



CHEHALIS TRIBAL NEWSLETTER

The Confederated Tribes of the Chehalis Reservation

“People of the Sands”

September 2014

Free

Programs Display Pride and Growth in the Community Outreach Parade

Each year, the Chehalis Tribe Vocational Rehabilitation program (TVR) hosts a community outreach event which usually consists of a delicious dinner and a great guest speaker. This year, the TVR staff felt the need to go bigger, much bigger. Coming up with an event that would fulfill all of the goals we had in mind proved to be a big task. After brainstorming many ideas, a plan was formed. A plan that turned out to be all that we had imagined and much more!

On Friday, August 15, the Chehalis Tribal Vocational Rehabilitation program hosted a Summer Youth Outreach Parade!

The “Disney” themed Outreach Parade was geared toward providing tribal programs an opportunity to reach out to the



Snow White and Seven Dwarves won first place for best float in the Outreach parade.

community, build relationships and provide information in a fun way.

Each program chose their favorite Disney theme and completed this project with the assistance of a summer youth worker. One of our goals for this project was to provide the youth workers with an opportunity for further growth,

experience and knowledge as young people looking to join the workforce in the near future. We also hope to see more knowledge of our tribal programs and services amongst the youth as a result. The summer youth program worked with TVR to assign youth to each department for this project. Each

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Families Gather for Annual Back-to-School Event

The Back to School event was hosted at the Legends Ballfields on Wednesday, August 20. It was a great day for the families to gather together. This annual event is for parents and children to obtain resources from school supplies, snacks, and other fun activities provided in preparation for the 2014-15 school year.

Program Booths

The youth center provided backpacks and gave out Wal-Mart gift cards for tribal member youth to purchase school supplies and clothing.



Parents sign their children up for various programs at the annual back-to-school event.

The education program staff also provided gift cards to the

tribal youth. The program also provided information to the parents regarding what their program had to offer to assist their children and encouraged parents to sign up.

The Diabetes program booth was very informational as they provided pamphlets to educate in the prevention of this disease. Cindy Medina, with the Boys and Girls Club booth, provided information about her program and encourage parents to sign up to mentor children.

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Traditional Foods Presentation with Summer Youth Program

By Heidi Brown, SPIPA CCCP Program Coordinator

Wednesday, August 6 brought 35 excited Chehalis summer youth participants ranging in ages 6 -13 to the gathering room to attend a Traditional Foods presentation by Northwest Indian College’s Elise Krohn. The event was a collaborative activity between SPIPA, CCCP, Chehalis Prevention team (SDPI) and the summer youth program.

The attentive youth listened as Elise spoke about the local plants that were available for harvest. She brought samples for a hands on identifying the plant session. The kids were encouraged to feel, smell, and taste the berries and foliage samples. Elise educated the youth on the health benefits of berries and the other native plants. She reinforced her health message by having the youth help make berry smoothies, using healthful ingredients that taste good too!

The diabetes Program provided lunch for the group while they took a break from learning and had

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Food, Fun, and Entertainment

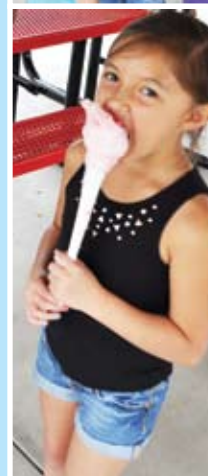
The Merry Makers Entertainment provided some exciting games for children to challenge themselves. One of the games was a rock climbing wall. Children were harnessed up and with determination in their eyes they picked and chose the hand holds as they attempted to scale the wall, making their way to the top to hit the buzzer. The smiles were priceless for the many that made it to the top as they belayed to the ground. Afterwards the children were seen running up to their parents to get a hug for a job well done. Other fun games provided were the bouncy toys. Youth were seen excitedly running to partake in these fun activities.

The youth workers volunteered their services at the cotton candy and popcorn stations. Children grabbed a quick treat while taking a break from playing on the games. The volunteers did an awesome job. Thank you!

Fundraiser

The kitchen was hosting a fundraiser for Alexis Starr who is participating on the Select Team United Fast Pitch team for Rochester/Centralia. She is raising money to assist with purchasing her uniform and other costs that might arise while participating on the fast pitch team.

It was a great family-oriented annual event. We greatly appreciate what the tribal programs have to offer. Thanks everyone, keep up the good work!



Continued from page 1...



