



CHEHALIS TRIBAL NEWSLETTER

A FREE PUBLICATION.
FOR MORE TRIBAL
HISTORY, HERITAGE
AND ACTIVITIES, SEE
CHEHALISTRIBES.ORG.

Go red this month

In the spotlight:
women's heart health

page 4



CraftHouse opens

It's game on at Lucky
Eagle's new sports bar

page 2

inside

Newsletter changes / 2

Briefs / 2, 5, 11

In the arts / 3

Health, wellness / 4-7

Birthdays / 8

Students of the month / 9

Youth in Action / 10

Family / 10-11

Kids rev up winter break



*From movies
to sports
to monster
trucks, tribal
youth make
the most of
time off*

Christmas break is a great time for our youth to take part in an eclectic mix of activities each year. It sure was cold, but they came out as usual for all kinds of fun. Here's a look at what kept our youth engaged:



1 Slice of cinema: Kids went out on the town to watch films according to their age. After a trip to the movies, pizza is always welcome to fill up bellies, and our youngsters certainly ate their fill. To get compliments for excellent behavior from restaurant managers is a plus for youth and staff.

2 Strike! Another event our youth loved was bowling at Fairway Lanes in Centralia. Wheeling that ball down the lanes or two-handed rolling down bumper lanes is fun to watch and wait, wait, wait for the pins to all fall over. The look on their faces when



they knocked down just one or maybe all of them was priceless.

3 Around and around: Whether it's beginners hanging on the rail or experienced skaters competing in the fast races, skating at Centralia RollerDrome was a great time for all. When not skating, kids enjoyed the bounce houses, playing pinball or basketball hoops. At the end of the evening, youths turned in tickets for arcade prizes such as magic coins, hand buzzers, light-up teeth and Chinese fingers.

See YOUTH, page 12

Operation Santa offers gift of love

*Natives Helping
Neighbors makes
season brighter*

The spirit of giving was in the air during the 2015 Christmas season. Natives Helping Neighbors became part of the Rochester Roof Program's 23rd year of Operation Santa. What an opportunity to give back to low-income families who need extra help around the holidays. As taught by our ancestors, "You share when and where you can. Everyone works together."

This year was no different. Natives Helping Neighbors continues to adopt families from the ROOF Program. Many program staff members love to shop, and shop they did. Families worked together to make a difference during the Christmas celebration. Along

See GIFT, page 12

Above: The big trucks, impressive jumps and roaring sounds of Monster Jam draw families to the Tacoma Dome each year.

Provided by Jodie Smith

Top: The Chehalis Tribal Youth basketball team competed in the Lacey Basketball League.

Provided by the Chehalis Tribal Youth Center



Operation Santa provided toys to children for Christmas.

Changes to our newsletter

Hello my fellow tribal and community members.

I hope you enjoy the revamped 2016 Chehalis Tribal Newsletter. These updates offer a new look to what our tribe has to offer to our tribal community.

The changes in the newsletter will bring new challenges. Your cooperation and input will greatly assist in the continued development of a professional newsletter.

Programs contribute largely to our newsletter. Remember to give them a huge thank you for what they offer the tribal community, as well as the hard work they put into resources for the tribe.

If you wish to contribute birthday wishes, please email me a digital picture with your birthday greetings. Please note that photos need to be clear, in focus and high-resolution (300 DPI). You also can bring original images into my office and I will scan them in. Any photos that do not meet requirements will

not be printed; only the words of the birthday wishes will appear.

Have you wondered about obituaries not being placed into the newsletter? If your family is interested in placing an obituary, please submit it in word document. Because of

space availability, I would prefer to edit.

Please attach a photo (same requirements as above). I will email you back if the image will work. I wish to maintain the integrity of the photo, which can be a challenge, but we should be

able to make it work together.

Feel free to email me any suggestions, but remember to keep it positive. For questions, contact me at 360-709-1726 or email fshortman@chehalistribe.org. All comments will be kept confidential.

Have a great day!

Communications Coordinator
Fred Shortman, Chehalis Tribal Newsletter



Lucky Eagle Casino's CraftHouse sports bar offers a lively, comfortable spot to watch your favorite teams.



Hoppin' casino bar a dream come true for sports fans

Northwest-themed CraftHouse opens at Lucky Eagle

Game on.

The Chehalis Tribe's Lucky Eagle Casino & Hotel opened its much-anticipated CraftHouse sports bar Jan. 20, offering guests an exciting new venue to cheer on their favorite teams while enjoying exceptional food and beverages.

The unique, industrial decor pays homage to Northwest sports teams, and the menu features pub favorites as well as new offerings. The space was designed to offer comfortable seating – including a dedicated family area – with great views of events on 20 high-definition televisions and a huge movie-style screen. Live music acts and banquets will be in an adjoining entertainment room.

Of course, cheering on your favorite teams requires the very best refreshments, and CraftHouse is up to that challenge. The bar will offer more than 35 beers on tap focusing on Northwest craft brews, and flights of beers will be available for guests

to explore different flavors and types. Signature cocktails from local distilleries also will be featured.

"CraftHouse is a terrific new addition to our expanded facilities at Lucky Eagle Casino & Hotel," said Chehalis Tribal Chairman Don Secena. "Our guests will love the exciting atmosphere and new amenities."

The casino expects the bar to be bustling immediately as basketball fans (on the heels of football fans) come in to watch their teams, and the warm days of spring promise the same with a full season of baseball and the summer Olympics just around the corner.

"Our new CraftHouse sports bar is a great place for our guests to enjoy a meal in a fun, exciting atmosphere," said Lucky Eagle Casino & Hotel CEO John Setterstrom. "We're proud to feature local products."

For more information on the sports bar or other casino offerings, call 800-720-1788 or go to luckyeagle.com.

in brief

Indian wills, estate planning

Indian Wills and Estate Planning Services are offered to all Chehalis tribal members who are age 18 and older. These include wills, powers of attorney, medical directives and living wills. This service is free for tribal members who don't have a will or would like to update a will.

