



THE CONFEDERATED TRIBES OF THE CHEHALIS RESERVATION, 'PEOPLE OF THE SANDS'

# CHEHALIS TRIBAL NEWSLETTER

A FREE PUBLICATION / FOR MORE TRIBAL HISTORY, HERITAGE AND ACTIVITIES, SEE CHEHALISTRIBE.ORG / MAY 2016

## Healthy summer feet

Lunch and Learn puts spotlight on foot care

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## Basketball team nets big laughs

*Harlem Crowns deliver jokes, skills worthy message*

The Harlem Crowns Basketball Team brought its unique comedy routines and athletic ability to the Chehalis tribal community April 11.

The team marries masterful basketball and well-timed ad libs for a unique experience.

They say laughter is the best medicine, and the community received a bucket full of good home remedy at the Chehalis Community Center gym. And let us not forget the

See CROWNS, page 9



The Harlem Crowns Basketball Team visited the Chehalis Tribal Community Center gym.



Children try their hand at fishing during a spring break trip to the Chehalis Tribal Fisheries facilities.

## Play, learn, grow

*Tribal youth stay active and engaged during time off*

Spring break is the perfect time for children to get out and explore their world. As sweet-smelling days started to roll around in early April, Youth Center Director Tony Medina kept tribal youth buzzing about with fun activities. Playing at the Youth Center is nice, but field trips are a great way to create memorable experiences.

**1 DINNER AND A MOVIE:** On April 4, children loaded up the bus and headed off to watch movies at the Centralia Midway Cinema. Kids were given a choice of two films and filled up on pizza afterward. The Education Department provided much-needed chaperone services to keep a watchful eye on all of the youths who took part.

**2 BOWLING BLISS:** The next day, the Youth Center took children to Fairway Lanes in

### ALSO INSIDE

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Centralia to learn the intricate art of bowling. They were divided into age groups. Younger kids used the bumper bowl, which gave them an opportunity to have the ball make it all the way to the end and knock some pins down. Who



See BREAK, page 12



# Youth activities honor our planet

## *Kids use creativity to nurture Mother Earth*

Many Chehalis tribal youth participated in Earth Day activities at the Gathering Room on April 22.

The event was held by the Soaring Together Prevention Program with Steve Dorland, who is the Tsapowum Chehalis Tribal Behavioral Health Outreach Prevention Specialist, together with Vocational Rehabilitation, the Youth Center and the K-12 Education Programs. The theme was Recycle, Reduce and Reuse.

Children were encouraged to start practicing this technique at home in honor of our Mother Earth.

Kids learned about the importance of preserving the land and that birds help with pollination and plants help keep the air healthy.

Work done now will preserve the Earth for future generations. We all share this planet, and Earth Day



is a worldwide event to demonstrate support for environmental protection. First celebrated in 1970, it is now coordinated globally by the Earth Day Network each year.

To learn, it must be fun! There were plenty of engaging activities the children participated in involving protecting our planet and all the things that share life here.

Youth crafted bird feeders with Popsicle sticks to share nourishing food with the birds.



**On Earth Day, Chehalis tribal youth discovered just how important it is to protect our home with various activities.**



Children also built, decorated and filled hummingbird feeders. They painted picture frames to take home to be shared with their family. And they also potted plants to help

## **MORE INFORMATION**

When it comes to Mother Earth, there is no time to waste. Learn more at [earthday.org](http://earthday.org) and [wernative.org/my-culture/my-environment/land](http://wernative.org/my-culture/my-environment/land).

decorate outside their homes and discovered that working with soil is very soothing.

Yes, it was great gathering to celebrate Earth Day! The children are our future.

Teaching them how to be responsible now will provide for a better Earth tomorrow.

# Sign's facelift to enhance tribal success

## *Advertising tool gets a striking update*

The Chehalis tribal sign off Anderson Road and Highway 12 was removed Feb. 13 to make way for a few changes.

Originally, the sign was constructed to advertise Lucky Eagle Casino in 1999. With an exciting new business adventure, big signs promote business to be successful. Our enterprises are off the beaten path, so signage is very important. The sign helped customers and passersby find their way to our business and played a part in creating success for the Chehalis Reservation.

In 2005, our End of the

Trail 2 Store was finished along Highway 12. A notable change was when the store was converted from unbranded gas to Shell brand in 2008. The Shell symbol was added to assist in advertising. The electronic board promoted Lucky Eagle Casino and the End of the Trail Store.

Now the sign is getting a new look. It will be updated with technology and designs with the new logo for Lucky Eagle Casino & Hotel and the End of the Trail Store. The revamp will enhance what the tribe offers to the community and customers.



**The Chehalis tribal sign off Anderson Road and Highway 12 was recently updated.**



'We believe it will help to boost morale and job satisfaction.'

