

Big congratulations

Employee, supervisor honored for good work

page 2



Updates, schedule

Oakville superintendent shares school news

page 10

inside

ROOF appreciates donations / 5
New Lucky Eagle IT director / 5
Healthy you for new year / 6
Trauma Sensitive Yoga class / 7
Clinic's resident doctors / 8
February birthdays / 9
Early Learning field trip / 11
Students of the Month / 12

GRAND OPENING

BUSINESS

is BOOMING

Tribe's End of the Trail 4 ceremony highlights Station 88's bright future

The Chehalis Tribe continues to grow as its members gathered at the grand opening ceremony for the End of the Trail 4 (EOT 4) gas station on Jan. 21.

Once construction is complete, the establishment will have a variety of businesses operating within a new area of Grand Mound named Station 88. The name is inspired by the location on Exit 88 directly off Interstate 5.

In addition to EOT 4, Dutch Bros. and an Asian-style restaurant that are open for business, a Burger King and Arby's also will open at Station 88 soon.

Strong foundation

The ceremony started with an opening prayer from a tribal elder and a welcoming from Chehalis Tribe's Business Committee members Chairman Harry Pickernell Sr. and Secretary David Burnett.

Chairman Pickernell described that he's proud to see how far the tribe has come from the dirt roads he remembers as a youth to the development of multiple tribal businesses in the region. Having Grand Mound as a destination

See [BUSINESS](#), page 3



Law paves the way for distillery

Ambitious Rye and Hops project on tap in Grand Mound

President Trump has signed House Resolution 5317 into law. Now what happens? Or maybe you are asking what is House Resolution 5317 and why should I care? Perhaps that is a better question. The short answer is that this new law allows the Chehalis Tribe to move ahead with plans to build and operate a brew house, distillery and restaurant project named Rye and Hops. It will be built and located next to the new Marriott Fairfield Hotel on Highway 12 in Grand Mound. It took us a while to get here.

In 1834, Congress passed and then President Andrew Jackson signed a series of antiquated laws that instructed the federal government and various states at the time how to interact and deal with Indians. One of those laws was a prohibition on distilling

See [DISTILLERY](#), page 4



A new Chehalis tribal project will create the largest craft distillery west of the Mississippi River.



Clockwise from top: Asian-style fast food restaurant cooks prepare free meals for the grand opening of End of the Trail 4 (EOT 4). Gas station employees meet the community. Chehalis Tribal Elder Mel Youckton and tribal youth cut the ribbon during the ceremony.

Employees recognized for excellent work



Mary Ponton provides a nurturing environment for youngsters.

Kids benefit from creative, engaging Head Start teacher Mary Ponton

Early Learning teacher Mary Ponton was named the December Employee of the Month in recognition of her outstanding work with children in the Head Start program.

In her nomination letter, submitted by co-worker Tabitha Dennison, Ponton received praise for her consistency, creativity and relationship-building skills.

The work she provides has a positive impact on youth she has interacted with throughout the years on the Chehalis Reservation.

In addition to having the lowest call-in rate in her department, she always arrives to work early to ensure her classroom is arranged and she is prepared for the day. Ponton does this to ensure the most productive and comfortable learning environment.

She enjoys greeting parents and students as they arrive for the school day.

Ponton's routine and consistent schedule help with the structure of the department.

Dennison highlighted the fact that Ponton has an effective way of getting through to the children. She uses acknowledgement and praise to

show youth they are doing good work.

Ponton is engaging and always takes youth on a new adventure. She works on implementing new teaching methods to teach songs, dance and traditional language.

Recently, the Early Learning Program put an emphasis on reintroducing the Chehalis tribal language to the community by sharing words of the month. Teaching indigenous words is something Ponton has done with the children for years.

She designs posters and other various handouts to share the language and keep it alive in the community.

Dennison also described in her nomination letter that Ponton is a reliable and responsible individual who truly cares about her job and the children she works with daily.

Her love and compassion for the kids in Early Learning is evident.



Tony Medina has dedicated years to empowering tribal youth.

Youth Center manager Tony Medina has given generations rich memories

Tony Medina was named Supervisor of the Quarter in recognition of his years of service at the Chehalis Tribe's Youth Center.

Medina is manager of the Youth Center and has worked in the program for more than two decades. He was nominated by Nancy Romero, who provided many acknowledgements on behalf of Medina.

Medina's main responsibility is to ensure a safe and secure environment for tribal youth to interact, play and make friends. His love for the children is "unconditional," Romero said.

Romero described how Medina goes above and beyond to support and encourage youth by attending events at the schools, such as reward day, student of the month or music concerts.

"He is there with his big smile and hugs," Romero said.

Medina has played a major part in the growth and development of multiple generations of youth on the Chehalis Reservation.

He is known for his kind heart and sense of humor. Medina creates a relationship with everyone and always makes an effort to catch up with those who have come through his program. Although he

"He is there with his big smile and hugs."

- NANCY ROMERO

works specifically with youth, because of his tenure, Medina continuously comes across adults who grew up frequenting the Youth Center.

Several tribal members who participated in Youth Center activities are grown up, working for the tribe and have children who are creating their own lasting memories with Medina.

He takes youth on field trips throughout the year. The trips are about having fun, but Medina emphasizes the importance of polite manners and cleaning up after themselves.

