



# CHEHALIS TRIBAL NEWSLETTER

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

February 2015

Free

## Private Basket Collection Gifted to the Chehalis Tribe

By Jolynn Goertz, Cultural Resource Specialist

On Monday, January 26, Heritage Committee members and staff and Tribal Historic Preservation staff made a trip up to Stanwood, Washington to accept gift of eighteen baskets. The gift was made by Pann Benedict, who has cared for the collection and kept the baskets in excellent condition. The baskets have been in her family for many years, and she wanted to return the collection to the Chehalis people. The baskets came to the Benedict family during the Great Depression. Mae Sloane Benedict, Pann's grandmother, received the baskets through trade, and then passed them on to her family. The collection consists of baskets made from bear grass, cedar bark, raffia,



Heritage Committee members and Tribal Historic Preservation staff accepted a gift of eighteen baskets from Pann Benedict.

and even rye grass. Notes within each basket indicate origin or style.

Pann's parents, John and Patty Benedict, had an abiding interest in Chehalis culture. Along with the baskets, Pann gifted a notebook

and files kept by her parents while they were taking a class at Centralia College on Chehalis culture and history. The class was taught by Helen Neilson, with

Continued on Page 2

## Tribal Members Reprogram Their Tribal Identification Card to Qualify for Fuel Tax

On Thursday, January 21, tribal members came to the End of the Trail II to reprogram their tribal member identification card to continue their Chehalis tribal member fuel discount. End of the Trail staff were available that day to reprogram and answer questions. The Lucky Eagle staff provided snacks and drinks for all who attended that day. The process was quick without long lines.

### NOTICE TO TRIBAL MEMBERS:

If you were unable to make the event in January, you can still reprogram you card to qualify for the fuel tax exemption.

Continued on Page 3



Tribal members at the End of the Trail II to reprogram their tribal identification card with store employees

## The Excitement is Building -Casino Starts Expansion-

Dear Tribal Community

As we break ground on the new expansion of the Lucky Eagle Casino and Hotel, I wanted to take a moment to thank you for making this incredible project possible, The design will introduce concepts never before seen in the gaming industry in the Pacific Northwest, and will make the property a "must visit" for current and new guests alike.

And just wait until you see it!

The plans have features and amenities that are nothing short of amazing. A 120,000 square foot parking garage will actually sit above the casino expansion, enabling guests to go directly from their cars to the gaming floor without a long walk or exposure to the elements. An upscale sports bar with an urban feel and see-through beverage pipes will make viewing parties truly special. An awesome salmon pit in the remodeled buffet

Continued on Page 3

### Inside

Health and Wellness News .....	4
Staff Profile: Ate'ha Triance, LPN .....	5
Opportunity for Native Artists .....	6
Exercise Room Hours .....	7
February Birthdays .....	8
Loan Fund Program News .....	9
Students of the Month .....	10
Early Learning News .....	11
Substance Abuse Workshop .....	12



**Collection continued from Page 1**  
archaeologist Jeanne Welch and linguist Dale Kinkade giving lectures.

Before the trip to Stanwood, Heritage Committee members and staff travelled to the Hibulb Cultural Center to make a tour of Tulalip exhibits and consult with cultural center staff. This included Christina Hicks, Chair of the Committee, Virginia Canales, Cindy Andy, and Heather Youckton, and staff member Lynn Hoheisel. The group was very impressed with the Hibulb facility. Tribal Historic Preservation staff Dan Penn and Jolynn Amrine Goertz met the group in Stanwood, bringing with them supplies for wrapping

the baskets and transporting them back to the reservation. The group discussed the history of the collection with Pann and examined the baskets. Baskets were photographed, wrapped, and placed in acid-free tissue paper and storage boxes. The baskets are currently in quarantine and then will be cataloged and inventoried. Options are being explored for sharing the baskets with the community.



**Pann Benedict graciously donated her family’s basket collection to the Chehalis Tribe.**

Many thanks are extended to Pann, who graciously opened her home and provided a delicious lunch for the guests. Her sharing—both of the basket collection and her knowledge—supports the preservation of Chehalis culture and history.



**Photos submitted by Heritage and Culture Program.**

# SPECIAL USE PERMIT PUBLIC NOTICE

When you’re thinking about building, a Special Use Permit is required for any building activities proposed that would be located in a designated flood hazard area or within the Sensitive Lands Zoning designation on the reservation or off-reservation Tribal fee or trust land. When a Special Use Permit is needed, the applicant fills out the application, pays the \$25 dollar fee, and the project is reviewed by the Tribe’s Chief Building Officer. When the application has passed that process, it will go out for a 14-day public comment period.

Previously, this part of the process was done exclusively through paper notices posted on reservation bulletin boards (the Tribal Center, the stores, Housing, etc.). Now, however, the Chehalis Tribal Planning Department will be able to utilize the internet to reach more of the Tribal member public through the tribal website.

## Directions

Simply go to [www.chehalis-tribe.org](http://www.chehalis-tribe.org), click on Departments and select Planning from the drop down menu.

When the Planning page loads, there will be a small boxed menu on the right of the page, click on Public Notices.

Any Special Use Permits out for public comment will appear with a downloadable PDF to review.

## Contact Information

If you have any comments or questions on any Special Use Permit, or anything you see on the Planning page of the Tribe’s website, please call

**Chehalis Tribal Planning Office  
at the Tribal Center  
at 360-273-5911**



**Expansion continued from Page 1**

will be unlike anything our guests have experienced in our area.