RODNEY YOUNCKTON, CHIEF COLLABORATION OFFICER



Lucky Eagle Casino gives staff a great spot to eat and relax in a newly added dining area.

## Casino's 'Nest' opens

*Lucky Eagle staff settle into comfy dining area*

The Chehalis Tribe reached another milestone in Lucky Eagle Casino's expansion process when the new team member dining area was declared ready to open April 1.

Fifth Member of the Business Committee Dan Gleason provided the blessing as tribal members and the casino executive team gathered to commemorate the opening.

"This new space offers our staff a wonderful place to eat and relax on breaks," said

Chief Collaboration Officer Rodney Youckton. "We believe it will help to boost morale and job satisfaction."

Appropriately named "The Nest," as suggested at a recent Team Member of the Month celebration, the new dining room features premiere menu choices and a variety of new amenities, including a locker room and spacious restrooms.

"This is one of the best employee dining areas I have seen," said casino Chief Executive Officer John Setterstrom. "I hope our team members will make themselves at home."

## Rules protect pets, owners, community

*Understand animal ordinances on the Chehalis Reservation*

*Contributed by Brennan Stoelb, Animal Control Officer*

I hope that everyone is able to get out and enjoy the nice weather we've been having! After my article appeared in the March Chehalis Tribal Newsletter, I've been asked by many community members what animal ordinances the tribe has in place and how to handle animal complaints. I thought I would use this article to briefly mention a few of the key ordinances.

According to the ordinances, pets are not allowed to:

- Run at large within the boundaries of the Chehalis Reservation

- Trespass on private or tribal property so as to damage or destroy any property or item of value

- Chase, run after or jump at vehicles or bicycles lawfully using a public street or way

- Habitually bark, howl, yelp or make other loud noises that unreasonably disturbs the peace and quiet of another person

- Scatter garbage on any property

- Defecate on any property that does not belong to the animal's owner

- Obstruct or hamper traffic on a public street or way

- Bite, snap, snarl, growl,



### NEED HELP?

If you can't resolve a problem by yourself, please call Animal Control at 911 or 360-273-7051.

jump on or otherwise threaten people lawfully on the public streets, sidewalks or property not of the owner

- Injure another person, domestic animal or livestock acting in a lawful manner

If you are experiencing any of these issues, remember that people are the key to solving animal problems. Talking with the animal's owner, if the person is known, is always the best solution. If you don't know who owns the animal but the animal is friendly and is wearing a collar, check for a tag that might tell you who the owner is. A pet licensing program will begin later this year that will help pets and owners to easily be identified.

The easiest way for you as a pet owner to avoid issues with your pets is to keep them inside your house or secured inside a fence in the yard. As a pet owner, you are responsible for any damage your pet causes.

### JOIN OUR TEAM

The Confederated Tribes of the Chehalis Reservation offers career opportunities to tribal members and the public. Search for positions at [chehalis tribe.org/employment](http://chehalis tribe.org/employment)



# HEALTH/WELLNESS

## Health fund policy goes above, beyond

*Contributed by Denise Walker, Chehalis Tribal Wellness Center Director*

There is a new Tribal Member Health Fund Policy approved by the Business Committee.

The Tribal Member Health Fund was established to assist enrolled Chehalis tribal members pay for health care that goes above and beyond the Purchased Referred Care payment and to assist enrolled Chehalis Tribal members living outside of the CHSDA with their health expenses when requested.

This is not in place of an insurance policy and members are still required to sign up for an alternate resource to see whether they are eligible for any source such as Medicaid, Medicare, private insurance, etc.

The purpose of the policy is to establish guidelines and regulations to ensure all enrolled Chehalis tribal members are treated fairly and equitably while ensuring a fiscally sound process for expenditures of the Tribal Member Health Funds is in place.

If you would like a copy of the policy, you can pick one up at the Chehalis Tribal Wellness Center or call 360-273-5504 to request a mailed copy.

### MORE INFORMATION

If you have any questions regarding the policy, stop by the center at 21 Niederman Road in Oakville or call 360-273-5504.

## Put your best foot forward

*Before heading off for seasonal fun, take care of tootsies*

Humans tend to overlook foot care. Last month's Lunch and Learn discussed how to keep feet healthy in the summer and tips to select a nail salon. The event, sponsored by the SDPI Diabetes Program, was held April 27 in the Chehalis Tribal Wellness Center PT room.

Guest speaker podiatrist Deborah Behre was invited to educate those interested in learning about the first steps to properly care for your feet. She reminded attendees that the largest part of the body is your skin. Indicators tell you when something is wrong if you know what signs to look for.

If you are diabetic, it's crucial to monitor your glucose level and try to maintain a stable normal number.

