



CHEHALIS TRIBAL NEWSLETTER

A FREE PUBLICATION.
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CHEHALISTRIBES.ORG.

All-Indian tournament
14 teams compete for
b-ball championship
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Basket finally back home
Museum returns gift
to Chehalis Tribe
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Fun day for every bunny

Children chase down yummy treats at bustling Youth Center Easter egg hunt

On March 24, youngsters hopped on over to the Easter Egg Hunt sponsored by the Youth Center at the women's softball field. The annual event normally happens the Thursday before Easter weekend. It was a special day for families to gather in celebration of the holiday. Rainy weather did not deter children as they waited anxiously to begin the hunt.

Youth center kids, family and staff spent two days preparing, dying eggs and placing delicious treats in plastic eggs. They were busy but didn't mind the hard work because it was fun. The



LEFT:
Children dye eggs at the Chehalis Youth Center.

ABOVE:
The race for treasure begins.

children used egg dye provided by the Youth Center. Some personalized eggs by using crayons to write and draw on them before the dyeing process. Decorating the eggs was messy, fun and got their creativity flowing.

On the day of the hunt, everyone traveled over to the baseball field. As children scrambled off the Youth Center bus, they smiled with excitement. The green grass of the field was

See HUNT,
page 12

Elders' cedar ready for crafting

Big thanks goes out to Walter Lewis for work prepping materials

Contributed by Nancy Romero, Elders Coordinator

Walter Lewis from the Heritage and Culture Program has been working very hard to strip and prepare the Elders' cedar that we were gifted many years ago when Tracy Bray was director.

Walter has put in long hours to strip all of the cedar we have. I never knew the work that goes into preparing the wood for these beautiful projects. I have been watching Walter, who exhibits experience and dedication to the work that he does. Walter's expertise is very much appreciated.

The cedar was harvested by Evelyn Penn many years ago for

See CEDAR, page 7



Walter Lewis puts his expertise to great use prepping Elders' cedar.

Program promotes healthy living

Wellness center focuses on cancer, kidneys, HPV, fitness challenge

The Chehalis Tribal Wellness Center Prevention Team hosted the Community Event Dinner in the Gathering Room on March 29.

Chehalis community members were greeted at the door to sign in, take a survey and receive an information packet explaining the evening's events. Participants enjoyed a great meal, visited with family, learned how to get healthy and took home a beautiful Pendleton-style water bottle.

Elders, adults and children watched a video made by Chehalis Tribal Youth last summer before gathering for a healthy dinner after the food was blessed.

Cancer Program Manager Jen Olson from the South Puget Intertribal Planning Agency, shared the 10-year cancer plan for the SPIPA tribes. The plan was developed by the Cancer Advisory Committee to keep communities healthy and help prevent cancer. It focuses on community-wide and generational changes that raise awareness, reducing the risks for cancer, providing services for early detection and supporting those facing cancer.

Educating the young and getting them screened and encouraging older generations to start healthier behaviors are crucial steps toward achieving these goals. The wellness center has a great support system and people to assist you in accomplishing these goals.

There is no cure for cancer, but there are steps to help avoid this deadly disease. Early detection is the best method to stop the spread of cancer and other diseases. Tips include:

- Make sure to get 30 minutes of moderate exercise a day or two and a half hours per week.
- Eat a healthy diet of five servings of fruits and vegetables every day.
- Encourage and build a support system to stop smoking. It also is important to avoid secondhand and thirdhand smoke.

HPV vaccine

The next topic of the evening was about the human papillomavirus. Anyone who is sexually active – even if you have sex with just one person – can get HPV. There is no treatment for HPV, but there are treatments for health problems it can cause, such as abnormal cervical cells, cervical cancer and genital warts. HPV vaccine is



Families fill out surveys and learn about good health during last month's Community Event Dinner hosted by the Chehalis Tribal Wellness Center.

important because it protects against cancers caused by HPV. The vaccine is recommended for preteen boys and girls at age 11 or 12 so they are protected before ever being exposed to the virus. (See story on **Page 6** for more information on the virus.)

Prevent kidney disease

Pat Odiorne gave a slide show presentation about the importance of your kidneys. About a third of people with diabetes develop kidney disease, and diabetes is the most common cause of kidney failure.

Kidneys have millions of tiny blood vessels that act as filters. Their job is to remove waste products from the blood. Sometimes, this filtering system breaks down. Diabetes can damage the kidneys and cause them to stop working. Failing kidneys lose their ability to filter out waste products, resulting in kidney disease. This can develop over a number of years.

There are ways to detect kidney failure through blood and urine tests. You can take steps to prevent or delay kidney disease by controlling your blood sugar and blood pressure and getting your kidneys tested.