Along with the rest of the Youth Center staff, Medina teaches children how to be fair and follow rules. His approach is gentle and calm, but it works. He has taught discipline for years.

Romero said Medina "truly loves the children" and is committed to empowering and furthering the development of youth on the Chehalis Reservation.



End of the Trail 4 team members await customers to the new business on Jan. 21. The gas station offers a variety of goods for travelers.

BUSINESS

From page 1

to visit adds to the tribe's bright future. He acknowledged and shared about previous tribal leaders that essentially laid the foundation for the Chehalis Tribe to build on today.

The Chairman half jokingly spoke about how an event of this magnitude might not have even been possible if it wasn't for Dan "Bones" Gleason and his entrepreneurial spirit that began with selling coffee and gum to people on the reservation.

Honoring elders

The tribe continued to recognize its elders in many ways at the grand opening. Helen Sanders filled up her tank as a complimentary gift for being the oldest tribal member driver. And the oldest male elder, Mel Youckton, was asked to do the honorary ribbon cutting along with two of the tribal youth.

Youckton said it surprised him to be asked to cut the ribbon, yet "it seems only fitting." He said he was asked to cut the ribbon at Lucky Eagle Casino's opening ceremony more than two decades ago.

He highlighted the progression of the Chehalis Tribe and how he enjoys seeing how Chehalis Tribal Enterprises is providing jobs to so many Native Americans.

Convenience is key

The Chehalis Tribe's Planning Department presented EOT 4 Manager Manny Medina with



Above: Chehalis Tribal Elder Helen Sanders smiles after filling up with a free tank of fuel.



Left: EOT 4 store manager Manny Medina addresses the crowd after officially receiving the right to open the business to the public.

a certificate of occupancy that grants the right to officially open business to the public.

David Burnett, who also is the CEO of Chehalis Tribal Enterprises, said the venture will be a one-stop shop for locals and tourists alike to get fuel, tobacco, coffee and a hot meal at any time of the day.

Along with the fully operational convenient store and automotive fuel station, the tribe partnered with an asian food chain that serves Chinese and Japanese meals cooked on site. The asian restaurant was ready for the grand opening and served free meals as part of special promotions.

Jae Chung owns Sushi Kyo and



PROMOTIONS FOR TRIBAL MEMBERS

- Dutch Bros. gift cards
- (2) Great Wolf Lodge
- (5) tanks of gas
- \$100 Fred Meyer card
- \$50 Fred Meyer card
- \$20 Shell gift cards
- Chinese/Japanese restaurant (free meal)

Chinatown Café inside EOT 4. He said he is excited to introduce and serve asian food in Grand Mound.

Planning and development

Although the area is not fully constructed yet, tribal leaders highlighted the endeavors they undertook prior to the grand opening. Burnett said that as with any major project, years of planning went into this new venture.

"There's a lot that goes on before the ribbon cutting," Burnett explained.

He said that even reaching the groundbreaking stage of building took a long process of cleaning up the site so it's operational and officially occupying the area the tribe conducts business on as tribal trust land, which is important for fuel and tobacco taxes.

Burnett accredits David Youckton for all the work that he has done in heading this project. He kept everything orderly and on track.

DISTILLERY

From page 1

alcohol or what was called at the time “ardent spirits” on reservations. It was United States Code 25, section 2141. It read as follows:

“Every person who shall, within the Indian country, set up or continue any distillery for manufacturing ardent spirits, shall be liable to a penalty of \$1,000; and the superintendent of Indian affairs, Indian agent, or subagent, within the limits of whose agency any distillery of ardent spirits is set up or continued, shall forthwith destroy and break up the same.”

Simply put, the federal government would charge a fine of \$1,000 and bust up your still – like Elliott Ness during Prohibition.

Plans on hold

This law, from its passage 185 years ago until present day, has never been enforced. However, in 2015, the Chehalis Tribe and Heritage Distilling out of Gig Harbor began talking about partnering on a project to build a destination restaurant, brewery and distillery.

The tribe identified a piece of land, hired an architect to draw up plans and was ready to break ground on the project when a letter arrived from the BIA informing the tribe that the distillery was illegal.

Since 1834, Congress has repealed most of the old 1834 laws. The restaurant and brewery parts were made legal long ago. But, in repealing old laws, the prohibition of distilling alcohol was forgotten.

Perhaps this was because it has never been enforced or maybe everyone thought the 21st amendment repealing prohibition in the U.S. took care of it. The reason is unknown, but it was still a law and the BIA was there to ensure that the tribe took the proper steps.

Changing the law

Faced with the fact that operating a distillery would be illegal, the tribe began efforts to change the law. Passing or changing a law is a lengthy process. The tribe started with the United States Attorney’s Office and the BIA to seek a written exemption from the 1834 law while working with Congress on legislative matters.



Rye and Hops will take the Chehalis Tribe into the future with retail outlets, a spirits tasting room, brewery taproom, restaurant and numerous alcohol distribution opportunities.

The BIA agreed to issue a letter that it would NOT refer a case to the United States Attorney for manufacturing distilled spirits on the Chehalis Reservation and it would also support the legislation. This left the decision up to Congress.

In March of 2018, representatives of the Chehalis Tribe met with Rep. Jaime Herrera-Buetler and Sen. Maria Cantwell, who represent the Chehalis Reservation in Washington, D.C. They both quickly agreed to support a bill to repeal the prohibition.

