

THE CONFEDERATED TRIBES OF THE CHEHALIS RESERVATION, 'PEOPLE OF THE SANDS'

# CHEHALIS TRIBAL NEWSLETTER



march 2018 ▲ HISTORY, HERITAGE AND RESOURCES AT CHEHALIS TRIBE.ORG

**Thanks for the smiles**  
Farewell party sends  
Dr. Elton off in style  
[page 3](#)



**Natural medicine**  
Our trees provide  
healing remedies  
[page 6](#)

## inside

Elder's fitness story / 3    Rez Animal fundraiser / 9  
Sewing class / 4    Health support / 10  
April birthdays / 5    Students of the Month / 12  
Mental health / 8    Early Learning news / 12



**Above:** Participants of the Longest Walk 5.3 make their way to the Community Center

**on Feb. 28. Below:** Bobby Wallace introduces himself to the Chehalis community.

## Longest Walk 5.3



*Powerful journey on foot to nation's capitol calls for an end to painful domestic violence and drug abuse*

Participants of the Longest Walk 5.3 arrived at the Chehalis Reservation on Feb. 28. They were escorted by our Chehalis Tribal Law Enforcement to ensure their safety and were welcomed to our land with song and drumming by the Chehalis Canoe Family.

The Longest Walk 5.3 is the final phase of a three-year historic walk across America seeking solutions to drug abuse and domestic violence. The walk started in Blaine to travel across the northern United States collecting information.

The mission is: "To cross this continent on foot seeking cultural and spiritual solutions to end drug abuse and domestic violence." Participants will gather in Washington, D.C., for a walk rally and to

See WALK, [page 10](#)

## Creating beautiful memories

*Dads, daughters have a ball at Ties & Tiaras*

The second Ties & Tiaras dance kicked off on Feb. 16. It was a great evening shared with fathers, grandfathers, uncles and their princesses.

Staff members from the Vocational Rehabilitation Program, Events Department and the Heritage & Culture program hosted the dance. Boy, did they put on an amazing event for a great cause! All of the proceeds were donated to the Chehalis Tribe's annual Cancer Walk held each May during

See DANCE, [page 2](#)



**Tony and his daughter Estraea Music-Onley get a keepsake photo at the Ties & Tiaras Dance.**





## DANCE

*From page 1*

Tribal Days weekend.

After signing in, fathers and daughters took a moment to create special memories with a photo.

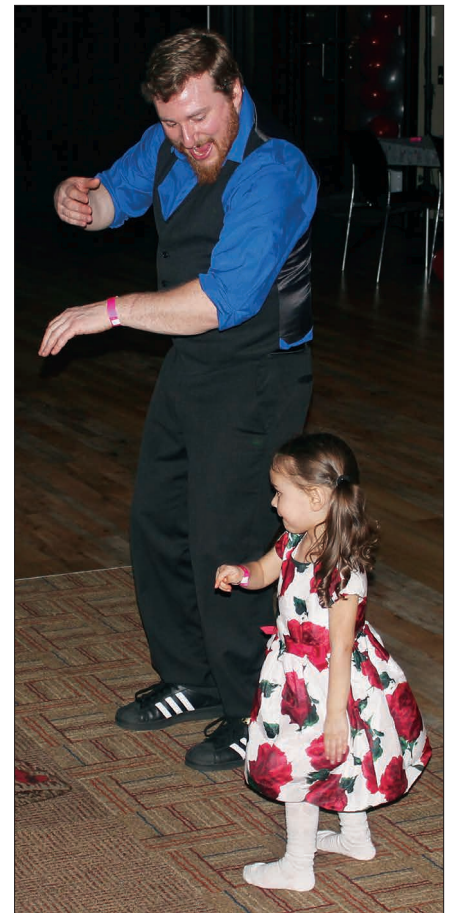
Tribal member Edmond Myer volunteered to snap the keepsake pictures to be shared with family and friends for years to come.

The room was decorated in style with balloons and ribbons. You could hear music throughout the Community Center. The deep bass was loudly bumpin' as DJ Ocho performed. He donated his time and equipment. The music was very inviting as you entered the Gathering Room.

The evening also included fun games to keep the excitement going. Participants were given the opportunity to win a prize during the contests.

Snacks and soft drinks were donated by Chehalis Tribal Law Enforcement.

A special shoutout goes to everyone who participated and showed us their dance moves! Looking forward to seeing you all next year.



**Happiness abounds as fathers and daughters dress up for a night of adorable fun at the Ties & Tiaras dance on Feb. 16.**





# Community thanks Dr. Elton

## Dentist retires after 13 years helping tribal members smile

Staff hosted a retirement party for Dr. William Elton on Feb. 27 in the Gathering Room.

He has been our dentist at the Chehalis Tribal Wellness Center for the past 13 years. It was a surreal moment saying goodbye to someone so committed to our tribal community.

Dr. Elton taught us to take care of our teeth and also became our friend.

Tribal elders, adults, children and staff gathered to bid him farewell. Dan "Bones" Gleason blessed the meal and cake.