It all adds up to a beautiful addition to your casino and hotel that promises to be the talk of southwest Washington. We will keep you posted on our progress moving forward, and invite you to watch the project take shape at [luckyeagle.com](http://luckyeagle.com).

I thank you again for your support and feedback.

Kind regards,

John Setterstrom, General Manager      360-273-2000      [luckyeagle.com](http://luckyeagle.com)  
Lucky Eagle Casino



**This is a sample drawing of the finished product for the expansion project for the Lucky Eagle Casino and Hotel. The construction phase should be completed in 16-18 months.**

**Exempt continued from page 1**

**Locations Where Tribal Members Can Reprogram Their Enrollment Cards**

**EOT 2:**

Contact Lisa Turner or Chris Klatush to reprogram you card. They are available Tuesday through Saturday from 5:30 AM to 1:30 PM

**CTE Office:**

Contact Mackenzie Jones and Willie Secena to reprogram cards. They are available Monday through Friday from 8:00 AM to 4:30 PM.

For more information contact Manny Medina, Manager, for any specific questions or concerns at

[mmedina@chehalistribe.org](mailto:mmedina@chehalistribe.org)  
or at his CTE office number  
**360-273-1251**



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

**~ Now Hiring ~**

Are you a Chehalis Tribal Member? Do you have experience as a carpenter and/or laborer? (Experience is preferred but not required!)

If the answer to both these questions is YES, I have great news for you! Forma Construction is looking to hire you! **\*\*You can go to the hotel parking lot and speak with Chad Lincoln, Superintendent. Let him know you are a Tribal member or send me your name and phone number at your earliest convenience. Anna Hartman, Enterprise HR Coordinator at 273-1251 EXT. 112**

**\*\*Please note Forma Construction is a union contractor. Chehalis Tribal members will get assistance to join the union.**

Anyone can apply! Forma is trying to hire as many Chehalis Tribal Members as they can.

**Watch for addition information on Job Fairs in the Future!**

**USDA Foods - Distribution Dates**

**February 19  
March 19  
April 16**

For more information please call the SPIPA Food Distribution Warehouse at **360-438-4216**.

Pickup is at the Community Center from 10:00 AM to 1:00 PM

Monday through Friday  
between the hours of  
8:00 AM until 4:00 PM.

To be eligible for this program you, or a member of your household, are enrolled in a federally recognized tribe you.

One of our staff will be happy to assist you in applying for this program.

**Newsletter Deadline Change**

The newsletter deadline has changed to the 1st of each month. This will allow the newsletter to be mailed out earlier in the month.

Remember that events that may not make the deadline will be posted on our website. Go to [Chehalistribe.org](http://Chehalistribe.org). Thank you for your patience.

# Tribal Health and Wellness News

## February is American Heart Month

**Are you at risk for Heart Disease?** During the month of February, Americans see the human heart as the symbol of love. February is American Heart Month, a time to show you the love. Learn about your risks for heart disease and stroke and stay “heart healthy” for yourself and your loved ones.

Just like an engine makes a car go, your heart keeps your body running. As you grow older, some changes in the heart and blood vessels are normal, but others are caused by disease.

Choices you might make every day can contribute to heart disease. Do you smoke? Are you overweight? Do you spend the day sitting at a desk or in front of the TV? Do you avoid exercising? Do you drink a lot of alcohol? If you answered yes to one or more of these questions, making healthy lifestyle changes might help you prevent or delay heart disease.

### **Take the following steps to keep your heart healthy:**

**Be more physically active.** Aim for 30 minutes of moderate-intensity activity on most or all days of the week. Every day is best. It doesn't have

to be done all at once—10 minute periods will do. Start by doing activities you enjoy—brisk walking, dancing, swimming, bicycling, or playing basketball or tennis.

**If you smoke, quit.** It's never too late to get some benefit from quitting smoking.

**Follow a heart healthy diet.** Choose low fat-foods and those that are low in salt. Eat plenty of fruits and vegetables, and foods high in fiber. Following a healthy eating plan and being physically active might help you.

**Keep a healthy weight.** Your health care provider can check your weight and height to learn your BMI (body mass index). A BMI of 25 or higher means you are at risk for heart disease, as well as diabetes and other health conditions. Following a healthy eating plan and being physically active might help you.

Article adapted from: “Go4Life” Everyday fitness ideas from the National Institute on Aging at NIH; and CDC “February is American Heart Month” <http://www.cdc.gov/features/heartmonth/>.

