



CHEHALIS TRIBAL NEWSLETTER

The Confederated Tribes of the Chehalis Reservation

“People of the Sands”

March 2015

Free

Healthy Native Hearts Luncheon Educates Community about Lifestyle Changes

By Christina Hicks

On Wednesday, February 18, the Chehalis Tribal Wellness Centers prevention staff collaborated with The American Heart Association and hosted a “Healthy Native Hearts Luncheon.” This event was held in the Chehalis Tribe’s Gathering Room. More than 35 people from the tribal community attended this event. Christina Hicks welcomed everyone and offered a prayer for the meal. The lunch was a healthy meal, chef salad and fruit.

Participants were able to gather information about tobacco cessation and were also given a Quit Kit. They were able to get a variety of healthy cook books and other incentives. The SDPI staff was also there to do blood sugar



Tribal Chairman Don Secena accepts the acknowledgement award from Wendy Zheng from the American Heart Association during the Native Heart Luncheon.

screenings and blood pressure screenings. The Diabetes program also had recipe samples for “Quinoa Berry Yogurt Parfait.”

After the meal, Christina

introduced Wendy Zheng from the American Heart Association (AHA). Wendy was glad to collaborate with the Chehalis Tribe

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New Building Coming to the Tribal Center

By Amy Loudermilk

The Tribe purchased the Housing Mart property in Grand Mound on the corner of Highway 12 and Old Highway 99. Included with this purchase was a triple-wide mobile home that is set up as office space. It has 9 offices, a small conference room, kitchen and restrooms.

The Tribe is moving this office building to the Tribal Center Complex. The old Bingo Hall (formerly known as youth center, stamping/woodshop building) will be torn down and this building will be placed at that location.

This new office space will used by the Planning Department and Office of Tribal Attorney staff. Office space is sorely needed as the Tribe continues to grow.

The old Bingo Hall will be torn down in March. The Chehalis Construction Company will be doing the work. The building will not be wasted though. Any tribal member who is interested in repurposing some of the building components can contact the CCC.

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Program Sponsors a Dinner and Movie Night in the Gathering Room

Thursday, February 12 the Cultural and Heritage Program sponsored a dinner and movie night in the gathering room. This was a clean and sober event, inviting families to gather, feast and enjoy a night together. The event MC was Phillip Youckton, who coordinated the evening. He came around with four movies to be voted on by those who came to attend.

A simple and delicious dinner of ham, chili dogs, a healthy salad, and a variety of soda and water was served before the movie started.

The movie “Boxtrolls” was

selected by the community members. What would movies



be without snacks! Heritage and Culture program employees also served up cupcakes, popcorn, and raffle tickets. Children were seen at the tables with their families. Some of the children moved closer so they could sit in front of the screen to watch the movie. That is something not offered at the movies. No better way than to eat, watch a movie and win a prize! After the movie was finished, a

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Chehalis Tribal Families gathered together for the Dinner and a Movie night sponsored by the Heritage and Culture Program.

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Tribal community members signed up to qualify for the raffles at the end of the Native Healthy Hearts Luncheon.

and looks forward to a good working relationship with our staff. Wendy then brought up Don Secena, the Chehalis Tribal Chairman, to accept an award on behalf of the tribe. Don thanked the Prevention staff for all their hard work on this collaboration.

Dr. Lance Ray then did a slide presentation on heart disease prevention and Life’s Simple 7, the AHA’s seven steps to live a heart-healthy life. Get Active, Control Cholesterol, Eat Better, Manage Blood Pressure, Maintain a Healthy Weight, Reduce Blood Sugar and Stop Smoking. Attendees were able to ask questions during



Guest Speaker, Doctor Lance Ray did a slide presentation on heart disease prevention.

the presentation. According to Dr. Ray, “The Healthy Native Hearts Luncheon connects the dots between childhood obesity, heart disease, high blood pressure and lifestyle risks, including nutrition and physical activity. And more importantly what we can do about it.”