The gift giving was inspirational, just like our retiring dentist. Chehalis Tribe General Manager Misty Secena and Chairman Harry Pickernell, Sr. gave Dr. Elton a Pendleton blanket, wrapping him with love and protection. It was a token of the friendship and appreciation the tribe has for Dr. Elton.



**Chehalis Tribal Wellness Center staff and community members celebrated Dr. William Elton during his retirement party.**

Some offered a heartfelt speech, shook hands, gave hugs or sang songs, all wishing him success during his next step in retirement.

Bill Thoms gifted Dr. Elton a beautiful hand-painted drum he personally made.

Dr. Elton's wife, Michelle, thanked the tribe for being a part of their lives.

Tony Medina, Manager of Youth Services, brought kids from the youth center over to shake Dr. Elton's hand and say farewell. During his time working at the clinic, Dr. Elton provided dental services to many of the children.

Good luck on future endeavors Dr. Elton! You will be missed by many.

## FOND GOODBYE TO TRIBE

Dear Chehalis tribal members, I wish to thank all of you who have allowed me the honor of being your dentist. I am grateful for your trust. I am grateful to have known you and your families.

I started working here in February 2005 as a temporary dentist. Thirteen years later, I find that it is time to retire.

I have personally chosen a dentist to replace me that I think is a fine dentist and someone who will care for you as much as I have.

I have formed many friendships with you as patients. Being a dentist has been the third most important thing I have done in my life. Being a father has been the second most important thing I have done and being a husband is the most important.

I hope I have helped you to smile. I hope you will continue to smile. My wife, Michelle, and I hope that God blesses your Chehalis Tribe and each of you individually.

– Sincerely, Dr. William Elton

# Elder's path inspires community

## *'I exercise daily on my journey to staying healthy'*

Back in the early days, it seems like everyone had a nickname. Dan Gleason Sr. was given the name "Bones" when he was young.

Dan always has been respectful and conducts himself in an honorable manner as an elder, employee and a Chehalis Community member.

He is a member of the Shaker Church and takes pride in his family, friends and tribe.

Dan recently shared fond memories from when he received his Fitbit from Pat Odiorne, former Diabetes Coordinator for the Special Diabetes Program for Indians.

Dan wasn't sure what to expect but he was interested to see how much he really walks every day.

He admits he still has the original

Fitbit given to him in June 2016.

"Even though the fitness challenge is done, I continue to track my steps daily. This ensures that I exercise daily on my journey to staying healthy," he said.

After two years, he has surpassed many milestones at the age of 80.

Not only has he worked for the tribe for many moons, he also has inspired others throughout his life.

If you are wondering how far Bones has traveled, he has taken 5,089,241 steps that equal 2,300 miles. He used 491,636 calories. Imagine what that would take on a treadmill.

Keep up the great work and keep on stepping!

**Elder Dan 'Bones' Gleason, Sr. tracks how many steps he takes each day with a Fitbit.**





Chehalis tribal members proudly display their Pendleton sewing projects during a Heritage & Culture program class. Rich patterns and colors were threaded together in a time-honored tradition. The program offers cultural classes and a wealth of expertise.



# Class teaches art of sewing

*Participants stitch together beautiful Pendleton creations*

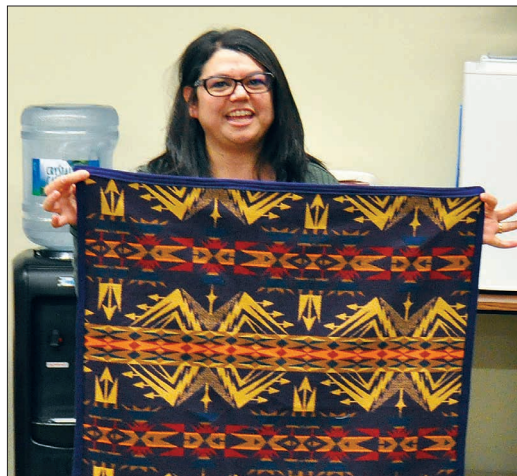
The Heritage & Culture program offered a Pendleton sewing class on Feb. 25 at the Community Center. It was an opportunity to learn from staff and other tribal members who are highly skilled in the art of sewing. The first step was to make a project depending on skill and comfort level. Options were a blanket, vest, purse or something you use every day.

In a world moving at breakneck speed, it seems many old-fashioned skills have fallen by the wayside. Sewing is one of the time-honored cultural experiences in Indian Country.

Participants were seen excitedly selecting materials for their projects. Several types of colors and designs were available to choose from. It was a joy to witness the thoughtfulness that went into this selection process. Imagine the fun of planning a project, picking the fabric and holding some of your own work in your hands!

It also was a chance to spend time together and learn from each other. It didn't matter what level of sewing each participant was at, staff and others helped everyone become comfortable with the sewing machines. One of the students said she knew how to sew but it had been 20 years since she had actually done it.

Various cultural classes are offered throughout the week. If you are interested in learning new skills or need help preparing for upcoming memorials, please stop by the Heritage & Culture program classrooms. Teachers will adjust their schedules to assist you.