Youth learned to identify various plants and berries during the traditional plants activities.

whole wheat spaghetti with turkey and vegetable marinara sauce accompanied by fruit infused water. The kids exclaimed (after many got second servings) that it was great. Oranges filled with jello were cute desserts that showed not all desserts need to be loaded with sugar.

After lunch was a wrap up activity with Elise featuring the kids making a quick and vitamin c loaded rosehip jam. They were taught to clean the rosehips for leaves and stems and another

group helped grind the rosehips into a fine power. Another group readied the apple cider to add to the powder and more volunteers were in charge of stirring the mix to start the thickening. The youth got to sample their product before they filled mini mason jars to take home to share with their families. The reviews were mixed, with comments like “This jam is tart!” and “This is kinda cool tasting”.

The education session ended with some trivia questions and a short recap of plants to harvest. The youth were then given Native food themed cookbooks provided by SPIPA CCCP to reinforce the message of building health through their diets. These also included two books that Elise Krohn co-authored, Wild Rose & Western Cedar and Feeding the People. When the kids asked if they had a good event they all exclaimed loudly that it was great! It was a fantastic setting with great interaction from support staff and the presenter that gave kids healthy options to explore.

We are grateful to Chehalis Prevention team for letting us come and be a part of this educational event and for the collaborative efforts of all who supported it.



New Boat Launch Improves River Access for Tribal Members



The entry road has been finished and construction has begun on the ramp access and parking area for trucks and boat trailers at the new Chehalis tribal boat launch.

The Chehalis Tribe has started construction on a new boat launch into the Black River. The boat launch will feature a concrete ramp into the river for launching, and plenty of parking for trucks and trailers. This boat launch was planned

Construction. Work on the in water portion of the ramp started at the beginning of September, and was planned to do as little as possible to disturb the river environment and the water quality. Part

and designed with our Chehalis tribal fisherman, and will be a great spot for them to easily park and launch from. In addition to the boat ramp and launch area, new plantings will be put in along both the Black and the Chehalis River to improve the watershed.

The boat ramp is being constructed by Sterling Breen Crushing, Inc., who are partnering with Chehalis Confederated

of the river will be blocked off while the in water work is done, but boats will still be able to access and use the Black River. The new boat launch should be completed by the end of September, and ready for use for a great fall fishing season.

This boat launch is for tribal member access only. For more information please contact the Chehalis tribal planning department at 273-5911 EXT 1513.



Tribal Health and Wellness News

Children Enjoy the “Fruits” of Their Labor

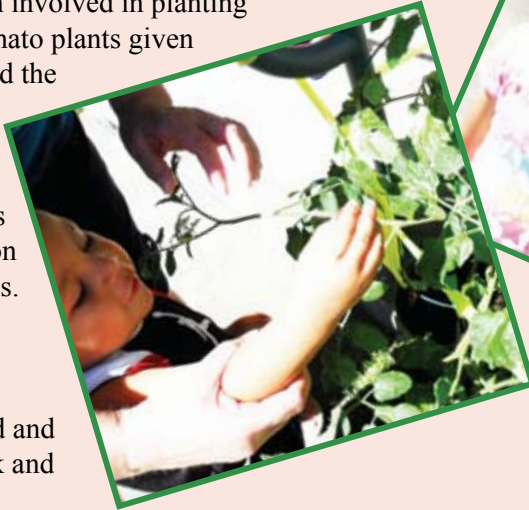
Story by: Pat Odiorne, SDPI Nutritionist

The harvest of Cherry Tomatoes has come and the kids are having fun picking and eating from the vines.

The children have been involved in planting and caring for their tomato plants given to them by the CTG and the Diabetes Prevention Grants. They fed, watered and “watched” as the plants flowered and brought on the little green tomatoes.

They were excited that finally the summer sun turned the tomatoes red and they were ready to pick and eat!

The Head Start program enjoyed a tasty treat that they planted themselves.



Early Head Start Children harvest their cherry tomatoes.

