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strategy.com.

For more on studies of

the Chehalis River Basin

go to chehalisriverbasin

**MARCH 2016** 

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

#### A window into history

Share your pictures for tribal veterans project

page 7



#### New homes available

**Duplexes** on Sickman Loop fill housing needs page 9

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# **Tribe voices** concerns about fish

Proposed Chehalis River Basin dam to ease flooding could damage salmon habitat

Contributed by Fred Shortman

**▼** ver since the big flood of 2007, people around the Chehalis River Basin have been looking for ways to reduce flooding and the damages that occur during them.

At that time, Gov. Chris Gregoire promised to do something to help alleviate flooding in the basin. Since then, the state legislature has provided funding for various planning meetings, scientific studies and smaller flood reduction projects.

The effort continues today with the Governor's Work Group, which meets regularly to discuss flood-related issues. That group includes representatives from local counties and towns, as well as the Chehalis Tribe.

During the past few years, two key issues have become the main topics. Some folks in the upper basin want to build a dam to control flooding. Tribal members, along with others in the basin, are concerned a dam will seriously damage salmon runs.

In 2014, the Governor's Work Group recommended the state begin looking at impacts a dam would have, and it also recommended that a large-scale salmon restoration project be created. The state Department of Ecology has been placed in charge of looking at the impacts from a dam and also what benefits the restoration projects might have on the river.

The process they use is called

# Chief of police honored Award highlights Ralph

Wyman's safety work, community outreach

Contributed MJ Haught, Tribal Liaison for the Washington Traffic Safety Commission

The Washington Traffic Safety Commission recently

honored Ralph Wyman, Chief of Police, Chehalis Confederated Tribes, for a lifetime of achievement in traffic safety.

The Target Zero Awards is a statewide program that



**RALPH WYMAN** Chief of Police

occurs biennially. For nearly 30 years, the WTSC has recognized outstanding citizens who go beyond their job duties and make contributions, changes and improvements that affect everyone's safety on our roads. There has only been a handful of

See HONOR, page 2

See CONCERNS, page 12

#### **Oakville Elementary School** student Madyson **Pickernell** is among voungsters who learned to cheer.



### Youth cheerleaders wow audience

Crowd gives OES kids thunderous applause after halftime show

It was a day of pride for the Oakville School District on Feb. 2. After learning the ropes from Cheer Coach Alyssa Charles and her high school cheerleaders, a group of Oakville Elementary School students cheered during halftime at the Oakville High School basketball game.

The youngsters lined up and brought

the crowd to their feet as they performed.

The excitement of basketball players on the court was echoed by fifth- and sixth-grade students (and even younger) cheering from the sidelines.

This is the first year Charles and

See YOUTH, page 2



#### **YOUTH**

From page 1

her squad led the kids. Their time and commitment was a huge success. The elementary students spent a few weeks practicing and learning cheers in preparation for this special and fun event.

Cheerleading skills taught to young students is a great way to enhance the growth of future cheerleaders for OHS.

They did an awesome job. What a wonderful way to learn the basics from your mentors. When they were finished, the youngsters were met with a thunderous applause of approval from the crowd.



Oakville High School cheerleaders mentor Oakville Elementary School kids, allowing them to perform during the Feb. 2 basketball game at OHS.

Photos provided by Jodie Smith

### Tailgate party is a big hit

On Feb. 5, the Chehalis Community Center hosted the employees' Super Bowl tailgate party. It was a fun day to select winners for Super Bowl 50, which pitted the Denver Broncos against the Carolina Panthers.

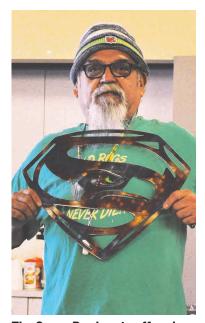
After the blessing of the meal, employees enjoyed a meal of hot wings, pizza and soft drinks. The tribe raffled prizes to folks who attended.

Events Coordinator Phillip Youckton and Assistant Coordinator Leroy Boyd did an awesome job inviting employees to gather for this yearly event.

They also made sure the Gathering Room would be open for the Super Bowl.

This was a safe, sober and festive environment for trbal employees to watch the game on the big screen, rooting and cheering for their favorite team.

Yes, the Denver Broncos defeated the Carolina Panthers in a hardfought match.



The Super Bowl party offered Feb. 5 scored a touchdown with Chehalis Tribal employees. Elder and Youth Center Director Tony Medina won one of the grand prizes.

#### **HONOR**

From page 1

lifetime achievement award recipients.
Since being hired in 1989 by the
Chehalis Confederated Tribes, Chief
Wyman has built a reputable police
department. He obtained grant funding
to fully equip the department and to
purchase an integrated public safety data
system used by several tribal programs.

The Chehalis Tribal Police received certification from the state allowing access to Department of Licensing information critical for officer safety related to drivers and vehicles. Additionally, the police department has cross-jurisdiction, allowing officers to cite or arrest non-tribal offenders.

Through innovative outreach to young drivers, Chief Wyman positively turned around attitudes toward law enforcement. Chief Wyman and some of his officers would open up the gym at 11 p.m. or midnight to shoot hoops. This evolved to very popular "shirts and skins" pick-up teams, building relationships with teens.

Because of extensive education and enforcement, about 95 percent of vehicle occupants on the reservation travel safely with consistent seat belt use and children in appropriate car seats and booster seats.

The Chehalis Confederated Tribes' high regard for Chief Wyman has led to his appointment of director of public safety.

Chief Wyman gives back to the community by serving as president of the Northwest Association of Tribal Enforcement Officers. Beginning in 2010, he accepted the responsibility of managing WTSC grant funds that are available to all tribal police departments in Washington.