Pat encouraged community members to come see her at her office, where she can provide more help. The clinic offers diabetes clinics monthly to perform lab work, take blood pressure, review blood sugars and medicines and make referrals for eye, foot and dental screenings that are vital to controlling diabetes. Learn more from the National Kidney Foundation at kidney.org.

5210 Winter Challenge

Toward the end of the evening, Christina Hicks presented tribal members who participated in the 5210 Challenge. The joint effort between the Chehalis Tribal Prevention programs and the SPIPA Cancer Program began Jan. 11 and ran for eight weeks.



SPIPA Cancer Program Manager Jen Olson discusses the 10-year cancer plan for the tribes.

The 5210 Challenge is a community initiative that promotes four daily strategies to create a healthier lifestyle:

- Eat five or more servings of fruits and vegetables.
- Keep recreational screen time to two hours or less.
- Engage in at least one hour of physical activity.
- Avoid sugary drinks and drink more water.

Participants completed a survey before and after the challenge. They were given a Fitbit tracker to encourage them to get out and be active. Participants also received a certificate and a sweatshirt. A special certificate went to Chris Ortez for having the most steps!

Thank you to all that took part in the 5210 Challenge. It was a great commitment by everyone, and the reward is a healthier you! Thank you to the SPIPA Cancer Program for the sweatshirts, water bottles and Fitbits.

Evening wrap-up

Smiley stickers were handed out to everyone. Participants selected what was important for a community plan to get healthier. It was a group effort as they prioritized what Chehalis Tribal Wellness Center staff should focus on to accomplish this effort. Let's get healthy together!



Participants in the 5210 Winter Challenge received certificates and sweatshirts at the event.

STAFF PROFILE

Education Program hire ready to work with students, community

Hello, my name is Reed Howard. I joined the Education Program in December. I was born in Rhode Island but moved with my family to England when I was 4 and stayed there through high school. My brothers and I attended an international school with around 60 countries represented, which explains my complete lack of a British accent.

After high school, I attended Colorado College in Colorado Springs, Colorado. While there, I had the opportunity to take a semester off and spend seven months establishing the basketball department for the Thanda After-School Program in rural South Africa. After graduating



Reed Howard

with a Bachelor of Arts degree, I fulfilled a lifelong dream of skiing for a living and moved to Jackson Hole, Wyoming. I worked as a ski instructor and mountain biking guide there. After

several years, I moved back to Fort Collins, Colorado, where my wife Sara, was going to veterinary school. I was the site director for a before-and after-school program during the school year and a fly fishing guide during the summers.

After Sara graduated, she was offered an associate position by Cascade West Veterinary Hospital in Centralia and we moved here in the fall of 2015.

I am excited to continue to work with and get to know the students and families of the community.



The Wolf Pack emerged victorious at the All Indian Basketball Tournament.

Tribe hosts tournament

Young generation of basketball players continues legacy

The second weekend of March boasted high-energy “rez-ball” for the fans and communities that watched the All Indian Basketball Tournament.

Fourteen basketball teams signed up to participate. They competed for championship jackets, sweatshirts, T-shirts and sportsmanship duffle bags. All-stars were awarded after the tournament wrapped up.

The teams left everything on the floor as they say – fast-paced play, run and gun, dribbling, passing and shooting at its best. The young players gave it their all to move onto the next round. They played hard, and their sportsmanship was demonstrated throughout the tournament.

It was a good time with a few sprains, bumps and bruises along the way. Overall, it was fun and exciting just to be there to see basketball played at its finest.

Spectators enjoyed seeing old friends and sharing memories of playing basketball against each other, and appreciating how the younger generation is continuing the basketball legacy. Concessions were offered to support upcoming tournaments

TOURNAMENT RESULTS

First place: Wolf Pack

Second place: Seattle

Third place: Skok

Fourth place: Knights

AWARDS

Two all-star awards were given to each team who placed first through fourth; one all-star was given to every other team. The 3-Point King Award went to George from Seattle, and the MVP Award went to David of the Wolf Pack.

and the Oakville Indian Shaker Church. Bev Starr and the church took the opportunity to offer delightful food for hungry customers.

It was a fun-filled weekend for everyone who came out to watch. Thanks go out to scorekeepers, referees, tournament directors Leroy Boyd and Phillip Youckton, concessions and all the teams and their families who came to support them.



The Percy's Landing sign pays tribute to past Tribal Council Chairman Percy Youckton.

‘The salmon is the unifying center of the Chehalis culture. Therefore, the central focus of our social and economic development efforts.’

PERCY YOUCKTON

Sign honors Percy Youckton

A new sign was placed at our tribal boat launch, making it a landmark year to come.

