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Spring cleaning a success

Workers tackle chores around reservation

This has been a very wet spring. It seems like the weather did not want to cooperate, but as the birds started chirping away and the flowers bloomed in April, Spring Cleanup arrived on the Chehalis Reservation.

The tribe provides much-needed support to complete monumental tasks that would be overwhelming for just one person. Laborers were hired to assist tribal members in handling spring chores head-on.

See CLEANUP, page 3



Laborers help tidy up the reservation during the annual Spring Cleanup.

HONORING OUR ELDERS



Inaugural event brings together friends, family for luncheon

By Frazier Myer,
Chehalis tribal member

Native American elders from more than 50 tribes shared laughs and stories during the first Chehalis Tribal Elders Luncheon at the Community Center on April 26.

A turnout of more than 400 Native American elders and an outpouring of generosity from the host tribe made for an eventful day.

It was an opportunity for elders to be delighted by entertainment, win a few prizes, get their picture taken with friends and family and enjoy a

meal together.

Upon arrival, everyone who came to celebrate received a gift bag filled with items donated from tribal departments. They also were given a free raffle ticket and the chance to purchase more tickets for a separate raffle. Tribal departments and individual tribal members donated items and gift baskets for raffle prizes.

Elders Program Coordinator Orinda Goddard said a lot of tribal employees helped make the event possible. Goddard said she's very thankful for all of the support from the Events Department,

See ELDERS, page 2



More than 400 elders gathered at the Community Center in April to enjoy comedy, music, gifts and friends.





Left: Music duo Williams and Ree perform at the luncheon.

Above: Chehalis tribal elders Jessie Goddard (from left), Tony Medina and Lynn Hoheisel.

ELDERS

From page 1

Lucky Eagle Casino & Hotel and youth volunteers who provided assistance at the luncheon.

The day began with a Colors Ceremony to honor military veterans and a welcoming by the Elders Committee and Chehalis Tribal Business Committee. As everyone was settling in, the first round of raffle drawing began.

Each person in attendance was given a flyswatter both for practical purposes when they get home and to indicate where the winner was sitting. When a raffle winner's name was called over the speaker, he or she would raise the swatter high in the air so a volunteer could bring a prize.

Cheryle Starr had a photo booth complete with background and humorous props such as hats and sunglasses. Many elders sought out the opportunity to take a picture and capture memories with an old friend they bumped into or the group they came with.

After the first round of raffles and photo sessions, elders were ready to re-energize with a full-course meal provided by Lucky Eagle and the Chehalis Tribal Fisheries department. Volunteers helped by dishing up food and delivering plates to those who needed assistance.

As everyone enjoyed their meals and volunteers brought desserts to each row, Chehalis Tribal Animal Control Officer Brennan Stoelb played acoustic guitar as an opening act for the main entertainment. Music duo Williams and Ree, also known as The Indian and The White Guy played during dinner. The performers are

from Spearfish, South Dakota, and have been entertaining crowds with their special mix of comedy and music for more than 50 years.

"Some people call us comedians, but we are not really comedians. We have an act. We sing and talk," Williams said.

"The musicians say we are comedians and the comedians say we are musicians," Ree added.

They explained that during the first 25 years they played together, they just did various performances. But when Indian casinos started making their way to the scene, it extended their career another 25 years. Williams said they've done a lot of acts throughout the years but they enjoy performing for the "real Indians."

"We just want to stress the fact that it's the universal power of humor to give," Ree said.

As a way to honor and give thanks to them for being a part of the event, the Chehalis Tribe gave Williams and Ree Pendleton blankets. The afternoon ended with one last round of raffle drawings.

Don Tahkeal of the Yakama Nation, who hails from Toppinish, said he's "very proud" to be a part of the Chehalis Tribe's first Elders Luncheon. He and 53 other tribal members chose to represent the Yakama Nation at the gathering.

Tahkeal said he could remember visiting the Chehalis Reservation in the 1960s when the tribe wasn't fully developed. At that time, the tribe had unpaved roads and the baseball fields were just dirt.

"Today, everything is modernized, and I'm glad to be here," Tahkeal said.

In honor of this inaugural event, Chehalis Tribe Chairman Harry Pickernell Sr. proclaimed April 26 as Chehalis Tribal Elders Day.



Lucky Eagle Casino & Hotel and the Chehalis Tribal Fisheries department provided the meal.



Sisters Sylvia Cayenne (left) and Sandra Klatush capture beautiful memories together.



John Tahkeal (left) and fellow Yakama Nation friend enjoy a drum gifted from Cindy Andy.



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, photos 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



All over the Chehalis Reservation, homeowners received help spring cleaning in April.

CLEANUP

From page 1

Tribal members were given a window of two weeks to sign up for assistance in tackling chores that piled up during the winter. Containers also were set up at the Waste Facilities Site to help remove garbage from the reservation.

