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Basketball showcase
 Players rock native hoops tournament
 page 2



Help finding a job
 Tribal businesses offer excellent resources
 page 5

Nature provides

Community class forages for wild nettles to make nutritious, delicious food

Community members gathered early on March 20 at the Elders Center to head outside and harvest a delightful treat Mother Nature offers to her people.

The super food stinging nettle was the focus of the latest plant medicine class from experienced herbalist and wild foods educator Elise Krohn. Together with Charlene Abrahamson, they guided participants on using edible wild plants that provide food for the soul, mind and spirit.

Because our society is accustomed to running to the grocery store, the lost art of foraging for wild edibles has become a novelty instead of a necessity. Our ancestors not only knew how to identify wild plants that were edible, but they also wisely used this free bounty. It's unbelievable how much food you can collect

See NETTLES, page 7

Tribal member Makayla Ortiz gathers nettles during a class field trip. **Elise Krohn** demonstrates how to make nettle soup in the Elders Center kitchen.



HISTORY

The nettle is a source of tribal strength.

Instructor

Elise Krohn shares a tale from Lower

Elwah Storyteller

Roger Fernandes about the importance of the nettle: Page 7

Watch the teaching by

Roger: [youtube.com/watch?v=FKOez3zhuUY](https://www.youtube.com/watch?v=FKOez3zhuUY)



The first Mother's Tea brought out the children and ladies who love them.

Mother's Tea honors special gals

Families celebrate with crafts, dinner

Contributed by Orinda Goddard, Vocational Rehabilitation Lead Counselor

The Chehalis Tribe's first Mother's Tea brought together moms, grandmas, aunts and kids for a lovely evening.

The event was held at the Gathering Room on March 31. All proceeds will go toward the 10th annual Cancer Walk. We'd like to offer a big thank you to the 65 participants who came out to support our fundraiser.

Along with providing food, volunteers set up a

See TEA, page 11

Hoops battle is a crowd-pleaser

Exciting All-Natives Men's Basketball Tournament features food, friends and fighting spirit

The Chehalis Tribe hosted the annual All-Natives Men's Basketball Tournament during the first weekend of March.

Twelve teams accepted the invitation to enter into the double elimination basketball tournament. It was directed by Philip Youckton and Leroy Boyd.

What kind of basketball tournament would it be if someone couldn't get delicious food to satisfy their hunger? Families sat together enjoying a tasty meal from the Shaker Church volunteers.

The tantalizing aroma of the food drifted into the gym. Many people sat in the gathering room visiting, laughing and enjoying each other's company.

Vendors also took the opportunity to sell their unique artwork and native designed clothing. They were set up in the hallway of the Community Center.

Many visitors and community members purchased something new to wear or found special keepsakes for long-lasting memories of the weekend.

Teams battled through the tournament bracket in an attempt to get to the final day of the tournament. Their determination, skills and pride pushed them to achieve the ultimate goal of winning.

It was Indian basketball at its finest with a free-spirited style, yet obvious discipline and dedication to the sport. It was a physical game with impressive ball-handling techniques – a nice display of skillful shooting, passing, dribbling

RESULTS

1st place: Suquamish

2nd place: PNW

3rd place: Skokomish

4th place: Willies

MVP of the tournament:
Joe from Suquamish

and rebounding. Spectators also enjoyed dazzling displays of three-point shooting during many of the games.

In the end, there had to be a winner. On Sunday, both the Suquamish and the PNW basketball teams pushed themselves to the limit to win the championship jackets.

The PNW basketball team, which consisted of mostly tribal and community members, didn't go easy as they came through the loser's bracket winning the first game and forcing a final championship game.

In the second game, Suquamish came out victorious with a one-sided victory making them the champions of the basketball tournament.

What a great weekend full of games and camaraderie.

A special thanks to all of the scorekeepers, referees and local players who stuck around to help clean up after the games were over.



The All-Natives Men's Basketball Tournament brought 12 teams together to play a weekend of basketball at the Chehalis Tribe's Community Center. Suquamish emerged victorious.



Families gather to have dinner and watch the story of a brave little girl on an important journey in "Moana" during Movie Night.

'Moana' Movie Night magic

Animated adventure was on the menu as tribal community members of all ages gathered for Movie Night on March 16 in the gathering room of the Community Center.