Next our new Colon Health and Diabetes Nurse Ate’ha Triance, LPN had the attendees do some easy chair exercises that you can do at home or at work. Please talk to your health care provider before starting any exercise program.

The event ended with some door prize raffles: Pendleton cup, blenders and two - \$80 Big 5 sporting good gift cards. The gift card winners were Art Medina and Nancy Romero. Christina thanked everyone for attending this event and said that we should be able to collaborate with the American Heart Association in the future.

Native American youth have the highest rates of obesity in the country, affecting more than one in three Native American children. Heart Disease is the No. 1 Killer of Native American Women- killing more Native Americans earlier than any other racial group in the country. Eighty percent of all cardiovascular events could be prevented if women make healthier lifestyle choices, such as exercising, controlling cholesterol, eating nutritional foods, managing blood pressure,

maintaining a healthy weight, reducing blood sugar, and not using tobacco.

If you would like to learn more about these please make an appointment and come in and talk to your health care provider at the clinic. The Diabetes and SDPI staff is always available to help with your questions by calling

360-273-5504



Ate’ha Triance, LPN demonstrated some easy chair exercises you could do at home or at work.

QUINOA BERRY YOGURT PARFAITS

Ingredients



- 1 cup Quinoa, well washed
- 2 cups Water
- 16 oz. Bag Frozen Mixed Berries, icy
- 2 cups Vanilla Flavored Yogurt

Calories	Protein	Total Fat	Carbohydrate	Dietary Fiber	Cholesterol	Sodium
197	6.7 grams	2.2 grams	24 grams	3.4 grams	4 milligrams	46 milligrams

Directions

Place Quinoa in a strainer with fine mesh. Wash well (at least 5 minutes). Bring the water to boil in a 1 quart saucepan. Stir in the Quinoa and turn down temperature till just barely boiling. Cover and simmer till all the water is absorbed (15-20 minutes). After 15 minutes begin to watch the Quinoa closely, stirring occasionally and replacing the cover. When the water is all absorbed, remove from heat. Set aside to

cool. Place in the refrigerator to chill before combining ingredients for the dessert.

To prepare dessert: Place ½ cup chilled Quinoa in a small cup or bowl. Over the top of the Quinoa, pour ¼ cup Vanilla Flavored Yogurt and then ¼ cup of the icy berries. Serve immediately.

Makes: 8 – 1 cup servings.



Movie Night continued from Page 1

raffle was offered. It will not be offered all the time, but it did enhance the opening night with many people winning assorted prizes the Heritage and Culture program had to offer. There was also a critique of what could be offered to enhance at the next movie night. Many agreed it was fun and planned to attend again.

Next Movie Night

The Events Program and Heritage & Culture program will be having a "Movie Night" every month. The next scheduled movie night will be on **March 19, starts at 5:00 PM** in the Community Center Gathering Room.

Come and join us in bringing our families together!



Other Fun Activities Offered By the Heritage and Culture Program

Sewing Room Available

The Heritage and Culture program is continuing with our open door policy so that you can come and use our sewing room or come out and learn to prepare your own weaving projects. If you need a specific time that you want to come out here please call Lynn Hoheisel at 360-709-1748 and we will make arrangements to accommodate your schedule.

Woodshop

Many things have been happening in February. The tools from the old woodshop have been relocated to the new woodshop by the Community Center. The Culture and Heritage Program is developing a schedule for use of the tools available at the woodshop. It is a great way to make give away items for upcoming memorials.

Watch for Flyers and Sign-up sheets at the Tribal Center!

Instructors Wanted!

The Heritage and Culture program is looking for instructors to teach story telling, weaving, beading or any other type of classes you can bring to our tribe. Contact Joyleen McCrory at her tribal office in the Community Center with examples of your work and costs for your classes.

