



january 2018 ▲ HISTORY, HERITAGE AND RESOURCES AT CHEHALISTRIBE.ORG

Traditional tree medicine

Students discover
benefits of Evergreens
page 6



Employees have a blast
Tribe throws workers a
spirited holiday party
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Joyful season

*Community gathers to feast,
frolic at Christmas party*

A huge turnout made for a successful Community Christmas Party on Dec. 17. Activities were offered for all ages to celebrate and make wonderful family memories.

In the Youth Center gym, activities to choose from included bouncy houses, hula hoop and basketball. Kids smiled and scampered around playing as parents watched them having fun.

A special treat was given to youth before or after entering the gym. Great Wolf Lodge staff offered animal balloons for children to play with. This created laughter and excited chatting as kids returned to the main gym to join their families.

The Community Center Gathering Room featured festive decorations and holiday spirit!

See SEASON, page 2



The Christmas celebration on Dec. 17 was filled with merriment and cheer.



Elders check in after being invited to spend the evening at the new Fairfield Inn & Suites by Marriott in Rochester.

Fairfield Inn & Suites opens

*Grand Mound project
an important step in
developing properties*

Chehalis tribal members and their families gathered to celebrate the soft opening of the Fairfield Inn & Suites by Marriott on Jan. 11 in Rochester.

It was wonderful to witness

the completion of a monumental undertaking. The project officially kicked off in July 2016.

Chehalis Tribal Enterprises continues to invest in the future through economic opportunities. This is the cornerstone project in developing the Grand Mound properties to enhance employment

See INN, page 9

SEASON

From page 1

Families had their picture taken with Santa and received a present and gift card to spend on what they wished.

An added bonus was no-sew pillow kits provided by the Heritage & Culture Program for those who wanted to make a present for loved ones.

The main gym was filled with families taking part in traditions such as bingo, raffles and visiting friends.

Lucky Eagle Casino staff served a delicious Christmas meal. The Fisheries Department provided fish cooked in our traditional way. The mouth-watering treats are the ultimate way to celebrate a special day!

There are many people to thank for their contribution, which made this a memorable and successful event.

Thanks to all the volunteers and program staff members. Your time and commitment were appreciated by all who attended the party.



Fun new toys, balloon critters, surprise gifts, bingo and goody bags all added to the festivities as families and friends gathered during the Community Christmas Party on Dec. 17.



Tribal employees treated to a party

The Chehalis Tribe held its annual Employee Christmas Party on Dec. 22 at the Lucky Eagle Casino Events Center. It was an honor to gather and enjoy this special holiday together.

After signing in, employees and their families kicked off a day of sharing presents, entertainment and feasting.

Yes, the spirit of Christmas was in the air! Festive decorations put everyone in the mood to celebrate. Attendees visited with co-workers, friends and family and enjoyed what the Events Department staff had put together.

Employees participated in fun and challenging games, tapping into their warrior spirit as they competed to win a present.

It also brought fits of laughter and encouragement for contestants lucky enough to have their name drawn. They say laughter is the best medicine, and everyone had huge amounts.

Though some participants were reluctant, they admitted it was fun. Thanks for being good sports!

Talent contest

Many talented people work for the tribe. They shared their voices and had the courage to stand up in front of attendees and sing their heart out.

Everyone came out a winner through performing or just rooting for co-workers.

Gift giving

The gift exchange is always fun, and you never know what you are going to get.



The Employee Christmas Party featured blackjack, a talent contest, gift giving and games.



The minimum spending limit is well worth it. The men brought gifts for men, and the women bought gifts for the women. The sound of the Christmas wrapping paper tearing could be heard as everyone returned to their chairs to open gifts chosen by their secret Santa.

Blackjack tournament

Because of NIGC requirements, the tournament is held at the casino. While it is free, you have to follow



the rules to come out as a winner. Smiling casino staff members explained the rules and waited for tables to fill up for additional rounds of the blackjack tournament. Some players ended up winning a little extra spending cash for Christmas.

As the party ended, employees were grateful for a fun day. They smiled brightly as they returned to their offices to lock up and head home.

Thanks to the Events Department and Lucky Eagle Casino staff for making this day so special!





Chehalis tribal youth harmonized for a delightful caroling performance on Dec. 22.