The dedication ceremony for the boat launch was in October 2015. The boat launch honors past Tribal Council Chairman Percy Youckton, who served quite a few years and made a big impact on our way of life.

As gatekeepers to our river, this is

a private tribal boat launch. The gate has been locked because of vandalism, drug paraphernalia and garbage being dumped there. It is open daily from 8 a.m.-4 p.m. If you need access because it is locked, contact the fisheries department or law enforcement. Call 360-273-7051.

Please allow them time to contact someone to open the gate.

HEALTH/WELLNESS

Make your feet a top priority

National Foot Health Awareness Month is a good time to get checked

What is diabetes?

Diabetes is the inability to manufacture or properly use insulin, and it impairs the body's ability to convert sugars, starches and other foods into energy.

The long-term effects of elevated blood sugar (hyperglycemia) can lead to serious damage to the eyes, heart, kidney, nerves and feet.

Diabetes affects the lives of nearly 26 million people in the United States. Nearly seven million don't even know they have the disease yet.

While there is no cure for diabetes, there is hope. With proper diet, exercise, medical care and careful management at home, a person with diabetes can avoid the most serious complications and enjoy a full life.

Podiatrists play a key role in helping patients manage diabetes successfully and avoid foot-related complications.

Diabetes warning signs

- Skin color changes
- Swelling of the foot or ankle
- Numbness in the feet or toes
- Pain in the legs
- Open sores on feet that are slow to heal
- Ingrown and fungal toenails
- Bleeding corns and calluses
- Dry cracks in the skin, especially around the heel

Visit a podiatrist

Because diabetes is a disease affecting many parts of the body, successful management requires a team approach.

A podiatrist is an integral part of the treatment team and has documented success in preventing amputations:

- More than 65,000 lower limbs are amputated annually because of complications from diabetes.



A podiatrist is an important part of your diabetes treatment team.

GET CHECKED

Dr. Behre will be at the Chehalis Tribal Wellness Center from 8:30 a.m.-4:30 p.m. April 27, May 11, June 27 and July 24. Call 360-273-5504 to schedule an appointment.

Additional information is available from the American Diabetes Association at diabetes.org.

■ After an amputation, the chance of another amputation within three to five years is as high as 50 percent.

■ Including a podiatrist in your diabetes care can reduce the risk of lower limb amputation up to 85 percent and lowers the risk of hospitalization by 24 percent.

The keys to amputation prevention are early recognition and regular foot screenings performed by a podiatrist, the foot and ankle expert.

What is a podiatrist?

A podiatrist is a doctor of podiatric medicine, also known as a podiatric physician or surgeon. They diagnose and treat conditions of the foot, ankle and related structures of the leg.

Podiatrists are the most qualified doctors to care for your feet. They complete four years of training in a podiatric medical school and three years of hospital residency training.

This training is similar to that of

other doctors. They can specialize in many fields, including surgery, sports medicine, wound care, pediatrics (children) and diabetic care.

Take action

If you have diabetes, follow these foot care tips:

■ **Inspect feet daily.** Check your feet and toes every day for cuts, bruises, sores or changes to the toenails, such as thickening or discoloration.

■ **Wear thick, soft socks.** Avoid socks with seams, which could rub and cause blisters or other skin injuries.

■ **Exercise.** Walking can keep weight down and improve circulation. Be sure to wear appropriate athletic shoes when exercising.

■ **Have new shoes properly measured and fitted.** Foot size and shape can change over time. Shoes that fit properly are important to those with diabetes.

■ **Don't go without shoes,** even in your own home. The risk of cuts and infection is too great for those with diabetes.

■ **Never try to remove calluses,** corns or warts by yourself. Over-the-counter products can burn the skin and cause irreparable damage to the foot for people with diabetes.

■ **See a podiatrist.** Regular checkups by a podiatrist – at least annually – are the best way to ensure that your feet remain healthy.

in brief

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 April 26, May 24, June 27 and July 26. Pickup is at the Chehalis Tribal Community Center from 9:30 a.m.-1:30 p.m.

Urgent care options

Chehalis Tribal Wellness Center recommends using the nearest urgent care facilities in our area. Wait times are half of what you'll find 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.-8 p.m. 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.

Ordering medications

Chehalis Tribal Wellness Center patients: 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.

Call 360-273-5504.

HEALTH/ WELLNESS



Women who smoke during pregnancy can face complications for mom and baby.

Smoking while pregnant: Kick habit for baby's sake

Smoking during pregnancy exposes a baby to dangerous chemicals such as carbon monoxide and nicotine.

Carbon monoxide lowers the baby's supply of oxygen and nicotine increases the baby's heart rate. Both are stressful to the baby.

Women who smoke during pregnancy are more likely to have:

- Loss of pregnancy
- Vaginal bleeding
- Complications with the placenta
- Pre-term labor
- Premature birth

How does smoking during pregnancy affect the baby?