Building continued from Page 1



The old bingo hall located across from the End of the Trail 1 is scheduled to be removed. It was originally built in the mid-1980's to use as a Bingo Hall. It has housed many different programs after the Lucky Eagle Casino was built including Stamping, Youth Center, and the Woodshop.



After the old bingo hall is removed by the Chehalis Construction Company, this new building will replace it in April or May of this year.

Tribal Health and Wellness News

Diabetes Basics

What is diabetes?

Diabetes means your blood sugar is too high. Your blood always has some sugar in it. Your body needs sugar for energy to keep you going. But too much sugar in the blood is not good for your health.

What is pre-diabetes?

Pre-diabetes means your blood sugar levels are higher than normal but not high enough for diabetes.

- People with pre-diabetes are at higher risk for getting type 2 diabetes and heart disease.
- You can reduce your risk of getting diabetes.

You may even be able to have normal blood sugar levels again! This may happen if you lose a small amount of weight by eating healthy and being more physically active.

What is type 2 diabetes?

People get type 2 diabetes because the cells in their muscles, liver, and fat do not use insulin properly. Over time, the body also cannot make enough insulin. This leads to high blood sugar. Having high blood sugar for some time can lead to serious problems with your eyes, heart, kidneys and nerves. Type 2 diabetes is the most common type in American Indian and Alaska Native people. This type of diabetes can happen at any age, even in children.

What factors increase my risk for getting pre-diabetes and type 2 diabetes?

- Being physically inactive
- Having a parent, brother or sister with diabetes
- Having had the kind of diabetes which can happen during pregnancy
- Being overweight

What are the signs of type 2 diabetes?

- Signs can be severe, very mild or none at all. This depends on how high blood sugars have become. Look for these signs:
 - Increased thirst
 - Increased hunger
 - Fatigue (feeling very tired most of the time)
 - Increased urination
 - Unexplained weight loss
 - Blurred vision
- A blood test to check your blood sugar will show if you have pre-diabetes or diabetes.

Can type 2 diabetes be managed?

Yes. Taking care of your diabetes every day will help keep your blood sugar in a healthy range. It will help you prevent health problems that diabetes can cause over the years.

Where can I get help with pre-diabetes and diabetes?

- Your health care team (doctor, nurse, diabetes educator, dietitian) can help you.
- Talk with them about diabetes. They can help you make a physical activity and healthy eating plan that will work for you. Many people also need medication to treat diabetes.
- Get help from others. Talk with your family and friends and ask for support.

You should have the following Diabetes Care Visits:

Perform diabetes-focused visit	Every 3-6 months
Refer to diabetes educator	diagnosis, then every 6-12 months, or more as needed
Check A1C	Every 3-6 months
Review goals, medications, side effects	Every diabetes visit
Check lipid profile	Annually
Assess smoking/oral tobacco use	Each visit
Check blood pressure	Every visit
Check urine albumin/creatinine ratio (UACR) for albuminuria using a random urine sample	At diagnosis, then annually
Retinal camera photo or dilated eye exam by an ophthalmologist or optometrist	At diagnosis, then annually; or as directed by eye specialist
Visual inspection of feet with shoes and socks off	Each diabetes visit; stress daily self-exam
Dental exam by dental professional	At diagnosis, then every 6-12 months
Depression, substance abuse screening	At diagnosis, then regularly
Influenza vaccine	Annually
Pneumococcal Vaccine	Once < 65 year old. Re-immunize if > then 65 year old.
Hepatitis B immunization	Unvaccinated adults < 60 years old

Schedule an Appointment Today!

The Chehalis Tribal Prevention team is currently encouraging those diagnosed with Diabetes to please make an appointment to see your health care provider here at the Chehalis Tribal Wellness Center to have your annual Diabetes Check-up.

You can call the clinic at 360-273-5504 to schedule your appointment with Dr. Ray, Molly Mellon, or Catherine Casey. This appointment generally is an hour long appointment. Please be sure to bring in a list of your current medicines.