The sweet gift of song

Youth perform Christmas carols for tribal community

Children rehearsed songs together to prepare for an evening of caroling on Dec. 22 in the Community Center's Gathering Room.

Chehalis tribal youth practiced Christmas songs and had a chance to visit and learn more about each other.

There was a special incentive, too! Children were able to give a gift of love by selecting a present for someone who has had a positive impact on their life.

Community members came to the especially merry event to hear children spread the Christmas spirit through caroling. It was a wonderful gift to hear their voices rise up and offer energy and joy.

All of the children were given a book of songs to help them more easily follow the words.

Children began singing softly and timidly as they were unsure of themselves and what response the community would give them. As the singing continued, voices became stronger and bolder.

Parents beamed proudly and encouraged their children as they shared lovely songs.

Afterward, youth were invited to surprise their parents, grandparents and a special person with the gift they had chosen by themselves.

It wasn't about the present they received – the true gift was the thoughtfulness and sharing of themselves through song that made us all proud.

Great job children!

Thank you for the fond memories that we will keep close to our hearts.



Many thanks

I would like to thank all of the youth who participated in the Christmas caroling project in December. We wanted to create an event that would benefit youth and our community. Children spread the Christmas spirit and were able to surprise loved ones with a gift.

Gifts were donated by the Events Department, Heritage & Culture Program and individuals. During December, we had six practice days. After each week, youth who attended practices were able to gain one present. We had a total of 15 youth that participated and received two presents each.

Thank you to the Events Department, Vocational Rehabilitation Staff, Heritage & Culture Program, Youth Program and Tribal Business Committee.

*Orinda Goddard,
Vocational Rehabilitation Counselor*



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

We encourage 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

Harry Pickernell, Sr.: 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

New journey after 40 years of service

Greetings everyone and happy 2018! I have come to a point in my life – after 40 years working for the Chehalis Tribe – that I decided to retire Jan. 16.

It has been a pleasure to be able to work for the tribe and get to know all of the awesome people in this community. I will miss you all, but you might see me filling in from time to time in departments.

I think what really opened my eyes is in November 2016, I was coming back from Safeway from a clinic medication pick up when a car didn't stop and ran into me as I was driving.

My vehicle spun around and flipped over. I prayed to God that I would be OK and not hit a tree. It scared me so much, and I know we are not promised tomorrow.



Co-workers congratulated Mary Secena for 40 years of work for the tribe at her retirement party Jan. 17.

I thank God that I'm alive and I have my health after this ordeal.

So, now onto a new chapter

in my life. I want to be able to enjoy life with my husband, Don, and our granddaughter, Dyani.

It's hard to believe that after 40 years, I can wrap my life history in this message. I feel like there is so much more to say and that I am leaving so much out.

If not for the Indian Action Team back in 1973-1975, I probably wouldn't be writing this. I am so grateful and thankful for all of the people that I work with and everyone I have met on this journey. It has been a great inspiration in my life and I'll cherish all the memories and people forever.

This is not goodbye, but see you later. I'll be seeing all of you around our community. Enjoy life while you can.

*Always,
Mary Secena*

CTLF seeks new voices

The Chehalis Tribal Load Fund board is seeking to appoint three new board members to ensure we have the capacity and skills to oversee the mission statement of the CTLF work.

Vacant positions include a treasurer and individuals who have experience with policy and/or financials. CTLF would prefer two tribal members and one non-tribal member with financial expertise.

These are unpaid voluntary positions.

Board members are expected to attend 12 board meetings each year; participate in trainings and conferences between board meetings; and advise staff on major loan decisions, HR management, leadership and knowledge of start-up business or expanding existing businesses of tribal members or surrounding local community members; and assist in fundraising events for CTLF.

The current CTLF board of directors is separate from the Chehalis Tribal Business Committee. Board members are responsible for approving major business loans and other loans CTLF has funds for along with revising policies, procedures and by-laws. CTLF functions on a separate set of by-laws, policies and stipulations that allows us to include non-Indian individuals to participate on the board of directors.

CTLF is a certified, nonprofit native Community Development Financial Institutions Fund.

STAFF PROFILES

New DNR director

Hello tribal community. For those of you who don't already know me, my name is Glen Connelly and I'm the new Director of Natural Resources for the Chehalis Tribe. I've been working at DNR for more than 13 years, and I was recently selected to be the new director.

