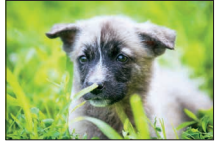


## RARE raises funds

Homemade baked goodies benefit reservation animals

page 4



## Friendly faces

Meet two Chehalis tribal health care professionals

page 6

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# Emergency training

*CERT class prepares community to respond when disaster strikes*

Chehalis tribal community members and employees participated in a four-day Community Emergency Response Team training on the reservation from Jan. 23-26.

You might be wondering, what is CERT? The program was started in 1985 by the Los Angeles City Fire Department as a way to encourage community members to volunteer and have training provided to them. This allows them to assist during times of greatest need, such as immediately after a major emergency or disaster.

The need for this makes sense considering how many times their region experienced catastrophic events such as earthquakes and wildfires. The training caught the attention of the Federal Emergency Management Agency, who helped expand it to include all hazards in its approach.

This led to CERT being placed

See CERT, page 5



Diana Pickernell (left) and Lillian Schoening practice the buddy system and using a fire extinguisher in CERT Training.



Dan Penn (left) and William Thoms work to preserve the historical archives of the Chehalis Tribe.

# Museum pros visit archive

*Burke staff confirm Chehalis tribal history is safe, offer advice for successful future*

Cultural Resources Specialist William Thoms has begun the lengthy and complex process of bringing the Chehalis Tribal Archive up to standards worthy of our rich Chehalis history.

To get a better sense of the current

state of the repository, Thoms invited professionals from the Burke Museum of Natural History and Culture in Seattle to conduct a basic assessment and offer advice on improvements. Archaeology Collections Manager Laura Phillips and Archaeology Curation Services Manager Jack Johnson toured the archive and curatorial space with Thoms and Historic

See ARCHIVE, page 3



# Holiday drive benefits community

*Generous donations of food and toys brightened season for many*

Lucky Eagle Casino & Hotel's annual holiday toy drive and food drive took place in November and December and generated more than 2,600 pounds of food donations and 120 toys.

The contributions were from guests who received a discount on their hotel stay when they made a donation of food or toys.

In total, nearly 600 hotel guests participated in the campaign. This includes 486 guests who donated, on average, more than five pounds of food and 107 guests who donated a total of 120 toys.

Food donations benefited Rochester Organization of Families (ROOF), a local non-profit supporting community needs in Rochester area.

The majority of toys donated benefited Chehalis Head Start, with a portion also going to Oakville Community Giving Tree.

This is the fifth year the casino and hotel has operated a donations program to raise food or toy donations for the community.

## Sidewalk Deli closure

Sidewalk Deli is closed for renovation. We are excited about the changes and the new look. The project is expected to be completed in April.

## Hotel renovation

Lucky Eagle Casino & Hotel will begin the hotel room renovation in April.

The project, which will include new furniture, fixtures and finishes, is expected to be completed by early August. The renovation will also include a completely renovated lobby area and front desk.

During the renovation, it is expected that up to 40 rooms or more will be out of service throughout the project, limiting availability during this time.

## Loyalty program perks

Lucky Star Rewards, Lucky Eagle Casino & Hotel's new loyalty program, features a number of new player benefits.

It is positioned to be the richest rewards program in the Pacific Northwest.

The program features four tiers and offers far greater value to players at all tier levels.

Chehalis tribal members



**Heather Williams delivered toys to Chehalis Head Start during Lucky Eagle Casino & Hotel's toy drive.**

receive a 50 percent off dining discount at all Lucky Eagle restaurants. This replaced the existing 25 percent dining discount Chehalis tribal members receive.

Additionally, guests earn 3x points every day (except for Gold Star guests, who earn at a rate of 4x points daily). Guests also may convert points and free play offers to cash at the slot machine or the cage.

Players Club members receive a 50 percent off dining discount when paying for the meal in full with points. This benefit is one of the primary features of our new loyalty program and offers great value for our guests.

Unlike Players Club members, Chehalis tribal members aren't required to use points to receive

## lucky eagle highlights

the discount.

The 50 percent discount for Chehalis tribal members is valid any day and time as long as an enrollment card is presented. It cannot be combined with other discounts (same as the guest discount) and is not valid for catering or banquets.