During pregnancy, the baby receives nutrients through its mother. If the mother smokes, the baby will be exposed to nicotine, an addictive drug, and chemicals that have been known to cause cancer.

Babies born to women who smoke during pregnancy are more likely to be born:

- Prematurely
- With an increased risk of Sudden Infant Death Syndrome
- With birth defects
- At a low birth weight
- With an increased risk of asthma and other respiratory infections

What is secondhand smoke?

Secondhand smoke is the smoke from the burning end of a cigarette, pipe or cigar as well as breathing in smoke exhaled by a smoker. Secondhand smoke contains more than 7,000 chemicals, 70 which are known to cause cancer. Pregnant women exposed to secondhand smoke have an increased risk of pregnancy loss.

Babies who are exposed to secondhand smoke:

- May experience slow lung growth
- Are at an increased risk for colic
- Are more likely to die from Sudden Infant Death Syndrome
- Are at a higher risk for asthma, bronchitis, pneumonia and ear infections

Can you safely quit smoking during pregnancy?

Absolutely! Talk to your doctor for advice on how to safely quit during pregnancy. Pregnant women should try to quit early to reduce the risk of health complications for their baby. However, stopping at any time during pregnancy is beneficial. Quitting smoking is the best way to help you have a healthy pregnancy and healthy baby. Switching to light or mild cigarettes or cutting down on the number of cigarettes pregnant women smoke, are not safer choices.

Day focuses on women's health

Chehalis Tribal Wellness Center will hold a Women's Wellness Clinic from 8 a.m.-4:30 p.m. Tuesday, May 31.

This is a great time for women to schedule their annual exams, clinical breast exams and mammogram appointments. Clinic providers will see only women health exams on this date.

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

Swedish Mobile Mammography also

will offer services in the parking lot of the Chehalis Tribal Wellness Center from 9 a.m.-3 p.m. Women age 40 and older should have a mammogram once a year. Please schedule an appointment with a provider to have a clinical breast exam prior to your mammogram appointment by calling 360-273-5504.

To schedule a women's annual exam and/or mammogram, call the wellness center at 360-273-5504 or contact Christina Hicks, community wellness manager, at 360-709-1741.

Benefits of using mouthwash

Contributed by Chehalis Tribal Dental Clinic

Citing Dr. Matt Messina, a spokesman for the American Dental Association, an article in the March 23 issue of Time magazine considers whether using mouthwash is a safe and effective step in a person's dental care routine.

"I like to say mouthwash is an addition to proper oral hygiene, not a substitute," Messina said.

While mouthwash does not replace daily brushing or a twice-yearly dentist

visit, it might help freshen your breath and is safe in most cases, he explained.

For people with "periodontal disease or some harmful types of mouth bacteria, an antibacterial rinse could help kill the bacteria that cause the disease," Messina said, although he advises speaking with a dentist first.

"You don't need mouthwash, but if you enjoy it, or you have bad breath and feel it helps, then there's no substantiated risks to rinsing once or twice a day," Messina said.

WIC through SPIPA

- Checks to purchase nutritious food
- Nutrition and health education
- Breastfeeding education, support
- Health and human services referral

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 caregiver of children?

Under the age of 5?

On Medicaid or TANF?

Many working families are on WIC. Is your income within the following 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



CONTACT

Debbie Gardipee-Reyes,
360-462-3227 or Patty
Suskin, 360-462-3224

For Chehalis: Debra
Shortman, 360-709-1689



HEALTH/ WELLNESS

Knowledge is power: Protect yourself from HPV

Anyone who is sexually active can get virus; can lead to cancer in women

It's important to know what human papillomavirus is and how to protect yourself.

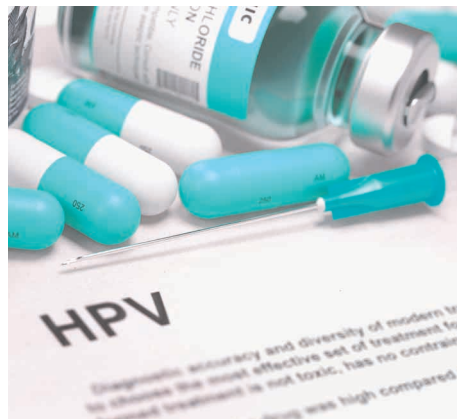
HPV is a common virus, and there are many types. Some types can cause cancer, such as cervical cancer in women, and other rarer types of cancer in both men and women. Other HPV types can cause genital warts. At times, this virus comes and goes and might not cause any problems.

Most of the time, you might not even know you have HPV and won't exhibit symptoms.

