



# CHEHALIS TRIBAL NEWSLETTER

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

April 2015

Free

## Guest Speaker Encourages Youth to Get Active and Healthy, Keep Drug and Alcohol Free

Chance Rush was invited by Tony Medina to visit with the Chehalis tribal youth on Friday, March 6 in the Gathering Room. After being introduced by Tony he was met by a thunderous applause by the youth who attended this event.

Chance shared a little of his background, giving credit to what made him who he is today. Chance is an enrolled member of the Three Affiliated Tribes (Hidatsa) of North Dakota. He was very thankful for the past 15 years he has been able to advocate for fitness and health throughout the United States. He still remains active and loves to run, traditional pow-wow dance, and be with his children.

Chance learned early that he could use his athletic talents as a means to accomplish great



Youth take a group photo with Chance Rush at the Community Center.

things. He developed incredible drive and discipline to overcome all obstacles that stood in his

way. Chance trained his way to becoming a nationally ranked

**Continued on Page 2**

## End of an Era as Tribe Closes EOT 1

It is an end of an era for the End of the Trail 1 Store. This store is credited with serving our community for over 30 years, and has been a convenience to many who shopped there. The End of the Trail Store 1 closed its doors on March 31. The Business Committee approved and supported Chehalis Tribal Enterprises (CTE) recommendation to close the business. It has been suffering losses for over 5 years, which the Tribe has been generously absorbing.

Historically the Chehalis Tribe did not offer many opportunities to work, other than through grants and contracts. The Tribe was growing and needed to find other ways to expand. The decision was made to start businesses to enhance employment and address economic issues by building the Store.

The End of the Trail 1 was originally built in the 1980s under a grant called the Adult Vocation Training (AVT) program. The program gave tribal members the opportunity to gain precious

**Continued on Page 12**

## Program Educates Community on Nettles: Our First Spring Food

By Christina Hicks,  
Community Wellness Manager

On Saturday, March 28, 2015 from 10:00am to 1:00pm the SDPI program hosted a Springs Food workshop in the PT Classroom at the Chehalis Tribal Wellness Center. Instructor Vanessa Cooper, a Lummi tribal member taught the class and has many years of experience creating relationships with plants and learning their teachings.

### About the Stinging Nettles

Stinging nettle is so nutritious



Tribal and community members take turns learning the cooking techniques for preparing nettles.

and useful. The leaves, flowers and seeds are used for food and medicine. The stems are high in fiber and make strong cordage.

Stinging nettle is a perennial herb with opposite deep green leaves with serrated edges and tiny greenish flowers. Stems are square like a mint. Nettle grows 3-7 feet tall. The stalk and underside of leaves are covered with stinging hairs that rise from a gland containing formic acid. Nettle is common in streambeds and disturbed

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**Chance Rush met and shook hands with the children in the Gathering Room. Chance Rush greets Suzette Klatush.**

high school track runner. His hard work paid off and opened doors to college scholarships. He ran a successful college career where he won two national championship rings. Academically, Chance worked his way to earning a degree in social work.

Chance knew he had experienced some great things and learned many valuable lessons along the way. His passion for strengthening Native communities combined with his experiences led

him to the development of Cloudboy Consulting.

Today, Chance travels throughout the United States and Canada to work with Native communities in an effort to inspire, heal, motivate, and energize. He has a talent for using his energy and humor to spread a simple message, “Use your personal talents to lead you to greatness.” He promotes healthy living and lives his life alcohol and drug free.

During his visit he invited the children to participate in a little game called “Life on the Rez.” The rules were simple and when the game was finished there would only be two winners. He quizzed the youth several times to ensure that they understood. As you might think, they did and moved fast as he announced each step.

Pizza was the reward for the evening. Chance blessed the food and invited the elders to go first. After that the youngest youth were invited to feast, followed by the older children. Children enjoyed the meal, laughing and sharing with each and other looking

forward to what would be offered next.

Chance finished the night up and discussed that making goals and having dreams is important. He shared a life experience about his mother asking him to come get his stuff from her house. As he looked at his trophy case he reminisced about lessons and lifetime achievements. He was to share with the youth that along the path you will need to remember that your life is like a trophy case. Fill it up with great things throughout your life.



**Youth enjoyed playing the Life on the Rez game.**

## SPIPA's Colon Health Program 4th Annual March to Prevention

*By Christina Hicks, Community Wellness Manager*

On Saturday, March 7, SPIPA's Colon Health Program held its 4<sup>th</sup> Annual March to Prevention at the Squaxin community kitchen. Rose and Mike Davis opened with a prayer and Bobbie Bush, CHP Coordinator, welcomed everyone to the conference.