I grew up 3,000 miles from here in a small town in northern New Jersey. I completed my Bachelor of Arts in environmental studies at Ramapo College of New Jersey in 1993 and moved to Washington. I live in Olympia and am the proud father of two sons, ages 17 and 20.

I have work experience in many different fields including office management, construction work and public health. I really enjoy working in this community and look forward to utilizing my skills and experience to protect and enhance your tribal lands and resources.

Feel free to stop by the office at 26 Niederman Road in Oakville, call 360-709-

1854 or email Gconnelly@chehlaistribe.org for questions about our programs.



Glen Connelly

Nurse practitioner hired

Jennifer O'Brien has been hired as our Nurse Practitioner at the Chehalis Tribal Wellness Center. Jennifer is a board-certified family nurse practitioner.

She began her career in health care at an assisted living home in Wisconsin at the age of 20. She graduated with an associate's degree in nursing from Cardinal Stritch University of Wisconsin in 2001 and completed a Bachelor of Science in nursing from Regis University of Colorado in 2012. Jennifer completed her master's degree in the family nurse practitioner program at the Concordia University of Wisconsin in 2015.

She has worked in family practice and hospice care.

Jennifer enjoys spending time outdoors with her husband, Mike, and two boys, Brodey and Connor.



Jennifer O'Brien

CONTACT

Contact CTLF at **360-709-1631**. Submit a signed letter of intent to dpickernell@chehlaistribe.org (staff) or amedina@chehlaistribe.org (board member). Learn more at ctlf.weebly.com.

HEALTH/WELLNESS

Healing properties of Evergreen trees

Class participants learn how to use valuable resources

The Chehalis Reservation is rich in medicines in our aboriginal area. We live in the shadow of beautiful cedar, fir, spruce and hemlock. The trees play a powerful role in our environment, shaping the weather and the plant communities beneath them. They are woven into our winter holiday festivities and carry rich cultural traditions and teachings.



A traditional tree medicine class was held on Dec. 11 in the Elders building. After a delicious meal, Elise Krohn taught about Evergreen tree medicine. She has vast knowledge about making medicines and the different types of ingredients harvested. The class is always a treat and provides a wealth of information.

Participants divided into groups to share and learn how to identify various trees used in making medicines. A handout was made available for participants to assist on their traditional medicine journey. Elise encouraged volunteers to help process ingredients for samples to be



Instructor Elise Krohn leads students through a traditional tree medicine class.

taken home.

Erika offered a separate class for children, which allowed parents to focus on studying with Elise. Youth had fun making holiday cards for loved ones.

The cedar tree has been named Grandmother, Long Life Maker and Rich Woman Maker. The cedar has provided

a rich culture and historic wealth to the Northwest coastal Indian people. It provides in many ways, including longhouses, canoes, durable clothing, watertight baskets, cordage, tools, art, and medicine. During class, we used tree ingredients to make cedar body butter, cedar bath tea and forest lip balm.

Evergreen Tree Oil and Lip Balm

Evergreen leaves are rich in aromatic oils and nutrients that support skin health. You can infuse many tree leaves into beautiful-smelling oil from cedar, fir and spruce. Extra virgin olive oil is inexpensive, great for skin health and high in Vitamin E, which acts as a healing agent and a natural preservative. Other oils such as grapeseed oil, apricot kernel oil and sunflower oil can also be used.

- 1. Harvest healthy looking branches** from evergreen trees.
- 2. Pull apart leaves or pull**

needles off branches. Either finely cut the leaves or needles or place them in a food processor or blender to finely chop them. This will help cell walls in the plant open and aromatic compounds and medicine extract more readily.

3. Place chopped leaves or needles in a double boiler. Cover with extra virgin olive oil so oil is about ¼ -½ inch over the plant material. Heat very gently to hasten extraction and help remove water from plant material. Keep the temperature low so it does not boil. You can turn

the double boiler on and off as needed. Oil should take on a green color and strong smell. Allow the oil to infuse for several hours. You can leave it for several days, occasionally bringing the oil to a warm temperature and stirring it.