## HERITAGE & CULTURE PROGRAM

Our program offers a variety of classes. Teachers provide expertise in beading, weaving, sewing, storytelling and traditional cooking. We soon will offer woodcarving and net-making classes. Surveys are available at our office. They help our program meet your needs and determine classes we can offer.

### CLASS HOURS

- 9:30 a.m.-6 p.m. Tuesday and Thursday
- 11 a.m.-7 p.m. Wednesday

Contact Lynn Hoheisel at **360-709-1748** or stop in to discover other available classes.



## 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



# 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

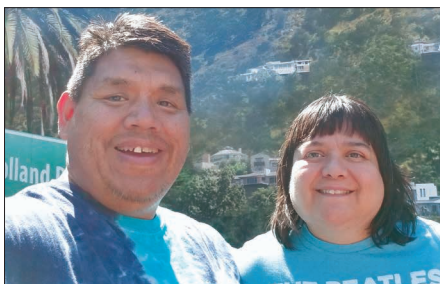
Dennis Gunnels  
Deidra Hawkes  
Brandy Sanchez

10

Annie Burnett  
Andrew Starr

STEPHANIE  
AND HARRY  
PICKERNELL:

Happy anniversary!  
April 25 is a special day for a special couple, from Mom.



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

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.  
Normaraye Lyons  
Angelia Oliver  
April Reynolds

17

Beverly Andrews  
Ayden Sanders  
James Teague  
Kaleah Quilt

18

Amy Andrews-Mashburn  
Amanda Batres

19

Enyo Visaya  
Hawk Wittwer

20

Lynn Hoheisel



CHRIS PICKERNELL: Here's to 12 years married and 21 years together. Happy anniversary honey, love Erika.

Alamia Youckton

21

Nadine Burnett  
Charles Latch, Jr.

24

Eldon Gleason  
Courtney Price  
Antonio Sanchez  
Robert Sanchez  
Jonathan Williams

25

Gary Ortivez, Jr.  
Randall Powell-Johnson  
Javier Lopez Sanchez



ALAMIA YOUCKTON: Happy birthday Mia from Mom, Dad, Gram and Bub.

## MORE WISHES

DARYL BECKWITH:  
Happy birthday, love Mom.

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

DAN "BONES" GLEASON, SR.: Have a blessed day from your many friends and family.

LYNN HOHEISEL:  
Happy birthday with lots of love, from your family.

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

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

HAPPY BIRTHDAY TO MY SONS: Kevin Bray, April 28, and Charles Latch Jr., April 21, love Mom.

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



# HEALTH/WELLNESS

## Powerful winter tree medicine

*Mother Nature steps in to help ease pain and inflammation*

Early spring buds are popping out and the days are becoming warmer. Valuable resources for our health are growing.

The monthly winter tree medicine class taught by Elise Krohn was held on Feb. 26 in the Gathering Room at the Community Center.

She introduced a new guest, Elizabeth Campbell (Spokane), a native plants educator and herbalist who is passionate about the cultural revitalization of traditional foods and medicines.

Elizabeth grew up harvesting native foods with her family. She has developed curriculum and led tribal community classes and train-the-trainers workshops across Washington since 2009. She also taught weekly classes for the Northwest Indian Treatment Center's Traditional Plants Program and managed their ethnobotanical gardens for five years. She managed the Shelton Farmers Market for two years.

Elizabeth has a bachelor of arts degree in education from the Evergreen State College with special emphasis on the practice of sustainable agriculture and Native American studies.

She runs an organic farm with her family in Shelton and continues to work toward increasing tribal food sovereignty.

The class focused on harvesting times for various ingredients using tree medicines.

There is only a small window of opportunity to gather materials from plants and trees in the spring to make



**Elizabeth Campbell (above) teaches students how to squeeze cottonwood buds and Elise Krohn (far left) works with incense in a winter tree medicine class.**

medicines.

Nettles are beginning to sprout. Now is the time to harvest cottonwood buds to craft healing remedies.

Elise and Elizabeth discussed how cottonwood trees are easily identified as

they tower among alder and broad leaf maples along rivers or flood plains.

Cottonwood trees are in the Salicaceae or willow family. They are commonly referred to as the people's tree because it has been so cherished through

the centuries.

Medicines made from the cottonwood tree assist in lowering fevers and reducing inflammation and pain.

Harvesting these important ingredients can prove a challenge.

Sometimes, you might receive a little help from Mother Nature, such as harvesting buds from a fallen branch after a windstorm.

Elise and Elizabeth gave everyone an assignment to identify, locate and prepare for the upcoming harvest. They gave tips on when and how to gather and prepare sticky resins from the buds, how to squeeze out the resin and which buds to avoid, such as those with catkins inside. Tips on how to clean up were

See MEDICINE, page 7



## MEDICINE

From page 6

provided.

It was cautioned that while no one has been observed with an allergy to cottonwood bud oil, folks might want to avoid the oil if they are allergic to bees or aspirin.

Elise and Elizabeth shared a story of the cottonwood's healing properties.