As everyone walked in they were greeted by the CHP staff and encouraged to sign in, and receive a bag, umbrella, flashlight and tee-shirt.

Jen Olson gave a Community Wellness Survey Report for all of the CHP tribal communities. A community wellness survey was then handed out and participants were given a ticket for a chance to win one of three Cabelas gift cards.

Digital Stories were shown by staff who had attended a Digital Storytelling workshop. With the new technology each tribe was encouraged to start making their own in their tribal communities.

The SDPI staff offered blood sugar screenings and a key lime yogurt smoothie, which were a hit.

Winter Strong did a presentation on Traditional Foods “The Science in the Culture Helpers for Foods and Medicines.” Winter offered two kinds of tea: Nettle and Peppermint, and a Detox tea. Winter talked about the importance of bringing back traditional foods into our daily life. Winter also had a Nettle, Ground Turkey and Bean soup for everyone to sample. A healthy lunch was served, provided by Bay View Catering.

After lunch everyone walked over to the gym and did a walk through of the Inflatable colon. To burn off some our lunch, we then participated in an “Exercise with Paddles” lead by Patty Suskin. This was an 8-10 minute exercise video that all were able to participate in.

Participants then played Colon Health Bingo, in which participants were given a question and were encouraged to share the answer; the correct answer was then marked onto the Bingo Card. Participants earned another raffle ticket after they

completed a pre-assessment and post-assessment.

After the raffle drawing was completed the SPIPA staff thanked everyone for coming and wished them a safe journey home. This event was made possible by a cooperative agreement between SPIPA and Centers for Disease Control and Prevention.

If you would like to know more about Colon Health Screening, please contact Tia Triance, Patient Navigator for the CHP at Chehalis Tribal Wellness Center, 360-709-1774.

**The inflatable colon display educated participants on colon health care.**



# Planning and Prioritizing of Future Road and Bridge Projects on the Reservation Requests Community Input

The Planning Department is coordinating the annual update of the Tribal Transportation Improvement Program (TTIP). The TTIP is a publicly reviewed document which guides how Transportation Funds received by the Tribe will be spent over the next 4 years. A copy of the draft TTIP is available for public review at the Chehalis Tribal Center located at 420 Howanut Rd., Oakville, WA.

Comments and questions can be directed to  
**Dan Budsberg** Transportation Planner at  
**360-709-1767**  
or by stopping by the Planning Department.

## Projects Include

- Secena Road sidewalk: Phase 2 (Sidewalk and full reconstruct - 60 foot row).
- South Anderson Widening: South Anderson Road widening and sidewalk(s) (0.5 mi).
- Key Bank Road: Provide continuity of traffic for the Grand Mound developments.
- Vosper to Tribal Center trail: New trail from Vosper to Tribal Center.
- Moon Road reconstruction: Restrict access to local residential use only.
- Tahown residential roads: Reconstruct (0.33 mi).
- South Bank Road sidewalk: South Bank Road/ State Street sidewalk.
- State Route 12 safety improvements.
- School Street sidewalk: School Street and Oak Street sidewalks.

Copies of the draft TTIP, and specific information on proposed/upcoming transportation projects are available.

A 30-day public review period will begin from

**April 1, 2015**  
and ends on  
**May 1, 2015.**

## Nettles continued from Page 1



### Instructor Vanessa Cooper explains the historic uses of how nettles are used during her cooking demonstration.

areas with rich wet soil from the coast to the mountains. Gather nettles in March to May, before they flower.

Nettle contains formic acid in fresh plant, vitamin C, histamine, vitamins A and D, iron, sodium, potassium, calcium, silica, trace minerals and a good amount of protein, plus much more. Nettles are often called a “super food” and are one of the highest plant sources of digestible iron. This can help with anemic conditions, menstruation, pregnancy and lactation.

**Historic uses:** Nettles have been used worldwide for food, fiber and medicine. One use of nettle has been people “flogging” themselves with the nettle (hitting their body when it hurts). It wakes up your capillaries, opens up blood flow and helps build up your iron. It also helps detoxify your liver and kidney. It was also used to make clothing, linens and even fish nets.



### Directions

Boil nettles in water (blanch) for one minute to remove the sting. Drain well, cool in ice water and dry off, then chop into small pieces. Place nettles, basil, nuts, olive oil, garlic and lemon juice in a food processor or blender. Blend until

Vanessa showed us how to prepare nettles after it has been collected. We blanched them for about two minutes in hot water, rinsed them off in ice cold water and placed them in a zip lock freezer bag until we are ready to use them. The water we prepared them in we drunk as tea.

Nettles can be then used in soups or pretty much where ever you want to add them. Nettles can help bring the body back to a state of balance. If someone is feeling debilitated or generally worn down, nettles are a good remedy. They are tonic to the liver, blood and kidneys. Nettles awaken the body.

