



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

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Youth scramble to soak up the fun during the Easter egg hunt.

Photos by Frazier Myer, Talisa Baker and Fred Shortman



Fabulous evening of basketball

Harlem Crowns bring comedy, positive message

Special guests the Fabulous Harlem Crowns Basketball Team delivered a memorable night of comedy on March 12 at the Community Center. Team members are masters of adlibs and practical jokes, and they also are very talented and athletic. Dribbling, passing and shooting skills along with monstrous dunks were impressive.

The Harlem Crowns have been invited to our small community for the past 11 years. While each performance is different, they always bring fits of laughter and a whole lot of fun.

See BASKETBALL, page 4



A member of the Fabulous Harlem Crowns Basketball Team autographs a poster after the game.

Hippity hop! *Kids score goodies, meet the Easter Bunny in wild spring sprint*

By Frazier Myer, Chehalis tribal member

Children kicked off the holiday weekend with the Chehalis Tribal Youth Center's annual Easter egg hunt on March 29.

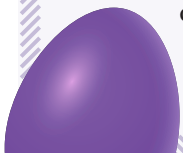
The exhilarating event has been held the Thursday before Easter for more than two decades. Youth Center Manager Tony Medina said it's about getting the community together and "seeing the joy in the kids' eyes."

Staff members scattered

a mixture of dyed eggs and more than 600 plastic eggs filled with candy across the softball outfield.

Before the hunt began, Tony announced that six of the eggs had tickets inside. Finding a

See HUNT, page 3



STAFF PROFILES

New CTWC doctor

My name is Bryce Parent and I am a new physician at the Chehalis Tribal Wellness Center. I recently completed my residency training in family medicine at Providence St. Peter Hospital in Olympia. I graduated medical school at Georgetown University in Washington, D.C. I chose to work at the Wellness Center because I look forward to caring for the whole community and being your partner in prevention, including promoting healthy food and lifestyle habits in your wellness journey.

I enjoy being outside hiking, backpacking and bicycling. I also want to get back on the water in a canoe or kayak.

I look forward to meeting you and working toward greater wellness together.



Bryce Parent

Officer completes program

Many of you might already know that the Chehalis Tribal Public Safety Department has been growing and adding new faces. We want to honor Brandon Cash, one of our new hires.

Officer Cash was hired by the Chehalis Tribal Jail in June 2017 as a correctional officer. He quickly completed his field training and recently became a graduate of the Indian Police Academy Corrections Program. We'd like to take this moment to publicly recognize this achievement and congratulate Officer Cash.

We look forward to Officer Cash's addition to the department and to many years of continued service.



Brandon Cash

Farewell to longtime realty officer

Chehalis Tribe Realty Officer Keith Kramer was honored on March 29 before his retirement on March 30. There were heartfelt speeches from Chehalis Tribe Chairman Harry Pickernell Sr.; Department of Natural Resources

Director Glenn Connelly, his supervisor; and Human Resources Director Stephanie Pickernell.



Keith Kramer

Co-workers and friends signed a keepsake card, shared a celebratory cake and gave Keith handshakes and hugs.

Good luck on future endeavors and enjoy your retirement Keith!

Lucky Eagle employees promoted

Kevin Bray, who has been with the casino since December 1998, was recently promoted from Executive Chef to Food & Beverage Director of Culinary.

"We are so very lucky to have Kevin lead our culinary team. He is an inspiration to all team members as he started here as a dishwasher and moved his way up to director by continuously taking initiative in advancing his career and obtaining the necessary skills through education and on-the-job training," said Lucky Eagle Casino & Hotel CEO Lisa Miles.

Kevin oversees the culinary aspects of all food venues – CraftHouse Wood Fired Pizza, Room 188, Fire Kitchen and Sidewalk Deli. Kevin is as passionate about his team as he is his cooking skills. He takes great pride



Kevin Bray

in his job. Market research recently conducted at Lucky Eagle indicates our guests rank all food venues at an average of 4.4 out of 5.0 possible points. Way to go, Kevin!

Table Games Manager

Chris Pickernell, who has been with the casino since April 1998, has been promoted to Table Games Manager. Chris has held several positions within Lucky Eagle.

"We are excited for Chris in his new role. His knowledge, skills and ability will make him a successful leader," said JaNessa Bumgarner, Lucky Eagle Casino & Hotel Chief Operating Officer. "Chris takes initiative in his career development and recently graduated from the Executive Development Program at University of Nevada, Reno.



Chris Pickernell

EVENTS

9 p.m. April 27: The Long Run, Eagles Tribute Band. Free concert, Event Center Stage.

