



february 2018 ▲ HISTORY, HERITAGE AND RESOURCES AT CHEHALIS.ORG

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WSDOT plans to create
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The flu is still raging
Protect yourself from
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BIG WHEELS KEEP ON ROLLIN' AT MONSTER JAM

*Contributed by Tony Medina,
Manager of Youth Services*

The roar of thunder and the smell of power were in the air during the crowd-pleasing Monster Jam on Jan. 12 at the Tacoma Dome! More than 250 Chehalis community members joined thousands of spectators to celebrate awesome monster trucks.

Folks chowed down on hot dogs, popcorn and cotton candy and wore shirts and hats featuring Monster Mutt Dalmatian and Grave Digger. "I started going when my

children were in the youth program. Now I'm going with my grandchildren. It's a cool event. Watching the big trucks compete against each other is exciting! I love the kids' smiling faces as they enjoy the show. It is a once-a-year event, and we

See MONSTER, page 3



Photos by Jodie Smith and Charlotte Lopez



Summit tackles tribal environmental health goals



Guest speakers shared their knowledge and experiences to help achieve successful tribal community health plans.

Leaders gather to share perspectives, priorities

In early January, the Chehalis Tribe hosted the first Tribal Environmental Public Health Summit at Great Wolf Lodge. The two-day conference featured networking between Washington health directors, the Indian Health Board and representatives from tribes

throughout the state to develop healthy tribal and urban communities.

The summit focused on environmental health priorities of tribes and identified strategies for building and strengthening partnerships. Food safety, air quality, disease outbreaks and environmental change impacts

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SUMMIT

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on community health were discussed.

Through guest speakers and discussions, participants and tribal leaders shared their perspectives on developing plans to meet community health goals.

“I enjoyed information shared at the summit as a whole. The presentation from the Lummi Chairman (Jeremiah Julius) about the release of the Atlantic Salmon into the ocean, which caused them a lot of time and money as well as harm to the local salmon and fish. He received a standing ovation for his words,” said Denise Walker, Director of the Chehalis Tribal Wellness Center.

“It was interesting about the Cowlitz Tribe sharing how they are reusing their wastewater – not for human consumption, but putting it back into their casino and grounds needs. I heard that the Portland Area Indian Health Board is looking into



Speaker Celeste Davis visits with Chehalis tribal employee Amy Loudermilk during the Tribal Environmental Public Health Summit.

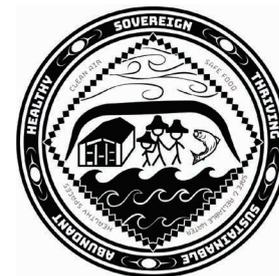
taking over the Environmental Health Program and staff from IHS. This will allow them to better serve tribes with more capacity and staff,” Denise continued.

The Chehalis Canoe Family was invited to perform during culture night on Tuesday. Dressed in full regalia, they shared songs and drumbeats that echoed throughout the

building and lifted spirits. The Chehalis Tribal Royalty was on hand to greet and welcome visitors.

Thank you

The first Tribal Environmental Public Health Summit could not have happened without the contributions of our tribes, sponsors, speakers, attendees,



‘A healthy tribal and urban Indian community is a safe and nurturing environment where American Indian and Alaska Native people can experience emotional, spiritual, physical and social health.

- AMERICAN INDIAN HEALTH COMMISSION FOR WASHINGTON STATE PULLING TOGETHER FOR WELLNESS

staff, volunteers and raffle donators. Thanks to everyone’s support, the summit was a success.

Tribe shows gratitude for 34 years

Chris Ortivez was honored for her 34 years of service working for the Chehalis Tribe on Jan. 30.

It was wonderful to witness the appreciation ceremony planned by Human Resources staff and the Business Committee. Co-workers gathered to celebrate a valued member of their team.

There were balloons, flowers and a cake that was stealthily brought in while Chris was away from her desk.

“We appreciate the work that you do for us here at the Chehalis Tribe. It is nice to see your smiling face when we walk through the doors of the Tribal Center. It is an honor to personally thank you for your hard work and commitment to the tribe,” said Chehalis Tribe Chairman Harry Pickernell, Sr.

Chris was humbled to receive so much attention. She shared how she started working with Chehalis tribal youth in 1979. She has been involved with the hub of activity at our Tribal Center’s front desk for many years since then. It is an honor to be recognized.

Congratulations on a job well done Chris Ortivez!



Chehalis Human Resources staff and the Business Committee threw a party for tribal employee Chris Ortivez on Jan. 30 to give thanks for her many years of dedicated service.



RETIREMENT PARTY

**4:30 p.m. Feb. 27
Gathering Room**

Dr. William Elton of the Chehalis Dental Clinic is retiring at the end of this month. The community is invited to wish him well with cake!