HPV is sexually transmitted. Anyone who is sexually active – even if you have sex with just one person – can get HPV. Your risk of getting HPV increases if you have multiple sex partners.

You cannot get HPV from toilet seats, kissing on the mouth, hugging or holding hands, swimming in pools or hot tubs or poor hygiene.

In women, HPV can cause normal cells to become abnormal that might



eventually turn into cancer.

Tips to prevent getting virus

1. Women are encouraged to get a PAP test starting at age 21 and every 3-5 years thereafter depending on age and circumstance. A PAP test can find abnormal cells early and they can be removed before becoming cancerous.

2. The HPV vaccination is available for both males and females to help reduce the chances of genital warts, cervical cancer and other types of cancer caused by HPV. This

MORE INFORMATION

If you have any questions or concerns about HPV, please contact:

- Chehalis Tribal Wellness Center at 360-273-5504
- Center for Disease Control and Prevention at 800-232-4636, cdc.gov/std/hpv

vaccination cannot protect against all problems caused by HPV, so it is still very important to get regular screenings. The recommendation for starting the vaccination series (three doses over six months) is at age 11 or 12, but the vaccination can be given as early as age 9. "Catch-up doses" also can be given for ages 13-26 if not received at an earlier age.

3. The only way to completely prevent HPV is by not having sex.

Otherwise, you can reduce your chances by limiting the number of sexual partners. However, even if you only have one sexual partner, you still can be infected.

4. If sexually active, condoms will help reduce the chance of being infected.

There is no treatment for HPV, but there are treatments for the health problems that HPV can cause, such as abnormal cervical cells, cervical cancer and genital warts.

There is no blame or shame about having HPV. A person can have HPV for a long time and not even know it.

Having HPV does not mean your partner has been cheating on you.

It is important that you focus on protecting your health and follow up with your medical provider to make sure HPV does not lead to cancer or other problems.

Swimming/Exercising with the Elders

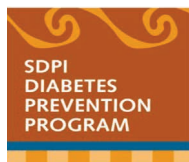
The Special Diabetes Program for Indians has kicked off a new program to help Chehalis tribal elders increase activity, stamina and balance. Staff member Gloria Jones will lead the group. Please come join us. We hope to see you there!

WHEN: 9-10 a.m. Tuesdays

WHERE: Chehalis Tribal Community Center pool

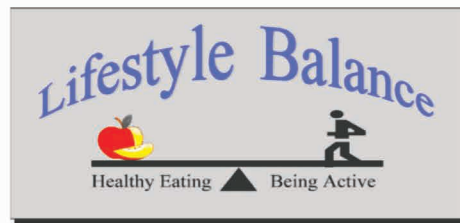
According to the Centers for Disease Control, senior fitness can:

- 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, gjones@chehalis-tribe.org.



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

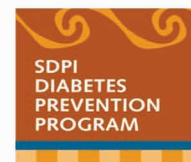
For more information, contact:

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

Gloria Jones
360-709-1810, gjones@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





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

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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

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Lynn
Hoheisel,
right,
meets
Vicki
Wiese of
the Coos
History
Museum
to bring
a very
special
piece of
history
home
to the
Chehalis
Tribe.



Basket comes back home

*Contributed by Heritage Coordinator
Lynn Hoheisel*

The Chehalis Tribal Heritage & Culture Program received a special gift from the Coos History Museum in Oregon. While researching inventory records, museum staff found a basket that might have been from the Chehalis Tribe. Documented records showed the museum received it in 1961.

In February, Collections Manager Vicki Wiese contacted the Heritage

Program to share details on what the museum had located. She said they wanted to return the basket to its rightful place.

Arrangements were made to meet in Vancouver to make the exchange because she wanted to hand deliver the item. She presented me with this very old and beautiful basket. It was an honor for me to transport the basket to the Chehalis Tribe for it to be archived with other baskets that have been given back to our tribe.

Chehalis road safety plan discussed

On March 3, the Chehalis Tribal Transportation Planning Department along with Gibson Traffic Inc. held a community meeting to address a safety plan for the reservation. Discussions included possible lighting issues along main roads, installing sidewalks for safety and all areas that might require attention to improve roadways.

In attendance were members of the transportation department, law enforcement, enterprises,

representatives from Gibson traffic and community members. The meeting was important to the planning department because it allowed the people most affected a chance to voice concerns and address issues we would like to correct as soon as possible.

All of the information gathered will be very valuable when putting together a long-range transportation plan and will be a benefit to tribal residents and guests that come to our village.

Changes to tribal zoning ordinance

The Chehalis Tribe is updating the zoning ordinance and has proposed a few changes that could improve future development. The zones include forested, commercial, residential, rural/agriculture and sensitive. A new zone – mixed use – has been added.

