

CHEHALIS TRIBAL NEWSLETTER

february 2017

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inside

Indigenous Arts Campus / 4
Lunch and Learn / 7
Heart disease / 8
February birthdays / 9

Monster Jam / 10
Early Learning news / 10
Rez Animal success / 11
Students of the Month / 12

Paying tribute

Gold Star ceremony
honors fallen soldier
page 5



Harvesting power of nature

Class teaches utilizing
trees for good health
page 6

'I am very proud to be part of the growth of this tribe because I didn't do all this by myself. The people did it for themselves' - RICHARD BELLON, CHEHALIS TRIBE GENERAL MANAGER FROM 1995-2014

In memory of Richard Bellon

*Father, friend, mentor,
family man helped
tribe find great success*

By Fred Shortman and the
Information Technology Team

One of the Chehalis Tribe's beloved mentors passed away on Jan. 17 at his home.

Many, many moons ago, Richard Bellon traveled with his family from Arizona to Washington state. His wife, Rio, and their three children supported and assisted with this important step to plant new roots in the Northwest.

It's ironic to think back to the beginning of how Richard became an essential part of our tribe's development through the years. He once shared with me how his path led him to work for

the Chehalis Tribe.

While visiting the governor's office in the mid-1980s, Richard questioned them about tribes in the local area that were struggling financially.

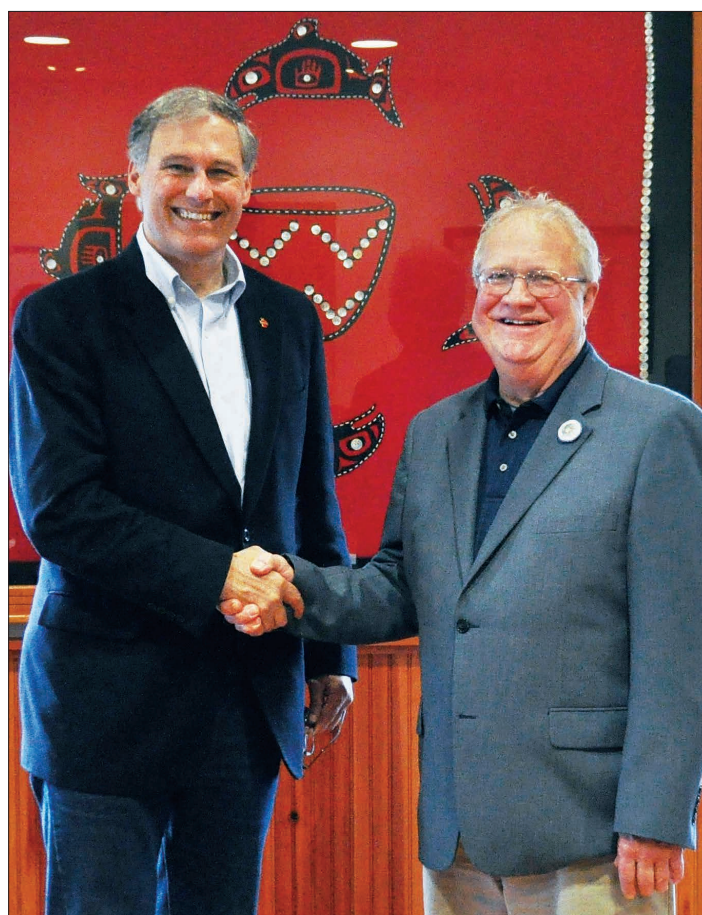
He had a passion for working in tribal culture and loved the challenge of being able to make a difference for the tribes. Richard wanted to see which tribe in the state would hire him. The governor's office mentioned several, and the Chehalis Tribe was one of the choices.

He immediately applied and was hired as a grant writer by the committee under the leadership of Percy Youckton.

Important contributions

He began working for the Chehalis Tribe in the mid-

See BELLON, page 2



Washington Gov. Jay Inslee shakes hands with Richard Bellon during a visit with the Chehalis Tribe Business Committee.

Chehalis Tribe
Chairman
Don Secena
talks at
the 2017
Affiliated
Tribes of
Northwest
Indians
Winter
Conference.

Contributed by
Freddy Lane



ATNI conference tackles issues

*Tribal representatives set the
policy, direction for new year*

The Chehalis Tribe hosted the 2017 Affiliated Tribes of Northwest Indians Winter Conference at Great Wolf Lodge from Jan. 23-26.

ATNI has long been advocates for tribal policy in state legislatures as

well as the federal government. This year's conference featured speakers covering topics such as the presidential transition, how the repeal of the Affordable Care Act will affect tribes, dental health and general updates from the congress and federal departments.

Many participants spent the week

See ATNI, page 3

Richard enjoyed a visit with son Pablo at home.

As items were documented, inventoried and placed into the archive room, Richard shared rich history with tribal leaders.

As the Chehalis Tribe's Historic Preservation Officer, Richard identified and documented basket collections before archiving them.



BELLON

From page 1

and brought a lot of federal grants to the tribe under the direction of the Business Committee. Our tribe began to blossom economically.

Many tribes in the area were struggling because of funding issues. Richard's contributions created a framework of success for our community.

Richard was instrumental in building the first End of the Trail store and the Bingo Hall, which was just the beginning. The next step was finding managers and training tribal people to run our businesses. Back then, jobs were hard to find on the reservation.

