



See BENEFIT, *page 12*

Peace and Dignity participants gathered at the Chehalis Tribal Youth Center before heading south to their next destination. They shared their message with elders, adults and youth for this year's journey, "Prayer for the Seeds."



Trek for peace, unity, dignity

Participants share experiences with tribe

The Chehalis Tribe was honored to welcome caretakers of the sacred staffs from the Peace and Dignity Journeys to the reservation June 14. They arrived to rest before continuing on their travels southward.

The Peace and Dignity Journeys began in 1992 to continue in the spirit of the traditions of our ancestors.

Every four years, indigenous communities all over North, Central and South America witness and partake in the tradition of receiving runners with ceremonies unique to their community, sharing stories, song, dance and wisdom from community elders and ceremony.

Runners start from both ends of the continent in Chickaloon, Alaska, and Tierra del Fuego, Argentina, traversing the entire continent by foot from community to community and joining together for a final gathering in Panama City, Panama.

It is an opportunity to come together in peace and unity to share messages runners learn from other tribes. This year, participants walk to honor the "Prayer for the Seeds."

The Chehalis Tribe hosted participants on the path to their final destination. Our community was blessed to hear of their work.

ABOUT THE JOURNEYS

Peace and Dignity Journeys are spiritual treks that embody the prophecy of the Eagle and Condor. This mandates that all indigenous people in the western hemisphere shall be reunited in a spiritual way to heal our nations and begin to work toward a better future for our children.

Through the Journeys, participants work to accomplish this goal by:

- Helping each other reconnect to their respective spiritual practices and traditions.
- Helping each other relearn our role in the world as indigenous peoples.
- Reminding each other of our responsibilities to Mother Earth, Father Sky, our communities and ourselves.

Participants travel for six months through hundreds of indigenous

communities where they:

- Participate in spiritual practices and traditions.
- Spark dialogue on peace and dignity for indigenous peoples.
- Model their responsibility to Mother Earth, Father Sky, communities and themselves.
- Receive the community's prayers.

Conversations and prayers are then carried to communities along the way until runners reach the center of the hemisphere. When they meet at the Kuna Nation in Panama City, Panama, it will symbolize all indigenous peoples joining together in a spiritual way to manifest the prophecy of the Eagle and Condor.

For more information about the Peace and Dignity Journeys, go to sandiego.indymedia.org/pdj.

Tony Medina and many of the youth met the walkers to lead them to the Youth Center. It was an honor to host our visitors.

While in circle, each participant shared a moment that they were gifted during their journey. It was an enlightening experience and brings gladness that this good work is being done.

Chehalis tribal elders, adults and youth greeted them with open arms.

One of the walkers shared the meaning of this year's

journey, "Prayer for the Seeds."

"There are various meanings to this prayer and individuals as they cross the land. Use and share your words and knowledge to plant the seeds to your youth for continued prayers that they learn to take care of our Mother Earth, Father Sky, our communities and each other," he said.

After the Peace and Dignity ceremony of sharing and words of wisdom, singing and drumming were enjoyed during the enlightening evening!

Creating positive community gatherings

Chehalis Tribal Law Enforcement Officers, Behavioral Health Staff, Chehalis Tribal Wellness Center staff and various program staff are proposing a positive way to get the community and tribal program staff together.

They are using a community gathering style, and food is a driving factor to entice people to gather in different locations throughout the Chehalis Reservation.

This also allows the community to meet program staff and ask questions about what is being offered and find out where they might be needed.

This month, the community gathering brought folks together at the new playground on Tahown Drive.

It was a very exhilarating information experience.

Word of the event spread fast, and the Indian tacos served were delicious.

There will be other events like this one throughout the summer. Stay connected and watch for future invites through social media and oral tradition.



Chehalis tribal staff and the community met at the new playground on Tahown Drive last month.

STAFF PROFILES

Lab Manager/ CAC aims to enhance patient experience

Hello Chehalis Tribal Community, my name is John V. Williams. I was hired by the Chehalis Tribal Wellness Center as Lab Manager/Computer Applications Coordinator. My position will be to establish a laboratory to perform tests we otherwise would have had to send out and to enhance the Electronic Medical Records system and its use to improve processes that will enhance the overall patient experience.

I was born and raised in Northern California. After graduating high school, I studied electronic engineering at DeVry Institute of Technology in Phoenix for a year. I changed courses to join the U.S. Air Force and became



John V. Williams

a medical laboratory technologist. I retired from the U.S. Air Force in 2003 and began my journey with Native

American tribes in the Northwest.

In 2004, I became involved in the Indian Health Service Electronic Health Record. The two careers eventually led to me becoming an employee of the Chehalis Tribe as your new Lab Manager/Computer Applications Coordinator.

Some of my hobbies include outdoor activities and classic cars and motorcycles. I am looking forward to meeting everyone and the opportunity to enhance the quality and scope of services the Wellness Center has to offer. Have a great day!

Work is a blessing for counselor

Hello, my name is Erika Pickernell. I'm a Chinook Nation Tribal member.

I have been in the Chehalis Tribal community in one way or another for the past 21 years.

My great grandmother Ruby Sanders was born and raised on this reservation along with her sister Helen Sanders and many other brothers and sisters.

I was hired in October 2015 as the Vocational Rehabilitation Program Counselor/General Assistance Coordinator and have enjoyed this new adventure I have been on.

Working in this community has been a blessing in many ways, from taking part in several outreach projects with our



Erika Pickernell

youth and working one on one with vocational rehabilitation clients.