## Mammogram Dates

**Wednesday, March 4**  
**From 9:00 AM to 3:00 PM**

**Friday, May 29**  
**From 9:00 AM to 3:00 PM**

You can call the Clinic to schedule your Mammogram at 360-273-5504

For more information contact Christina Hicks, Community Wellness Manager at 360-709-1741 or email [chicks@chehalistribe.org](mailto:chicks@chehalistribe.org)

## Healthy Native Hearts Luncheon

Proudly Presented By

**Wednesday, February 18**  
**11:00 AM - 1:00 PM**

**Chehalis Tribal Community Center - Gathering Room**  
**461 Anderson Road; Oakville WA 98568**



### Health Services Available

- Health education and presentation by Dr. Lance Ray
- Chair Exercise led by Patient Navigator Ate'ha Triance LPN
- Heart healthy luncheon
- Free blood pressure and glucose screenings
- Free heart health and stroke resources
- Free hands only CPR and Simple Cooking with Heart recipes

Questions or RSVP, contact Christina Hicks, Chehalis Tribal Community Wellness Manager at 360-709-1741 or [chicks@chehalistribe.org](mailto:chicks@chehalistribe.org) or Wendy Zheng, American Heart Association Multicultural Initiatives Regional Director at 206-834-8654 or [wendy.zheng@heart.org](mailto:wendy.zheng@heart.org)



### SPIPA Colon Health Program Presents



**Fourth Annual**  
**March to Prevention at**  
**the Squaxin Community**  
**Kitchen**

**Saturday, March 7**  
**10:00 AM to 3:00 PM**

Complete a Community Wellness Survey at the event and receive a raffle ticket for the chance to win one of three Cabelas gift cards or other prizes. Lunch will be provided.

Made possible by a cooperative agreement between SPIPA and Centers for Disease Control and Prevention Grant number 5U58FP0003069-06





## CHEHALIS TRIBAL DENTAL CLINIC

# ~ February is Children's Oral Health Month ~

At this time we will be starting our 0-5 year old dental exam program.

For Chehalis Tribal members only, we will be giving prizes for 0-5 year olds when they come in for a dental visit.

If your child is not registered, please register them so we can make them an appointment to be seen.

■ Prizes for 0-2 year olds will be a **Toothbrush, and "Teeth Under Construction" T-shirt.** (While supplies last.)

■ Prizes for 3-5 year olds will be an **Oral-B Pro-Health Stages Power Brush.**

Please call 360-709-1659, and make an appointment for your child today. Prizes are subject to change depending upon availability.

## Staff Profile: Diabetes Nurse Education and Patient Navigator

My name is Ate'ha Triance, but most know me as "Tia." I am a Licensed Practical Nurse and employed at the Chehalis Tribal Wellness Center. I am now your New Diabetes Nurse Educator with SDPI and Patient Navigator with the Colon Health Program.

I have been with the Chehalis Tribal Wellness Center for just over a year and a half as a LPN. I am happy and excited to working with SDPI and CHP programs. My background in long term care and rehabilitation, cardiology, family practice, and correctional nursing have assisted me greatly



**Ate'ha Triance, LPN**  
**SDPI Diabetes Nurse Educator**  
**Colon Health Program**  
**Patient Navigator**

in serving the community.

I am a Quinault native which has served me well. I am married and have two wonderful kids, a boy and a girl. My husband works overseas as a Personal Contractor with the Military. I am happy and excited to continue working with the community and look forward to what the future brings.

I hope to bring new, exciting events and opportunities for the tribal community to get healthy to avoid medical issues.

*Have a great day!*

## The Lifestyle Balance Program

**What:** Weekly classes on Healthy Eating and Being Active

**When:** Starting in March 11 at Noon

**Where:** At the Chehalis Tribal Wellness Center PT Room

If you're interested in learning to eat healthier and learning how to be more physically active, then this program is right for you!

To learn more about this program please contact

Pat Odiorne, at 360-273-5504 EXT. 1884 or email: [podiorne@chehalistribe.org](mailto:podiorne@chehalistribe.org) or Christina Hicks, at 360-709-1741 or email: [chicks@chehalistribe.org](mailto:chicks@chehalistribe.org).

You can stop by the clinic to see them too.

The goal is to help people lose at least 7% of body fat, and give you the tools to continue with living a more physically active and healthy lifestyle.



## WIC Program



(Women, Infants, and Children) provides healthy foods and nutrition information for you and your child up to age 5.

For appointments or questions, contact:

Deb Shortman at 360-709-1689

Debbie Gardipee-Reyes  
360-462-3227 or [gardipee@spipa.org](mailto:gardipee@spipa.org)

Patty 360-462-3224

SPIPA main number: 360-426-3990

### WIC Dates

1st Thursday each month 9:00 AM — 3:00 PM  
Chehalis Wellness Center  
(dates and times may change)

## Cancer Support Groups



**Thursday, February 26**  
**5:00 PM**  
**Chehalis Wellness**  
**Center - PT Room**

All are Welcome. A light meal will be provided. Contact Sarah at 360-462-3241 or Christina at 360-273-5504 for more information



**The Colon Health Program staff from the SPIPA program dedicate themselves in assisting those effected by the disease.**

**NOTICE:** Information displayed on 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.

# OPPORTUNITY FOR AMERICAN INDIAN, ALASKA NATIVE AND NATIVE HAWAIIAN ARTISTS

(VANCOUVER, Wash.) – American Indian, Alaska Native and Native Hawaiian artists nationwide have until April 6 to apply for the 2015 Native Arts and Cultures Foundation (NACF) Artist Fellowship.

## 2015 NACF Artist Fellowships

The coveted national award includes support ranging up to \$20,000 per artist. Awards will be made in six artistic disciplines, including: performing arts, filmmaking, literature, music, traditional arts and visual arts. “To meet a broadening need in the arts community, this year we invite applications in the discipline of performing arts,” said NACF Program Officer Andre Bouchard (of Kootenai and Chippewa descent). “More Native artists than ever before are exploring performing arts through multi-disciplinary approaches. We are looking forward to seeing what Native performing artists have been up to around the country!”