He also was a key player in funding other avenues to enhance our financial stability, such as the End of the Trail II and III stores, Lucky Eagle Casino & Hotel and important land acquisitions for more businesses and homes.

Major landmarks

After years as a grant writer with many successes, Richard was promoted to General Manager to handle daily business operations.

He worked closely with elected Business Committee members to build and create a great working environment.

Combined with his communication skills, education, knowledge and



"Richard was very knowledgeable in many things, not just archaeology - personal, culture and Indian ways. He leaves a void in this tribe for his untapped knowledge. I have respect for him and what he's done for this tribe, and the respect for him continues. He was a giant in the archaeology field statewide. He is already missed by individuals and tribes."

- MEL YOUCKTON, FORMER CHEHALIS TRIBE CHAIRMAN

gentle but strong demeanor, Richard achieved major landmarks for the Chehalis Tribe and he was highly regarded as one of our own.

"I was very grateful to have this unique opportunity to assist and watch the improvements continue. The Chehalis tribal people are very business savvy, and the support I received was heartfelt. I am very proud to be part of the growth of this tribe because I didn't do all

this by myself. The people did it for themselves," Richard Bellon said.

After he retired from the General Manager position, Richard became the Historic Preservation Officer for the Confederated Tribes of the Chehalis Reservation.

In this role, he worked to preserve our historical documents, from basketry to deeds of ancestral lands within the Chehalis River Basin.

Richard created a historical

record that documents the past and will help the Chehalis Tribe embrace the future.

Guiding light

"Years ago, probably in the '80s, we were in the middle of a fishing court case in Seattle and Richard Bellon was there," said Daniel Gleason Sr., former Business Committee Member. "He had a black turtleneck sweater on looking all dapper. I had joked with him that he looked like 'Father Flanagan' and our court case would go our way, as he was there looking so official."

Daniel continued, "Many years ago, Richard and his family invited me to Montana for a July Fourth celebration. When we went to the site upriver where the camas oven was found, he was so excited that day."

"Richard was a true scholar and a dear friend. He also had great respect for our tribal elders. We will never forget his love and dedication to his work and the Chehalis Indian Tribe," Daniel said.

Richard's physical presence has been taken away from us, but I believe his legacy will live on at the Chehalis Tribe.

As we venture through new opportunities, may his spirit always be our guiding light.

I hope anyone who has the opportunity to cross paths with someone like Richard Bellon never takes such an individual for granted. I never did and never will.

ATNI

From page 1

learning, collaborating and discussing issues that arise in Indian Country.

In a world of seemingly insurmountable obstacles, a special people share the belief, wisdom and hope that in working together they may provide not only a better life for our tribal people today but for generations to follow.

In 1953, tribal leaders in the Northwest with the future in mind formed the ATNI and dedicated it to tribal sovereignty and self-determination. Today, ATNI represents 57 Northwest tribal governments from Oregon, Washington, Idaho, northern California, southeast Alaska and western Montana.

ATNI is an organization whose foundation is composed of the people it is meant to serve – the Indian peoples. Representatives from member tribes set the policy and direction during three yearly meetings. Through consistent leadership and the legacy of intertribal unity and cooperation, ATNI is recognized as the strongest regional Indian organization in the United States.

“The ATNI Conference is a great resource for many tribes in the Northwest. Tribes unite and become one voice together. There is much work to be done. The ATNI leaders strive forward and work with tribes, not only for present-day tribal people, but for future generations,” said Don Secena, Chairman of the Confederated Tribes of the Chehalis Reservation or Chehalis Tribe.

Sharing culture

Perhaps the highlight of the conference was Culture Night. There were about 150 people from 21 different tribes that attended the event.

Every ATNI conference allows the host tribe to put on Culture Night, highlighting their culture for other ATNI tribes. The evening usually consists of a traditional meal prepared for guests, a cultural program of oral history or performances. The Chehalis



The Chehalis Canoe Family performed traditional songs during Culture Night at the 2017 Affiliated Tribes of Northwest Indians Winter Conference at Great Wolf Lodge in January.



Photos contributed by Freddy Lane

Former and current National Congress of American Indians Presidents, from left, Mel Tonasket (Colville), Brian Cladoosby (Swinomish) and Ron Allen (Jamestown) shared their personal histories and how it led to their political service.

Canoe Family shared several songs for the audience.

“The songs sung that evening were from our heart and with our prayers,” said Fred Shortman. “‘One Heart, One Mind’ has always been our core value for the Chehalis Canoe Family. We drummed and sang to our honored guests visiting the Chehalis lands. It is so special to share the songs we sing that evening.” There is no written version of the songs and they are taught in the oral tradition of learning

Songs included “Malikah’s Floor Blessing Song,” “Rolling in the Fog,” “Skok Paddle Song” and “Sky-da.”

People enjoyed the performance so much that they requested Canoe Family members offer an encore. They obliged and performed an encore song led by Walter Lewis and Shannon Comenout.

It was a great night!

“Our Canoe Family paddles in honor of our canoe tuulap tit wiA (Tu-lap ti weah). Creating a lasting legend of where and who our sacred canoe came from, the song always reminds and teaches us as we sing it. In the second part of the song, in Chehalis the words mean: ‘Bring back the Life of the Last Canoe.’ She is a 27-foot ocean traveling canoe made from red cedar, and we honor her as the sacred vehicle she is,” Fred said.

