



CHEHALIS TRIBAL NEWSLETTER

The Confederated Tribes of the Chehalis Reservation

“People of the Sands”

August 2015

Free

Schimmel Family Visits Tribe Sharing Their Story to Success

Basketball...is it a Dream or a Storm? On Saturday, July 18, the Chehalis Tribe hosted some special visitors. The Schimmel family was in town to travel to Key Arena in Seattle to watch their daughter Shoni Schimmel play for the Atlanta Dream versus the Seattle Storm WNBA team later that evening.



Tribal community gathered at the Community Center to join the Schimmel family in the fun run. Later that day the attended the game to see Shoni Schimmel play in the Atlanta Dream vs the Seattle Storm WNBA game.

They kicked off the morning with a fun run. What a way to wake up and get the blood pumping! Elders, adults, and youth were invited to take the run around the block on the Chehalis Reservation, starting at the Community Center and

circling the block. Some walked, some ran, but never-the-less, it was fun. At the finish line participants were greeted with cheers.

Later that day everyone was invited to return to watch a film “Off

the Rez,” showed by the family. The movie was inspiring as it highlighted some of the successful, gifted, and talented young up-and-coming stars from the Umatilla Reservation. The film also had

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Chehalis Tribal Princesses Represent Tribe in Local Parades

On Saturday, June 21 the Chehalis Tribal Youth Center entered the annual Swede Day Midsummer parade. The Chehalis Tribal Princesses were dressed in full regalia to represent the Tribe.

Parades are a way of celebration and recognition and the annual Swede Day Midsummer parade was no different. Highway 12 through Rochester was closed as people were seen setting up their chairs along the streets. It was a nice day as families came to see the floats and enjoy the food and other activities provided by different vendors and businesses.



Chehalis Tribal Youth with Tony Medina display the trophy that was awarded in the Oakville 4th of July Parade.

Oakville Independence Day Parade

The Oakville and Chehalis Indian Reservation communities have been intertwined for many, many moons. With the close proximity of the Reservation to this little town, fun activities can be participated in, too. The Oakville Independence Day Parade is no exception. This parade happens on the first Saturday in July. This year was another fun filled day hosted in Oakville on Saturday, July 4.

There were local floats who participated in the parade. The

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Native Tribes Gather to Encourage Traffic Safety

Submitted by MJ Haught, Tribal Liaison for the Washington State Traffic Commission

Olympia, WA - Two successful video and photo shoots were conducted by the Tribal Traffic Safety Advisory Board to create core material for culturally-relevant traffic safety educational pieces. The gatherings were blessed with good weather and wonderful Native American friends who arrived with a helping spirit. Over 80 people coming from 14 Tribes participated as talent in the videotaping and photography. Others assisted with coordination of this complex undertaking, which involved two photography stations and two videography stations. The dedication of the participants to reducing traffic deaths and serious injuries in Indian Country was uplifting.

Squaxin Island Tribe hosted the west side shoot on June 9, and the Confederated Tribes of the Colville Reservation hosted the east side shoot on June 11. Participants were well-fed, thanks to the

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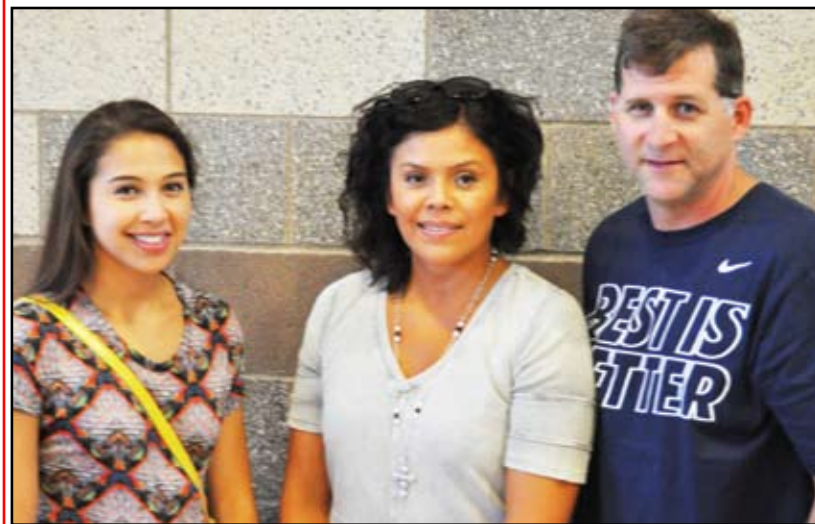
some surreal moments as the family made a lot of sacrifices to help Shoni make it to the WNBA. The film is about the family and the path to making their dreams and goals come true. They didn't allow life challenges to get in the way. It wasn't easy, but it was worth the journey.

After a good meal, the Schimmel's shared their journey, assisting their children to achieve their dreams and goals. The Schimmel family was invited back to share their story, bringing with them the hopes and dreams for any Native American family to believe in. They come from a humble and simple background, but to live off the reservation brought huge obstacles. They met them head on, and continued together as a family to make their children successful. Their core values helped them along the way with support from the grandmother, friends, and family.

Shoni might have made it to the WNBA, but not forgotten and a star student athlete was her younger sister Jude Schimmel. She played alongside her sister in High School and College (Louisville), never realizing that they were cutting the path for the hopes and dreams of the next generation

Rick and Ceci shared their story about Jude. She was a successful student-athlete, practiced basketball, traveled throughout the United States, took classes, and also wrote a book. Where she found the time and energy Jude only knows. The pride showed in her parents eyes as they shared their story.