STAFF PROFILES

Jerrie
Simmons



Court Administrator

Hello fellow tribal members! My name is Jerrie Simmons. I am a Tribal Elder recently hired as the Court Administrator. My lineage is from the Secena family on the Chehalis Reservation. My mother is Faith Secena, grandmother is Nancy Beckwith-Secena and grandfather is Murphy Secena. I have five grandchildren and two great grandchildren. I also have three cats and two dogs.

I previously worked writing wills and assisting tribal members with legal issues. While my position adds new responsibilities, I will still be able to assist tribal members with will writing. Our team is making adjustments to our court system to better serve the community.

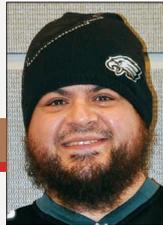
I graduated from the University of Washington with a degree in law. My undergraduate degree is BA in business administration. My law degree took three years. I passed the Washington State Bar Association exam in 1997.

The years it took was a challenge while raising four children, but you can accomplish many things when you set your mind to it. I've worked with several other tribes in different

areas pertaining to laws.

For questions, contact me at 360-709-1789 or visit me at my office inside the Public Safety Building at 24 Neiderman Road, Oakville. Check in with Court Clerk Merry Beth Hofstetter. She will notify me that you need assistance. Thank you and have a great day!

Russ
Baker



Events, Facilities Specialist

Hello, my name is Russ Baker, and I am a tribal member. I come from the Gleason family. I have been working for the tribe since I was 16.

Most of that time was at the casino. I worked in the buffet for two years, table games for five years, and most recently at the Tribal Gaming Agency for nine years.

I am married to my high school sweetheart Talisa Baker (Jones) and we have three amazing children together. Jeremiah is 14, Laela is 12 and Taryn is 7.

I am happy to announce that I will be the new Events and Facilities Specialist. I look forward to working closely with tribal members and the community.

If you would like to reserve the Community Center or baseball fields, please contact me at 360-273-5911.

MONSTER

From page 1

look forward each year to attend," said tribal member Charlotte Lopez.

Watching the trucks race, jump and roll over is a thrill! And it's all done with expertise and safety in mind.

Monster Jam delivers an obstacle course competition, a two-wheel skills challenge, head-to-head racing, freestyle and donuts galore.

Even miniature trucks

got involved to impress the audience with a rally race version of Monster Mutt Dalmatian, Grave Digger, Zombie and more!

The whoops and hollers made it clear everyone had a fantastic time.

The youth always gets a kick out of seeing gigantic trucks. I bet a few even dreamed of driving a big rig in their dreams that evening. I know I do as an adult.

Thanks to everyone for joining us for a fun family night out!

ELDERS LUNCHEON

Doors open at 9 a.m. April 26
Community Center

We are looking for donations for raffles and people to help with the gathering. Watch for future classes that will be held to make items for the luncheon. For the latest on this event, call 360-709-1752.



ALL NATIVE⁺¹ MENS BASKETBALL TOURNAMENT March 2nd - 4th, 2018

Chehalis Tribal Community Center
461 Secena Road, Oakville, WA 98568

\$300 ENTRY FEE

Early Bird - If Paid Before 3/1

\$350 ENTRY FEE

Must be paid before first game

True Double

MENS ALL NATIVE +1 Token

1st - 4th Place Awards

MVP, All-Stars, & 3-Point King

CALL LEROY BOYD AT (360) 709-1787, TEXT (360) 628-7537,
OR SEND AN EMAIL TO LBOYD@CHEHALISTRIBE.ORG

PLEASE MAKE ALL CHECKS PAYABLE TO CHEHALIS TRIBE.

JOIN OUR TEAM

The Confederated Tribes of the Chehalis Reservation offers career opportunities to tribal members and the public. Search for positions at chehalistribe.org/employment.

Help stop the spread of dreaded flu

It's not too late to get vaccinated during this particularly rough flu season

The hospitalization rate for the 2017-18 influenza season is the highest the Centers for Disease Control has recorded at this point in the season.

The contagious respiratory disease can lead to serious illness. Each year, thousands of healthy adults and children visit a doctor or are hospitalized from complications. Flu is unpredictable and can be severe.

The CDC recommends everyone age 6 months and older get an annual flu vaccine.

Being protected can reduce doctor's visits, hospitalizations, missed work and school and help prevent the spread of flu. Vaccination protects women during and after pregnancy and can protect the baby for several months after birth.

How to tell if it's the flu

It can be challenging to tell whether you have the flu based on symptoms alone.

Flu symptoms can include:

- Fever or feeling feverish
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Fatigue

Some people might have vomiting and diarrhea, though this is more common in children than adults. Many people do not have a fever. The only way to know for certain if your illness is caused by the flu virus is to have a specific flu test from your doctor.

Everyone needs a shot

Because influenza viruses continually change, it is



important to have an annual flu vaccination. Each year, a new vaccine is developed to fight the specific viruses that research indicates are most likely to cause illness during the upcoming season.