Prevention Team Upcoming Activities

Thursday, September 25

Healthy Cooking Demo & Education Class
“Salad in a Jar”
Noon-1:00 PM at CTWC

Thursday, October 9

Mammogram Clinic at CTWC
9:00am – 3:00pm (in the clinic)

Thursday October 9

Healthy Cooking Demo & Education Class
“Veggie Soup”
5:00 – 7:00 PM at CTWC

October 14 to November 18 *

Wisdom Warriors classes meet every Tuesday
from 2:00 - 4:30 PM at the CTWC

Thursday, October 16

SDPI Community Walk
at Noon

October 18 *

NWWP Breast Cancer Awareness Walk
at Shoalwater Bay Tribe
10:30 AM – 2:00 PM

If you have any questions regarding any of these listed activities feel free to contact

Christina Hicks, Community Wellness Manager
at the Chehalis Tribal Wellness Center,
360-273-5504 ext. 1741

SDPI Staff

Pat Odiorne or Gloria Jones
at 360-273-5504

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

Chehalis Tribe Wisdom Warriors, Chronic Disease Self-Management Workshop

The Living Well Self-Management workshops were developed at Stanford University and have become the proven leader in self-management for people with chronic health conditions.

Learn how to:

- Control your pain
- Deal with fatigue
- Start an activity program
- Handle stress and relax
- Use medications effectively
- Solve problems and meet personal goals
- Make choices about your treatment
- Eat well to live well

This class meets for 2.5 hours every week for 6 weeks. This class will begin on

Tuesday, October 14
2:00 – 4:30 PM

at the Chehalis Tribal Wellness Center

For more information regarding workshop registration please contact Christina Hicks, at 360-273-5504 EXT 1741

WIC Program

Thursday, October 2
9:30 AM to 3:00 PM

WIC/Dental will be handing out
3 months worth of vouchers.

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.

Kale Chips - These are a low calorie nutritious snack

The last Chehalis community garden workshop featured kale. Did you know that one cup of cooked kale has super cholesterol lowering and anti-inflammation properties?

It is also is low calorie (30 cal/cup) and high in nutrition value, with one serving offering 98 % of your daily value of vitamin A, 75 % of vitamin C, and 1100 % of vitamin K, which is also why it isn't a good food choice for those taking any type of blood thinners (the high vitamin K content can interfere with how blood thinners work). Be sure to talk with your medical doctor or nurse practitioner about kale or any other foods you might have questions about.

Those in attendance were able to harvest, prepare and cook kale in three different ways by sautéing, in a fresh salad, and the crowd favorite, making kale chips.

Check out the kale chip recipe below and give it a try - you won't be disappointed!



Kale Chips Recipe

Ingredients

- 1 bunch kale
- 1 tablespoon olive oil
- 1 teaspoon seasoned salt

PREP 10 minutes
COOK 10 minutes
READY IN 20 minutes

Directions

Preheat an oven to 350 degrees F (175 degrees C). Line a non insulated cookie sheet with parchment paper.

With a knife or kitchen shears carefully remove the leaves from the thick stems and tear into bite size pieces. Wash and thoroughly dry kale with a salad spinner. Drizzle kale with olive oil and sprinkle with seasoning salt.

Bake until the edges brown but are not burnt, 10 to 15 minutes.



Chehalis Transformation Grant Ends in September - It's Not Good Bye, But See You Later!

By: Cassey Jankowiak, CTG Health Advocate and Educator

It is true that the Community Transformation Grant (CTG) is scheduled to end September 29, 2014. This means that CTG resources, which also funds my position, will go away, but that doesn't mean the efforts CTG planted to eat well and be more active has to come to an end too. The community garden is planted, growing some fall foods, and with consistent care it will continue to produce good food year after year. And, remember that a community walk, run, or workout can be initiated by anyone in the community. While the snacks and raffles that grants sometimes provide are nice, these things are never the best part of any event. It is the smiles, stories, laughs and coming together to achieve a common goal that keep us coming back, and this can be accomplished every day- with or without a grant.

A few memories that will remain with me are the community

garden and youth activities. I distinctly remember the warmth from the sun and smiles of those present at the Chehalis Community Garden Blessing ceremony. Equally joyous were the harvest days and garden activities with the youth, especially painting garden rock markers during the Youth Outreach parade.

Until our paths cross again-be well.



The CTG Program started the community gardens in both City of Oakville and Chehalis Reservation. The community garden provides tribal members with healthier food choices.

There are still a few more CTG events to attend for September!

Cover Crop Workshop
Monday, September 22
The Oakville community garden
(on School and Oakes)
5:00 - 7:00 PM

Garlic Planting Workshop
Tuesday, September 23
Community Center Community Garden
4:00 - 6:00 PM
Come plant garlic and bring your garden questions.

Fall Harvest Dinner
Monday, September 29
from 5:00 – 7:00 PM.
at the Chehalis Tribe Community Center
Gathering Room

Both community members are welcome to share in the celebration of hard work and garden bounty. Dinner and an opportunity for cider pressing will be provided. I hope you will come out to one or all of these events to have fun, say 'hi', but not 'good-bye', and 'see ya' later! Thank you for allowing me be a part of your community.