**DEADLINE: Monday, April 6,  
5:00 PM - P.S.T.**

To apply, artists who are members of federally and state-recognized U.S. tribes, Alaska Native and Native Hawaiian communities can review criteria and complete an application at <http://your.culturegrants.org> before the April 6, 5:00 PM PST deadline.

The foundation will announce award recipients in August 2015. For questions and technical support, contact Program Officer Andre Bouchard at [andre@nativeartsandcultures.org](mailto:andre@nativeartsandcultures.org) or 360-314-2421.

One of the only opportunities in the U.S. of this magnitude dedicated to supporting Indigenous artists and culture makers, the foundation’s national fellowship has been awarded to 41 American Indian, Alaska Native and Native Hawaiian artists so far. Artists who have received the award in the past are ineligible to apply for the 2015 NACF Artist Fellowship. Past fellows include visual artist Nora Naranjo Morse (Tewa), recording artist Keola Beamer (Native Hawaiian), choreographer Emily Johnson (Yup’ik), author David Treuer (Ojibwe), multidisciplinary artist Shan Goshorn (Eastern Band Cherokee) and film director Andrew Okpeaha MacLean (Iñupiaq).

Since it began operating in 2009, the nonprofit foundation has invested \$5,113,574 in programs to support Native arts and cultures across the nation, including direct support for over 127 Native artists and organizations. To learn more about the foundation’s mission and past fellows awarded, visit

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



To date, 41 American Indian, Alaska Native and Native Hawaiian artists and culture makers have been honored with a Native Arts and Cultures Foundation Artist Fellowship. NACF Fellows clockwise from left, work by Nora Naranjo Morse (Tewa), visual artist Sonya Kelliher-Combs (Athabaskan/Iñupiaq) in studio, work by Alan Michelson (Mohawk), performance by author Sherwin Bitsui (Navajo), still from documentary film by Christen Marquez (Native Hawaiian) and weaver Jeremy Frey (Passamaquoddy) in studio.

# 10 Easy Tips to Keep Mice From Coming in Your Home

Almost all homeowners and renters know the feeling of unease that accompanies finding mice or rodents in your home. Whether in the kitchen, attic, basement or dining room - a rodent sighting can incite surprise and fear in even the most composed person. Unfortunately, these common pests are resourceful creatures that can enter a building or home through the smallest opening or crack, and require very little space to travel inside. Mice can easily fit through spaces as small as a nickel!

Rodents seek shelter indoors, especially during the cooler fall and winter months, and once inside can cause more than just an unpleasant infestation. Rodents put homes at risk for electrical fires by gnawing through wires. More frequently, though, rodents serve as vectors, carrying bacteria, such as salmonella, on their bodies and contaminating food sources, kitchen surfaces and equipment.

Fortunately, there are many ways homeowners and renters can proactively prevent and get rid of rodent infestations in their homes. The biggest reason mice enter the home is for food and shelter. Remove either of these, and mice won’t find it habitable:

- Install door sweeps on exterior doors and repair damaged screens. Make sure there are no gaps along the bottom of your door that will allow mice to enter the home
- Screen vents and openings to chimneys.
- Seal cracks and holes on the outside of the home, including areas where utilities and pipes enter the home, using caulk, steel wool or a combination of both.
- Store food in airtight containers and dispose of garbage properly regularly.
- Make sure counters and floors are kept clean of any potential food sources such as dirty dishes, garbage, paper, tissue.
- Keep attics, basements and crawl spaces well ventilated and dry.
- Replace loose mortar and weather stripping around the basement foundation and windows.
- Inspect items such as boxes, grocery bags and other packages brought into the home.
- Store firewood at least 20 feet away from the house.
- Keep shrubbery trimmed and cut back from the house.
- Keep your lawn mowed and grass trimmed along the house. Mice don’t like to cross areas where they are vulnerable to prey.
- If you suspect a pest infestation in your home, contact a licensed pest professional to inspect and treat the pest problem.

If you spot evidence of a rodent infestation, do not hesitate to act to handle the problem. Rodents are known to reproduce quickly, and a small problem can turn into a big issue overnight if left untreated.

Rodent control and management are important for health and safety reasons. If you suspect a rodent infestation, contact your local pest control professional immediately.