Outside of work, I enjoy

going on outings with my husband, Chris, and daughters Emily and Kaytlin. We love going to the movies, Mariners games and Seahawks games in the fall.

Thank you to the tribe for the opportunity to serve my community. The Vocational Rehabilitation Program has moved to the main Chehalis Tribal Center.

Stop in to see me anytime during work hours.

Protect pets during hot summer months

*Contributed by Brennan Stoelb,
Animal Control Officer*

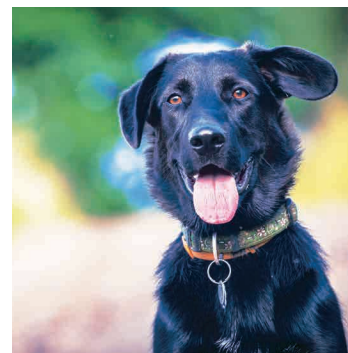
Although it started slowly, it appears the summer weather has finally decided to stick around! As the summer temperatures begin to rise, not only do we feel it, but so do our pets.

You likely know that the body temperature of a human is around 98.6 degrees. Your pet dog's normal body temperature runs about 101.5 degrees. Dogs do not sweat the same as people. Rather than having a lot of sweat glands all over their body, the majority of dog's sweat glands are in their paws. Rather than relying on sweating to keep cool, dogs will keep their mouths open and pant heavily. Moisture evaporates off their tongue, as well as from the moist lining in their lungs.

Another interesting way dogs keep cool is blood vessels in their ears and face will expand and contract. When their body temperature is high, this makes the blood flow closer to the skin and allows it to cool down.

Here are tips to keep your pets cool this summer:

Provide shade: A place to get out of the sun is key to staying cool. While a doghouse is great for pets to get out of the elements, it might be warmer inside the doghouse than outside. Providing a tree or other form of shade will ensure your dog can find a place to



FOR ASSISTANCE

Please call Animal Control at 911 or 360-273-7051.

get out of the sun while taking advantage of airflow.

Provide plenty of water: Having cool and clean water available will keep your pet hydrated when hot. If your pet knocks over his or her water bowl, dig a bucket-size hole and fit the watering pail or dish inside. This way, your pet won't tip it over and the soil can help insulate and keep the water cool, especially if you float ice in the water. Fun fact: A dog needs about an ounce of water per pound of their body weight. That means a dog that weighs 60 pounds needs a half a gallon of water a day!

Go inside: If it isn't not comfortable for you to be in the sun, your pet likely will be uncomfortable.

And remember: Outdoor pets need to be in a fenced yard or on a line run and not allowed to go off your property.

Division of Child Support help

Not sure how to get started? Have questions or need help filling out paperwork? Help is available between 1-3 p.m. every second Wednesday of the month at the Chehalis Tribal

Social Services Conference Room.

For more information, contact Support Enforcement Officer – Tribal Liaison Eric Stender at 360-664-6971 or stender@dshs.wa.gov.

HEALTH/ WELLNESS

Get your daily dose of vitamin D

What is vitamin D and why is it important?

Vitamin D is an essential nutrient that is an important part of your overall health. Your body requires this nutrient to be able to absorb calcium and phosphorous – all of which are essential to build strong bones and teeth. Vitamin D helps with bone formation in children and can slow down or even stabilize bone loss in older adults. Learning what your vitamin D level is requires a blood test.

What happens if I do not get enough vitamin D?

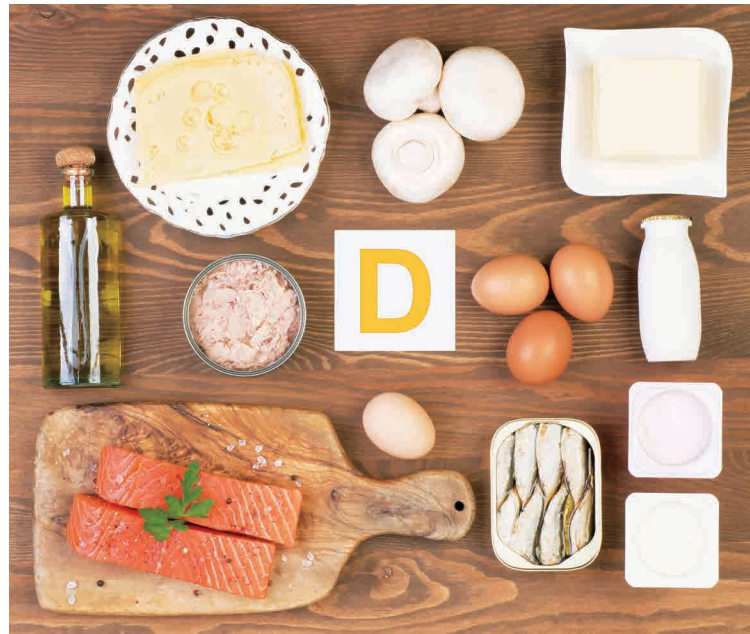
Children may acquire a condition called “rickets,” skeletal problems that can lead to bone pain and developmental delays. It also can cause problems with children’s teeth.

Adults may experience weak bones, thin bones and muscle weakness. This could increase risk for falls and fractures.

Low levels of vitamin D also may contribute to certain chronic conditions such as cancers, heart disease, kidney disease, high blood pressure and mood disorders.

How do I get vitamin D and how much do I need?