On March 15, Rep. Buetler introduced House Resolution 5317 into Congress.

Chairman Harry Pickernell Sr. testified in both the House of Representatives and the Senate in support of the bill, which was quickly passed in committee and then moved onto the floor of the House of Representatives.

Sen. Cantwell introduced a companion bill into the Senate but quickly agreed to champion the House bill in the Senate because a bill that has already passed the opposite house has fewer steps to become law and would expedite the process. It passed out of committee and by unanimous consent on the Senate floor.

Ten days later, on Dec. 11, President Trump added his signature to make House Resolution 5317 the law of the land.

Moving forward

Distilling ardent spirits is no longer prohibited in Indian Country. The Chehalis Tribe is now able to move forward with plans to build and operate a destination restaurant, brewery

and distillery on the reservation.

It is hard to understand why this law passed through Congress. It usually takes years for a law to go from drafting a bill to being signed by the president. In fact, many in Washington, D.C., noted that one of the few pieces of legislation that passed faster than House Resolution 5317 was the Patriot Act right after the Sept. 11, 2001, attacks on the World Trade Center and the Pentagon.

Unique project

So, again, why was this important? Just to build a distillery? Not just any distillery. The new concept called Rye and Hops combines a craft brewery and distillery with retail outlets. This will create a unique

destination with a spirits tasting room, brewery taproom and restaurant under one roof. The 35,000-square-foot building shares a parking lot with the tribe’s Fairfield Inn & Suites, which opened in January 2018.

The brewery will have a 60-barrel brewing system with an annual capacity of 18,000 barrels. The distillery will be the largest craft distillery west of the Mississippi River with a capacity of 7,700 barrels of whiskey and 1.5 million gallons of vodka and gin.

Additionally, the tribe has signed a letter of intent with South Puget Sound Community College to offer coursework that would allow students to earn a certificate in brewing and distilling programs.

This project is not just exciting. It will be profitable for the tribe. Chehalis Tribal Enterprises is developing distribution networks in Indian Country and throughout the United States to distribute products to stores, casinos, restaurants and lounges. Future plans could be exporting products overseas to markets in Europe and Asia. Financial projections have revenues of more than \$2 million per year.

The Chehalis Tribe helped draft and pass this legislation, bringing Democrats and Republicans together in Washington, D.C., for a brief moment.

This will not only allow the Chehalis Tribe to create a distillery, but has legalized the distilling of spirits throughout Indian Country.

Rites of Passage

JULY 2019

Chehalis tribal youth ages 12-17 will enjoy an inaugural four-day journey on the Chehalis River this summer. Classes and training will prepare participants, who will paddle miles each day, camp and fish!



CONTACT

Call Russ Baker at **360-709-1826** or Leroy Boyd at **360-709-1787** in the Events Department by Feb. 28 if you would like to participate or volunteer

ROOF thankful for kindness

Food bank donations assist community members in need

Dear Theresa Youckton and members at the Oakville Indian Shaker Church,

Thank you so much for the food drive you did recently at your holiday bazaar. You collected a total of 133 pounds of food. What a blessing it is! I'll have it sorted and put out for people to take this week. I hope your bazaar was successful. I am so thankful for people like you who care about those in need within the community and the support of the ROOF programs.

We've had some record numbers this year. In October and November, we had 796 and 850 visits to our food bank. We normally have about 650 visits per month. We also gave out more Thanksgiving baskets than ever (220). This is 55 more than we give out normally.

I would like to share a story with you about one of our clients. She is a single mom with three middle-school-aged children. This woman is working two jobs to make ends meet. She is very frugal and keeps detailed records of her finances so she can make sure that every penny counts. She uses our food bank about once a month. Although we encourage her to come more often, she refuses and says, "others need the food more than we do."

When she does come to the food bank, she



makes a list of everything she gets at ROOF. On her last visit to Wal-Mart, she left with an extra \$100 that she

didn't have to spend because she used ROOF as a resource. She is very thankful for the help that ROOF provides and the money she is able to save for other bills or necessities.

I hope her story gives you a better idea of how your money and food donations help our clients in a very real, practical way.

Thank you again, and happy New Year!

*Cindy Caturla
Food Bank Coordinator*

Lucky Eagle brings on new IT director

Lucky Eagle Casino & Hotel recently added James McMahan as its new Director of Information Technology. He has more than 25 years of IT experience and has spent most of his career in the casino and hospitality industry. James also has an MBA from the University of Mississippi.



James McMahan

James has three children and has been married for more than 30 years. He enjoys kayaking, hunting and fishing. James is excited to explore the natural beauty of Washington and looks forward to helping Lucky Eagle Casino & Hotel move into the future.



* Special tribal member rate available through February 2019

Tribal member price For Sale - \$105,000*



Mobile Kitchen

Very extensive high-quality mobile kitchen buildout and equipment

Professionally custom built mobile kitchen complete with:

- Plumbing system/ Electrical system
- Hood system
- Fire suppression system
- Stainless steel walls
- LP gas system
- Generator
- Stainless cabinets
- Staging equipment:
- Steam table

Refrigeration:

- Sandwich prep table
- Food storage
- 2 door freezer

Cooking equipment:

- Griddle
- Steamer
- Fryer
- 4 burner stovetop
- Oven

2007 International DuraStar 4300

Conventional cab and chassis with 20' box International DT466/Maxxforce DT, 7.6L L6 Diesel Complete stereo and sound system, automatic transmission, Lift-Gate, Air Ride suspension

Mileage: 131,130

Appraisal Value: \$125,400

Contact

(360) 273.2000

Ask for Kevin Bray

Very Good Condition
food truck chassis, cab, and all its equipment show very minimal use, wear and tear.