Jude shared her achievements in a quiet and humble demeanor. The decision to live off the reservation was different. People didn't believe in Native Americans. There have been so many



gifted, talent athletes who started but never finished. Our family wasn't any different. It is hard to do, but together we are accomplishing these goals.

Her words of advice to others are, "Dream Big! Do not let life get in the way, and it will. Meet the challenges head on! If it does not work one way, find another. Find someone to help you, because we Native Americans have a large family." She admits, "In the beginning, I didn't understand that so many Native peoples dreams lived through us. Everywhere we play the support was huge in our path to success! Like Shoni, it amazes me. Our family is trying to inspire other families to make the commitment of doing things positive things for themselves and family."

Afterward, many tribal and community members took photos, purchased Jude's book, or ordered some of the shirts with success slogans on them. The youth center provided basketballs for the youth to have signed by Jude, Rick and Ceci.

These activities set an exciting tone for the game that was scheduled that evening: To go to a WNBA game in Seattle! Afterwards, the van was loaded up with adults and children to go watch the Seattle Storm. It was Native American Appreciation Day!

Then came game time. The crowd went wild with excitement and joy as Shoni Schimmel's name was announced for the Atlanta Dream. The half-time Colville tribal members performed their traditional dances. It was an awesome display of talent through dance.

The night ended as the Atlanta Dream lost the game to the hometown Storm. Either way, it was an exciting and great day for many who came to witness the game.

Jude, Ceci and Rick Schimmel visited and shared their story of living off the reservation. Together, as a family they overcame their challenges to achieve their dreams and goals.



Safety continued from Page 1



Twenty-nine Federally-recognized Tribes contributed the materials gathered for Traffic Safety Commission hosted at the Squaxin Island Tribe.

Photo by Jennifer Rutledge

Confederated Chehalis Tribes and Muckleshoot Tribe hosting lunch on the west side and Colville Tribes hosting breakfast and lunch on the east side.

The videography and graphic design contractors

are very pleased with the quality and variety of material with which they are now working. More raw footage and photos were collected than can be used this year, but the Advisory Board now has a library of raw material for the future. The final products this year will cover the five top factors contributing to traffic deaths in Indian Country: lack of seat belt use, lack of pedestrian safety, impaired driving, speeding, and lack of car seat use.

All 29 federally-recognized Tribes in Washington have a volunteer contact for the educational materials. Print materials are expected to arrive at each reservation or headquarters on September 30, 2015, and videos will be distributed at about the same time.

For more information contact MJ Haight, Tribal Liaison, 360-725-9879, mjhaught@wtsc.wa.gov



Tribal Law Enforcement Officers play a critical role in protecting their communities.

Photo by Tim Rogers

Sponsored by



Tribal Traffic Safety Advisory Board
Foundation of Culturally-
Relevant Traffic Safety
Educational Materials

Clinic Staff Profile: Dr. Behre, Podiatrist

I grew up in New Orleans, Louisiana. I attended and graduated from the University of New Orleans. Afterwards, I attended Podiatry School in San Francisco. After graduation, I did one year of residency training in Podiatric Medicine and Surgery at the VA Medical Center American Lake in Lakewood, Washington. I moved back to the Bay area for a one year fellowship in Podiatric Biomechanics. Afterwards, I opened my practice in Tumwater in 1988.

When living in San Francisco, everyone asked me if I was going to practice there. I answered, "No, I am going back home." I took a kayaking class and went whitewater rafting. I was hooked because I love water. Other things I enjoy are biking riding, hiking, gardening, knitting and anything outside, especially if it is in and around water. While I am not a skier, snow fascinated



**Debbie Behre, DPM
Podiatrist**

me. Of course, it is FROZEN water!

I closed my office after about 15 years and changed my practice. I have worked at Nisqually Health Center, the VA Medical Center at American Lake and worked as an independent medical examiner. Now, I see patients at Skokomish Medical Center, fill in for podiatrists in Washington State, and work

as an independent medical examiner. In July I started doing a podiatry clinic here at the Chehalis Tribal Wellness Center.

I am really excited to be given the opportunity to serve your community. If I haven't met you in the clinic by now, please stop by. I look forward to meeting you and answering any questions.



Planning News

FISH, FRYBREAD and FEEDBACK DINNER

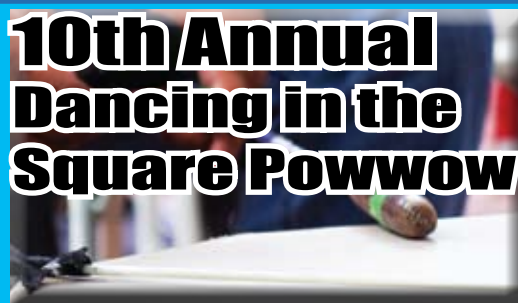
A year's work with the community and with tribal departments has resulted in one of the most inclusive, impressive and informative documents the Chehalis Tribal Planning Department has ever produced. After countless hours of interviews with the Chehalis Tribal community, tribal employees, focus groups, and community meetings, the Justice System 10-Year Strategic Plan is ready to be presented to the Membership and we want you to come be a part of that celebration. We listened to you in putting the plan together, and now we want to hear what you think of it!