Another key feature of the new program is the fact that the renewal period has been changed from six months to 12 months.

## Facilities manager hired

Lucky Eagle Casino & Hotel has promoted former Tech III Jeremy Freitas to Facilities Manager position.

Freitas, who has been on the Lucky Eagle team for the past two years, has more than 12 years of experience with HVAC systems and facilities management.



**Jeremy Freitas**

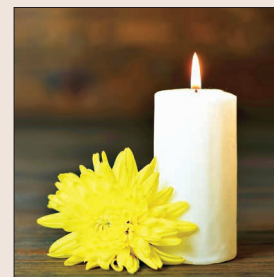
In his new role, Freitas will oversee preventative maintenance schedules, training team members, budget oversight, project management and daily operations of the facilities department.



## Lorilee Pickernell memorial

The memorial for Lorilee Pickernell starts at 10 a.m. March 24 at the Chehalis Tribal Cemetery for headstone blessing.

Afterward, there will be a dinner and giveaway in the Gathering Room gym. Everyone is welcome to come celebrate her life.



# 270,000 STAR FALL GIVEAWAY GAME

**WEEKENDS IN MARCH  
DRAWING WINNERS  
PLAY PACHINKO-  
STYLE GAME TO WIN  
UP TO \$3,000 CASH!**

**MUST BE 21 OR OLDER  
AND A STAR PLAYER**

**HOURLY DRAWINGS  
2-10 P.M. SATURDAYS  
10 A.M.-6 P.M. SUNDAYS**

**EARN ENTRIES THROUGH  
MARCH 31 ONCE DAILY UPON  
CARD-IN PLUS ONE ENTRY  
FOR 100 STATUS POINTS**

lucky eagle  
CASINO & HOTEL



# Employee of the Month saves the day

## *Skyler Baker honored for his heroic actions*

Tribal Gaming Agency's Skyler Baker was named January Employee of the month for his heroic demonstration in preventing an overdose on the Lucky Eagle Casino & Hotel premises.

Baker heard the call of an unconscious and unresponsive patron over the radio and quickly reacted.

He grabbed two doses of Narcan, which is used to help prevent opioid overdose, and went to help the patron.

With the assistance of casino security, Baker administered the first dose, and there was no response. Baker then gave the second dose and the patron regained consciousness.

The individual was confused about what took place but realized Baker and Security EMT members saved their life from an overdose.

When asked about his heroic action, Baker said it's just part of



**TGA members Connie Baker, Skyler Baker and Darrin Jones share a moment after Skyler was named January Employee of the Month.**

"doing my job."

## Other candidates

**Reggie Sanders (Grounds):** Adjusted his work schedule to keep everyone safe recently during snowy and icy weather. Many times, he would arrive before 6 a.m. to ensure the main areas of the reservation were cleared for employees, visitors and those who live on the reservation.

**Joan Martin (TGA):** Derec Filkins calls her the "heart and soul of the TGA department." She continuously ensures that the casino is in compliance with the State Gaming Agency. Martin plays a key role in maintaining a smooth working relationship between the casino and the rest of the Chehalis tribal government.

**Joe South (Public Safety):** As a patrol officer, he faces a lot

of issues that the general public doesn't encounter. Yet, he comes to work with a productive attitude and positive mindset every day. His commitment to serve and protect the community is evident among community members.

**Christibeth Klatush (Wellness):** In her nomination letter, she was termed an "unsung hero" for the work she does helping families of children ages 0-3. As Healthy Families Program home visitor, she arranges visits to assist with specific family needs.

**Melanie Hjelm (TGA):** She was nominated for outstanding citizenship. Early in the month of January, a young mother and her family missed the transit bus from the hotel. Hjelm graciously paid for a hotel room so the family had a place to stay for the night.

**Jennifer Youckton (Administration):** Jennifer is the front desk receptionist at the Tribal Center and is going on seven years at that position, which makes her one of the faces of the Chehalis Tribe. She is willing to help both visitors and staff daily, and does so with a smile.

## ARCHIVE

*From page 1*

Preservation Officer Dan Penn.

The partners discussed strategies for regulatory compliance and the development of protocols for the management of our collections.

Subjects covered included maintaining environmental stability (temperature and humidity), workspace considerations, emergency plans, access controls and hygiene protocols, especially for new specimens.