# 2015 Business License

## Business Names

Fried Bread Queen	All County Rooter LLC
Jean's Gift Shop	Young's Janitorial
Salish People	Alarm Center, Inc.
Cascade Trading Company	Water Management Laboratories, Inc
Blue Drum Art Glass	Coal Creek Plumbing Repair
Roy Joe	Coast Office, Inc.
Hazel Pete Institute of Chehalis Basketry	AHBL, Inc.
K & C Creation	Food Services of America
Ray & Marie Griswold Woodworkings	NW Cascade, Inc.
Rez Gear	Paint Smith Company
Beadnv	Schumacher Electric, Inc.
Fat Cat Studio	Crown Dist Co of Aberdeen
Tin Can Gallery	Always Safe & Lock, Inc.
Craft C. Andy	Pacific Breeze Products
Kathy's Kreation	JKR LLC dba Service Linen Supply
YVS INC.	Maple Direct
Phyllis Covington	MacDonald Meat Company LLC
The Basketry Studio	Smith & Greene Company
Chief Big Man	Southgate Fencing, Inc.
Newhauken Arts	GT Roofing LLC
Celebrating Home	Travers Electric
Johnson Pickernell	Convergint Technologies
Pat's Crafts	Western State Design, Inc
Dove Chocolate Discoveries	Gensco
Marie L Chrastina	System Concepts, Inc
The Best of Beckwith	Dick Lutz Consulting
Kelly Trade	Funaddicts
Mt St Helen's Rod Co.	Xpertx, Inc.
Chelsie Capoeman	Pacific Testing & Inspection LLC
TGIF	Brumfield Construction, Inc
Trucy Marcellay	John Korsmo Construction, Inc.
Posh with Justina	MacDonald Miller Facility Solutions INC
EAC Enterprises-Emerald Plumbing Services	Pearl's Native Crafts
CMIT Solutions of Olympia	Royce's Prop Shop, Inc
Big Rock Construction, Inc.	Sharp Bros
Harbor Wholesale Grocery	R Brown, Inc
AGS, LLC	Rice Fergus Miller
Parametrix, Inc.	Puget Sound Entertainment
PDSA Consulting, Inc.	Enviro Tech Septic Solutions LLC
McCann Construction, LLC	Code Support Group
Raucous, LLC	Dave Carson Music, Soul Siren
D elegant	L&E Bottling Company
Claims Processing Center	Pacific Mobile Structures, Inc
CSIP, Inc.	Shield of Armor Safety & Risk Management
(N/G)	Rock City
Beeline Apriaries & Woodenware	Northwest Carpet Cleaning & Services, Inc.

Thunder Fireworks INC  
Burger Claim  
FORMA Construction Company  
All City Lock & Key  
DF Industries, Inc. dba Strictly for Kids  
KMB design Group, Inc  
Mason Bruce & Girard, Inc.  
The Roof Doctor, Inc  
Cleveland Coin Machine Exchange  
End Of Trail 2  
End Of Trail 3  
Skillings Connolly, Inc.  
United Laboratories  
Integrated Advertising Network, Inc.  
Materials Testing & Consulting, Inc  
Aquatic Specialty Services, Inc  
Desco Electronics  
Solid Waste Systems  
Mountain View Sales  
A Cleaner Carpet  
Cadillac Jack, Inc.  
Scherer Trucking & Excavation  
ARC Architects  
Davis Door Service, Inc.  
Neuman Pools, Inc.  
Reliable Enterprises  
Schwiesow Construction, Inc.  
Control Systems International, LLC  
Brask Enterprises, Inc.  
Smith Fire Systems, Inc.  
Star Rental, Inc.  
Harrington Industrial Plastics  
Northwest Rock, Inc.  
King Beverage, Inc  
Capital Business Machines, Inc  
Evergreen Fire & Security  
Reichert's Distributing, Inc.  
TR Professional  
CTGW LLC cba GWL of Grand Mound

Tracy Bray  
Cynthia B Reynolds  
Trudy Marcellay  
Suburban Propane  
VATA Safety Trng Compliance  
VSR  
Edminster Quality Construction  
Heath & Associates  
Capitol Upholstery  
Sandrini Restoration, LLC  
Sandrini Construction & Remodeling, Inc.  
Canteen Vending  
Egghart, LLC, CPAS  
Wilson Oil inc db Wilcox & Flegel Oil Co  
Andrographics, Inc.  
Cummins-Allison Corporation  
Renaud Electric Co. Inc.  
Olympia Sheet Metal, Inc.  
Duck Delivery of Washington, Inc.  
Environ International Corporation  
Hart Crowser, Inc.  
The Propel Consulting Group  
Gilchrist & Soames, Inc.  
Heritage Food Service Group  
Cowlitz Wholesale  
Builder Services Group inc dba Gale Const.  
Srvc  
Orkin Pest Control  
Pacific Northern Environmental Corp  
CINTAS Corp  
Stanley Access inc  
UNIFIRST Corp  
New Carbon Co LLC dba Carbons Golden  
Malted  
Hobart Srvc, Division of ITW Food Equip Grp,  
LLC  
6K Products  
Color Graphics  
The Junebugs

## Community Center and Exercise Room Hours

■ **Exercise Room:** The exercise room and equipment are available at the community center.

It is open weekly from **7:00 AM to 5:00 PM.**

Please respect the equipment, and children under the age of 13 will need parental supervision. This is a Use-at-Your-Own risk facility and a waiver is available to use outside the exercise room.

■ **Community Center:** If you would like to reserve space for any of the rooms for a special occasion or fundraiser please contact Phillip Youckton, Events Coordinator. at 360-709-1752. Please leave a short message and return phone number.



## 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:** Changed to the first 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

Don Secena, Chairman  
Harry Pickernell, Sr., 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 February