Vanessa prepared a nettle and mint tea for the group. The group then went out into the community in search of nettle. We found and identified dandelions, the good ones, Indian band aids (plantain) and baby ginger. This year’s supply of nettles started to show up early, in February. We then ventured back to the clinic where Vanessa then did a cooking demonstration. Vanessa made Nettle Pesto and Wild Greens Sauté. If you would like a copy of the handouts from this class, please come to the clinic and see one of the SDPI staff.

The SDPI would like to thank Vanessa Cooper and Elise Crohn for the information given to us regarding nettles. We plan on having more classes in the future so watch for our program flyers.

If you would like a copy of the handouts please contact one of the SDPI staff at 360-273-5504.



## Nettle Pesto Recipe

### Ingredients

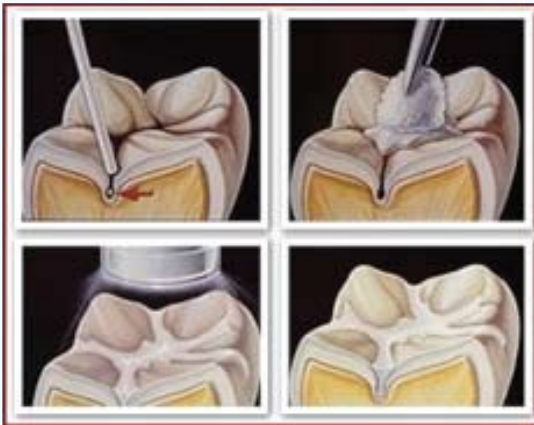
- 1 small bag ( about 6 cups) of young fresh nettles
- 1 bunch basil, stems removed, washed and drained (about 2 cups leaves)
- ½ cup Parmesan or Romano cheese, grated
- 1/3 cup of extra virgin olive oil
- 1/3 cup chopped walnuts or pine nuts
- 1 clove garlic, chopped
- 1 teaspoon lemon juice
- Salt and Pepper to taste

smooth. Add Salt and Pepper to taste. Place in a clean jar and poor a little extra olive oil over the top. Cover with a lid. Serve with the cheese when ready to use. This will keep for 2-3 weeks in the refrigerator.



# Tribal Health and Wellness News

## DENTAL SEALANTS?



### WHY ARE SEALANTS NEEDED?

Cavities are mostly found on chewing surfaces. Almost three quarters of all cavities in children's teeth are on chewing surfaces!

Chewing surfaces are at risk because they have deep pits and fissures where germs and food can hide.

### HOW ARE SEALANTS PLACED?

Placing dental sealants is really quick and easy!

Your dentist, dental hygienist, or dental assistant will prepare the tooth by cleaning the chewing surface.

Then he/she will place the sealant material, which is white, on the tooth.

Then he/she will shine a light on the tooth to harden the sealant material. That's it!

### WHO NEEDS TO GET A SEALANT?

Adults or children who may be at high risk for tooth decay.

If you or your child has had a previous cavity, a sealant may be needed.

Your dentist, dental hygienist, or dental assistant will let you know if a dental sealant is recommended for your child.

### WHEN DOES MY CHILD NEED TO GET A DENTAL SEALANT?

Dental sealants can be applied at any time, but they're best applied soon after a tooth erupts.

■ A special kind of dental sealant can even be placed on primary (baby) teeth to help prevent cavities.

■ Children as young as one year old have received dental sealants!

### HOW DO I GET MORE INFORMATION ABOUT SEALANTS?

Call the Chehalis Dental Clinic at **360-709-1659** and schedule an appointment with Dr. Elton!



## ATTENTION All CHS/PRC Patients!

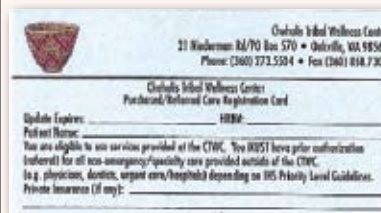
Have you been referred for medical care? Are you receiving medical bills in the mail?

If so please bring them to the Chehalis Tribal Wellness Center so the Purchased Referred Care Department can process and pay them.



## New CTWC PRC Available

Are you Contract Health Eligible? Have you received your new ID card? This ID card along with a Purchase Order will help to ensure outside providers are billing the Purchased Referred Care Department quickly and accurately.



If you or your family members have not received their card, please see

Deb Shortman at the Chehalis Tribal Wellness Center.

## 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).



National Breast and Cervical  
Cancer Early Detection Program



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

Good Luck!



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

## Mammogram Clinic

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

Call the Clinic at  
**360-273-5504**

With Swedish Mobile Mammography

to make your appointment.