Support our future

In past years, ATNI thrived primarily through self-generated revenues from membership dues and annual meetings, according to the ATNI website. In recent years, the organization has sought outside funds to meet complicated issues head on and provide regional

INFORMATION

To learn more about the Affiliated Tribes of Northwest Indians, call 503-249-5770 or go to atnitrines.org.

services to member tribes. The past few years have seen great gains at home. But as tribes take control of their lands and develop economic partnerships, they have been faced with additional challenges from congress. The economic gains in the past few years cannot remedy the longstanding disparity of the past 100 years.

Native peoples remain on the bottom of every social indicator – high unemployment, low income, high infant mortality, high teenage suicide and substandard housing.

To continue the important work of ATNI, we need your support. We invite your tribe to join as members. Your membership dues and contributions help us strengthen our program and expand services to all tribes and native peoples. Members become a part of the ATNI information network, receiving notices of meetings, informational mailings and legislative alerts.

The conference wrapped up Thursday morning with thanks to those who attended and well wishes for safe travels home.

IRS updates phone scam warning

Submitted by Chehalis Tribal Law Enforcement

The IRS is warning the public about phone scams that continue to claim victims all across the country. In these scams, thieves make unsolicited phone calls to their intended victims. Callers fraudulently claim to be from the IRS and demand immediate payment of taxes by a prepaid debit card or wire transfer. The callers are often hostile and abusive.

The Treasury Inspector General for Tax Administration has received 90,000 complaints about these scams. TIGTA estimates thieves have stolen an estimated \$5 million from about 1,100 victims. To avoid becoming a victim, you should know the IRS:

- Will first contact you by mail if you owe taxes, not by phone.
- Never asks for credit, debit or prepaid card information over the phone.
- Never insists you use a specific payment method to pay your tax.
- Never requests immediate payment over the telephone.
- Will always treat you professionally and courteously.

If you get a phone call from someone claiming to be from the IRS, you should:

- If you know you owe taxes or you think you might owe taxes, call the IRS at 800-829-1040. IRS employees can help you with a payment issue if you owe taxes.
- If you know you don't owe taxes or don't think that you owe any taxes, report the incident to TIGTA at 800-366-4484.

■ Contact the Federal Trade Commission and use the FTC Complaint Assistant at [ftc.gov](https://www.ftc.gov). Add "IRS Telephone Scam" to the comments of your complaint.

Visit the IRS website at [irs.gov](https://www.irs.gov) to learn how to report tax fraud.



Father and daughter carvers Alex and Tierra McCarty (Makah) work on welcome figures for the fiber arts studio on the Evergreen Longhouse Education and Cultural Center's Indigenous Arts Campus.

Indigenous Arts Campus boost

Evergreen's fiber arts and carving studios will foster cultural preservation

The cause of indigenous arts preservation and promotion recently received a \$1 million grant to The Evergreen State College Foundation for the expansion of the Evergreen Longhouse Education and Cultural Center's Indigenous Arts Campus.

The campus, which includes the Longhouse, offers teaching and learning opportunities for the creation of indigenous art forms, including those that might be endangered or are underused.

The Indigenous Arts Campus expansion includes a fiber arts studio and a new 2,000-square-foot carving studio. The existing 800 square-foot carving studio will become the indigenous 2-D (two-dimensional) design studio.

The mission of the Longhouse, or "House of Welcome," is to promote indigenous arts and cultures through education, cultural preservation, creative expression and economic development.

INFORMATION

For more on the Longhouse and the Indigenous Arts Campus, go to evergreen.edu/longhouse.

Foundation details are at evergreen.edu/give.

"The Indigenous Arts Campus provides art-making opportunities within a setting that affirms indigenous heritage and identity while providing educational opportunities that foster collaborations across generations, art media and diverse cultural practices within state-of-the-art facilities," said Longhouse director Tina Kuckkahn-Miller.

"The fiber arts studio, scheduled to open in October, has already provided numerous opportunities for cultural and artistic exchange as carvers and weavers work together to create permanent art for the new studio. An expanded carving studio will provide greater opportunity for both academic use and community-based workshops and residencies while allowing carvers to increase the scale of their work. For

example, to produce full-sized canoes," she said.

Both studios will provide facilities to support tribal initiatives such as the annual Tribal Canoe Journey, in which artists create ocean-going canoes, paddles, regalia and gifts of art.

Seven Washington tribes have provided financial support, in-kind donations of timber and sponsorship of artists for the Indigenous Arts Campus. Those include Chehalis, Muckleshoot, Snoqualmie, Shoalwater Bay, Squaxin Island, Nisqually and Skokomish tribes. The expansion is made possible in part by a \$1 million grant from the Margaret A. Cargill Philanthropies.

"The skills and traditions of indigenous art are handed down person to person and generation to generation," said Evergreen State College President George Bridges. "And much of that involves actually carving, painting, weaving or creating side by side with artist mentors. These studios and facilities represent a vision for creative spaces inspired by the art itself, hands-on learning, international collaboration, cultural preservation and artistic work that really has no parallel."

CHEHALIS TRIBAL NEWSLETTER

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

The 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).



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 Oakville, WA 98568
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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
Jessie Goddard, Vice Chairman
Shoni Pannkuk, Treasurer
David Burnett, Secretary
Leroy Boyd Sr.,
 Fifth Council Member

NEWSLETTER STAFF

Fred Shortman, Audra J. Hill and the Information Technology Team

Local hero is honored

American Legion pays tribute to fallen U.S. Army Cpl. Christopher J. Nelson

*Contributed by Leo R. Gruba,
 4th District Commander,
 American Legion
 Department of Washington*

A gold star emblazoned on a white background framed in red is a symbol of a family's ultimate sacrifice. The gold star banner signifies the loss of a loved one during service to our nation, a public expression of a private tragedy.