More than 50 people watched "Moana," the tale of a brave teenager who sails away to save her people, at the event hosted by the Events and Heritage & Culture Program staff.

It was a great opportunity to share a meal, visit with friends and family and take in an action-packed movie.

And the best part – it was all free! Everything was sponsored and provided by the Events and Heritage & Culture programs.

This wasn't like the theaters though because delicious food was delivered right to your table by staff. They also visited everyone to assist in tidying up. Such a treat!

After the movie, Events Coordinator Philip Youckton updated community members on upcoming events tribal



programs are sponsoring.

Members of the Heritage & Culture Program changed the evening up a little by bringing gifts for families instead of a raffle.

A huge thank you goes out to our hard-working Events and Heritage & Culture staff for giving families such an enjoyable evening.

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).



TRIBAL CENTER

Main line: 360-273-5911

Address: 420 Howanut Road
Oakville, WA 98568

Office: 360-709-1726

Fax: 360-273-5914

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

Build support at Women's Healing Circle

The Women's Healing Circle runs from 4:30-6 p.m. April 27 and May 4 and 18 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.

The Chehalis Domestic Violence Program offers services to tribal members and community members.

REACH OUT

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

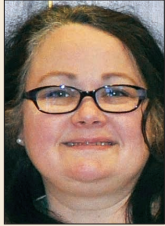
Crisis line: Chehalis Tribe Domestic Violence Advocate Janita Raham is available at 360-789-3627. Call or text 24/7.

STAFF PROFILE

Advocating for victims

Hello, my name is Holli Gomes, and I am your newly hired Crime Victims Advocate.

I have a master's degree in criminal justice and criminology from the University of Cincinnati. I have enjoyed serving in Clark County as both a CASA member and a sex trafficking educator. I have three children, two cats and one dog. My favorite hobbies are knitting and paper crafts.



Holli Gomes

This program is in the early stages of development and is greatly needed. It will create easy access to resources available to crime victims and help to navigate them through the court and the legal process. It is our goal to give you access to victim resources and a person to walk you through the legal journey so we can make it less stressful to go to court.

I am here to assist you. For more information about the program please contact Holli at 360-709-1613, or email hgomes@chehalistribe.org. You also can come by my office to introduce yourself. I look forward to meeting the Chehalis tribal community members.

Protecting our Earth

Earth Day on April 22 reminds us to be kind to our land. One way we can address the changing world is with the second year of the Indigenous Climate Justice Symposium on May 4-5 at The Evergreen State College in Olympia. Additionally, The Leschi-Quiemuth Honor Walk on May 6 and the Northwest Indigenous Youth Day on May 7 (both at Nisqually) also are important events.

May 4-5 (10 a.m.-4 p.m.):

Evergreen's Longhouse Education and Cultural Center will offer panels, student presentations and cultural events, along with skills workshops, climate change effects details, fossil fuel resistance and community resilience and adaptation. The keynote speaker on May 4 (7 p.m.) is Faith Spotted Eagle (Ihanktonwan Dakota/Nakota), a key leader in the fight to stop the Keystone XL and Dakota Access pipelines. The Friday evening speaker is Rueben George (Tsleil-Waututh), a leader against Kinder Morgan pipeline expansion in British Columbia.

May 6: The symposium's theme is "A Time for Gathering." We hope you can attend the by-invitation Northwest Indigenous Youth Day on May 6. Events are part of the Climate Change and Pacific Rim Indigenous Nations Project.

May 6: The Leschi-Quiemuth



Faith Spotted Eagle



Rueben George

May 7: The Northwest Indigenous Youth Day is by invitation for middle school, high school, college-age students, indigenous youth group members and canoe families. The day will include workshops on fossil fuel resistance and climate change resilience, youth role models talking about protecting communities, success stories, traditional foods and keeping in touch with other youth protecting their land and water.

We hope you and your tribal members, family, or organization can attend and contribute.

INFORMATION

sites.evergreen.edu/indigenousclimate

Honor Walk is an annual event for Nisqually tribal members and supporters to access cultural sites and former homesteads on reservation land within Joint Base Lewis-McChord. Registration is in advance; a form will be available soon.