**Truck and equipment sold AS IS
no warranty provided.**

Exterior wrap/paint and Lucky Eagle designations & logos will be removed before delivery

LUCKY EAGLE CONCERT PERKS

TRIBAL MEMBER EXCLUSIVE

■ Chehalis tribal members now receive exclusive advance ticket sales for Lucky Eagle Casino & Hotel concerts. The pre-sale will start 24 hours before tickets go on sale to the general public.

■ Tribal members can purchase up to four pre-sale tickets at the Lucky Star Rewards Center (formerly the players club) with valid tribal identification.

■ Announcements about advance tickets sales will be made as events are booked and confirmed.



lucky eagle
CASINO & HOTEL

HEALTH/WELLNESS



Chehalis Tribal Wellness Center nurses (from left) Sandra Dickenson (LPN), Genevieve Herbrand (LPN), Amanda Lawton (LPN), Jessica Small (RN) and Heather Owenby (MA) are here to help with your health and fitness goals.



Tips for a healthy new year

For a successful 2019, focus on strengthening your mind, body and soul

The start of a new year is a time for reflection. We assess what went well, what didn't and what we hope will happen next. We resolve to be healthier, kinder and more active or to be more open to love. The thing we often forget when buried in all of the new-year-new-you process and promises is to take care of our mental health first.

Below are health tips – ones that don't have a weight-loss or other significant goal in mind. They're helpful for your mind, body and soul all at once:

Clear clutter

Look at your surroundings. If you're constantly wading through junk drawers and cabinets stuffed to the brim, it's time to clear the clutter. If you want to wipe the slate clean to allow room for new people and circumstances that serve you, you must get your mind clear. People who describe themselves as anxious, stressed or even depressed say they feel better when they start clearing up their physical space.

Exercise a little

People set high fitness goals for the New Year and then fall off after a month or less. This leaves their self-esteem shot, which is when self-loathing and depression can sneak in. Set a reachable daily goal, such as walking 10,000 steps per day. There are step-counting apps available to measure how much you walk, and they add up quickly. A Fitbit is a good tool for

counting steps. When you achieve something on a daily basis, you stick with it and the action sets your mind in a positive direction.

Bring a friend

Working out with a partner improves results and makes going to the gym or other activities a more enjoyable experience. Having a partner to provide encouragement during workouts can help you get the most out of your activities. When you have someone relying on you to do the same, it makes you accountable and more likely to show up.

Mindful foods

There are tons of essential nutrients you can get from food that support your brain function, manage stress and just generally make you happier. An improved diet can be part of the easy, attainable shift you've been looking for. Research finds that along with other benefits, foods rich in omega-3, such as some fish and nuts as well as those full of antioxidants, can help protect the brain from memory decline and overall health. Adding salmon and fruits such as blackberries and blueberries to your diet can help with memory and concentration, as well as stave off possible mood and anxiety disorders.

Apologize and forgive

A clear path toward mental fitness can be forgiveness.

Carrying around resentments and guilt wears us down and, believe it or not, can lead to illness. You might have experienced a tough breakup, argument or perhaps the political climate has led to disheartenment and lost friends. Reach out, allow yourself to forgive and move on. Remember, forgiveness doesn't mean you condone hurtful behavior. Instead, it frees you and allows you to move forward without added baggage.

Learn something new

Challenge your brain by learning to cook, paint or speak a new language. Try yoga, meditation, SAIL or tai chi. Pick something you think would be interesting or useful to learn and go for it. Activating cognitive functions of our brains improves short- and long-term memory as well as hand-eye coordination.

Breathe through stress

Many people do not realize just how important deep breathing is to your overall wellbeing. As you feel stress coming on, step away from the situation for just a minute or so to take a couple of deep breaths. Doing so will help expel stress from your body and can be the most detoxifying thing you can do to work through the situation.

Happy New Year!

Source: thethirty.byrdie.com/new-years-health-tips

CTWC events

DR. BEHRE FOOT CLINIC

8 a.m.-noon Feb. 5, March 5; 1-4 p.m. Feb. 25: The Chehalis Tribal Wellness Center's podiatrist meets your foot care needs.

DIABETES CLINIC

Stay tuned for 2019 dates.

COMMUNITY WALK

Noon Feb. 20: Join others for a fun fitness walk. Starts at the Chehalis Tribal Wellness Center.

MAMMOGRAM CLINICS

9 a.m.-3 p.m. March 25, June 27, Sept. 27: Swedish Women's Wellness Clinic.
9 a.m.-3 p.m. May 28, Nov. 13: Assured Imaging. Call your health care provider to schedule.

POSITIVE PARENTING

5-7 p.m. Jan. 9-Feb. 27: Positive Indian Parenting class is a curriculum developed by the National Indian Child Welfare Association that provides practical and culturally specific training for American Indian and Alaska Native parents. Location to be determined.

HEALTHY FAMILIES

Home Visiting Program: Contact Beth Klatush at 360-709-1627 or bklatush@chehalistribe.org.