Legal advisor Jerrie Simmons is available from 8 a.m.-4:30 p.m. three days a week at the Chehalis Tribal Center. Simmons' position is for legal questions, not part of the Office of Tribal Attorney. If you have a legal question, she can point you in the right direction on where and who to contact.

Contact Jerrie Simmons at 360-273-5911 to set up an appointment and obtain the necessary paperwork to get started.

Chehalis Tribal Loan Fund

Entrepreneurs: the Chehalis Tribal Loan Fund offers business plan courses and has business lending dollars for you. Consumer Loans in the amount of \$1,000 are available with one-year terms. You must be employed or have access to auto pay with a bank account.

Chehalis Tribal members: We have home improvement loan dollars. You can apply for up to \$25,000 with low interest rates.

We will offer an Indianpreneurship course May 3 and 4. You must attend both days to receive a certificate. Sign up by April 25. Call our office at 360-709-1631 or go to chehalistriballoanfund.com to sign up.

Please send letters of interest to jburnett@chehalistribe.org or to Julie Burnett, executive director, P.O. Box 536, Oakville, WA 98568

Job fair

If you are seeking employment, check out the Chehalis Tribal Enterprises Job Fair from 9 a.m.-3 p.m. March 9 at Great Wolf Lodge.

Representatives from the Chehalis Tribal Enterprises, including Lucky Eagle Casino & Hotel, Great Wolf Lodge and the Chehalis Tribe, will be available to answer questions regarding job opportunities with these companies.

All qualified applicants will receive consideration without regard to race, color, religion, sex, national origin, disability or veterans' status. Tribal preference will apply in accordance with Chehalis tribal law.

Campaign highlights Native American students

Heritage University launches 'Possibilities,' featuring work by renowned photographer

Toppenish – Heritage University launched a new recruitment campaign featuring work by renowned Native American artist Ryan Red Corn of the Osage Nation in Oklahoma. The campaign, called “Possibilities,” features six of the 74 Native American students who are attending Heritage.

Red Corn is an accomplished graphic designer and photographer and is co-founder of the design and marketing firm Buffalo Nickel Creative. Red Corn and his work have been featured in First American Art Magazine and Indian Country Today. Last October, he lent his talents to the creation of this campaign. Red Corn photographed students Jacob Billy (Yakama), Amanda Carroll (Peguis First Nation), Michelle George (Yakama), Josephine Honanie (Yakama and Hopi), John Littlewolf (Yakama) and McHale Mansfield (Yakama).

The striking photographs of each student are used in advertising that includes print, direct mail and online media. Ads focus on the promise the

students hold for their communities and the world once they graduate from college.

The campaign drives students to heritage.edu/possibilities, where they can learn more about academic programs, student life, scholarships, financial aid and student support programs available to Native American students.

“We want to both recognize the amazing things our students are accomplishing and also inspire would-be students to see themselves in each of these students,” said David Wise, vice president of marketing and communications at Heritage. “Students in the Yakima Valley can accomplish anything they set their minds to, and we want them to explore the world of possibilities that exist for them through higher education.”

Billy, a senior majoring in environmental science, was honored to be part of the Possibilities campaign.

“It was a great experience to work with an amazing artist like Family / 10-11 Red Corn,” he said. “I am humbled to know that the pictures he took of me and the other students will be used to motivate others to pursue college and all the possibilities that come with an education.”



“Possibilities” features photographer Ryan Red Corn’s striking photographs.

Artists awarded grants to develop projects

The Longhouse Education and Cultural Center at The Evergreen State College announced the 2015 winners of the Native Creative Development grant program in January. The grants are given annually and are awarded on a competitive basis by local and regional experts in the field of traditional and contemporary Native American art forms.

Since the inception of the grants in 2006, the center has awarded \$581,000 in direct support to Native American artists. This year’s group of grantees includes established and emerging Native American artists

residing in Washington or Oregon who work in visual arts, performance-based arts and media and literary arts.

Winners are Natalie Ball (Klamath), Melissa Bennett (Confederated Tribes of Umatilla), Alison Bremner (Tlingit), Brittany Britton (Hoopa Valley Tribe), Joe Feddersen (Colville Confederated Tribes), Yatika Fields (Osage), Shaadoo’tlaa Gunaaxoo’kwaan (Tlingit), Tony Johnson (Chinook), Waylon Lenk (Karuk), Annette Matt (Coeur d’Alene), JeNene Miller (Squaxin Island), Margaret Morris (Tlingit), Fox Anthony Spears (Karuk) and Deva Yamashiro (Native

Hawaiian).

The Native Creative Development grant program was designed to address the professional development needs of individual native artists by providing merit-based funding for a variety of projects such as training in marketing, purchasing supplies and materials, harvesting resources, portfolio development, apprenticeships and workshop fees.

Since 2006, native artists working in a variety of media have been awarded funding to create new work, gain skills, acquire tools and materials, pass along cultural knowledge and more.

NATIVE CREATIVE DEVELOPMENT GRANT CYCLE OPENS IN AUGUST

Applicants must be American Indian, Alaska Native or Native Hawaiian residing in Washington or Oregon. Grant applications for all forms of visual, performance-based arts, media and literary arts from \$2,500-\$5,000 are accepted.

For more details, go to evergreen.edu/longhouse/grantprograms.htm.

The Longhouse Education and Cultural Center, “House of Welcome,” is a public service center located at The Evergreen State College. Its mission is to promote indigenous arts and cultures through education, cultural preservation, creative expression and economic development.

JOIN OUR TEAM

The Confederated Tribes of the Chehalis Reservation proudly offers employment opportunities to tribal members and the general public. You can search for positions by downloading the latest job posts at chehalis-tribe.org/employment



Basket weavers sought for conference

If you are interested in being one of the featured weavers at the 2016 Northwest Native American Basketweavers Association Conference from Sept. 30-Oct. 1 at Great Wolf Lodge, please submit a bio to Philip Youckton in the events office at the Chehalis Tribal

Community Center.

We are looking for 10 featured weavers and five weavers for the youth track. The deadline to submit a bio is April 1.

If you have any questions, please call 360-709-1752 or email pyouckton@chehalis-tribe.org.