Chief Wyman was unable to attend the Target Zero Awards ceremony at Great Wolf Lodge in December, so his award was presented during a meeting of the Tribal Traffic Safety Advisory Board, hosted by the Puyallup Tribe of Indians. If you want to watch interviews and footage showcasing Chief Wyman's work, it's viewable at timeframe 17:30 on a video at youtube.com/watch?v=rPFERwLecVo.

The awards program mirrors Washington's Strategic Highway Safety Plan: Target Zero, approved by Gov. Chris Gregoire in 2007. It's updated every three years. Tribal representatives are working on the 2016 version in the capacity of the top-level Steering Committee, Project Team and Writing Teams. See the 2013 version at targetzero.com.

### in brief

#### **Basket weavers sought**

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, call 360-709-1752 or email pyouckton@chehalistribe.org.

#### **Community center hours**

Chehalis Tribal Community Center hours are 7 a.m.-8 p.m. Fun events at the center:

- Swimming pool and exercise room hours are 7 a.m.-8 p.m.
- Open gym is at noon Wednesdays and Sundays and 5:30 p.m. weeknights.
- Movie night starts at 5 p.m. every second Wednesday of the month. Dinner is provided. Bring out the whole family and enjoy.

For more information, contact Leroy Boyd, events coordinator assistant, at 360-709-1787.

#### 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.

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.

#### **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.-4 p.m. Monday through Friday. Our staff will be happy to assist you in applying for the program.

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



Chehalis Tribe's Animal Control has a new holding area.

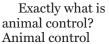
## Happy life for people, pets

Contributed by Brennan Stoelb

It has been great getting to meet people and animals in the community during the past few weeks!

By getting to know which pets

belong where, I have been able to get quite a few animals back home. Also, a new holding area has been built that allows a safe place for lost or impounded animals to be held.



Officers are responsible for the enforcement of tribal laws, codes and ordinances that refer to the care. control, treatment and licensing of domestic animals.

Brennan

Stoelb

Tribal animal ordinances ensure that the people and animals that are a part of the community are protected and able to thrive.

Animal control also encourages responsible pet ownership while being a resource regarding animal issues.

#### MORE INFORMATION

Be sure to look on the Animal Control section of chehalistribe.org for information on low-cost vaccination clinics in the area as well as other useful information

For immediate animal concerns, contact Stoelb at 360-273-7051 or email bstoelb@chehalistribe.org.

The Animal Control office is at 30 Niederman Road in Oakville.

Together, we can make sure all people and pets are able to lead a healthy, happy life and enjoy the community they call home.

Here are ways you can make the community better for people and pets:

- Do not let your pet run free.
- Ensure your pets are up-to-date on vaccinations.
  - Have pets spayed or neutered.
- Report all cases of animal abuse or inhumane treatment.
- Take time to learn all tribal laws and ordinances that affect pet owners and pets. If you are unsure of tribal ordinances, feel free to ask.

### STAFF PROFILE

### New public safety employee seeks community opinion

Chris Porter, a firefighter and paramedic with Riverside Fire Authority in Centralia, is a new employee of Chehalis Tribal Public Safety.

He has been hired in response to a questionnaire at the last annual meeting. More than 90 percent of tribal members stated they want better, faster, more efficient response to medical and fire emergencies on the reservation.

Chris started his career as a volunteer firefighter with Chehalis Fire Department in 1992 after he got out of the United States Army.



**Chris Porter** 

One of Chris' first tasks is to assess the needs of our community. He said he is trying to meet as many people as possible with his first goal being to find tribal members who are interested

in helping form a fire department. He said there are many ways the department can be put together and he wants this to be "what this community wants," not something he designs.

Please contact Chris to discuss being involved in this process, even if it is just to help design a new fire department logo or uniform patch.

Stop by the Public Safety building to meet Chris or call 360-273-7051.

### A new resource for veterans

American Legion Post 49 is ready to help veterans and their families in Rochester. The post received its temporary charter Feb. 3.

So far, 21 members have signed up, but the charter roll will stay open until April 1. Everyone who joins before the deadline will be added to the permanent charter roll.

Robert (Bob) Clark, a veteran of the Gulf War in the United States Army, is the post commander.

Post 49 meets the first Wednesday of each month from 6-8 p.m. at the Rochester Bus Barn in the driver's lounge, 7505 183rd Ave. SW, Rochester. A social hour and dinner starts at 6 p.m., and meetings begin

For more information, contact the American Legion at P.O. Box 984, Rochester, or get in touch with Bob at 360-584-5773 or rochesterpost49@ gmail.com.

# HEALTH/WELLNESS

### **Substance abuse solutions**

Conference offers hope to create healthy communities

Contributed by Tamara Clark, event coordinator, TOGETHER!

The Substance Abuse: A Community Response Conference aims to increase awareness of new, proven and/or promising techniques and programs that are being used to address all spectrums of substance abuse from prevention to intervention, treatment and aftercare.

Join us for keynote presentations by Dr. Chan Hellman, a world-renowned researcher on hope, as well as our community's own Liz Davis, who will provide a deeper look at neurobiology, epidemiology, adverse childhood experiences and resiliency. The event also will include a screening of the documentary "Paper Tigers."

Topics such as marijuana policy, recovery, peer education, e-cigarettes, innovative prevention approaches, prevention in tribal communities, and housing and homelessness and their connection to addiction/ recovery will be covered.

#### **Highlights**

Hope Research: Dr. 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

**Beyond ACEs 101:** Davis will give the keynote

and resilience.