Earlier in the month, Ray Secena was out spreading the word about the program by word of mouth and flyers. Elders' homes were prioritized first as the reservation was surveyed. Laborers provided muscle and TLC by mowing lawns, handling landscaping chores and doing additional cleaning. Ray took notes on what needed to be done at each

residence to schedule his staff.

Residents also were allowed to leave items for disposal on the side of the curb to be picked up by the cleanup crew.

During the two weeks, the cleanup crew was as busy as bees finishing assigned projects. The sound of weed eaters could be heard and the little orange Kubotas and pickup trucks buzzed about to accomplish the goal of cleaning up the reservation.

Workers were given safety gear and proper instructions on lifting techniques. It is great to witness what the tribe continues to accomplish by providing this service.

Thank you goes to our Chehalis Tribe and the cleanup crew! Your hard work and assistance is greatly appreciated by the community.

Casino welcomes new hotel director

Lucky Eagle Casino & Hotel is pleased to announce the addition of our new Hotel Director, Ben Scholl.

Ben has spent more than a decade learning and growing in the hospitality industry. Originally starting his career at a motel in a small town in Texas, he continued to enrich his professional skills and experience at hotels ranging in size from 72 rooms to 7,094 rooms.

His most recent role was director of hotel operations at Harrah's Resort SoCal for the Rincon Tribe in San Diego County.

A graduate of Austin College in Sherman, Texas, Ben and his wife and daughter enjoy family adventures and are looking forward to exploring the natural beauty the Northwest has to offer.

"While my professional experiences have prepared me for my day-to-day role, the



Ben Scholl

LUCKY EAGLE EVENTS

\$1,000 Spin2Win Bonus Game: Card-in at any slot machine on the main casino floor and earn 2,500 status points to reveal the game wheel. Track your progress on the bar in the lower right-hand corner of the screen. Spin the wheel to win guaranteed free play prizes of up to \$1,000. 8 a.m.-11:59 p.m. May 3 and 24.

Diamond Rio: Grammy and CMA winners perform live on May 12. Doors open at 7 p.m., concert starts at 8.

family atmosphere and culture at Lucky Eagle Casino & Hotel are what I'm most enthusiastic about participating in here," Ben said.

He is excited about partnering with team members and the community. For hotel questions or concerns, reach out to Ben.

Police department grows its ranks

Officer Gary Ortivez III looks forward to many years of service

By Frazier Myer, Chehalis tribal member

Chehalis tribal member Gary Ortivez III, 21, was sworn in as an officer for the Chehalis Tribal Police Department on April 24.

Ortivez attended the Indian Police Academy in Artesia, New Mexico, where he went through extensive law enforcement training. Out of the 48 students who started the class, only 38 endured the entire 13 weeks to graduate.

He said along with weeks of push-ups, he had four written exams, driving exams and firearm and Taser training.

Bridging the gap

Chehalis Tribal Lt. Arick Burnett had the honor of swearing in Officer Ortivez. He said he takes great pride in having the privilege of bringing a fellow tribal member onto the force.

Although Burnett is a tribal member, he did not grow up on the reservation like Ortivez. Burnett recognizes the significance of welcoming a person raised on the reservation who is a positive role model to help bridge the gap between law enforcement and the community.

"Gary has become a huge step in gaining us community support and acceptance," Burnett said.

The department hopes that having a well-known figure will draw more tribal members to public safety.

Ortivez looks forward to setting a good example for our youth and embracing the opportunity to get involved and serve the community.

Training to join the team

His journey began when Chief of Police Ralph Wyman recruited Ortivez in August of 2016. He said he instantly felt it would be a great group of people to work alongside. In between that time and when he left for the police academy, Ortivez passed multiple exams, took part in hours of ride-alongs and fieldwork and familiarized himself with the department's policies and codes.

Gaining admission to the academy is an extensive process with paperwork and waiting for an opening. Ortivez was fortunate when a spot opened up earlier than expected. Burnett and the rest of the department felt he was ready for the challenge.

Ortivez said the police academy was different from what he thought it would be – not better or worse, just different.



Chehalis Tribal Lt. Arick Burnett and Officer Gary Ortivez III celebrate after Gary takes the oath of office. Officer Ortivez recently completed an intensive training program.

'Gary has become a huge step in gaining us community support and acceptance.'

- ARICK BURNETT, CHEHALIS TRIBAL LIEUTENANT

Every morning, they would have room inspection and chow then head to class.

"Most of the time, I was doing push-ups," Ortivez said. "Whether or not your room was clean or dirty, you're doing push-ups."

Being far away from home surrounded by a group of people from around the country was an eye-opening experience. Previously, he didn't think about how crimes on other reservations compare to those in his region and the different types of issues departments encounter on a daily basis.

His time at the academy helped shape

him in many ways. Ortivez said it showed him, "there is a lot more out there than just our reservation."

His biggest takeaway was to not take anything for granted. "Not every call is going to be the same," Ortivez said.