5 p.m. April 28: Williams & Ree, The Indian and the White Guy. Free show in the Chehalis Rooms.

1-6 p.m. April 28: Garage sale/inventory clearance. Cash or credit card only, no checks. Buyers must be 18 or older and show tribal ID.

He has been a participant in the tribal member development program and is a great example for other team members."

Chris is excited about building his table games team and supporting their development. He will ensure our table play is fun and exciting. Stop by to congratulate Chris and check out our new table offerings.

Goodbye from Keith

It has come that time that I need to say goodbye to my friends and staff at the Chehalis Tribe. On March 30, I will be officially retiring as the Chehalis Tribe's Realty Officer. It will be a surreal moment for me as I have worked for the tribe for the past 18 years.

I began working here in February 2000, first in the Planning Department managing the Tribe's HIP program. Later on, I moved into transportation and helped move the rebuilding of Anderson Road to completion. I served for a time as the tribe's building inspector, too. I transferred into the Natural Resources Department as the tribe's first realty officer in 2005. I have filled that position until now.

I just wanted to say that I have appreciated the opportunity to work with the Chehalis community. I will stay in contact and visit often.

*Thank you,
Keith Kramer*



Chehalis tribal youth made a beeline for treats and pictures with the Easter Bunny during decades-old tradition.

HUNT

From page 1

“golden egg” with a ticket meant lucky winners would receive an Easter basket. Participants were about the chance to take home a basket filled with sweets and a basketball.

Anyone who has ever been a part of an Easter egg hunt knows that it’s over in a flash and it can get a little chaotic with several children running around collecting as many eggs as possible.

Ages 3 and younger were given first crack at the eggs. Parents took pictures and assisted some of the younger toddlers. A few moments later, Tony released the next group followed by the last age group. Some children focused on grabbing as many eggs as possible while others mainly looked for golden eggs. The hunt was over quickly!

After everyone paused to catch their breath, children lined up to meet the Easter Bunny. Each child got a chocolate bunny, stuffed animal and a picture.

Tony said a big part of the event is “collecting memories of the kids taking pictures with the Easter Bunny.” He said he has photos of youngsters with the famous fellow from more than 20 years ago.



Happy Easter everyone, from the elders



Chehalis Tribal Elders gathered to share an Easter dinner at Lucky Eagle Casino & Hotel on March 28.



BASKETBALL

From page 1

Youth Center Manager Tony Medina held a raffle to give those who came an opportunity to win a prize. He also supplied children with basketballs to play with. After the game, they were able to have the Harlem Crowns players autograph them.



The Chehalis Stars showed off their skills by competing against the Harlem Crowns. Richie Delgado and Veteran David Bird volunteered as referees. David knew what was going to happen, but Richie was in stitches as the Crowns pulled jokes on him.

"I had a hard time. They had me laughing so hard. It was fun," Richie said.

The message

During the half-time show, players introduced themselves to the Chehalis community. Team Captain Herb Scaife Jr., shared with the community and children a little about himself and what drives him to perform with the Harlem Crowns. He enjoys playing a game he loves and having fun doing it while spreading a strong message to young people. Navigating inner-city life in California is a tough way to grow up with gangs, violence, drugs and alcohol. Playing basketball kept Herb away from bad influences and gave him a chance to grow up.

His message to everyone

was to "stay clean and sober through sports."

Other players shared their success stories and how they view basketball as a gift. They chose the game, which helped them rise above their circumstances and find success.

Harlem Crowns player Melvin Blacketer is a Nisqually tribal member. He shared life skills he learned while growing up on the reservation and while participating in sports.

"You don't have to choose basketball. If it is something you love to do, practice and dedicate your time to become the best you can be at it. It can be another sport, music, art, native dance, drumming and singing, carving or being part of your local canoe family. You just have to discipline yourself, learn it, practice it and do the things required to stay sharp, in shape to achieve them. Don't be afraid to try

new things. Be successful by chasing your dreams and goals. Stay away from the bad influences that will lead to failure," he explained.

At the end of the game, our Chehalis Stars came out on the losing end. Luckily, it was about having fun. Kids and adults were beaming after the laughter-filled evening.

Special thanks to Tony and his staff for arranging such a wonderful event!



CLOCKWISE FROM TOP LEFT: The Fabulous Harlem Crowns played practical jokes on referees. The team was joined by community members to draw out laughs. Youth take turns ducking for cover during a basketball shooting spree. Fans of all ages enjoyed the impressive show.