The two-day Substance Abuse: A Community Response Conference kicks off at 8:30 a.m. Wednesday, April 27, and runs through 1:30 p.m. Thursday, April 28 at Great Wolf Lodge Conference Center, 20500 Old Highway 99 SW,

For more information, contact Tamara Clark, event coordinator, TOGETHER! at 360-493-2230, ext. 10, or go to thurstontogether.org.

#### **ALSO**

The Tsapowum Chehalis Tribal Behavioral Health Program will sponsor four tribal members for this event. Please contact Christine Semanko, counselor, at 360-709-1701 to sign up.

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": A plenary viewing on the first conference day of this 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.

The conference is planned by TOGETHER! in collaboration with local and statewide partners such as the Thurston County Drug Action

Team and the Washington Association for Substance Abuse and Violence Prevention.



# Join challenge to quit smoking

The Centers for Disease Control has launched a Facebook event for those who want to quit smoking, but still need to take the first step.

What is it? 30 Smokefree Days lets users RSVP to the event, which allows them to join a supportive community with daily quitting inspiration. The event page serves as a resource for people to find support and get helpful tips on how to guit smoking and stick with it. Posts

include milestone badges, links to quit, resources, tips, encouragement and exclusive video content with words of advice from participants.

When is it? It started March 1 and runs through March 30

The Chehalis Tribal Wellness Center has providers available to assist you in achieving your goals to quit smoking. For more information, call the Chehalis Tribal Wellness Clinic at 360-273-5504.



Women learn risk factors for heart disease at the Chehalis Tribal Wellness Center.

### Advice to take to heart

On Feb. 25, folks showed up to support a lunch and learn event for women's heart health as part of American Heart Month at the Chehalis Tribal Wellness Center. Heart disease and stroke cause one in three deaths among women each year - more than all cancers combined. It is a deadly disease, but you can take steps to avoid some of the complications.

Participants examined various materials supplied by the Special Diabetes Program for Indians. Many people were shocked to discover how much sugar and fat is in common food that they consumed daily. After lunch, there was a short video about what can cause heart disease.

Some of the discussion during the question-and-answer session also was shocking. Risk factors are uncontrollable, but lifestyle changes were discussed.

Do you smoke? Are you physically inactive? If you're a woman, do you have more than one drink a day? Do you eat a diet high in fat? How do you respond to stress? The answers to all of the above could also impact your risk for heart disease and stroke.

Knowing your numbers is important! The American Heart Association recommends you be aware of the following key numbers:

- Blood pressure less than 120/80
- Fasting blood sugar less than 100
- Body Mass Index less than 25 These numbers will allow you and your health care provider to determine

#### **HEART HEALTH AND KIDS**

On Feb. 19, children at Head Start Early Learning Center were shown that what we eat and the good choices we make will keep our hearts healthy and strong for a solid foundation in life. They learned that eating salmon and other types of fish will keep their hearts in good shape. It just happened that salmon was served that day for their lunch.



your risk for developing cardiovascular disease such as angina (chest pain), heart attack, stroke (caused by blood clots) and peripheral artery disease.

Steps you can take to reduce stress:

- Deep breathing
- Meditation
- Visit with a friend
- Daily activities you enjoy (such as go for a walk)

Practicing these can reduce how your heart can be affected on a daily basis. Good health can be achieved when you make lifestyle changes.

### **HEALTH AND WELLNESS**

# Zika continues to spread and cause concern

#### Learn the facts about virus

We have been seeing a lot of stories in the news about Zika, and many in the medical community are concerned. Zika is a disease caused by the Zika virus.

There are a number of ways someone can be infected, but the most common is by mosquito bite. The primary concern is when a pregnant woman becomes infected.

According to the Centers for Disease Control website, researchers are examining the possible link between Zika during pregnancy and babies born with microcephaly (a small head).

Only about one in five people infected with the virus will become sick with rash, fever and joint pain.

Most will not realize it is a Zika infection.

Originally found in

Africa in the 1940s, it has been spreading rapidly during the past couple of years and can now be found in Central and South America, Pacific Islands and the Caribbean. The Zika virus will continue to spread and it will be difficult to determine how and where it will occur over time.

There have been more than 100 cases reported in the United States, but all have been contracted from travel outside the country.

This will gradually change over time. It is likely locally acquitted cases will begin to show up as the virus establishes itself in our domestic mosquito population. There are many different kinds of mosquitoes, but the usual carrier is Aedes aegypti and A. albopictus. We do have Aedes around here, but not the two types that are known carriers.

There is no

#### **PROTECT YOURSELF**

Because mosquitoes can carry Zika and other diseases and are generally a nuisance, it is best to minimize your risk of being bitten.

- Wear long-sleeve shirts and long pants.
- Apply mosquito repellent.
- Look around your yard for places that retain stagnant water and eliminate them if possible because mosquitoes love to breed there. An old tire by the side of the garage, a bucket or pail left outside or a bird bath can all serve as a breeding place for mosquitoes.
- If you are pregnant or thinking about becoming pregnant, avoid travel to places known to have Zika.

For other tips and information on Zika, go to the CDC website at cdc.gov/zika/index.html.

and there is no medication that can cure it. For now, it is much less of a concern in the Northwest than in the southeast, where it will likely spread to first when it comes to our country.

### Urgent care options

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 if 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, call the clinic at 360-273-5504. For life-threatening health issues, call 911 and/or go to the nearest emergency room.

### Do you need a helping hand?

### ■ Patient transportation process: To request a transport to a medical appointment, call or visit the front desk reception at the clinic.

If you are at a medical appointment at the clinic and are in need of an emergency transport to a medical or dental appointment, staff will ensure transportation.