CNR LANDSCAPING AND MAINTENANCE

CHEHALIS TRIBAL MEMBER BUSINESS OFFERS SERVICES TO THOSE WHO NEED WORK DONE AROUND THEIR HOMES

*** Licensed and bonded ***

CORRENA SECENA, 360-485-8788

RAY SECENA, 360-709-9904



FIREWORKS LOANS

THE CHEHALIS TRIBAL LOAN FUND PROGRAM IS ACCEPTING APPLICATIONS FROM STAND OWNERS THROUGH JULY 9

**CALL 360-709-1631
OR 360-709-1831**

Land a new job

Human resources fair provides vital work resources

Looking for employment? A job fair in the Events Center of Lucky Eagle Casino on April 5 was held to recruit and encourage people to apply for positions that are open.

It was a combined effort by the Chehalis Tribal Enterprise, Lucky Eagle Casino, Chehalis Tribe, Vocation Rehabilitation Program and Great Wolf Lodge human resources staff.

It can be a challenge to find a job that will fit your schedule or qualifications. Various human resources staff were available to provide vital information about qualifications, applying and updating your resume.

The following information can help you in your quest for work. Opportunities on websites change weekly.

Chehalis Tribal Enterprises

Online: chehalistribe.com

Contact: Anna Hill, HR Coordinator, 360-273-1251, ext.112, or amhill@chehalistribe.com

Where: 18120 Anderson Road, Oakville, WA 98568

Chehalis Tribal Enterprises is seeking an experienced staff accountant.

Chehalis Tribe

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

Contact: Stephanie Pickernell, Human Resources Director, 360-273-5911, ext. 1641

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

Great Wolf Lodge

Online: greatwolf.com/careers

Contact: Tawni Houk, Human Resources Manager, 360-273-7716, ext. 4925, thouk@greatwolf.com

Where: 20500 Old Highway 99 SW, Grand Mound, WA 98531

If you are a Chehalis tribal member, an internship is still being offered to those who are interested.

Lucky Eagle Casino

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

Contact: Jody Chasen, Talent Acquisition Specialist, 360-273-2000, ext. 519

Where: 12888 188th Ave. SW Rochester, WA 98579

Vocation Rehabilitation Program

Contact: Orinda Goddard,



A representative from Lucky Eagle Casino chats with visitors at the job fair at Great Wolf Lodge on April 5.

Vocation Rehabilitation Lead Counselor, 360-709-1735, ogoddard@chehalistribe.org

Where: 420 Howanut Road, Oakville, WA 98568

The goal of the Vocational Rehabilitation Program is to provide services to Native American/Alaskan

Natives consistent with their individual strength and abilities. Our clients are provided with informed choice while working to create self-confidence and independence.

Our ultimate goal is to prepare the individual for sustainable employment.

TRIBAL POLICE

CRIME TIP LINE

ANONYMOUS CALLS ARE WELCOME AT 888-646-7407. FOR NON-EMERGENCY CALLS, DIAL 360-273-7051. THIS LINE IS NOT MONITORED REGULARLY.

SIGN UP FOR PROGRAM

INTERESTED IN BECOMING A TRIBAL POLICE EXPLORER? WOULD YOU LIKE TO BE A MENTOR TO OUR PEOPLE AND MAKE A POSITIVE IMPACT IN THE CHEHALIS TRIBAL COMMUNITY?

THERE ARE REQUIREMENTS AND TESTING, BUT DON'T LET THAT STOP YOU! TO SIGN UP, CONTACT MIKE MCNAIR OR JAKE DICKERSON AT 360-273-7051. STOP BY THE CHEHALIS TRIBAL LAW ENFORCEMENT DEPARTMENT AT 30 NIEDERMAN ROAD IN OAKVILLE TO FILL OUT AN APPLICATION.

MEETING NOTICE

The Constitution Committee will meet on the second (at noon) and fourth Monday (at 5 p.m.) of each month in the Business Committee Room. meetings are open to all Chehalis tribal members.

COMMITTEE MEMBERS

Virginia Canales	Dianna Pickernell
Helen Sanders	Rachelle Wells
Farley Youckton	Christ Ortivez (alternate)



HEALTH/WELLNESS

ONLINE

See Page 7 of the March issue of the Chehalis Tribal Newsletter for a primer on good and bad cholesterol and actions you can take to achieve optimal levels. Go to chehalistribe.org/newsletter.

Rita Mercer, ARNP for the Chehalis Tribal Wellness Center, educated Lunch and Learn participants about maintaining cholesterol and sugar levels.