Teams compete at the Chehalis Tribe's All-Native Men's Basketball Tournament in March.

TAKE IT TO THE HOOP

Native basketball tournament showcases fighting spirit

The Chehalis Tribe hosted the 2018 Chehalis Tribe's All-Native Men's Basketball Tournament the first weekend of March. Eleven teams came to compete for the championship jackets. They traveled from other tribes in the Northwest.

Native players competed at the highest level. Games showcased quickness and athleticism with impressive passes, shots and dunks. When the final day of the tournament arrived, a lot of teams still had gas left in their tanks. The games were so competitive and evenly matched that the final outcome was a buzzer beater. It was highly exciting for those who traveled to watch the competition.

The game has definitely changed with the addition of the 3-point line. Many players passed the ball around to open up the 3-point shooters. This type of offense forces the defense to spread out more to defend against it. It is fun to watch, too!

The championship was won by the Outlaws, which outpaced the Tulalip team



with an energetic display of shooting and defense. Both teams demonstrated good sportsmanship as they shook hands and congratulated each other.

Chehalis tribal elders provided a delicious array of food. Money raised was to support the first Elders Luncheon in late April. Events staff supported elders in their fundraiser by putting up signs. The best advertisement was the aroma of food when folks entered the Community Center.



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

HEALTH/WELLNESS

Harness the mighty nettle

Traditional medicine class uses wild edible to make nutrient-packed food

Tribal members met at the Community Center on March 27 to learn all about the super food stinging nettles, a delightful treat that Mother Nature offers to her people on the Chehalis Reservation.

The weather cooperated as the sun popped its head out and smiled down, providing warmth as the rain from the day dissipated. The Tsapowum Behavioral Health Program provided gloves, scissors and paper bags.

Experienced herbalist and wild foods educator Elise Krohn guided class participants in safely harvesting stinging nettle.

It's unbelievable how many resources you can collect from the wild!

Our society is so accustomed to running to the grocery store. The art of foraging for edibles has become a novelty instead of a necessity. Our ancestors not only knew how to identify food in nature, they also used it wisely.

Careful harvest

Our reservation boasts rich materials to make medicines and edible plants. Elise demonstrated the proper way to cut nettles to allow more growth throughout the season.

The group gathered ingredients to add to the meal they would share later during the medicine-making portion of the class.

It was a hands-on learning



experience and everyone was eager to learn. Elise did caution everyone to not harvest from agricultural or high-traffic areas because nettles absorb contaminants. She also pointed out how to identify other medicines and edible plants as she collected nettles.

About the stinging nettle

Nettles are our first edible greens to emerge in early spring. They offer us strength and energy during a generative time.

You can find nettles in fields, streambeds and disturbed areas with rich, wet soil from the coast into the mountains.

They contain one of the highest plant sources of chlorophyll, vitamins, amino acids and minerals such as calcium magnesium and iron.

Delicious, nutritious

After returning to the Gathering Room with their



After collecting stinging nettles on the Chehalis Reservation, class participants prepare traditional medicines.



harvest, Elise showed the process that eliminates the stinging properties of nettles.

Some volunteers assisted in preparing nettles by rinsing them and adding them to a beef stew while others blanched nettles in boiling water to make pesto for the meal. Two pesto recipes were used that evening, and both were very tasty. We shared a meal, tea and snacks made up of edible plants we harvested while out walking.

Nettle Pesto

INGREDIENTS

1 small bag (about 6 cups) spring nettles, rinsed

MEDICINE FOR ELDERLY

After a delicious meal, class participants helped make more than 200 lip balms to donate to the Elders Luncheon later in April. The group decided to use Douglas fir oils to produce the Chehalis Forest lip balm. Everyone is invited to the next traditional medicines class. Watch for flyers!

1 bunch basil, stems removed, washed and drained
 ½ cup Parmesan or Romano cheese, grated
 ⅓ cup walnuts or pine nuts
 ⅓ cup of extra virgin olive oil
 1 clove garlic, chopped
 1 tsp. lemon juice
 Salt and pepper to taste

DIRECTIONS

Rinse nettles in a strainer, then boil in water (blanch) for one minute to remove the sting. Drain

See NETTLES, page 12

in brief

Wellness Center

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

Diabetes Clinic: One-hour appointment with all three providers from 8 a.m.-4 p.m. 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 May 17 and June 21 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. May 15 and June 20.

USDA food program

Tribal community members can get an application for the South Puget Intertribal Planning Agency's USDA Food Distribution Program from Debra Shortman at the Chehalis Tribal Wellness Center. To sign up, call the warehouse at 360-438-4216.