# Winter Challenge Results Are In!

Hello, I just wanted you all to see the results from the Winter Challenge (see below) T-shirts for those that participated in this should be here by the end of March. We had an average of 13 participants...not as many as the other tribes, but hey you all did a good job.

I want to bring to your attention that we will be having an Inter-tribal 5-2-1-0 Challenge starting May 3. This involves Chehalis, Nisqually, Shoalwater Bay, Skokomish and Squaxin tribes. If you would like to know more about this or would like to participate please email me. Thank you for participating in the winter challenge.

Christina Hicks, Community Wellness Manager

Here are the Week 6 results and total aggregate averages. I'd like to thank everyone for participating in this 6-week long physical activity challenge and thank The Spokane Tribe for supporting the participants with t-shirts. This year's challenge had the most participants and organizations ever. Hopefully we can continue this challenge in the coming years.

## Final Aggregate Weekly Averages:

**Most Participants:** The Spokane Tribe of Indians, (98)  
**Most Minutes:** The Spokane Tribe of Indians, (35,143)  
**Highest Average Per Participant:** Suquamish KAIA Fitness (900)

## Results by State/Tribe/Organization:

### Idaho Tribes:

Tribe	Avg. Participants	Avg. Minutes Team	Avg Per Team Mem.
Coeur d'Alene	22	6,548	293
Nez Perce	57	15,815	273
Shoshone-Bannock	40	15,810	397

### Oregon Tribes:

Tribe	Avg. Participants	Avg. Minutes Team	Avg Per Team Mem.
Klamath	10	4,171	417
Conf. Tribes of Siletz	93	31,493	339
Conf Tribes of Umatilla	4	931	243
Conf. Tribes of WS	72	11,378	156

### Washington Tribes:

Tribe	Avg. Participants	Avg. Minutes Team	Avg Per Team Mem.
Chehalis	13	2,538	195
Kalispel	30	7,722	256
Makah	12	3,620	315
Spokane	98	35,143	358
Suquamish-KAIA	25	18,581	900

### Urban Programs:

Tribe	Avg. Participants	Avg. Minutes Team	Avg Per Team Mem.
NARA	48	10,411	217
NATIVE Project	20	4,869	243
NAYA	25	5,616	223
NPAIHB	23	8,520	365
Portland Area IHS	12	3,477	282

### RJ Nomee (Kalispel) challenged LoVina Louie (Coeur d'Alene)

Coeur d'Alene	22	6,548	293
Kalispel	30	7,722	256

### Bob Brisbois (Spokane) challenged Joe Finkbonner (NPAIHB)

NPAIHB	23	8,520	365
Spokane Tribe	98	35,143	358

Thanks again, Joe W. Law, Health Promotion Coordinator - Portland Area Indian Health Service

## SPIPA's Intertribal Wellness Challenge



Starts May 3, 2015



**TAKE THE  
CHALLENGE TODAY!**

SPIPA is starting an inter-tribal health challenge at the five SPIPA tribes. The 5210 inter-tribal challenge is a community prevention initiative that promotes four simple strategies to create a healthier lifestyle.

### What does 5210 stand for?

5 or more fruits and vegetables a day  
2 hours or less recreational screen time a day  
1 hour or more of physical activity a day  
0 sugary drinks and more water a day

The SPIPA "Get Up and Go Challenge" is a four week community activity encouraging all of us to complete the 5-2-1-0 behaviors daily starting **May 3** through **July 2**. Tracker cards are used to check off the daily completed behaviors. They will be distributed at all 5 SPIPA tribes throughout the communities by **May 3**. Completed trackers must be submitted to the contact person at each tribe by **July 2** for a chance to receive a t-shirt and be entered into the grand prize raffle.

**Who can participate?** The SPIPA "Get Up and Go Challenge" is open to all SPIPA tribal members and community members.

**Expected Outcome(s):** The goal with the 5210 challenge is to help our tribal community members become more aware of their daily habits by participating in this four-week challenge. Pre and Post Surveys will help to track the outcome of before and after results.

The 5210 challenge fits into our 10 year plan by helping to increase the consumption of 5+ fruits & vegetables a day from 19% to at least 50%, and to increase the rate of recommended exercise of adults from 29% to at least 60% by year 2022. Ultimately, we want to prevent cancer by increasing the overall percentage of fruit and vegetable consumption and increase regular exercise in our communities.

Up to 35% of all cancers in the U.S. could be prevented by appropriate nutrition, physical activity, and body fatness. About 50% of all colon cancers could be prevented by following these healthy lifestyles.

### Beginning May 3

**Turn in completed tracking sheet by June 15!**

Contact Christina Hicks – Chehalis Clinic  
**360-709-1741** for more information.