HEALTH AND WELLNESS

Pharmacy changes

Contributed by Denise Walker, Chehalis Tribal Wellness Center health director

As many of you are aware, we are in the process of discontinuing our services with Geneva Woods Pharmacy. Geneva Woods stopped their Olympia operations as a daily pharmacy and moved that part of their operations to Seattle. The pharmacy tried to continue to offer the same level of service and deliveries, but it did not work out. Because of the many errors we experienced, we made the choice to discontinue services with them.

Originally, the reason CTWC started using Geneva Woods for some of the prescriptions was Safeway couldn't handle the volume from our patients because of their staffing cuts and changes. When we recently needed to discontinue services with Geneva Woods Pharmacy, we called Safeway in Centralia and were told they had a higher staffing level now and could process our prescriptions. If you still have prescriptions at Geneva Woods or have refills coming up, you will need to call Safeway at 360-330-5229 to have your prescription switched.

If you would like your prescriptions picked up from Safeway, we pick up on Tuesdays and Fridays and you will need to call the clinic and have your name put on the pickup list.

We have asked staff to not pick up prescriptions when they are at Safeway if patient names are not on the list because they might pick up themselves.

For those of you who live in the Olympia area, we have completed a contract with Walgreens at 702 Trospen Road in Tumwater. This is the only Walgreens allowed at this time. There is an authorization number needed for your prescriptions at Walgreens, so please contact the clinic when you are in need of a prescription or a refill at Walgreens and they will assist you.

There will not be a medication pickup at Walgreens. You will need to pick your prescriptions up.

Please let me know if you have any questions or concerns at 360-709-1772.



Go red for women



Heart awareness encouraged during month of February

Well-woman visit: What is it and why?

This is also called an annual physical, wellness visit or well-woman exam. Medicare and most private insurances are now required to cover preventive services such as cholesterol and blood pressure checks and help to quit smoking. Now there is no excuse to skip your annual well-woman visit. We want to make getting your annual physical screening a routine checkup.

Your well-woman visit should be:

- An annual physical screening
- A discussion about your health
- Helpful in identifying serious health concerns such as heart disease and stroke before they become life-threatening

■ An exam should be tailored to your age, family history, past health history and need for preventative screenings. It will screen for other health problems that are unique to women (mammograms for breast cancer, pap smears for cervical cancer, prenatal care) along with colon cancer and obesity screenings,

flu shots, tetanus and pneumonia.

Some screenings:

- Height, weight and BMI (body mass index)
- Blood pressure, pulse and temperature
- Family health history
- Diabetes (high blood pressure, high cholesterol, thyroid problems, cancer)
- Tobacco use

You also can get labs to check your blood sugar level, cholesterol levels, thyroid level and urine screening to check kidney function.

Heart disease is the No.1 killer of women; it kills more women than all forms of cancer combined. The well-woman visit should have a special emphasis on detecting early signs of heart disease. It is better to prevent than to treat after a possible life-threatening event. To make an appointment for your exam, please call the Chehalis Tribal Wellness Center at 360-273-55034.

LUNCH AND LEARN

In honor of American Heart Month, the SDPI/DM programs will provide a Lunch and Learn from noon-1 p.m. Feb. 25 at the Chehalis Tribal Wellness Center's physical therapy room. The topic will be women's heart awareness.

We will serve a salad bar. All are welcome to attend. We are asking everyone to wear red to show your support for women's heart health. Contact Christina Hicks, community wellness manager, at 360-273-5504.

UPCOMING EVENTS

KIDNEY DISEASE AWARENESS MONTH

In honor of March being Kidney Disease Awareness Month, we will have a Lunch and Learn from noon-1 p.m. March 15 at the Chehalis Tribal Wellness Center's physical therapy room. The topic will be kidney disease, kidney screening tool. We will serve a vegetarian lasagna. All are welcome to attend.

COMMUNITY DINNER

SPIPA's Comprehensive Cancer Control Program, NWWP and the SDPI program are collaborating on a community dinner at 5 p.m. March 29 at the gathering room. Topics include cancer, HPV and kidney disease.

MONTHLY COMMUNITY WALK

Noon March 17. There will be sign-up sheets for those who walk at the Tribal Center, Elders Center, Community Center and the clinic. Walkers are eligible for a door prize raffle.

HEALTH AND WELLNESS

in brief

Mammogram clinic schedule

Women age 40 and older should have a mammogram once a year.

Swedish Mobile Mammography will offer services in the parking lot of the Chehalis Tribal Wellness Center from 9 a.m.-3 p.m. March 17 and May 31.

Please schedule an appointment with a provider to have a clinical breast exam prior to your mammogram appointment by calling the CTWC at 360-273-5504.

If you have questions about mammogram clinics, contact Christina Hicks, community wellness manager, at 360-709-1741.

Diabetes clinics available

The Chehalis Tribal Wellness Center will hold diabetes wellness clinics from 8 a.m.-4 p.m. March 16, April 20 and May 28.

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

Patients will:

- Have labs done
- Get vitals taken
- See a health care provider
- See the registered dietician
- Renew your last dilated diabetes eye exam, foot exam, dental exam, immunizations and medication

If you are diabetic and have not been seen for your regular diabetes care, we want to see you. We will have a diabetes clinic every month and plan to see all of our diabetic patients.

To schedule an appointment, call Michelle

Romero, diabetes outreach LPN, at 360-709-5504.

All diabetic patients who schedule an appointment and complete all screenings during their visit will receive a special gift.

Get your feet checked

Podiatrist Deborah Behre will at the Chehalis Tribal Wellness Center from 8:30 a.m.-4 p.m. Wednesdays, Feb. 24 and March 23.

To make an appointment with her, please call the Chehalis Tribal Wellness Center at 360-273-5504 and ask to speak to Michelle Romero, diabetes outreach LPN, or Pat Odiorne, RD, CDE.

Ensure proper billing

Are you Contract Health Services eligible? Have you received your new ID card?

This ID card along with a purchase order will help ensure outside providers are billing the Purchased Referred Care Department quickly and accurately. If you or your family members have not received a card, please contact Debra Shortman at the Chehalis Tribal Wellness Center at 360-709-1689.