A Gold Star Banner Ceremony organized by the Rochester American Legion Post 49 offered friends and family an opportunity to reflect and celebrate the life of a local hero, U.S. Army Cpl. Christopher J. Nelson on Jan. 22.

As family members filled up the center aisle of Swede Hall in Rochester, they were surrounded by dignitaries from Joint Base Lewis-McChord, civic and tribal leaders from surrounding communities and counties and national and local representatives of the American Legion, Gold Star Wives Association, Veterans of Foreign Wars and other service organizations.

Ultimate sacrifice

On Nov. 18, 2007, the Nelson family received news that their husband, son, brother and friend had been killed in action in Iraq.

Just four short years prior, Christopher graduated from Rochester High School and worked at the local Chevron. He was a young man from a small town who joined the Army to serve his nation and explore the world.

Christopher was not unlike his fellow 4,491 fallen service men and women from varied backgrounds and circumstances who were killed in Iraq. He gave his life serving alongside an extended family of brothers and sisters in arms.

Not forgotten

Ten years ago, Angela Marquez Nelson, learned her husband had given the ultimate sacrifice to his nation. In January, she was surrounded by her family listening to remarks by dignitaries. She took in words of love and kindness from strangers who offered support and a commitment to honor his memory.

It was hard not to feel the pull of emotions still raw after so many years.

The Nelson family was called before their friends and community to receive a gold star banner honoring Christopher. As Angela stood, her grace and poise reflected a generation of young widows and widowers who find solace

NEW MEETING SITE

The Cpl. Christopher J. Nelson Memorial Post 49 American Legion Family now meets at the Historic Gate School House, 16925 Moon Road SW, Rochester. Social hour is at 6 p.m., meeting is at 7 the first Wednesday of each month.

Thanks to the Chehalis Tribe and Lucky Eagle Casino for their support and for providing food at the Gold Star Banner Ceremony for U.S. Army Cpl. Christopher J. Nelson.

Contact: Robert "Bob" Clark at 360-584-5773.

knowing their sacrifices will not be forgotten.

Following the ceremony, the Rochester American Legion Post 49 was renamed the Cpl. Christopher J. Nelson Memorial Post 49 American Legion Family in his memory.

As the American Legion Dough Boy memorial Post 138 color guard uncased and presented new post colors honoring Cpl. Nelson, the room erupted. The close to 300 attendees broke into applause and cheers. It was a testament to the feelings of everyone in the room and in our great organization as we seek to honor men and women like Cpl. Nelson.



U.S. Army Cpl. Christopher J. Nelson was remembered for his bravery at a Gold Star Banner Ceremony on Jan. 22.



HEALTH/ WELLNESS

Tap into Mother Nature's remedy

Winter Tree Medicine class cultivates knowledge of hidden healing properties

Those interested in discovering the healing properties of Northwest trees gathered for the Winter Tree Medicine class on Jan. 31.

Herbalist and wild foods educator Elise Krohn taught the class in the Tsapowum Behavioral Health Meeting Room. Sixteen participants learned the healing properties of western red cedar and Douglas fir trees.



Elise Krohn
Herbalist, wild foods instructor

Elise has been working in this field with many other Northwest tribes. She said she is very grateful to have been taught by influential instructors on her path.

She shared how to recognize each conifer and discussed their healing properties. Elise reminded everyone that Mother Nature's garden is available to shop in anytime. She encouraged participants to carefully harvest the raw materials to make medicines.

Western red cedar

Cedar has made possible the rich culture and historic

wealth of the Northwest Coastal Indian people by providing for them from birth to death. Cedar has many names and has been called "Grandmother," "Long Life Maker" and "Rich Woman Maker."

The cedar tree has hidden healing properties along with what it offers for daily life for indigenous people. All parts of the cedar tree can be used to create basketry, paddles, canoes, bedding, rope and more. The tree is fondly referred to as a generous one because of its durability and variety of uses.

Elise described how to harvest medicines from the tree. She urged caution and recommended learning from an elder or culture keeper about the appropriate time to harvest. It's best to accompany them before venturing out on your own. That way, the tree will continue to survive and flourish for future harvests.

Douglas fir

The Douglas fir is a strong and adaptable tree. In the spring, Douglas fir tips are tender and delicious. They are high in vitamin C and electrolytes. Northwest native people value them for warding off hunger and thirst. The needles and pitch are high in aromatic resins that fight infections and stimulate immunity. Fresh young needles and dried older needles are useful to battle colds and boost energy. The tree's sap was used to seal wounds and resins were made to seal canoes, tools and implements.

Making medicine

A fun part of the class was when participants



Participants were shown how to utilize all parts of cedar and fir trees to make medicine and boost health during the Winter Tree Medicine class. The trees have traditionally been used for their hidden healing properties.



made medicines from parts of different trees. They learned how to process base ingredients and combine cedar oil, essential oils and beeswax to make a Medicine Tree Chest Rub or facial steam for better health when you aren't feeling well. It was an eye-opener to see natural ways to prevent sickness used by our ancestors.