Mixed-use zoning will blend commercial and residential lands to enhance economic and residential options. Also added is the zoning of

trust land off the reservation, such as the properties in Grand Mound. A letter is being mailed to all tribal members about these proposed changes, which are open for public comment this month.

If you'd like to see new zoning maps or changes to the ordinance, stop by the Planning Department. Zoning changes will be on a future General Council meeting agenda.

CEDAR

From page 1

the Heritage program. She picked a lot and donated it to the culture program and the Elders' program.

The wood has been kept in storage. With Walter's help, we will now be able to start making cedar projects. Some Elders have created small baskets already, and some are working on a medallion now.

We will work on these projects weekly and bi-weekly, so check your monthly calendar.

Sign-up sheets are available at the Elders Center. Come join in the fun and enjoy good conversation and snacks while making a cedar project.

I want to thank Walter for his time and dedication to the project, and also to his supervisor for allowing him to work with us. I hope to see more Elders come out and work on a cedar project with Walter.

Coming up: The 2016 Elders trip will be to Oahu, Hawaii. Presently, I am working out the cost and when and where. Watch for an announcement soon.

For questions or concerns, please call Elders Coordinator Nancy Romero at 360-870-0141.



**Elders
April
Reynolds
(above)
and
Carolyn
Sloppy
(left) work
on cedar
baskets.
Walter
Lewis
stripped
the cedar,
which was
harvested
by Evelyn
Penn
years ago.**

APRIL BIRTHDAYS

1

Amber Higgins
Bowen Wittwer
Giles Youckton

2

Jean Haltom

3

Remy Garrety
Dan “Bones” Gleason, Sr.
Jessica Hill
Aiden Youckton

4

Sam Boyd
Dakota Hernandez
Rhonda Higgins
Segne Phillips
Ronald Rogers, Sr.

5

Hector Canales, Jr.
Tracey Pickernell

6

Claudea Daniels
Joselyn Delamater-Neifert
Rycker Longino
Daryl Shortman

8

Daryl Beckwith
Emma Fern
Steven Gunnels

9

Dennis Gunnels
Deidra Hawkes
Brandy Sanchez

10

Annie Burnett
Andrew Starr



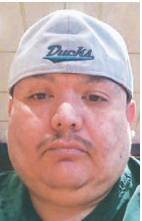
DAN GLEASON, SR.: Happy birthday Dan “Bones” Gleason, Sr. Have a blessed day! From all your friends and family.



CHAVEZ SECENA: Happy birthday Chavez!



STEPHANIE MEDINA: Have a wonderful birthday beautiful!



GARY ORTIVEZ, JR.: Happy birthday Gary O.



DARYL SHORTMAN: Happy birthday. From Mom, Dad, Alex and family.

11

Glen Bobb
Jesse Gleason



ERIKA AND CHRIS PICKERNELL: Happy 10th wedding anniversary honey. Love Erika.

12

Lykaios Bracero-Rosbaugh



STEPH AND HARRY PICKERNELL: Happy anniversary Steph and Harry. Such a special couple. From your family.

13

Daniel Poling, Jr.
Gavin Vigil

14

Greg Burnett
Makya Klatush
Tony Medina
Jared Mordhorst
Larry Pressnall
Chavez Secena
Kelli Baker

15

Bonnie Phillips

16

Cristina Blacketer
Rodney Boyd, Jr.
Angelia Oliver
April Reynolds

17

Beverly Andrews
Ayden Sanders
James Teague

Kaleah Quilt

18

Amy Andrews-Mashburn
Amanda Bates
Hawk Wittwer

19

Jay Sanchez, Sr.
Enyo Visaya

20

Lynn Hoheisel

21

Nadine Burnett
Charles Latch, Jr.
Alamie Youckton

24

Eldon Gleason
Tanner McCloud
Courtney Price
Antonio Sanchez
Robert Sanchez
Jonathan Williams

25

Gary Ortivez, Jr.
Randall Powell-Johnson
Javier Lopez Sanchez
Freddie Sanchez III

26

Dalia Perez

27

Gaughe Culver

28

Kevin Bray
Jazmyn Nath

More wishes

DEIDRA HAWKES AND ANDREW STARR: Happy birthday Deidra and Andrew. Also congratulations on your new addition to the families. From your Mom, Gramma, aunties, uncles and your many, many cousins.

ANDREW STARR: Happy birthday Andrew!

NADINE BURNETT: Happy birthday Nadine. A special gift from your family.

JESSICA HILL: Happy birthday to my beautiful niece, Jessica Hill. We love you!

LYNN HOHEISEL: Happy birthday Lynn. With lots of love from your family.