### Examine your feet

To prevent foot problems, check feet regularly (or have them checked by a member of the family) and practice good foot hygiene. Look for:

- Bumps, lumps, blisters or bruises, cuts, sores or cracked skin because the tiniest crack can become infected

- Patches of thin or shiny skin, which can signal lack of blood flow

- Areas of redness, especially red streaks, which can signal the presence of infection

- Temperature differences (one part warm, another cold), which can signal lack of blood flow

- Pain, tingling, numbness or no feeling at all can mean possible nerve problems

- Ingrown toenails with red, puffy skin along the nail and tenderness or pain

- Loss of hair on foot or leg, which also can signal reduced



Participants in last month's Chehalis Tribal Wellness Center's Lunch and Learn read over materials relating to proper summer foot care.

blood flow

If you have any of these signs or symptoms, seek medical care immediately because your foot is at risk.

Use your nose! Many people feel their feet are stinky. This can be caused by a variety of reasons, such as sports or diseases.

Get into a routine of washing your feet daily. Drying them properly is important to ensure to good foot health. Dry in between toes and wait to put on your socks and shoes until your feet are completely dry.

Select clean cotton socks or wool socks to wick away water. Keep your feet warm and dry. Shoe selection is important, too. Always wear shoes that fit properly.

### Selecting a salon

No one is trying to ruin your day at the spa, but you do have to be careful when having your nails professionally done. It makes sense to know your salon as they are there to truly pamper you, not make you horribly ill.

■ **Be observant:** Look

### MORE INFORMATION

**Get additional tips** for foot care at [ipfh.org](http://ipfh.org). Under the foot conditions tab, click on "Diabetes foot concerns."

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



around the salon to see whether it's tidy and all the surfaces are clean and disinfected. This is important because clutter and dust attract fungus and harbor infectious disease microbes.

■ **Ask questions:** How are instruments cleaned and cared for between clients? How are foot basins disinfected?

Don't be embarrassed to ask a lot of questions. Good employees shouldn't make you feel guilty for doing so. A salon that's concerned for your health and safety, and that of their work, will be happy to answer your questions.

Watch for flyers about next month's Lunch and Learn. For questions, contact Pat Odiorne at 360-273-5504.



## HEALTH/ WELLNESS

### in brief

#### Mammogram clinic

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.

#### Diabetes clinic

The Chehalis Tribal Wellness Center will hold diabetes wellness clinics from 8 a.m.-4 p.m. 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 dietitian
- Renew your last dilated diabetes eye exam, foot exam, dental exam, immunizations and medication.

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

To schedule an appointment, call Michelle Romero, diabetes outreach LPN, at 360-709-5504.

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

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

#### 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.

#### 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.

#### Disclaimer

Information displayed on any flyer, in email or on our website calendar is subject to change without notice.

### My native plate

Follow these 3 steps for balanced meals:

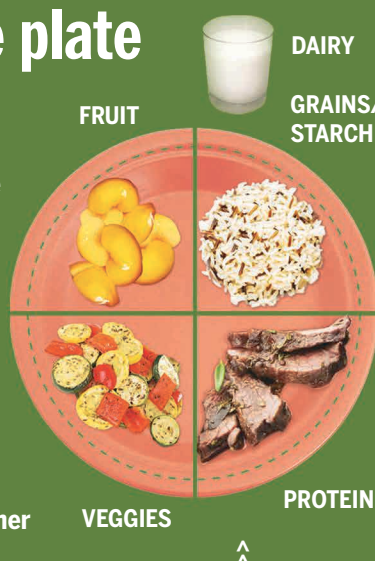
1. Use a 9-inch plate or 9-inch area of a larger plate.

2. Divide into quarters.

- ¼ fruits
- ¼ veggies
- ¼ grains/starch
- ¼ plate is meat, fish or poultry

3. Stack food no higher than 1-1 ½ inches.

Source: Indian Health Service, Division of Diabetes Treatment and Prevention; based on USDA's My Plate. Go to [choosemyplate.gov](http://choosemyplate.gov).



Healthy dinner example: canned peaches without syrup, baked squash and peppers, steamed white and brown rice, baked deer meat, low-fat milk

### Swimming/Exercising with the Elders

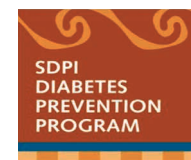
The Special Diabetes Program for Indians has kicked off a new program to help Chehalis tribal elders increase activity, stamina and balance. Staff member Gloria Jones will lead the group. Please come join us. We hope to see you there!

**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](mailto:gjones@chehalis-tribe.org)

# Take steps to prepare for earthquakes

*Contributed by Calvin Bray,  
Emergency Management  
Coordinator for the Chehalis Tribe*

Japan has recently been hit with three very serious earthquakes. It raises many questions about what could happen along the West Coast during an earthquake. Don't panic though – use common sense to be prepared in case this type of emergency arises.