Attendees soaked up information and took notes. The handout was very informative and provided recipes. Tribal members left

with a solid base of knowledge.

This class is only the beginning. Look for flyers on future learning opportunities!

About the grant

Funding for this program is through the Suicide Prevention Grant the Chehalis Tribe received for five years. It promotes healthy activities, builds teamwork and protects our youth from this horrific act. The program hopes to find gatekeepers and mentors to train the trainers.

The Chehalis Tribal Wellness Center's recent Lunch and Learn focused on the kidneys. While still a threat, the good news is diabetes-related kidney failure among Native Americans decreased significantly in the past few years.



Protect your kidney function

Lunch and Learn covers diabetes in Native Americans

Properly functioning kidneys are essential to good health.

Kidneys are about 3x5x1.5 inches. Most people have two and they are located against the back wall of the abdominal cavity. They are made up of millions of nephrons. A nephron is the basic functional unit of the kidney.

Kidneys aren't just "filters," and they do more than make urine. They filter out waste products from the blood, help control blood pressure, make hormones and help keep various salts and chemicals in balance.

More specifically, they regulate sodium, chloride, bicarbonate, calcium, magnesium and hydrogen. They eliminate waste such as creatinine and urea nitrogen. They help regulate acidity. They produce hormones such as erythropoietin that we need to make red blood cells and calcitriol for building bones.

Native Americans are twice as likely as whites to be diagnosed with diabetes. Native Americans were nearly five times more likely than whites to have kidney failure from diabetes in 1996. Reasons include high blood sugar, high blood pressure and major barriers to health care.

Kidney failure is a disabling and expensive complication of diabetes throughout the

US. Medical costs for kidney failure from diabetes were about \$82,000 per person in 2013. Medicare spent \$14 billion to treat people with kidney failure from diabetes in 2013.

Now the good news. Diabetes-related kidney failure among Native Americans decreased by 54 percent from 1996-2013. This was largely because of better blood pressure and blood sugar control.

If you are diabetic, take a keen interest in keeping your blood sugar and blood pressure under control to protect your kidneys and other important organs. If you are uncertain how to accomplish this, make an appointment with your health care provider.

Avoid 8 common toothbrushing mistakes

It's easier than one might think to make mistakes with oral hygiene.

An article by Rachel Grumman Bender in Reader's Digest discusses eight common mistakes people might make while brushing.

For example, a common mistake is not brushing teeth long enough, the article stated, noting that "the American Dental Association recommends brushing for two minutes, but many people fall woefully short

TIPS

Mouthhealthy.org provides additional information on proper brushing techniques.

and don't even realize it."

According to the article, common mistakes also include:

- Brushing too hard
- Using an incorrect angle while brushing
- Selecting a toothbrush with

bristles that are too firm

■ Using a toothbrush head that is too large

■ Letting your toothbrush get old

■ Not flossing regularly

■ Failing to brush twice a day with fluoride toothpaste

"Dental disease is totally preventable," says ADA spokesperson Dr. Sally Cram, "and a lot of it can be avoided by stepping up your home brushing program and having check-ups."

events

DR. BEHRE FOOT CLINIC

1-4 p.m. March 9, 8 a.m.-noon March 22: The Chehalis Tribal Wellness Center has a podiatrist available to see to all of your foot care needs.

DIABETES WELLNESS CLINIC

8 a.m.-4 p.m. March 16, April 20: Patients need labs, a medicine review, foot/diabetes/physical exams and a uric acid blood test.

MONTHLY COMMUNITY WALK

Noon March 16, April 20: Join others for a fun fitness walk. Starts at the Wellness Center.

MAMMOGRAM CLINIC

9 a.m.-3 p.m. March 21, June 6: With Swedish Women's Wellness Clinic. Schedule an appointment with your health care provider to see if you're eligible.

MONTHLY LUNCH AND LEARN

Noon-1 p.m. March 29: Rita Mercer will talk about "Diabetes and Cholesterol" in the PT Room of the Wellness Center.

FOR MORE INFORMATION

Call Diabetes Licensed Practical Nurse Sandra Dickenson (360-709-1660) or Christina Hicks (360-709-1741).

Understand risk factors of heart disease

Wellness Center raises awareness for Native American women

February is Women's Heart Health Month. Heart disease is the leading cause of death for Native American women. The beauty and strength of the Native American culture rests in the family, and the heartbeat of the family is the wife and mother. Unfortunately, heart disease is quietly affecting many women with grave consequences. As the Native American population grows, so does the number of deaths related to heart disease, the nation's No. 1 cause of death.

The Chehalis Tribal Wellness Center's goal is to raise awareness about heart disease and its risk factors.

For instance, Native Americans die from heart disease at younger ages than other racial and ethnic groups in the United States.

Additionally, Native women have high rates of diabetes, obesity, tobacco use and high blood pressure, all factors that increase heart disease risk.

More women than men die from heart disease every year. However, only 13 percent of American women recognize that heart disease is their leading cause of death.

What is heart disease?

Heart disease in women includes a number of



conditions affecting the heart and the blood vessels in the heart. The most common type of heart disease is coronary artery disease. It is the leading cause of heart attacks.

With CAD, your arteries become hard and narrow from buildup of cholesterol/triglycerides. Blood has a hard time getting to the heart, so the heart does not get all the blood it needs. CAD can lead to:

■ **Angina:** Chest pain or discomfort that happens when the heart does not get enough blood. It might feel like a pressing or squeezing pain, often in the chest, but sometimes the pain is in the shoulders, arms, neck, jaw or back. It can feel like indigestion (upset stomach). Angina is not a heart attack, but having angina means you are more likely to have a heart attack.