While this year's shot is a poor match for the viruses going around, it might make your illness milder if you do get sick.

It takes up to two weeks for protection to develop after vaccination. Protection can last about a year.

Certain people have a greater need to get vaccinated every year:

- Ages 50 and older
- People of any age with certain chronic medical conditions such as lung or heart disease or diabetes
- Children younger than age 5, but especially those younger than 2
- Pregnant women
- Nursing home residents
- It is extremely important for caregivers to get an annual flu vaccination to help protect the health of those for whom

they provide care.

If you feel sick

While vaccination is the surest way to prevent the flu, there are other simple steps that can help prevent the spread of flu and other germs that make people sick.

- Stay home from work or school if you have flu symptoms
- Cover your mouth and nose with a tissue when you cough or sneeze.
- If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.
- Put used tissues in the waste basket.
- Wash hands with soap and water after coughing or sneezing.
- If soap and water are not available, use an alcohol-based hand cleaner.

- If you are sick, stay home.

Anyone who is sick with the flu should stay home from work, school and other public places except to seek medical care or for other necessities. Most people will get over the flu at home with rest and fluids. Medicines to relieve fever and aches can help. Antiviral drugs can reduce symptoms, shorten the duration of the illness and can prevent serious complications such as pneumonia.

However, do not give aspirin to anyone age 18 or younger. Children who have the flu and take aspirin can get a severe illness called Reye Syndrome.

Seeking medical help

Some people should seek prompt treatment (within 48 hours of the onset of illness) if they develop symptoms of flu-like illness.

The people at risk for complications are:

- Children or adults with a disability, such as cerebral

palsy, muscular dystrophy or developmental disability

- Children younger than 2
- Those younger than 19 who are receiving long-term aspirin therapy
- Women who are pregnant
- Ages 50 and older
- People of any age who have a chronic medical condition such as asthma, neuromuscular disease, diabetes, heart disease or chronic respiratory disease
- People with suppressed immune systems such as those with HIV or who take medicines that weaken the immune system

Important: Anyone who becomes sick with a flu-like illness should seek medical treatment if symptoms are very severe, quickly worsen or improve but return.

What to watch for

Some people can become extremely ill with the flu and need emergency medical care. If you or a child in your household becomes sick and exhibits any of these warning signs, seek emergency medical care immediately.

For children

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids (if you notice fewer wet diapers or fewer trips to urinate than normal)
- Not waking up or not interacting normally
- Being so irritable they do not want to be held

- Fever with a rash

For adults

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting



Employees and community members wear red on Feb. 2 at the Chehalis Tribal Wellness Center.

Day of red supports women

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

When it comes to fighting heart disease and stroke, change can be the cure.

On Feb. 2, community and tribal employees wore red and met at the Chehalis

Tribal Wellness Center to raise awareness.

Numbers that all women should know to take control of their heart health are:

- 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.

CONTACT US

For more information about heart disease in women, call Community Wellness Manager Christina Hicks at **360-709-1741**. Make a change at goredforwomen.org/wearredday.

Marijuana can affect oral health

Contributed by the Chehalis Dental Clinic

Marijuana is derived from the cannabis plant. The main active ingredient is commonly known as THC (tetrahydro-cannabinol) and is the part of the plant that gives the "high."

There is a wide range of THC potency between different cannabis products.

Heavy use of marijuana has been reported to cause respiratory problems, bronchial complaints, diarrhea, abdominal cramps, fast heart beat, acute panic paranoia and impairment with short-term memory and motor skills.

The most beneficial use of marijuana is to relieve nausea and vomiting – especially for patients

GET IN TOUCH

If you wish to check the health of your teeth and gums, please schedule a visit with the Chehalis Dental Clinic by calling **360-709-1659**.

receiving chemotherapy – and its ability to reduce intraocular pressure in the treatment of glaucoma. It is widely used for cancer and AIDS patients and other chronic diseases.

Marijuana use can lead to several oral problems.

Of most concern to dental providers is the development of xerostomia (dry mouth) and an often

dramatic increased rate of cavities, especially at the gum line. Irritation, edema and reddening of the oral tissues have been seen.

A limited number of studies have linked a correlation between marijuana use and the risk of periodontal disease.

As far as a link to the development of oral cancer, the high intraoral temperature from marijuana smoking can cause changes in oral tissues and cellular disruption.

Although these changes likely could lead to oral cancer, the link has not been established.

Excerpts are from an article by Melissa Beadnell, D.M.D., in the American Dental Association News



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

DIABETES EYE DISEASE 101

It's important to get an annual eye exam, prevent complications of diabetes eye disease

Diabetic eye disease

The effect of diabetes on your eyes is referred to as diabetic eye disease.

Early on, diabetes can cause the inside of your eyes to bleed in small areas. Later, new blood vessels can form and cause more bleeding. If this process continues, it can cause blindness.