A friend was sick with a high fever and had been in the hospital. Tea made with cottonwood bark was taken to the hospital and given to the friend. After she drank it, her fever started to decline. The medicine brought back memories of her mother, who used to make her the tea.

### Cottonwood Bud Oil

Making cottonwood oil is a messy process, but I promise it will be worth the effort.

You will need extra virgin olive oil (enough to cover the buds), a double boiler, a blender (only if you are making a large amount), a pressing cloth like muslin, a strainer and a glass jar for long-term storage.

If you do not have a double boiler, create your own by placing a small pot in a larger pot with an inch or two of water in it.

**1. Blend or pinch open the buds.** This will help the resin more easily release into the oil. If you have a small amount, pinch the buds with your fingernail. Place directly in a double boiler and cover completely with olive oil. For larger amounts, using a blender will save you a considerable amount of time. First, place your buds in a double boiler and cover them with olive oil so they are fully covered  $\frac{1}{2}$  to 1 inch above the buds. (If you put the buds in the blender directly without oil, they will stick to the sides and make cleanup more challenging.) Pour oil and buds into the blender. Turn on and blend just until the buds are mostly broken open. Place back in the double boiler.

**2. Gently heat.** Heat on a very low setting. Do not allow the olive oil to get hot enough

### SPRING FORAGING, MEDICINE MAKING

Join us as we harvest some of the first spring foods and celebrate with a feast from 4-7:30 p.m. March 27! We also will make medicine to contribute to the elders' luncheon. Participants will be able to take home samples of lip balm and tea.

#### SCHEDULE

**4 p.m.:** Meet at Community Center Gathering Room to take a van to forage for wild greens such as nettles, wild lettuce.

**5 p.m.:** Return to create nettle pesto and add foraged foods to soup and salad.

**5:30 p.m.:** Dinner

**6 p.m.:** Make medicines for the elders' luncheon

**7:30 p.m.:** Closing

Please bring warm clothes, rain gear, rubber boots, scissors, gloves and a harvest bag or basket.

Classes are offered to anyone who wants to learn about traditional medicines.

For more information, contact Youth Services Manager Caytee Cline at **360-709-1818** or [ccline@chehalis tribe.org](mailto:ccline@chehalis tribe.org).

Grant activities are funded through a Tsapowum Chehalis Tribal Behavioral Health R.E.D. R.o.A.D. Grant.



that it boils! You can turn the burner on and off to keep the temperature low. Heat for several days. The oil will turn a deep golden color and become very fragrant.

**3. Press out the oil.**

Lay a piece of muslin cloth over a strainer placed on a

container. Pour a couple of cups of buds and oil into the muslin, bundle it up, twist the cloth and squeeze with all of your strength. Once oil stops dripping, empty buds into a compost container and continue pressing until done. Let the pressed oil rest for an hour or so. Any remaining water or solid material will fall to the bottom of your container.

**4. Store.** Pour oil (minus water or solids that might be at the bottom) into a glass storage container. You can use any glass jar with a tight-fitting lid. Amber jars are nice because they protect the oil from sunlight, but you can keep clear glass containers in a cool cupboard to preserve the oil just as effectively. Remember to label, although the smell of this oil makes it easy to identify.

**Helpful hint:** To clean containers, wipe oil off with a paper towel and then clean with soapy water. It is easier to get resin out of a double boiler when the oil is warm. If resin remains, wipe with a paper towel soaked in rubbing alcohol (the higher the alcohol content the better). For extreme cases, you can soak with a little alcohol overnight.

### Preparing Herbal Salve

**1. Measure the volume** of your infused oil (or combined oils) in a measuring cup.

**2. For every five ounces of oil,** use one ounce of beeswax by weight. Cut or grate the measured beeswax so it melts more quickly.

**3. Combine oil and beeswax** in a double boiler. Heat slowly. Try not to overheat the oil because it will burn and damage fragile plant constituents.

**4. As soon as the beeswax has melted,** test the firmness of the salve by taking a spoonful and placing it in the refrigerator to expedite setup. The consistency should not be so soft that it will melt in the sun or so hard that it is difficult to apply. Adjust the hardness if necessary by adding more oil or beeswax.

**5. Pour the mixture** into salve containers and add a few drops of essential oil if desired.

Essential oils are added at the last possible minute because they are volatile and will evaporate quickly. Stir in one to four drops per ounce with a chopstick.

**6. Cover salves** with lids immediately. Let cool and then label.

#### POSSIBLE ADDITIONS

■ **Lavender** essential oil smells euphoric and is wonderful for burns and skin irritations.

■ **Tea tree** essential oil is antiseptic, drying and healing.

■ **Rose geranium** essential oil balances the skin and has anti-fungal properties.

■ **Vitamin E** is a preservative helpful for skin regeneration.

■ **Tincture of benzoin** can be added to herbal oils or salves as a preservative.

Salve containers can be purchased through mail-order suppliers, bottle distributors or local herb shops. Tins or brown glass jars work best as they protect the salve from the sun. Make sure to get a jar with a secure lid. A salve that has melted in the sun and leaked in a backpack or elsewhere is a mess to clean up.