If you are on the Medicaid program you are eligible for transports through the state Paratransit program.

A driver will pick you up at home and bring you back after your appointment. Once you are registered in their system, call them with at least a 24-hour notice to schedule your transport. Contact Paratransit Services at 800-846-5438 to schedule a ride.

■ Elder meal delivery: Elder meals are delivered starting at 11:30 a.m. each day.

To be eligible for home-delivered meals, see Pat Odiorne at the Chehalis



MARY SECENA Community Outreach Corner

Tribal Wellness Center to start the process.

vaccine for

this disease

This is a requirement of the grant we have that pays for the elder meal program.

■ Medication
pickup: If you want
your medications
picked up, please
get on the list at the

CTWC. They will be picked up at Safeway on Tuesdays and Fridays. Remember to not wait until you run out of medications before you call them in because it can take a few

days to complete refills.

Home visits: If you need me to do regular check-ins at your home or at the home of a loved one, please contact Mary Secena, Chehalis Tribal Wellness Center community outreach coordinator, 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<br>in your<br>household | Maximum<br>annual<br>income | Maximum<br>monthly<br>income |
|--------------------------------|-----------------------------|------------------------------|
| 2                              | \$29,471                    | \$2,456                      |
| 3                              | \$37,167                    | \$3,098                      |
| 4                              | \$44,863                    | \$3,739                      |
| 5                              | \$52,559                    | \$4,380                      |

### **HEALTH AND WELLNESS**

### in brief

#### **Get your feet checked**

Podiatrist Deborah Behre will at the Chehalis Tribal Wellness Center from 8:30 a.m.-4 p.m. 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.

#### **Diabetes clinics available**

The Chehalis Tribal Wellness Center will hold diabetes wellness clinics from 8 a.m.-4 p.m. 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-

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

#### 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. May 31. Please schedule an appointment with a provider to have a clinical breast exam prior to your mammogram appointment by calling 360-273-5504.

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

#### **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 March 29 and April 26. Pickup is at the Chehalis Tribal Community Center from 9:45 a.m.-1:30 p.m.

### **Swimming/Exercising** with the Elders

The Special Diabetes Program for Indians has kicked off a new program to help Chehalis tribal elders increase activity, stamina and balance. Staff member Gloria Jones will lead the group. Please come join us. We hope to see you there!

When: 9-10 a.m. Tuesdays

Where: Chehalis Tribal Community Center pool

According to the Centers for Disease Control, senior fitness can:

- Help maintain ability to live independently.
- Reduce risk of coronary heart disease and of developing high blood pressure, colon cancer and diabetes.
- Reduce symptoms of anxiety and depression, foster improvements in mood.
- Maintain healthy bones, muscles, joints.



#### **CONTACT**

Gloria Jones at 360-709-1810, giones@chehalis tribe.org.

### Time to let the healing begin

Join the Women's Healing Circle from 4:30-6 p.m. March 29 and April 12 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.

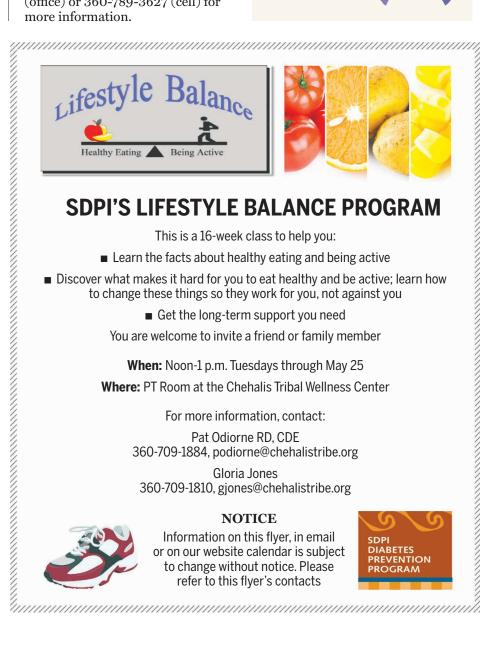
The group is safe, confidential and open to the tribal community and employees.

Call Janita Raham, Tsapowum Chehalis Tribal Domestic Violence Program advocate, at 360-709-1575 (office) or 360-789-3627 (cell) for more information.

#### **WARNING SIGNS OF ABUSE**

- Says hurtful things to you.
- Isolates you from others.
- Gets angry or upset easily.
- Name-calling, emotional abuse.
- Spreads rumors or tells lies.
- Often criticizes you, puts you down.
- Force, physical and sexual abuse.
- Acts intimidating, threatens you.
- Blames you or others for their problems.
- Uses jealousy to justify actions.
- Smashes, hits or kicks objects.
- Embarrasses you in public or private.











# HERITAGE/CULTURE

A window into history

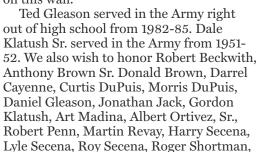
Share your photos for project that spotlights tribal veterans

The Heritage and Culture Department is seeking photos to create a dedication wall for veterans that served in the United States Army, Navy, Air Force, Marines, National Guard and Coast Guard.

If you have pictures and information on the branch they were in and years they served our country, please share them with the heritage department.

Copies will be made and original photos will be returned to you.

Our goal is to have all tribal members honored on this wall.





**Ted Gleason** 

#### **PICTURES**

To submit photos or for more details, contact Lynn Hoheisel in the Heritage Office of the Community Center at 360-709-1748.

Marvin Youckton, George Youckton, Percy Youckton, David Bird, Francis Pickernell, Farley Youckton, Larry Pressnell and Michael Halton. Please let me know if we missed any tribal veterans.