The bleeding can become so bad that the inside of your eye can become filled with blood. If this happens, the chance of losing some amount of vision is high.

The most important thing to remember is to visit your medical doctor every three months and follow your medical plan!

That involves taking your medicines every day exactly as prescribed, controlling your diet, checking blood sugar daily and might include daily exercise as recommended by your doctor.

The second most important thing you can do for your eyes is to see your eye doctor at least every year for a dilated retinal examination.

This test will detect whether you have diabetes in your eyes. Your doctor might recommend more frequent visits if you show signs of the disease.

Your doctor also might recommend treatment for your diabetic eye disease or diabetes-related eye diseases such as glaucoma or diabetic cataracts.

Lower your risk

If you do the following things, the chances of developing serious eye problems because of diabetes mellitus are lowered:

- Control your weight.
- Eat a proper diet.
- Regularly monitor your blood sugar at home.

- Take all of your medications.
- Visit your eye doctor at least every year.

Other eye problems

If there are a lot of new blood vessels, they might cause scarring inside the eye, resulting in retinal detachments, which is another cause of permanent vision loss.

Diabetes makes you more likely to develop all forms of glaucoma.

In some cases, new blood vessels might grow on the surface of the iris (the brown-colored part of your eye), causing neovascular glaucoma, a particularly severe form of glaucoma.

Sometimes uncontrolled blood sugar levels can cause changes in your vision or cause cataracts.

Diabetic cataracts make it very hard to see clearly and cause vision to become hazy.

What are the symptoms?

Often there are no symptoms until diabetes already has done a lot of damage to your eyes.

You might experience times of clear vision and times of blurry vision due to rapid shifts in blood sugar levels.

You can have diabetes in your eyes without having any symptoms.

Many people with severe diabetic eye disease do not realize they have a vision problem until it is too late and permanent damage has occurred.

■ If you have cataract, vision might become blurry or hazy.

■ If you have glaucoma, you might not experience any symptoms until a significant loss of vision has already occurred.



Available treatments

For diabetic eye disease, laser treatment is the current treatment of choice.

Injections of newer anti-vascular-proliferative medications might become more common in the future.

- Cataracts are commonly treated with cataract surgery.
- Glaucoma requires the use of antiglaucoma eye drops.

If you are diabetic

The Chehalis Tribal Wellness Center offers monthly diabetes clinics.

On this date, we encourage all diabetes patients to make

CONTACT US

Call the Chehalis Tribal Wellness Center at **360-273-5504** to schedule an appointment. For questions, contact Licensed Practical Nurse Sandra Dickenson at **360-709-1660**. Sandra can help you set up a diabetes eye exam. Diabetic patients that get a referral and go to their appointment will get a prize!

appointments to see their health care provider. The appointment is generally 60-90 minutes. Your provider will complete labs, check your feet, review medicines, perform an EKG (annually), review your last dental appointment (annually), discuss nutrition and make a referral for you to get a diabetic eye exam.

GET FIT FOR FREE

Trainer **Rikki Sutterlict** is offering group strength training and conditioning classes Monday-Friday

Weekly schedule

6-7 a.m.
7-8 a.m.
3-4 p.m.
4-5 p.m.
5-6 p.m.

* Classes are dependent on sign-ups and requested times

* To participate in a class, everyone must sign a release

* Tuesday at 4 p.m. is for ages 11 and older and Thursday at 4 p.m. is for ages 10 and younger



CONTACT:

Rikki Sutterlict
at rsutterlict@gmail.com or
360-464-0664

Beans pack a punch

Delicious, nutritious addition to meals

Black, great northern, kidney, navy, pinto, chickpeas and more! You can create so many delicious meals with the beans available from WIC or USDA Foods/Commodities.

Beans are high in fiber, a good source of protein and iron and are cholesterol-free.

U.S. Dietary Guidelines recommends eating about 3 cups of legumes (lentils, beans) a week. That translates to about a ½ cup every day.

What to do with beans?

- Add to soups or salads.
- Put inside burritos, tacos and quesadillas.
- Mash into spaghetti sauce.
- Make a three-bean salad.
- Create bean burgers.
- Make dip with smashed beans and salsa or spices.

Basic Vegetarian Chili

INGREDIENTS

1 pound red beans
1 pound black beans
1 chopped bell pepper
1 large chopped onion
5 cloves garlic, crushed
½ cup fresh parsley, chopped
2 Tbsp. chili powder
2 28-ounce cans tomatoes
2 Tablespoons salt
1½ tsp. pepper
1½ tsp. cumin

DIRECTIONS

1. Cook beans, drain and set aside.
2. Saute pepper and onion in a



RESOURCES

Ask for the bean book at WIC or download it at [here](https://www.doh.wa.gov/portals/14/materials/961-134-beanbook-en-l.pdf).

For more information on beans and recipes, go to beaninstitute.com.