Cholesterol, diabetes truths

Make a big change in your health with good food, exercise

The Lunch and Learn on March 29 discussed cholesterol and diabetes in the PT Room of the Chehalis Tribal Wellness Center.

After the food was blessed by Community Wellness Manager Christina Hicks, everyone enjoyed the healthy and delicious meal she had.

It was a great opportunity to meet the staff, providers and other community members. They are dedicated individuals who continue to educate our small community and helping everyone find ways to become healthier. As one might say, an ounce of prevention is worth a pound of cure.

Rita Mercer, ARNP for the Chehalis Tribal Wellness Center, was the guest speaker invited to teach those who came to learn the truths about cholesterol.

She discussed the issues

CONTACT US

For questions about your cholesterol and risk factors or to make an appointment with a health care provider, call **360-273-5504**.

in technical terms but also provided information on what types of foods can directly affect our personal health.

Rita encouraged a change to a healthier lifestyle to prevent complications of this treatable disease.

In this fast-paced world, certain foods that directly affect our health are not easily avoided. But our daily choice of foods and getting enough exercise can change some of the complications related to diseases.

Of course, prevention is highly recommended to reverse

or avoid the damage done by a bad lifestyle. She used examples to find a better way and cautioned about what foods to avoid.

Afterward, Christina Hicks provided recipes for the meal participants enjoyed that afternoon. They are all a snap to make and tasty. If you would like a copy of the recipes, please stop by the Wellness Center.

Happy cooking, and hopefully we'll see you at the next Lunch and Learn presented by Dr. Alan Whipple on April 26.



events

MONTHLY LUNCH AND LEARN

Noon-1 p.m. April 26: Dr. Alan Whipple in the PT Room of the Wellness Center.

DIABETES WELLNESS CLINIC

8 a.m.-4 p.m. May 18: Patients need labs, a medicine review, foot/diabetes/physical exams and a uric acid blood test.

MONTHLY COMMUNITY WALK

Noon May 18: Join others for a fun fitness walk. Starts at the Chehalis Tribal Wellness Center.

MAMMOGRAM CLINIC

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

ASK AUNTIES/ HEALTHY FAMILIES

Contact Community Wellness Manager Christina Hicks for an application. Call 360-709-1741.

FOR MORE INFORMATION

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



POWERHOUSE PLANT

Nettles offer us strength and energy during a generative time. They are our first edible greens to emerge in early spring. You can find nettles in fields, streambeds and disturbed areas with rich wet soil from the coast into the mountains.

Nettles are often referred to as a **super food** and are one of the highest plant sources of chlorophyll, vitamins, amino acids and minerals including calcium magnesium and iron.

Volunteers assisted in preparing the ingredients used for spring nettle soup during a class on nettles at the Elders Center.

NETTLES

From page 1

from the wild.

No, we didn't have to steal them from anyone's yard! We shopped in Mother Nature's garden on the Chehalis Reservation.

On our own grounds

The weather cooperated as the sun popped its head out and smiled down, offering warmth as the morning fog dissipated.

The Tsapowum Behavioral Health Program provided gloves, scissors and paper bags to assist in collecting nettles.

Originally, the class was scheduled to have a field trip to Olympia. After some discussion, it was decided to harvest in our local area.

Participants were taken to an ideal location near the river that provided a variety of natural medicines and foods.

Elise demonstrated techniques to safely harvest the stinging nettles during the spring season.

She did caution everyone to avoid harvesting from agriculture or high-traffic areas because nettles absorb contaminants.

Elise also pointed out how to identify other medicines



and edible plants as she harvested nettles.

The Chehalis Reservation is rich in materials to make medicines and edible plants.

Charlene Abrahamson shared her knowledge on recognizing different edible plants. She taught plant names, what they are used for, where they are found and harvesting techniques. This was a good break during the harvesting as she continued to gather nettles for the class meal.

Healthy bounty

After returning to the classroom with fresh nettles in tow, participants helped make a delicious meal that included

tea, pesto, soup and snacks.

Elise demonstrated the process that eliminates the stinging properties of nettles.

Volunteers assisted in preparing ingredients for spring nettle soup and pesto. The aroma of the roast and various ingredients floated in the room.

The pesto and soup were both tasty. The tea was very nutritious, and many appreciated samples provided by Elise and Charlene.

Some class participants took leftovers home to be shared with the rest of their families.