EXPANDED USDA FOOD OPTIONS NOW AVAILABLE!

Many people have misconceptions about the food offered by the South Puget Intertribal Planning Agency Food Distribution Program. There are more frozen meats, fresh vegetables, and in season fruits being offered now than ever before. The food is also much lower in fat and sodium than what was offered in prior years.

Below is a **partial** list of what is available.

Kernel Corn Mixed Vegetables Green Beans Sliced Potatoes Carrots Spaghetti Sauce Tomato Sauce Fresh Carrots Onions Celery Blocked & Sliced Cheese Egg Noodles Macaroni Noodles Rice Spaghetti Noodles AP & Wheat Flour Red & Russet Potatoes Broccoli Applesauce Apricots Peaches Pears Raisins Fresh Apples Grapefruits Oranges Grapes

Fruit Juices Canned Beans Whole Chicken Canned Chicken Ground Beef Roast Beef Chicken and Turkey Breasts Peanut Butter Bakery Mix Butter Vegetable Oil Refried Beans Dry Beans Variety of Soups

If you, or a member of your household, are enrolled in a federally recognized tribe, or you live within the reservation boundaries of the Chehalis, Nisqually, Skokomish, Squaxin Island, or Port Gamble S’Klallam Tribes you may be eligible. There have been recent changes enacted by the USDA that make it much easier to qualify.

Please call the SPIPA Food Distribution Warehouse at 360-438-4216. Monday through Friday between the hours of 8:00 AM till 4:00 PM and one of our staff will be happy to assist you in applying for this program.

USDA Food Distribution Dates

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

October 23
November 20
December 16

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.

Serving: the Confederated Tribes of the Chehalis Reservation, Nisqually Indian Tribe, Port Gamble Klallam Tribe, Skokomish Indian Tribe and Squaxin Island Tribe

BARRY'D TREASURE HUNT PROGRESSIVE GIVEAWAY

Win up to \$50,000

DRAWINGS EVERY SATURDAY IN SEPTEMBER!

- Earn entries every day, September 2nd - 27th
- Winners selected every half hour from 5:30^{PM} - 10:00^{PM} on September 6th, 13th, 20th & 27th
- Meet TV personality Barry Weiss from the hit A&E™ TV shows STORAGE WARS™ and BARRY'D TREASURE™

September 27th from 5:30^{PM} - 9:00^{PM}

lucky eagle CASINO & HOTEL

These are the Business License that were issued out within the months of July and August

BL #	Business Name	Business Contact
2014-225	Heath & Associates	Sally Heath
2014-226	Speaker, Author	Deborah Baker
2014-227	Northern Tum Pai Tai Chi	Lauren Jessup
2014-228	CTGW, LLC dba Great Wolf Lodge of Grand Mound	Jamie Thomassen
2014-229	AandR Hoods	Steven M Russell
2014-230	Ropes Courses INC	Jim Liggett
2014-231	Quality Parking Lott	Jeff Bond
2014-232	Dave Carson Music	David P Carson
2014-233	2 Brothers Tree Service LLC	Joseph D Lake
2014-234	DF Industries, INC DBA Strictly for Kids	Dale Fusch
2014-235	TripBTraining	Jeffrey Beaulieu
2014-236	The Children's Health Market	Susan Martin
2014-237	Two Knights INC DBA Creation Station	Frank Knight
2014-238	Lillian Jackson	Lillian Jackson
2014-239	Hinkle Properties INC DBA Hinkle Homes INC	John Hinkle
2014-240	Sterling Breen Crushing	Sterling Breen
2014-241	Siska Smoke	Guy Dunstan
2014-242	Forma Construction Co	Andrew Phillips
2014-243	Miche By Michelle	Michelle Mrachek
2014-244	Helping Hands	Stefanie Korneaau
2014-245	BK Flooring	Brian Kopa
2014-246	Smith & Greene Company	Garrett L Mullen
2014-247	The Sanction	Robert Balcom
2014-248	JC Ehrlich Co Inc DBA Eden Advanced Pest Technologies	Jessica M Hawk
2014-249	Material Testing & Consulting INC	Shareece Edmondson
2014-250	Rice Fergus Miller Architecture	Monica Blackwood
2014-251	Denise Ernst Training Consultation	Denise Ernst
2014-252	Janet Parker	Janet Parker
2014-253	Baldwin Crocher & Rudd, PC	Jack "Jared" Miller
2014-254	Schindler Elevator Corp	Phil Martin
2014-255	Suppression Systems INC	Cristine Orr
2014-256	Jamberry	Marisa Anderson

Drivers Think Safety First to Protect Children at Bus Stop

With school beginning drivers should be aware. What is the most dangerous part of the school bus ride? The bus stop! Children are at greatest risk when they are getting on or off the school bus. They become easily distracted and may start across the street without warning.