ELDERS CAREGIVER SUPPORT PROGRAM

Feb. 26: One-day informational conference at the Gathering Room. Contact Christina Hicks at 360-709-1741.

Protective nature of plant medicine

Working to reduce suicide risk factors

One of the efforts in suicide prevention is to reduce the factors that increase risk while identifying those that protect people from suicide. These are called risk, protective and precipitating factors.

Risk factors are characteristics of a person or his or her environment that increase the likelihood that he or she will die by suicide. Major risk factors include:

- Prior suicide attempt(s)
- Misuse and abuse of alcohol or other drugs
- Mental disorders, particularly depression and other mood disorders
- Access to lethal means
- Knowing someone who died by suicide, particularly a family member
- Social isolation
- Chronic disease and disability
- Lack of access to behavioral health care

Protective factors are personal or environmental characteristics that help protect people from suicide. Major protective factors for suicide include:

- Effective behavioral health care
- Connectedness to individuals, family, community and social institutions

■ Life skills (problem-solving, coping and an ability to adapt to change)

■ Self-esteem and a sense of purpose or meaning in life

■ Cultural, religious or personal beliefs

Precipitating factors are stressful events that can trigger a suicidal crisis in a vulnerable person. Examples include:

- End of a relationship or marriage
- Death of a loved one
- An arrest
- Serious financial problems

One of the protective factors the R.E.D. RoAD Suicide Prevention program has implemented is natural medicine classes with a connection to traditional cultural practices with plants. Herbalist Winter Strong, a Skokomish tribal member, works closely with Caytee Cline and the Chehalis tribal community to educate and empower. While Winter has been out on maternity leave, we have not been having monthly class. However, herbal medicine is still available to you.

HERBAL TEA RECIPES

DOSAGE

1 teaspoon and steep for 20 minutes

Cold & Cough Tea: Equal parts



yarrow, mint, elderberry/flower, rosehip

Relaxing Tea: One part each chamomile, skullcap, lemon balm; ½ part orange peel and lavender

Pick-Me-Up Tea: Equal parts St. John's Wort, oat straw, lemon balm, spearmint (do not use St. John's Wort if using birth control because it interacts with effectiveness)

CALMING SYRUP

Herbalist Winter Strong created this syrup with the intention of having a natural medicine to take when you are overwhelmed emotionally, mentally and physically. Today in our rushed society, we are overwhelmed and often say: "I don't have time for this." Taking this syrup is one way to make the time to take care of you. It also works well for anxious children.

DOSAGE

1 tablespoon adults

1 teaspoon children

INGREDIENTS

0.5 ounces or 1 Tbs. passionflower

0.5 ounces or 1 Tbs. chamomile

16 ounces or 2 cups of water

2 cups of sugar



INFORMATION

To learn more, contact Caytee Cline at **360-709-1818** or come see her in the Behavioral Health Department. Grant activities are funded through Tsapowum Chehalis Tribal Behavioral Health R.E.D. R.o.A.D. Grant 1H7SM063452-01.

Suicide Lifeline:
800-273-8255 (TALK)

Chehalis Tribal Behavioral Health: **360-709-1733**

Crisis Textline: **text 741741**, then hit send

Bereavement Support:
206-291-7279

Recovery Helpline:
866-789-1511

Trevor Project, LGBTQ:
866-488-7386

DIRECTIONS

Combine plants together with the water. Bring to a boil. Reduce heat to a simmer and allow mixture to reduce by half. Strain with a fine mesh strainer. Combine the strong tea (decoction) with 2 cups of sugar and heat to dissolve the sugar. Allow to cool and keep refrigerated. Use within two months.

Yoga class provides rich healing opportunities

Trauma sensitive yoga is adapted for work with individuals who have been affected by psychological trauma. During this class, participants learn:

- Yoga poses and breathing techniques designed for the unique needs of those suffering from PTSD and childhood trauma.
- To explore childhood trauma through the lens of developmental trauma disorder as a way to understand the unique way a person's nervous system and mind rewire in response to traumatic events.
- The significance of the vagus nerve in trauma and the role yoga



CLASS

The next Trauma Sensitive Yoga class will be from 5-6 p.m. Feb. 21 at the Community Center gym.

plays in its ability to function optimally.

■ The importance of calming the mind and body (heart-rate variability) and developing tools to provide the ability to manage stress through yoga poses.

■ Specific breathing and visualization/meditation practices



that can balance the mind and the body.

■ To use yoga to move from unhealthy to healthy habits by self-care practices such as

yoga, breathing and relaxation techniques.

■ To move together in a supportive way by gently transitioning in and out of poses while giving ourselves the freedom to choose which movements to do and how long to hold the poses.

■ The importance of inviting a nonjudgmental and inclusive style of learning by creating a safe and sacred place for students to begin to heal.

■ To create positive results by listening to our own body's needs with gentle transitions through the yoga class sequence that greatly enhance the brain and body's ability to heal itself.

Clinic welcomes residents

Doctors encouraged to spend time serving tribal communities

Contributed by Dr. Bryce Parent, MD

The Chehalis Tribal Wellness Center has started to reach out to offer learning opportunities for new doctors in training.

In family medicine training, those who graduate from medical school must then complete three extra years of training called residency.

During this training, a doctor is often called a resident.

There might from time to time be a resident at the Wellness Center, typically for two to four weeks taking care of community members under the supervision of our regular doctors and nurse practitioners.