History lesson

Elise shared a story that was originally told by Lower Elwah Storyteller Roger Fernandes regarding the nettle.

"Little Nettle": How our ancestors lived in fear. They would hide from the warriors that traveled by canoes and came down from the north to pillage the coastal tribes to the south. When they appear, they would hide in fear.

One of the elders was sent a message from the plant people, the nettle. To become stronger, they were instructed to use the stalk to continually whack at their bodies.

When using the nettle,

they were to repeat, "I will be strong for my tribe! I will be strong for my ancestors! I will be strong for future generations!"

When the northern warriors came, the elders, adults and children stood shoulder to shoulder on the shore singing their song.

The people did this as the canoes came closer. They showed no fear.

The warriors sang their songs in their canoes and approached the shores where the people stood. They noticed they were not afraid anymore and left.

The moral of the story: Together as a nation, we are stronger. We are never alone to handle what life can throw at us.

Elise admitted that she didn't sing, but you can find Roger's story and song teaching how nettle saved the people at [youtube.com/watch?v=FKOez3zhuUY](https://www.youtube.com/watch?v=FKOez3zhuUY).

Elise also provided a handout explaining the healing properties of the stinging nettle. Copies of the recipes used in the class were included.

She thanked everyone for coming and urged participants to try their hand at creating the recipes at home.

Instill smart eating habits

Kids can be fussy about what they eat. Luckily, there are a few things you can try to help remedy challenging eating:

1. Stick to a routine. Serve meals and snacks about the same time every day. Close the kitchen between them.

2. Offer a variety of healthy food. Plan for one or two food groups for a snack and at least three food groups for a meal.

3. Offer water only between meals and snacks. Allowing your child to fill up on juice, milk or snacks during the day might decrease his or her appetite for meals.

4. Serve small portions to avoid overwhelming your child and give him or her the opportunity to ask for more. If your child is not hungry, do not force eating, but do not provide anything but water until the next meal or snack.

5. Respect your child's appetite. They might eat smaller amounts because they are not growing as fast. Don't

FOR AN APPOINTMENT

Call and leave a message at 360-462-3224 for South Puget Intertribal Planning Agency's Women, Infants and Children.

bribe or force your child to eat foods or clean his or her plate.

6. Minimize distractions.

If you have a table, eat at it together. Do not allow toys at the table. Turn off the TV and other electronics. Make mealtime pleasant.

7. Get the support of others caring for your child. Let family and friends know it's important for your child to establish good eating habits now. If necessary, bring foods for them to serve to your child when you are away. Share with others that you do not want your child to be routinely given non-nutritious foods such as soda, sports drinks and other treats.



Certified fitness trainer Rikki Sutterliet is teaching free group exercise classes for interested Chehalis tribal members, employees and community members.

Get fit at new classes

Rikki Sutterliet, a certified trainer through the National Academy of Sports Medicine, is offering group strength training and conditioning classes.

The classes are paid for through a grant provided by the Portland Area Indian

Health Board to increase physical activity.

They are open to all tribal members, employees and community members free of charge. All participants need to sign a release to participate. Contact Rikki at 360-464-0664.

CLASS TIMES	DAYS	LOCATION
6-7 a.m.	Monday-Friday	Community Center gym
7-8 a.m.	Monday-Friday	Community Center gym
11:15-11:45 a.m.	Monday-Friday	Elders Center (for elders)
12-1:30 p.m.	Monday-Friday	Open gym
3-4 p.m.	Monday-Friday	Community Center gym
4-5 p.m.	Monday-Friday	Community Center gym
5-6 p.m.	Monday-Friday	Community Center gym

More than just a dry mouth

Article Submitted by the Chehalis Tribal Dental Clinic

Dry mouth – also called xerostomia – results from an inadequate flow of saliva. It is a symptom of a medical disorder or a side effect of certain medications, such as antihistamines, decongestants, pain killers and diuretics.

Saliva is the mouth's primary defense against tooth decay and maintains the health of the soft and hard tissues in the mouth. It washes away food and other debris, neutralizes acids produced by bacteria and offers disease-fighting substances. It's the first-line protection against microbial invasion or overgrowth that might lead to disease.

Dry mouth can cause sore throat, burning, trouble speaking, difficulty swallowing, hoarseness or dry nasal passages.

It also can be an indicator

NEED HELP?