#### **America's pastime**

Do you know when the Chehalis Tribe's Tomahawk Baseball team started? This is a part of our culture and history as well and we are seeking old pictures of baseball legends that you have stashed away. We will create an athletic wall for them from images captured from historic and new tribal days and other baseball tournaments. Copies will be made and original photos will be returned to you.

#### **Arts and crafts**

We continue our open door policy for tribal members to use the sewing room or make an item with material we have. Call to set up a day and time and we will make accommodations to fit your schedule. Evenings and weekends are possible with early notice. Staff will be available to assist you.

Watch our calendar to see if you would like to sign up for classes. We are still looking for people to teach arts and crafts classes.



Photos submitted by Heritage and Cultural Program

**Percy Youckton** 

## Community Spirit Awards honor our culture bearers

### You can nominate Native artists for national grant

Do you know a Native artist who has dedicated his or her life and work to sustaining cultural traditions within their community? First Peoples Fund has opened nominations for the 2017 Community Spirit Awards, and we want to hear from you.

"If your life has been touched by a Native American, Alaska Native or Native Hawaiian artist who embodies the Indigenous values of generosity, integrity, humility and wisdom, consider nominating them for the Community Spirit Awards," said Lori Pourier, president of First Peoples Fund.

The awards, launched in 1999, are

#### **NOMINATIONS**

Nominations close July 15. Applications are due Oct. 31. If you would like to receive a nomination form by mail or to learn more, contact First Peoples Fund Program Manager Jessica Miller at jessica@ firstpeoplesfund.org or 605-348-0324.

national grants for established Native culture bearers who demonstrate substantial contributions to their communities through their careers as artists. Each year, First Peoples Fund seats a national panel to select four to six Community Spirit honorees from tribes across the country.

In January, First Peoples Fund

'The process of bringing spirit back to a community is an important responsibility of artists.'

**BUD LANE, SILETZ NATION BASKET MAKER** 

announced the following honorees:

- Duncan Ka'ohu Seto, Native Hawaiian; lauhala weaver and pencil drawing; Hilo, Hawai'i
- Jennie Wheeler, Tinglit, Alaska Native; skin and fur sewing, spruce root basketry; Yakutat, Alaska
- Phillip Whiteman, Jr. and Lynette Two Bulls, Northern Cheyenne and Oglala Lakota; traditional storytellers and performing artists; Lame Deer, Montana
- Luther G. (Butch) Goings and Lydia Louise Goings, Eastern Band of

Cherokee Indians; wood carving and white oak basketry; Cherokee, North Carolina

■ Jack Wallace Gladstone; performance arts; Montana Blackfeet; East Glacier, Montana

"The process of bringing spirit back to a community is an important responsibility of artists. It is part of a sacred honor system," said Bud Lane, a basket maker of the Siletz Nation in Oregon who was a Community Spirit honoree in 2009 and is a member of First Peoples Fund's board of directors.

# **MARCH BIRTHDAYS**

Cyllus Leal-Youckton Raven John Jeremy Sanchez

2

Dale Klatush Andreas Jacobs Mel Youckton

3

Anthony Andrews Nathan Wittwer

4

Sara Esselstrom Devin Boyd

5

Jason Canales Quinten Canales Carrie Ehmke Vincent Visaya

6

**Amy Dehart** 

Jerry Meas

8

Anthony Brown Steve Burnett Allison Carter Jeffrey Gomez

9

Linda Carpenter Rose Choke Olivia Latch Jeffrey Leclaire Mathew Reynolds



**DEDE DEVLIN: Happy birthday!** 



TINA EBLING: Happy birthday!

Kami Beckwith

John Blacketer

Jay Sanchez, Jr.

Colleen Klatush Richard Revay

**Mercedes Bracero** 

**Falisity Bumgarner** 

**Joseph Charles** 

**Guy Youckton** 

**Tyson Black** 

**Tina Ebling** 



CHRIS SECENA: I would like to wish my "Bisha" a happy birthday from your MOMMA! LOOVVEE YOU.



BEV STARR: Happy birthday to Beverly Rose (my WITCH)! Love Allison, Zach and girls.

**Terri Farrier** 

**Trevor DuPuis** 

**Arick Burnett** 

**Jace Cayenne** 

**Amy Shivers** 

Rannessa Goddard



JERRY MEAS: Happy birthday! I love you son. Make it memorable.



AUGUST ANDREW: Happy 1st birthday to our beautiful baby on March 23. Love, Daddy, Mama, siblings.

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Dede Devlin Angelina Sanchez David Youckton

18

Joshua Burnett Wilson Pickernell

19

Ted Gleason Noah Snell Derrek Yawn 20

Sarra Burnett-Lisle Natasha Goddard

22

Frank Cayenne, Jr.

23

Jack Colson Tre's Meddaugh

24

Alxis Beckwith Haezen Charles-Cayenne Kylee Secena

25

Beatrice Christensen Zander Sanchez Aaron Youckton II

26

Jacee Hoyle Brent Simmons

27

Sean Allen David Burnett Garret Hicks Emily Ortivez Robert Wertz

28

Annie Jones Bev Starr

**29** 

Norma Daniels Victoria Hanna

## More wishes

DREAMA SECENA: Happy birthday to my Dre. Love Grama, Papa Zach, Pai Pai, Dee, Maddy and his Aurora.

