

Summer Youth Field Trip Includes a Cultural Day at Tillicum Village

Chehalis Tribal Education and Youth Programs scheduled a cultural day and traveled to Tillicum Village on Tuesday, July 29. The kids enjoyed traveling together to feel the Native American culture experience. It was a beautiful day to enjoy the magnificent scenery and cruise from Seattle to the Blake Island State Park.

After they arrived they were greeted and served up a delicious cup of steamer clams. There was a lot to take in as they toured the salmon pit in the long house in preparation of witnessing a mythical and magical Native American culture. There was a wide variety of native foods offered for those who desired from Fresh Fruit, Field Green Salad, Polenta, Wild Grain Harvest Rice, Signature Northwest Stew, Whole Grain Tillicum Bread, and Fire Roasted Salmon. Enough to fill everyone's pallet.

As the lights dimmed the children were mesmerized by the performance featuring the Tillicum Village dancers. Not just the dance, but their regalia and hand carved masks. The show was spectacular as they shared their legends, dances, customs and beliefs by other native people from various tribes of the Northwest coast.

Afterwards, children were seen scampering along the grounds. Taking in all the animals they saw as the Blake Island State Park is a reserve and the animals are very tame. They toured the gift gallery and took time to have a photo taken.

It was a good day and everyone was smiling as they boarded the boat to cruise on back to Seattle. Yes, it was a fun and relaxing day!

It was a beautiful day as the children visited Tillicum Village at the Blake Island State Park.



Photos provided by the Education Department



Date: 8/20/14 Time: 11-2

Back to School

Party



WHERE: NEW COMMUNITY CENTER BASE-BALL FIELD

COME JOIN US FOR SOME FUN.....COTTON CANDY AND POP-CORN!!

***GIFT CARDS ARE FOR TRIBAL MEMBERS ONLY**

***PARENT/GUARDIAN MUST PICK UP GIFT CARD ON THE DAY OF THE EVENT OR CONTACT JJ SHORTMAN @ 709-1749 OR TONY MEDINA @ 273-9674 TO PICK UP LATER. NO NOTES WILL BE ACCEPTED.**

YOUTH CENTER BACK-PACKS AND GIFT CARDS FOR TRIBAL MEMBERS. ANY QUESTIONS CONTACT TONY, BRANDON, OR MELVIN @ 273-9674

Program Offers Opportunities to Pursue Higher Education

Centralia College at The Community Center

Centralia College will be offering college preparation class at the Chehalis Tribal Community Center this fall 2014 quarter. The class is offered to all Tribal members, Community members Tribal employees and Enterprise employees. Chehalis Tribal members will be paid through the Higher Education program.

Starts: Monday September 22, 2014

Math 98 (5) 3:00 to 4:30 PM Linda Griffith MWF

Math class covers arithmetic skills and familiarity with signed numbers and basic algebraic expressions. Problem solving skills are emphasized. Topics include: linear equation and inequalities, graphing, polynomials, and rational expressions.

In order to take these classes you must...

- Apply to Centralia College
 - Receive acceptance letter
 - To do this go to www.centralia.edu
- You must take the Compass test at Centralia College
 - You may go to the Phoenix Center/Library at the Centralia College or call Racheal Mendez to find out good time for her to drive you there.
 - The test cost \$15.00 (Chehalis Tribal Members test will be paid through the Education Program)
- Chehalis Tribal members must also have a Chehalis Tribal Higher Education Scholarship application Completed.

Deadline for the sign-up are Thursday September 11, 2014

Please feel free to contact Racheal Mendez at the Community Center, email:
rmendez@chehalistrike.org or 360-709-1698.

NOTICE: Information displayed in this flyer, in email or on our website calendar is subject to change without notice. Please refer to this flyer's contact person for the latest update.

HAVE YOU THOUGHT ABOUT PURSUING A BACHELORS DEGREE?

Starting this fall 2014

Chehalis Tribal Higher Education Program

would like to host

EVERGREEN STATE COLLEGE

Here at the Tribal Community Center all we need is a minimum of

7 qualified applicants interested in pursuing their Bachelor of Arts.

WE ARE ENCOURAGING

**All Tribal Members, Community Members, Tribal
employees, and Enterprise employees**

Brief: Qualifications, Credits and class meeting

Preferably have 90 transferable credits, or one of the 3 to qualify AA degree, AS degree, or ATA degree.

Core courses are taught at each site, with the same core course readings and assignments at each different site. Students typically earn up to 12 credits for work done through site classes. Advanced students may propose additional work for additional credits.