There are plenty of things you can do right now to prepare if you live in an earthquake-prone area:

**1. Make sure each member** of your family knows what to do no matter where they are when earthquakes occur:

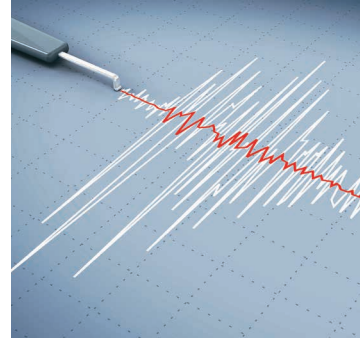
- Establish a meeting place where you can all reunite afterward.

- Find out about earthquake plans developed by your child's school or day care.

- Because transportation might be disrupted, you should keep emergency supplies such as food, liquids and comfortable shoes at work.

## FACT AND FANTASY

The United States Geologic Survey's article "Earthquake Fact and Earthquake Fantasy" provides helpful information about earthquakes in the United States. It can be viewed at [earthquake.usgs.gov/learn/topics/megaqk\\_facts\\_fantasy.php](http://earthquake.usgs.gov/learn/topics/megaqk_facts_fantasy.php).



**2. Know where your** gas, electric and water main shutoffs are and how to turn them off if there is a leak or electrical short. Make sure older members of the family can shut off utilities.

**3. Locate your nearest** fire and police stations and emergency medical facility.

**4. Talk to your neighbors** about how they could they help you or how you could help them after an earthquake.

**5. Take a Red Cross First Aid and CPR Training course.**

**6. Make a disaster supply kit.** Beyond the usual

flashlights, batteries and radios, include a first-aid kit, work gloves, sturdy shoes or boots, a week's supply of any prescription medications you or your family might need, credit card and cash, personal identification, extra set of keys, matches in a waterproof container, map of your area, phone numbers of family and other important people (doctors, veterinarians, etc.), copies of insurance policies and other important documents, special needs equipment (diapers, baby formula, hearing aid batteries, spare eyeglasses, etc.), three gallons of water per

person, three-day supply of food per person, hand tools; a portable ABC fire extinguisher, sanitation supplies for you and your family and entertainment (toys, books, coloring books and crayons, playing cards).

**7: Bolt bookcases,** china cabinets, tall furniture, file cabinets, etc. to wall studs. Brace or anchor heavy electronics and other heavy items. Secure items that might fall. Move heavy or fragile items to lower shelves. Fasten drawers and cabinet doors with latches or locks. Brace overhead light fixtures. Strap your water heater to wall studs and bolt down any gas appliances.

**8. Ask an engineer** about the seismic safety of your home and/or business. Unreinforced masonry structures can fail quickly during earthquakes. An inspection by a structural engineer now can help you decide if retrofitting will help your property withstand shaking.

# Protect yourself in case of an emergency

## *System provides early notification of danger*

The Chehalis Tribe is implementing the Teleira VoiceCast Notification System, which allows public safety communications or emergency management to quickly notify tribal and community members of an emergency that might affect our area.

Registering with the system allows tribal officials to send time-sensitive, general and emergency notifications by voice, SMS/text and/or email messages to individuals, groups and geographic areas. However, you must register your contact information to receive the notifications. Information supplied when enrolling will remain confidential.

The primary use of the

## FORMS

Notification system enrollment forms were sent out at the beginning of this month. If you have not received yours, please contact Calvin Bray, Emergency Management Coordinator for the Chehalis Tribe, at 360-709-1691 or [cbray@chehalis-tribe.org](mailto:cbray@chehalis-tribe.org).

Teleira system will be for any message regarding the safety, property or welfare of the community. These include alerts such as hazardous traffic or road conditions, flood advisories, evacuation notices, severe weather or a hostage situation. Only authorized officials have access to the notification system.

**Q: Can you register other people in your household?**

**A:** Yes, registration forms are available by contacting Glenda McNair at 360-709-1603 or [gdelamater@chehalis-tribe.org](mailto:gdelamater@chehalis-tribe.org).

**Q: How will you recognize a Teleira message?**

**A:** A Notification message will have a caller ID of 866-623-8883, the same as the Flood Information line. All text messages come from a random number generated by their text service. And all emails sent out will come from [noreply@teleira.com](mailto:noreply@teleira.com).

**Q: What should you do if you receive a Teleira message?**

**A:** Listen carefully to the entire message. Because there's no option to repeat the message, it's a good idea to provide an additional contact. Do not call 911 for further information unless directed to do so or if you need immediate

aid from the police or fire department.

**Circumstances that might prevent a message from being delivered to you:**

- If your contact information has changed and you have not registered the new information.

- If you have only cordless phones in your home, the power is out and you did not register an alternate phone number or if you're in an area with poor cell phone service.

- If your phone is not set up to receive voicemail.

The Chehalis Tribe will conduct periodic notification system tests and will receive a report of undelivered calls or messages and will contact those individuals to determine what the reason(s) might have been and work to resolve any resulting issues.