USDA Food Program

If you are interested in signing up for the USDA Food Program, call the South Puget Intertribal Planning Agency Food Distribution Warehouse at 360-438-4216 from 8 a.m.-p.m. Monday through Friday.

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

Distribution dates are Feb. 23, March 29 and April 26. Pickup is at the Chehalis Tribal Community Center from 9:45 a.m.-1:30 p.m.

Stop cancer before it starts

February is Cancer Awareness Month, which is the perfect time to talk about how people can help prevent 50 percent of cancer incidences and 50 percent of cancer deaths simply by taking ownership of their health and following these seven steps:

- Do not use tobacco products
- Protect your skin from the sun
- Eat a healthy diet
- Maintain a healthy weight and be physically active
- Practice safe sex and avoid risky behaviors
- Get immunized (HPV and hepatitis vaccines)
- Know your family medical history and get regular cancer screenings

MORE INFORMATION

To learn more about ways to reduce your risk, go to preventcancer.org.

If you know a cancer patient and would like to learn more about SPIPA's Comprehensive Cancer Control Program or what it offers, contact Christina Hicks at the Chehalis Tribal Wellness Center at 360-273-5504. We have a cancer patient care package available.

SAVE THE DATE

Celebrate our cancer survivors and cancer caregivers April 15-16 at the Cancer Survivorship Conference (location to be determined). For more information, call Joan (Joann) Simmons at 360-462-3222.

Substance Abuse:
A Community Response

Building a Healthier Community Together

WHAT: Seventh annual conference aims to increase awareness of new, proven and/or promising techniques and programs used to address all spectrums of substance abuse from prevention to intervention, treatment and aftercare.

WHEN: 8:30 a.m. Wednesday, April 27-1:30 p.m. Thursday, April 28, Great Wolf Lodge Conference Center, 20500 Old Hwy 99 SW, Centralia.

TOPICS: Marijuana policy, recovery, peer education, e-cigarettes, innovative prevention approaches, prevention in tribal communities, and housing and homelessness and their connection to addiction/recovery.

HIGHLIGHTS

Hope Research: Dr. Chan Hellman, Ph.D., will give the keynote address on the first day and a follow-up breakout session introducing research regarding hope and the impact it has relating to substance abuse, ACEs and resilience.


Beyond ACEs 101: Liz Davis will give the keynote address the second day covering the neurobiology, epidemiology and resilience related to ACEs and the increase of new research during the past 20 years of using ACEs to reliably predict trouble later in life.

"Paper Tigers": Documentary captures pain, danger, beauty and hope of teens struggling with toxic stress in their lives and the educators armed with new science and fresh approaches that are changing their lives for the better.

ALSO: The Tsapowum Chehalis Tribal Behavioral Health Program will sponsor four tribal members for this event. Call 360-709-1701 to sign up.

CONTACT: Tamara Clark, 360-493-2230, ext. 10, or go to thurstontogether.org





Chehalis WIC

(Women, Infants, and Children provides healthful food and nutrition information for you and your child up to age 5.

For appointments or questions, contact:

Debra Shortman
360-709-1689

Debbie Gardipee-Reyes
360-462-3227, gardipee@spipa.org

Patty Suskin
360-462-3224

SPIPA main number
360-426-3990

Next WIC date

9-3 p.m. Thursday, Nov. 5
Chehalis Wellness Center

date and times might change

HEALTH AND WELLNESS

Greetings and wishes for good health this new year

Welcome to the Community Outreach Corner. I would like to give you the process for patient transportation. To request a transport to a medical appointment, you need to call or visit the front desk reception at the clinic and it will get processed and sent to me. If you are at a medical appointment at the clinic and in need of an emergency transport, the medical or dental staff will contact me to see whether I am available to transport you. If you are on the Medicaid program, you are eligible for transports through the State Paratransit program. This is a program that will have a driver pick you up at your home and bring you back to your home after your appointment. Once you are registered in their system, you just need to call them with at least a 24-hour notice and schedule your transport. I deliver elder meals starting at 11:30 each day, so early morning transports are best for me or late afternoon. To be eligible for home-delivered meals, you need to see Pat



MARY SECENA
Community Outreach Corner

Odiorne to start the process. You'll need to get a form filled out by a medical provider stating you are home-bound and can't leave your home to eat at the elder center. This is a requirement of the grant we have that pays for the elder meal program. We are switching from Geneva Woods CHS pharmacy to Safeway in Centralia. If you want your medications picked up, I get medications at Safeway on Tuesdays and Fridays. You need to have your name on a list at the clinic if you want me to pick up your medications. Remember to not wait until you run out of medications before you call them in. It can take a few days for the refill process, so allow time. If you need me to do regular check-ins at your home or at the home of a loved one to check on health or safety, please give me a call. I can be reached at 360-709-1758.

WIC THROUGH SPIPA

- Checks to purchase nutritious food
- Nutrition and health education
- Breastfeeding education and support
- Referral to health and human services



CONTACT

Debbie Gardipee-Reyes,
360-462-3227 or Patty
Suskin, 360-462-3224
For Chehalis: Debra
Shortman, 360-709-1689



You might be eligible for WIC services through SPIPA:

- Getting food stamps/basic foods?
- Pregnant or have a child under the age of 5?
- Dad, grandparent, foster family or other care giver of children?
- Under the age of 5?
- On Medicaid or TANF?

Many working families are on WIC. Is your income within these guidelines?