■ Sun exposure. This is why it’s sometimes called



People who don't get regular sun exposure should include vitamin D-fortified foods such as fish, milk, cheese and eggs in their diets.

the “sunshine vitamin.” Ten minutes of sunlight three to four times a week can help your body produce what it needs. However, in the Pacific Northwest, there often isn’t enough sunlight and we need to get vitamin D through other means.

■ Vitamin D-fortified foods such as fatty fish, fish oil, cheese, orange juice, milk and cereals. Check the labels if you are not sure.

■ Supplements. Depending on a person’s age and need,

dosing can vary from 400 international units daily to 1,000 IU daily. Check with your primary care provider for the correct recommended dosing. Even higher dosing is needed at times.

What are the risk factors for developing low vitamin D levels?

MORE INFORMATION

If you have any additional questions or concerns about vitamin D, please contact your healthcare provider at the Chehalis Tribal Wellness Center at 360-273-5504 or wherever you receive your primary medical care.

- People with darker skin.
- Older adults.
- People who have limited exposure to sunlight, such as the homebound for instance.
- People who are overweight.
- Babies and toddlers who are given non-milk food products or food products that do not have vitamin D added.
- People who take certain medications such as prednisone.
- People who have kidney disease or other medical problems (i.e., Crohn’s disease, bariatric surgery).
- People who live in the northern states, especially during the winter months.

Legal advice office has moved

Indian Wills and Estate Planning Services are now offered to all Chehalis Tribal Members who are age 18 and older. These include wills, powers of attorney and medical directives or living wills.

Legal Advisor Jerrie Simmons’ office has been moved into the Resource Building (Old Clinic). She is available three days a week from 8 a.m.-4:30 p.m.

This service is without cost to Chehalis Tribal members who do not have a will or would like to update a will. Simmons’ position is for legal questions, not part of the Office of Tribal Attorney. If you have a legal question, she can point you in the right direction.

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



Chehalis WIC

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

NEXT WIC DATE
9 a.m.-3 p.m. Aug. 4
at the Chehalis Tribal Wellness Center

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

in brief

Podiatrist visits

Podiatrist Deborah Behre will be at the Chehalis Tribal Wellness Center from 8:30 a.m.-4 p.m. July 19, Aug. 24, Oct. 11, Nov. 15 and Dec. 13. For an appointment, call 360-273-5504 and ask to speak to Outreach Specialist Gloria Jones, Diabetes Program LPN Sandra Dickenson or RD/CDE Pat Ordine.

Diabetes clinics

The Chehalis Tribal Wellness Center will hold diabetes wellness clinics from 8 a.m.-4 p.m. July 20, Aug. 17, Sept. 21 and Oct. 19. We will have healthy snacks available, diabetes information and a diabetes meter exchange if you are in need of a new one.

Patients will:

- Have labs done
- Get vitals taken
- See a health care provider
- See the registered dietician
- Renew your last dilated

diabetes eye exam, foot exam, dental exam, immunizations and medications.

If you are diabetic and have not been seen for your regular diabetes care, we want to see you.

To schedule an appointment, call Pat Odiorne, RD, CDE, at 360-709-1884, or the clinic front desk at 360-273-5504.

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

USDA Food Program

If you'd like to sign 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 July 26 and Aug. 25. Pickup is at the Chehalis Tribal Community Center

from 9:30 a.m.-1:30 p.m.

Health assessment

Here's your chance to give feedback on the community-driven Chehalis Tribal Community Health Assessment recommendations at 5 p.m. July 28 in the Chehalis Tribal Community Center Gathering Room.

Dinner will be provided.

"We feel it is essential that this plan continues to be informed by you, the community. Therefore, we would like tribal members to review the recommendations and offer any suggestions or ideas for programs to improve the health of our community. These recommendations will go into the plan and will be what the tribe will use to guide future planning and help guide future grant funding applications."

Contact Jenee Burnett with the Chehalis Tribal Planning Department at 360-709-1620.



Wellness clinics

Women can schedule their annual exams for Sept. 15 and Oct. 27 at the Chehalis Tribal Wellness Center. Clinic providers will handle Women Health Exams only from 8 a.m.-4:30 p.m. Assured Imaging also will perform mammograms from 9 a.m.-3 p.m.

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

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

Learn how to tell your story

Dr. Veronica E. Tiller of the Jicarilla Apache Nation will make several presentations at the WEWIN 2016 National Conference on Aug. 14-17 at the Tulalip Hotel & Casino Tulalip.

WEWIN is Women Empowering Women for Indian Nations and is headquartered in Klamath, California.

Dr. Tiller is the editor and publisher of the critically acclaimed "Tiller's Guide to Indian Country: Economic Profiles of American Indian Reservations." It is the most complete, widely used and relied upon reference book about today's 567 American Indian and Alaska Native tribes.

Dr. Tiller's workshop is from 8 a.m.-5 p.m. Aug. 14. This workshop will be in-depth with actual writing exercises. It is a separate presentation before the

WEWIN Conference kicks off.

She also will lead two workshops on Aug. 15 as part of the WEWIN Conference.

Everyone has a story to share. Whether your life is ordinary or unconventional, there's always a tale somewhere inside the fabric of great storytelling. In this workshop, you will learn how to focus and give your story shape and purpose.

Come prepared to write in a supportive environment, share your writing and go home with a better understanding of using memoir as a way to tell your story.

The workshop is \$50. Advance registration is required. Go to veronicatiller.com, email vtiller99@comcast.net or call 505-328-9772.

Learn more about the WEWIN National Conference at wewin04.org or call 888-495-9466.