## in brief

### Sports facilities revamped

Both the Tahown Park basketball court and the Legends Ball Fields improvements are complete.

In April, the weather cooperated and sport court material was placed on the Tahown Park basketball court. The Legends Ball Fields was refreshed by planting infield grass and adding new dirt. The dirt used at the ball fields is professional grade infield soil and is the same mix used at the University of Oregon.

Thank you to Klatush Construction for getting both fields ready in time for Tribal Days!

### Tribal Enrollment

If you need to enroll your child this year, please stop by and pick up an enrollment application. If the biological father is an enrolled member of this tribe or another tribe, a DNA test is required. Make sure to get your application in by Aug. 29.

To get a Tribal Identification Card, please call at least one day in advance to schedule an appointment.

For more information, contact Chris Ortiz at 360-273-5911, ext. 1804. Leave a short message with your name, type of request and a phone number. I will get back to you as soon as possible.

### Cemetery Cleanup

The annual Cemetery Cleanup starts at 8:30 a.m. Friday, May 20. Meet in the gathering room to get assigned to a section/team. Lunch will be provided. There will be a raffle at lunchtime and a special raffle at 4 p.m. for those who stay to help the whole day. Thank you to everyone who participates!

Contact Philip Youckton at 360-709-1752 or Leroy Boyd at 360-709-1787.

### Gathering permits available

It is the season to start harvesting cedar bark. The Chehalis Tribe Heritage and Culture Program has gathering permits available! If you plan to collect cedar bark, make sure to get a permit. There are a few guidelines to follow that will be discussed when you receive your permit.

For more details, contact Heritage Coordinator Lynn Hoheisel at 360-709-1784 or Community Services Manager Joyleen McCrory at 360-709-1573.

### Cancer Walk

Show your support to finding a cure at Chehalis Tribe's ninth annual Cancer Walk at 1 p.m. Sunday, May 29, at the Community Center Picnic Area.

For more information, contact Orinda Goddard at 360-709-1735.

### 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.

The Resource Fair can help overcome 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@chehalis-tribe.org](mailto:ogoddard@chehalis-tribe.org), or Counselor Erika Pickernell at 360-709-1872 or [epickernell@chehalis-tribe.org](mailto:epickernell@chehalis-tribe.org).

### Attention weavers

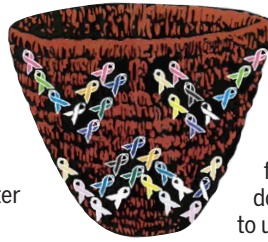
The 22nd annual Northwest Native American Basketweavers Association conference hosted by the Chehalis Tribe will be Sept. 30-Oct. 1 at Great Wolf Lodge.

Tribal members who wish to have their registration fee paid for must attend and participate in the cedar bow classes provided by the Heritage and Culture Program in the months leading up to the conference. You also must make a minimum of 10 bows for the conference.

Please contact Philip Youckton at 360-709-1752 at least 24 hours in advance of when you want to take the class. They are offered Tuesday through Thursday until 6 p.m.

### 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.

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

### 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 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

You will need:

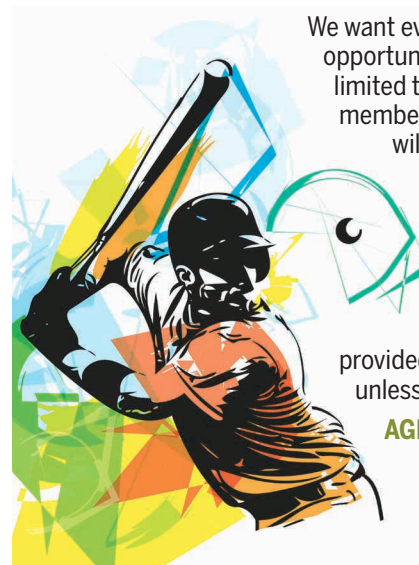
- A good-size spare room
- Evidence of parenting skills, either with your own kids or other people's
- A commitment to ongoing training
- An interest in helping young people with difficulties understand that they do have a future
- A commitment to working in partnership with the child's birth family 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.

Call 360-709-1745 or 360-709-1632.



## Chehalis Tribe Mariners suite

**Watch for signups to visit Safeco Field and enjoy Seattle Mariners baseball this season**



We want everyone to have the opportunity to go, so tickets are limited to one visit per tribal member. Like last season, you will be allowed to bring one person. We like to get notice out two weeks before a game, so please sign up once you see the flyer.

**FOOD:** It will not be provided in the Mariners suite unless noted

**AGES:** 18-54

### CONTACT

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



# MAY BIRTHDAYS

1

Tein Meas  
Raelyn Romero  
Raymond Roof  
Robert Smith

2

Sasha Penn-Rocco  
Destiny Zaidy

4

Roger Goldman  
Alex Shortman  
Jamie Smith  
Eli Snell

5

Lori Lund  
William Pressnall

6

Ashlea Parkinson

7

Brandon Canales  
Lucy Cush  
Lela Pulsifer

8

Aurora Carter  
Christian Hoheisel  
Georgia Meier

9

Joseph DuPuis  
Jessie Goddard  
Harry Pickernell, Sr.