Get creative! Many herbs can be used for salves. I like to use what is fresh but often play with new ideas and additions. Most essential oils are antiseptic and safe for topical application.

You also can add tinctures of non-lipid soluble plants to herbal oils and heat off the alcohol and water.

### Trauma Balm

Use equal parts of any of these oils: arnica, cayenne, cottonwood, dandelion, devil's club, ginger and St. John's wort. Use no more than 25 percent cayenne.

Use about two drops each of essential oils of rosemary and peppermint per ounce of salve.

Apply several times a day to reduce the pain and inflammation of arthritis, sore muscles, bruises and sprains. Be careful not to get this around eyes or on sensitive skin.

This is an external remedy for pain and inflammation.

# Tough conversation about suicide

Contributed by Caytee Cline,  
Youth Services Manager with Tsapowum,  
Chehalis Tribal Behavioral Health

Words have power. They are about honor and the importance of giving one's word to another. We can use words to build others up and offer guidance. Some words are harder to hear than others, such as suicide. Some might hear this word and are not sure how to respond or what the outcome of an open discussion about this topic will be.

A popular myth about suicide is that talking about suicide, especially with adolescents, will "plant" the idea or thought in one's head. Having a conversation about suicide is very difficult. Many adults find it hard to believe that a young person with a full life ahead could be thinking about suicide. Though the conversation is difficult to have, talking with youth and young adults about suicide will not plant the idea in their heads. In fact, having an open conversation about suicide or asking someone whether they are having thoughts of suicide is the first step in helping that person.

We will provide warning signs and how to reach out to someone showing suicidal behaviors in upcoming articles.

Suicide is preventable and help is available.



## FIND AND GIVE HELP

Suicidal thoughts often is an indication of a mental health issue. Tsapowum Behavioral Health department can help. Schedule an appointment for mental health counseling or chemical dependency by calling **360-709-1733** from 8 a.m.-4:30 p.m. Monday through Friday.

- **Call 911** if you or someone you know is in immediate danger.
- Call the National Suicide Prevention Lifeline at **800-273-TALK (8255)**.
- Chat online at [suicidepreventionlifeline.org](http://suicidepreventionlifeline.org).
- **Text start to 741741** to chat via text.
- Talk to trusted elders, healers, friends, family, clergy or health professionals.

## OTHER RESOURCES

- **For youth:** [oregonyouthline.org](http://oregonyouthline.org), **877-968-8491** or **text teen2teen to 839863**. Volunteers answers calls, texts, chats and emails from their peers from 4-10 p.m. every day.
- **Trevor Project:** [thetrevorproject.org/chat](http://thetrevorproject.org/chat) or **866-488-7386**. Crisis intervention and suicide prevention services for LGBTQ youth ages 13-24. The helpline is a 24-hour service.
- **Contact** Youth Services Manager Caytee Cline at **360-709-1818**.

# Action plan

Mental Health First Aid is a public education program that introduces participants to risk factors and warning signs of mental illnesses and discusses supports.

This eight-hour course uses role-playing and simulations to demonstrate how to offer initial help in a mental health crisis and connect people to the appropriate professional, peer, social and self-help care. The program also teaches risk factors and warning signs of specific types of illnesses.

Participants learn about the five-step action plan below to support someone with signs and symptoms of a mental illness or emotional crisis:

1. Assess for risk of suicide or harm.
  2. Listen nonjudgmentally.
  3. Give reassurance and information.
  4. Encourage appropriate professional help.
  5. Encourage self-help and other support strategies.
- See the ad below for registration information.**

# Medicare cards boost security

Contributed by Kirk Larson,  
Social Security Washington  
Public Affairs Specialist

Between April 2018 and April 2019, Medicare will mail new cards to protect you from identity theft. Fraudsters are always looking for ways to get your Social Security number. The Centers for Medicare and Medicaid Services removed Social Security numbers from all Medicare cards to make them safer.

New cards will have a new Medicare number that's unique to its owner. The new card will help protect identities and keep personal information more secure. Your Medicare coverage and benefits will stay the same.

Medicare will mail a new card at no cost to the address you and your clients have on file with Social Security. If you need to update your



## INFORMATION

Learn about the new card at [go.medicare.gov/newcard](http://go.medicare.gov/newcard). Visit [medicare.gov/fraud](http://medicare.gov/fraud) for tips to prevent fraud.

official mailing address, use your online My Social Security account at [socialsecurity.gov/myaccount](http://socialsecurity.gov/myaccount). You can call us at 800-772-1213.

Medicare will never call you uninvited to ask you to give personal or private information to get your new Medicare Number and card. Scam artists might try to get personal information (such as your current Medicare Number) by contacting you about your new card. If someone asks you for your information or money, call us at 800-633-4227.



## Join the movement

Sometimes first aid isn't a bandage or CPR or calling 911. Sometimes, first aid is **YOU**



A person you know could be having a mental health or substance use issue. Learn how to help a friend, family member, co-worker or neighbor. Get trained in mental health first aid.