■ Don't understand the danger of moving vehicles.

■ Can't judge vehicle speed or distance.

■ May be blocked from view by the bus.

School bus safety tips for drivers:

■ Prepare to stop when a slowing bus has its overhead yellow lights flashing

■ Stop at least **20 feet away** for buses when red lights are flashing

■ Slow down in or near school and residential areas

■ Look for clues-such as safety patrols, crossing guards, bicycles, and playgrounds-that indicate children might be in the area

■ Watch for children between parked cars and other objects

School Buses are like traffic signals

■ When overhead lights are flashing yellow: Prepare to stop

■ When overhead lights are flashing red: Stop

■ When hazard warning lights are flashing: Proceed with caution

School bus safety tips for students:

■ Always stay in sight of the bus driver

■ Don't hurry off the bus; check traffic first

■ Don't go back to the bus after exiting

Additional school bus safety information is available from:

National Highway Traffic Safety Administration American School

Bus Council

National Safety Council



2014 Chehalis Tribal Business Committee Election

CANDIDATE FORUM



October 8, 2014

5:30pm - 7:30pm

**Community Center
Gathering Room**

Come meet your candidates, listen to their platform, and ask questions.

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

Friday, 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.

Enrollment Deadline

Enrollment Deadline is
September 30

For more information contact
Chris Ortvez, Enrollment Clerk at
360-273-5911.



Chehalis Tribal Newsletter

The Confederated Tribes of the Chehalis Reservation...

"People of the Sands"

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

Business Committee.

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

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

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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

A Cleaner Carpet
An Eco friendly Cleaner

Sheila Bray
Owner

360-970-5466
tinksmom2010@hotmail.com

Happy Birthday to Tribal Members Born in September

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Darrel Cayenne Debra Cayenne Karlea Youckton	2	3 Autum Beckwith David Gunnels Julie Miller Sean Shortman	4 Alyssa Albert	5 Cori Abell Nathan Gomez Eligah Quilt John Secena Roxanne Thompson	6 Jason Gillie Kathy Jones Billy Palmer Robert Vigil
7 Skyler Baker Dennis Cayenne Kelsey Potter	8 Chris Ortivez Walter Pickernell-Daniels Jake Tanner	9	10 Ruth Rogers Darrin Starr	11 Nancy Romero Freddie Sanchez, Jr. George Sanchez, Jr.	12 Norita Comeaux Joaquina Coty Ethan Owens Jason Slighte, Jr.	13 Mason Combs Gary Gunnels Nick Purcell Cody Revay
14 Billie Higheagle Malikah McNair	15 Trudy Marcellay Aniyah Ortivez-Hicks	16 Ruben Lopez	17 Timothy Poling	18 Jimmy Burnett Dashawn Hernandez Jon Jack, Sr. Jason Medina Eli Snell Vanessa Youckton	19 Cammi Canales Allen Jones Theresa Youckton	20
21 Roger Shortman	22 Sean Adams Minetta Cayenne Eugene Klatush	23 Julia Higheagle Eddie Klatush	24 Sylvia Cayenne Kayla Nyreen Bryan Secena-Sanders Ethan Wittwer	25 Whitney Lewis James Pickernell	26 Linda Daniels Andrew Starr	27
28 Shanin Clancy Karen Davis Geo Jack Samuel Wright	29 Angelicia Canales Dustin Klatush Sasha Klatush	30 Gerald Cayenne Charles Latch III Michael Romero Richard Romo, Jr. Bette "Sheena" Tanner				

Wishing all the Cayenne Family Members
"Happy Birthday" for the month of September.