**Thursday, September 17
Starts at 5:00 PM
Chehalis Community Center
Gathering Room**

Our program is having a Fish, Frybread and Feedback dinner in the Gathering Room at the Chehalis Tribal Community Center. We will be introducing the completed Strategic Plan to the community. Don't forget to mark your calendars now!



**Pioneer Square
Downtown Portland
~ September 25 ~
12:00 - 7:00 PM**



10th Annual Dancing in the Square Powwow

This event is FREE and open to the public. A Drug Free, Alcohol Free, Commercial Tobacco Free, and Violence Free event.

**Vendors and Educational Booths:
For more information, please contact:
Candice Jimenez at 503-416-3264 or
cjimenez@npaihb.org**

Tribal Health and Wellness News

Who are you seeing when you go to the clinic?

It can be confusing to know what type of healthcare professional you are seeing when you come into the clinic. Here is some more information to help you better understand what each person is doing.

Medical assistant (MA): MAs are usually trained at community colleges or vocational schools and then take certification testing. They are skilled in both administrative tasks and clinical ones. You may see an MA answering phones, processing charts or taking your vital signs and blood samples.

Licensed practical nurse (LPN) and registered nurse (RN): LPNs complete their training at community colleges or vocational schools and then take a certification test. Their school is about 2-3 years long. An RN is someone who has either completed an Associate's or Bachelor's degree in nursing before taking their board exam. Their school is about 4 years long. In a family practice clinic your nurses do a great deal of work you might not even see! They take your vital signs, collect blood or other specimen samples, perform wound care, patient teaching, care coordination, process referrals, answer patient phone calls, triage patients, take x-rays, start IVs, administer vaccinations and medications, and much more.

Advance registered nurse practitioner (ARNP): An ARNP is a health care provider who has completed a Bachelor's and either a Master's or PhD in nursing. Their training is similar in scope and duration to that of a physician, which is why they can do everything a physician can do in your family practice clinic. They are independent practitioners, which means they don't have to (or need to) work under the supervision of a physician. An ARNP does everything you'd expect from a primary care provider (PCP) at your clinic.

Physician (MD): A physician is a health care provider that has completed a Bachelor's degree as well as graduate education in medicine. They also take board examination once they complete their training. Physicians, like ARNPs, may go into many different specialty areas, but the ones in family practice have completed specific training in that field. At the Chehalis Tribal Wellness Center, your PCP might be either a physician or ARNP.

This is just a list of the licensed professionals at the Wellness Center. There are many other essential staff members who help make sure we can all do our jobs and you get the best care possible.

Teeth Whitening, is it For You?

Teeth whitening or "bleaching" is a safe and effective way to whiten teeth. There are many advantages to having a whiter and brighter smile. Whiter teeth can help increase confidence and make someone feel better about themselves. It is not uncommon for someone to smile more after teeth have been whitened. Side effects are minimal and may include a short period of sensitivity during the whitening phase, but it quickly goes away



after whitening is completed. Our trained staff will make custom trays that precisely fit your teeth. In a private dental office, this would cost approximately \$400.00. At the Chehalis Tribal Dental Clinic we provide the same expert care for \$50.00.

To see if you are a candidate for teeth whitening, call and make an appointment at the Chehalis Tribal Dental Clinic today at **360-709-1659**.

Diabetes Clinic

August 20, 2015

8:00 AM to 4:30 PM

Chehalis Tribal Wellness Center



The Chehalis Tribal Wellness Center will be "Kick Starting" their Diabetes Wellness Clinics on August 20, 2015.

This day will focus on the care of the diabetic patient. We will have healthy snacks available, diabetes information, diabetes meter exchange if you are in need of an updated meter.

Patients will have Labs done, see their health care provider, and see the Registered Nutritionist. Check to see when your last Diabetes eye exam, Diabetes foot exam, Dental exam, review your immunizations, review your medications and also screen for Depression and Tobacco use.

If you are a Diabetic and have not been seen for your regular Diabetes care we want to see you.

We will be having a Diabetes clinic every month, and plan to see all our diabetic patients.

If you want to schedule your Diabetes Appointment please call Pat Odiorne, RD, CDE or Christina Hicks, Community Wellness Manager at 360-273-5504

All Diabetic Patients who schedule an appointment and complete all screenings during their visit will receive a special Incentive! And be put in for a raffle at end of day!



Medication Prescriptions Changes

The Chehalis Tribal Wellness Center is no longer picking up medications from Safeway in Centralia. If you wish to continue to receive your medications from there, you will have to pick them up yourself. We now utilize Kirk's CHS Pharmacy in Lacey, as they deliver medications to the clinic during the week.

If you want your medication delivered, please contact Kirk's CHS Pharmacy to have your medications transferred over to them at 360-493-8614

NOTE: Narcotics can not be delivered.

If you have any questions or concerns, please call the clinic at 360-2273-5504



Women's Wellness Clinic



September 10
And October 22



This is a great time for women to schedule their annual exams, clinical breast exams and Mammogram appointments. The clinic providers will be only seeing Women Health Exams on these two dates.

Assured Imaging will also be here to do the Mammograms from 9:00 AM to 3:00 PM.

To schedule your women's annual exam and/or mammogram, please call the Chehalis Tribal Wellness Center at 360-273-5504, or call Christina Hicks, Community Wellness Manager at 360-709-1741.