CONTACT US

To schedule an appointment with SPIPA WIC, leave a message at **360-462-3224**.

large pot.

3. Add garlic and parsley to onion mixture.
4. Add chili powder.
5. Add tomatoes, salt, pepper, beans and cumin.
6. Add water to cover about 2 inches.
7. Simmer covered one hour.
8. Simmer uncovered for 30 minutes.

Recipe can be adapted to a crockpot.

Everything you need to know about shingles

Almost one out of every three people in the United States will develop shingles. Anyone who has had chickenpox can develop shingles, even children. The risk increases as you get older.

The Centers for Disease Control recommends shingles vaccine for ages 60 and older. Even if you have had shingles, you can receive the vaccine to help prevent a future outbreak.

Shingles is caused by the Varicella zoster virus (VZV), the same virus that causes chickenpox. After a person recovers from chickenpox, the virus stays dormant in the body.

Shingles cannot be passed from one person to another. However, the virus that causes shingles, the Varicella zoster virus, can spread from a person with active shingles to cause chickenpox in someone who has never had chickenpox or received chickenpox vaccine.

The virus is spread through direct contact with fluid from the blisters caused by shingles. A person with active shingles can spread the virus during the blister

phase. A person is not infectious before blisters appear or after the rash has developed crusts.

Shingles is less contagious than chickenpox. The risk of a person with shingles spreading the virus is low if the rash is covered.

If you have shingles:

- Cover the rash.
- Avoid touching or scratching the rash.
- Wash your hands often to prevent the spread of Varicella zoster virus.

Avoid contact with these people until your rash has developed crusts:

- Pregnant women who have never had chickenpox or the chickenpox vaccine
- Premature or infants with low birth weight
- People with weakened immune systems, such as those receiving immunosuppressive medications or chemotherapy, organ transplant recipients and people with HIV

Shingles is not an emergency. If you are concerned about a rash, please see a provider as soon as possible.

Events at the Wellness Center

Podiatry clinic: Dr. Deborah Behre will be at the Chehalis Tribal Wellness Center from 8 a.m.-noon March 8 and April 5 and 1-4 p.m. March 21 and April 17.

Diabetes Clinic: One-hour appointment with all three providers from 8 a.m.-4 p.m. March 15, April 19 and May 24. Diabetes patients need to have labs, a medicine review, physical, URCA, foot exam

and diabetes eye exam yearly. Call 360-273-5504.

Monthly Community Walk: Join others for a fun fitness walk. The walk will begin at noon March 15 at the clinic. If you walk, please sign a sign-up sheet at various tribal office locations.

Mammogram Clinic: Service is with Swedish from 9 a.m.-3 p.m. March 27, May 15 and June 20.



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 1 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

FAMILY

Program kicks off new year in style

Early Learning had a wonderful start to 2018.

First up was a visit to Charlie's Safari on Jan. 18 in Lacey. Families joined in on the fun and played with the children, enjoyed lunch together and made new memories.

Teachers made portrait books and have them on display in their classrooms.

We appreciate the parents and family members who took the time to attend the field trip.

Our staff and students also wore our new bright blue and green T-shirts for field trip visual safety!

Training

Our 2018 Program Governance training was at Lucky Eagle Casino and Hotel on Jan. 25. New 2018 Policy Council members, a Business Committee representative and our General Manager attended the training. To access everything early childhood,

go to the Early Childhood Learning and Knowledge Center at eclkc.ohs.acf.hhs.gov.

In the classroom

Early Learning has been busy with classroom changes. We are launching iPads in our classrooms for parents and guardians to use to track attendance and sign in and out each day.

We are always looking for on-call employees at Early Learning.

If you would like to apply, please visit the Human Resources department at the Tribal Center or stop by Early Learning for an application.

Conference week

Conference week is Monday, Feb. 26, through Thursday, March 1.

During this time, Head Start and Early Head Start dismisses at noon and no bus drop off is available. Child care is open for children enrolled in the program.



Early Learning students take a pizza break while visiting family fun center Charlie's Safari on Jan. 18 in Lacey.



After a delicious meal, youngsters settle in to watch "Happy Death Day" during Dinner and a Movie Night on Jan. 24.

Dinner, movie and fun!

Community members filled up the Gathering Room for Dinner and a Movie Night on Jan 24.

It was a great chance for families to share a meal and enjoy watching a film together.

After Events Coordinator Phillip Youckton blessed the food, tribal elders were invited to dish up first followed by everyone else. The home-cooked meal of baked chicken, rice and corn was mouth-watering.

As people were wrapping up dinner, the PG-13 movie "Happy Death Day" began.

The "Groundhog Day"-style film with tongue-in-cheek humor follows a teen girl who must solve her own murder.

Children scampered to the front of the room to find a spot in front of the big screen.

It wouldn't be a movie without treats. Popcorn was hand-delivered to folks while cupcakes and various other desserts were snatched up quickly from the table.