People in your household	Maximum annual income	Maximum monthly income
2	\$29,471	\$2,456
3	\$37,167	\$3,098
4	\$44,863	\$3,739
5	\$52,559	\$4,380

Cut wait time with urgent care

Chehalis Tribal Wellness Center recommends using the nearest urgent cares facilities in our area. Wait times are half of what you'll wait in an ER. Here are area urgent care options:
Summit Pacific Medical Center Urgent Care, 600 E Main St. Elma, 360-346-2222
Hours: Noon-8 p.m. Monday-Friday, 10 a.m.-6 p.m. Saturday-Sunday
Valley View Walk In Clinic, 1800 Cooks Hill Road, Suite G Centralia, 360-736-3042
Hours: noon-10 p.m. Monday-Sunday (for services after 8 p.m., call to see whether time slots are available)

Providence Pediatric After Hours Clinic, 914 S Scheuber Road Centralia, 360-330-8526
Hours: 6-9 p.m. Monday-Sunday
Woodland Urgent Care, 1299 Bishop Road Chehalis, 360-748-9822
Hours: 7 a.m.-8pm Monday-Friday, 10 a.m.-6 p.m. Saturday-Sunday (noon-5 p.m. holidays)
Westcare Clinic, 3000 Limited Lane NW Olympia, 360-357-9392
Hours: 8 a.m.-8 p.m. Monday-Friday, 9 a.m.-5 p.m. Saturday-Sunday
For questions and more information, call the clinic at 360-273-5504.
For life-threatening health issues, call 911 and/or go to the nearest emergency room.



Protect the Circle of Life

Your Flu Vaccine Protects Me
My Flu Vaccine Protects You

- The flu vaccine is safe. You can't get the flu from a flu vaccine.
- Pneumonia and flu are a leading cause of death among Native elders.
- Please get a flu vaccine each year to protect you and your family.

Learn more at www.cdc.gov/flu or call 1-800-CDC-INFO



CHEHALIS TRIBAL NEWSLETTER

The Confederated Tribes of the Chehalis Reservation, 'People of the Sands'

Articles and opinions expressed are not necessarily the opinions of this publication or the Chehalis Tribal Business Committee.

SUBMISSIONS

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 is 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)

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

NEWSLETTER STAFF

Fred Shortman,

Communications Coordinator
fshortman@chehalistribe.org

HEALTH AND WELLNESS

With patience, you can reclaim the family meal

Author Ellyn Satter shares division of responsibility in feeding youngsters for a better overall experience

Children have a natural ability with eating. They eat as much as they need, grow in the way that is right for them and learn to eat the food their parents eat.

Step-by-step, throughout their growing-up years, they become eating competent.

Parents let them learn and grow with eating when they follow the division of responsibility in feeding.

The division of responsibility for infants:

- The parent is responsible for what.
- The child is responsible for how much (and everything else).

Parents choose breast- or formula-feeding, and help the infant be calm and organized.

They feed smoothly, paying attention to information coming from the baby about timing, tempo, frequency and amounts.

The division of responsibility for babies making the transition to family food:

- The parent is still responsible for what, and is becoming responsible for when and where the child is fed.

- The child is still and always responsible for how much and whether to eat the foods offered by the parent.

Based on what the child can do, not on how old he or she is, parents guide the child's transition from nipple feeding through semi-solids, then thick and lumpy food, to finger food at family meals.

The division of responsibility for toddlers through adolescents:

- The parent is responsible for what, when and where.

- The child is responsible for how much and whether.

Fundamental to parents' jobs is trusting children to determine how much and whether to eat from what parents provide.

When parents do their jobs with feeding, children do their jobs with eating.

Parents' feeding jobs:

- Choose and prepare the food.
- Provide regular meals and snacks.
- Make eating times pleasant.

- Step by step, show children by example how to behave at mealtime.

- Be considerate of children's lack of food experience without catering to likes and dislikes.

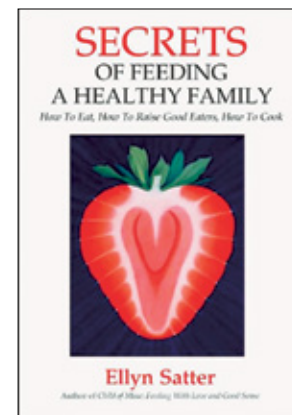
- Do not let children have food or beverages except for water between meal and snack times.

- Help children grow up to get bodies that are right for them.

Children's eating jobs:

- Children will eat.
- They will eat the amount they need.

- They will learn to eat the food



that their parents eat.

- They will grow predictably.

- They will learn to behave well at mealtime.

For more about raising healthy children who are a joy to feed, read Ellyn Satter's book "Secrets of Feeding a Healthy Family: How to Eat, How to Raise Good Eaters, How to Cook."



SDPI'S LIFESTYLE BALANCE PROGRAM

This is a 16-week class to help you:

- Learn the facts about healthy eating and being active
- Discover what makes it hard for you to eat healthy and be active; learn how to change these things so they work for you, not against you
- Get the long-term support you need

You are welcome to invite a friend or family member

When: Noon-1 p.m. Tuesdays through May 25

Where: PT Room at the Chehalis Tribal Wellness Center

For more information, contact:

Pat Odiorne RD, CDE
360-709-1884, podiorne@chehalistribe.org

Gloria Jones
360-709-1810, gjones@chehalistribe.org

NOTICE

Information on this flyer, in email or on our website calendar is subject to change without notice. Please refer to this flyer's contacts



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

FEBRUARY BIRTHDAYS

1

Bailey Parkinson
Bonnie Quirke

2

Devin Olney

3

Josephine Aldrich
Kelsey Bray
Tommy Colson
Rita Hernandez
Shaylah Seymour

4

Don Brown
Shelby McCrory
Terry Middleton
Ray Secena, Jr.

5

Catherine Nemeth

6

Norma Flores
Shadow Hernandez
Sabrina Owens
Lois Poling

7

Aalyiah Meddaugh
Kesawin Washburn
Andrea Youckton



HEATHER KLATUSH: Have an amazing birthday my favorite Lil' Gangsta. Love you bunches!



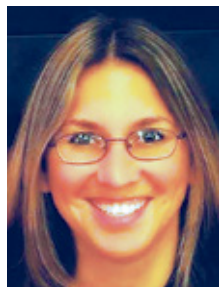
FRED SHORTMAN: Happy birthday! From Jodie, Daryl, Alex and family.



JOSEPHINE ALDRICH: Happy birthday. From your family.



RITA HERNANDEZ: Happy birthday to my beautiful sister. Much love, Anna.



JENNIFER BIRD: Lordy, lordy, look who's 40. Jenny Buns! Much love lil' cuz.