4. Strain oil with muslin cloth. Compost the leaf material and pour oil into a glass jar for storage. If there is any remaining water in the oil, it will fall to the bottom of the jar.

PREPARATION

Use 1 part beeswax by weight to 4 parts of infused tree oil by volume.

One half cup of oil and 1 ounce of beeswax will make about 25 ¼ ounce roll-up tubes. Gently heat the oil and beeswax in a double boiler until the beeswax is just melted. Turn off heat and add 10 to 15 drops of pure essential oil (nice options include Douglas fir, fir needle, grapefruit, sweet orange and lavender). Pour lip balm into the tubes and allow it to cool before placing caps. Address labels work well for lip balm tubes if you cut off about 25 percent of the length of the label.

See TREES, page 7

TREES

From page 6

Pacific Northwest Forest Body Butter

Wrap yourself in the nurturing boughs of the Pacific Northwest forest with this thick, moisturizing body butter. Stored in a cool and dark location, it should last about a year.

INGREDIENTS

1 1/3 cups nut butter from shea, coconut or mango shea butter
1/2 cup cedar leaf or Douglas fir needle infused organic extra virgin olive oil
3 Tbsp. grated beeswax
1 tsp. vitamin E
20-30 drops pure essential oil (cedar, spruce, fir, etc.)

PREPARATION

Measure and slowly melt nut butters, olive oil and beeswax in a double boiler over low heat until beeswax dissolves. Pour into glass or stainless-steel bowl and let cool to room temperature. To expedite this process, place bowl in refrigerator for an hour. Whip with hand mixer or immersion blender for one minute. Add vitamin E and essential oils.

Whip and scrape sides with rubber spatula until desired consistency is achieved. This can take 5-10 minutes. Cool again if too soft. Spoon into clean containers and enjoy!

Medicine Tree Chest Rub

This salve can be rubbed into the chest for easing coughs, congestion, lung tightness and sinus infections. Use a couple times a day as needed. Recipe makes about 1 cup or 8 ounces.

INGREDIENTS

1 ounce beeswax
5 ounces herbal-infused oil – cottonwood, cedar, hemlock, spruce, fir or a combination
2 ounces castor oil
50 drops eucalyptus radiata, eucalyptus globules or a combination of the two
20 drops Douglas fir or Scotch pine
20 drops spruce
10 drops lemon

PREPARATION

Melt beeswax and castor oil. Take off burner and allow to cool a couple of minutes. Add essential oils, stir and pour into jars. Cover with a lid and label.

Courtesy of Elise Krohn and Elizabeth Campbell

Screening saves lives

January is Cervical Cancer Awareness Month. The cancer is highly preventable with the help of screening tests and vaccines to prevent human papillomavirus (HPV), which is the main cause of cervical cancer. However, half of cervical cancers occur among women rarely or never screened for cancer, and another 10 percent to 20 percent of cancers are seen in women who were screened but did not receive adequate follow-up care. When cervical cancer is found early, it is highly treatable and associated with long survival and good quality of life.

For women ages 21-65, regular cervical cancer screenings help prevent cancer. The Pap test detects pre-cancers – cell changes on the cervix that might become cancerous if not treated appropriately. Women should start getting the test at age 21.

HPV vaccines offer the greatest health benefit to those who receive all three

PROTECT YOURSELF

HPV vaccine details: cdc.gov/hpv/vaccine.html
National Breast and Cervical Cancer Early Detection Program: cdc.gov/cancer/nbccedp
Make an appointment with your CTWC health care provider: **360-273-5504**

doses before exposure to HPV through sexual activity. Routine HPV vaccination is recommended for girls and boys at age 11 or 12 to help prevent cervical cancer. Vaccination is recommended for females through age 26 and for males through age 21 who have not been vaccinated previously. Any man who has sex with other men, and men with compromised immune systems (including HIV), also may be vaccinated through age 26.

in brief

Flossing 'crucial'

Women's Health Magazine states that flossing regularly is "crucial to keeping your teeth and gums healthy."

American Dental Association spokesperson Dr. Maria Lopez Howell explains "the point of it is to remove the buildup of plaque between your teeth." The article adds that "not flossing can lead to bad breath, cavities" and other oral health problems.

If you are concerned about the health of your gums, please call the Chehalis Tribal Dental Clinic at 360 709-1659 for a cleaning and exam appointment.