All women will receive an "incentive gift" for having their exams done that day and all will be put into a bigger drawing for the end of the day.



Chehalis Tribal Health Fair

Tuesday, September 15

10:00 AM to 3:00 PM

Chehalis Tribal Community Center

For more information in the months to come contact Christina Hicks, Community Wellness Manager at 360-709-1741 or email chicks@chehalistribe.org



NWWP's 13th Annual Inter-Tribal Breast Cancer Awareness Walk

Hosted by Chehalis Tribe

Saturday, October 17

10:30 AM to 2:30 PM

Community Center ~ Gathering Room ~



Registration will start at 10:00 AM
Opening Prayer –Welcome at 10:30 AM
Walk will start at 10:45 AM
Lunch starts at Noon
Cancer Survivor Speaker at 12:45 PM
Honoring Breast Cancer Survivors
Door Prize Raffle

All walkers will get a T-shirt (while supplies last)

Looking for Volunteers to help with the walk!

For more information about the walk please contact:

Christina Hicks, Community Wellness Manager at CTWC phone:

360-709-1741



Footcare 101 ~ Importance of Taking Care of Your Feet

Chehalis Tribal Wellness Center Has a Podiatrist Available

Diabetic patients should have their feet checked by a Podiatrist at least once a year, even if you don't have any foot problems.

Foot care tips for people with diabetes:

People with diabetes have to take special care of their feet. You should have a comprehensive foot exam every year. Some things you can do to keep your feet healthy:

- Wash your feet in warm water daily.
- Dry your feet well, especially between the toes.
- Keep the skin soft, with a moisturizing lotion, but do not apply in between the toes.
- Inspect your feet daily for cuts, bruises, blisters, or swelling. Tell your health care provider right away if you find something wrong.
- Ask your diabetes care team how you should cut your toenails.
- Wear clean, soft socks that fit you.
- Keep your feet warm and dry. Always wear shoes that fit.
- Never walk barefoot indoors or outdoors.
- Examine your shoes daily for cracks, pebbles, nails or anything that could hurt your feet.

Deborah Behre will be here on

Wednesday, August 26, 2015 from 8:30 AM to 4:30 PM
and

Monday, September 21, 2015 from 8:00 AM to 4:30 PM

If you would like to make an appointment to see her please call the CTWC at 360-273-5504 and ask to speak to Pat Odiorne or Christina Hicks

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.



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

August is National Breastfeeding Awareness Month

Are You Pregnant? Consider Breastfeeding Your Baby.
Breastfeeding has kept native people strong since the beginning of time.
Submitted by WIC staff at SPIPA

Scientific studies have shown that breast milk helps bolster a child's immune system, protects against obesity in babies, reduces the risk of seizures, pneumonia, diarrhea, ear infections, diabetes and asthma. Breast milk is easily digested reducing the risk of constipation and diarrhea. It is also correlated with a lowered risk of ovarian and breast cancer in mothers.

"Breast-feeding is a way for Native women to connect with their indigenous roots and raise their babies in a way that strengthens mom and baby in many ways, from the start."
(Source: Indian Country Today)

Women in your community have shared some thoughts about their breastfeeding experiences:

"I chose to breastfeed to have a closer bond with my child and to give them a healthier life. Breastfed babies get sick less, because the breastmilk builds up their immune system."

"Baby knows best how much it needs to feel full, and won't overeat or undereat. The baby is in charge"

"Breastfeeding is easier than bottle feeding. The milk is ready all the time. Nothing to mix up and always the best temperature. It is easier than carrying around and cleaning all that extra stuff. Besides, formula is expensive and sometimes the baby cannot drink certain formulas."


"When you breastfeed, you have a relationship with your baby that no one else can have. It is a worthwhile commitment for a short period in your life."

Some women think they will not make enough breastmilk
Answer: You will have just the right amount of breastmilk.

Breastfeeding makes more breastmilk.

That means the more your baby breastfeeds, the more milk you make.
It's that simple. Women have enough breastmilk if they continue to exclusively feed their babies breastmilk.

Yes, babies do need to eat often. Newborns need to eat 8 to 12 times a day. Did you know that when babies are born, their stomachs are only the size of a shooter marble? By a week, the stomach is the size of a walnut and can hold 2 ounces. When Mother Nature does the portion control, babies learn to eat the right amount and grow healthy and strong.



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 or SPIPA main number:
360-426-3990

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|--|
| First Thursday each month 9:00 AM — 3:00 PM at the Chehalis Wellness Center (dates and times may change) |
|--|

Evergreen Staffers Win "In The Spirit: Regional Native Arts Awards

Olympia, (Washington)

Two staff members associated with the Longhouse Education and Cultural Center at The Evergreen State College have won awards in the Tenth Annual In The Spirit: Contemporary Native Arts Market and Festival, a regional juried show celebrating Native American arts and artists.

The festival, which will be held August 8 at the Washington State History Museum in Tacoma, features pieces by Linley Logan, director of Evergreen's Northwest Heritage program and Erin Genia, the Longhouse's program coordinator and a two-time Evergreen graduate. Linley won the Innovation award, for his vessel entitled *MANInfestation*, and Genia won Best of Show, also for a vessel, entitled *Open Pit Gold Mine Vessel*. Linley is Seneca and Genia is Sisseton-Wahpeton Oyate.