## Play helps your baby!

- Learn about their body and the world around her.
- Build a special bond with you and other family members.
- Sleep better.
- Have strong bones, lungs and heart.
- Build strong muscles that will help them learn to sit, crawl and walk.
- Feel good!

## Activities to build your baby's muscles - and their brain!

### Large muscle activities

- Rolling over
- Pulling up
- Creeping, crawling, climbing
- Sitting, standing, walking.

### Small muscle activities

- Reaching, grasping, holding, shaking, turning.

## Why is it important for my baby to be active and play?

- Your baby's brain grows quickly during the first year of life. Learning begins with play.
  - Your baby will be able to explain more and more as they learn to move around.
- Everyone needs to be active - even babies. Play with your baby!

## You are your baby's first and most important teacher. Your baby is counting on you to play with them. Play every day!

## What kinds of play do babies like?

- Babies like to move things from one hand to the other. They also like to take things in and out of containers.
- Babies like to be on their tummies and reach for things in front of them. Remember - babies should always sleep on their backs, but when they're awake they need tummy time to build strong muscles.
- Babies like to creep and crawl over, under and around things (like pillows, chairs and boxes).
- Babies like to play with things that are different colors, shapes and sizes.

# Playing with Your Baby Helps Them Grow Smarter, Stronger, Healthier and Happier

## READY...SET...GO PLAY!



### The Great Outdoors

Go outside with your baby, put a blanket on the ground and let him crawl around. Babies love to be outdoors!

### Explorers

Be sure your house is safe for baby to explore! No small objects on the floor!

Make an obstacle course for you and your baby. Make tunnels out of chairs covered with blankets, put down some pillows and empty cardboard boxes. Get on the floor with your baby and crawl around, over, under, in and out.

### Bubble Burst

Sit your baby in her seat, on your lap or on the floor between your legs. Blow bubbles within her reach. Show her how to pop them.

### Row, Row, Row Our Boat

While sitting on the floor, put your baby between your legs, so both of you are facing forward. Grasp a rolled up dish towel in front of you so that both of you can hold on to it. Gently lean forward and back in a rowing motion.

### Stretch and Wiggle

Say this rhyme out loud as you help your baby do the movements.

Stretch your arms,  
Wiggle your toes,  
Shake your rattle,  
And pat your nose



Playing with your baby helps her grow smarter, stronger, healthier and happier!

### Household things to play with

Just open your cupboards!

- Wooden spoons
- Plastic cups and bowls
- Empty pie tins
- Empty cardboard boxes — like cereal boxes
- Paper towel tubes

To prevent your baby from choking, make sure all play things are bigger than the inside of a toilet paper tube.

### Toys to play with

Good gifts from family and friends

- Plastic mirrors
- Pop-up toys
- Stacking toys
- Rattles
- Mobiles
- Soft blocks or balls

### Games to play

- Peek-a-boo
- Hide and seek
- Pat-a-cake
- Monkey see, monkey do



**WIC**  
WOMEN  
INFANTS  
CHILDREN  
We nourish families.

**VERMONT**  
DEPARTMENT OF HEALTH

This project was funded in part with Federal funds from the U.S. Department of Agriculture, Food and Nutrition Service, under the 1999 WIC Special Projects Grants.

The contents of this publication do not necessarily reflect the view or policies of the U.S. Department of Agriculture, nor does the mention of trade names, commercial products, or organizations imply endorsement by the U.S. government. WIC is an equal opportunity provider.

## 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)

May 7

June 4 - Handing out 3  
summers months's WIC  
vouchers

July 9



## Community Notice!

The tree across from the little store (EOT 1) will be coming down. Insect infestation was discovered as well as signs of decay. In fact, the top of the tree is completely rotten.

Instead of waiting for the tree to fall in a windstorm and potentially cause damage to its surroundings, the Tribe has elected to remove it.



The Chehalis Tribal Planning office welcomes any questions or concerns you have about this issue.

Please contact Dave Hinkson at by 360-709-1822 or email [dhinkson@chehalistribe.org](mailto:dhinkson@chehalistribe.org).

## 6th Annual Conference

**Substance Abuse:**  
*A Community Response*

Wednesday, April 29, and  
Thursday, April 30  
Great Wolf Lodge,  
Grand Mound, WA

TO REGISTER GO TO:

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

For more information or questions regarding this conference 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.

## ~ USDA Food Program ~

For more information contact the SPIPA  
Food Distribution Warehouse  
at **360-438-4216**  
Monday through Friday  
between the hours of  
8:00 AM until 4:00 PM

### Distribution Dates

April 16  
May 21  
June 25  
July 23

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

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

## Spirit Walk - Walk for Native Health

**Saturday May 30**  
**Seattle Center Mural Amphitheatre**  
**8:30 - 11:30 AM**



Join us for a day of health information resources, gifts, prizes and giveaways. This is a celebration of community members and groups who have raised funds to support the Seattle Indian Health Board. Individuals and groups walk from Seattle Center to Myrtle Edwards Park at the Seattle waterfront (and return) followed by awards and prizes.