USDA food program

The South Puget Intertribal Planning Agency's USDA Food Distribution Program offers frozen meats such as bison, pork chops

and ham and in-season fruits.

Tribal community members can get an application from Debra Shortman at the Chehalis Tribal Wellness Center. To sign up, call the warehouse at 360-438-4216 from 8 a.m.-4 p.m. Monday through Friday. The next distribution date is Feb. 16. Pickup is at the Chehalis Tribal Community Center from 9:45 a.m.-1:30 p.m.

WIC through SPIPA

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

The next date is Feb. 1 from 9:30 a.m.-3:30 p.m. at the Chehalis Tribal Wellness Center.

For more information, contact Debbie Gardipee-Reyes at 360-462-3227, Patty Suskin at 360-462-3224 and Debra Shortman (Chehalis) at 360-709-1689.

National Wear Red Day

Heart disease is not a disease that only affects men. Each year, one in three women die of heart disease and stroke. But we can change that because 80 percent of cardiac events can be prevented with education and lifestyle changes.

Show your support during Wear Red Day on Friday, Feb. 2. A group photo will be taken at 11:45 a.m. at the Chehalis Tribal Wellness Center.

When it comes to beating heart disease and stroke, change can be the cure. Wear red to raise awareness and help save women's lives. Five numbers that all women should know to take control of their heart health are:

INFORMATION

Check out GoRedForWomen.org/WearRedDay. Contact Christina Hicks, Community Wellness Manager, at **360-709-1741**.

- Total cholesterol
- HDL (good) cholesterol
- Blood pressure
- Blood sugar
- Body Mass Index (BMI)

Knowing the numbers can help women and their health care provider determine their risk for developing cardiovascular diseases.

FAMILY

It's a lively season for ELHS students

December brought a lot of winter wonder to children at Early Learning.

Head Start classrooms kicked off the season with a trip to Great Wolf Lodge to listen to stories and have milk and cookies while it snowed inside.

Holiday parties

We celebrated Christmas together with our classroom holiday parties before winter break kicked off.

Thanks to awesome fundraising efforts, parents purchased a gift for each child and expectant mother in our program.

We were lucky enough to see Santa take time out of his busy schedule to stop by Early Learning to hand out presents. Children were so surprised to see Santa walk into their classrooms!

A big thank you to Jose Caywood for volunteering his time as the jolly fellow in the red suit.

Tree selection

Head Start took a trip to the Christmas Valley Tree Farm to harvest the perfect tree for each classroom. Mr. Don Tapio, owner of the tree farm, engaged with the children about his trees and Santa Claus. Once the trees were back at Early Learning, children took over the reins by hanging ornaments on their magical classroom Christmas icon. Days followed with baking cookies and listening to stories about the holiday season.

At the beginning of winter break, classroom trees were taken down and offered to Chehalis community members who might need a tree to display in their homes for the holiday season. We hope everyone had a wonderful 2017 and we look forward to a thriving 2018 program year at Early Learning.

During the month of December, Early Learning kids visited with Santa and picked out Christmas trees.



Holiday smiles for miles

Breakfast with Santa is a picture-perfect gathering

Great Wolf Lodge was filled with tribal members and their families and friends excited to have breakfast with Santa Claus and Mrs. Claus on Dec. 23!

After eating an energy-building meal served by GWL staff, everyone was ready to create family memories by taking a photo with the North Pole pair. The big guy in red had his list and was checking it twice.

Of course, it just wouldn't be the same without some challenges.

Everyone wants to create special memories by taking a great photo, but you also want it

to be fun! Grandparents, parents and children were on their best behavior to make the event memorable.

Lines were not very long as families took turns setting up their family photos to be shared on Facebook.

The sweet pictures brought joy to everyone.

Many people who attended said their next stop was to finish up holiday shopping. Families have made Breakfast with Santa an annual tradition.

Thank you, Great Wolf Lodge, for continuing to hold this seasonal event.

Make the switch to low-fat milk

Skim milk, 1 percent milk, 2 percent milk and whole milk all have the same amount of protein, calcium, vitamins and minerals. Vitamin D is added to all of them.