An exciting role

Now that he's back home and officially sworn in, he will begin 10 weeks of field training with the Chehalis Tribal Police Department. Following that, he will start six weeks of procedures and training to become a conservation officer.

Burnett explained that the training isn't consecutive, so it will take up to six months for him to officially complete it.

Ortivez is looking forward to his role in the Fish & Wildlife program.

"I'm just trying to do the best for me, the tribe and our department," Ortivez said.

Congratulations Officer Ortivez!

FIREWORKS LOANS

Apply by noon June 15

REQUIREMENTS INCLUDE

- Working email address
- Completed online application
- Receipt of stand owner's permit
- Location of fireworks stand

* Changes this year in application process and interest rates

CONTACT: Diana Pickernell at 360-709-1631 or dpickernell@chehalistribe.org



Meaningful journey

We would be honored if you helped celebrate the 2018 Canoe Journey to our Puyallup Territory of the Medicine Creek Nation with singing, dancing and stories.

Feel free to join the Chehalis Canoe Family along the Power Paddle to Puyallup, learning to share with the canoe families as they travel with "One Heart, One Mind" through the Puget Sound waterways. Community support is appreciated as we practice our culture with elders, adults, youth and other canoe families.

This is a drug, alcohol and violence-free journey. Everyone is welcome!

Circle up is at Sylvia



The Chehalis Canoe Family spends time on the water together during the 2017 Paddle to Campbell River.

Cayenne's at noon July 11. The Chehalis Canoe Family will leave the reservation from Percy's Landing in Oakville.

Dates when each destination will be reached:

July 14: Quinault

July 15: Queets

July 16: Hoh

July 17: Quileute

July 18: Makah

July 19: Pillar Point

July 20: Lower Elwha (two-day layover)

July 22: Jamestown S'Klallam

July 23: Port Townsend

July 24: Port Gamble S'Klallam

July 25: Suquamish

July 26: Muckleshoot (two-day layover)

July 28: Final landing in Puyallup

LEARN MORE

Go to paddletopuyallup.org. If you'd like to attend or pull in the canoe, contact Sylvia Cayenne at **360-888-6638** or Glenda Comenout at **360-250-0633**.

STAFF PROFILE

Advocating for survivors

Hello, my name is Amanda Allard. I started employment with the Chehalis Tribe on May 3 after graciously accepting the Domestic Violence/Sexual Assault Victim Advocate position.



Amanda Allard

I graduated from St. Martin's University with a bachelor's degree in criminal justice and pre-law. I completed one year toward my master's degree in public administration.

My work history has always been connected to serving others. I was in the mental health field for four years. I worked as a civil rights investigator for more than five years and in Adult Protective Services. I

recently was a case manager for the Parent-Child Assistance Program where I helped mothers who abuse or abused alcohol and drugs during pregnancy build healthy families and prevent future births of children exposed prenatally to alcohol and drugs.

In every position I have worked in, I have seen a large number of individuals that have been impacted by domestic violence and/or sexual assault. Having assisted survivors has led me to this new career. I believe that through education and prevention, we can stop the cycle of abuse. I believe in the importance of empowering victims, assuring survivors have a voice and they receive assistance and the healthy process of healing.

I feel humbled to be of service to your community. My office is in the Behavioral Health Building, and my door is always open. My 24/7 hotline is at **360-402-7297**.

CHEHALIS TRIBAL DAYS

MEMORIAL DAY WEEKEND, MAY 25-28



GET IN THE GAME

- Men's hardball + token
- Women's softball + token
- Co-ed softball + men's token and women's token

\$350 entry per team

* Make checks payable to Chehalis Tribe P.O. Box 536, Oakville

Awards: First-fourth place, MVP, all-stars, best bat, best glove/pitcher, catcher awards

Contact: Leroy Boyd at 360-709-1787, Russ Baker at 360-709-1826

Rooms at Lucky Eagle Casino & Hotel: 360-273-2000 or 800-720-1788

Vendor tables/concessions: Contact Dan "Bones" Gleason at 360-273-5911

DON'T MISS

- **11TH ANNUAL CANCER WALK**
- **FISH BAKE**
- **FIREWORKS**
- **YOUTH ACTIVITIES**



Workers install a new sidewalk along Anderson Road.

Sidewalk project update

The Planning Department continues to strive to provide a safe environment for Chehalis community members by building sidewalk projects.

Construction on the Anderson Road Sidewalk Project started March 13. The project was identified as a need for the safety of the community in the Long-Range Transportation Plan in 2016.

Anderson Road was constructed with a wide shoulder, but with the increased volume of traffic on the road, a safer path for pedestrians was needed.

This project has been a

great collaboration between the Planning Department and general contractor Chehalis Construction Company. Working seamlessly alongside subcontractors, Planning and CCC are grateful to be able to provide a project that will benefit the community.