If a resident will be part of your care, we will ask whether that is ok with you. We encourage you to be open to it if you can, and the following helps explain why:

- This is a good thing because we want more young doctors to serve Native American communities in this region. Most doctors go through all of their training (seven years or more when you add medical school and residency) without ever spending time in a clinic serving a Native American community.

- Many tribal and Indian Health Service clinics in the northwest have a difficult time finding enough doctors to serve



Resident doctors train under Chehalis Tribal Wellness Center doctors Rita Mercer (ARNP), Hang Chau (MD) and Alan Whipple (MD).

their community. We think it is good to try to help with two parts of the solution:

1 Hosting the Chehalis Tribe's young people to help them think about whether they might want to become doctors

or nurse practitioners or enter other health care careers. We are currently doing this, and we appreciate the community's involvement.

2 Welcoming resident doctors to learn at the clinic and encouraging them to think about serving tribes in the region when they are done with their training. Right now, this might help neighbor tribes that are having difficulty hiring doctors; some day, it might help the Chehalis Tribe directly.

We thank you as always for your support in our effort to serve you and the wider Chehalis tribal community.

Get tested for Hepatitis C

What is it?

An infection that can be deadly (liver failure), but most people don't know they have it. Once you have symptoms, it's usually too late.

Why us?

It's more common in northwest tribes than in most of the United States, according to the North Area Indian Health Board.

But I wouldn't have it ... would I?

Just like many, Baby Boomers have tested positive without knowing why.

A new cure

Now it can be cured effectively with new medications that are better than they used to be (higher cure rate and fewer side effects).



INFORMATION

- cdc.gov/knowmore/hepatitis
- npaihb.org/hcv

Chehalis Tribal Wellness Center

The Wellness Center is actively screening for Hepatitis C and providing treatment at our facility.

It doesn't matter how you contracted Hep C, what matters is that you get treated.

Help us reach the whole community. Tell us how to help your friends, family and the entire community.

Make an appointment today to get tested.

WIC THROUGH SPIPA



CHECKS TO BUY FOOD, HEALTH EDUCATION, BREASTFEEDING HELP, SERVICES REFERRAL

NEXT DATE: 9:30 a.m.-3 p.m.
Feb. 7 at the Wellness Center

CONTACT US: Debbie Gardipee-Reyes, 360-462-3227 or Patty Suskin, 360-462-3224

Chehalis: Debra Shortman, 360-709-1689

SAIL INTO FITNESS

Stay Active and Independent for Life is a strength, balance and fitness program for older adults

CLASSES ARE 10:30-11:30 A.M. MONDAYS AND 11-NOON FRIDAYS IN THE ELDERS BUILDING

SAIL exercises can be done standing or sitting and consist of:

- **Warm up:** 3-5 minutes
- **Aerobics:** 18-20 minutes
- **Balance exercises:** 10 minutes
- **Strength exercises:** 15-18 minutes
- **Stretching:** 8-10 minutes



Walk & Roll Wednesdays

Join us as Chehalis Tribal Wellness Center staff walk at noon from the clinic to Lucky Eagle Casino & Hotel

SIGN UP AT THE ELDERS CENTER, COMMUNITY CENTER, WELLNESS CENTER OR TRIBAL CENTER OR CALL SDICKENSON@CHEHALISTRIBE.ORG

* Sponsored by the Special Diabetes Program for Indians

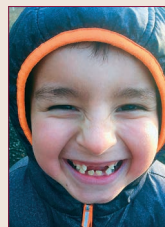
FEBRUARY BIRTHDAYS



Atticus and Jerrie Simmons: Happy birthday. Love your family!



Tyler Klatush: Happy 13th birthday to my son, from Dad, Mom and all of your sisters. Love ya!!!



Coletton James: Happy birthday! We can't believe you are getting so big and so smart. We are proud of you, Mom and Dad.



MORE WISHES

Fred Shortman: Happy birthday, from Jodie, Carlos and your family!

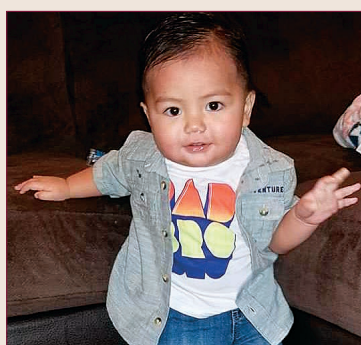
Timothy Garza: Happy birthday. Love Mom, Robbie, Rita and Dylan and the rest of your family!

Chris Pickernell: Happy belated birthday to my son, from Mom!

Mathew Oman: Happy belated birthday to my grandson, from Gramma.

Steve Pickernell: Happy birthday, from the family.

MICHEAL BOYD
DARYL BOYD JR.
DARYL BOYD SR.
KELSEY BRAY
VIRGINIA "DOLLY" CANALES
LUKE CAYENNE
LINKIN CHARLES
TOMMY COLSON
LAYNE COLSON
MARLA CONWELL
LEVI DUPUIS
MARY DUPUIS
NORMA FLORES
XAVIER FLORES
TIMOTHY GARZA
MAGGIE GLEASON
TOM HAYDEN JR.
THOMAS HECK
KIMBERLY HECK
SHADOW HERNANDEZ
HALISA HIGHEAGLE
LILIA HOHEISEL
ALAYNA JESPERSEN
MACKENZIE JONES
SHYLOH KINKADE
TYLER KLATUSH
HEATHER KLATUSH



Linkin Paul: Happy 1st birthday. We love you sooo much "Winkin." Love always, your Momma and Hubba.
Happy 1st birthday to my Lion Cub Linkin. Love your Gramma Diana and the whole family.