Darrel and Debra Cayenne (Nelson) twins 9/01
Dennis Cayenne 9/07
(Oh my look who just turned "55")
Happy Anniversary to Dennis & Lucille (9/14)
How many years? This would also be our "Mom Jane's Birthday"
Jerry Cayenne 9/30
Bette Tanner (Cayenne) 9/30
Whitney Lewis 9/25 (Walter's Daughter)
Sylvia Cayenne's granddaughter, several nieces & nephews birthdays also.
Minetta Cayenne, Malikah McNair

Happy Birthday
Husband, Dad & Brother
Love your wife Melanie
Sons, Cameron, Adrian, Noah,
Lil' Eli and Brother Kevin

Happy Birthday Son!!
You are such a great father and son....
I love you Mom

Happy Birthday
Chris Ortivez!!
With <3
Anna & Family

Happy Birthday
Linda Daniels



We Love You!!!
From Your Family

Happy Birthday
Vanessa Youckton!!!

Happy Birthday
Silly Ma Nilly
(Sylvia Cayenne)
Much <3

Anna ©

Happy Birthday
Roger Shortman
Love your wife Margaret

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

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, art classes, or 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

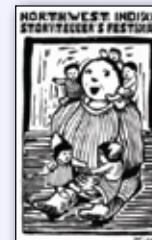
Pendleton Sewing Classes

Coming Soon!

If you are interesting in making a vest, bag or an apron. Sign up sheets will be available at the tribal center front desk or the Heritage room at the Community Center.

9th Annual Northwest Indian Storytelling Festival

Saturday and Sunday
October 11 and 12
Portland, Oregon



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.

Storytellers 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 History Preserved on University Microfilm

Compiled by Jolynn Amrine Goertz

“Reservation Notes” from 1932

The University of Washington holds a microfilm collection of many historic Washington newspapers, including early issues of *The Oakville Cruiser*. In the 1920s and 1930s, *The Oakville Cruiser* had a section on “News Stories of Interest from Neighboring Communities.” These communities included Cedarville, East Oakville, Garrard Creek, and the Reservation. Some of the “Reservation Notes” are credited to Frank Pete, and others were written by staff correspondents. These “Notes” give us a glimpse of what life was like on the Reservation in the early twentieth century. The following excerpt is from January 22, 1932.

Reservation Notes

W. H. Cameron, Attorney of Centralia, was a business caller on the Reservation last week.

Mr. and Mrs. Frank Pete and daughter, Ruth, were callers at the Reservation last week, enroute from Hoquiam.

Wm. Carrlson and daughter, Elizabeth, of the Muckleboat [Muckleshoot] Reservation are guests of Mr. and Mrs. Johnny Benn.

A card party was held at the Beckwith residence last Friday. Refreshments were served at midnight. The big Chief had a good time.

A party for the young people was given Saturday night at the Johnny Benn residence.

The officials of the U. S. Indian Office played Santa last week for everybody got shoes, overcoat and underwear. The big Chief thanked them.

Bis[h]op Peter Heck and George Jack, his secretary, went to Neah Bay last week on a business trip.

The big Chief was invited on that trip, but he was

a little afraid being Leap Year, he thought it best to stay home.

And, a little later,

High Water Threatens

The highway east of Oakville was submerged Wednesday and Thursday of this week, but traffic was able to continue. At last report it was receding.

Resources

Old copies of *The Oakville Cruiser* can be viewed on microfilm in the MicNews section of the Suzzallo and Allen Libraries at the University of Washington in Seattle, and at the Washington State Library in Olympia.

“Reservation Notes.” *The Oakville Cruiser*. 22 January 1932. Microform. Suzzallo and Allen Libraries Microform and Newspaper Collections: Microfilm A6044.

Young Tribal Member Recognized For Artistic Expression

Young Tribal Member Artist, Maddex, participated in Centralia Parks and Recreation "Arts in the Park" summer camp at Borst Park. The camp exposed Maddex to various forms of art including water color painting, sculptures and photography. Maddex especially loved photography.

After camp, Maddex entered three photographs and one water color painting into the Southwest Washington Fair. His painting was awarded second place in the Junior Art category. Amazingly every single one of his photographs won an award. Maddex came home with second place, first place and Reserve Champion ribbons in the Junior Photography category. Way to go Maddex! We are proud of you!

Maddex is pictured here with his picture "The Garden" which brought home a big fancy rainbow ribbon.



Outreach Parade



Education Program Encourages Children to Achieve Their Academic Success

The Student of the Month incentive program will be starting up soon for the school year. This is great program as it encourages and recognizes children for their efforts in achieving their academic success.

If you feel that your tribal member

child should be nominated for student of the month. Please contact Jodie Smith at jsmith@chehalistribe.org or 360-709-1897. State the reason why your child should be considered.

These suggestions are due by the last Friday of each month.