**GEORGETTE WELLS:** Happy birthday to Jett! Love Allison, Zach and girls.

**COLLEEN KLATUSH:** Have a wonderful birthday, Colleen! Happy birthday. Lots of love, from all your family.

**GUY YOUCKTON:** Happy birthday, Guy!

**BEV STARR:** Happy Birthday, Bev.

BRENT SIMMONS: Happy birthday! Congratulations to your new baby Atticus Joseph James Simmons. We are so proud of you! Jodie, Mercedes, Tony, Carlos, Josie and family

**ALLISON CARTER:** Happy birthday, Allison!

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Skylar Bracero Yolanda Ortivez

31

Colby Higheagle Chris Secena



FALISITY BUMGARNER: Happy birthday to Grandma Anna's favorite princess.



## 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

# Open house, blessing of duplexes

New units on Sickman Loop help fill tribal elders' housing needs

On Feb. 11, the Chehalis Tribal Housing Authority hosted an open house for four new homes available to tribal members. The rental homes were built to fill some of the housing needs for elders, persons with disabilities and smaller households. One set of duplexes are two-bedroom, two-bath units; the other duplex offers one bedroom, one-bath units. The new duplexes are on the Sickman Loop property near the city of Oakville.

The homes were constructed by the Allen-Bradbury Construction Company. They are proud to say it was an honor to work for the Chehalis Tribe. The weather brought challenges, but the company was able to finish construction of the homes.

After Marie Bird blessed the homes, Chehalis Tribal Housing Authority Director James Gutierrez invited everyone to eat and tour the duplexes. The homes boast a ductless system that provides heating and air conditioning, which is an added plus. The two-bedroom units also feature a tub and a disabled shower stall.

A lot of planning and help along the way brought the homes to fruition. Thanks go out to CTHA Commissioners Joan Martin, Janice Latch, Margie Youckton and Sue Ortivez. Also, thanks to the Business Committee for its support and to the Allen-Bradbury Construction Company. The homes look great and are an added plus to help fill tribal elders' housing needs.





### INTERESTED IN HOUSING?

Please call James at 360-273-7723. There is a wait list and other homes available.

Tribal members tour new housing on Sickman Loop.

## Tribe continues to improve grounds

During early February, the Chehalis Tribe continued to develop and make improvements to tribal grounds.

Old cement behind the Chehalis Tribal Center was torn out and will be reseeded with grass. The cement is remnants of three offices that were built in the mid-1970s. The buildings and the covered walkway were removed when the Social Services Building was improved.

A new gazebo will replace the covered area and offer a designated smoking space.

Also, at the east door to the tribal center, Chehalis Tribal Construction built a handicap ramp with guardrails to assist those that need it.



Workers set the stage for a gazebo at the Chehalis Tribal Center.

### **FAMILY**

# Early Learning loves literacy



**Parents read** to little ones at Chehalis **Tribal Early** Learning.

#### **EVENTS**

March 24: Egg hunts, Easter parties March 25: Child care closed for Good Friday holiday

April 4-8: Spring Break for Head Start and Early Head Start

Mondays: Special Services Team visits Early Learning kids

As we celebrate the arrival of spring, we are loving literacy at Chehalis Tribal Early Learning.

We value our children and our community and we love to share an opportunity to bring the two together. Our February parent meeting was on storytelling. Families were invited to bring a book and take a book. We had books galore to share with children and families to encourage reading. Teachers shared stories, talked with parents and discussed the importance of reading at school and home.

We were saddened to see such a small turnout for our February parent meeting, but we made the most of it and the very few families that attended walked away with stacks of books. Handouts were given on 10 things to do to raise a reader and simple yet powerful things to do while reading aloud.

We enjoyed a baked potato bar for dinner and one of our parents, Jessica Hill, brought in banana bread and cake

for dessert. Thank you, Jessica!

Early Head Start had a busy February as it was home visit month for families. Teachers try to stress the importance of our home visits to our parents and guardians, and the children love seeing their teachers in their homes engaging in culture and traditions.

On Feb. 23, we had a mental health luncheon and training for our families. We invited families

to the Grand Buffet at Lucky Eagle Casino and Hotel while Mental Health Counselor Sheryl Spahr answered questions and offered advice to parents. Thank you, Sheryl, for your continued support of families at Chehalis Tribal Early Learning. We also appreciate the parents who attended this training.

We look forward to our visits from the wonderful Pat Odiorne every month to talk with and teach our little ones all about health and nutrition. During February when the focus was on heart health, Pat visited each classroom with pictures of the heart, foods that are healthy for our hearts and a stethoscope to show children how it works and that it can be fun to hear a heartbeat.

We always enjoy seeing Pat here and love the support and services she provides to the Early Learning Program.

Policy Council has been going very well with our new members. We meet once a month to go over everything Early Learning and address old business and new business. Some new business will be our upcoming federal review on Comprehensive Services and School Readiness during the week of March 21.

For more information, stop by the center, attend a Policy Council meeting or call 360-273-5514.

Wishing you a happy Easter!



#### **BECOME A FOSTER PARENT**

It's easier than you think. If you are age 21 or older and in good health, Chehalis Tribal Foster Care Program would love to hear from you.

You will need:

- A good-size spare room
- Evidence of parenting skills, either with your own kids or other people's
- A commitment to ongoing training
- An interest in helping young people with difficulties understand that they do have a future
- A commitment to working in partnership with the child's birth family and an Indian Child Welfare social worker
- We are willing to work with you getting licensed. We need homes for emergencies, respite, short term and long term.