The next distribution date is May 17 at the Community Center from 9:45 a.m.-1:30 p.m.

CORRECTION

Community resource worker


The announcement contained incorrect information

Community Resource Worker Nancy Romero at the Chehalis Tribal Wellness Center is available to transport community members to medical appointments.

You must have no other form of transportation to qualify. If you are Medicaid-eligible, we can assist you to

get set up for the Paratransit System for transportation. If you qualify for the Paratransit program, a driver will pick you up and return you home. Nancy is available to assist you with the process.

Transportation request slips are at the Wellness Center's front desk. Contact Nancy at 360-709-1758 or 360-870-0141 (cell). Please schedule transportation at least 48 hours in advance!



WIC CAN HELP

Women, Infants and Children through the South Puget Intertribal Planning Agency provides healthful food and nutrition information for you and your child up to age 5. The next date is 9:30 a.m.-3:30 p.m. May 3 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

Help prevent suicide

For those who might be in a deep crisis and considering suicide, a suggestion is to use the LEARN acronym.

Look for signs

■ Talking, joking or researching about death.

■ Feeling hopeless, depressed, trapped, irritable, agitated, anxious, ashamed, humiliated or burdensome.

■ Changes in personality, academic or work performance, sleep and withdrawing from friends and activities.

■ Abusing alcohol and drugs, reckless behavior, self-harm, giving away possessions.

Empathize and listen

■ Use compassion, stay calm, avoid judgment, validate feelings.

■ Don't offer quick fixes or tell someone everything will be OK, don't show anger or panic.

Ask about suicide

■ Be direct. Ask: "Are you thinking about suicide?"

■ Use any signs you've noticed as part of asking.

■ Be prepared to hear "yes."

■ Asking about suicide will

RESOURCES

Suicide Lifeline: 800-273-8255 (TALK)

Chehalis Tribe Behavioral Health: 360-709-1733

Crisis text line: text 741741

Bereavement support: 206-291-7279

Recovery help line: 866-789-1511

Trevor Project, LGBTQ: 866-488-7386

NOT put the idea in someone's head. Not asking is dangerous.

Reduce the danger

■ Ask: "Do you have a plan?" "Do you have access to those means?"

■ Remove firearms, medications, belts, ropes, knives, alcohol and chemicals.

Next steps

■ Never leave the person alone. Stay until he or she receives help.



Join the movement

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

Mental health training
When: 8 a.m.-5 p.m. May 11
Where: Community Library Center
Address: 461 Secena Road Oakville, WA 98568

Please RSVP by contacting Caytee Cline at 360-709-1818 or ccline@chehalis-tribe.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



No bribery needed

Unglue your children from their cell phones

Talk might be cheap, but overage charges, not so much. Teenagers text more than 3,000 times each month, according to the Nielsen Company. Even if you have the best data overage plan on the planet, phone use requires balance and boundaries. Use these tricks to get your kids to look up from their phones every now and then:

Practice what you preach

If you incessantly check email during dinner or answer texts at family outings, you might be contributing to your child's overuse behavior.

"If you want your kids to get off of their phones, you need to get off of yours," said social psychologist and parenting expert Susan Newman, PhD.

Newman urges parents to remember that they are role models. Kids are watching and learning from their parents all the time. Try having the entire family leave their phones turned off or at least put them away during time spent together. And always switch off your ringer during school plays and sports games.

Set commonsense limits

Teens are pretty universally tech-obsessed, but that doesn't mean you have zero say in the matter.

"It's a parent's job to establish limits for the safe use of technology so their kids can learn how to use communication devices in a healthy way," said Jamison Monroe, founder and CEO of Newport Academy, a mental health treatment program for teens. "You own your child's phone. It's your property. As a parent, you're in charge of setting commonsense limits on its use."

Don't make it punishment

Your child's phone is key to their social world. Taking it away as a routine punishment is sure to backfire. As reported by the Child Mind Institute, virtual communication has a positive role in your child's life. Eliminating it entirely can damage trust.

"Your child's cell phone is their main lifeline and connection to their world," explained Dr. Newman. "Acknowledging this can help guide you when you're setting boundaries," she added.

No-phone zone for meals

For many families, a shared dinner is an oasis of hard-won time together carved out between obligations. Constant buzzing and heads downcast over phones can take away from the experience.

"Growing up, if the phone rang during dinner, we didn't answer it," said motivational speaker and single mom Kristen Darcy. "Now, with all the chiming, ringing, dinging and vibrating going on, it's challenging to be in the moment with your children."