The experience and insight provided will help guide the Historic Preservation Office toward bringing the repository up to exacting federal standards. More importantly, it will prevent any conditions that might threaten the integrity of the collections.

Overall, the visit confirmed that the tribal repository is equipped to meet standards, is a safe space for keeping alive our cultural wealth and, with slight modifications, will be in a very good position to begin building our curatorial practices.



**Thoms and Penn develop strategies to preserve Chehalis Tribal Archive items while still sharing with the community, such as digitizing materials.**

Ms. Phillips and Mr. Johnson agreed to be a continuing resource for the Historic Preservation Office and support its efforts to create an archive that preserves Chehalis tribal history, bringing knowledge into a living context.

"When starting new projects, I've found the first question to ask is not always 'What needs to be done?' but rather 'Who can I find?' I'm pleased to have established

this relationship and look forward to working with the Burke staff as we progress," Thoms said.

The Burke Museum of Natural History and Culture is the oldest public museum in Washington and was designated the state museum in 1899. The Burke recognizes that the museum sits on the ancestral land of the native peoples of Washington state. The museum holds deep

**'I'm pleased to have established this relationship and look forward to working with the Burke staff as we progress.'**

**- WILLIAM THOMS,**  
CULTURAL RESOURCES SPECIALIST

respect for indigenous knowledge and is dedicated to collaborating with diverse native populations, sharing collections and learning together.

The Chehalis Tribal Historic Preservation Office believes that understanding and sharing the story and ways of life of our tulápn can empower us to be our best selves as we connect with each other and interact with the world around us.

By protecting Chehalis peoples' stories, language, physical artifacts, culturally significant sites and historical documents, we preserve the náwsúlX of all Chehalis peoples, past, present and future.



# RARE fundraiser supports animals

*Dedicated nonprofit group aims to make life better for cats and dogs on reservations*

Volunteers recently held a Valentine's Day fundraiser to benefit Rez Animal Resources & Education (RARE).

Tribal employees and the community delighted in a hot breakfast of waffles, scrambled eggs, biscuits and gravy and potatoes in the Tribal Center.

Fundraiser organizers also set up a delicious assortment of baked goods for sale.

Those who came to support the cause had a large selection to choose from, including cupcakes, cookies and even homemade dog and cat treats.

Individuals had the opportunity to enter in a 50/50 raffle to help contribute to the fundraiser. The grand total raised from the event was \$1,360!

All of the proceeds will benefit the pet spay and neuter program for dogs and cats on reservations.

RARE provides low-cost (\$5) spay/neuter surgeries for dogs and cats on five reservations: Chehalis, Nisqually, Skokomish, Squaxin

Island and Shoalwater Bay.

Since the organization started in 2006, it has covered the financial cost of spaying and neutering more than 1,538 dogs and cats.

Spaying and neutering can prevent thousands of animals from being born only to suffer and struggle to survive on the streets, be abused by cruel or neglectful people or be euthanized in animal shelters for lack of a loving home.

There also are many health benefits to spaying your pet, including significantly reducing the risk of several types of cancer.

RARE would like to thank the Chehalis tribal community for its continued support.

There are so many generous people who gave their time, money and talents to support this fundraiser.

Your kindness is immensely appreciated!

**Spay/neuter  
your pet today**

**THIS PROGRAM IS AVAILABLE  
TO CHEHALIS TRIBAL  
MEMBERS AND THOSE LIVING  
ON THE RESERVATION**



## REZ ANIMAL RESOURCES & EDUCATION



**Rez Animal is a nonprofit working to improve animal care and reduce strays on the Chehalis, Nisqually, Skokomish, Squaxin Island and Shoalwater Bay reservations**

**CONTACT: 253-370-6392,  
rezanimals.com**

## CHEHALIS TRIBE ELDER LUNCHEON

April 25

■ **ROOM BLOCKS ARE AVAILABLE AT THE LUCKY EAGLE CASINO & HOTEL, AND FAIRFIELD INN & SUITES BY MARRIOTT. JUST MENTION ELDERS LUNCHEON TO ACCESS THE BLOCK RATE.**