Logan's piece, a 24 inch high and 22 inch wide vessel shaped at once like a mutated fish and a bomb, is made from cardboard, plaster of paris, gauze, bullet shells and paper pulp, and took four years to complete, in part because desired thickness and hollow walls posed a challenge. (Linley applied his Industrial Design background to achieve his goal.) Miniature replicas of Edvard Munch's *The Scream* adorn the four corners of the piece. "The Scream itself was based on a Peruvian mummy that Munch had seen," said Logan. "So, I am culturally re-appropriating it back to its indigenous roots." The piece is painted gold, to represent idol worship, and its themes cover war, climate change and



Linley Logan - Seneca, won the Innovation award, for his vessel entitled *MANInfestation*

industrialization.

Genia had traveled extensively and was on her way to a gathering of indigenous artists in New Zealand when she saw pit mines in the landscape below the plane. "I wanted to reflect the similarities between the indigenous

experiences of the Pacific Northwest and New Zealand. The extraction of resources is something we're dealing with across the globe," she said.

She created the vessel at the gathering through a Raku firing technique for pottery, but it broke in her suitcase on the way home. Undeterred, she put the piece back together using a Japanese technique known as Kintsugi, in which gold is painted along the crack lines. "The philosophy is that it's more beautiful after being broken," said Genia, "but it also reminds us that gold extraction is very harmful to the planet."

The In The Spirit Festival, August 8, involves a day of dancing, drumming, singing, and shopping with a diverse group of Native American artists. The museum plaza will be filled with vendors selling artwork in all price ranges and all exhibits are free to the public that day. The In the Spirit Exhibit runs until August 30.

The Evergreen Longhouse, which celebrates its 20th anniversary this year, is the first of its kind on an American college campus and is known locally, regionally, nationally and throughout the Pacific Rim, as an educational and artistic hub for Native American culture and voices.



Erin Genia - Sisseton-Wahpeton Oyate, won Best of Show, entitled *Open Pit Gold Mine Vessel*

NOW IS A GREAT TIME TO APPLY FOR THE USDA FOOD PROGRAM!

Many people have misconceptions about the food offered by the South Puget Intertribal Planning Agency Food Distribution Program. It's definitely not just about the cheese now days, although we do still offer that! There are more frozen meats and in season fruits and produce being offered now than ever before. Below is a partial list of what is available.

Whole Kernel Corn Mixed Vegetables Green Beans Sliced Potatoes
Carrots 1% Milk Dry Milk Spaghetti & Tomato Sauce Fresh
Carrots Onions Celery Cauliflower Cabbage Broccoli Romaine
Lettuce Blocked & Sliced Cheese Egg Noodles Rice Macaroni &
Cheese Spaghetti Noodles AP & Wheat Flour Cornmeal Red &
Russet Potatoes Broccoli Cauliflower Applesauce Apricots Peaches
Pears Raisins Grapes Bell Peppers Zucchini Squash Yellow
Squash Fresh Apples Grapefruits Oranges Fruit Juices Canned
Beans Dry 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 Cereals
Soups Crackers Peanut Butter Mixed Fruit & Nuts Roasted Peanuts

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

Our staff will be happy to assist you in applying for this program.

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

~ USDA Food Program ~ Distribution Dates

August 20
September 24
October 22
November 19

Pickup is at the Community
Center from
9:45 AM to 1:30 PM

Northwest University Digital Libraries of Edward S. Curtis

Interested in finding history? Here is the "html" to the Northwest University Digital Library Collections. It is Volume 9 and was published by Edward S. Curtis from 1907-1930. He wrote about his contacts with various coastal tribes in North America Indian.

[http://curtis.library.northwestern.edu/curtis/viewPage.
cgi?showp=1&size=2&id=nai.09.book.00000025&volume=9#nav](http://curtis.library.northwestern.edu/curtis/viewPage.cgi?showp=1&size=2&id=nai.09.book.00000025&volume=9#nav)

Tribal Enrollment

If you need to enroll your child this year please stop by and pick up enrollment office for an application. If the biological father is an enrolled tribal member a DNA test is required. Make sure you get your application in by August 29, 2015.

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

For more information contact Chris Ortivez at 360-273-5911.

BURN BAN NOTICE

Please be advised that effective June 24 at 12:00 PM a burn ban will be in effect on the Chehalis Indian Reservation and all off-reservation Tribal owned lands and allotment lands under the jurisdiction of the Tribe (collectively, the "tribal property").

With the drought conditions a fire can get out of control very quickly. Please be responsible and safe.

**NO OUTDOOR BURNING WILL BE PERMITTED
NO FIREWORKS**

For questions please contact Mark White, Natural Resources Director or Glen Connelly, Environmental Programs at 360-273-5911.

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

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 August

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

Happy 7th Anniversary
Ron & Alissa Fanning



Love Mom, Dad
& Family

Happy Birthday
Sally Pikutark
EEEE...AAAH!
We Love You

Happy Birthday
Gerald Pickernell III
From Your Family!

Happy 18 years Birthday
Jordan Charles Eugene Bray
Love you to the moon and back
~ Your Grandma ~

Happy Birthday
to my
Favorite Niece.
Misty Secena!!
Much love!!



Happy Birthday
to The Great One
Kly Meas Jr.



I love to the moon
and back!!!