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Bailey Parkinson Bonnie Quirke	2 Devin Olney	3 Josephine Aldrich Kelsey Bray Tommy Colson Rita Hernandez Shaylah Seymour	4 Don Brown Shelby McCrory Terry Middleton Ray Secena, Jr.	5 Catherine Nemeth	6 Norma Flores Shadow Hernandez Sabrina Owens Lois Poling	7 Aalyiah Meddaugh Kesawin Washburn Andrea Youckton
8 Jennifer Bird Layne Colson Joseph Revay, Jr.	9 Daryl Boyd, Jr. Shyloh Kinkade Karen LeClaire	10 Xavier Flores Amy Potter	11 Stephanie Pickernell Steven Pickernell Laura Starr	12 Kilynn Owens Jennifer Revay	13 Timothy Garza Heather Klatush Alayna Lopez Albert Ortivez-Hicks Chase Perez Fred Shortman	14 Michael Boyd Yevgeni Lukianov Mariah Vassar
15 Albert Ortivez III	16 Mackenzie Jones Susan Sanders	17 Chaon MacDougall	18 Daryl Boyd Margaret Locke	19 Kim Heck Catherine Secena	20 Tyler Klatush Charlotte Lopez Bradyn Lopez Ray-Ray Lopez Zedikiah Sanchez Mei-lien Tanner Carla Thomas	21 Lilia Hoheisel Patrick Simmons, Jr. Christopher Teague
22 Riley Youckton	23 Sharon Tolbert	24 Luke Cayenne Thomas Heck Jerrie Simmons Cheryle Starr Dwayne Thomas Coleton Youtkon Kayden Youckton	25 Daymon Thomas Ryan White Eagle, Jr. Zayden Youckton	26 Marla Conwell Mary DuPuis	27 Halisa Higheagle	28 Virginia "Dolly" Canales Tom Hayden, Jr.

Happy Birthday  
to my Beautiful Sister  
Rita Hernandez  
<3 U Bunches

Happy Birthday  
Josephine Aldrich  
  
Keep it up!  
Love, your Family

Happy Birthday  
Cheryle Starr  
You're  
One of a  
Kind!  
Love You  
  
Your  
Family

Happy  
Valentines Day!

Happy Birthday  
Riley Youckton  
Coleton Youckton  
Kayden Youckton  
Zayden Youckton  
Kaedyn Silk Daniels  
We Love You!!!!

Happy Birthday  
Jerrie Simmons

Love  
Your Family!!

Happy Birthday  
Sue Sanders

From Your  
Family!

Special  
Day for  
a Special  
Person

Happy birthday Shaylah!  
and Congratulations to  
You and Chris  
on your Baby Boy!

We Love You!!!!



# CHEHALIS TRIBAL LOAN FUND NEWS

The Chehalis Tribal Loan Fund wants your input! Can you think of a new name for us? We want our new name to include the following:

- The value of community
- Assets

We are also looking for a new logo. We would love for some Chehalis artists to incorporate CTLF with community into a new logo.

We will continue to serve the Chehalis Tribal members and the surrounding area of the Chehalis Reservation.

## **Predatory Lending**

We have met with many of our customers, who have high interest rate loans or credit cards. Predatory lending is any practice that imposes unfair or abusive loan terms on a borrower. Predatory lending can take the form of payday loans, car loans, tax refund anticipation loans, or any type of consumer debt.

### **How can you recognize a predatory lender?**

- The lender misrepresents or hides the true costs, risks, and/or appropriateness of a loan's terms, or the lender changes the loan terms after the initial offer.
- Risk based pricing: predatory lenders abuse the practice by charging very high interest rates to high risk borrowers who are most likely to default.
- Inflated fees and charges: Fees and costs (e.g., appraisals, closing costs, document preparation fees) are much higher than those charged by reputable lenders, and are often hidden in fine print.

### **Protecting yourself against predatory lenders**

Beware of loan offers through the mail, via telephone, or door to door solicitations. Reputable lenders typically don't operate in this way.

- Stay clear of lenders who promise that your loan will be approved regardless of your credit score. Get a copy of your credit report, and have some idea of what you should qualify for.
- Being rushed to sign papers: Do not let yourself be rushed into the loan process. Study the paperwork, and don't sign anything you don't agree with or understand.
- High Interest rates and Fees: Question high interest rates and fees. Refuse to accept payments you know you cannot afford. Decline any additional services "packed" into the loan, like credit or health insurances.
- Prepayment penalties: Find out if there is a prepayment penalty for paying off the loan early.
- Blank spaces in documents: Do not sign any documents that contain blank spaces. Read loan documents carefully, and have them checked by a trusted friend or lawyer if possible.

### **Legal Protections**

Federal laws protect consumers against predatory lenders. The Equal Credit Opportunity Act makes it illegal for a lender to impose a higher interest rate based on a person's race, color, religion, sex, marital status or national origin.

### **Contacting the CTLF Program**

Julie Burnett, Executive Director  
360-709-1831

Diana Pickernell, Loan Coordinator  
360-709-1631

# Heritage and Culture Program News

## **Work Hours for Heritage and Culture Coordinators**

**Dianne Devlin**

Monday through Thursday  
10:00 AM - 6:30 PM

**Walter Lewis**

Tuesday through Friday  
10:00 AM - 6:30 PM

The culture coordinators will be working with the children in the Youth/Education services through the winter months.

**Lynn Hoheisel**

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

Lynn is available to help with family tree research, documenting, or copying pictures for you. Their lunch time is 12:00 - 12:30 PM.

ALL TRIBAL MEMBERS are welcomed to come in and use the sewing room for projects or for arts & crafts. Staff can be available to assist you if needed.

PLEASE CALL Lynn Hoheisel to schedule dates and times you would like to use the room for your projects, or just drop in anytime before the end of the workday. Share with Lynn about the projects you would like to use the room for. Our program has seven sewing machines available to use for sewing projects.

## **Community Input**

With the new year, our program would like the community input on what hours that would work best for you. Please contact Lynn Hoheisel let her know.