## Mental health training

**When:** 8 a.m.-5 p.m. May 11

**Where:** Fairfield Inn & Suites in Grand Mound

**Address:** 6223 197<sup>th</sup> Way SW Rochester

Please RSVP by contacting Caytee Cline at 360-709-1818 or [ccline@chehalistribe.org](mailto:ccline@chehalistribe.org)

Hosted by Tsapowum Behavioral Health R.E.D. R.o.A.D Suicide Prevention Grant

**Take a course, save a life, strengthen your community**

[www.mentalhealthfirstaid.org](http://www.mentalhealthfirstaid.org)





# Rez Animal fundraiser more than doubles goal!

Contributed by Grant Writer Janet Stegall,  
Chehalis Tribal Planning Department

On Valentine's Day, volunteers held a bake sale fundraiser for Rez Animal Resources & Education (RARE) in the main tribal hall.

The nonprofit organization founded by Director of Planning Amy Loudermilk pays for spaying and neutering tribal pets and assists with emergency vet bills. The organization serves the Chehalis, Nisqually, Squaxin, Skokomish and Shoalwater Bay reservations and is primarily funded through grants and donations.

RARE has experienced a surge in calls for help during the past few years. Donations and grants continue to come in but have fallen short of meeting the need. Spays and neuters run from an average of \$90 each for cats and \$160 each for dogs. Emergency medical visits can be practically limitless in cost. Rez Animal Resources covers the cost for all but a \$5 co-pay for spays and neuters and up to \$300 for veterinarian medical assistance (from exams to surgeries).

In 2017, RARE served more than 100 Chehalis tribal and community members, performed 54 spays/neuters and gave medical assistance to 70 animals.

Rez Animal Resources spent \$56,524 last year to help the five tribes it serves.

## WE'RE HERE FOR YOUR PETS

Rez Animal Resources & Education can assist in getting pets vaccinated and spayed or neutered. Call **253-370-6392** or go to **rezanimals.com**.

Almost all funds go directly toward veterinary bills. None of the operating funds go to salaries, rent or gas. Amy and her crew volunteer their time.

The Planning Department observed the hardship and decided to help. We reached out to others and received overwhelming support. Community members brought in baked goods to sell, and Sheilah Bray set up a waffle station in the main hall of the Tribal Center. Our goal at the beginning of the day was to raise \$1,000 through sweets sales, raffle ticket sales and donations. By 4 p.m., the fundraiser was just short of twice that goal. The winner of the 50/50 raffle donated the entire \$215 prize back to the cause, pushing the total amount raised for the day to \$2,200!

RARE would like to thank the community for its outpouring of support. Amy is touched by the wonderful appreciation shown for her organization.



Community members gave it their all for pets during the Rez Animal Resources & Education bake sale fundraiser on Feb. 14.

## Wellness Center supports elders

Nancy Romero is the new Community Resource Worker at the Chehalis Tribal Wellness Center.

She is available to transport community members to medical-related appointments as needed and provides additional services.

To qualify for transport, you must not have any other form of transportation available.

Schedule of services provided Monday through Friday:

■ **8 a.m.-noon:** Transport elders to doctor appointments (Centralia and Olympia area). On Thursdays, Nancy is available from 8 a.m.-2 p.m. because there is no lunch delivery that day.

■ **12:30-1:30 p.m.:** Deliver elder lunches (except on Thursdays).

■ **2:30 p.m.:** Pick up medicines at Safeway for the clinic.

Elders, if you need a ride to an



Nancy Romero

## TRANSPORTATION AVAILABLE

Transportation request slips are at the Chehalis Tribal Wellness Center's front desk. Contact Nancy at **360-709-1758**, **360-870-0141** (cell) or **nromero@chehalis tribe.org**.

appointment, Nancy is available in the mornings only.

Call her at 360-709-1758 and leave a detailed message to be put on the schedule. Please be sure to schedule transportation at least 48 hours in advance.

If you are Medicaid-eligible, we can help you get set up to use the Paratransit System for transportation.

If you qualify for the Paratransit program, a driver will pick you up at your location and return you home. Nancy can assist you with the process.

## PLAY BALL!

Baseball season kicks off March 29. Tribal members have a chance to watch a game from the **Chehalis Tribe's Seattle Mariners suite**. Attend General Council meetings during the season to win All-Star Club or Diamond Club tickets.



**CONTACT:** Call 360-273-5911 or email Leroy Boyd at **lboyd@chehalis tribe.org** or Russ Baker at **rbaker@chehalis tribe.org** to learn more about games at Safeco Field.





**Longest Walk 5.3 leaders Chief Harry Goodwolf Kindness and Bobby Wallace walk with Chehalis Tribe Chairman Harry Pickernell, Sr.**

## WALK

*From page 1*

share a progress report as well as host a special tribute to Dennis J. Banks, who started the movement.

It was an honor for our esteemed guests to witness this event as they weathered the elements walking together that afternoon.

The Gathering Room was filled with people preparing to listen to the story and purpose of the walk.