When Darcy's text chimes during dinner, she leads by example and lets it wait.

Use tech to control tech

Ericka Sterns has seven kids, so she is no stranger to technology use and overuse in the home. Sterns uses the OurPact parental control app to control phone usage.

"I can turn their phones off in a second if they aren't listening, plus schedule off-time during school and at night," she said.

The app includes a contract that parents and kids sign, plus guidelines to create a



balanced use of technology. It includes an app blocker and parental time lock.

Carolyn Hawkinson-Pruett Osci, an artist and mother of two, uses a nanny program called Norton Family, which includes monitoring features and a time supervisor.

Stick to your guns

This might come as a spoiler alert, but at some point, all kids think their parents are THE WORST. You must keep up with the boundaries even when your kids are having a breakdown.

"Before we got our kids' cell phones, we had them sign an agreement about what is and isn't appropriate," said Lori Holden, a mom and open adoption advocate. "Sometimes, we also request that they be in the moment and put down their phones. This doesn't mean there's no whining, but I don't cave in."

Let kids help set rules

Including your kids in the cell phone rule-making process can help keep the

channels of communication open. Your children need a chance to explain some of their usage to you so they feel heard.

"Whatever your family rules are, have your teens and tweens help you determine them," Dr. Newman said. "They are more likely to follow the rules if they have a say in what they are." Don't miss the secret habits of happy families.

Dumb it down

"Kids practically come out of the womb on their phones," Monroe said. If all other efforts to control their cell use fails, give your child a non-smart flip phone, the kind that lets them call and text but has no bells and whistles. "The privilege here is to get back their smart phone once they learn how to stay within the boundaries you've set," Monroe said. "At the same time, organize family activities that don't involve technology, such as hikes, parks and museums, and enforce the no-phone for anyone rule."

Article from Readers Digest



Early Learning students gladly got their hands dirty while learning about creepy, crawly worms in class last month.

Early Learning news

The Early Learning Program continues to provide children with safe, fun, vibrant opportunities that expand their knowledge and allow them to interact with each other. Big smiles all around show how much they enjoy participating in activities.

Here is a list of March activities our youngsters took part in:

- Head Start field trip to Boomshaka
- EHS classroom learning all about worms
- St. Patrick's Day parties
- Easter Egg Hunt and parties
- Home-based families made their own laundry soap
- Several visits from Sgt. Jake Dickerson to our Head

▲ ▲ ▲

COMING UP

Friday, April 27: Child care closed (staff development day)

Friday, May 11: Head Start graduation lunch fundraiser

Start classroom.

We are always looking for volunteers to assist supervising children during program activities. If you'd like to volunteer, there are forms to fill out and qualifications you must meet. For more information, contact Family Services Coordinator Mary Sanders at 360-709-2639.

New policy encourages healthy, active lifestyle

Financial help available for youth in sports, tournaments, driver's ed classes

The Business Committee of the Confederated Tribes of the Chehalis Reservation approved the Youth Activities Cost Assistance Policy at its regularly scheduled meeting on April 3.

The policy manages limited financial assistance offered through the Youth Activities program to encourage tribal youth participating in activities that promote a healthy and active lifestyle.

A quorum was present at the meeting. The vote was 4 for, 0 against, with 0 abstentions and with Chehalis Tribe Chairman Harry Pickernell Sr. not voting.

Under the policy, the parent or guardian of the tribal member youth is responsible for any costs not covered by the policy. Allowable assistance to be covered includes expenses incurred for participation in sports, tournaments and driver's education.

The requester's child must be registered and/or enrolled

in a league, school activity, camp, sports clinic or any other activity participation that can be demonstrated on a form or flyer.

Availability of funds may vary from year to year depending on monies appropriated by the business committee.

The existence of the youth activities reimbursement program does not constitute an entitlement of funds.

This policy outlines the monetary assistance available for costs to participate in youth activities for Chehalis tribal member youth.

The policy covers any requirements of eligibility, specific funding allowances, processes and responsibilities of department staff and other helpful resources.

Each youth's allowance is up to \$1,000 per year.

Parents are responsible for completing an application, turning in all necessary paperwork to support the approval of the application (original receipts/paperwork) and make copies for their personal records.

All reimbursements must be turned in within three months from the date on the receipt.

TIME FOR A NEW RIDE?