For more information contact Lynn at the Community center in Heritage Room at

**360-709-1748.**

# Chehalis Tribe Students of the Month

## Sid Cole (9-12)



Sid Cole is a senior at Oakville High School who has shown great improvement in his academic achievement over the course of the year.

He has proven that hard work

and focus are the keys to making himself a successful student. Sid has taken the time to find and use the resources at his disposal to improve in the best way possible.

When asked what his plans are for life after school he was quoted as saying, "This is just the start. I am going to continue to learn," adding, "I will study my outside interests but it is what I have learned here at Oakville that I will use as tools to get me to that next level."

Sid takes pride in his advancing knowledge in a tradition held in high regard by the Chehalis people. He is an avid fisherman and is retaining the knowledge of his ancestry and will teach it to the next generation when that time comes. While being a great athlete in football, basketball and occasionally baseball, it is his love of mechanics and the river that has Sid looking to the future.

After completing his high school education, Sid is applying with the intent of being accepted into the mechanics program at the Universal Technical Institute in Sacramento where he will polish his already advanced skills in the field of auto repair.

## Emily Pickernell (6-8)



Emily Pickernell is in the 6th grade at Oakville Elementary. Her teacher is proud of her tremendous growth that she has had so far this year.

Her mom and dad are also proud of her improvement and says to keep up the good work.

Emily likes that she has improved in math. She feels that she is successful with the new program that her class has been doing.

Her advice for other students is to pay attention in class and if you are having a problem with something try finding other sources.

She enjoys being on her schools volleyball and basketball teams and is looking forward to playing fast pitch in the spring.

After Emily graduates high school she wants to go to culinary school so that she can become a Home Economics teacher.

## Serenity Klatush (K-5)

Serenity Klatush is in the 2nd grade at Oakville Elementary. For 1st semester she received all 3's. Her teacher says that she is proud of her achievement and the remarkable progress that she has made this school year.

When in school Serenity enjoys doing math and spelling. At home she enjoys playing kickball with her cousins.

Serenity feels that she is a successful student by helping others. Her advice for other students is "Don't bully anyone."



After Serenity graduates high school she wants to work at the store.

## From the Education Department

As a reward for their commitment to school and personal growth, each student of the month will receive a \$50.00 gift card.

Congratulations. Keep up the good work!

**Attention Tribal Members:** If you feel that your child should be nominated for student of the month, please contact Jodie Smith at [jsmith@chehalistribe.org](mailto:jsmith@chehalistribe.org) or 360-709-1897. State the reason why your child should be considered. Deadline is the last Friday of each month.

# Youth Celebrate Tailgate Party In Seahawk Style

By Melvin Samuel III, Youth Center Assistant



Boy, if you didn't feel a earthquake around 4:00 p.m. you must have been on another planet.

On Thursday, January 29, over 35 youth were dressed in Seahawks gear from beanies and jerseys, to socks and masks. One youth came all decked out showing her spirit, and winning the best dressed contest. Congratulations Turtle!

Even as I am writing this article I still feel the spirit our youth had that day. The youth tested their football skills during activities for the Seahawk Tailgate party. They were seen kicking, passing and punting. These activities were judged by the Education program. It was a tough job and the scores were close, because the youth were so athletic and competitive.

We won't dwell on the outcome because Seahawks are winners in the eyes of Seahawks 12'ers.

**GO SEAHAWKS!!**



The Youth Program Activities had their own tailgate party in the youth center gym. They spent the day testing their football skills.

Photos submitted by the Youth Center Program



# CHEHALIS TRIBAL EARLY LEARNING PROGRAMS NEWS



*By Marci Maki, Early Learning Program Director*

As the new director at the Chehalis Tribe Early Learning Program, I am delighted to again be working with young children, their families, teachers and support staff. The CTELP is a happening place. Early Head Start serves 35 children ages pre-natal to age three. Head Start serves 49 children; ages 3 – 5. Six classroom experiences as well as a home visiting option define our program. Child care is offered for families who already qualify for Head Start or Early Head Start.

The goal of Head Start is to have children ready for school success. Head Start and Early Head Start is not child care. Head Start is celebrating 50 years of operation. The Chehalis Tribe was one of the first recipients of a Head Start Grant. When I met tribal members at the Annual Meeting in November 2014, many, many people told me that they had attended Head Start here and they told me of many family members who were also Head Start graduates. I want to say Thank You to all the Tribal Elders who made a way for the Head Start Program. I also want to thank the Business Committee for their continuing investment in Early Learning. For every dollar invested in early learning at least seven dollars are saved long term. Savings come because early intervention works. Cost savings are realized in many areas including children no longer needing special education services, and juvenile delinquency costs as well as welfare

costs are cut. Investing in children is a wise investment.

Head Start and Early Head Start programs support the mental, social, and emotional development of children from birth to age 5. In addition to education services, programs provide children and their families with health, nutrition, social, and other services. Head Start services are responsive to each child and family's ethnic, cultural, and linguistic heritage.

Volunteers are needed to make our program a success. If you would be willing to come and read a story at circle time or work to prepare an art project, or serve on a parent policy council or the health advisory committee, please call the center at 273 5514.