■ **Heart attack:** This occurs when an artery is severely or completely blocked and the heart does not get the blood it needs for more than 20 minutes.

Heart attacks in women:

The most common heart attack symptom in women is pain, pressure or discomfort in the chest. It is important to note that it is not always severe or even the most prominent symptom.

Women are more likely than men to have a heart attack without chest pains and are much more likely to have heart attack symptoms unrelated to chest pain.

Women might also have:

- Neck, jaw, upper back, shoulder or abdominal pain
- Shortness of breath
- Right arm pain
- Getting a cold sweat
- Nausea
- Feeling faint
- Unusual tiredness/fatigue
- Indigestion
- Anxiety

If you have any of these symptoms, call 911.

TIPS FOR HEART HEALTH

- Schedule a physical at the Chehalis Tribal Wellness Center by calling 360-273-5504.
- Know your numbers. Ask one of the health care providers to check your blood pressure, cholesterol (total, HDL, LDL and triglycerides) and blood glucose.
- Don't smoke. If you smoke, try to quit. For help along the way, see a provider at the clinic. There are many options that can be tailored to your needs.
- Maintain a healthy weight.
- Get moving. Aim for 30 minutes of exercise a day most days of the week. Try taking the stairs instead of the elevator. Walk during breaks at work.
- Eat heart-healthy foods. Eat whole-grain foods, vegetables and fruit. Choose lean meats and low-fat cheese and dairy products. Limit foods that have a lot of saturated fat, such as butter, whole milk, baked goods, ice cream, fatty meats and cheese.

GET PUMPED UP

CERTIFIED FITNESS INSTRUCTOR RIKKI SUTTERLICHT IS OFFERING FITNESS CLASSES

WHERE: Chehalis Tribal Community Center Gym

COST: \$79 a month per person; free 6 p.m. classes for a limited number of participants. These spots are almost full!

CONTACT RIKKI AT 360-464-0664
IF YOU'D LIKE TO BE ON THE LIST
OR FOR ADDITIONAL DETAILS



WIC THROUGH SPIPA

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

NEXT DATE

9:30 a.m.-3:30 p.m.
March 2 at the Chehalis Tribal Wellness Center



CONTACT

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

FEBRUARY BIRTHDAYS

1

Bailey Parkinson
Bonnie Quirke

2

Dakota Marcellay
Devin Olney

3

Josephine Aldrich
Kelsey Bray
Tommy Colson
Rita Hernandez
Shaylah Seymour

4

Don Brown
Shelby McCrory
Terry Middleton
Ray Secena, Jr.

5

Catherine Nemeth

6

Norma Flores
Shadow Hernandez
Sabrina Owens
Lois Poling

7

Aalyiah Meddaugh
Kesawin Washburn
Andrea Youckton

8

Jennifer Bird
Layne Colson
Joseph Revay, Jr.



ATTICUS SIMMONS:
Happy 1st birthday.
Love your family.

9

Daryl Boyd, Jr.
Shyloh Kinkade
Karen LeClaire

10

Xavier Flores
Amy Potter

11

Stephanie Pickernell
Steven Pickernell
Laura Starr

12

Kilynn Owens
Jennifer Revay

13

Timothy Garza
Heather Klatush
Alayna Lopez
Albert Ortivez-Hicks
Chase Perez
Fred Shortman



STEPHANIE PICKERNELL: Happy birthday to my loving wife. From your husband.

14

Michael Boyd
Yevgeni Lukianov
Maria Boyd

15

Albert Ortivez III

16

Mackenzie Jones
Susan Sanders

17

Chaon MacDougall

18

Daryl Boyd Sr.
Margaret Gleason

19

Kim Heck
Catherine Secena

20

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

21

Lilia Hoheisel
Patrick Simmons, Jr.
Christopher Teague

22

Riley Youckton

23

Sharon Tolbert

24

Luke Cayenne

MORE WISHES

JENNIFER BIRD: Happy birthday Jenny Buns. Love you! P.S. Yes, I like your hair. Love Anna Hill.

DARYL BOYD SR.: Happy 45th birthday honey. Love Angie and kids.

TIMOTHY GARZA: Happy birthday. From Mom, brothers and sister, Auntie Jodie, Carlos and family.

HEATHER KLATUSH: Happy birthday Gangsta. Much love, Anna Hill.

MARIA BOYD: Happy birthday! With love, Angie and kids.

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

25

Daymon Thomas
Ryan White Eagle, Jr.
Zayden Youckton

26

Marla Conwell
Mary DuPuis

27

Halisa Higheagle
Stevie Youckton

28

Virginia "Dolly" Canales
Tom Hayden, Jr.



FRED SHORTMAN:
Happy birthday. Love Jodie, Carlos and your sons!



JERRIE SIMMONS:
Happy birthday Kia, Mom. Love your family.



MACKENZIE JONES:
Happy birthday. Much love from your Enterprise family.



PATRICK SIMMONS, JR.: Happy birthday. Love your family.



RITA HERNANDEZ:
Happy birthday to an amazing, loving sister. Love Anna Hill.



DARYL BOYD JR.: Happy birthday Bubba with love from Mom, Dad and family.



PAT YOUNCKTON: Happy birthday. Love your family.