Classes meet 2 nights a week typically in the evening and in addition 4 classes are on Saturdays per quarter at the Longhouse on the Evergreen campus.

**If you are interested and would like more information please contact
Racheal Mendez, Higher Education Coordinator at the Community Center,
email: rmendez@chehalistrike.org or 360-709-1698.**

By Tuesday, August 26, 2014

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Chehalis Tribal Early Learning Programs Head Start & Early Head Start

September Events

Thursday, September 4: Health Day

Monday, September 8 - Friday, September 12:
Parent Orientations and Open House

Monday, September 15: First Day of School!

Thursday, September 18: Spirit Day-Favorite Hat Day!

Monday, September 22: CTCLP Closed (mandatory staff training)

Thursday, September 25: Native American Day Celebration!

WELCOME BACK!

FirstName LastName
 Street Address
 City, ST Zip

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 OAKVILLE WA
 PERMIT No. 2

Summer Youth Workers Learn About Healthy Choices



Pat Odiorne, Nutritionist shared information on healthy food choices.

Staff from the Chehalis Tribal Wellness Center (CTWC) recently met with the Chehalis Summer Youth workers to share information about healthy food choices and disease prevention. The staff included members from the Diabetes Prevention and Community Transformation Grant Teams. Both programs focus on helping community members live healthier lives by eating healthier, exercising regularly and keeping a healthy weight.

The Youth participated in an activity, matching various popular drinks with the amount of sugar they contained. Pat Odiorne, Nutritionist from the Clinic, demonstrated to the group the actual amount of sugar in each drink by using granulated sugar measured into a sandwich bags. Examples included Sunkist Orange Drink (20 ounces) contains 21 teaspoons of sugar (or 7 Tablespoons), Coke (20 ounces) contains 16 teaspoons (or 5 Tablespoons + 1 teaspoon), and Rockstar, (24 ounces) contains 24 teaspoons of sugar (or 8 Tablespoons).

The second topic that Pat covered was the caffeine content of the

energy drinks such as Red Bull (8.4 ounces) contains 80 gm of caffeine; Mountain Dew (20 ounces) contains 91 mg of caffeine; and Rockstar (24 ounces) contains 240 mg of caffeine. 8 ounces of regular coffee can contain 95-200 mg depending on the variety of coffee and how strong it is brewed. It is recommended that if an adult is drinking more than 500 mg/day of caffeine—it would be a good time to cut back. An intake of no more than 100 mg of caffeine is recommended for teens.

Pat also brought in 4 actual fast food meals: 2 from McDonalds and 2 from Dairy Queen. The 2 meals from McDonalds consisted of a “Super-size Burger with Fries” and a “Regular-size Burger and Fries”. The Dairy Queen meals consisted of a ten-nugget meal and a six-nugget meal. The kids were asked to guess the difference in calories between the larger and the smaller meals. Nathan Patterson and Desirray Pope-Klatush won prizes for the best guesses. The youth learned how portion size really makes a difference in the calories a person would consume eating these meals.

The last topic covered was “How can we prevent diabetes?” The answer is to 1) Eat healthy 2) Exercise regularly, and 3) Keep a healthy weight. Pat shared that taking these steps now will definitely help these young people live longer healthier lives, and at the same time significantly reduce their risk of developing Type 2 Diabetes.

A special thanks to Christina Hicks, Sandra Burnett, and Pat Odiorne for their help and assistance with this event.

Enterprise Introduce the End of Trail Teams to the Community



The employees are working hard for our tribal enterprises. Let them know you appreciate their time and effort!

End of the Trail #1

Pictured (L-R) are Kevin Albert, Bev Starr, Manny Medina, Wayne Ortivez

End of the Trail #2



Pictured are are back row (L-R) Manny Medina, Carolyn Sloppy, Leon House, Daryl Boyd, David Threlkeld, Chris Klatush, Brad Fredrickson. Middle row (L-R) are Lisa Turner, Festus Smiley, Frank Boyd, Jason Dickerson. Front row (L-R) are Gina Sanchez, Paula Klatush, Tony Olney, Dale Klatush Jr., Dale Klatush III, Lydia Fromm

End of the Trail #3



Pictured are back row (L-R) Janice Doughty, Jerry Meas, Jarrod Johnson, Brittany Leal, Rikki Sutterlikt, Lance Jones, Matthew Gregory, Gerald Pickernell III, Bobbi Martin. Front row (L-R) are Lavona Parsons, Yolanda Ortivez, Lynn Pyne, Norma Daniels, Marrissa Daniels, James Trobaugh.