JERRIE SIMMONS: Happy birthday Feb. 24 to Kia! Love your family.

8

Jennifer Bird
Layne Colson
Joseph Revay, Jr.

9

Daryl Boyd, Jr.
Shyloh Kinkade
Karen LeClaire

10

Xavier Flores
Amy Potter

11

Stephanie Pickernell
Steven Pickernell
Laura Starr

12

Kilynn Owens
Jennifer Revay

13

Timothy Garza
Heather Klatush
Alayna Lopez
Albert Ortivez-Hicks

Chase Perez
Fred Shortman

14

Michael Boyd
Yevgeni Lukianov
Mariah Vassar

15

Albert Ortivez III

16

Mackenzie Jones
Susan Sanders



MARGARET LOCKE: Happy birthday Maggie!

17

Chaon MacDougall

18

Daryl Boyd
Margaret Locke

19

Kim Heck
Catherine Secena

20

Tyler Klatush
Charlotte Lopez
Bradyn Lopez
Ray-Ray Lopez
Zedikiah Sanchez
Mei-lien Tanner
Carla Thomas

21

Lilia Hoheisel
Patrick Simmons, Jr.
Christopher Teague

22

Riley Youckton

23

Sharon Tolbert

24

Luke Cayenne

More wishes

DARYL BOYD: Happy birthday, Cuz. Make it GREAT!

MARY DUPUIS-GARRETY: I hope your birthday is as wonderful as you are.

TIMOTHY GARZA: Happy birthday. Love Jodie, Mercedes, Tony and Carlos.

MACKENZIE JONES: To a wonderful young lady. Much love and have an awesome birthday!

Thomas Heck
Jerrie Simmons
Cheryle Starr
Dwayne Thomas
Coleton Youckton
Kayden Youckton

25

Daymon Thomas
Ryan White Eagle, Jr.
Zayden Youckton

26

Marla Conwell
Mary DuPuis-Garrety

27

Halisa Higheagle

28

Virginia "Dolly" Canales
Tom Hayden, Jr.



STUDENTS OF THE MONTH

Keziah Gleason

**For kindergarten-grade 5
Grand Mound Elementary School
Grade 5**

This has been an exciting month for Keziah in and out of school. She likes to set the bar pretty high because when she does accomplish these goals, she feels the rewards are that much higher.

She has been progressing very fast in her abilities in math and reading comprehension.

Keziah reached her accelerated



reader goal with time to spare, achieved her orange belt in recorder karate and was just accepted into honor choir (a true passion of hers).

As a year has passed, not much has changed for Keziah as a student. Although, she is very eager to move into her **first year of junior** high school, she is very happy to spend this last year with the staff at GMES.

With the new form of grading in

a new school, Keziah already has her eyes on a 4.0 GPA but is aware that this will take a higher level of dedication and more focus on her study habits.

Keziah said, "I love school, but I also love to have fun." Her fun has been focused around her family. Some of her favorite memories this year have been staying the night at her Aunt Cindy's house and playing with her cousins, going on adventures with her Aunt Janet, and "Every moment I get to spend with my grandma," she said.

Keziah loves making people happy

and no one shows how happy she can make someone like her grandma Penny Gleason.

Her future plans have not changed much. When I asked her what she would be doing in 10 years, she thought for a moment and said, "I'll be 20, so I guess I'll be in my second year of college to become a marine biologist at the University of Hawaii."

While she has all the makings of being voted class clown, she also has the qualities of being an honor student.

The sky is the limit, and Keziah has just begun her ascent.

Steesha McJoe

**For grades 6-8
Rochester Middle School
Grade 7**

Steesha McJoe, the daughter of Vanessa Youckton and James McJoe, is a student of few words but great actions.

So far this year, she has put up a 2.9 GPA and has been making the proper adjustments to make



schooling fun as well as educational.

Her favorite part about school is the opportunity to play sports and be a part of the band.

When asked what makes her a successful student, she said, "I always try to get straight A's."

She looks at every class as a chance to learn and use that knowledge in

every aspect of life.

Steesha is a quick study and has learned that reading more and paying attention is the key to understanding a role of leadership.

This is knowledge that she has taken into her participation on the volleyball court and might opt to use it next year on the basketball court.

"It is hard work and a lot of fun," she said when asked how she feels about the sports she is in. These qualities she attributes to the

example set forth by her grandpa, Mel Youckton. She talks about his ability on the baseball diamond and in the classroom very fondly and holds Mel in the highest regard.

By using these lessons to guide her, Steesha hopes to take her talents to the University of Washington and focus on her passions, art and sports. Steesha has a bright future and it will be a treat to see her move forward with her goals and dreams as the years pass.

Kelsey Bray

**For grades 9-12
Oakville High School
Grade 10**

"Greatness is what we repeatedly do. Excellence, therefore, is not an act but a habit" – Aristotle.

This is a quote that really explains Kelsey Bray. Her attitude and drive are qualities she has possessed throughout her academic career. However, to Kelsey, these have been learned qualities. The lessons given by her mother, Tracy, have always been a driving force in her success.

"My mother has always taught me the importance of education and its connection to success."

Her simple explanation of how to do it is to stick with school and pay attention. I have witnessed this firsthand. During times when the rest of the class seems to be in chaos, Kelsey is the eye of the storm. She remains undistracted.

Her favorite subject in school is mathematics. "Math is something



that has always just come easy to me," she said. To be able to understand math theory, you might as well say she is bilingual, too. The importance of understanding math

will surely help her in the future.

With Kelsey's first step well on its way to being completed, she has looked further on the horizon at her college career. With her life's work focused on being a surgeon, Kelsey hopes to attend Mayo Medical School. Mayo is one of the 11 top medical schools in the nation and the No. 1 choice for Kelsey.

Once all the fun of saving lives has fulfilled her, she would like to take a well-deserved vacation in Paris.

"Paris is a place I have always dreamed of visiting since I was little," she said.

Kelsey dreams big and has the skills to force reality to catch up to her.



Attention tribal members

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

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

From the education department

Congratulations, keep up the good work! As a reward for their commitment to school and personal growth, each student of the month will receive a \$50 gift card.