T-Shirt Design Contest Winner



The Vocation Rehabilitation Program had a art contest for the Youth Outreach parade.

The children were invited to come up with a design that asked them questions on: What is special about the Chehalis Tribe to you? What is your vision when you think of tribe, the people, the community, the environment and culture?

Tristan Smith won the 6-13 Year old division. Congratulations!

Tristan Smith holding his t-shirt with his winning design on it.

CHEHALIS TRIBAL LOAN FUND NEWS

Top Ways to Boost Your Credit Score

The Chehalis Tribal Loan Fund has assisted many tribal and community members with clearing/boosting their credit scores. Here are some tips you can use to boost your credit score.

- Monitor your credit. You can get your free credit report once a year at annualcreditreport.com
- Fix any errors on your credit report. Almost 52 million Americans had errors on their credit report in 2012. In order to fix any errors, you must contact the Credit Bureau with the error. Here are the three main credit bureaus: Equifax, Experian, and Transunion.
- Minimize your credit utilization rate: In order to fix your credit score, it is important to know specific variables that affect it. A higher credit utilization ratio affects your score negatively because it shows that you are using more of your credit limit. In other words, it is good to have a large amount of credit available, but bad to be using a large fraction of it.
 - Try not using your loans and/or credit cards to their limit.

- Do not close old credit cards even if you don't use them. The more credit you have available and do not use, the lower (better) your credit utilization ratio will be.

- Stay on top of your balances and payments. Not making payments on time lowers your credit score significantly and causes you to pay finance charges. Know your balances and payment deadlines. Late payments destroy your scores!
- Get a secured credit card. Having and using credit responsibly will raise your credit score. But if you are unable to get a regular, unsecured card, then getting a secured credit card that actually reports to credit bureaus monthly is a good option.

Please come into our office if you would like assistance with cleaning up your credit, debt consolidation, home improvement loans, or a business loan.

Julie Burnett, Executive Director
Diana Pickernell, Loan Coordinator

Emergency Preparedness Expo

Saturday, September 27
10:00 AM - 3:00 PM

Peter G. Schmidt Elementary School
 225 Dennis Street, Tumwater WA

Wheelchair Accessible

Learn about how to prepare for natural disasters. This expo will have guest speakers, information booths to assist your family to prepare for disasters.

Chehalis Tribal 3rd Annual Suicide Prevention/Awareness Walk



Sunday, September 28
Starts at 11:00 AM
Meet at the
Gathering Room

Join us for a Memorial Walk
 in honor of

Suicide Prevention Month

Walk will be followed by a
 lunch in the Community Center,
 and a Guest Speaker

Sponsored by DBHR G2G
 Prevention Grant via Tsapowum
 Chehalis Tribal Behavioral Health
 and Lucky Eagle Casino



20th Annual Gathering
 Hosted by the Squaxin Island Tribe

October 3 and 4
at Squaxin Island Tribe's
Little Creek Casino and Resort

F.I.R.E. Summit
 Facilitating Indigenous Revolution through Education

November 13, 2014
8:00 am – 2:30 pm
South Puget Sound Community College

The F.I.R.E. Summit is a joint project between the Nisqually Tribe, the Squaxin Island Tribe, the Chehalis Tribe and SPSCC. We are working together to support the success of Native students in higher education. Join us for a Native students day at college.
 Featuring Guest Speaker Sherman Alexie and Family Reception

Learn more: Eileen Yoshima Director of Diversity and Equity (360) 596-5383 eyoshima@spsc.edu
 Special thanks to Ruth Whitener for the Blue Butterfly design

SAVE THE DATE!!! ANNUAL CHEHALIS TRIBAL ELDERS HOLIDAY BAZAAR

Saturday, December 6
9:00 AM – 5:00 PM
Chehalis Lucky Eagle Casino
Event Center

Interested Vendors contact Trudy Marcellay
trudymarcellay@comcast.net or call 360-360-888-5808 to reserve your table now.

Limited spaces first come, first serve.

FirstName LastName
Street Address
City, ST Zip

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OAKVILLE WA
PERMIT No. 2



Fun Activities

Face Painting was one of the fun activities offered to the children after the parade.

youth worker had to complete a “Action Plan” (a modified Business Plan provided by Julie Burnett) as a part of this project. They were assigned to help with the planning, organizing and float decorating as much as possible. They were excited to work on this project to help create an amazing parade.