FAMILY

Monster Jam brings big air to Dome



Families watch high-octane action during Monster Jam.

Tribal families revel in wheelies, endos, donuts and thrilling races

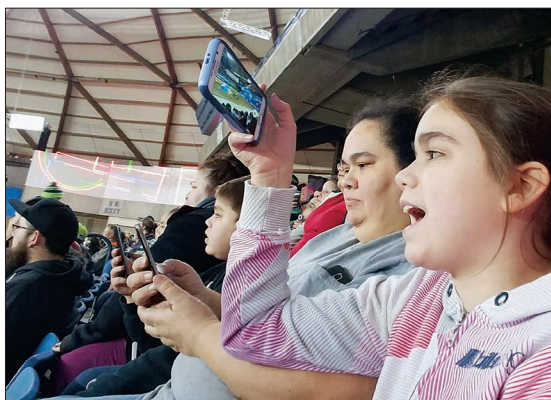
Sign-ups sheets for the 2017 Monster Jam at the Tacoma Dome filled up fast. This is a highly popular trip to see death-defying feats and amazing performers. It never fails to be exhilarating fun for elders, adults and children with the thunderous roar of engines, crunch of gigantic tires and pumped-up crowd. The noise was so loud that you could feel the vibrations of excitement as trucks performed throughout the evening. Spectators witnessed incredible stunts and races.

Families and children laughed, clapped and cheered for their favorite truck during races and freestyle events. Watching go-carts zoom around also was a special attraction.

Tribal families headed to the Pit area to take photos, visit with drivers and see the trucks in person.

Folks lined up to purchase memorabilia such as Monster Truck T-shirts, models, flags, remote control trucks and hats.

Thank you to Youth Center Director Tony Medina and his staff for their continued work in providing these fun-filled family activities. The memories will last a lifetime!



GET THE LOWDOWN

For more information on the trucks, stunts and organization, go to monsterjam.com.

Fun-filled- winter days at Early Learning

During January, our Early Learning classrooms have been focusing on winter! Children learned about the weather, listened to stories about animals that hibernate and kept our noses clean with an abundance of tissues.

This time of year means cold and flu season and lower attendance because of illnesses. Teachers are talking with children about the importance of washing our hands to kill icky germs. Our children have become experts at covering coughs, washing hands often and helping friends get a tissue or coat when going outside.



Museum trip

Early Head Start visited the Hands On Children's Museum

ANNUAL REPORT

The Chehalis Tribal Early Learning's **2016 annual report** is complete and copies are available at the front entrance of Early Learning's main building.

in Olympia in January. Families delighted in indoor play and explored the museum. Interactive exhibits provided an exciting and engaging visit.

This was a self-transport field trip, and we very much

appreciate our families who attended. Parents and family members are always encouraged to volunteer at our center and become familiar with the Chehalis Tribal Early Learning Program.

Dental checkups

Each of our Head Start and Early Head Start classrooms was visited by Dr. William Elton on Jan. 11 for dental screenings of each child. We appreciate Dr. Elton and his team visiting often and getting acquainted with our little ones to encourage a lifetime of good dental health.

Breaking down jealousy myths

Contributed by Nicole Seligman,
loveisrespect advocate,
from *Dating & Hooking Up*

Jealousy comes up in most relationships. What determines if your relationship behaviors are healthy, unhealthy or abusive is how you deal with jealous feelings. Let's break down some myths to help you learn how to handle your jealousy in a healthy way.

Myth 1

My partner shouldn't talk to, text or hang out with other girls/guys.

False! In a healthy relationship, both partners should encourage each other to have friends of any gender outside of the relationship. It is important to set boundaries to make sure you're both on the same page about what might constitute cheating, but you and your partner should have fulfilling friendships with other people.

Myth 2

Going through my partner's phone and social media is OK if I suspect he or she might be cheating.

False! Whether you heard a

rumor or have a feeling he or she might be cheating, it's never OK to look through your partner's phone or social media without permission. In a healthy relationship, if you are worried your partner might be cheating, communicate openly. It's more effective to approach this as a conversation rather than an accusation.

Myth 3

Because my partner has cheated or lied in the past, I

shouldn't trust that he or she is being faithful.

False! It's natural to be hurt by cheating and dishonesty, but it's never OK to use the past against your partner. Trust is something we decide to give, not something that can be earned back. Not trusting your partner isn't fair to either of you. If you're unsure whether you can trust your partner, think about what it would take for you to trust again. If your answer has

HERE TO HELP

The Chehalis Domestic Violence Program offers services to tribal members and community members. If you have concerns about healthy relationships, jealousy, domestic violence or dating violence, please reach out.

Visit the office: Stop by from 8 a.m.-4:30 p.m. Monday-Friday or call 360-709-1874.

Crisis line: Chehalis Tribe Domestic Violence Advocate Janita Raham is available at 360-789-3627. Call or text 24/7.

The Women's Healing Circle runs from 4:30-6 p.m. March 9 and 23 and April 13 and 27 in the Behavioral Health Group Room.

The group provides a safe environment to talk with people who have been affected by domestic violence. Build friendships and find support.

A craft, meal and child care will be provided. Open to the tribal community and employees. Free and confidential.



anything to do with checking up, then you aren't trusting. If your answer has something to do with adjusting your own jealousy and behaviors, you might be able to go on to have a healthy relationship.