*Contributed by
J. William Gleason*

FAMILY

Happy new year from Early Learning

It's hard to believe we are already into 2016.

Our children are growing and learning so quickly. Before we know it, we will be sending 29 Head Start children off to kindergarten!

Our dedicated teachers are working with our children and families to make sure we will have youngsters ready for kindergarten. Pat Odiorne came in to teach the children all about making healthy food choices by showing them fruits and vegetables that are all part of healthy eating. The kids look forward to Pat coming in and are even happier when they get to try something new and delicious.

Our January parent meeting was a resource roundup. We invited families in for dinner, raffle and visits from speakers who represent programs that offer resources available either here at the Chehalis Tribe or locally. Thank you to our speakers who dedicated their evening by advocating for their program to help assist our families.

■ Beth Klatush, Healthy Families Project

■ Heather Hoyle and Erika Pickernell, vocational rehabilitation

■ Michelle Romero and Pat Odiorne, diabetes prevention and nutrition

■ Officer McNair, community resource officer

■ Marcy Maki, expanding your child's language skills

Thank you for supporting our wonderful program!

We have four parents that filled vacancies in policy council this month. Welcome, Yolanda, Misty Jean, Angel and Orinda. We also would like to welcome our new community representative, Phillip Youckton.

A policy council meeting was held Jan. 27. If you are interested in attending a meeting, dinner and child care are provided and your input is always welcome.

Chehalis Tribal Early

READY TO TAKE PART?

If you are interested in either the Expectant Mothers or Home-Based programs, please contact Expectant Mothers and Home-Based Coordinator Heather Galloway at 360-709-1887 or hgalloway@chehalistribe.org.

Learning is always in need of volunteers. If you would like to come read a story to our little ones, share a recipe, volunteer in a classroom or donate time, goods or materials, our program would benefit from your involvement.

Expectant Mothers, Home-Based programs now enrolling

The Expectant Mothers Program provides a support system to new mothers, as well as those who already have experienced pregnancy. Together, we will navigate through all of your fears, questions and concerns about pregnancy, delivery, postpartum recovery and newborn care.

During our four required monthly home visits, you will receive information regarding each week of fetal development and other useful topics to help you prepare for your new role as a mother.

In our Home-Based Program, the classroom is brought to your home during our two required home visits each month. You will be supported as your child's primary teacher while also gaining new ways to help your child learn.

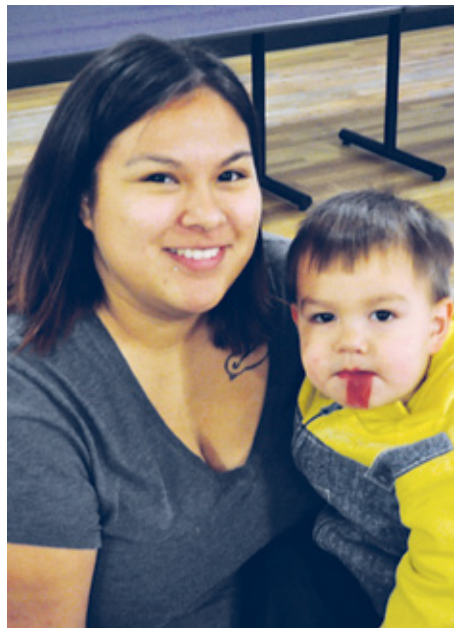
Fun learning activities will be provided for your child to experience, along with helpful information on parenting and child development.

Along with home visits, both programs offer two socializations each month.

These events give families a chance to network with others in our community that have children similar in age or who are awaiting the arrival of their newest addition.



Dinner, movie draws a crowd



Families gather at the community center for dinner and a movie.

More than 50 people came to watch the entertaining film "Hotel Transylvania 2" during dinner and a movie night Jan. 13 at the Chehalis Tribal Community Center.

Dinner was a simple meal of chili dogs with chips. After the prayer, the elders were invited up to serve first followed by everyone else that came to enjoy the movie together. Cookies were served for desert.

It was a great movie and the laughter of families filled the room throughout the movie. Thank you Phillip Youckton and Leroy Boyd for continuing this tradition for families to gather and enjoy a meal and watch a movie. The winner of the raffle was tribal youth Riley Smith, who received the movie.

Dinner and a movie night will be from 5-7 p.m. the second Wednesday of every month. Don't miss on sharing and building memories.

youth in action



The Daily World

Arielle Burnett plays against Aberdeen High School player Makenna Roiko.

Tribal member continues to meet academic goals, dreams

On Jan. 14, Arielle Burnett signed a letter of intent to play softball at Lower Columbia College. The Hoquiam High School senior plays three varsity sports. Arielle is planning to study pre-law at Lower Columbia and then transfer to a university.

FAMILY



New lighting is being installed at Vosper Community Playground.

Park lights to enhance safety

The Chehalis Tribal Planning Department has begun installing lights in the parks located in the Makum and Vosper neighborhoods after receiving approval from the Parks Planning Team. The new lighting is in response to several community members' requests for lighting at neighborhood parks.

To increase safety, two lights will be installed at each location. During this process, both spots will be closed. Thank you for your patience while we complete these projects.

If you would like to participate in the Chehalis Tribe's Park Planning Team, please contact Jenée Penn at jpenn@chehalis-tribe.org.

Northwest Justice Project ready to help

The Northwest Justice Project is Washington's publicly funded legal aid program.

Each year, NJP provides critical civil legal assistance and representation to thousands of low-income people in cases affecting basic human needs such as family safety and security, housing preservation, protection of income, access to health care, education and other basic needs.

Contact CLEAR if all of the following apply: you have a civil (non-criminal) legal problem, you are not working with a lawyer or another legal services provider and you have a low income.

OR

You are age 60 or older

We can help seniors who are not low income with many legal problems.

You can call CLEAR's toll-free telephone line at 888-201-1014.

The line is open 9:15 a.m.-12:15 p.m. Monday through Friday.

You also can use the online application process at nwjustice.org/get-legal-help.