Happy Birthday
Geraldine Youckton

We are so Proud of You!
From Your Family



Happy 25th Birthday to my
Grand-daughter
"Sylvanna L. Bracero



Love you to
the moon
and back!
Grandma
Sylvia

Happy Birthday to
my daughter
"Gail White Eagle"

Happy Birthday!
Owen Youckton
Dalton Youckton
Preston Youckton
We Love You!

Happy
28th
Birthday
Kyle
Fanning



Love Mom, Dad & Family

Happy
31st
Birthday
Ron
Fanning

Program Explains Emergency Fund Policies

The Tribe has consolidated the Emergency funds that used to be operated by various departments into one Emergency Program operated through Social Services. The policies have also been combined into one general policy. Requesters will be asked to fill out paperwork to verify the need and family relationship.

The Emergency Assistance Fund program is designed to provide limited financial assistance to Enrolled Chehalis Tribal Members who are experiencing economic hardship due to certain emergencies. The emergency fund is intended to assist in the event of an emergent or crisis situation when no other funding source is available. Emergent or crisis situations are unexpected events that have a significant impact on the person's health, safety or welfare or may pose a threat to the health, safety or welfare of the individual if assistance is not available.

Emergencies are classified as Medical Travel, Funeral Travel or other Emergent Costs. Situations should be short-term or temporary in nature, and not chronic. The fund is intended for emergency needs only and is not intended for ongoing financial support. **Recurrent costs for utilities, rent, insurance, gas for doctor appointments, etc. are not considered emergencies.** Medical and Funeral Travel Funds are to help assist with travel costs for: Hotel stays, Food expense, Gas, and Airline Costs. This Policy is also not intended to cover 100% travel costs. Some expenses must be covered by the individual.

If you have questions please contact Social Services.

Employee Retires After 17 Years

Tuesday, July 21, was a day to remember for many tribal employees. One of our beloved staff member, Donna Koernke, retired after 17 years working for the Chehalis Tribe. Gone but never forgotten, as she is remembered as a loving and caring person while employed with the tribe.

Donna started as a part-time, temporary job in the Accounting Department, working on banking and any task that anyone else didn't want to do! Eventually, as the Tribe grew, her role became almost exclusively benefits administration, and she moved in to the Human Resource department. Since then she's made sure all employees are signed up for their benefits and utilized them. She will be missed. Donna joins her husband Kenny in retirement along with their many

pets. After her husband's broken leg heals, they plans on traveling and enjoying life. Donna has 3 adult children and several grandkids to take care of too.

Have fun and enjoy life Donna. Thank you for everything you've done here at the Tribe!



Dan "Bones" Gleason and Donna Koernke at her retirement party.

Photo by Dianne Pickernell

*There is faith in their eyes,
Love in their eyes,
Love in their touch,
Kindness in their gestures.
Thrill with them at life's big and small
moments...hold them close.*

From small beginnings...come great things.



Call this toll-free number if you suspect that a child or vulnerable adult is being abused or neglected. The Operator will connect you with the right DSHS office to make your report.

Washington State Department of Social and Health Services
Toll Free 1-866-End Harm (1-866-363-4276)

You may also call Chehalis Tribal Law Enforcement at 360-273-7051
Protect Services Office hours are 8:00 AM to 4:30 PM
in the Social Services Building.

If you are call about immediate life-threatening emergency call 9-1-1!



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



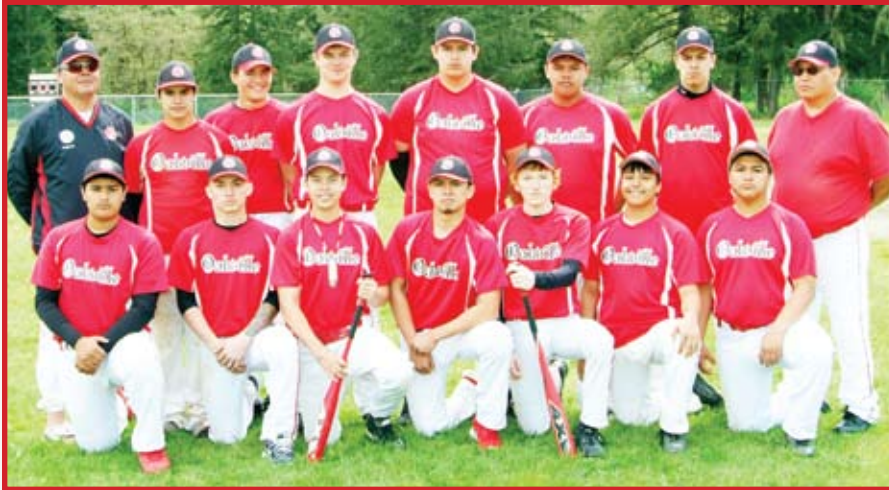
Division of Child Support

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

**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**

2015 Oakville High School Baseball Team



This the 2015 Oakville High School Baseball Team with an impressive 18-1 baseball season.

Photo provided by Coach, Marvin Youckton

The Oakville High School Baseball team had an outstanding baseball season and made it to the State tournament. Even though they were defeated in the tournament, there were several outstanding individual efforts in getting there.

follows: Ray Lopez Jr. was the All-League MVP; Alex Youckton was runner up and Gary Ortivez III, and Adrian Patricio also made All-League. Their coach was named "Coach of Year."

Great Job!

We are proud of you!