My name is James Cayenne, Sales Rep for Value Ford at 6-20 Schouweiler Tract Road, Elma. I'm a tribal member who can help you find a certified vehicle! Call 360-932-6210



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LANDSCAPING PROS

Chehalis tribal member business offers services to those who need work done around their homes

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RAY SECENA, 360-709-9904

Licensed, bonded



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Lawn Mowing
Yard Maintenance

CORRENA 360.485.8788 Licensed & Bonded RAY 360.790.9904



OBITUARIES



In loving memory of
Lorilee Kathryn Pickernell
 1944-2018

Lorilee Kathryn Pickernell, age 73, a longtime resident of Oakville, died on March 21, 2018, at her daughter's home in Olympia. Lorilee was born on Nov. 12, 1944, in Oakville, to Clarence and Jessie Kathryn (Hayden) Youckton.

On June 17, 1961, she and Gerald E. "Gunny" Pickernell Sr. were married in Oakville. She then attended South Puget Sound Community College. With her degree, she began working for the Washington Department of Fish & Wildlife. Six years later, she worked in social services at Taholah. For the past 15 years, she was a Keno manager at Lucky Eagle Casino.

She loved spending time with family, especially her grandchildren. She also liked her time at the casinos.



Surviving relatives include her three daughters, Carmen Shortman of Oakville, Rose Choke

of Olympia and Irene Adams of Rochester; four sons, Casey Pickernell, Gerald Pickernell Jr., James Pickernell and Harold Pickernell Sr., all of Oakville; a brother, Melvin Youckton of Oakville; two sisters, Linda Daniels of Oakville and Dora Underwood of Taholah; 17 grandchildren; and 11 great grandchildren.

In addition to her parents and husband, Gunny, she was preceded in death by three

brothers, Percy Youckton, George Youckton Sr. and Marvin Youckton Sr.; four sisters, Irene Thompson, Clara Hall, Edna Bruce and Delores Hayden; and a grandson, Frederick Shortman Jr.

*We change the world in our own small ways,
 And we are only here because of her,*

Some things she did will last forever,

Long after she has left this earth.

So now that I have realized this, It's not so lonely in my soul,

I know she's always here with me,

And the daffodils still grow.



To our family, friends, community members

We, the children and grandchildren of Chehalis Tribal Elder Lorilee Kathryn (Youckton) Pickernell, would like to thank everyone involved in helping us guide our Mama to her final resting place.

Thank you to the following:

The Chehalis Tribe, Lucky Eagle Casino, Nisqually Tribe, Nisqually Emergency Operations Staff and Quinault Nation for donations and services provided.

Tommy "TJ" Jackson and Harold "Fudd" Charles for officiating the candlelight and funeral services.

The nurses and doctors who provided care for our mother: Addie Spencer, Elizabeth Stiegel and Mary.

The people of faith who prayed and provided comfort to our mother during her

final days: Jessie Goddard, Nona Youckton, Sharon Hall, Charlotte Lopez, Chris Ortivez, Marie Bird, Dora Underwood and Virginia Bringsyellow.

Coleman Mortuary for preparing our mother for her final journey and for honoring our Indian Shaker Church traditions. Gravediggers Ray "Barnaby" Canales and Dustin Klatush.

Pallbearers George Youckton, Derwin Goddard, Franklin Pope, Teddy Pickernell, Tony "Abe" Brown and James Quilt. Chet Delamater and Alfred Starr for sitting with our mother during her final night at our Dad's church.

Virginia "Dolly" Canales, Joan "Boots" Martin, Ole Obi, Dan "Bones" Gleason, Shoni Pannkuk, Maggie Wheeler, Jeff Perkins, Joseph Whitwer, Mary

Weber, Pam Jackson, Norma Brown and April Reynolds for preparing the last meals to be shared with our departed mother. Thank you to anybody who brought food items such as rolls, pies, salads, etc. Fish cooks John Youckton, Darrin Jones, Shawn Ortivez and Richie Revay.

Our Mama was our teacher, our doctor, our chef, our diary, our taxi driver and our cheerleader. She was a beautiful lady with a beautiful heart. She was loved and she loved and adored anyone she came into contact with her. She had a smile and a laugh that would brighten up any room. Rest in peace and God bless. We will all miss you Mama.

*Sincerely,
 Carmen, Casey, Cheyenne,
 Ringo, Rose, Harry and Irene*

*Beloved father,
 uncle, brother,
 grandfather
 and friend*

**Jonathan M.
 Jack Sr.**
 1954-2018

Jonathan M. Jack Sr., a resident of Oakville, died on March 13, 2018, at Peace House Southwest Medical Center in Vancouver. He was born on Sept. 18, 1954, in Centralia to Stephen and Mabel Alice (Hayden) Jack. He was an enrolled member of the Chehalis Tribe.