At the end of the movie, Phillip announced upcoming events planned for the community and invited everyone to check them out!

Prep for the future with Social Security

*Information to help
as you near retirement*

*Contributed by Kirk Larson,
Social Security Washington
Public Affairs Specialist*

Every birthday deserves a celebration, but some seem a little more special than others. Think of a baby's first birthday, sweet 16 and the "Big 4-0." Before you know it, along comes 65. This last milestone is especially important to retirees.

For nearly half a century, American workers looked to 65 as the age at which they could stop working and finally reap their full retirement benefits under the Social Security Act of 1935.

The full retirement age is now 66 or 67, depending on when you were born. In 1983, Congress changed the law to increase the retirement age gradually during a 22-year period, citing improvements in the health of older people and increases in average life expectancy. To find out your full retirement age, go to socialsecurity.gov/planners/retire/ageincrease.html.

If you've contributed enough to the Social Security system through payroll taxes, you can claim retirement benefits at 65 or earlier.

RESOURCES

Social Security is with you through life's journey, on your first birthday and the many more that follow. Learn how we help you and your family secure today and tomorrow through our financial benefits, information and planning tools at socialsecurity.gov.

However, monthly payments will be permanently reduced. For help deciding what age is right for you to start receiving Social Security retirement benefits, read "When to Start Receiving Retirement Benefits" at socialsecurity.gov/pubs/EN-05-10147.pdf.

We have also made applying for benefits easier than ever. To apply, go to socialsecurity.gov/applyforbenefits. Age 65 should still factor in as you prepare for retirement and a stable financial future because that's when most American workers first become eligible for Medicare health insurance coverage.

To see whether you've earned enough credits through work to qualify for Medicare

at age 65, view your Social Security Statement online using your personal my Social Security account. Create or log on to your account at socialsecurity.gov/myaccount.

If you are receiving Social Security benefits before age 65, we'll automatically enroll you in Medicare Part A (hospital insurance) and Medicare Part B (supplemental medical insurance) effective the first day of the month you turn 65. Watch your mailbox a few months before your birthday for your Medicare card. Otherwise, three months before your 65th birthday, you can apply for Medicare Parts A and B at socialsecurity.gov/applyforbenefits.

Your Initial Enrollment Period for Medicare starts three months before your 65th birthday month and continues for three months after. For more about Medicare enrollment and coverage, go to socialsecurity.gov/medicare.

USDA food program

The South Puget Intertribal Planning Agency's USDA Food Distribution Program offers a great assortment of food.

A few examples of what's available: oranges, grapefruits, lemons, whole chicken, bison/buffalo, pork chops, ham, lettuce, green beans, broccoli, roasted peanuts, dry beans, egg noodles and butter.

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 dates are March 16 and April 20. Pickup is at the Chehalis Tribal Community Center from 9:45 a.m.-1:30 p.m.

HONOR OUR MOTHERS

**5-7 p.m. March 23
in the Gathering Room**

Help us celebrate grandmothers, mothers and aunties. Dinner will be provided along with crafts, photos and more!

QUESTIONS: Contact
Events Coordinator
Phillip Youckton

CRAFTHOUSE
IS NOW



**CRAFTHOUSE
WOOD FIRED PIZZA**

**AND WE'RE SO EXCITED TO
SHARE THE NEW MENU WITH YOU!**

**ALL CHEHALIS
TRIBAL MEMBERS**

are invited to visit the
main security podium
once between March 1 & 15
to receive a **50% OFF**
CraftHouse food voucher

MARCH BIRTHDAYS



ANASTASIA STARR: Happy birthday to our special little princess from Mom, Dad, grandmas, grandpa and family.



MEL YOUCKTON: Happy birthday Dad. We love you.

1

Raven John
Cyllus Leal-Youckton
Jeremy Sanchez

2

Andreas Jacobs
Dale Klatush
Mel Youckton

3

Anthony Andrews
Nathan Wittwer

4

Devin Boyd
Mathew Esselstrom

5

Jason Canales
Quinten Canales
Carrie Ehmke
Vincent Visaya

6

Amy Dehart

7

Jerry Meas Hill

8

Anthony Brown
Steve Burnett
Allison Carter
Jeffrey Gomez

9

Linda Carpenter
Rose Choke
Olivia Latch
Jeffrey LeClaire
Stella Pogue
Mathew Reynolds

10

Kami Beckwith
Tyson Black
John Blacketer
Tina Ebling
Jay Sanchez, Jr.

11

Jim Hayden
Colleen Klatush
Richard Revay

12

Mercedes Bracero
Falicity Bumgarner
Joseph Charles

13

Terri Farrier

14

Trevor DuPuis
Rannessa Goddard
Lola Secena-Ferguson

15

Arick Burnett



BRENT SIMMONS: Happy birthday, love your birthday, love your Simmons family.