The amount of fat is the only difference between them, and it's a big difference. Half of the calories in whole milk come from fat and one-third of the calories in 2 percent milk come from fat. Only 1 percent milk and skim milk are truly low-fat milks.

Why move to low-fat milk?

Adults and ages 2 and older do not need the extra fat and calories from 2 percent or whole milk.

Reducing the amount of fat in your diet can help you control weight, lower cholesterol and reduce your risk of heart disease and stroke. For adults drinking two to three cups of milk daily, you could lose 12 pounds in a year just by switching to skim milk.

MAKE AN APPOINTMENT

Contact SPIPA WIC by calling **360-462-3224**.



Employees of the Fairfield Inn & Suites by Marriott prepare to receive guests on Jan. 11.

INN

From page 1

opportunities for tribal and community members.

The opening of the 88-room Fairfield Inn & Suites was an incredible day. The staff were busy fine-tuning their tasks in preparation for the day. Chehalis Tribe Chairman Harry Pickernell, Sr. and several of our Chehalis tribal princesses marked the event with a ribbon-cutting ceremony.

David Burnett, CEO of Chehalis Tribal Enterprises said, "This is a great day for the future of the Chehalis Tribe in our continued plans for our economic development. This is a one of a kind in the Fairfield

CONTACT US

For room reservations or to inquire about meeting space, call **360-858-5757** or go to **marriott.com**. Please contact Cammi Rae Wittwer for questions.

Marriott Hotel designs. The hotel staff have been preparing for this day, and as you see, I am proud to say many are tribal members. I am honored to present the Chehalis Tribe with the first of many economic development plans for the Grand Mound property. This was one of the easiest projects to finish as there

are so many people to thank that already started the ball rolling to get the project finished."

After the ceremony, everyone was invited to come inside to see the hotel. The Chehalis Canoe Family greeted all those who came with drumming and singing.

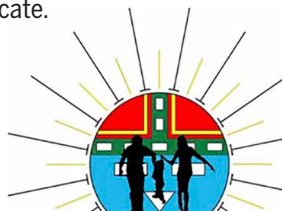
Elders were invited to spend the evening in the new hotel. The soft opening helped fine tune the hotel for the official opening to the public the next day on Jan. 12. Everyone was invited to enjoy a light snack and desserts before staff gave tours of the hotel rooms, swimming pool and exercise room. The hotel also features two flexible meeting rooms that can be used for birthday parties and meetings.

FATHERHOOD & MOTHERHOOD IS SACRED GROUP

5-7 p.m. Wednesdays, Feb. 7-March 25
Chehalis Tribal Wellness Center

Native American Fatherhood & Families Association (NAFFA) created and designed this parenting program for dads and moms using a Native American approach. The program welcomes non-natives to attend. The goal is to strengthen families through responsible parenting. The group teaches parents to connect with their heritage as they become actively involved in the lives of their families. Upon finishing 12 two-hour sessions, participants will receive a certificate.

GET STARTED: For more details or to enroll, contact Beth Klatush at 360-709-1627 or bklatush@chehalistribe.org.



OPEN YOUR HOME

By becoming a licensed foster parent and helping a native child in the community, the tribe can:

- Protect and promote the youth's best interest
- Provide connection to culture and traditions
- Work to secure additional resources and support from Tribal Child Welfare Programs

Fostering Together is dedicated to helping ensure every child has a safe place to stay. Homes that honor and support culture are needed. We offer support before and after becoming licensed. All services are free to foster, adoptive and kinship caregivers.

CONTACT US
888-534-7414
fosteringtogether.org

fostering together
Our Community..Our Chi dren

JANUARY BIRTHDAYS

ATTENTION: BIRTHDAYS CHANGE

We are featuring January and February birthdays in this issue of the newsletter. Starting next month, the birthdays page will be printed a month in advance. To have your birthday wish included, please email submissions to fshortman@chehalistrie.org in a timely manner. Thank you!

1

John McCrory

2

Sidney Cole
Geraldo Sanchez
Lauren Quilt

3

Morgan Hanna
Tristan Hanna
Ravenhawk Penn

4

Finley Beckwith
Wilieferd Joe
Cheryl Jones
Jayzen Owens
ZSane Sanchez
Leslye Wyatt

5

Brooke Allen
Mariah Klatush
John Youckton

6

Daniel Gleason, Jr.
Samuel Flores

7

Zoe Albert



CHRIS PICKERNELL: Happy birthday from Erika, Emily and Kaytlin.