Mr. Jack was one of the original tribal members that sold fireworks on the Chehalis Reservation. This and commercial fishing were his true passions in life.

He also was a natural mechanic working on his cars as well as many of his friends' cars. In his spare time, he could be found enjoying the local casinos.

He is survived by his three sons, Johnny Jack of Yakama and Jonathan M. Jack Jr. and George H. Jack, both of Rochester; a grandson, Ezra N. Merriman-Jack of Rochester; sisters Dora Underwood of Taholah and Mae Smith of Seattle; and numerous nieces and nephews. The extended family includes best friends Don Secena, Lee Starr Sr. and Dolly Canales, whom he called mom.

Our family appreciates and wishes to thank the Chehalis Tribe and the community for their love and support through this time of sorrow. He will be missed by many!

MAY BIRTHDAYS



BOBBY BECKWITH
KENNY BROWN SR.
TONY BROWN
JOSEPH BURNS
SAVANNA BUSH-BIRD
AURORA CARTER
BRANDON CASH
ILIAS TALON
MARCEL CHARLES
LUCY CUSH
CHYLER DANIELS
LEO DANIELS-MEDDAUGH
RODNEY DAVIS
MATTEO DELGADO
CURTIS DUPUIS
JOSEPH DUPUIS
LINDSEY FERN
ADAM FLORES
COLE FULTON
TIERA GARRETY

DEWEY
GLEASON-WHEELER
JESSIE GODDARD
ROGER GOLDMAN
SARAH HALL
MICHAEL HALTOM
DAMIUS HANSEN
GAVIN HERNANDEZ
VALEA HIGHEAGLE
BETH HOFSTETTER
CHRISTIAN HOHEISEL



ART MEDINA: Happy birthday Dad, love, Manny, Marla and Carolann.

PATRICIA JONES
AIREL KLATUSH
PAULA KLATUSH
SERENITY KLATUSH
JANICE LATCH
LORI LUND
LAUREN MCALISTER
DANTE MCGEE
STEESSHA McJOE

TEIN MEAS
ART MEDINA
GEORGIA MEIER
EMILY MORDHORST
CYRENA ORTIVEZ
NORA ORTIVEZ
SHAWN ORTIVEZ
TERESA PANNKUK
AIDEN PARKINSON

AMARA PENN
ROBERT PENN
SASHA PENN-ROCCO
SHEYLEE PHILLIPS
BRADY PICKERNELL
HARRY PICKERNELL SR.
JACQUELINE PICKERNELL
WILLIAM PRESSNALL
LELA PULSIFER
JOAQUIN ROBLES
RAELYN ROMERO
RAYMOND ROOF
SHEYLEE ROSEBAUGH
GERARDO SANCHEZ
ROSALINA SANCHEZ

AIDEN SECENA SANDERS
ADDISON SEKISHIRO
ALEXANDER SHORTMAN
ASA SIMMONS

TIFFANY SIMMONS
JAMIE SMITH
ROBERT SMITH
ELI SNELL
VIOLET SNELL
JANET STEGALL
RIKKI SUTTERLICHT
SUNDAY TEJEDA
THOMAS TROTT
ARTIE UDEN
AUSTIN VIGIL

ANN-MARIE YOUCKTON
FARLEY YOUCKTON
JESSE YOUCKTON
DESTINY ZAIDY

MORE WISHES

THOMAS JAMES: Happy birthday from your mom and rest of your family! Love you!

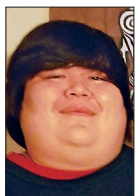
ILIAS AND VIOLET: Happy birthday from your auntie and the rest of us!

BETH HOFSTETTER: Happy birthday. A special day for an awesome sister, from your brothers, sisters and family.

HAPPY BIRTHDAY to my nephew little Eli Snell, my beautiful sister Lucy Cush, my beautiful niece Cyrena Ortiz, my awesome nephew Shawn Ortive, my goofy nephew Damius Hansen (DJ) and my beautiful niece Savannah Bird. I love you all so much! I am blessed with such a wonderful family!!!
 – Chris Ortiz

LUCY CUSH: Happy birthday to an amazing mother, wonderful grandma and pretty awesome great grandma. We love you so much <3. From Anna M. Hill and family!!!

EMILY MORDHORST: Happy birthday from your Aunt Susie Sanchez. Love you very much.



ALEXANDER SHORTMAN: Happy birthday from your Mom, Dad, brother and all of your family!