10

Beth Hofstetter

12

Ann-Marie (Klatush)  
Youckton

13

Lindsey Fern  
Dante McGee  
Emily Mordhorst  
Teresa Pannkuk



ART MEDINA: Happy birthday Dad! We love ya.



**ILIAS CHARLES:**  
Too cute to be terrible 2! Happy birthday! We love you very much son. Love Mommy and Daddy.



**HARRY PICKERNELL, SR.:** Happy birthday. Make it a great day! From your family.



**BETH HOFSTETTER:** Happy birthday from your brothers, sisters and family.



**ALEX SHORTMAN:** Happy birthday from your Mom, Dad, brother and all of your family!

22

Addison Sekishiro  
Asa Simmons

23

Joseph Burns  
Chyler Daniels  
Cyrena Ortiz  
Rosalina Sanchez

24

Artie Uden

25

Ilias Charles  
Jacqueline Pickernell

26

Gavin Hernandez  
Paula Klatush  
Amara Penn  
Brady Pickernell  
Tiffany Simmons

27

Aiden Secena-Sanders  
Rikki Sutterlict

28

Damius Hansen  
Steesha Mc Joe  
Thomas Trott

14

Leo Daniels-Meddaugh  
Adam Flores  
Sarah Hall  
Art Medina  
Nora Ortiz

15

Violet Snell

17

Bobby Beckwith  
Cole Fulton  
Tiera Garrety  
Janice Latch  
Robert Penn

18

Curtis DuPuis

Airel Klatush  
Sheylee Phillips  
Austin Vigil

19

Kenny Brown, Sr.

20

Tony Brown  
Matteo Delgado  
Dewey Gleason-Wheeler  
Michael Haltom  
Shawn Ortiz

21

Valea Higheagle  
Patricia Jones  
Lauren McAlister  
Farley Youckton

## More wishes

**EMILY MORDHORST:** Happy birthday from your Auntie Susie Sanchez. Love you very much.

**JAMIE SMITH:** Happy birthday. With love, Anna.

**LUCY CUSH:** Happy birthday to our beautiful mama.

Happy birthday to **JONATHAN ATKINS** on May 21 and **SAVANNA BUSH-BIRD** on May 31. We love you bunches! Love Mom, Jordan and LeeAnna.

Happy birthday to my beautiful daughter **JAMIE SMITH**, nephew little **ELI SNELL**, beautiful sister **LUCY CUSH**, beautiful niece **CYRENA ORTIVEZ**, awesome nephew **SHAWN ORTIVEZ**, goofy nephew **DAMIUS HANSEN (DJ)**, beautiful niece **SAVANNAH BUSH-BIRD**. I love you all so much! I am blessed with such a wonderful family! Chris O.

29

Janet Stegall

30

Serenity Klatush  
Stephanie Robles  
Jesse Youckton

31

Savanna Bush-Bird  
Joaquin Robles  
Sunday Tejeda



**THOMAS TROTT:** Happy 21st birthday to my son! I am so proud of the man you have become! Love you always, Mom.





## CHEHALIS TRIBAL NEWSLETTER

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

Articles and opinions expressed are not necessarily those 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 (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,

Audra J. Hill and the

Information Technology Team

# Chehalis tribal member finds success

*William R. Thoms is valedictorian of IAIA's class of 2016*

The Institute of American Indian Arts is pleased to announce that William R. Thoms of the Confederated Tribes of the Chehalis Reservation has been named valedictorian of the class of 2016. He graduates with a Bachelor of Fine Arts degree in Studio Arts. He was set to receive his degree and deliver the valedictory speech during commencement ceremonies in Santa Fe, New Mexico, on May 14.

Offering undergraduate degrees in studio arts, creative writing, cinematic arts and technology, indigenous liberal studies and museum studies, as well as a graduate degree in creative writing, IAIA is the only college in the nation dedicated to the study



**WILLIAM R.  
THOMS**

of contemporary native arts. The school serves 610 native and non-native college students from across the globe. IAIA is accredited by the Higher Learning Commission of the North Central Association of Colleges. Many of the more than 4,000 students who

have attended IAIA have gone on to earn recognition as acclaimed artists, writers, educators and leaders in their professions.

For more information about IAIA, go to [iaia.edu](http://iaia.edu).



**Chehalis tribal youth get their basketballs signed by a Harlem Crowns Basketball Team player.**



**Referee David Bird was a good sport at the game with the Chehalis Stars.**

## CROWNS

*From page 1*

display of awesome slam dunks, dribbling and shooting three-pointers.