The league recognized them as

Chehalis Tribal Youth Recognized for Athletic Achievements

Arielle Burnett, a Chehalis Tribal youth, has excelled at Hoquiam High School's softball team. Arielle recently finished her junior year at the High School. Arielle's team won the 2015 District 4, 1A Championship in Centralia, Washington. Arielle hit a home run in the championship game.

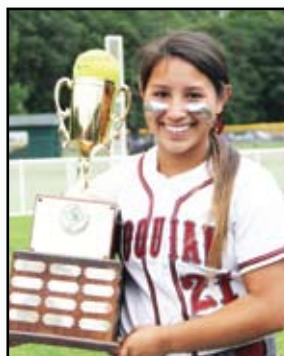
Her team then went to State, and took second place in 1A High School Girls Softball Division.

Arielle hit another



Arielle holding her home run ball and sportsmanship medal during the State Championship.

The Hoquiam High School won the 2015 District 4, 1A Championship. Arielle holding the District 4 Championship Trophy.



home run at State, and received a Sportsmanship Award during one of the games. Arielle made "All League" and it was recently announced that she made "All State" for her 2015 season.

Players are selected by a panel of State Coaches. She is an all around athlete and she recognized by receiving WIAA Academic awards during 3 varsity sports during 2014/2015. She looks forward to her senior year.

CHEHALIS TRIBAL EARLY LEARNING PROGRAMS NEWS

Program Explains Selection Criteria to be Enrolled in Program

The Business Committee has approved Selection Criteria for the Head Start and Early Head Start Program for 2015-2016. 51% of our families must be at or below 100% of the federal poverty guidelines. 49% of our families can be over income. Preference is given for children who are homeless, in ICW, and other areas that you will see on the selection criteria. The Business Committee has clearly directed that Head Start and Early Head Start should serve more Chehalis Tribal Members.

If you want to know more about our programs for children and their families (age birth – 5 years old), please contact the center at 360-709-1629. Our program offers home visits to pregnant parents

In Early Head Start. Our program also has the Healthy Families program that offers home visits for families with children birth to 3.

Head Start children perform equal or better than their peers when they enter school. There are fewer grade retention and special placements for Head Start graduates. Head Start has been serving children for almost 50 years on the Chehalis Reservation.

If you have questions about the selection criteria below or about the program in general, or to schedule a tour, please call the center at

360-709-1629

REZ ANIMAL RESOURCES & EDUCATION

\$5 Spay & Neuter Vouchers. Call Today!

This program is only available to Chehalis tribal members or anyone living on the Chehalis reservation.

253-370-6392 **REZANIMALS.COM**

OUR PROGRAM HAS SPAY/NEUTERED 336 DOGS & CATS ON THE CHEHALIS RESERVATION!

Rez Animal Resources is a small non-profit organization helping animals in the Chehalis, Nisqually, Skokomish, Squaxin Island and Shoalwater Bay Indian Reservations.

Correction: In the July issue of the Chehalis Tribal Newsletter the Rez Animal Resource phone number was incorrect. **Refer to above phone #**

The Chehalis Tribe Has Started a New Recycling Program!

I am happy to report that the Chehalis Tribe has started a brand new recycling program! Starting on August 3, all of the tribal government offices will begin Comingled Recycling in an effort to reduce the amount of trash that is shipped to the landfill. Look for the green recycling bins in the tribal offices and start placing your recyclables in them. The little green bins will get dumped into larger recycling totes located outside many of the offices. Those totes will get emptied by a recycling company every other Wednesday.

Comingled Recycling means everything goes into one bin and the recycling company will sort it out at their factory.

Here are some tips for what gets recycled:

■ **Paper** – all types of paper can go into the bins. Office paper, sticky notes, notebooks (remove the metal spiral), mail, junk mail, magazines, newspapers, egg cartons, brown paper bags, phone books, catalogues and cereal or cracker type boxes.

NOTE: You do NOT need to remove staples, or see through windows on envelopes. Please, no paper towels, tissues, or greasy food stained paper. Those go in the trash.

■ **Cans** – metal cans like soup, tuna or coffee cans go into the bins along with metal pots and pans. Aluminum cans also go into the bins, but....

NOTE: There is currently a special collection going on to help out a tribal student who is collecting aluminum cans, so please look for the special aluminum cans only bins and use those.

■ **Plastic** – plastic bottles of all shapes and sizes can be recycled, as long as their neck is smaller than their base. Plastic water bottles, soda bottles, mayonnaise or peanut butter jars, ketchup or mustard containers, milk bottles and laundry detergent etc. You can also recycle plastic tubs from dairy items like yogurt, sour cream and cottage cheese. You can also recycle plastic buckets and flower pots as long as they are clean and have no metal handles.

NOTE: Please rinse out all bottles, tubs or buckets before putting them into the bins and throw away their lids. No lids (metal or plastic)

are allowed in the recycling bins.

■ **Cardboard** – small cardboard boxes can be flattened and put into the recycling containers. Larger boxes should be flattened and set aside for pickup. They will be brought to the casino where they will be bundled up in their baling machine.