The Lifestyle Balance Program

What: Weekly classes on Healthy Eating and Being Active

When: Starts March 11 to June 17

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
or Christina Hicks, at 360-709-1741 or email: 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.



Spring Foods Workshop



Nettles: Our First Spring Food

Saturday, March 28
from 10:00 AM to 1:00 PM
Chehalis Tribal Wellness Center
PT Room

Instructor Vanessa Cooper is a Lummi tribal member who has many years of experience creating relationships with plants and learning their teachings.

Vanessa is passionate about sharing these gifts and creating platforms for others to share their gives and knowledge as well.

In this hands-on workshop we will celebrate our first spring food - *the nettle*. Honoring the teachings of this precious plant food and medicine. We will especially focus on harvesting techniques, how to prepare nettles, and how to preserve nettles. Together we will process nettles, and create some delicious recipes to sample.

Lunch will be provided

For more information and to RSVP please contact Christina Hicks at 360-709-1741 or email: chicks@chehalistribe.org



Men's Colon Health Outreach Dinner

Come me join us for our



Thursday, April 9
5:00 - 7:00 PM
Chehalis Tribal Community
Center, Gathering

Discussions on Colon Health Cancer, Prostate Cancer and Lung Cancer with Dr. Lance Ray, M.D.

Contact: Ate'ha Triance
360-709-1774
ATriance@chehalistribe.org



DINNER WILL BE SERVED TO ALL
AND RAFFLES FOR MEN ONLY

Electric smoker, chainsaw,
and fishing stuff
Cabela gift cards, ProBass gift cards,
and Seahawks stuff.

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
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)

A New Tobacco Cessation Tool: The SmartQuit™ App



Sponsored by the Washington State Department of Health

13th Annual Breast Cancer Awareness Walk Hosted by Christina Hicks at Chehalis Tribe

South Puget Intertribal Planning Agency
Native Women's Wellness Program



Logo Contest

**Last Day to
Enter:
May 5, 2015**

The Native Women's Wellness Program (NWWP) is looking for a logo to use for the 13th Annual Breast Cancer Awareness Walk (BCAW).

Turn in your entry to Christina Hicks. Once all entries are received, they will be reviewed and voted on.

Good Luck!



National Breast and Cervical
Cancer Early Detection Program



For more information, please contact Christina Hicks at 360-709-1741 or email: chicks@chehalis-tribe.org

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

~ USDA Food Program ~



IT'S EASIER THAN EVER TO QUALIFY FOR THE USDA FOOD PROGRAM!

Many people have misconceptions about the food offered by the South Puget Intertribal Planning Agency Food Distribution Program. There are more frozen meats and in season fruits and produce 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.

Whole Kernel Corn	Mixed Vegetables	Green Beans	Sliced Potatoes
Carrots	1% Milk	Dry Milk	Spaghetti and Tomato Sauce
Fresh Carrots	Onions	Celery	Blocked & Sliced Cheese
Egg Noodles	Macaroni & Cheese	Rice	Spaghetti Noodles
AP & Wheat Flour	Cornmeal	Red & Russet Potatoes	Broccoli
Cauliflower	Applesauce	Apricots	Peaches
Pears	Raisins	Fresh Apples	Grapefruits
Oranges	Grapes	Fruit Juices	Canned Beans
Whole Chicken	Canned Chicken	Ground Beef	Roast Beef
Chicken Breasts	Pork Chops	Peanut Butter	Bakery Mix
Butter	Vegetable Oil	Refried Beans	Dry Beans
Beef Stew	Crackers	A Variety Of Soups	A Variety of Breakfast Cereals
Peanut Butter			

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

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

Serving: The Confederated Tribe of the Chehalis Reservation, Nisqually Tribe, Port Gamble S'Klallam Tribe, Skokomish Tribe, and Squaxin Island Tribe

**Distribution Dates
for the
Chehalis Tribe**

**March 19
April 16**

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

SPIPA's Intertribal Wellness Challenge



Starts May 3, 2015



**TAKE THE
CHALLENGE TODAY!**

- 5** or more fruits & vegetables 
 - 2** hours or less recreational screen time 
 - 1** hour or more of physical activity 
 - 0** sugary drinks, more water & low fat milk 
- EVERY DAY!**

**Pick up a tracker
sheet from
Christina Hicks
- Chehalis Clinic
360-709-1741 for
a chance to win
a t-shirt and be
entered into the
grand prize raffle**

~ 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! To sign up, you can go to the south east end of 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.