Master of ceremonies Mark Colson introduced Bobby Wallace and Chief Harry Goodwolf Kindness, leaders of the 2018 Longest Walk. They introduced themselves to the Chehalis community.

Bobby gave the history of past walks and what they accomplished. He offered this advice: "Never underestimate the power of prayer. It can move mountains."

Bobby also gave recognition to his mentor and friend Dennis J. Banks, who started the movement.

He encouraged everyone to fill out a survey that they were gathering to take to Washington, D.C.

This walk provides substance to leaders in the

continued battle against drug abuse and domestic violence.

There is a wide array of people from other native tribes traveling with them on their journey that strongly believe in the cause. Their next stop is Shoalwater Bay as the walkers continue on their journey heading east across the United States.

Folks are welcome to join them as they arrive at their final destination in Washington, D.C., around July 14.

The evening wasn't just about sharing Bobby's story, it was about every thread that connects us together. He proudly introduced other people who traveled with them on this peaceful journey.



**"The issues facing our native people and the issues facing our Earth are connected. They both arise from the kind of thinking that does not value people or the Earth. Native traditions oppose this sort of thinking. We say all life is sacred, and we speak as the conscience of our Earth."**

**- DENNIS BANKS, NATIONAL FIELD DIRECTOR OF THE AMERICAN INDIAN MOVEMENT**

It is known that music often soothes the savage beast. The duo Makiyo Sakashita and Enshou Yamada shared their song "The Long Walk" with the audience. They sang from their hearts and received a thunderous applause.

One of the dedicated walkers introduced was a young lady, Earth Feather from Colville, who has relations on the Chehalis Reservation.

See WALK, page 11

## JOIN US

We are making a difference and need your continued support!

America is caught in the eye of a violent drug storm that is devastating our communities. We need to stand united on all the issues Native Americans face today.

To do so, we must have a strong society. Standing Rock proved we can come together to help one another. We must continue in that same spirit and halt the flow of drugs and violence into our communities to remain strong. Victory shall dwell in the house of unity to those who follow that spirit.

Throughout this journey, we seek cultural solutions on why we hurt and abuse ourselves and others. We bring people together to discuss issues, raise awareness, gather information and make a plan of action to change these disturbing statistics.

We would like to formally invite you to join us as we complete the Longest Walk 5.3. This is the final Longest Walk organized by Dennis J. Banks before passing the staff to Chief Bobby Wallace.

For more information, go to [longestwalk.us](http://longestwalk.us) or follow their journey through facebook.

- Bobby Wallace and Carol Collins



**Walkers joined the Chehalis Canoe Family to share songs during dinner.**



## WALK

From page 10

She shared that she made her ceremonial staff during this year's Women's March in Seattle. She is on the walk representing murdered and missing indigenous women.

She spoke about bringing attention to the fair treatment of all women. The injustice happening to women isn't only here in the United States but worldwide. She encouraged tribal leaders and everyone to spread the word by writing to their senators and congressman.

A feather ceremony was performed by Bobby to empower and give Earth Feather strength to pray, walk and accomplish her goals.

"Women are our warriors, and without them, we wouldn't be here today," he said.

A young man was invited to tell his story. The reason he was on this walk was to make a difference for others. He said that his father was struggling with alcohol and his brother was battling mental illness.

During part of the journey, he had a surreal moment. His legs were heavy but he continued to walk and pray that day. He ended up in the hospital.

Upon returning home, he found his prayers had been answered and that miracles



**Makiyo Sakashita from Japan performs a beautiful song, "The Long Walk."**

do happen. When he saw his brother, he had been driving his car around. He laughed and said, "Without my permission, right?" Then he recognized his brother had changed. His mental health problems were subsiding as he was becoming healthier and active.

He met his father later, who had taken the path to abstaining from alcohol by attending AA classes and taking things day by day to become a healthier person.

He sang a song with his drum to share the moment.

The Chehalis Canoe Family was invited to perform songs

during the dinner provided by Behavioral Health staff. While everyone ate together, the sound of voices and drums echoed throughout the room. Some of the leaders and walkers joined in to embrace the power of prayer through traditional songs and the heartbeat of the drum.

It was an awe-inspiring evening.

Members of the Chehalis tribal community were invited to sign a flag to be gifted to the walkers for the rest of the journey. It was a symbolic token for a safe and successful walk to Washington, D.C.

## Many thanks

**From Christina Semanko, Tsapowum Chehalis Tribal Behavioral Health Program:**

Hey there, I would like to give a shout out to everyone who helped support us in making this event such a success.

First and foremost, I want to thank Mark Colson-Johns for stepping up and being so willing to help. It really means a lot.

I would like to give a big thank you to the Chehalis Canoe Family for their awesome welcoming of the walkers. I can still feel the drum beat in my chest. You all did so well!

A special thank you goes to the Heritage & Culture

program, Christina Hicks, Orinda Goddard, Cedar Creek Corrections Native Circle and Rocky Watts for their kind donations to our guests. Another special thanks goes to Debbie Kydland at Lucky Eagle Casino. You were a lifesaver making sure our guests were well taken care of. Thank you!