Though there is still work to be done, the completed project will be a beautiful and aesthetic opportunity for those to walk to the End of the Trail II Store.

The sidewalk will provide pedestrians with a scenic journey and safety from traffic coming to and leaving our reservation.

Business licenses help protect the community

Knowing who is doing business on the Chehalis Tribe's land helps shield tribal members from unscrupulous businesses.

Any business, contractor, consultant or vendor hired to work on the reservation by a tribal department is required to have a tribal business license by Chehalis Tribal Code Chapter 9.05. The Planning Department maintains a list of businesses that are not allowed to work on the reservation.

To obtain a license, businesses must complete an application and pay the associated fee. The annual fee is \$20 for native-owned businesses and \$50 for non-native businesses. Vendors hired for a community event that will benefit the tribal community pay \$20.

The Planning Department maintains a list of every business with a current license.

This list is posted on the tribe's website and is updated regularly.

All businesses you hire that are coming on to the reservation must have a tribal business license. Any person, department or enterprise that receives goods or services from a business without a license will be subject to fines along with

OBTAIN A LICENSE

A Chehalis tribal business license can be purchased at chehalistribe.org/products/business-license. Payment can be completed on the website through PayPal. The Planning Department's office also issues licenses from 8 a.m.-4:30 p.m. Monday through Friday.

See whether a business has a tribal license at chehalistribe.org/departments/planning/approved-vendors.

Contact Permit Technician Marla Medina at **360-709-1807** or mmedina@chehalistribe.org.

the business, currently \$25 a day for each violation.

Businesses exempt from licensing requirements include:

- Fishing, hunting and retail fireworks sales
- Courier and taxi services
- Garage sales
- Fundraising events
- Utility and telecommunications companies
- Nonprofits

Gaming officer recognized

By Hobe Pannkuk, Tribal Gaming Agency Interim Executive Director

The Chehalis Tribal Gaming Agency would like to recognize Background Investigator Joan Martin for all of her hard work and dedication.

On April 12, National Indian Gaming Commission Compliance Officer Vida Tavera was onsite to conduct an audit to determine compliance with the Indian Gaming Regulatory Act, NIGC

regulations and the Chehalis Tribal Gaming Ordinance.

After completing the audit, Tavera reported that Lucky Eagle is in compliance with a "Commendable 99 percent" rate.

The rate is the best we have had and one of the best in the nation.

Thanks to Joan's hard work and that of our TGA staff, we are one of the top-rated casinos through the NIGC compliance division.

ONLINE CALENDAR

Visit chehalistribe.org for a calendar of activities that programs post through the IT Department help desk



At the bottom of the home page, you'll find "Calendar Events" for activities through the end of the year and "Tribal News" for past and present Chehalis Tribal Newsletters.

JUNE BIRTHDAYS

PAYTON ALBERT
ALLEN ANDREWS
ZACH BAKER
ERIC BECKWITH
TYLER BECKWITH
WARREN BECKWITH
BRIAN BENDA
BEVERLY BISHOP
CHARLES BLACKETER
LATISHA BOYD
LEROY BOYD
JANESSA
BUMGARNER
HECTOR BARNABY
CANALES
MALENA CANALES
DONNA
WAYPETEMAHQUAH
CHOKE
LEONA CLARY
ROBERTA COMBS
SORYN DAVIDSON
LOYALA DAVIS
KAYLENA DELGADO
DAVID DUPUIS
ROBERT DUPUY
JORDAN
EICHELBERGER
ERICA ESSELSTROM
KEZIAH-MARAY
GLEASON
SONJA GLEASON
RENA HERNANDEZ-
KLATUSH
TYSON HOHEISEL
FARICA HOWE



WINONA YOUCKTON: Happy birthday! We love you, from your family.

JORDAN
HUTCHINSON-
ALBERT
MARILYN JOHNSON
JUNE JONES
JEFFREY KLATUSH
JEREMY KLATUSH
KONNER KLATUSH
PAUL KLATUSH
MICHAEL LECLAIRE
ADAM LOWER
ANASTASYA
LUKIANOV
TANNER MCCLOUD
RACHAEL MENDEZ
AARON MYER
ELAINE MYER
SUZZANNE ORTIVEZ
JOSHUA PHILLIPS
DANIKA PICKERNELL
EMILY PICKERNELL

HAROLD
PICKERNELL JR.
MALIA PICKERNELL
BAILEY REVAY-FERN
BRYCE REYNOLDS
MARIO ROBLES
BLAZE SANCHEZ
DUSTIN SANCHEZ
EDWARD SANCHEZ
FILIBERTO SANCHEZ
JANET SANCHEZ
JOSEPH SANCHEZ-
ALLENBACH
LEVI SANCHEZ JR.
RICK SANCHEZ JR.
SUSAN SANCHEZ
VINCENT SANCHEZ
NIKKI SANDERS
LINDSEY SHADLE
SONYA SHERMAN

JEANNETTE
SIUFANUA
CAIDEN STARR
LEE STARR SR.
BROOKE STEIN
CHERYL STEIN
BRENDON TORRES
BILLY UDEN
HEATHER WALKER
DARIAN WASHBURN
RAQUEL WELLMAN
DUANE WILLIAMS JR.
ANTHONY YOUCKTON
CAEL YOUCKTON
MARVIN YOUCKTON
STACY YOUCKTON
WINONA
YOUCKTON

MORE WISHES

TYSON HOHEISEL:
 Lordy, lordy look
 who's 40, Tyson,
 that's who! Love
 you, Mom, Dad and
 family.