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

Vocational Rehabilitation in a new locale

If you're seeking employment assistance from the Vocational Rehabilitation Program, please note that the program is no longer in the old clinic. The office is now in the main building of the Tribal Center.

What is vocational rehabilitation?

The goal of the program is to provide services to Native American/Alaskan Natives consistent with their individual strength and abilities. Our clients are provided with informed choices while working to create self-confidence and independence. Our ultimate goal is to prepare individuals for sustainable employment.

Examples of

services:

- Comprehensive evaluation to determine abilities, skills and interests for employment.

- Vocational counseling and rehabilitation planning for employment services.

- Employment services such as job training and resume

development.

- Assistance finding and keeping a job, including the use of special employer incentives and job accommodations.

- On-the-job training, apprenticeships and non-paid work experiences.

- Post-secondary training at a college, vocational, technical or business school.

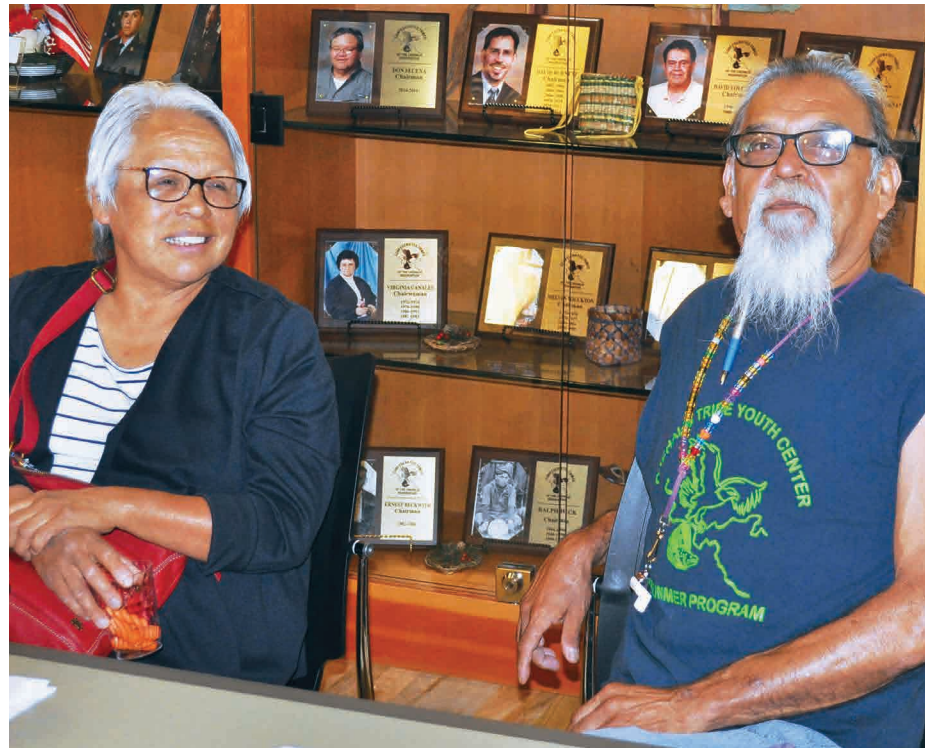
- Supportive rehabilitation services including case management, counseling and medical referrals.

On-the-job training

This specialized training helps you, the trainee, develop the skills needed to realize your career goals. You will interact on a consistent basis with employees, hold a regular position and be paid. The training helps people get used to the employment environment while gaining valuable work experience.

Benefits

- Earn a salary while training.
- Train in desired field.
- Gain valuable work experience.
- Interact with employees through an integrated work setting.
- Prepare to enter the workforce.
- Assistance with work clothing, transportation, tools, classes, certifications, etc.



Elders Jerrie Simmons and Tony Medina share resources and information during the Vocational Rehabilitation Program fair.

Fair highlights precious resources

Program can help you achieve career goals

By Orinda Goddard, Vocational Rehabilitation Program Lead Counselor

The Gathering Room was filled with resources for community members through the Vocational Rehabilitation Program on June 8.

Tribal, county and state office representatives provided a variety of services to assist people. It was a great opportunity to feature help that is available to the community.

Resource building and creating a solid foundation of knowledge of where to find assistance is crucial for those in need of support.

We often know very little of the situations others face day in and day out. Please don't be too proud to ask for assistance! Many programs are available to assist you in building your dreams and goals.

Life can bring interesting challenges, but you can reach goals and achieve your dreams.

The purpose of Tribal Vocational Rehabilitation is to make a culturally appropriate and community-based program that provides helpful services. Individuals can realize

SUMMER OUTREACH PARADE

The Summer Outreach Parade will begin at 10 a.m. Aug. 12 at Howanut Road and end at the Tribal Center. Participants will enjoy food, vendors and fun!

their strengths, priorities, concerns, abilities, capabilities and interests to make informed choices. Clients can more successfully prepare for and find gainful employment within their communities.

To be a part of the Vocational Rehabilitation Program, you must have a documented disability and a desire to be employed in your career choice.

Examples of disabilities we have helped with are learning challenges, post-traumatic stress, traumatic brain injury, alcohol/drug addictions, depression and eating disorders.

It is our duty as vocational rehabilitation counselors to help our clients explore and understand their barriers and turn them into abilities.

Casino project update

Dear Tribal Members,

I understand that rumors abound regarding our expansion project and wanted to take this opportunity to clarify a few important points.

■ No, the parking garage is not too short for trucks. It is actually 4 inches taller than the SeaTac Airport parking garage.