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

Anyone can apply! Forma is an Equal Employment Opportunity employer and welcomes applicants to fill a number of available positions on this project. This is a great opportunity to become involved in the Lucky Eagle Expansion project and obtain skills and experience in the construction industry. Chad Lincoln will contact you when and if a position opens up for laborer.

Watch for addition information on Job Fairs in the Future!

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

TO REGISTER GO TO:

www.thurstonTOGETHER.org/events

For more information or questions regarding this conference please contact:

Tamara Clark, 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.

Disclaimer

Information displayed on any 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.

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

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 opportunity to thank them.



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 March


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Cyllus Leal-Youckton Raven John Jeremy Sanchez	2 Dale Klatush Andreas Jacobs Mel Youckton	3 Anthony Andrews Nathan Wittwer	4 Sara Esselstrom Devin Boyd	5 Jason Canales Quinten Canales Carrie Ehmke Vincent Visaya	6 Amy Dehart	7 Jerry Meas
8 Anthony Brown Steve Burnett Allison Carter Jeffrey Gomez	9 Linda Carpenter Rose Choke Olivia Latch Jeffrey Leclair Mathew Reynolds	10 Kami Beckwith Tyson Black John Blacketer Tina Ebling Jay Sanchez, Jr.	11 Colleen Klatush Richard Revay	12 Mercedes Bracero Falisity Bumgarner Joseph Charles Guy Youckton	13 Terri Farrier	14 Trevor DuPuis Rannessa Goddard
15 Arick Burnett	16 Jace Cayenne Amy Shivers	17 Dede Devlin Angelina Sanchez David Youckton	18 Joshua Burnett Wilson Pickernell	19 Ted Gleason Noah Snell Derrek Yawn	20 Sarrah Burnett-Lisle Natasha Goddard	21
22 Frank Cayenne, Jr.	23 Jack Colson Tre's Meddaugh	24 Alxis Beckwith Haezen Charles-Cayenne Kylee Secena	25 Beatrice Christensen Zander Sanchez Aaron Youckton II	26 Jacee Hoyle Brent Simmons	27 Sean Allen David Burnett Garret Hicks Emily Ortivez Robert Wertz	28 Annie Jones Bev Starr
29 Norma Daniels Victoria Hanna	30 Skylar Bracero Yolanda Ortivez	31 Colby Higheagle Chris Secena				

Happy Birthday
Grannie Annie
From Your Family

Happy Birthday
Ranessa and Derwin
We Love You

Happy Birthday
Norma Jean
No Matter Where You
Go There You Are!

Happy 80th Birthday
Dad, Gramps, Great One!!!
We All Love You!!!!




Happy Birthday
Kylee



**You're an amazing
big & lil' sister**
Auntie lova, lova,
lova you!!!

Happy Birthday
Grandpa Frank Jr.




Love You!
Dyani -N- Calvin

Happy Birthday to
my youngest Son
Jerry L. Meas

I love
you
to the
moon &
back

<3 Mom




Happy Birthday to
Grandma's Favorite
Princess!!
Falisity Rae Bumgarner

Gramma
lova,
lova,
lova you
Beautiful!!



Happy Birthday
to my husband
Richie Delgado



From your loving family!

Happy
St Patrick's
Day!