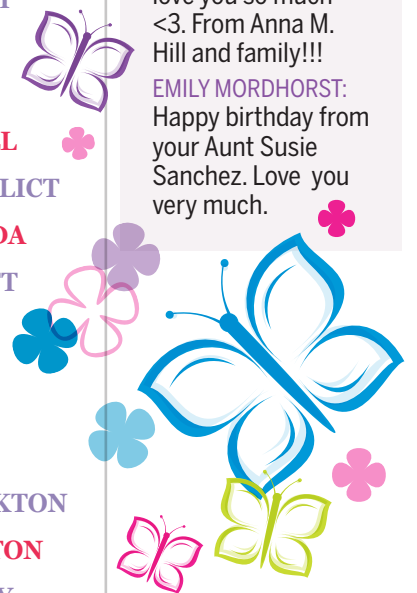
BRANDON CASH: Happy birthday. You make us proud! Love Mom, Turtle and family.



JAMIE SMITH: Happy birthday to my beautiful daughter. I love you so much!



AIDEN SECENA SANDERS: Happy birthday! We love you so very much, Dad, Mama, siblings and family!



STUDENTS OF THE MONTH



Emily Holmes Pickernell

**Ninth grade
Rochester High School**

Emily Holmes Pickernell is 14 and is in the ninth grade at Rochester High School. She is the daughter of Erika and Chris Pickernell and has a sister, Kaytlin, who also is known as Piggy.



She really enjoys watching Mariners games in the Chehalis Tribe's suite with her family.

Emily likes that she is able to learn new things at school.

One habit that makes her a successful student is getting her schoolwork done. Her advice for other students is to stay focused on their work and avoid distractions.

Emily enjoys playing volleyball. She played on her high school team this year and is now playing for the Evergreen Juniors Volleyball Club in Lacey.

After she graduates from high school, Emily plans to attend a college in Washington that also has a good volleyball program and will study nursing or psychology.

If Emily were chairwoman of the tribe, she would do her best to better our community and the people within it.

Malikah McNair

**Sixth grade
Rochester Middle School**

Malikah McNair is in the sixth grade at Rochester Middle School. She is the daughter of Glenda Comenout and Mike McNair and she has two brothers, two sisters and two dogs. Malikah enjoys playing board games with her family.



She likes that she gets good grades at school and feels she is a successful student by always being prepared and working hard. Her advice for other students is to pay attention and always be ready.

During Malikah's spare time, she enjoys reading and hanging out with friends. She also is good at dancing. She is involved in art club and the annual tribal Canoe Journey.

After Malikah graduates from high school, she wants to work at Great Wolf Lodge while taking online classes with Ashford College to become a professional dancer or a marine biologist so she can swim with the dolphins.

If Malikah were chairwoman of the tribe, she would make sure kids are involved in the tribe's events.

Tom Hayden Jr.

**Fourth grade
St. Joseph Catholic School**

Tom Hayden Jr. is in the fourth grade at St. Joseph Catholic School in Chehalis. He is the son of Tom Hayden Sr. and Rachel Leiusure and he has one brother and one sister. He enjoys playing games with his family.



At school, Tom likes to learn and make friends. He finds success as a student by doing his homework. His advice for other students is to be positive.

Tom enjoys playing with friends and participating in martial arts outside of school. He is good at tai chi.

After high school, Tom wants to go to the University of Washington to become a secretary.

If Tom were chairman of the tribe, he said he would "fix all the bad stuff like bullying and people drinking and doing drugs."

NOMINATIONS

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

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

NETTLES

From page 6

well, let cool and roughly chop. Place all ingredients in a food processor or blender. Blend until smooth. Add salt and pepper to taste. Place pesto in a clean jar and pour a little extra olive oil over the top. Cover with a lid. This will keep for two to three weeks in the refrigerator.

Spring Nettle Soup

INGREDIENTS

- 1 grocery bag full of fresh nettles
- 3 Tbsp. olive oil or butter
- 2 large onions, diced
- 2 cloves of garlic, chopped
- 8-10 cups water
- 4 potatoes, peeled and diced
- 2 cups corn
- Juice of 1 lemon
- Salt and pepper to taste

DIRECTIONS

Wash nettles, cut finely with scissors and set aside. In a large soup pot, cook onions and garlic in olive oil for 3-5 minutes. Add water, potatoes, corn and nettles, then bring to a boil. Simmer until potatoes are tender, about 10 minutes. Blend all ingredients in a blender or a food processor (optional). Add lemon juice, salt and pepper to taste.



Refreshing Spring Nettle Soup is bursting with nutrients.