29

Dominic Delgado
Jordan Lopez
Wakiza Wittwer

30

Kenedy Adams
Max Lyons
Maureen Prince



DARYL BECKWITH: Happy birthday Daryl. Love your Mom.



The Enterprise Job Fair at Great Wolf Lodge is a great place to connect job seekers with tribal employment opportunities.

Looking for work?

On March 9, Great Wolf Lodge hosted the Enterprise Job Fair. It was an opportunity to learn what kind of work is available at Great Wolf Lodge, Lucky Eagle Casino, Chehalis Tribe and Tribal Enterprises.

Tribal and human resources personnel shared job openings. The following contact information is available if you are looking for work. Employment opportunities on websites change weekly, so continue to look for updates.

Great Wolf Lodge

Online: greatwolf.com/careers
Where: 20500 Old Highway 99 SW, Grand Mound, WA 98531

Contact: Alicia Shepard, director of employee relations, 360-347-0007

For tribal members only: Call Trudy Marcellay, tribal liaison, at 360-273-7718. Tribal members may also apply on site using the Great Wolf Lodge employee relations computer.

Opportunity knocks: The Chehalis Tribal Internship Program is being offered to qualified tribal members. The paid intern will learn skills in a three-month program through observation, shadowing and one-on-one instruction.

Lucky Eagle Casino & Hotel

Online: luckyeaglecasino.com. Job postings are available along with an

application form.

Where: 12888 188th Ave. SW, Rochester 98579

Contacts: Brenda Peterson, talent acquisition supervisor, 360-273-2000, ext. 434; Jody Chasen, onboarding talent coordinator, 360-273-2000, ext. 519

Chehalis Tribe

Online: chehalistribe.org/employment. Job postings are available along with an application form.

Where: 420 Howanut Road/P.O. Box 536, Oakville, WA 98568

Contact: Allison Carter, THRP human resources, 360-273-5911, ext. 1516

Chehalis Tribal Enterprise

Online: chehalistribe.com. Job postings, applications and contact numbers are available at the new CTE administration office on Anderson Road as well as the human resources office at the tribal center.

Where: 18120 Anderson Road, Oakville 98568

Contacts: Anna Hartman or Angelena Boy, 360-273-1251, ext. 119

Looking for a job? Chehalis Tribal Enterprise has new open positions on a nearly weekly basis! Watch our job postings to see what we have available if you're interested in working at either of the End of the Trail stores.

Resource Fair gets the word out

The Vocational Rehabilitation Program is offering a Resource Fair to give tribal programs, organizations and other local service groups an opportunity to share information with the Chehalis tribal community.

Tribal and community members seeking assistance might not know where they can go for help. The Resource Fair can help overcome some of the hurdles and allow people to become more aware of the range of opportunities available.

Groups and organizations that

provide services to our tribal members and community are invited to attend and share information. The fair will inform people about what they can do for themselves and their community.

When: 10 a.m.-3:30 p.m. June 8

Where: Chehalis Tribe Community Center Gathering Room, 461 Secena Road, Oakville

Contacts: Lead Counselor Orinda Goddard at 360-709-1735 or ogoddard@chehalistribe.org, or Counselor Erika Pickernell at 360-709-1872 or epickernell@chehalistribe.org.

in brief

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.

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 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. Call 360-273-5911 for an appointment.

REZ ANIMAL RESOURCES & EDUCATION

\$5 Spay & Neuter Vouchers. Call Today!

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

253-370-6392  REZANIMALS.COM

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

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



FAMILY

RIGHT:
Teacher Mary Sanders puts worms into their new classroom home.

BELOW:
Generous Easter celebration donations brought smiles to kids' faces at Early Learning.



Welcome a bright start for Early Learning

To start things off, we are excited to announce that Mary DuPuis is our program's new director!

We are happy to have her here and look forward to the future of Early Learning.

Worms are good

As we approached spring last month, the Davis Creek classroom started a worm farm. Children helped put the dirt in, watched teacher Mary Sanders add worms to the large canister and fed the worms paper shreds, orange peels, small weeds and flowers.

The children are watching and waiting patiently as their worm food becomes compost.

Review time

Also in March, we had our Comprehensive Services and School Readiness review.

The review was conducted during a three-day period, and many staff and parents were involved with this process.

Thank you to parents who came in and took part in the parent group interview session.

Your support was awesome and appreciated.

Enrollment, egg hunts, in-kind

Chehalis Tribal Early Learning is fully enrolled with 91 percent American Indian/Alaskan Native



UPCOMING EVENT

April 21: Policy Council Meeting at 5 p.m.

For more information: Call 360-273-5914

children and women enrolled in Early Head Start and 79 percent American Indian/Alaskan Native enrolled in Head Start.

Our teachers and parents did a great job putting together a wonderful Easter celebration for our children and families here at Early Learning.