**Bio:** I would also like to share a few things about myself. Born and raised in Montana, I moved to Washington in 1996. I have served as the Early Learning Director at two Washington Tribes, managed a Seattle non-profit early learning program, and a Head Start center in Seattle. Most recently I worked at the University of Washington with Tribal Head Start Programs in North Dakota, Nevada, Nebraska, Oklahoma, Utah, Arizona and Montana. I have one adult son and believe I did a better job parenting him because of what I learned at Head Start.

In my free time, I enjoy time at the pool, time at the beach, and reading mystery novels. I also am a member of the Voice of Chehalis Toastmasters Club which meets Wednesdays at noon.

If you have questions about the early learning program, I welcome your visit to the center or please call me at 273-5514. Thank you.

## Calling All Artists!!!

The 2015 Head Start Graduating Class is looking for Tribal Art to decorate their sweatshirts. Please consider donating your time and art to these wonderful children.

Please have artwork into Marcy Maki  
**Deadline is March 31**

## 2015 HIGH SCHOOL GRADUATION CELEBRATION

I have been working with K-12 education department on this June's Graduation celebration. If there are any graduating seniors for the year 2015 that have not been in touch with K-12 for graduation assistance please contact anyone in the K-12 department.

**~ PLEASE HELP!! ~**

Our program is looking for **JAZMYN NATH**. According to our records she should be graduating 2015.

We hope to have more information this upcoming month on the graduation celebration. If you have any questions please do not hesitate to call or email us.

Thank you for all your help.  
Higher Education Coordinator:  
Racheal Mendez  
**360-709-1698**  
or email [rmendez@chehalistribe.org](mailto:rmendez@chehalistribe.org)

## Tribal Big Brothers Big Sisters Program



... WANTS YOU

The Tribal Big Brothers Big Sisters program is looking for volunteers. We have tribal littles waiting to be matched. These littles are looking for one-to-one time with a high school or adult big from the community to play games with, do arts and crafts with, and participate in Youth Center or cultural activities with.

If you would like to become a volunteer big or want to know more about the program,

PLEASE call  
Cindy Medina  
any time.....  
**360-628-7120**

FirstName LastName  
Street Address  
City, ST Zip

PRSRT STD  
US POSTAGE PAID  
OAKVILLE WA  
PERMIT No. 2

## ~ Tree Care 101~

**When to Prune:** *This depends to a large extent on why you prune. Light pruning and the removal of dead wood can be done anytime. Otherwise, here are some guidelines, but recognizing that individual species may differ is important to remember.*



**Winter Pruning:** Pruning during dormancy is the most common practice. It results in a vigorous burst of new growth in the spring and should be used if that is the desired effect. It is usually best to wait until the coldest part of winter has passed. Some species, such as maple, walnuts and birches, may “bleed”—when the sap begins to flow. This is not harmful and will cease when the tree leafs out.

**Summer Pruning:** To direct the growth by slowing the branches you don’t want; or to slow “dwarf” the development of a tree or branch, pruning should be done soon after seasonal growth is complete. The reason for the slowing effect is that you reduce the total leaf surface, thereby reducing the amount of food manufactured and sent to the roots. Another reason to prune in the summer is for corrective purposes. Defective limbs can be seen more easily, or limbs that hang down too far under the weight of the leaves.

**Pruning Flowering Trees to Enhance Flowering:** If your purpose for pruning is to enhance flowering:

- For trees that bloom in spring, prune when their flowers fade.
- Trees and shrubs that flower in mid- to late summer should be pruned in winter or early spring.

**When Not To Prune - Fall:** Because decay fungi spread their spores profusely in the fall and healing of wounds seems to be slower on fall on cuts, this is a good time to leave your pruning tools in storage.

Now that you know when to prune your tree learn the basics of tree pruning. For information on how to prune your trees, see our online pruning guide or look at our bulletin, How to Prune Young Shade Trees.

For more information go to this website: [Arborday.org](http://Arborday.org)



Tribal members and employees show their Seahawk spirit at the Superbowl Tailgate Party.

## Substance Abuse: *A Community Response*

brought to you by



### 6th Annual Conference Wednesday, April 29, and Thursday, April 30, 2015 Great Wolf Lodge, Grand Mound, WA

We are pleased to announce that the conference has expanded to a two-day event, with options for one-day or two-day attendance. As always, the conference aims to increase awareness of new, proven, and/or promising techniques and programs that are being used to address all spectrums of substance abuse from prevention to intervention, treatment and aftercare. On topic will be current trends and emerging information regarding abused substances, proven and alternative treatment strategies and innovations in prevention.

Attendees will receive 6 CEU's for one-day attendance and 10 CEU's for two-day attendance.

**Interested in sponsoring the event?** We have many sponsorship opportunities we would be happy to discuss. Please contact Tamara Clark by email.

There will be discounted rooms available for attendees. The code will be included in the confirmation email after registration is complete. There is a limited number of rooms and they are on a first call, first serve basis. Thank you for your continued interest and support of the "Substance Abuse: A Community Response" Conference. Together we can find solutions!

TO REGISTER: [www.thurstonTOGETHER.org/events](http://www.thurstonTOGETHER.org/events)

Any questions please contact:  
Tamara Clark, [tclark@thurstonTOGETHER.org](mailto:tclark@thurstonTOGETHER.org),  
or 360-493-2230 EXT: 10

### Attention Chehalis Tribal Community Members

The behavioral Health Program will be sponsoring up to 5 community members to attend this conference.

Please contact Madelyn Dethlefs on 360-709-1717 to sign up for the tribal sponsorship.