You may be:

- Single, married or divorced
- Male or female
- A parent with young or grown children
- Someone who's never had children
- Employed
- You may have a criminal record for non-violent offences in the past

#### **CONTACT**

Chehalis Tribal Foster Care Program, 360-709-1745 or 360-709-1632





### **Ask Aunties**

March 22 / April 26 / May 24

Ask Aunties is a monthly playgroup with a discussion topic and dinner. It is designed to give families an opportunity to bring their children together and engage in educational parent-child interaction activities and discuss, ask questions and share parenting tips and ideas with other parents and professionals. The group is open to everyone: young and old, aunts, uncles, parents and grandparents. All are invited to join, share and enjoy an evening together.

Time: 5-7 p.m. Tuesdays

Where: Chehalis Tribal Wellness Center's PT room

Also: Dinner will be provided





CONTACT Beth Klatush at 360-709-1627,

bklatush@chehalistribe.org

### STUDENTS OF THE MONTH

#### **Courtney Price**

### **Grand Mound Elementary Fourth grade**

Courtney, son of Tamie Boyd and Courtney Price Sr., feels he is successful student because he listens to his teachers and does what is asked of him the first time. His advice for other students is to listen to the teacher to do well.

Courtney most enjoys reading; his reading level is fourth-seventh grade. He also likes recess because he gets to play with his friends.



Courtney also enjoys wrestling. He has been involved with Rochester Youth Wrestling the past two years. This year, he placed third in his age bracket. He likes that the

coach challenges him and s him how to do a move the right way.

After high school, Courtney wants to go to a college to become a video game coder, a lawyer for the tribe or a teacher so that he can help kids learn to read.

#### Grace Quilt

#### Rochester Middle School Eighth grade

Grace, daughter of Sharron Hall, has been having a great year. She will tell you the key to her success is being responsible for her academics and making sure she gets to school and completes all of the work her teachers assign. Grace also encourages other students to make sure to get all of their work done and turn in any assignments they might have missed.

Grace enjoys math, language



arts and physical education, but she also stays busy with extracurricular sports. Grace plays on both the basketball and fast-pitch team,

and she plans on getting back into cheerleading as well.

After graduating from high school, Grace dreams of going to College in California.

While she's unsure which school she'll attend, she plans to study criminal justice to give back to the community.

#### Raven Hawk Penn

#### Rochester High School 11th grade

Raven, son of Robert Penn, likes that he is doing well in his math class

He feels he is successful student because he is doing his homework at home or in between classes and turning it in the next day.

His advice for other students is



to get into a routine – getting work done when you first get it.

Raven plans to attend the Running Start Program at Centralia College his senior year of high school. He

wants to attend a technical school or University of Washington, where he can study engineering and 3-D modeling.

### Congratulations on second quarter honor roll:

Kenedy Adams Annie Burnett Arielle Burnett Desirray Klatush Jasmine Klatush Mya Ortivez Emily Pickernell Larren Quilt Kirsten Secena Roberta Youckton **Attention:** To nominate your child, contact Jodie Smith at jsmith@chehalistribe.org or 360-709-1897. State why your child should be considered.

Contributed by the Chehalis Tribe K-12 Program

### Center offers prep classes

Centralia College is bringing college preparation classes to the Chehalis Tribal Community Center during spring quarter.

Classes are available to all tribal members, community members, tribal employees and Enterprise employees. Chehalis tribal members' classes will be paid through the higher education program.

The start date is April 4, and the following classes will be available:

English 102, code 8130, M. Young, 7:45-9:45 a.m. Monday and Wednesday with a lab Tuesday

A course in argumentative and persuasive writing, methods of research, development and preparation of original source-based papers and projects. Prerequisite: completion of English 101 with a minimum grade of 2.0.

Math 95/96, codes 8288/8289, Linda Griffith, 10-11:30 a.m. Monday-Wednesday

95: Review of basic math concepts such as whole numbers fractions and decimal operations

96: Covers percents, proportions, unit conversions, geometry, simplifying algebraic expressions and solving simple first-degree linear equations

**Stress Management**, code 8273, C. Johnson, 11-11:50 a.m. Tuesday and Thursday

Understand how stress can impact

#### **MORE INFORMATION**

Contact Racheal Mendez at the Community Center at rmendez@ chehalistribe.org or 360-709-1698.

quality of life. Learn methods for identifying stressors and strategies to effectively manage them. Construct a personalized stress management program.

Weight Training, code 8274, C. Johnson noon-12:50 p.m. Tuesday and Thursday

A high-impact exercise class designed to improve muscle strength, endurance, flexibility and aerobic capacity.

To take these classes you must: **Apply to Centralia College** 

- To do this, go to entralia.edu
- Receive an acceptance letter
- You must take the compass test at Centralia College
- You may go to the Phoenix Center/Library at Centralia College or call Racheal Mendez at 360-709-1698 to find out good time for her to drive you there.
- The test costs \$15 (Chehalis tribal members' tests will be paid through the Education Program

Chehalis Tribal members must also have a Chehalis Tribal Higher Education Scholarship application completed.

### Please vote yes for our children

To our community from the Oakville Levy Committee:

**Important date:** Vote on April 26

Our last levy failed, and here's what we could lose if it happens again:

- Staff and school counselor
- Curriculum technology
- lacktriangle All athletic programs
- Transportation
- All TRI (time, responsibility and incentive) days for teachers

We hope to pass a two-year replacement levy for expenses the state simply does not cover. For property owners, we are asking for \$2.36 per \$1,000 of assessed property value.

We believe in our community and really need your help.

Ballets are mailed out to everyone April 8. Don't wait – vote right away. Our lives are all busy, but please don't forget to vote.

Tribal members always have supported all of the children. We need you to vote. Your vote shows

how much you care.

We also want you to know that we understand how hard it is for a small community to survive hardships, which is why we are asking for very little. And we want to thank you for taking the time to read this and cast your ballot for kids!