I also would like to thank lasagna builders Sheryl Bragg, Caytee Cline and Ericka Pickernell. A big thank you to Jody Heller and Melody Dady for your support and participation during the event.

I want to thank Chehalis Tribal Law Enforcement for ensuring our safety during the walk from the casino to the Community Center. I would also like to thank Jesse Gleason for giving me the honor of putting this event together.

Most of all, I want to thank the community for attending!



**Selena Kearney  
Photography**

[www.selenakearney.com](http://www.selenakearney.com)

## in brief

### Wellness Center events

**Podiatry clinic:** Dr. Deborah Behre will be at the Chehalis Tribal Wellness Center from 8 a.m.-noon April 5 and May 3 and 1-4 p.m. March 21, April 17 and May 15.

**Diabetes Clinic:** One-hour appointment with all three providers from 8 a.m.-4 p.m. April 19, May 24 and June 14. 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 at noon April 19 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 will provide healthful food and nutrition information for you and your child up to age 5 from 9:30 a.m.-3:30 p.m. April 5 at the Wellness Center. Contact Debbie Gardipee-Reyes at 360-462-3227, Patty Suskin at 360-462-3224 and Debra Shortman (Chehalis) at 360-709-1689.

## USDA FOOD PROGRAM



The South Puget Intertribal Planning Agency's program offers a great assortment of food for your freezer, refrigerator and cupboards.

### NEXT DATE

9:45 a.m.-1:30 p.m.  
April 20 at the Chehalis Tribal Community Center

### SIGN UP

Debra Shortman, **360-709-1689** or call the warehouse at **360-438-4216** from 8 a.m.-4 p.m. Monday through Friday.

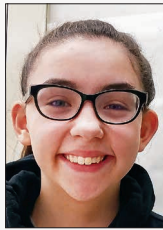


## STUDENTS OF THE MONTH

### Madison Carter

**Eighth grade  
Oakville Middle School**

My name is Madison Carter; my friends call me Mads! I am 14 years old and in eighth grade at Oakville Middle School. I have a GPA of 2.15. My parents are Allison and Zach Carter. I have one brother and three sisters. We have two dogs and three cats. While hanging out with my family, I like to talk about my future.



I like learning about history and reading Edgar Allen Poe. What makes me a successful student is I use my seventh period class to get my work done. I would tell other students not to goof around in class.

I play fast-pitch softball after school and enjoy hanging out with friends. I am good at fast-pitch softball, writing and applying makeup. My goal is to keep my grades up and get a degree in cosmetology.

If I were chairwoman, I would donate more money to schools because we need more books, chairs and better uniforms for sports.

### Mya Ortivez

**Sophomore  
Oakville High School**

My name is Mya Ortivez. I am a 16-year-old sophomore at Oakville High School. My GPA is 3.81. My parents are Shawn and Crystal Ortivez. I have three sisters. We have two dogs, two cats and two sugar gliders. We are always doing something fun as a family.



The thing I like most about school is getting to see my friends. The thing that makes me a successful student is I enjoy learning. I would tell other students to do your work when you are supposed to.

In my spare time, I enjoy hanging out with my family the most. I am good at sports.

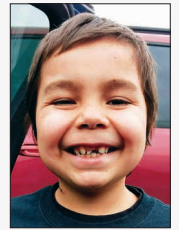
After successfully graduating high school, I plan to go to either Gonzaga University or UCLA. At this point, I'm not sure what I plan to study yet.

If I were chairwoman, I would do more stuff with the youth!

### Ezra Merriman

**First grade  
Rochester Primary School**

My name is Ezra Merriman. I am 7 years old and in first grade at Rochester Primary School. My parents are Jr. Jack and Jordan Merriman. We have a dog named Fluffy. I enjoy going shopping with my family.



The best part of school is packing up to go home for the day.

My favorite thing to do while I am not in school is to play video games on my Xbox.

### 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. As a reward for your commitment to school and personal growth, each student of the month will receive a \$25 gift card.

*Students of the Month is contributed by the Chehalis Tribe K-12 Program*



**Early Learning visited Hands on Children's Museum in February.**

## Early Learning makes February fun

The Chehalis Tribal Early Learning program was busy during February. Children and their families enjoyed spending the day together during field trips.

■ **Make your own sugar scrub** during Family Night on Feb. 8. Thanks to Nicole Music-Olney for teaching the class and donating materials to make all-natural sugar scrubs.

■ **Bake sale on Feb. 13.** All proceeds go to the 2018 Head

Start Graduation.

Thank you for supporting our wonderful program. The bake sale brought in more than \$700 to cover graduation costs!

■ **Valentine's Day parties** were held Feb. 14. Thank you to families and staff for having children fill out adorable cards and bringing treats to share with friends.

■ **HS/EHS field trip** to Hands On Children's Museum

### COMING UP

**March 29:** Easter parties  
**March 30:** Child care will be closed

on Feb. 16. A fun-filled day of adventure and exploring! Curious little minds enjoyed all kinds of interactive exhibits.