■ No, the parking garage is not scheduled for demolition. We are working on cosmetics, but it is structurally sound and built to code.

However, I do have news of a development that will have a significant, positive impact on our construction process moving forward. Because of continued delays and differences in organizational approach, we have executed a separation agreement with Forma Construction.

They simply were not fulfilling their commitment to the Chehalis Tribe, and we decided we are better served making an immediate change.

We are pleased to announce the hiring of Korsmo Construction to serve as the new general contractor. I have known John Korsmo personally for many years. He

is highly respected within the gaming community and has worked with several tribes on construction of their casino and hotel facilities.

I believe our project is now in very good hands. John is both the owner and CEO of Korsmo Construction, and I am confident he will complete the work in a timely, efficient manner.

To give you a brief project update, the renovation of Floor One is now complete, and work is about to start on the Grand Buffet. (We will be using the former Scatter Creek Grill space as a temporary buffet venue.) Construction will then begin on the new Players Club, Asian restaurant and steak house.

We are looking forward to completing the project and to the grand opening by the end of the year.

Many thanks to the Business Committee, Office of the Tribal Attorney, Lucky Eagle Casino & Hotel team members and the tribal community at large for your patience and understanding during this time of transition.

**Warm regards,
John Setterstrom**

Discuss reservation entrances

Chehalis Tribal Planning and the Washington State Department of Transportation request your attendance at a public forum at 5 p.m. Aug. 4 in the Gathering Room of the Chehalis Tribal Community Center. Plans for the intersection of Anderson Road and state Route 12 along with the Intersection of Moon Road and state Route 12 will be discussed.

Representatives from Chehalis Tribal Planning and WSDOT will be available to answer questions and address any concerns for future improvements to our reservation entrances.

Discussions have included a possible roundabout or

stoplight at the intersection of Anderson Road and state Route 12 and a possible right in/right out only at the intersection of Moon Road and state Route 12.

For questions you would like us to address prior to the meeting, please contact our office. If we can't answer immediately, we will gather details before the meeting.

Thank you in advance.

Jail program honored

The Chehalis Tribe's Offender Re-Entry Program, which supports inmates serving time in the Chehalis Tribal Jail, was recently awarded the 2016 National Criminal Justice Association Outstanding Criminal Justice Program Tribal Award.

The program offers services to inmates in the Chehalis Jail to support them in making life changes that will keep them out of the criminal justice system. Services include chemical dependency counseling, mental health counseling, domestic violence perpetrator treatment, financial literacy classes, life skills classes and getting benefits and treatment beds for inmates who want inpatient substance abuse treatment.

Of the inmates who participated in the Offender Re-Entry Program, only one re-offended and was

sentenced to tribal jail again. Additionally, inmates reported higher self-esteem, success in relocating to residential treatment programs and had a better attitude toward the court.

Behavioral Health Director Charlene Abrahamson will travel to Philadelphia in August to attend the National Criminal Justice Association National Forum to receive the award on behalf of the Chehalis Tribe and the Offender Re-Entry Program.

We are all proud of tribal staff members who work with the program and the inmates who have made positive changes in their lives.

The program is operated by the Tsapowum Behavioral Health Department in partnership with the Public Safety Department and is funded by a grant through the Department of Justice.

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.



JULY BIRTHDAYS

1

Elizabeth Brown

2

Natalie Brown
Ronald Gaines, Jr.

3

Elvis Gillie
Haley Parkinson

4

Adam Gunnels
Rick Sanchez, Sr.
JJ Shortman

5

Rene' Bracero, Jr.
Jakeb Hoyle
Johnny Perez
Elisa Sanders
Sam Secena
Rhapsody Simmons

6

Connie Baker
Mikaela Hoheisel
Cassandra Pope
Paula Reininger
Uilani Siufanua

7

Bill Secena

8

Albert Combs, Jr.
Joyce Thomas

9

Arielle Burnett
Raymond Wertz



PAI'NU'NA CARTER: Happy birthday Pai-Nui and many, many more with her uncles.



ANDRE AND NATHAN KLUTH: Happy 10th birthday to my twins, Dre and Nate Kluth. Love, Grandma and Choopa!

CHRISTINA HICKS:

Happy birthday. A special wish for a special person! Love Mom, Brothers, Nephews and the rest of your family.



Michelle Murrell

10

Tammy Boyd
Erin Delgado
Dale Klatush III
Jorja Potter
Ronald Rogers, Jr.

11

Andre Kluth
Nathan Kluth
Chloe Lopez-Palmer
Jesa Penn-Roco
Frances Pickernell
Andrew Youckton

12

Candace Brown



SAM SECENA, Happy birthday Sam. Many more to come. From the family.

Alicia Medina
Jacinda Medina

13

Fau Fau Boyd
Hector Gaines
Marlene Hjelm
Chris Klatush

14

Linda McDougall

15

Kimberly Nath
Jodie Smith
Farley Youckton II

16

Querida Perez
Donald Williams, Jr.

17

Allen Fricke, Jr.
Christina Hicks

18

Eli King-Gleason
Querida Perez
Omar Thomas

19

Jimmie Williams
Dallas Youckton

20

Gloria Jones
Cecily Klatush
Krista Parent
Grant Shortman



JODIE SMITH: Happy birthday. Love Fred and your family. **CARLOS SANCHEZ:** Happy birthday to my grandson. From Gramma Jodie & Grampa Fred.