Alynn Clancy
Darrin Jones
Wyatte Wittwer
Zola Youckton

8

Eva Delamater
Cheyenne Marcellay
Kathy Pickernell

9

Joyce Fanning
Makayla Mashburn

10

Robyn Fields



DARRIN JONES and RUSS BAKER: Happiest of birthday to the two very important men in our lives. I love you guys and happy birthday. Xoxo. Love JJ, Laela, Taryn and Talisa.

11

Curtis DuPuis II
Alberta Gilmore
Anna Hill
Makayla Ortivez

12

Russ Baker
Jon Brown
Alexander Hoheisel
Ezrah Merriman
Kaelen-Jay Sanchez
Chayse Youckton-Bonifer
Allistair Youckton-Legg

13

Jeremy Fanning
Joseph Wittwer

15

Sheilah Bray
Dylan Burke

16

Wyatt Sanchez-Allenbach

17

Daryl McCrory
Diana Pickernell

18

Irene Adams
Roy Wertz

MORE WISHES

DAVID BIRD: Happy birthday David Lee!! Love you bunches, Jenni, Jonnie, Jordan, Savanna and LeeAnna.

DYLAN BURKE: Happy birthday. We are so proud of you, love Mom, sister, brothers and family!

CALVIN CAYENNE and MIKE HICKS: Happy birthday to my sons from Mom, Dad and Dyani.

DANIEL GITCHELL: Happy birthday from your Mom, brother and family.

MYA MCALLISTER: Happy birthday from your Auntie Jodie, Carlos and family.

JAXON STARR: Happy birthday Jaxon, love Mom, Dad and family.

ALLISTAIR YOUCKTON-LEGG: Happy birthday Allistair Steve. We love you!

19

Jacob Christjohn
Mya Ortivez

20

David Bird
Patricia Gitchel
Shyann Klatush
Anna Meas
Jaxon Starr

21

Nathaniel Klatush
Susette Klatush
Traci Parkinson
Edward Sanchez, Jr.
Benjamin Starr, Jr.
Rodney Youckton

22

Hollie Brockmueller



DREAMA SECENA FERGUSON: Happy birthday, love Mom and family.



JOYCE FANNING: Happy birthday, love your family!

Calvin Cayenne
Jennifer Cooper
Ulises Klatush
Miya McAlister
Dreama Secena Ferguson

23

Chris Pickernell
Ashley Rosado
Patrick Simmons, Sr.

24

Jake Burnett
Bella Couillard
Daniel Gitchel

25

Jaileen Sanchez

26

Megan Christjohn
James DuPuis
Laura Fricke
Margie Youckton

27

Cameron Hjelm-Snell
Robert Phillips
Nikolas Romero
Cheyne Youckton
Derek Youckton

28

James Gunnels
Shirley Kay
Crystal Martinez

29

Akasha Slighte

30

Avery McJoe

FEBRUARY BIRTHDAYS



JOSEPH REVAY: Happy birthday, love your family!



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

1

Bailey Parkinson
Bonnie Quirke

2

Dakota Marcellay
Devin Olney

3

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

Layne Colson
Joseph Revay, Jr.
Jennifer Youckton

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

14

Michael Boyd
Yevgeni Lukianov
Mariah Vassar

15

Albert Ortivez III

16

Mackenzie Jones
Susan Sanders

17

Chaon MacDougall

18

Daryl Boyd



FRED SHORTMAN: Happy birthday! Finally hit the double nickels ... lol. Love Jodie, Carlos, your sons and your family.

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
Thomas Heck
Jerrie Simmons
Cheryle Starr
Dwayne Thomas

MORE WISHES

MEI-LIEN TANNER: Happy birthday. Love you bunches, Papa, Gramma and family.

TIMOTHY GARZA: Happy birthday, Mom, Dylan and Rita, Auntie Jodie and Carlos.

JENNIFER YOUNCKTON: Happy birthday!! Love you from your family.