To contact CLEAR

King County only:

Call 211 or 800-621-4636

For all other counties:

Low-income, 888-201-1014

Seniors, 888-387-7111

Veterans, 888-387-7111

Free legal information is available at washingtonlawhelp.org.

in brief

Putting kids on right path

Outreach Prevention Specialist Steven Dorland with the Behavioral Health Program is putting his skills to good use by working with youth at the Chehalis Tribal Community Center from 1-4:30 p.m. Tuesdays and Fridays. He also has developed a program called Soaring Together, which helps youth strengthen their life skills and continue on a healthful path. Classes are 3-4:30 p.m. Fridays.

Dorland looks forward to getting to know the community. For more information or questions, please call 360-709-1652 or stop by the community center.

Positive parenting

The South Puget Intertribal Planning Agency's Healthy Families Project offers Positive Indian Parenting classes from 5-7 p.m. in the Chehalis Tribal Wellness Center's physical therapy room.

Topics include Praise in Traditional Parenting on Feb. 24 and Choices in Parenting, March 2.

For more information, contact Beth Klatush at 360-709-1627 or bklatush@chehalis-tribe.org.

Love is respect

Join the Teen Girls Talking Circle from 4:30-6 p.m. March 1 and 15 in the Tsapowum Chehalis Behavioral Health Group Room.

The group provides a safe environment for young women to talk with others their age about healthy relationships, teen dating violence and the struggles of being a teen.

We will have supplies to make SMASH BOOKS for anyone interested. It's like scrapbooking but better.

A meal will be provided.

The group is safe, confidential and open to the tribal community.

Call Janita Raham, domestic violence advocate, at 360-789-3627 for more information.

Let the healing begin

Join the Women's Healing Circle from 4:30-6 p.m. March 8 and 29 in the Tsapowum Chehalis Behavioral Health Group Room.

The group provides a safe environment to talk with people who have been affected by domestic violence in their lives. It's a place to build friendships, find support and heal from the abuse you have experienced in your life. You are not alone.

We will make moccasins during the event, and a meal will be provided. Please indicate whether you need child care.

The group is safe, confidential and open to the tribal community and employees.

Call Janita Raham, domestic violence advocate, at 360-789-3627 for more information.



Ask Aunties Play Group schedule

Feb. 23 / March 22 / April 26 / May 24

Time: From 5-7 p.m. Tuesdays

Where: Chehalis Tribal Wellness Center's physical therapy room

Also: Dinner will be provided

For more information, contact

Beth Klatush

360-709-1627

bklatush@chehalis-tribe.org

NOTICE

Information on this flyer, in email or on our website calendar is subject to change without notice. Please refer to this flyer's contacts



YOUTH

From page 1

4 On the ball: Also back in November, youth in grades 5 and 6 participated in a Lacey basketball league. They practiced during the week with Brandon Canales and Makayla Ortivez (also known as the MVP and all-star of the reservation). The Saturday afternoon games were a thrill to watch. It also was nice seeing parents cheer kids on. They finished their league at the end of January. What a great season they had, their second one in the league. Way to go, boys and girls. Looking forward to next season. Great job Brandon and Makayla for ensuring everyone had fun and enjoyed the season, win or lose. Sportsmanship is one of the honors of watching our youth play in any sport.

5 Edge-of-seat antics: Holy smokes, the sound of big engines starting up and roaring is something to hear!

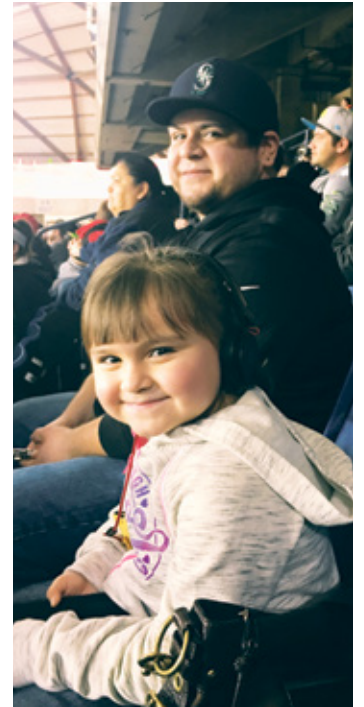
If you don't know by now, Monster Jam takes over the Tacoma Dome at the beginning of each year. Big trucks, loud engines and gigantic tires elicited huge roars from the crowd, including cheers from Chehalis tribal families watching the races. Seeing impressive jumps and clouds of dust wafting into the crowd brought smiles to our youth and adults. While watching the action, kids sported eyes as big as softballs. Go-cart racing also was a special attraction. Monster truck T-shirts, models and flags, along with remote-control trucks and hats completed the night.

All of this enjoyment was made possible through staff teamwork.

See you all next month!

Chehalis tribal youth soak up the sights and sounds of Monster Jam at the Tacoma Dome.

Photos provided by Talisa Baker and Jodie Smith



Warm coats are a welcome sight for those in need.

GIFT

From page 1

with the shopping, presents were wrapped with love and thoughtfulness. It brought smiles to those giving the gifts as well as those receiving them. Yes, a gift of love, which is what Christmas is all about.

Thank you to all of the tribal members and employees who participated by purchasing gifts, wrapping presents or transporting items to families in need. You all made this year another success!

From the Rochester ROOF Program

Submitted by Kellie McNelly

Operation Santa was Dec. 19, and this year ROOF Community Services provided new toys and new clothes to 409 children from 150 needy

families in the Rochester area. Of those served, 216 children from 75 families were adopted by community members or groups through Operation Santa. Those families not adopted by community members or groups came to the Santa Store and were able to pick out gifts for their children. Each child received a new outfit and toys, along with stocking stuffers, warm hats, gloves and scarves, books, a board game and a ball. Volunteers helped wrap Christmas gifts as well. Operation Santa was made possible by 63 volunteers who donated 373 hours that day. More than 100 donors gave toys, clothes and money to make this event one to remember.

I would like to thank the Chehalis Tribe for its contribution of \$2,000 to Operation Santa and \$3,000 to the Food Bank. The tribe's generous donation is greatly appreciated by all of us at ROOF Community Services, especially those that we serve.