Krista Parent

21

Halle Colson
Kenneth Daniels

22

Theodore Charles
Marie Griswold
Yvonne Peterson
Samuel Seymour
Stanley Youckton

23

Jonathan Jack, Jr
Edwardo Sanchez
Philip Youckton

25

Gary Ortivez III

26

Tom Hayden
Shyann Ortivez

27

Calvin Bray
Landen Mashburn



MARY AND DON SECENA: Happy anniversary. Looking forward for many more fabulous years to come! We love you! Dyani and Mary.

More wishes

JJ & GRANT SHORTMAN: Happy birthday. From your family and friends.

MELISSA MCALLISTER: Happy birthday. From your family!

PAI'NU'NA CARTER: Happy birthday and congratulations to our beautiful, courageous and most indomitable daughter Pai'nu'na Rosetta Maxine Carter. Senior/graduate 2016! Love Mom, Dad, your brother and your sisters. And most of all Aurora!

BILL SECENA: Happy birthday Bill. Many more to come. From the family.

Danny Thomas
Ryan White Eagle Bracero

28

Jasmine Baker
Sharon Hall
Rigoberto Hernandez
Jed Starr

29

Frankie Brown
Pai'nu'na Carter

30

Carmen Brown
Kamryn Couillard
Alexander Florez
Linda McAlister
Melissa McAlister
Andrea Steckstor



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

AMERIND honors Chairman Bush

After two terms, Phil Bush steps down as chairman of the AMERIND Risk Board of Directors this month with challenges met and progress made. Some of Bush's most notable accomplishments were to hire AMERIND's first Native American CEO and oversee the diversification of its service products.

AMERIND Risk is the only 100 percent Native American owned insurance solutions provider in Indian country. More than 400 tribes pooled their resources to create AMERIND Risk to keep money within Indian country. AMERIND provides property, liability, workers' compensation insurance and employee benefits solutions for tribes, tribal governments, businesses and individual coverage.



Phil Bush

The business was founded in 1986 and has been growing ever since.

Chairman Bush, Executive Director of the Modoc Lassen Indian Housing Authority, was elected chairman in 2010. He will dutifully step down from the position because of constitutional term limits.

When Chairman Bush began his term, one of his many priorities was to assist

LEARN MORE

For insurance information, call 800-352-3496 or go to amerind-corp.org.

the board in finding common ground and equitable balance. Board unity was achieved and endured during the course of Bush's tenure, marked by unanimous board decisions and unprecedented growth and success.

"He's been present during great change at AMERIND, including moving the risk pool to operate more like a business instead of simply a membership organization," said Chief Operating Officer Dennis McCann. "Chairman Bush also encouraged us to operate to where we're implementing best practices at our core while moving away from the perception of solely being a niche player in housing to being a credible resource for tribal governments, enterprises, housing and tribal member-owned businesses."

Phil Bush is a member of the Chehalis Tribe. Chehalis Tribal Housing Authority Board members who attended the ceremony presented him with a Pendleton blanket in honor of his good work while serving Native American communities.

Chehalis Tribal Foster Care Program

Why should I be licensed to care for my relative?

■ Indian Child Welfare seeks to place children with relatives whenever possible. We know relatives can provide stable, committed homes for children in crises. While licensing is not required for relative care, there are specific benefits.

■ Foster Care reimbursement is a higher rate than the grant available through Temporary Assistance to Needy Families. The 2016 basic foster care rates are:

Ages 0-5: \$562

Ages 6-11: \$683

Ages 12-21: \$705

Rates might be higher depending on the level of care the child needs.

What kind of home can be licensed as a foster home?

Foster families may rent or own their homes. Any home can be a foster home if:

■ It is clean, safe, in good repair and has adequate space.

■ Poisons and cleaning solutions are kept out of reach of children.

■ Pools have a fence designed to discourage climbing and have a locking

CONTACT US

Please call Frances Pickernell at 360-709-1745 or Melanie Hjelm at 360-709-1632 at the Chehalis Tribal Foster Care Program.

gate.

■ Hot tub and spa areas are locked when they are not in use.

■ Medications, including vitamins and herbal remedies, are in their original containers and in locked storage.

■ All firearms, ammunition and other weapons are kept in locked containers.

■ Smoke detectors are installed.

■ Approved 2A10BC rated or larger all-purpose (ABC) fire extinguisher is on hand.

Smoking is NOT allowed in the living space of ANY foster home or facility caring for children or in ANY motor vehicles transporting children. Adults may smoke outdoors away from children.

We are willing to work with you on being licensed! We need homes for emergency, respite, short term and/or long term.

GRADS

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successful group of young adults. It also is important to recognize families, mentors and everyone who continues to assist students in accomplishing their dreams and goals.

'Reach for the stars'

Keynote speaker Harry Pickernell, Sr. congratulated the graduating seniors, their parents and teachers. He thanked everyone who contributed to students reaching this first stage of meeting their goals and dreams.

He offered a challenge to all of the seniors with this advice: "Never let anybody tell you that you cannot do it. Prove them wrong by accomplishing what you set out to do. Reach for the stars!"

He said this is only the beginning and they should prepare for life's journey.

Parent recognition

Afterward, the graduating class was asked to recognize their parents. It was a moving appreciation of thanks and love. Parents are the basis of student success. Their commitment and encouragement helped build the core values of each and every student and led to this big moment in their lives.

It was a heartfelt token of thanks! You could see the pride in their eyes as they received a hug and flowers. A wonderful moment indeed.

Fun and games

Onto the games, which brought fits of laughter and embarrassing moments, too!