Happy Birthday
Allison Joey
From Norma Jean
& Family



Happy Birthday
Matthew Reynolds
From Your
Alaskan Family

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

Send all name suggestions to:
jburnett@chehalistribe.org. Thank you!

Logo Design Needed!

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.

Loan Products Offered



We are introducing a new consumer loan to be used for any purpose up to \$1000.00. Terms will be a 12 month loan.



Micro Small Business Loans
 Firework Loans
 Debt Consolidation
 Consumer/Credit Builder
 Home Improvement Loans

Come see us, email us, or call us with any questions. We have served over 113 customers over the last two years.

Contacting the CTLF Program

Julie Burnett, Executive Director
 360-709-1831

Diana Pickernell, Loan Coordinator
 360-709-1631

New Lighting for the Women's Softball Field will Enhance Tournaments

By Melissa Koepp

The Tomahawk women's field is getting great new lights. There will be four new pole lights, two sixty foot poles in the infield and two seventy foot poles in the outfield, which will be similar to what is on the Tomahawk men's field.



This is photo is an example of the improvement to the softball field lighting system.

This will be a great addition that will allow the women's teams to keep playing after it gets dark. Unfortunately, one eighty foot Douglas fir tree will have to be taken down, as it is located right where one of the outfield lights will go. Once the tree is cut down it will go to the Natural Resources firewood program, and will be ready to use as firewood later this year.

on the concrete boxes the poles will sit on, and have started putting the electrical lines in. The new lights will have a control on each pole, so it will be more flexible to use. The poles and lights should arrive at the end of April, and be installed with the lighting ready to go for Tribal Days.

The work for the new softball field lighting is being done by Travers Electric and Confederated Construction. They have already begun working

We can't wait to see the women playing ball under the bright new lights!

Chehalis Tribal Wellness Center Staff Gather Honoring Their Outgoing Health Director

Health department employees gathered Thursday, February 26, for a luncheon to honor their outgoing Health Director, Jhon Valencia.

We thank Jhon for your leadership, developing the current health care wellness team, and improving the health of the Chehalis Community.



Chehalis Tribe Students of the Month

Arielle Burnett (9-12)



Arielle Burnett is in the 11th grade at Hoquiam High School. She is currently holding a 3.6 GPA.

Arielle likes that school allows her to learn new things, which will help her move on to bigger things.

Arielle feels successful at school when she shows up to class on time and turns in her work when it is done.

Her advice for other students is to pay attention! Listening to someone teach isn't the same as learning. Learning something and retaining it will get you far in life

Arielle enjoys playing girls soccer, basketball, and softball for her school. She is also involved in FCCLA (Family, Career and Community Leaders of America) and enjoys playing on a travel softball team.

After Arielle graduates from high school, she wants to go to Arizona State University to study pre-law and eventually become a lawyer and on to a judge.

Kirsten Secena (6-8)

Kirsten is a seventh grade student at Rochester Middle School who, at the end of last semester earned a 3.77 GPA. This is an average she has maintained for quite some time. Kirsten says this is because she always does her best to pay attention in class and makes sure to meet the deadlines set by her teachers. Her advice to her classmates is "Paying attention and staying focused in class are the most important qualities a student can have." When looking at Kirsten's grades, you can see that these tools have paid off.

This will be the first year for Kirsten to take on a new challenge and for this she has chosen Track and Field as her next hurdle (no pun intended). While she has no specific event she is looking to conquer, she already feels confident that sprinting will be her first choice.

After high school Kirsten will be looking to attend UCLA's medical program. First, exploring the entire medical field, following her PhD, she would like to be a medical scientist. "I would like to be someone who finds cures to diseases." All of Kirsten's accomplishments from the past and looking to the future she says she owes to her mother Misty. "She always helps me with whatever I need and I am always learning from her."



Keziah Gleason (K-5)



Keziah is in the fourth grade at Grand Mound Elementary and has done exceptionally well in this current school year. While nearly completing her AR goal she has also completed a 5th grade level in the multiplication program IXL and has moved on to conquering division.