KAREN LECLAIRE
CHARLOTTE LOPEZ
BRADYN LOPEZ
RAY-RAY LOPEZ
YEVGENI LUKIANOV
CHOAN MACDOUGALL
DAKOTA MARCELLAY
SHELBY MCCRORY
AALYIAH MEDDAUGH
TERRY MIDDLETON
CATHERINE NEMETH

DEVIN OLNEY
ALBERT ORTIVEZ III
ALBERT ORTIVEZ-HICKS
SABRINA OWENS
KILYNN OWENS
BAILEY PARKINSON
CHASE PEREZ
STEVEN PICKERNELL
STEPHANIE PICKERNELL
LOIS POLING
AMY POTTER
BONNIE QUIRKE
JENNIFER REVAY
JOSEPH REVAY
RITA RIVERA-HERNANDEZ
ZEDIKIAH SANCHEZ
SUSAN SANCHEZ
CATHERINE SECENA
RAYMOND SECENA
SHAYLAH SEYMOUR
FRED SHORTMAN
ATTICUS SIMMONS
PATRICK SIMMONS JR.
JERRIE SIMMONS
LAURA STARR
CHERYLE STARR
MEI-LIEN TANNER

CHRISTOPHER TEAGUE

CARLA THOMAS

STAR THOMAS

SHARON TOLBERT

MARIAH VASSAR

KESAWIN WASHBURN

RYAN WHITE EAGLE JR.

DAKOTA WILKINS

RILEY YOUNCKTON

STEVIE YOUNCKTON

COLETON YOUNCKTON

ZAYDEN YOUNCKTON

JENNIFER YOUNCKTON

KAYDEN YOUNCKTON

ANDREA YOUNCKTON



Ricardo Charles: Happy birthday Babe! Happy birthday Daddy! "Wuv you," from Violet, Hubba and Linkin.

EDUCATION



Tribal members Samuel Starr and Ashton Boyd watch the game.

Courtesy of Lena Begnaud



Savanna Bird and Samuel Starr receive recognition during Senior Night at Oakville High School.



Eddie Klatush has helped lead the Oakville Middle School basketball team this season.

Courtesy of Lena Begnaud

Oakville superintendent shares changes

Rich Staley keeps Chehalis Tribe updated on school district news

Hello! I want to introduce myself. My name is Rich Staley, and I am the second-year Superintendent of Oakville School District. We wanted to take an opportunity to say thank you to the Chehalis Tribe.

We are extremely grateful for providing us with the opportunity to serve your students on a daily basis.

In recent conversation with Chehalis Tribe Chairman Harry Pickernell Sr., he was encouraged that our school district provides the tribal community with regular updates into what's happening at our schools. This is to better help keep everyone up to date with changes that are happening at Oakville schools.

Here are a few changes:

ADA compliance

We have recently obtained a grant from the state of Washington that will allow us to improve our parking lots and provide more access to events for our disabled community members. New concrete was



Oakville School District Superintendent Rich Staley.

poured for a disabled parking space by the football field, which was put in place to enhance the viewing of games.

Elementary office

A separate grant awarded to the district has provided funds to relocate the elementary office. It will move from its location in the middle of the hallway to the foyer area. A formal receptionist will be stationed at the front door of the elementary entrance. This change is to improve the safety of students and staff.

Preschool

In participation with Grays Harbor Foundation and Grays Harbor YMCA, we opened a preschool on our campus. We converted two classrooms in the old primary building into spaces specific for preschool students. We now have 14 students enrolled in the program.

Water fountains

The district was awarded funds from the state to replace and update the current water fountain



CONTACT INFORMATION

Phone: 360-273-0171

Email: rstaley@oakvilleschools.org

Mail: Superintendent/
Principal 103 School St./
P.O. Box H Oakville, WA 98568

Oakville School District's February schedule

- Board-making workshop Feb. 10 (Tribal Center)
- No school Feb. 18-19 (mid-winter break)
- Baseball/fast-pitch practice starts Feb. 25 (the first game is at Taholah on March 18)

system to a filtered water system throughout the facilities. This will provide healthier options for everyone at the school.

Our goal is to have open communication with everyone in our learning community. Please contact us if you have any questions, comments or concerns.

*Sincerely,
Rich Staley*



Hands On Children Museum provided Chehalis Tribal Early Learning families big adventures on Jan. 11.

Families enjoy a field trip

Early Learning students visit Hands on Children's Museum

Article and photo contributed by members of Early Learning

Forty Chehalis Tribal Early Learning students and their families went on a field trip on Jan. 11 to explore Hands on Children's Museum in Olympia.

The two-story museum offers children and their families exciting indoor and outdoor activities to enjoy together.

Specially themed play areas are designed to promote learning through discovery.

Inside the building, there

»»»»»

LEARN MORE

For information about Hands on Children's Museum, please call **360-956-0818** or go to **hocm.org**.

is a play-area with emergency vehicle facades, water table fun, a stage to dress up and perform on, a construction zone, an area to experiment with airflow using scarves, paper rockets, balls and parachutes, a marketplace, home and gardening area, a space for infants and toddlers to play together, a slide and tree house

maze to crawl up inside and more.