The Chehalis Tribal Dental Clinic can help solve dry mouth issues. **Call 360-709-1659** to make an appointment.

of Sjögren's syndrome, an autoimmune disorder. The body's immune system attacks its own moisture-producing glands, the tear-secreting and salivary glands and other organs.

Without saliva, extensive tooth decay can occur. Dr. William Elton recommends various way to help. Sugar-free candy or gum stimulates saliva flow, and moisture can be replaced by using artificial saliva and oral rinses.

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.
May 4 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

APRIL BIRTHDAYS

1

Amber Higgins
Bowen Wittwer
Giles Youckton

2

Jean Haltom

3

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

4

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

5

Hector Canales, Jr.
Tracey Pickernell

6

Claudea Daniels
Joselyn Delamater-Neifert
Rycker Longino
Daryl Shortman

8

Daryl Beckwith
Emma Fern
Steven Gunnels

9

Dennis Gunnels
Deidra Hawkes
Brandy Sanchez



DARYL BECKWITH: Happy birthday. Love your Mom.



GARY ORTIVEZ: Happy birthday Gary O. From your family!



JESSICA HILL: Happy birthday to my beautiful niece! We love you! From Anna.



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

10

Annie Burnett
Andrew Starr

11

Glen Bobb
Jesse Gleason

12

Lykaio Bracero-Rosbaugh

13

Daniel Poling, Jr.
Gavin Vigil

14

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

15

Bonnie Phillips

16

Cristina Blacketer
Rodney Boyd, Jr.
Angelia Oliver
April Reynolds

17

Beverly Andrews
Ayden Sanders
James Teague
Kaleah Quilt

18

Amy Andrews-Mashburn
Amanda Bates
Hawk Wittwer

MORE WISHES

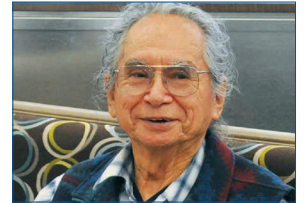
TAREN TROBAUGH:
Happy 4th birthday.
Gramma lova, lova,
lova you!

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

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

**CHRISTOPHER AND
ERIKA PICKERNELL:**
Happy anniversary.
Love your family.

**STEPH & HARRY
PICKERNELL:** Happy
anniversary to a
special couple. From
your family.



DAN "BONES" GLEASON, SR.: Happy birthday. Have a blessed day! From all your friends and family.

Courtney Price
Antonio Sanchez
Robert Sanchez
Jonathan Williams

25

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

26

Dalia Perez

27

Gaughe Culver

28

Kevin Bray
Jazmyn Nath

29

Dominic Delgado
Jordan Lopez
Wakiza Wittwer

30

Kenedy Adams
Max Lyons
Maureen Prince

19

Jay Sanchez, Sr.
Enyo Visaya

20

Lynn Hoheisel
Alamia Youckton

21

Nadine Burnett
Charles Latch, Jr.

24

Eldon Gleason



DEIDRA AND ANDREW STARR: Happy birthday. From your Mom, Gramma, aunties, uncles and your many cousins.

FAMILY

Spring marches along

Busy bees have fun at Early Learning

Last month, children at Early Learning were anxiously waiting for spring to arrive. They were finally able to trade in their thick winter coats for rain coats and boots!

Our program celebrated St. Patrick's Day with a Spirit Day filled with green clothing, green eggs and ham and leprechaun parties.

Parents, family, friends and community members are always encouraged to take part in our spirit days, and we appreciate the help.

Parent night

Our March Parent Night was a special one as we learned about community resources from the Domestic Violence program as well as how to make beautiful beaded necklaces from Domestic Violence Advocate Janita Raham.

Families also received information about the importance of the Foster Program from Family Services. We appreciate the information.

A wonderful raffle was won by Philip Youckton, Racheal Mendez and Julie Moore!

We hope to keep our Early Learning families engaged in Parent Nights and encourage them to get involved.

It's the most important component of our program - parent involvement.

Bake sale

The Head Start Class of 2017 parent committee organized a St. Patrick's Day Bake Sale on March 17 with all proceeds going toward Head Start Graduation in June.



Children from Early Head Start pet and feed goats during a field trip to Lattin's Country Cider Mill and Farm on March 31. It was a wonderful way to welcome spring after a long winter.

Parents raised more than \$1,000 dollars through their baking efforts, involvement and donations.