We received many generous donations of baskets, eggs and treats to fill the eggs.

Parents also came in to fill eggs. This all counts toward in-kind.

Thank you, everyone!

in brief

Let the healing begin

Join the Women's Healing Circle from 4:30-6 p.m. April 26 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.

Putting kids on right path

Outreach Prevention Specialist Steven Dorland with the Behavioral Health Program is putting his experience 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.

For more information or questions, please call 360-709-1652 or stop by the community center.

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.

Ask Aunties

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.

WHEN: April 27 from 5-7 p.m.

WHERE: Chehalis Tribal Wellness Center's PT room

DISCUSSION TOPIC: Sensory play, art

ALSO: Dinner, raffle prizes provided



CONTACT

Beth Klatush at 360-709-1627, bklatush@chehalistribe.org

STUDENTS OF THE MONTH

Ava Boyd

Oakville Elementary First grade

Ava Boyd is the daughter of Daryl and Angie Boyd.

She likes reading and math and feels she is a successful student because she goes to school. Her advice for others is to listen to their teacher.

When not in school, Ava enjoys playing baseball. Her favorite superhero is Batman. If she could have any superpower, she would choose to be invisible so that she can hide from her teacher.

When she graduates high school, Ava wants to work at the store.



Contributed by the Chehalis Tribe K-12 Program

Hunter Ortivez

Oakville Middle School Seventh grade

Hunter Ortivez finished third quarter at Oakville Middle School with a 3.81 GPA. He is the son of Gary and Georgia Ortivez.

What Hunter likes most about school is playing sports. He likes football, basketball and baseball.

Hunter feels he is successful at school because of the support of his family and friends who encourage him to do his best. His advice for other students is to work hard and never give up.

After Hunter graduates high school, he wants to go to college at South Puget Sound Community College in Olympia to study culinary arts. He hopes to one day own his own business.



Emily Ortivez

Oakville High School 12th grade

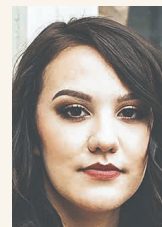
Emily Ortivez ended third quarter with a 3.74 GPA. She is the daughter of Yolanda Ortivez.

Emily is happy this is her last year of high school. She enjoyed playing volleyball with her school for the past four years, and she also likes leadership.

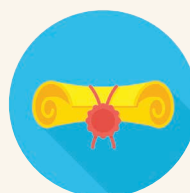
She feels that she is a successful student because she puts in the work.

Her advice for other students is to get to school on time.

After Emily graduates, she will attend South Puget Sound Community College to study psychology.



Attention tribal members: If you feel your child should be nominated for student of the month, contact Jodie Smith at jsmith@chehalistribe.org or 360-709-1897. Tell us the reason 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.

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.

CONTACT

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

YOU MAY BE:

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

FOSTER CARE CLASS

Want to learn more? Attend a class from 9 a.m.-4 p.m. April 16 and 17 at the Community Center. For questions, call Heather Hoyle at 360-709-1754 or Frances Pickernell at 360-709-1745.



Chehalis Tribe Mariners suite



With the 2016 season around the corner, watch for signups to visit Safeco Field and enjoy Seattle Mariners baseball

We want everyone to have the opportunity to go, so tickets are limited to one visit per tribal member. Just like last season, you will be allowed to bring one person.

We like to get notice out two weeks before a game, so please come sign up once you see the flyer.

FOOD: Will not be provided in the suite unless noted

AGES: 18-54

CONTACT

Call Leroy Boyd at 360-709-1787 or Philip Youckton at 360-709-1752 or visit us in the events office at the community center.





HUNT

From page 1

shining bright with colored eggs.

Youth Center Director Tony Medina called out the age brackets. The younger ones kicked off the day as they began hunting with their parents. Next, young children hustled to pick up eggs before the older kids started.

When the oldest ones were unleashed, the scramble was astounding.

Youngsters were seen running everywhere. They were fast, too.

It might have taken a week of preparation, but only minutes went by and the eggs were gone.

Before the hunt began, children

signed up for prizes provided by the Youth Center. While kids were out in the field, the drawing was held. Their names were announced, and the children came to claim their prize.

Afterward, Easter bunnies and bags of candy were offered to all of the kids.

Families and youngsters created special memories as they waited patiently to get their picture taken with the Easter Bunny. It was a huge tribal community gathering.

Thank you to all of the staff, volunteers and other programs that came out to help.

Happy Easter everyone!



CLOCKWISE FROM TOP LEFT: Children dye eggs at the Chehalis Youth Center, raffle winners hold their prizes, kids bag Easter egg hunt finds and youngsters had the chance to sit on the Easter Bunny's lap.