16

Jace Cayenne
Siena Revay
Amy Shivers

17

Dede Devlin
Angelina Sanchez
David Youckton

18

Joshua Burnett
Wilson Pickernell

19

Ted Gleason
Noah Snell
Derrek Yawn

20

Sarra Burnett-Lisle
Natasha Goddard

22

Frank Cayenne, Jr.



WILSON PICKERNELL: Happy birthday to the favorite son, favorite grandson, favorite uncle and favorite nephew from all of us, love Mom.

23

Jack Colson
Tre's Meddaugh
August Secena-Sanders

24

Jaylynn Albert
Alexis Beckwith
Haezen Charles-Cayenne
Kylee Secena

25

Beatrice Christensen
Zander Sanchez
Aaron Youckton II

26

Jacee Hoyle
Brent Simmons

27

Sean Allen
David Burnett
Garret Hicks
Emily Ortivez
Anastasia Starr
Robert Wertz



AUGUST SECENA-SANDERS: Happy 3rd birthday August Andrew. We love you so much! Daddy, Mama and family.

MORE WISHES

NORMA DANIELS: Happy birthday. You are special to many, from your friends and family.

FRANK CAYENNE JR.: Happy birthday to my grandpa, from Dyani.

TINA EBELING: Happy birthday, love your family.

JERRY MEAS: Happy birthday. I love you son!! Love Mom and your family.

FALISITY BUMGARNER: Happy birthday to grandma's favorite Princess, love Grandma Anna <3 <3

DAVID YOUCKTON: Happy birthday, from the Chehalis Tribal Enterprises team and your family.

DEE DEE DEVLIN: Happy birthday, love your family.

GUY YOUCKTON: Happy birthday, from your Mom!

CHRIS SECENA: Happy birthday Bisha Bunny, love Mom, Dad and sisters.

28

Annie Jones
Nadie McAlister
Bev Starr

29

Norma Daniels
Victoria Hanna

30

Skylar Bracero
Yolanda Ortivez

31

Colby Higheagle
Chris Secena
Charlotte Weber

WSDOT plans Highway 12 roundabouts

Contributed by Bryan Sanders, Transportation Planner

Washington State Department of Transportation plans to begin construction of two roundabouts on Highway 12, one at Anderson Road and one at Moon Road.

WSDOT will start the project early next year and anticipates finishing construction in the fall of 2019.

This topic has raised questions and concerns from the community.

Here are answers to some of the most frequent questions:

What prompted the change?

WSDOT's main focus is safety.

Anderson Road

and Moon Road both have a significant number of accidents, including fatalities in recent years. This project is designed to make the stretch of Highway 12 safer for all travelers.

How long will the project take?

The project will kick off March of 2019 and finish a few months later in October.

Where is funding coming from?

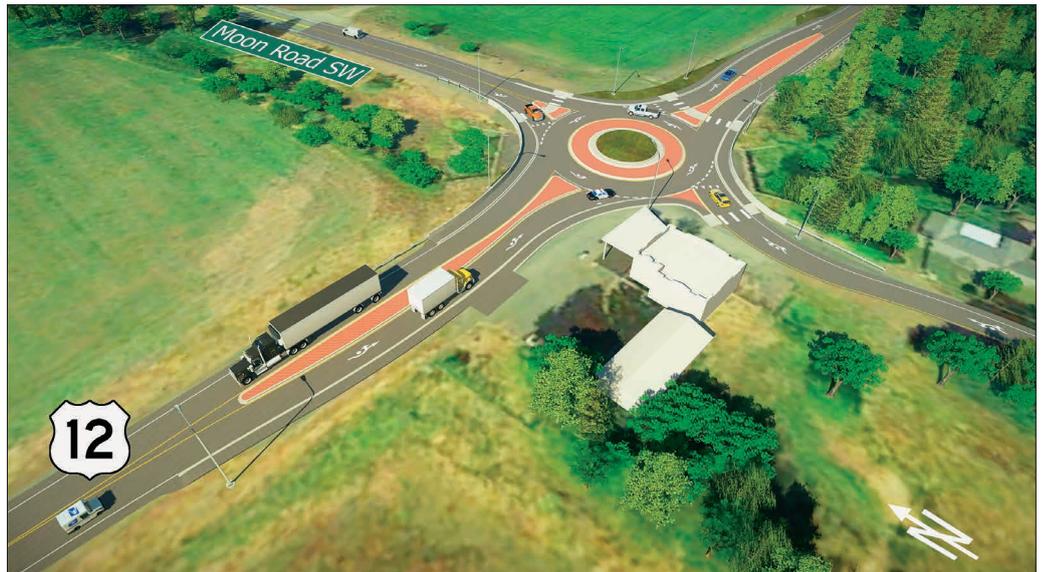
WSDOT is funding the project. The tribe is not responsible for construction costs of the project.

Will large trucks be able to use the roundabouts?