HAPPY BIRTHDAY
 to my son Jeremy
 William Klatush and
 to one of the many
 princesses in my life,
 Loyala Jean Kathleen
 Davis. Mom loves
 you very much!

MALIA PICKERNELL:
 Happy birthday from
 Mom, Dad, Grandma
 and Grandpa.



COLLIN DIXON: Happy 3rd
 birthday from Grandma
 and Grandpa.



EMILY AND ERIKA PICKERNELL: Happy birthday to my
 beautiful girls. Love Chris and Piggy.



HAROLD PICKERNELL JR.:
 Happy birthday from
 Mom and Dad.



ILIAS TALON MARCEL:
 Happy belated 4th
 birthday! We love you so
 much son. Love Mommy,
 Daddy and Linkin.

HEALTH/WELLNESS

Men: Time for a checkup

In honor of Men's Health Month, remember that preventative care is crucial for good health

Did you know that women make twice the prevention-related visits that men do? Do you know that women live five years longer than men on average? Could it be that women are on to something here?

You will get your chance to find out next month when the Chehalis Tribal Wellness Center celebrates Men's Health Month! If you come to the clinic during June, you can have a men's health checkup by Dr. Whipple or Dr. Parent and receive a ticket for a raffle.

The time to get in the habit of regular health exams is now, no matter what your age.

If you schedule regular checkups, you're far less likely to be surprised by a health problem because you're more likely to catch it early before it can do as much harm.

Plus, if you do get sick, you'll receive care from a doctor you know who knows you, too! It makes a big difference.



MAKE AN APPOINTMENT

Call the Chehalis Tribal Wellness Center at **360-273-5504**. Let the reception team know you're setting up a men's health appointment.

Do you take your car or truck in for preventive maintenance but neglect to do the same for your body?

Many men never go in for oil changes, tune-ups or inspections (checkups). A lot of us wait until we get sick before we see the doctor.

If you want to learn more about men's health, come to the clinic on June 13 when we'll host a lunch for men.

Dr. Whipple and Dr. Parent will discuss men's health issues.

Women reading this article, we ask you to please encourage the males in your life to pay attention to their health care and schedule an appointment.

Dental clinic appointment policy

The Chehalis Tribal Dental Clinic staff is dedicated to your quality care and is pleased to reserve an appointment for all patients of the clinic.

To meet the scheduling needs of all of our patients, we have established a policy regarding failed appointments. Missed appointments affect everyone.

1. As a clinic patient, it will be your responsibility to keep you or your child's appointment.

2. We request a minimum of four hours notice for

appointment cancellations so we may provide care to all of our patients.

3. The clinic will consider a "failed appointment" to be when a patient has not given the advance notice required or has not arrived within 10 minutes of their appointment time.

4. If a patient has more than three failed appointments in a six-month period, the patient will not be able to schedule an appointment in advance for the next six months.

GIVE US A CALL

Please contact the Chehalis Tribal Dental Clinic at **360-273-5504** as soon as possible if you can't keep an appointment.

During this period, however, the patient may call to see if an appointment is available that day.

events

DR. BEHRE FOOT CLINIC

8 a.m.-noon June 7, July 24, Aug. 14, Sept. 17; 1-4 p.m. July 31, Aug. 30, Sept. 5: The Chehalis Tribal Wellness Center has a podiatrist available for all foot care needs.

DIABETES WELLNESS CLINIC

8 a.m.-4 p.m. May 24; 8 a.m.-noon June 14, July 19, Aug. 16: Patients need labs, medicine review, foot/diabetes/physical exams and a uric acid blood test.

MONTHLY COMMUNITY WALK

Noon June 21, July 19, Aug. 16: Join others for a fun fitness walk. Starts at the Chehalis Tribal Wellness Center.

MAMMOGRAM CLINIC

9 a.m.-3 p.m. June 20, Sept. 27: Swedish Women's Wellness Clinic. Call your health care provider to schedule.

FOR MORE INFORMATION

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

Food program has a great selection

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

Below are just a few examples of what is available.