The graduates had a blast as they volunteered to participate in activities such as flip cup, marshmallow pong and marshmallow bowling.

Hugs for the road

Youth Center Director Tony Medina invited all of the graduates onto the stage for him to recognize their accomplishments.

Each student received a hug, words of encouragement and a small gift of recognition for their years of hard work.

Picture perfect

A slide show shared with the audience was met with thunderous applause.

It was an inspiring moment to witness the growth of each graduating senior. A picture is worth a thousand words.

These moments captured the essence of their young lives, bringing smiles and memories flooding back while witnessing their growth from children to adults.

Gifts from the tribe

The final portion of the evening was to give grads gifts that will serve and reinforce the love from their tribe. They will be able to use them while pursuing higher education and careers.

Each student was wrapped in love as they received a Pendleton blanket from Chehalis Tribal Business Committee members.

Our community supports its children. It is important to recognize their time and commitment in achieving this important step in life.

This isn't a goodbye but a welcome to the world.

Good luck, 2016 graduates!



Father figures were the guests of honor at Early Learning Program's barbecue on June 17.

Summer fun kicks off at Early Learning

The Early Learning Program kicked off summer on June 17 with a lunch to honor the special father figures in our children's lives.

Staff barbecued hamburgers and served salads and fruits. Pictures were taken of the children and their special guy in front of Father's Day artwork they had created. We had a great turnout!

Taking applications

Now that Early Head Start has ended for the summer, our program is taking applications for the 2016-2017 Head Start &

Early Head Start school year. If you have a child between the ages of 6 weeks and 5 years or if you are expecting, come fill out an application as soon as possible. Letters of acceptance or denial will be mailed out in August.

Health Day

On Aug. 17, we will host Health Day in collaboration with the Chehalis Tribal Wellness Center. This is for children who will be enrolled in Head Start or Early Head Start to have the necessary health screenings that are required before they can start school.

Seniors and parents enjoyed a great night at Lucky Eagle Casino on June 15.



NNABA conference

SEPT. 30 AND OCT. 1

AT GREAT WOLF LODGE

If you'd like your Northwest Native American Basketweavers Association registration fee paid for, you must participate in the Cedar Bow classes provided by the Heritage and Culture program and make a minimum of 10 bows for the conference.

CONTACT PHILIP YOUNG AT 360-709-1752 TO SIGN UP FOR CLASSES



STUDENTS OF THE MONTH

Maddex Mowitch

Grand Mound Elementary
Third grade

Maddex Mowitch, son of Jenée and Dan Penn, just finished third grade at Grand Mound Elementary.

He feels he is successful student because his teachers help him learn. His advice to other kids is to keep working hard. Maddex also likes fitness.

Outside of school, he enjoys doing things with his family, soccer, swimming and hip-hop dance.



When he graduates from high school, Maddex wants to raise money for the hospitals because he goes to a lot of hospitals. This will ensure others can afford to get healthier.

Maddex loves to draw and wants to go to a college that will help him to become a famous artist.

If he was chairman of the tribe, Maddex says he would help kids by doing activities with them and assisting with homework.

Cameron Snell

Oakville Middle School
Eighth grade

Cameron Snell recently finished eighth grade at Oakville Middle School with a 3.14 GPA. He is the son of Melanie and Eli Snell. Cameron likes it when his family goes on vacation together.

His favorite class is history. He thinks he is a successful student because he pays attention and gets his work turned in on time. His advice for others is to



get stuff done when it is given to you because if you wait too long, it piles up and your grades suffer.

Cameron enjoys participating in football at his school. He also likes playing video games with his friends on the weekends and during summer.

After Cameron graduates from high school, he wants to learn how to make video games in college so others can play his games.

Kenedy Adams

Oakville High School
Ninth grade

Kenedy Adams just finished ninth grade at Oakville High School with a 3.28 GPA. She is the daughter of Irene and Sean Adams.

Her family means everything to her because she wouldn't be where she is today without them.

What Kenedy likes most about school are her friends. She believes she



is a successful student because she gets her work done before she chats. Her advice for other students is to do your work. She stays active and participates in volleyball, basketball, fast pitch and cheerleading.

After graduation, Kenedy wants to attend the University of Washington or Saint Martin's University to study social work.



Oakville Middle School student Mya Ortivez's hard work landed her a prestigious award this year.

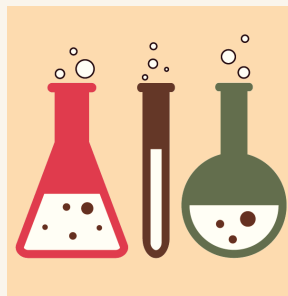
Inspirational award given to Mya Ortivez

This year's Joshua Michael Gillie Inspirational Award was given to Mya Ortivez. She is the daughter of Shawn and Crystal Ortivez and will enter eighth grade at Oakville Middle School in the fall.

The award was first presented in 1992. Joshua was a Chehalis Tribal Member who had all of the qualities that are attributed to this award, along with an abundance of strength and courage. He was an Oakville student in sixth grade when he lost his battle with cancer. He was an outstanding student and athlete. Joshua was the kind of person who was willing to help a friend or anyone in sports, academics or any other area. Even at such a young age, he truly was an inspiration.

The award is given to the student who reflects excellence in athletics, a positive attitude, willingness to help others, hard work and dedication. Each year, there is only one award given to a qualifying boy or girl who meets or exceeds the criteria.

Mya worked very hard to achieve her personal goals. Her positive attitude and work ethic is a reflection of herself and her parents, school and staff.