Yes. The roundabouts are designed to accommodate vehicles of all sizes, including emergency vehicles, buses, farm equipment and semi-trucks with trailers.

Why roundabouts instead of stoplights?

Studies have shown that roundabouts are safer than traditional stop signs or signal-controlled intersections. Where stop signs or signals previously were used for traffic control at intersections, putting roundabouts in reduced injury crashes



by 75 percent and reduced fatality collisions by 90 percent. Roundabouts virtually eliminate the possibility of T-bone or head-on collisions.

They are less expensive. Roundabouts eliminate hardware, maintenance and electrical costs associated with traffic signals.

Roundabouts also are more effective during power outages.

Is the tribe involved in design of the roundabouts?

Yes, we are working with WSDOT to ensure the tribe is represented and it is clear drivers have entered the territory of the Confederated Tribes of the Chehalis Reservation.

Above are the visualizations of the WSDOT roundabouts planned at Anderson Road and Moon Road on Highway 12.

SCHOLARSHIP OPPORTUNITY

This year, the Washington Indian Gaming Association will award up to \$100,000 to native students in the state. The scholarship may be used to attend two-year or four-year colleges and universities and for advanced degrees. Scholarship recipients from the previous year are eligible to re-apply under a reduced format.

TO APPLY: Email Janet Stegall at jstegall@chehalistribe.org



STUDENTS OF THE MONTH



Anthony Daniels

Kindergarten
Oakville Elementary

My name is Anthony Daniels. I am 5 years old and attend kindergarten at Oakville Elementary School.



I live with my Grandpa Cheyenne and Grandma Susie. I have one brother and we have a dog named Shorty. I enjoy playing with my family.

I like everything about school except PE. Listening to the teacher is what makes me a successful student. I also like to play soccer.

It's fun to spend time with my mom and my grandparents. I like to have water fights with my grandma Norma during summer.

When I grow up, I want to become a farmer. I want everything on my farm except horses. I want to plant vegetables because that is what farmers plant.

If I were chairman of the tribe, I would build a tree house!

Tyler Klatush

Sixth grade
Rochester Middle School

My name is Tyler Klatush, but my friends call me Ty. I am 11 years old and attend sixth grade at Rochester Middle School. I have a 3.4 GPA. My parents are Dustin Klatush and Sara Ziady and I have five sisters. I enjoy eating barbecue with my family!



My favorite subject in school is history. What makes me a successful student is listening in class and turning homework in on time.

I enjoy playing basketball and baseball. I play in local tournaments with my peers. I practice basketball after school and feel I am good at it.

After graduating, I would like to go to college. My first pick is University of California, Los Angeles. I would like to become an NBA player!

If I were chairman, I would encourage the cops to become more interactive with the community and make them feel safer.

Jaileen Sanchez

Senior
Chief Leschi High School

My name is Jaileen Sanchez. I am a senior at Chief Leschi High School with a GPA of 3.0. My mother is Jennifer Trevino. I have seven brothers and we have three dogs. As a family, we like to eat and play video games.



My advice to other students would be to not get distracted and stay focused! I enjoy playing volleyball.

After graduation, I would like to go to attend Washington State University. My interests are in criminal justice.

NOMINATIONS

Tell us why your child should be considered. Contact K-12 Program Counselor Francis Pickernell at 360-709-1785 or fpickernell@chehalistribe.org to nominate your child. Deadline is the last Friday of each month.

*Contributed by the
Chehalis Tribe K-12 Program*

Share creativity with 'In the Spirit'

"In the Spirit," celebrating its 13th year, offers an opportunity for native artists to display their work at the Washington State History Museum in Tacoma.

Accepted artwork also will be eligible for awards and monetary prizes including Best of Show, Honoring the Northwest, Honoring Tradition, Honoring Innovation, and the People's Choice awards.

The juried exhibition, focused on contemporary and traditional visual art forms, will be in the history museum's McClelland

Gallery from June 30-Aug. 12. The show will be accompanied by a free arts market and festival in mid-August. The indoor/outdoor celebration of native cultures offers a day of dancing, drumming, singing, shopping and a fashion show with booth space for vendors.

Works on view typically include textiles, sculptures, paintings, carvings and basketry.

Artists must be a member of a state or federally recognized tribe or be certified as a tribal artisan by a tribe.

Submissions

Find the application at washingtonhistory.org/files/library/in-spirit-application.pdf.

Completed forms must be submitted via e-mail or regular mail by March 30.

Artists may submit up to two individual works for consideration, one image per entered work.

All work should be the artist's original concept, design and interpretation and have been created within the past five years.

APPLICATIONS

Submit your application to:

Molly Wilmoth
Washington State
History Museum
1911 Pacific Avenue
Tacoma, WA 98402

Phone: 253-798-5926

Fax: 253-272-9518

e-mail: molly.wilmoth@wshs.wa.gov