In the outdoor play space, children had room to run around as they visited gardens, rode on bike paths, explored a lighthouse and walked the beach area.

They also took photos with a Sasquatch and took full advantage of their time together away from the classroom.

This field trip is always a fun day for children and their families. We appreciate all of those who

DEAL ALERT!

GREAT WOLF LODGE CHEHALIS TRIBAL MEMBER BENEFITS

WITH YOUR TRIBAL ID CARD, YOU WILL GET:

- 25 percent discount rate at all lodge outlets
- Friends and family vouchers and free and discounted water park passes
- Family suites (sleep six people) for \$79 per night (fees apply)
- Upgrades when available

(You must mention vouchers at the time of reservation.)

CONTACT

Go to greatwolf.com or call 800-905-WOLF



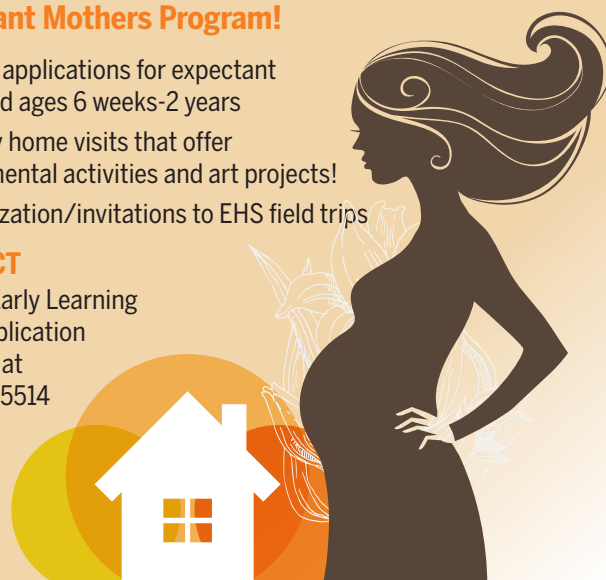
MOMS-TO-BE AND LITTLES

Chehalis Tribal Early Learning Program has openings in its Home-Based & Expectant Mothers Program!

- Taking applications for expectant moms and ages 6 weeks-2 years
- Weekly home visits that offer developmental activities and art projects!
- Socialization/invitations to EHS field trips

CONTACT

Stop by Early Learning for an application or call us at 360-273-5514



GED CLASSES

4-6 P.M. EVERY THURSDAY IN THE COMMUNITY CENTER'S COMPUTER LAB

GET IN TOUCH

If you have questions, please contact Frances Pickernell at 360-709-1735 or Erika Pickernell at 360-709-1572. You also can stop by the Vocational Rehabilitation office in 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, 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.**

NEWSLETTER STAFF

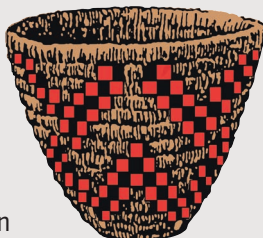
Fred Shortman, Frazier Myer,
Audra J. Hill and the
Information Technology Team

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



BUSINESS COMMITTEE

Harry Pickernell Sr. Chairman
Jessie Goddard:
Vice Chairman
Sheilah Bray: Treasurer
David Burnett: Secretary
Leroy Boyd Sr.:
Fifth Council Member

chehalistribe.org

© copyright 2019

**The Chehalis Tribal
Newsletter is a
publication of the
Confederated Tribes
of the Chehalis
Reservation**

STUDENTS OF THE MONTH

Angelica 'Turtle' Canales

**Fifth grade
Grand Mound
Elementary**



Angelica "Turtle" Canales wants to be a stay-at-home mom when she grows up.

Her favorite class is math. The only change she would make to her school is the addition of an ice cream bar in the cafeteria.

Although she doesn't know what she would do as chairwoman, she said her superpower would be to go back in time and replay moments. If she had a million dollars, she would take a bath in it!

Turtle's favorite dinosaur is a pterodactyl because they fly. In her free time, she loves to play soccer and learn to play the piano. She really enjoys playing the piano because it's something she can do year-round.

Her big brother, Brandon, is her favorite person because he is nice to her.

Emily Pickernell

**10th grade
Rochester
High School**



Emily Pickernell wants to be a nurse when she grows up.

If she were chairwoman, Emily would make sure to offer more culture classes.

She loves her history class and playing volleyball because she is good at it.

Emily's favorite animal is a dog. Erika, her mom, is her favorite person because she is funny and awesome.

Emily likes the thought of having telekinesis – the ability to move things with your mind.

With a million dollars, she would buy her mom a new car.

When asked how she would change or improve her school, Emily said she wants to see drug use reduced.

Kylee Secena

**Sixth grade
Rochester
Middle School**



Kylee Secena aspires to be either a therapist or a mathematician when she grows up.

Her favorite sport is soccer. She is confident in her skills and the game comes naturally to her. If she could have a superpower, she would choose teleportation.

If she were chairwoman, Kylee said she would help improve the education system. If she received a million dollars, she would donate it and give it to her mom and dad.

Her social studies teacher is really nice, sarcastic and funny, making it her favorite class.

Although Kylee enjoys school, the improvement she would make is to decrease the amount of fighting and drama.

Her favorite animal is a panda because it is cute and deadly. Her whole family is her favorite because they all love and support her.