Frozen meats: Whole chicken, bison, ground beef, roast beef, chicken breasts, pork chops, ham

Fresh veggies: Green beans, onions, carrots, celery, cabbage, broccoli

Fresh fruits: Apricots, oranges, grapefruits, lemons, apples

Dry ingredients: Beans, cereal, oatmeal, crackers, roasted peanuts, macaroni and cheese

Dairy: Sliced cheese, low-fat milk, butter

Ingredients: Dry milk, egg noodles, rice, spaghetti noodles, all-purpose flour, cornmeal, bakery mix

Canned: Spaghetti sauce, tomato sauce, beans, beef stew, soups, refried beans, fruit juices

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 June 22, July 20 and Aug. 23.

Pickup is at the Chehalis Tribal Community Center from 9:45 a.m.-1:30 p.m.



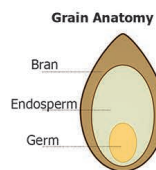
Dispose of unwanted meds

The Chehalis Tribe offers a handy dropbox to get rid of prescription drugs and unwanted medications at the Chehalis Tribe Public Safety Building, 30 Niederman Road in Oakville.

The dropbox is for prescriptions and over-the-counter medications only. Place medications in a plastic disposable bag. DO NOT put drug paraphernalia and needles in the box.

QUESTIONS?

Call Chehalis Tribal Law Enforcement at **360-273-7051**.



What is a Whole Grain?

When grains grow in the fields, they have three edible parts: the outer bran layers, rich in fiber and B vitamins; the germ, full of antioxidants; and the starchy endosperm.

If the bran and germ (the healthiest parts) are removed, the grain is said to be refined. Refined grains are missing about two-thirds of many essential nutrients. Some grains are then enriched-but this only returns about five of the missing nutrients.

Your best bet for good health? Look for whole grains. Even if they have been ground into flour, or rolled into flakes, they're still whole grains if all of the three original parts are still present in their original proportion.

These grains are available through WIC



Brown Rice



Whole Grain Pasta



100% Whole Wheat Hamburger Buns



Bulgur



Oatmeal



Whole Wheat and Corn Tortilla

Choose Whole Grains at Every Meal

Breakfast

Switch to whole grain breads and cereals, a bowl of oatmeal or a multigrain waffle or pancakes.

Lunch

Choose 100% whole wheat breads for sandwiches. Make a salad or soup with brown rice or bulgur wheat.

Dinner

Brown rice or 100% whole wheat pasta can promote more fiber and nutrients.

Shopping Tip

You can choose a combination of whole grain choices up to the amount of ounces(oz) printed on the WIC check. Breakfast cereals don't count as a whole grain choices for your WIC checks. See pages eight and nine in your WIC shopping guide for choices of breakfast cereals.



TOBACCO CESSATION

Noon-1 p.m. June 11

IN THE CHEHALIS TRIBAL WELLNESS CENTER PT ROOM

Join the prevention team for a helpful Lunch & Learn with presenter Troy Green. A healthy meal will be provided, along with a door prize and quilt kits. Pre and post evaluation.

CONTACT: Christina Hicks, 360-709-1741
orchicks@chehalis.tribe.org



WIC THROUGH SPIA

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.
June 7 at the Chehalis Tribal Wellness Center

CONTACT

Debbie Gardipee-Reyes, 360-462-3227
Patty Suskin, 360-462-3224
Debra Shortman, 360-709-1689

FAMILY



Early Head Start children and their parents visit the critters at Lattin's Country Cider Mill & Farm.

Early Learning makes April fun

The Early Learning Program scheduled fun learning field trips throughout the month of April. The memorable outings encouraged parents and children to learn together and fostered healthy relationships and strong families.

■ During Spring Break, April 2-6, Head Start classes went on field trips to Oakville Timberland Library while Early Head Start classes went to Lattin's Country Cider Mill & Farm.

■ Early Learning parents participated in an online survey that contributes information to the program's Community Assessment.

■ Parents worked together to create homemade laundry

soap at Family Night on April 12. The soap is a wonderful alternative to commercial options that can have irritants and fragrances.

■ Early Learning staff members attended USDA and Early Childhood conferences to boost their skills.

■ Parents of graduating Head Start students have been busy fundraising, meeting and planning the upcoming graduation ceremony.

■ Head Start graduates had group and individual pictures taken by Frazier Myer while wearing their adorable caps and gowns.

■ Officer Jake Dickerson came to visit and build positive relationships with students.

Tribal member earns doctorate in New Zealand

Chehalis tribal member Marla Conwell graduated from the Te Whare Wānanga o Awanuiārangi in New Zealand on March 27.

She received her professional doctorate degree in indigenous development and advancement.

Marla is one of the first international doctoral graduates from the Chehalis Tribe.

She was honored during the graduation speech of Māori Development Minister Nanaia Mahuta. She graduated with honors.

Congratulations on your hard work and dedication in accomplishing your academic goals!

Te Whare Wānanga o Awanuiārangi offers a range of certificates, bachelor, masters and PhD programs.