The parade began at 10:00 on the morning of August 15. The streets along the parade route were packed with spectators excited to see the tribal staff in costumes among the thirteen outstanding parade floats. Many children watched as the floats went by and eagerly gathered candy as it was thrown. The parade was a huge success, enjoyed by all who participated.

The parade was followed by a BBQ lunch at the community center along with a big raffle and fun activities for the kids. Many programs and businesses set up informational booths with exciting handouts and activities. Many of the kids went away with painted rocks, water bottles, t-shirts, and helmets.

An exciting piece of this project was the involvement of community children in art contests. We incorporated a youth t-shirt designing contest and bike decorating contest. First we asked youth from the community to create a drawing that depicted their vision of the Chehalis Tribe (their home/culture/community) showing us how it is special to them. Many children submitted drawings and a panel of six tribal elders were chosen as judges. Tristan Smith, an 8 year old Chehalis Tribal member, was chosen as 1st place. His drawing was used for the event t-shirts. Congrats Tristan! The bike decorating contest produced many excited children ready to show off their decorating skills during the parade. The parade’s float judges also selected the top three bikes and the winners were given trophies. Tayleena Klatush-“Minnie Mouse” was the 1st place winner, along with

Carolann Black in 2nd place, and Avery McJoe as 3rd place. All bike participants were awarded with gift certificates for EOT 1 from the Heritage and Culture Program. Congrats to all!

Programs and their Disney theme floats

Social Services: Up
Behavioral Health: Winnie the Pooh
Law Enforcement: Pirates of the Caribbean
Clinic: Sleeping Beauty

Head Start: 101 Dalmatians

Planning: Cinderella

Accounting: Mary Popins

Enterprises: Fantasia

Natural Resources/Fisheries: Robin Hood

Great Wolf Lodge: Wiley the Wolf

Lucky Eagle Casino: Cars

Youth Center: Bike Decorating Contest

Eagles Landing Hotel: Snow White

SPECIAL THANKS TO:

- Chehalis Tribal Government: The Business Committee gave us their support and approval to access all of the pieces that were needed to create this amazing event. Thank You for all of your support!
- Chehalis Tribal Loan Fund: Eager to work with the Summer Youth Workers, Director Julie Burnett offered her assistance in creating materials that would contribute to the financial and business literacy of the youth. She created a modified Business Plan which the youth workers used as a planning and budgeting tool in their float planning process. Thanks Julie!
- Lewis County Behavioral Health and Social Services Department for their support by sponsoring the delicious BBQ lunch catered by J’s BBQ of Centralia, WA. They sure know how to cook! Thank You Lewis County!
- Chehalis Tribal Education and Youth Departments: As the head of the Summer Youth Program, John Shortman Jr., supported our ideas for this event and gave us access to the Youth to complete the parade tasks. Tony supported the youth art contest and bike parade by allowing us to put the submission boxes at the youth center and he helped with making sure all the kids at the youth center had a bike to ride in the parade. The big bounce house at the BBQ was also made possible by the youth program. Thank You JJ and Tony!
- Chehalis Tribal Enterprises: End of the Trail stores sponsored the event by providing beverages for the BBQ following the parade. Thank You Enterprise staff!
- Chehalis Tribal Law Enforcement: Chief Ralph Wyman and his staff were a huge support for this event and made it possible for us to offer brand new bicycle helmets to the youth. Also, the police officers allowed the parade route to go through intersections smoothly and safely. Thank you Law Enforcement!
- Chehalis Tribal Administrative Department: Bones and his staff contributed to the event by sponsoring the contest trophies which were awarded to the Best Float and Bike decorating contestants. Thank You!
- Maintenance and Grounds Crew: Josh Terry and crew helped us in so many ways. We couldn’t be more grateful for all of the work they did: delivering candy bags, transporting the kids’ bikes, setting up tables and chairs, clean up etc. We appreciate the work you all did to help make this event successful. Thank You!
- Event Staff: Phillip helped make sure we had enough tables and chairs for the event and volunteered to be the parade lead. Thanks Phillip!
- Lucky Eagle Casino and Hotel: The casino and hotel were so supportive of this event. They provided canopy tents for the BBQ and the hotel allowed us to use their parking area for the parade starting point while security from the casino helped with traffic.
- I.T. Department: I.T. did a great job of capturing this amazing event! The entire staff was on site to record the floats and spectators along the route. They created an outstanding parade video. Thank you I.T.!
- We would also like to thank each and every one of our tribal departments. and business enterprises for all of the awesome prizes that were contributed to the raffle.