After the walk, join us for the **Spirit of Indigenous People** festival from 11:30 AM to

5:00 PM - a celebration of American Indian and Alaska Native culture and tradition. Native performances, arts and crafts vendors, lectures and displays, music and food. We are excited to bring the two events under one celebration.

**Seattle Indian Health Board Website:** <http://www.sihb.org/spiritwalk/>

## 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.



## 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](mailto: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

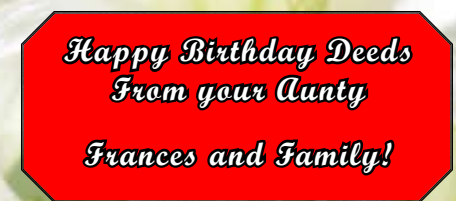
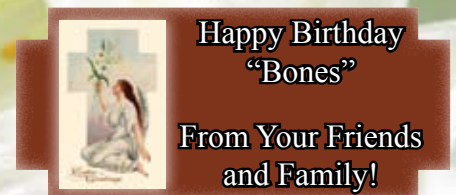
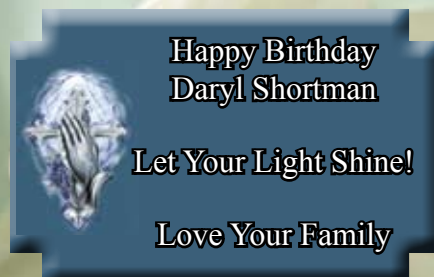
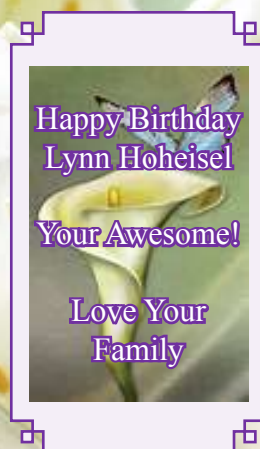
### Chehalis Tribal Newsletter Staff:

Fred Shortman,  
Communications  
Coordinator



# Happy Birthday to Tribal Members Born in April

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<sup>1</sup> Amber Higgins Bowen Wittwer Giles Youckton	<sup>2</sup> Jean Haltom	<sup>3</sup> Remy Garrety Dan "Bones" Gleason, Sr. Jessica Hill Aiden Youckton	<sup>4</sup> Sam Boyd Dakota Hernandez Rhonda Higgins Segne Phillips Ronald Rogers, Sr.
<sup>5</sup> Hector Canales, Jr. Tracey Pickernell	<sup>6</sup> Claudea Daniels Rycker Longino Daryl Shortman	<sup>7</sup>	<sup>8</sup> Daryl Beckwith Emma Fern Steven Gunnels	<sup>9</sup> Dennis Gunnels Deidra Hawkes Brandy Sanchez	<sup>10</sup> Annie Burnett Andrew Starr	<sup>11</sup> Glenn Bobb Jesse Gleason
<sup>12</sup> Lykaio Bracero- Rosbaugh	<sup>13</sup> Daniel Poling, Jr. Gavin Vigil	<sup>14</sup> Greg Burnett Makya Klatush Tony Medina Jared Mordhorst Larry Pressnall Chavez Secena Kelli Thompson	<sup>15</sup> Bonnie Phillips	<sup>16</sup> Cristina Blacketer Rodney Boyd, Jr. Angelia Oliver April Reynolds	<sup>17</sup> Beverly Andrews Ayden Sanders James Teague, Jr. Kaleah Quilt	<sup>18</sup> Amy Andrews- Mashburn Amanda Bates Hawk Wittwer
<sup>19</sup> Jay Sanchez, Sr. Enyo Visaya	<sup>20</sup> Lynn Hoheisel	<sup>21</sup> Nadine Burnett Charles Latch, Jr.	<sup>22</sup>	<sup>23</sup>	<sup>24</sup> Eldon Gleason Tanner McCloud Courtney Price Antonio Sanchez Robert Sanchez Jonathan Williams	<sup>25</sup> Gary Ortivez, Jr. Randall Powell- Johnson Javier Lopez Sanchez Freddie Sanchez III
<sup>26</sup> Dalia Perez	<sup>27</sup> Gaughe Culver	<sup>28</sup> Kevin Bray Jazmyn Nath	<sup>29</sup> Dominic Delgado Jordan Lopez Wakiza Wittwer	<sup>30</sup> Kenedy Adams Max Lyons Maureen Prince		





## 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 storytelling, weaving, beading or any other type of classes you can bring to our tribe.