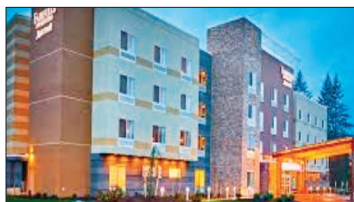
■ **MORE INFORMATION WILL BE SENT OUT ON A LATER DATE. WE HOPE TO SEE YOU AT OUR SECOND ANNUAL LUNCHEON!**

■ **CONTACT: ORINDA GODDARD, ELDERS COORDINATOR, 360-273-5911 OR OGODDARD@CHEHALISTRIBE.ORG**

SAVE THE DATE



**Lucky Eagle Casino & Hotel, 360-273-2000**



**Fairfield Inn & Suites by Marriott, 360-273-2000**

## ALL NATIVE<sup>+1</sup> MENS BASKETBALL TOURNAMENT April 5th - 7th, 2019

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

**\$300 ENTRY FEE**

Early Bird - If Paid Before 4/5

**\$350 ENTRY FEE**

Must be paid before first game  
True Double

MENS ALL NATIVE +1 Token  
1st - 4th Place Awards  
MVP, All-Stars, & 3-Point King

**CONTACT LEROY BOYD BY EMAIL LBOYD@CHEHALISTRIBE.ORG  
OR TEXT (360) 628-7537. CONTACT RUSS BAKER BY EMAIL  
RBAKER@CHEHALISTRIBE.ORG OR TEXT (360) 522-0606.**



## CERT

From page 1

within the framework of FEMA and available on a national level across the U.S., though the program's supervision and operations remain on the local level of that community's fire and police departments or emergency management agencies.

During the Chehalis training, participants learned basic knowledge of hazards that could potentially threaten homes, neighborhood, workplaces and surrounding areas.

The class involved about 20 hours of coursework and wrapped up with an earthquake exercise in which course participants were able to apply what they learned.

The course covered first aid and CPR, disaster preparedness, fire safety, medical operations (including triage), light search and rescue and disaster psychology.

Attendees who completed the course with the earthquake exercise received CERT badges and a certificate. Tribal member Diana Pickernell was elected team leader.

Because of our rural location, the people within our community will be the most immediate resource to tribal members who need help and assistance during a major event.

Realistically, in such a situation, local emergency response agencies will be so overwhelmed that there likely will not be enough staffing to help everyone at once. It's in our community's best interest to be better prepared to respond to an emergency or disaster and recover from the aftermath.



**Left:** Victim volunteer Aaron Bledsoe awaits the final touches to his artfully applied injuries before an exercise during CERT training in January.

**Below:** Amanda Jennings (left), Wayne Barr (rear center), and Rod Bergman work to lift victim Patricia Gitchel while training in first aid.

**Bottom:** Instructor Chris McCaughan answered questions and gave tips to Diana Pickernell and Lillian before the start of an earthquake exercise at the Community Center.



**Above:** Lillian Schoening (right) and Patricia Gitchel attend to a victim they found during search and rescue training.

**Below left:** Diana and Rod administer first aid to injury victim volunteer Curt Begley as part of an earthquake exercise.





# HEALTH/WELLNESS

## staff profiles

Dedicated health care professionals at the Chehalis Tribal Wellness Center and Dental Clinic are here to keep you and your family healthy and thriving. Learn more about two of your providers:

### Melinda Boire

#### DENTAL ASSISTANT

Melinda Boire, dental assistant for the Chehalis Tribe since fall of 2018, comes to the tribe with 20 years of experience working in dentistry.

After seeing the job opening posted online, Boire dropped her resume off at the reservation the next day. She sought this position because it's closer to her home.

With two decades in the industry, she hopes the Chehalis Tribe is her last stop and that eventually this job leads into retirement.

Boire said her first impression of the Wellness Center was that "it's a beautiful facility."

She was impressed with how the clinic is well-kept, organized and features up-to-date equipment to serve patients.



**"It's been great. I'm really happy that I made the transition to the tribe."**

**- MELINDA BOIRE**

The tribe is a place where "I'm really proud to work," Boire said.

Similar to most people who start out in a new job, Boire needed to become acclimated to her new position. She explained that her co-workers have been "awesome" and helpful in every way possible.

"It's been great. I'm really happy that I made

the transition to the tribe."