Endless chatter, practical jokes and basketball skills demonstrated by the Crowns players had the audience laughing and enjoying the game. The Chehalis Stars came to compete with the team, but in the end it is not about winning, what matter is the love of the game and each other. The Crowns had a lot of fun with volunteer referee David Bird with keep-away and hiding the ball. This brought fits of laughter from spectators.

### The message

During half time, each of the Harlem Crowns players shared their story with the Chehalis tribal community. Members said it is an honor to travel throughout the United States playing a game they love and that the basketball team saved them. Their vision statement is "Avoiding Drugs and Alcohol through Sports." Players

introduced themselves, where they came from and how the sport helped them climb out of their individual communities. Inner-city life brought many challenges as they grew up. The road was difficult, but passion for basketball saved them.

The message they want to leave folks with is no matter what you love to do, seek encouragement, practice and strive to perfect your talent. Whether it's sports, music, dancing, art, etc. – whatever you love to do will take you somewhere if you continue to feed your dreams and goals. And remember that respect and love for each other is crucial for a meaningful life.

### After the game

After the game, the Youth Center gave away basketballs to children. Their eyes lit up with joy as they ran around to get them autographed. They also spent time visiting with the Harlem Crowns players.

It was an entertaining night with smiles all around. Thank you Tony Medina for inviting the Harlem Crowns to visit our reservation! The raffles were an added plus. Watch for flyers and see you next year.

# FAMILY

## Kids think green

*Busy bees at Early Learning sprout new skills to help take care of the Earth*



We had April showers and planted our flowers but more than anything, we all enjoyed the sunshine last month at Early Learning. The children have been learning about our Mother Earth.

Our classrooms have been taking walks to our tribal playground and getting extra time to enjoy the beautiful spring days outside.

All around Early Learning classrooms, you'll see pictures and books about soil, planting, watering and growing.

We also are learning how to reduce, reuse and recycle. The children are finding out how to conserve water by not leaving it running while they are washing their hands and brushing their teeth.

Small changes make a big difference!

### Graduation preparation

Graduation will be at Great Wolf Lodge at 6 p.m. May 17, when we get to see our 29 graduates in their caps and gowns and send them off to excel in kindergarten. Our

### UPCOMING EVENT

**Head Start graduation:**  
6 p.m. Tuesday, May 17, at  
Great Wolf Lodge.

2016 Parent Graduation Committee raised more than \$3,000 for our Head Start graduation! Thank you to parents who helped raise the funds and for all you are doing to support our graduates.

Youngsters visited Oakville Kindergarten and Rochester Kindergarten to tour classrooms and take part in a kindergarten activity. They were able to get familiar with their new schools.

Parents are encouraged to attend any kindergarten information nights that are offered at Oakville and Rochester schools.

If you have any questions or need assistance with filling out your 2016 kindergarten registration packets, please call Mary Sanders at 360-709-1629.

## in brief

### Let the healing begin

Join the Women's Healing Circle from 4:30-6 p.m. May 31 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 abuse you have experienced.

We will continue moccasins and have other crafts. 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.

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

#### 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 others for their problems.
- Uses jealousy to justify actions.
- Smashes, hits or kicks objects.
- Embarrasses you in public or private.

### Community center

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

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

Contact Events Coordinator Assistant Leroy Boyd at 360-709-1787.

## Chehalis Tribal Days

**MAY 27-30**

### LET THE GAMES BEGIN

- Men's hardball + token
- Women's softball + token
- Co-ed softball + men's token and women's token

**\$350 entry per team**

### First- through fourth-place awards:

MVP, all-stars, best bat, best glove and pitcher, catcher awards. Call Leroy Boyd at 360-709-1787, Phillip Youckton at 360-709-1752.

**DON'T MISS:** CANCER WALK, FISH BAKE, FIREWORKS SHOW, YOUTH ACTIVITIES

### Vendor tables/

**concessions:** Call Dan "Bones" Gleason at 360-273-5911.

**Block of rooms available at Lucky Eagle Casino & Hotel:** Call 360-273-2000 or 800-720-1788.





# STUDENTS OF THE MONTH

## Shyann Ortivez

**Oakville High School  
11th grade**

Shyann Ortivez, daughter of Georgia and Gary Ortivez, has a 2.71 GPA.

She has fun hanging out with her friends at school.

Shyann says she is a successful student because she listens to the teachers, tries hard and turns in her work.

Her advice for others: "Do your best, don't get stressed out on your work and don't be afraid to ask for help."

Shyann enjoys basketball and fast-pitch softball. During her free time, she likes being with her family and reading.

After high school, Shyann wants to take culinary classes at South Puget Sound Community College to become a chef or a baker.

She loves to spend time in the kitchen baking goodies.



## Emily Pickernell

**Rochester Middle School  
Seventh grade**

Emily Pickernell, daughter of Erika and Chris Pickernell, is holding a 3.67 GPA.