Awanuiārangi provides educational opportunities to all Māori, New Zealanders



Marla Conwell

and indigenous students through campuses based in Whakatāne, Auckland (Tāmaki) and Northland

(Te Tai Tokerau), as well as through marae and community networks across the country.

Awanuiārangi offers the opportunity to explore and define the depths of knowledge in Aotearoa, to enable students to re-enrich themselves, to know who they are, to know where they came from and to claim their place in the future.

Students take this journey of discovery, of reclamation of sovereignty, establishing the equality of Māori intellectual tradition alongside the knowledge base of others.

EARLY LEARNING

ACCEPTING APPLICATIONS FOR 2018-19 PROGRAM YEAR

- Monday-Thursday center-based classes
 - Qualified early childhood staff
 - Monthly family fun events
 - No-cost program
- Employment and volunteer opportunities
 - Local bus service for ages 3-5

Pick up a packet at 420 Howanut Road, Oakville, or call 360-273-5514

Funeral assistance

The Community & Culture director or designee is now the contact for assistance with eligible funeral allowances for the family. The assigned contact will help families through the process of securing funding allowance, submitting appropriate receipts and paperwork and ensuring check requests for expenses are submitted. All checks will be made to the vendor.

Eligibility allows for funeral expenses up to:

- \$7,500 for a Chehalis tribal member
- \$1,500 for a spouse or child of a tribal
- \$750 for a parent of a Chehalis tribal member
- \$300 for a community member (upon prior approval from the Business Committee)
- * Along with a dinner check of \$500

Funeral travel funding allowances are now under the Funeral Fund Policy.

Funeral travel assistance:

This may be granted to

Chehalis tribal members to attend a funeral for the passing of a loved one. Assistance cannot exceed two times in a calendar year for a Chehalis tribal member. Flight cost assistance may be granted only after Business Committee prior approval. Flight cost assistance cannot exceed one time in a calendar year. No other travel assistance may be offered if flight cost assistance is received in a calendar year. The applicant must provide mileage for travel assistance from travel start point to funeral services to determine assistance amount permissible under this policy.

Eligibility allowances for funeral travel:

- 51/100 miles round trip: \$25 gas card
- 101/149 miles round trip: \$50 gas card
- 150+ miles round trip: \$100 check
- Flight: \$500 flight only one time per calendar year (upon prior approval from the Business Committee)

arts in brief

Evergreen art class

Tears of Duk'wibahl: an Exploration of Customary and Contemporary Indigenous Arts is the first academic course to be offered in the new Fiber Arts Studio of the Longhouse's Indigenous Arts Campus at The Evergreen State College.

The course runs from June 25-Aug. 3 (4-8-12 credits, \$232 per credit). Students and artists can advance skills in indigenous basketry, printmaking and painting. Marketing, putting together a professional portfolio, grant writing and native artist resources will be highlighted. Students must submit three images of basketry, printmaking or paintings at petersoy@evergreen.edu prior to registering for the course.

It is open to tribal community members, native artists and Evergreen students. Flexible schedules are available for cultural commitments such as the Tribal Canoe Journey.

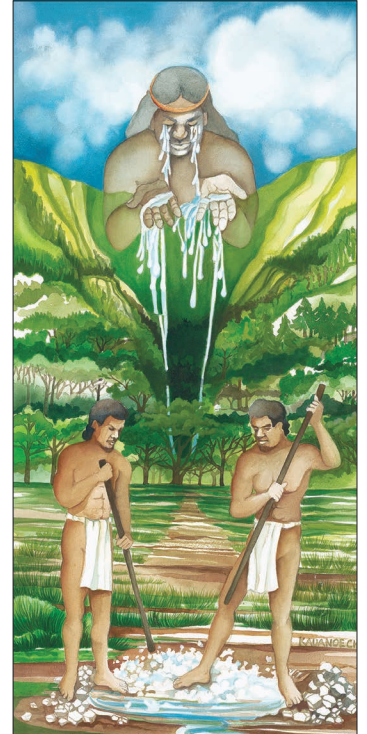
To learn more, go to evergreen.edu/catalog/offering/tears-duk-wibahl-exploration-customary-and-contemporary-indigenous-arts-19768 or call 360-867-6485.

SAM exhibit

Seattle Art Museum's exhibit "Double Exposure" features works by American photographer Edward S. Curtis (1868–1952) alongside contemporary works by indigenous artists Marianne Nicolson, Tracy Rector and Will Wilson. The exhibition explores the legacy of his historic portraits of Native Americans from 21st-century perspectives, focusing attention on native and First Nations voices.

Curtis established a photography studio in Seattle in 1891 and made his first portrait of a Native American in 1895 of Princess Angeline (Kikisoblu), daughter of Chief Seattle.

The exhibit features more than 150 photographs by Curtis,



"Tears of Duk'wibahl" 2017
Kauanaoe Chang (Kanaka Maoli)

including famed portraits of historical figures such as Chief Joseph and Geronimo.