Boire enjoys horseback riding and various other outdoor activities, which keep her busy throughout the year.

She has three Arabian horses and performs in hunt seat and dressage competitions – two classic English styles of riding.

Now that she has worked on the reservation for an extended time, Boire's goal is to get more involved in community activities that take place during spring and summer.

### Amanda Lawton

#### LICENSED PRACTICAL NURSE

Licensed practical nurse (LPN) Amanda Lawton recently joined the Chehalis Tribal Wellness Center.

Lawton spends the majority of her free time with her two children. She is very involved with their activities. They enjoy camping and traveling to the beach or mountains during the warm seasons.

Lawton attended nursing school at Bates Technical College in Tacoma.

Upon completion of the program, she heard an LPN position opened up with the Chehalis Tribe and put in her application.

She said everyone has been very welcoming and very kind.

"It's a great community to work for," Lawton said. "I'm thankful for the opportunity to work for the tribe."

She really enjoys how the tribe is family oriented. She hopes to make a positive impact in the community.

**"It's a great community to work for. I'm thankful for the opportunity to work for the tribe."**

**- AMANDA LAWTON**

As LPN, Lawton's daily responsibilities include patient check-ins, monitoring vital signs (blood pressure, etc.), checking for allergies to certain medications, assisting providers and patients over the phone and much more.

She said one thing that really stuck with her during nursing school is that every patient isn't going to be the same, which is something

she reminds herself to apply every day.

"Treat every patient as an individual," Lawton said.

She explained how two patients with the same disease (diabetes, for example) could need completely different types of treatment and care.

A lot of variance exists among people. That absolutely is taken into consideration when determining what would be the best course of action when providing medical assistance to patients.





# Open yourself to spring's renewal

As spring starts again, many individuals clean their homes. The seasonal shift to warmer weather is a good time to open, dust and clean windows, letting stale air out and freshness in, along with many other deep-cleaning tasks.

Although cleaning the house is a good idea, many individuals forget about cleaning their bodies to make sure they are in good health.

## Out with the old

Even with the best intentions, many individuals end up with old and expired products and medications. The most popular among women, of course, are old tubes of lipstick, mascara and other makeup.

Those who keep switching skincare products often also end up with expired half empty containers. Many also find they have over-the-counter painkillers, such as acetaminophen and ibuprofen, expire before they use them all.

Take this time to search through all of your drawers and cabinets. Gather all these products and check their labels. Throw

away anything past its expiration date according.

If in doubt how to dispose of a medication, consult a pharmacist to be on the safe side.

## Health visits

A variety of appointments are necessary for individuals to ensure they remain as healthy as possible and to detect potential illnesses early.

These appointments include an annual physical, dental and eye exam. Of course, some individuals will also need to schedule a mammogram, colonoscopy or other health issues more specific to age and gender at a different frequency than once a year.

Although there is a selection of appointments necessary every year, many individuals let them slide. Some forget while others believe they are simply not a priority.

Even if there is nothing wrong, scheduling these regular appointments is vital to ensure everything stays that way.

Spring is the perfect time to call up your doctor, dentist and

»»»»»

**INFORMATION**

Looking for answers on health-related topics to make a fresh start this spring? Check out [healthprep.com](http://healthprep.com).

other health care professionals to schedule appointments you might have missed in the past.

For those you must complete annually, getting them all taken care of in the spring is an excellent strategy for remembering them.

## Rise earlier, play outside

The sun is shining earlier and staying out later. Support your internal rhythms and experiment by starting your day with the sun. Go outside to watch the dawn. Let yourself laugh and play and feel the fresh spring air as a child would.

Celebrate the newness and potential of the season as you emerge from your own hibernation.

Even if you're grumpy, get out of bed earlier and see what happens when you let yourself out of your shell and feel the earth under your feet. You might just discover something new.

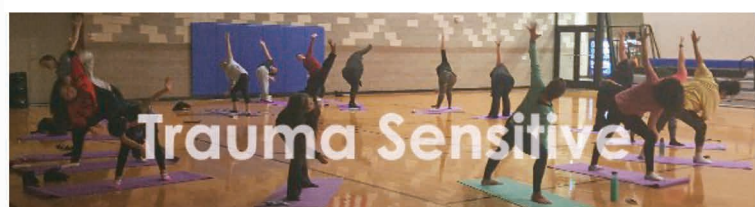


Though there are plenty of opportunities to be outside and active during the winter, because of cold weather, many find themselves unwilling to venture out.