Canoe Journey begins

Traveling with 'One Heart, One Mind'

The Chehalis Canoe Family will participate in the 2016 Paddle to Nisqually Canoe Journey.

The Nisqually Tribe will host the final event July 30 at the Port of Olympia marina. The week of July 31-Aug. 6 will feature a celebration for all tribes to share their cultural diversity, with the hosting tribe being last. It is awesome to witness the regalia, songs, dancing and drumming. It's an awakening of culture. Many look forward to this event.

The Chehalis Canoe Family has decided our canoe family will leave from Suquamish on July 25. They will travel on the water with Tu-lap ti weah. Ground crew will be responsible for setting up camp each day. All Chehalis tribal elders, tribal members and youth are invited to join or

LEARN MORE

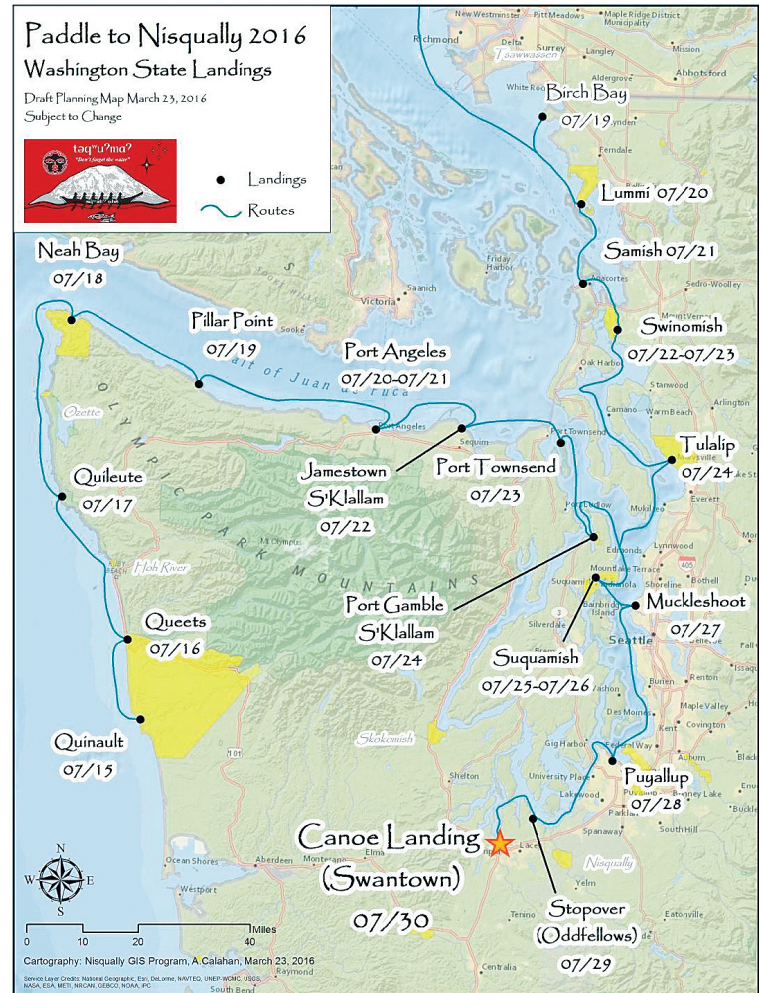
If you are interested, call Sylvia Cayenne at 360-888-6638.

witness the traditions and events along the path to their final destination in Nisqually.

There are many lessons that occur along the journey:

- Making, decorating and caring for your regalia.
- Learning the songs, drumming and dancing.
- Carrying yourself with honor and respect and learning and sharing with other tribes.
- Listening to your elders.
- Supplying gifts to give along the way, as well as at the final landing during protocol.

Remember to mark all items you plan to take. If you bring children, please watch out for them. Each participant must sign a waiver and rules form.



BENEFIT

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arts and information booths regarding events such as Canoe Journey hosted by the Nisqually Tribe. There also was a cedar weaving workshop, a drum circle, singers and a \$10 salmon plate picnic lunch complete with fry bread and homemade jam.

Salmon was donated by the Nisqually Tribe. The Chehalis Tribe brought its portable fish pit made by Lucky Eagle Casino to cook it in the traditional Chehalis way with fish skewers placed horizontally through the salmon, held up by a split-wood cooking stick over a fire pit.

The Chehalis, Nisqually and Puyallup Tribes brought their canoes for rides out on Deep Lake. Safety comes first, and each participant wore a lifejacket and received a quick pep talk about following the paddle in front in an effort to all pull together. As canoes circled the lake, you could hear distant singing of songs that got louder as the canoes came closer to the shore.

A big thank you to all who donated to the event. The tribes put in a great deal of effort to ensure the fundraiser was a success.



The portable cooking pit was used to cook the salmon at the fundraising event at Millersylvania State Park.

HERITAGE

The annual Canoe Journey gathering is rich in meaning and cultural significance. Canoe pullers travel great distances as their ancestors did. Participating in the journey requires physical and spiritual discipline. At each stop, canoe families ask for permission to come ashore, often in their ancestral languages. At night in longhouses, there is gifting, honoring and sharing of traditional songs and dances. Meals are provided by the host nations.

Learn more at paddletonisqually.com or follow on Facebook, where tribes share their path to the final destination in Nisqually. They also Live Stream the week of Protocol.

EVENTS

July 30: Port of Olympia Landing

July 31: Medicine Creek Treaty Ceremony

Aug. 1-6: Protocol