Learn more at beyondtheframe.org or call 206-654-3151.

In the Spirit vendors

The Washington State History Museum and Tacoma Art Museum is seeking vendors for the In The Spirit Northwest Native Festival from noon-7 p.m. Aug. 11.

Admission will be free at both museums and the festival will feature arts and crafts, performances and an exhibition of contemporary native art.

The fee for participation as a vendor is \$50 for an indoor booth and \$100 for an outdoor space. We will provide two chairs and a 3'x6' table with linen for all vendors as well as a pre-setup tent for outdoor vendors.

Please submit your application by 5 p.m. June 1. Accepted vendors will be notified June 8, and the signed contract must be submitted by 5 p.m. July 6.

Go to inthespiritarts.org or call 253-798-5926 for questions.

OBITUARY

Dwayne J. Thomas

Feb. 24, 1968-April 15, 2018

Dwayne Joseph Thomas, 50, a resident of Rochester, died on April 15, 2018, at his home. Dwayne was born on Feb. 24, 1968, in McCleary to Frazer P. and Josephine (Wesley) Thomas. He was an enrolled member of the Chehalis Indian Nation.

He was a self-taught musician who played harmonica, guitar and drums. He also was an accomplished artist.

He is remembered for his giving nature, especially to the homeless.

Surviving relatives include his sisters, Joyce Thomas, Barbara (Boo) Dominick,



Lori Tovrea and Carla Thomas, all of Rochester; aunts Jewel Thomas and Annie Jones; uncles Jimmy Jones,

Maynard Jones, Ray Bobb and Wayne Barr; great aunt Cindy Andy; and numerous nieces and nephews.

A funeral service was held April 19 at the Community Center in Oakville. The family would like to thank the Chehalis tribal community for their assistance during this time of loss.

STUDENTS OF THE MONTH

Susette Klatush

**Third grade
Rochester Elementary**

My name is Susette Klatush; everyone calls me Susette. I am 9 years old and in third grade at Rochester Elementary School.

My parents are Jeremy and Tierra Klatush. I have three brothers and two sisters. I like to go to my fast-pitch softball games with my family. I also enjoy hanging out with my aunty Loyala.

My favorite thing about school is recess. Listening and not talking in class is what makes me a successful student. I would let others know to pay attention.

I play fast-pitch softball for the Lady Hawks in my free time. My number is 11. When I grow up, I want to become a doctor.

If I were chairwoman of the tribe, I would make separate places for older and younger youth to hang out.



Laela Baker

**Sixth grade
Rochester Middle School**

My name is Laela Baker. I am 12 years old and in sixth grade at Rochester Middle School.

My parents are Russ and Talisa Baker. I have one brother and one sister. We have one dog. My family enjoys eating dinner out and spending time together!

I enjoy learning new things at school. What makes me successful is being on time and paying attention in class. I would tell others to be prepared for class.

I enjoy playing basketball and I am good at it.

After I graduate from high school, I want to attend a good college and have yet to decide what I want to do.

If I were chairwoman of the tribe, I would provide more activities for youth to keep them active and more equipment to do these activities.



Destiny Ziady

**Ninth grade
Rochester High School**

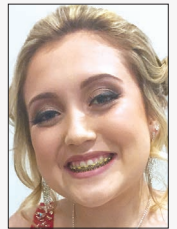
My name is Destiny Ziady; my friends call me Des. I am in ninth grade at Rochester High School and my GPA is 3.25. My parents are Dustin Klatush and Sara Ziady. I have one brother and four sisters. We have two pets. My family likes to go on trips.

I like to see my friends at school. I believe my attitude and staying on track is what makes me a successful student. Do not skip school because it makes you have more missing assignments.

I play fast-pitch softball and basketball. When not studying, I enjoy hanging out with my friends.

After I graduate from high school, I want to go to the University of Washington and become a nurse. I will do this by excelling at everything I set out to do.

If I were chairwoman, I would make the reservation a better place and I would listen to others' ideas.



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

Attention tribal members

This is a friendly reminder that graduation is just around the corner for the class of 2018!

As most of you know, the Chehalis tribe celebrates our graduating seniors with a dinner and recognition ceremony.

If you are aware of community or tribal members who are getting ready to graduate, please have them get in touch with us to make sure they are on our list of graduates.

For more information, contact JJ Shortman at 360-709-1749 or Jodie Smith at 360-709-1897.



Big congratulations

We'd like to wish Makayla Ortiz congratulations for making the Vice President's List at Centralia College and for holding a 3.75-3.89 GPA average. We are so proud of you and love you so much!

- From Mom, Grandma, Grandpa, Emily and Lani

Makayla received the award honoring her hard work on April 24 from Centralia College. She is taking classes in psychology.

"It's not easy working and going to school. I am very grateful that our tribe supports and encourages tribal members to empower themselves," Makayla said. "A word of advice to everyone is don't procrastinate! Work hard toward your goals and dreams."