\* Or current resident

PRSRT STD US POSTAGE PAID OAKVILLE, WA PERMIT No. 2

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#### **CONCERNS**

From page 1

a Programmatic Environmental Impact Statement. They are collecting information and studying the two main projects, along with several other smaller-scale actions.

The tribe is a member of a local group called the Chehalis Basin Partnership. On Feb. 19, the CBP held its regular monthly meeting at Lucky Eagle Casino and invited the state to come discuss their proposed projects.

Four presenters came to talk about flood control and fish restoration projects. Many tribal members attended the meeting, and they had a lot of questions and concerns about the proposed dam.

#### **Tribal community meeting**

On March 3, the Chehalis Tribe hosted a meeting at the Community Center to give people another chance to hear about the projects and share comments. A blessing before the event performed by Dan "Bones" Gleason set the tone for the rest of the evening. The meeting was informational and allowed for public comment from tribal members. An overview was given by Maia Bellon, director of the state Department of Ecology.

Bellon said they are taking a multibenefit approach to find solutions to minimize flooding and enhance fisheries in the basin. They are looking at several different actions in the basin that would achieve either flood damage reduction or improve the fisheries.

One of those possible projects is a flood control dam in the hills near Pe Ell. Another is a 100-mile long habitat restoration project. She said any of the solutions that are developed and implemented will need to avoid having negative effects on others in the basin.

Bellon said the approach for this



Maia Bellon, director of the state Department of Ecology, visits with Chehalis Tribal Chairman Don Secena at the Chehalis River Basin Strategy meeting.

plan is modeled after the approach taken to deal with low water conditions in the Yakima Valley river basin. However, Bellon said the problem here is having too much water during the rainy seasons. She also explained climate change will need to be a factor that is addressed as studies take place.

The next presenter was Chrissy Bailey, project lead from the Department of Ecology. She explained how the Programmatic Environmental Impact Statement will evaluate impacts from all of the proposed actions in the basin.

The Department of Ecology will gather information and look at each action to see what impacts (positive or negative) they might have. Ecology is planning to have a completed PEIS by this fall and will submit it to Gov. Jay Inslee and the Governors Work Group. The PEIS will help them form a plan of action for funding from the government to assist all those affected in the flood plain.

The next presenter, David Price from the state Department of Fish and Wildlife, gave a presentation on studies they have been doing within the watershed to gather information about salmon and other aquatic species in the basin.

One of the most interesting things he mentioned was that even though the Chehalis River Basin is one of the largest in the state, there hasn't been very much funding established to enhance the aquatic species. He shared slides that showed some of the natural spawning beds in the upper watershed and discussed what species will be impacted if a dam is introduced on the upper reaches of the Chehalis River.

Price said the upper watershed is an important one, hosting a various number of species spawning area. He also pointed out that the Chehalis Basin is home to the largest variety of amphibians found in the state.

Many community members in attendance raised questions and concerns. Tribal fishermen made it clear they would not tolerate damage to the salmon runs. Others were concerned about how a dam might impact archaeological sites in the basin, and someone else pointed out that bear grass growing areas have been badly damaged already and a dam could hurt them more. Tribal elders, adults and fisherman shared some past experiences and pointed at other solutions to prevent large flood



David Price of the state Department of Fish and Wildlife presented Chehalis River Basin watershed impact studies.

impacts. All agreed something needs be done to prevent flood impacts, but fish and other aquatic species must not be sacrificed.

The overall consensus from the meeting is that Mother Nature has always provided for our people. Fish have long been honored by the Chehalis people. The loss would be felt for many future generations. Species such as salmon and lamprey have been a vital part of our culture and important ceremonies for thousands of years. They also have provided food and significant economic opportunities. Long before our people settled on the Chehalis Reservation, we have a well-documented history of living throughout the area. Bands of Chehalis people roamed all through the area where the dam is planned. Our people harvested lamprey eels on Rainbow Falls, something that is done to this day! Chehalis tribal fisherman will never agree to construct a dam, no matter what type of dam is designed or what promises are made.

Does building a dam to prevent flooding outweigh what people downstream want? If we continue to fill in the flood plain by building in those areas, future generations will be greatly affected.

If we look at history, we have witnessed that dams always damaged fish and their habitat. There have to be other options to building a dam. Rebuilding habitat is a good start. Hopefully, with a strong commitment from all parties to find solutions to flood issues, discussions will continue.

Bellon closed the evening by thanking tribal members for their input and promised feedback will be shared with Gov. Inslee. She said a draft PEIS will be finished by September 2016. After it is submitted to the governor and his Work Group, recommendations will come with a plan to reduce flood damage within the Chehalis River Basin.

### Revised business licensing ordinance up for approval in April

By Janet Stegall, grant writer

In December 2015, the Planning Department, with input from the Office of the Tribal Attorney, drafted a few changes to the current Business Licensing ordinance. The changes present a clearer and more concise ordinance, as well as an updated fee schedule and licensing requirements. The draft ordinance was made available to the public for review and comment in December and is scheduled to be on the April General Council meeting agenda for feedback from the General Council.

The Planning Department is happy to announce that some of the changes

made will positively affect Native businesses. The overall fee for Chehalis tribal business permits for non-Native businesses is increasing to \$50, however, Native-owned businesses with tribal documentation will be \$20 instead of \$25. Chore Workers, who provide services to elders and homebound individuals through the

Social Services program, also will be \$20, regardless of tribal status.

Please plan to attend the April 12 General Council meeting to comment on these changes.

For questions or comments or to review changes in the meantime, call the Planning Department office at 360-709-1813.