Contact Joyleen McCrory at her tribal office with examples of your work and costs for your classes.

## Memorial Services

**for Edna and Harvey Bruce**  
**Saturday, May 16**  
**Starts at 11:00 AM**

Lunch and giveaway  
at the Oakville Shaker Church



## Foster Care Licensing Program

**Are you interested in becoming an emergency, short term or long term home for youth in need?**

Please contact either Frances Pickernell at 360-709-1745  
or Melanie Hjelm at 360-709-1632



## Division of Child Support

NOT SURE HOW TO GET STARTED? HAVE QUESTIONS? NEED HELP FILLING OUT PAPERWORK?

**JUST SHOW UP BETWEEN 1:00 - 3:00 PM**  
**EVERY SECOND WEDNESDAY OF THE MONTH**  
CHEHALIS TRIBAL SOCIAL SERVICES CONFERENCE ROOM

Eric Stender, Support Enforcement Officer  
Tribal Liaison  
360-664-6971  
stended@dshs.wa.gov

# Chehalis Tribe Students of the Month

**Jacee Hoyle (9-12)**



Jacee Hoyle is a senior at Adna High School where she is currently holds a 3.8 GPA.

What Jacee likes most about school, is that she is a senior and that high school is almost over.

Jacee feels that she is a successful student because she is organized, loves to learn, and she is resourceful.

Her advice for other students is to take PE the first two years of high school and get it over with. She also said, "Take lots of notes and pay attention."

She is involved with her school's yearbook this year.

After graduation Jacee is going to South Puget Sound Community College (SPSCC) for a year or two, then transferring to Washington State University (WSU).

**Richard Romo, Jr. (6-8)**

Richard Romo, Jr. is in 7<sup>th</sup> grade at Yelm Middle School. He is currently holds a 3.2 GPA.

At school, Richard enjoys Language Arts Class. He has found it to be challenging and rewarding, plus he enjoys reading.

He feels that he is successful student because he is helpful, honest, and takes his time.

His advice for other students is to work hard and don't give up.

Richard has played TCYFL football since 1st grade. During that time his team has won a championship for his age division. This past football season he played middle school football along with TCYFL all while maintaining high grades. Richard has played baseball since he was in pre-school. Currently Richard had been asked to try out for a select team and was chosen to play for the team. The team will be playing in the South Sound League as well as in many tournaments this spring and summer

After Richard graduates from high school, he plans attending the University of Oregon with big dreams of playing in the NFL.

Go Ducks!!



**Kylee Secena (K-5)**



Kylee Secena is in the 2<sup>nd</sup> grade at Rochester Primary. She received 3 and 4's on her last report card. Her teacher says that she has good listening skills, demonstrates creative abilities, works beyond class requirements, and is reading above her reading level.

What Kylee likes most at school is Science. She gets to look at cool rocks and she also likes it when they do art projects.

She feels that she is a successful student because she pays attention and listens a lot.

Her advice to other students is to never be bad, listen, and pay attention.

Kylee enjoys playing soccer, and wants to try baseball.

After Kylee graduates high school she wants to attend college where her mom and sister went. At WSU she wants to learn how to be a teacher and a singer.

## 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](mailto: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!**





# Clover Park Technical College Would Like to Invite Chehalis Tribal Youth 8<sup>th</sup>–11<sup>th</sup> Grade into the Future



If you are familiar with the movie *Back to The Future*, you know 2015 is the year Marty McFly is transported to. He had the unique opportunity to see what his future would be like.

At the 2015 CPTC Career Conference / Open House we want your students to have that same opportunity, but we are looking ahead to 2020. Visitors can check out all 43 programs we offer to help make a plan for their future, or step into a program photo booth to really see themselves in that career!

We have the Seattle Time Machine, a replica of the DeLorean complete with the flux capacitor, the hover board, and of course the sports almanac to celebrate our event this year.

Activities this year include:

- Health Care Fair

- Advanced Manufacturing Fair – pathway to your Bachelor Degree
- Environmental Science Workshop
- Financial Aid Workshops
- Running Start Workshops
- Disability Workshops
- College Bound Scholarship Workshop
- Weird Science Tour
- 15<sup>th</sup> Annual Car Show
- Seattle Time Machine Photo Booth
- And much more....

The Conference is scheduled for

**Thursday, May 14  
from 9:00 AM to 1:00 PM**

This event is open to the public, but if you plan to bring a large group or would like event details – please register.



## College Information

If you are considering going to college fall 2015, you should have already started your free FAFSA online and applied to your choice of college. If you have not done this already I would start now. Many colleges will have fall registration open as early as May.