Myth 4

If my partner is jealous of other people talking to me, he or she is trying to protect me.

False! Just like in myth 1, healthy relationships include healthy friendships. If your partner says you aren't allowed to talk to other people because they might be interested in you, then your partner doesn't trust you. When one partner tries to tell the other who to talk to, that is asserting power and control, which is unhealthy and can be abusive.

Rez Animal closes a successful year

Program spays/neuters pets, reduces number of strays

Rez Animal Resources & Education had an exceptional year and provided 183 spay/neuter surgeries in 2016.

Since it began its program in October 2006, the group has paid for all or part of the cost to spay and neuter more than 1,229 dogs and cats. With the help of volunteers who provide foster care for stray dogs and cats, the organization has placed 218 animals into



permanent homes.

Rez Animal serves dogs and cats within the Chehalis, Nisqually, Skokomish, Squaxin Island and Shoalwater Bay native communities. Its spay/neuter voucher program is available to anyone living in these tribal communities or any enrolled member of one of

the tribes. Vouchers can be used at participating clinics near the reservation. Pet owners pay \$5 toward the spay/neuter surgery and Rez Animal pays the rest.

Spaying or neutering

your pet is critical to controlling the pet population and reducing the number of homeless dogs and cats. The Humane Society of the United States estimates that 6-8 million pets enter animal shelters each year. About half are adopted, and the rest are euthanized.

Unspayed female cats can have an average of three litters per year, each of which produces four to six kittens. Unspayed dogs have an average of two litters per year with six-10 puppies in each litter.

Rez Animal Resources & Education also can help with emergency veterinary care if a pet is sick or injured.

CONTACT US

To receive a spay/neuter voucher, call 253-370-6392.

Donations are gladly accepted to help us to keep providing low-cost spay/neuter services. Make donations at rezanimals.com or by check payable to: Rez Animal Resources & Education and mail to P.O. Box 8640, Lacey, WA 98509.

SPAY/NEUTER SURGERIES COMPLETED

Chehalis	425
Nisqually	208
Skokomish	242
Squaxin Island	248
Shoalwater Bay	106

STUDENTS OF THE MONTH

Kane Willis

First grade
Adna Elementary School

Kane Willis is a first-grader at Adna Elementary School. He is the son of Steven and Tawni Willis and has two brothers, two sisters, two cows and one dog.

At home, Kane loves to play and ride his quad.



Kane enjoys all aspects of school, but especially likes reading and recess time. He attributes his high performance at school to listening to his teacher. He encourages other students to be quiet during class so they can hear and follow directions. Kane is active and likes to play soccer and baseball.

Kane has a lot of talents that include reading, math, listening and riding bikes. Great job, Kane!

Naomi Bird

Sixth grade
Oakville Middle School

Naomi Bird finished the first semester of sixth grade at Oakville with a 3.1 GPA. Naomi is the daughter of Danielle and John Bird and has one brother, one sister and a dog named Rex. She looks forward to going on rides with her family.

One of Naomi's favorite subjects is math. She believes part of her success is a result of getting her work done as it is given out and completing it on time. Her advice to other students is make sure to pay attention



during class. Naomi would like to play basketball for Oakville in the coming years.

Naomi fills her time by coloring and making art. She also makes sure to be friendly to everyone both in and out of school.

After high school, Naomi plans to work in construction helping to build houses. To reach this goal, she plans to attend trade school. She has not started exploring what college she would like to go to yet but will start looking once she gets into high school.

Naomi isn't certain what she would do if she was chairman of the tribe, but she is sure it would be good for everyone.

Mya Ortivez

Ninth grade
Oakville High School

Mya Ortivez is a ninth-grader at Oakville High School and finished the first semester with a 3.4 GPA.

Mya is the daughter of Crystal and Shawn Ortivez and has three sisters, three dogs and two cats. She enjoys spending time with her family.

Mya especially likes getting to hang out with her friends. She attributes some of her academic success to doing her work and



making sure it is turned in on time. When other students ask how to succeed in school, she tells them to have fun and always turn their work in.

Mya loves sports and plays basketball, volleyball and fast-pitch softball.

She plans to go to college at UCLA. She knows it will be a challenge but she will prepare for the experience during the rest of her time in high school.

If she was chairman of the tribe, Mya would focus on having more youth activities such as sports tournaments and conferences.

NOMINATE YOUR CHILD

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

360-709-1897. State the reason why your child should be considered. Deadline is the last Friday of each month.

*Contributed
by Chehalis
Tribe K-12
Program*

in brief

Native artwork sought for exhibit

The Washington State Historical Society is accepting applications of native artwork through March 24 to display in the 2017 juried show In the Spirit.

Now its 12th year, the show offers an opportunity for contemporary native artists to display their work at the museum in Tacoma from June 15-Aug. 20. Accepted artwork will be eligible for awards and monetary prizes.



The museum also will host a native arts market and festival on Aug. 19 that includes performances by native artists and offers vendor booth space.

Applications are available at inthespiritarts.org. If you have any questions about the application process or In the Spirit exhibition or festival, contact Molly Wilmoth at molly.wilmoth@wsns.wa.gov or 253-798-5926.

USDA Food Program

To sign up for the USDA Food Distribution 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.

Tribal community members can get an application from Debra Shortman at the Chehalis Tribal Wellness Center.

The next distribution date is March 23. Pickup is at the Chehalis Tribal Community Center from 9:30 a.m.-1:30 p.m.