When questioned about school and what she finds to be the most exciting she responded "Music, Mrs. Gall is a very good teacher and music is something I enjoy very much" Her biggest musical influences are Michael Jackson and Ed Sheeran. Keziah has been involved in various sports over the past few years but has said she would like to focus on baseball in the years to come. Also, she has found a new want to learn Women's Fancy dancing "It takes hard work, it's a part of my culture and it looks beautiful."

Her advice to her fellow students is to always pay attention and stay focused in class and with your family, "We don't have to be in school to learn. Everyone teaches us something." Keziah feels that her success comes from always trying hard and working toward bettering herself, "I rely on my integrity." It is a student work ethic like this that will get her into the University of Hawaii where she wants to study marine biology.

Attention Tribal Members

If you feel that your child should be nominated for student of the month, please contact Jodie Smith at jsmith@chehalis tribe.org or 360-709-1897.

State the reason why your child should be considered. Deadline is the last Friday of each month.

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!



CHEHALIS TRIBAL EARLY LEARNING PROGRAMS NEWS

Greetings from Chehalis Tribal Early Learning!

Hard to believe spring is almost here! With the beautiful weather and blue skies Early Learning will be on the go with walks to the park. Please look out for us if you are driving by and we love it when people wave at us. We have mentioned in past newsletters that we are always in need of "IN KIND" contributions. Since putting the word out, talking about it in Policy Council, Graduation Meetings and Parent Meetings we have had more volunteers visiting us during our days.

We would like to recognize two of our parents who have really taken the time and put in some hours here with us. Tammy Summers and Tommie Brown - Thank you so much for your time you have volunteered at our center!

Chehalis Tribal Head Start and Early Head Start is a federally funded program. We have been fortunate to receive funding through the years (almost 50) to keep the program going. Due to being federally funded, we are required to follow Performance Standards here at Chehalis Tribal Early Learning. One small part of the Performance Standards is Attendance. You can access the Performance Standards online at: <https://eclkc.ohs.act.hhs.gov/hslc/standards/hspps>

We are required to have an Average Daily Attendance of 85% here at Early Learning. We have been noticing that our program is not meeting that number and are trying to evaluate as to why it's happening and how we can achieve the required 85% ADA.

January ADA %
Head Start: 81 %
Early Head Start: 83%

February ADA %
Head Start: 84 %
Early Head Start: 86%

Policy Council has requested that we recognize children who have 100% attendance for January and February in our program. Our Policy Council members think it's great to award the children with a certificate and celebrate their

prompt attendance with recognition throughout the center and in the newsletter.

For January

Our children with 100% attendance

-Waylon Gober – Jeremiahs Dubay – Nina Pepin - Bradyn Lopez-Palmer - Vincent Visaya - Emma Youckton - Wyatt Gober - Zane Edwards - Gage Dowling - Aiden Secena Sanders - Frankie Brown - Connor Summers - Liam Medina - Tyrone Youckton

For February

Our children with 100% attendance

Frankie Brown - Tyson Canales - Kaiden Delgado - Aiden Secena Sanders - Dawson Slighte - Therron Sullivan - Mason Cayenne - Liam Medina - Sylis Sullivan - Enyo Visaya - Tyrone Youckton - Zane Edwards - LJ House - Journey WhiteEagle - Quinten Canales - Myles Cayenne - Bradyn Lopez-Palmer - Emma Youckton

Great job! We are proud of our growing number of children with 100 % Attendance!

Chehalis Tribal Head Start and Early Head Start is a Monday through Thursday program going from 8:00 AM until 3:00 PM (with the exception of our half day class 8:00 AM-12:00 Noon).

We are striving to provide the very best for our children here and appreciate our families for being prompt and perfect! Our classrooms run on tight schedules and we are ready to go each day at 8:00 am! Please come and visit our classrooms, sit in on a Policy Council meeting, Parent Meeting, and Graduation Meeting. Involvement goes far and has proven to be effective in the success of children and preparing them for kindergarten!