For the Chehalis Tribal Scholarship and to start fall 2015 you will need:

- Acceptance letter from your college
- Registration of classes
- Free Application for Federal Student Aid (FAFSA) [www.fafsa.ed.gov](http://www.fafsa.ed.gov)
- Copy of High School Diploma or GED Completion
- College transcripts, if any

These are only parts of very important documents needed for the Scholarship so please get started right away. If you would like more information regarding any of these subjects please feel free to contact the Higher Education Coordinator Racheal Mendez via email at [rmendez@chehalistribe.org](mailto:rmendez@chehalistribe.org) or phone 360-709-1698.

## Homes For Sale to Tribal Members

The Chehalis Tribal Housing Authority has two homes for sale.

One is in the Vosper neighborhood. It is a newer home with 3 bedrooms and 2 bathrooms. The home is on tribal land.

The other home is manufactured home that has 5 rooms and 3 bathrooms. This home is located near Grand Mound. Both of these homes sit on large lots. In order to buy either of these homes, you must be a Tribal member.

If you are interested in either of these homes or help buying a home, please call the Chehalis Tribal Housing Authority office at

**360-273-7723**



**3 bedrooms and 2 bath home available for sale on the Vosper neighborhood.**



**5 bedroom and 3 bathrooms manufactured home near Grand Mound**

## Staff Profiles: Assistant General Manager and Wellness Center Director

It's really great to be back serving the Chehalis Tribe again. I worked for the Chehalis Tribe from 2002-2008 as the Heritage & Culture Program Manager. Since then, I have worked for SPIPA from 2008 - 2015 in the SPIPA TANF program, as a member of the Operations Team. I was responsible for data compliance with the TAS database and child support administration for TANF clients at five sites, in addition to Monthly and Quarterly reports for the State.



**Marla Conwell**  
Assistant General Manager

strong leadership roles as well as stop the "brain drain" that so many tribes experience when their educated tribal members go work elsewhere. I know we employ many great people and I think our opportunities to improve will be awesome!

I am enrolled Chehalis but also am Potawatomi and Sac and Fox on my paternal grandfather's side. I love to make basketry items and teach others to make and appreciate them. I work mainly in cedar and have focused on teaching

My new job is Assistant General Manager of the Chehalis Tribe's governmental division. I'm an enrolled member of the tribe, so I am particularly excited to serve my people in this new role. I look forward to establishing new collaborations between tribal departments and also among the sub-committees of the Business Committee. This new position was recently developed as a training position for Chehalis tribal members to learn about the General Management of our tribe with the end goal of having the AGM move up into the GM position while bringing on another tribal member to continue the AGM position. This will allow our tribe to move our own members into

others how and when to gather cedar so that they can continue to make cedar baskets and hats in a self-reliant fashion. My parents lived on the Chehalis reservation where my father continues to reside. We recently lost my mother almost six months ago and my family is still struggling to adjust. I look forward to spending more time with my father since I will be working so closely to the family home. Losing my mother made this new job opportunity particularly bittersweet as I am missing the time we could have spent together. I know she would be very proud of me. I hope to make my tribal members proud of me as well.

Hello, my name is Denise Walker and I feel honored to serve as your Wellness Center Director. I come with many years experience in Tribal Health having worked for the Quinault Indian Nation, Nez Perce Tribe and the Skokomish Tribe. Each of these Tribes I left with warmth and friendship, along with many fond memories.

Some of you may know me from golfing as I own the Oaksridge



**Denise Walker**  
CTWC Director

Golf Course in Elma and have seen some of you at the course.

I have two grown children and five grandchildren who are enrolled members of the Quinault Indian Nation. I will look forward to meeting all of you and assisting you with your health needs.

Please feel free to stop by my office any time you have any concerns or suggestions.

### Store continued on Page 1

carpentry skills. With the construction of the store, the groundwork was established to give tribal and community members employment opportunities to work at the store upon its completion. There have been many different managers who trained employees as they worked there.

The Chehalis Tribe was able to negotiate and built the Bingo Hall. It was a building block to begin finding new sources of revenue. This opened the door to purchase land to build the EOT II and III stores. As the tribe began to have success they also built the Lucky Eagle Casino and added the Eagles Landing Hotel.

The tribal and community members extend a heartfelt goodbye to the historical buildings. Closing Store 1 was not an easy decision considering its historical value to the community. As CTE continues to respect the past and promise for the future tribal enterprises.

Thank you to all the current and prior store staff members who have made this business a success. This store has provided many, many years of service to the Chehalis community.



**On March 31 the End of the Trail 1 officially closed its doors. It is not the end of the building though. The possibilities are endless with a little thought and dreams.**