Thank you to everyone who made this fundraiser possible and for supporting our children.

Down on the farm

On March 31, Early Head Start participants headed to Lattin's Country Cider Mill and Farm to get a look at our favorite furry animals!

Children were able to pet the friendly critters and enjoyed homemade delectable doughnuts and sweet cider.

We sure appreciate family participation for this yearly event.

ENROLL NOW

Chehalis Tribal Early Learning Program is always accepting applications for enrollment.

We have 49 center-based (ages 3-5) Head Start slots and 24 Early Head Start slots (ages 0-3); and eight home-based (ages 0-3) slots and three expectant mothers.

For an application, please stop by our main entrance from 8 a.m.-4:30 p.m. Monday-Friday or call our main line at 360-273-5514.

Building a Chehalis language foundation

*By Janet Stegall,
Planning Department*

In 2016, the Chehalis Tribal Planning Department applied for and received a grant from The MICA Group Cultural Resource Fund to help restore a part of tribal culture that might have been negatively affected by the building of railroads through historical indigenous areas.

The focus of the grant proposal was the Chehalis language and, specifically, the importance of building a second language foundation in young children. The grant, a one-time funding, gave the Planning Department the funds needed to put Dan Penn, Chehalis tribal member and Cultural Resources Technician, in Early Learning classrooms once a week to start building that foundation.

Dan meets with each class in the Early Learning Program for 15 minutes once a week. Fifteen minutes is the ideal amount of time for pre-K children to spend with an instructor learning basic second language use.

Dan uses the Accelerated Second Language Acquisition method developed by Dr. Stephen Greymorning, a Native American linguist and author out of Montana State University. The Accelerated Second Language Acquisition method uses pictures and pronunciation rather than written words, which is perfect for children not yet able to read.

The ASLA method is also an effective and natural way for older children and adults to learn a second language, and Dan hopes to be able to bring the Chehalis language back to the community at some point. For the time being, a solid foundation is being built for the future through the youngest of our children.



Moms and their daughters made beautiful memories at the Chehalis Tribe's inaugural Mother's Tea.

TEA

From page 1

variety of tables for families to create wonderful crafts together. Everyone agreed it was a fantastic time. We had lip balm, essential oils, shirts and coloring stations for folks to participate in making something together. A family photo session with Janet Stegall was the perfect touch to capture lasting memories. Thank you, Janet, for your time!

So many people made this event a success and deserve special recognition for their efforts:

- Diane Devlin and her daughter Stephanie for donations of lip balm, essential oils and their time.
- Law Enforcement for the shirts and screen prints.
- Meja Handlen for the shirt press.
- Tribal businesses and programs who also contributed: the Business Committee, Heritage and Culture Program, Vocational Rehabilitation, Chemical Dependency, Domestic Violence Program, Events,

Youth Center, Enterprises/EOT and Lucky Eagle Casino & Hotel.

Their donations and support contributed to the success of this event, and we'd like to give you all a heartfelt thanks.

I hope that everyone who came out and supported both of these fundraisers will be at the 10th annual Cancer Walk at 1 p.m. May 28 at the picnic area by Legends Fields.

Recipe books

A kids' cookbook was made available for participants to take home. The recipes were provided and produced by children from the Youth Center. Thank you, kids, for allowing us to take pictures and interview you providing

your favorite recipes.

I apologize to any family if there were misspelling of your children's name or if your child wasn't involved in the book. This was another first, and hopefully next year we will have better accuracy. Volunteers are always welcome for any tribal event.

The Heritage & Culture Program took all of the information and was able to have the recipe books printed and available at the Mother's Tea.

Celebrate an evening in the garden with ROOF

Learn about ROOF Community Services during the organization's annual charity dinner and auction on May 20 at Lucky Eagle Casino.

ROOF programs assist Rochester's neediest children and families, providing a food bank, Operation Santa, back-to-school supplies and more.

The dinner is \$50 for individuals (includes \$5 in raffle tickets) or \$450 for each table of 10 seats (includes \$50 in raffle tickets).

Reserve your seat before May 5 by calling 360-273-6375 or emailing info@roofcommunityservices.org.

Dinner is an Italian theme and will feature salad, an antipasto platter, penne pasta with grilled chicken, basil and cream sauce, meat lasagna and rustic bread.

The evening includes a raffle and silent auction and dessert dash.