■ **No-No's** – A key rule for the recycling bin is "When in doubt, throw it out." We cannot fill the bins with items that cannot be recycled, or the recycling company will simply throw it all away. Here is a list of things that should **NOT** go into the bins: At this time no glass bottles or jars will be recycled. No juice boxes, or milk cartons, no light bulbs, no mirrors, no ceramics, no paper towels, no tissues, no greasy food or pizza boxes, no plastic or metal lids, no batteries, no clear plastic food containers (like salad or fruit comes in), no tiny single serve coffee containers, no styrofoam, no plastic bags and no food or food scraps.

Comingled Recycling is very easy to do and should help the Tribe save money on garbage bills and lower the amount of trash that gets sent to a landfill. In the near future, we hope to start a recycling program for all of the homes on the reservation, so we can recycle even more stuff! Reduce, Reuse, Recycle! Thanks for your help in protecting our environment.

If you have any questions, feel free to call Glen Connelly at 360-709-1854.



Chehalis Tribal Loan Fund News

July/August 2015

Firework Loans Update: The deadline to re-pay firework loans has been moved from September 1, 2015 to October 1. If you have not made payment arrangements to re-pay your loan, please come see the staff ASAP.

USDA IRP Business Lending dollars are available for micro and small businesses.

Business Plans

Do you have an idea for a business? We can assist you with a Business Plan. Schedule an appointment with us today.

Loan payments:

If you have a loan, we encourage you to have your loan payments auto deducted. This will help you make timely payments, which will help boost your credit score. We also can accept paypal payments now. There is a small surcharge associated with this form of payment.

Attention ARTISTS!

CTLF is looking for a new logo that will show the Chehalis Tribal community in the theme. Please contact us if you have a design.

If you have any questions, contact:

Julie Burnett, Executive Director
jburnett@chehalistribe.org
 360-709-1831

Diana Pickernell, Loan Coordinator
dpickernell@chehalistribe.org
 360-709-1631



* Or current resident

Parade continued from Page 1



The Chehalis Tribal Princesses doing their parade wave to the people in the Swede Day Parade in Rochester.

Photo by Terry Youckton

judges voted on the best floats in their division and recognized them for their efforts.

The parade was not the only exciting thing happening that day. There was the Last Horseback re-enactment at the Rodeo Grounds, a Junior Rodeo, the Bruce Maier Band, and a variety of food, vendors, and kids activities for families to spend the day having fun. The Oakville Chamber of Commerce and its many volunteers put in a lot of time and planning to continue with this annual celebration.

This quaint, little historic town continues to strive to maintain its identity with other fun activities through out the year.



Chehalis Tribal Princesses and youth in the Chehalis Canoe "tuulap tit wił" followed by the drummers and singers at the Fourth of July Parade.

Sex Trafficking of Native Women and Girls

At Tsapowum – Chehalis Tribal Behavioral Health we participate in many types of training and more recently Indian Country has been developing more responses and organized resources to assist providers in individual communities in increasing awareness, prevention and help. In mid-August the Domestic Violence Advocate and supervisor will be attending training to learn more about responses and who are most vulnerable. The following is information we have found in general.

All over the world, indigenous populations are highly vulnerable to trafficking into commercial sex industries. Here in the U.S., the American Indian population is no exception. Unfortunately, sex trafficking among this population is rarely studied.

Some advocates claim cultural trauma and a history of exploitation and abuse of American Indians allows traffickers to get a foothold in our communities. Other experts point to a number of risk factors that influence other populations — high rates of runaway or throwaway

youth, normalization of sex for children, drug and alcohol addiction, and social systems failures. All these risk factors are present in some American Indian communities, and in many cases the problems are acute. American Indians also face many of the same barriers members of other traditionally marginalized communities face, like lack of educational opportunities and cycles of poverty which can be hard to break.

We are fortunate at the Chehalis Tribe to have the opportunity to gather more information and training. Sex Trafficking of Native women and children in Tribal lands, Alaska Native Villages and Tribal communities requires a coordinated multiple discipline and community response. The upcoming training will support learning opportunities with specialized tracks for DV programs and shelters, GLBTQ and one specific track that will pilot NIWRC's Sex Trafficking Training Tool Kit.

Bridgette Brittain Domestic
Violence Advocate
Office: 360-709-1874

Speakers will Participate in Lyceum Lecture Series

The Chehalis Tribe will send a few speakers to participate in Centralia College's Lyceum Lecture Series on Wednesday, November 25 at 1:00 PM. Shelley Bannish, Director of Student Life and Involvement, extended an invitation for speakers to talk about Chehalis history.

The Lyceum Lecture series is a one-credit class that is also open to the public. College professors and community members share

their knowledge and research with an audience of Centralia College students, faculty, and staff, and the interested public. Topics are broad and range from beekeeping in Africa to the ethics of sharing information through social media. Please attend to show support for the Chehalis speakers as well as this exciting program.

According to the series description, "The Lyceum Series enhances

the Centralia College mission of 'improving people's lives through lifelong learning.' The Lyceum Series is grounded in the college's values and serves as a platform for ongoing curricular and co-curricular learning opportunities that relate directly to current issues. Weekly Lyceum lectures are presented Wednesdays, 1:00-1:50 PM Washington Hall 103 or Corbet Theatre, and are free and open to the

public. Lyceum may also be taken as a one-credit course, Humanities 281, 282, 283, 284."

For more information on the Lyceum Lecture Series, please contact Shelley Bannish at 360-736-9391, EXT 224. If you are interested in signing up for the ten-week, one-credit course, please contact Higher Education Coordinator Rachael Mendez at 360-709-1698.