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

Coleton Youckton
Kayden Youckton

25

Atticus Simmons
Star Thomas
Ryan White Eagle, Jr.
Zayden Youckton

26

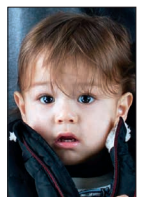
Marla Conwell
Mary DuPuis

27

Halisa Higheagle
Stevie Youckton

28

Virginia "Dolly" Canales
Tom Hayden, Jr.



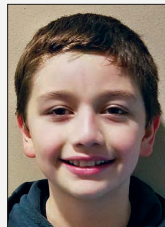
JERRIE SIMMONS and **ATTICUS SIMMONS:** Happy birthday to Mom on Feb. 22 and happy 2nd birthday to Atticus on Feb. 25. Love all of your Simmons family.

STUDENTS OF THE MONTH

Jared Mordhost

**Fifth grade
Rochester Primary School**

My name is Jared Mordhorst. I am 10 years old and in fifth grade at Rochester Elementary School. My biological parents are Clinton Mordhorst and Charlotte. I live with Chris Ortivez and Ken Mikkleson. I have one brother and five sisters. I enjoy watching movies



with my family.

My favorite subject is social studies. Things that make me a successful student are that I like my teacher and I pay attention and help others. I would tell

other students to pay attention in class and to stay in school.

I am not in any sports currently, but I plan to be next year for sure.

I like to play on my tablet, play games on the Xbox and watch movies. I am good at gaming, being awesome, kicking back and playing with friends.

I would like to play in the NFL when I get older. I also would like to go to the University of Washington. I want to get into construction or the military.

If I were chairman of the tribe, I would make a place for older kids to go who don't want to hang out with younger kids.

Kirsten Secena

**10th grade
Rochester High School**

My name is Kirsten Secena. I am 16 years old and in 10th grade at Rochester High School. My parents are Willie and Misty Secena. I have two sisters. We have a dog named Tiger. One of our favorite family times is traveling to California.



I like to learn new things in science and math. Things that make me a successful student are checking skyward daily, turning in assignments on time and paying attention in class. I would tell

other students to ask for help when you need it.

I play fast-pitch softball and am

involved with honor society. When I am not in school, I play fast-pitch softball and volunteer at the Chehalis Tribal Wellness Clinic.

While in high school, I plan to attend the running start program at Centralia College. I would like to become a sports physical therapist. My plan is to attend either the University of Washington or University of California Los Angeles.

If I were chairwoman, I would put batting cages at the Community Center.

Nathan Kluth

**Sixth grade
Rochester Middle School**

My name is Nathan Kluth; my friends call me Nate Dog. I am 11 years old and in the sixth grade at Rochester Middle School.

My grandparent is Cheryl Starr. I have four brothers. We have three dogs and one cat. I like to play games with my family.

I enjoy being with my friends. I am a successful student because I like to do well in school.

I would tell other students, "Don't be bad." I play basketball, football and baseball. I am good at football.

When I am not in school, I enjoy playing with my two little cousins. I would like to attend the University of Washington when I get older and then get a job.

If I were chairman, I would build a skate park.



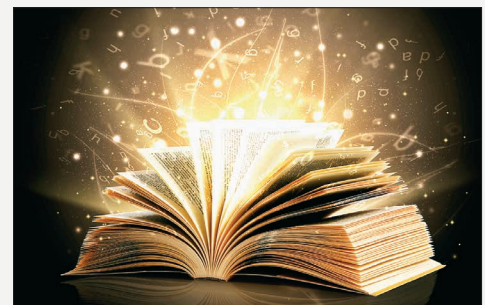
NOMINATIONS

If you would like to nominate your child to become a student of the month, please contact K-12 Program Counselor Francis Pickernell at 360-709-1785 or fpickernell@chehalistribe.org. Tell us the reason your child should be considered. Deadline is the last Friday of each month.

FROM THE EDUCATION DEPARTMENT

Congratulations on your success in school! Keep up the good work. As a reward for your commitment to school and personal growth, each student of the month will receive a \$25 gift card.

*Contributed by the
Chehalis Tribe K-12 Program*



BOOK BLISS

Instill a love of reading in your young child. Encourage 20 minutes a day at home for imagination and exploration. They can:

- Read to a pet or toys
- Make a reading nook out of blankets, pillows and small furniture
- Read to themselves
- Pretend to be a teacher, read to parents