Doors open at 5 p.m. for the raffle and silent auction viewing, and the buffet opens at 5:30.

PICK ONE UP

There are still some copies of the **Youth Center kids' cookbook**. Please contact Joyleen McCrory or Lynn Hoheisel at 360-709-1748. They can be picked up at the Heritage & Culture Program office.

CHEHALIS TRIBAL DAYS

MAY 26-29

VOLUNTEERS NEEDED!

WE ARE LOOKING FOR BOOK KEEPERS, SCORE KEEPERS AND UMPIRES

CONTACT LEROY BOYD

AT 360-709-1787

OR PHILIP YOUNCKTON

AT 360-709-1752



STUDENTS OF THE MONTH

Kaytlin Pickernell

Second grade
Rochester Primary School

Kaytlin Pickernell is in the second grade at Rochester Primary School. She is the daughter of Chris and Erika Pickernell and she has one sister. One of her favorite things to do at home is play board games with her aunt.



Her favorite teacher is Mrs. Todd, and she enjoys her physical education class. She says she is a successful student because she practices everything. Kaytlin advice to other students is to not talk while the teacher is talking.

She enjoys cheerleading and will be playing soccer soon. She likes to play with her friends or play games on her mom's phone.

Kaytlin says that she is good at weaving Native American baskets.

After she graduates from high school, Kaytlin wants to go to college to become a doctor. She is planning to attend that "really good school Yale."

If Kaytlin was chairman of the tribe, she would have more dinners, giveaways and things for kids to do.

CONGRATULATIONS ON A JOB WELL DONE

As a reward for their commitment to school and personal growth, each student of the month will receive a \$50 gift card from the Education Department.

Contributed by the Chehalis Tribe K-12 Program

Annie Burnett

Seventh grade
Elma Middle School

Annie Burnett turned 13 on April 10. She is in seventh grade at Elma Middle School, where she has a 3.3 GPA. She is the daughter of David and Farralee Burnett and has two brothers and one sister, a cat, two dogs, five chickens and an awesome horse named Twix. Annie enjoys going to horse shows with her family.



At school, she likes lunch and being with her friends. She feels she is a successful student because she is a fast learner and does all of her work. Her advice for other students is to pay attention and work hard.

Annie is the President of the Country Pride 4-H group. She enjoys brushing, riding and talking to Twix. She is good at pole bending, barrels, international flags and other horse rodeo events.

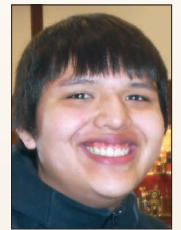
After Annie graduates high school, she plans to start a horse ranch.

If Annie was chairman of the tribe, she said, "I would try to do the things that my dad did when he was chairman."

Samuel Starr-Wright

10th grade
Oakville High School

Samuel Starr-Wright is in the 10th grade at Oakville High School, where he has a 3.8 GPA. He is the son of Sasha Starr and Sam Wright. He has a sister, a brother and three dogs. Sam likes having conversations with his family.



He enjoys sports and plays basketball for his high school. Sam feels he is a successful student because he's willing to work hard and Angelica pushes him. His advice for other students is "No slacking!"

When he isn't at school, Sam likes to catch up on his sleep.

After he graduates, Sam is going to attend the University of Oregon.

Attention class of 2017

Graduation is right around the corner! The Chehalis Tribe celebrates our graduating seniors with a dinner and recognition ceremony. If you know any community or tribal members getting ready to graduate, please have them get in touch with us to make sure they are on our list. Contact JJ Shortman at 360-709-1749 or Jodie Smith at 360-709-1897.

Positive Indian Parenting classes nurture family bond

The Healthy Families Project connects native families with a home visitor and offers parent/child activity and learning ideas, infant/childhood development screening, connections with local early child and family resources, monthly group connections for families and

Positive Indian Parenting classes. Upcoming classes will be held in the Social Services Department:
Lessons of the Cradleboard:
11 a.m.-1 p.m. April 24
Harmony in Child Rearing:
11 a.m.-1 p.m. May 1
Lessons of Mother Nature:

11 a.m.-1 p.m. May 8
Praise in Traditional Parenting AND Choices in Parenting: 9:30 a.m.-1:30 p.m. May 22
Contact Beth Klatush at 360-709-1627 or bklatush@chehalistribe.org.