Elder and Cultural Coordinator Dede Devlin shares her stories about the Chehalis people on a weekly basis.

For our February Parent Meeting, we were fortunate to have DeDe Devlin as our guest speaker. She did a wonderful job storytelling about the Chehalis People. Thank you for taking the time to come in and share your stories with us, DeDe!! DeDe also visits our classrooms weekly and the children look forward to seeing and hearing her stories.

Early Head Start Conference week was Monday, February 23 - Friday, February 27. Thank you to our EHS families for scheduling your conference and taking the time to participate in your child's education!

Upcoming Events

Tuesday, March 3
Graduation Parent Meeting 5:00 PM

Tuesday, March 17
St. Patrick's Day Parties!

Wednesday, March 18
Policy Council Meeting 5:00 PM

Tuesday, March 24
Parent Meeting 5:00 PM
Dinner & child care provided

Thursday, April 2
Easter Parties ½ day (program wide)
No Bus, self transport

Friday, April 3
Child Care CLOSED (Good Friday)

Happy Easter from all of us at Chehalis Tribal Early Learning!



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

FirstName LastName
Street Address
City, ST Zip

PRSRT STD
US POSTAGE PAID
OAKVILLE WA
PERMIT No. 2

Chehalis Tribal Law Enforcement Vehicle Auction!

The seized vehicle is being made available for bid to tribal members. It can be viewed in the impound yard at the Department of Natural Resources.

The silent auction will be open for bid for a week. Please bring you bids to Akeisha Rainbolt, Administrative Assistant for CTLE. All sealed bids need to be placed at the Public Safety Building at 30 Neiderman Road, Oakville, WA 98568.

The auction will start **Monday, March 23** at 7:00 AM. The auction closes at the end of the business day on the **Friday, March 27** at 3:30 PM.

Rules:

- The bids must include the bidding tribal member's name, tribal identification number, phone number, bid amount and vehicle they are bidding on.
- Winning bidder has 48 hours to pay and remove vehicle or it gets defaulted to the next highest bidder.
- Minimum bids are available below.



1998 Honda Accord
VIN: 1HGCG1657WA045121
Starting bid: \$350.00
(Chehalis Tribal members only)

Akeisha Rainbolt will contact the winner on the following Monday. Vehicle must be removed within 2 days or the vehicle defaults to next highest bidder.

For more information please call
Akeisha Rainbolt at 360-709-1607
or email arainbolt@chehalistribe.org.

Youth Celebrate Louisiana Style During the Month of February



The Youth celebrated "Phat Tuesday" during the month of February, which, like most celebrations, consists of parades and eating. Eating is a delight.

Melvin Samuel, Native of N'awlins, can sure cook up a Louisiana STORM.

Trying to expand the Youth's horizon on food and traditions, Melvin cooked up Louisiana red beans and rice, and best of all, Cajun food. Almost

everybody will eat it if you don't tell them what's in it -- and this was mixture of potatoes, shrimp, and turkey necks.

The children enjoyed everything that was prepared that day. A big hit was the Mardi Gras cake prepared by Brandon and Rachael.

Youth Center
360-273-9674



Banquet Recognizes Tribal Youth For Their Dedication Toward Basketball League



Tribal Youth participated in the Lacey Youth Basketball League. They learned about team work, sportsmanship, and discipline.

This month we also celebrated our Youth Basketball team, which played in the Lacey Youth Basketball League.

Practices were during the week and games were on Saturday. It worked out very well to play on Saturdays. Community and parents, grandparents, aunties, uncles, brothers, and sisters showed up to cheer them on.

The Youth who participated received trophies and dog tags, but nothing compares to the cheers and thanks received from the community. Through these programs, the youth center works to instill team work, sportsmanship, and discipline.

Good Job - Keep up the great work!