She enjoys music and the fact that Rochester Middle School offers a variety of classes she's interested in. Emily is successful in school because she works hard and strives to achieve her goal of being on the honor roll every quarter. Her hard work and commitment have paid off as she has been on it the past three quarters. Her advice for others is to "turn your homework in on time."



During Emily's spare time, she likes playing volleyball and having a good time with friends.

Down the road, Emily plans to attend Centralia College to pursue a nursing career.

## Kylee Secena

**Grand Mound Elementary  
Third grade**

Kylee Secena is the daughter of Misty and Willie Secena.

Her favorite subjects are math and music. Kylee feels she is a successful student because she pays attention in class and follows directions. Her advice for other students is "the nicer you are, the better it is."

Outside of school, Kylee likes playing soccer and hanging out with friends.

If she could have superpowers, she would choose flying to travel places, invisibility to sneak away from things and telekinesis to move things (she admits she can be lazy).

In the future, Kylee wants to attend the Seattle Art School to become a dancer and musician.



**'Do your best, don't get stressed out on your work and don't be afraid to ask for help.'**

**SHYANN ORTIVEZ, ON HOW TO BE SUCCESSFUL IN SCHOOL**

## Attention tribal members

If you feel your child should be nominated for student of the month, contact Jodie Smith at [jsmith@chehalistribe.org](mailto: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.

## Honor roll

Kennedy Adams  
Kelsey Bray  
Arielle Brunett  
Faith Hoheisel  
Jasmine Klatush  
Desiray Klatush  
Devon Olney  
Mya Ortivez  
Hunter Ortivez  
Emily Ortivez  
Lauran Quilt  
Emily Pickernell  
Kristen Secena  
Roberta Youckton

*Contributed by Chehalis Tribe K-12 Program*

## It's almost time for graduates to don their caps and gowns

Get ready to celebrate with high school graduates and wish them good luck for the future at 5 p.m. June 15 at Lucky Eagle Casino Events Center.

The annual gathering recognizes our

tribal and community graduates for their commitment in accomplishing their goal of graduating from high school.

We encourage graduating seniors'

families, tribal members and friends to attend. A dinner will be provided.

To learn more, contact Education Director John Shortman, Jr. at 360-709-1749 or [jshort@chehalistribe.org](mailto:jshort@chehalistribe.org).



## BREAK

From page 1

wants to keep watching the ball fall in the gutter anyway? That's no fun. We know the kids had fun as screams of joy were heard when they knocked down pins.

The score didn't matter – only the enthusiasm over pins falling and playing together.

Older children more skilled at bowling used the regular lane. They did a great job keeping the bowling ball outside of the gutter. Kids challenged each other to improve and tried to get the best score. The automated scorekeepers made things easier keeping track of their game.

Bowling is always a fun challenge! Chaperones, adults and children all had a great time.

**3 GO FISH:** There's no better way to learn what the Chehalis Tribal Fisheries does for the tribe than by visiting. On April 6, the sun was shining brightly and it was a beautiful day as children exited the bus at the fish house.

They were met with the smell of smoke from the fish pit where staff were cooking Chehalis-style spring Chinook salmon for lunch.

Historically, fishing has been an instrumental part of the Chehalis culture.

Many improvements have been made developing the new fish house and hatchery. Kids learned about intricate processes during a tour of the facilities.

This was a fantastic look at the industry for children who might one day make it their future. Some of the kids who visited could become tribal fishermen, fish technicians or biologists.

After the tour, children enthusiastically selected a fishing pole along with a good



**Tribal youth learn how to bait hooks and cast their lines into the water at the pond outside Chehalis Tribal Fisheries. The Youth Center took kids on a tour of the facilities during spring break.**



**Youth Center Director Tony Medina chats with fisheries staff. Children were able to get a detailed look at the industry.**

supply of bait (worms are always a good choice).

Kids excitedly headed to the pond dreaming of catching the big one. They chose a lucky spot, baited their hooks and offered it to the fish by casting into the lagoon.

Children patiently (and sometimes impatiently) waited for the bobber to disappear below the surface as a fish took the offering. Fish on! The fight began as they reeled their trout onto shore.

At noon, the fisheries crew

served lunch for the hungry little fishers. The menu included spring Chinook salmon, baked beans, Ritz crackers, potato or macaroni salad and a drink.

Walter Lewis used his hand drum while singing coastal Salish songs to entertain kids while they ate. You could hear and feel the drum beat as it echoed though the fish house.

The day was a huge success.



**Kids were served Chehalis-style spring Chinook salmon.**

**4 ON A ROLL:** Next up was the ever-popular roller skating outing. Kids sure do get a kick out of gliding around the roller rink while rocking to the music.

You could also find a few of the children playing video games during a break.

It is always amazing to watch the youths demonstrating their skating skills during this heart-pumping family activity.