Because days are shorter and seldom sunny during the winter, individuals get far less vitamin D than they do in the spring and summer. Thus, when spring rolls around, it is important to take activities outside.

Going for a walk or run, planting a garden or even just reading in a lawn chair is great. Vitamin D, though it is found in some fortified foods such as milk, is most often absorbed through sun exposure.

It is beneficial as it helps build strong bones and lowers the risk of some health issues.



## yoga class

**March 21**

**Who:** Chehalis Tribal Community

**What:** We will have Michelle, owner of Joonbug Yoga, here to perform Trauma Sensitive Yoga as an aide of healing.

**Where:** Chehalis Tribe Community Center Gym

**Time:** 5 - 6 p.m.

**Accommodations:** Yoga chairs available upon request.

**RSVP:** Please contact Tana Charley at (360) 709-1652 or [tcharley@chehalis tribe.org](mailto:tcharley@chehalis tribe.org)

## Plant Medicine Classes are back!!

### Spring Detox Class

**March 19**

**5:30-7pm**

**In the Gathering Room**

**For Chehalis Tribal and Community Members**



Spring is only a few weeks away!

Herbalist Winter Strong will share the benefits that plants (Dandelion, Cleavers and Nettles ) can have on our minds and bodies. A spring detox will rid our mind and bodies of winter build up and allow for mental and physical clarity.

Contact Caytee Cline at 360-709-1818.  
Grant activity funded through the Tsapowum Behavioral Health R.E.D. R.o.A.D. Grant.





**Tribal employees and community members wear red to show support for heart disease awareness on Feb. 20 at the Chehalis Tribal Wellness Center.**

# Tips to prevent heart disease

Heart disease is the No. 1 cause of death for Native Americans. It can be prevented by:

- Eating more fruits, vegetables and whole grains
- Eating fewer foods that are salty, high in fat or fried
- Being active at least three to four times a week. Try walking. Start with 5-10 minutes and work up to 30 minutes at a time.
- Losing weight, even 10-15 pounds makes a big difference
- Stopping smoking or using tobacco
- Learning to control stress rather than letting it control you. Do something that makes you smile every day, such as praying, walking in nature and being with people you love.
- Checking your blood pressure and blood cholesterol levels with your doctor

## Signs of a heart attack or heart disease

Remember this: Even if you're not sure it's a heart attack, have it checked out. Minutes matter! Fast action can save lives—maybe your own.

The most common heart attack symptom for both men and women is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain. Women might also experience:

- Pain in one or both arms, back or stomach
- Pain in the neck or jaw
- Hurt or squeezed chest
- Feeling like you can't catch your breathe
- Light-headed sensation or breaking out in a cold sweat
- Stomach sickness

## Knowledge is power

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

- Total cholesterol
- HDL (good) cholesterol
- Blood pressure
- Blood sugar



## CONTACT US

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

- Body Mass Index (BMI)  
Knowing the numbers can help women and their health care provider determine their risk for developing cardiovascular diseases.

## 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 EMAIL [SDICKENSON@CHEHALISTRIBE.ORG](mailto:SDICKENSON@CHEHALISTRIBE.ORG)**

\* Sponsored by the Special Diabetes Program for Indians

## Mammogram clinics

### ASSURED IMAGING/ SWEDISH MOBILE AT CHEHALIS TRIBAL WELLNESS CENTER

Beginning at age 40, women should have a mammogram yearly. A clinical breast exam with your medical provider must be completed prior to your mammogram appointment.

Contact ARNPs Rita Mercer or Jennifer O'Brien ARNP or Dr. Hang Chau-Glendinning at 360-273-5504 to schedule an appointment.

Assured Imaging or Swedish mobile mammography will be at the Chehalis Tribal Wellness Center at:

- **9 a.m.-3 p.m. March 25 (Swedish)**
- **9 a.m.-3 p.m. May 28 (Assured)**
- **9 a.m.-3 p.m. June 27 (Swedish)**
- **9 a.m.-3 p.m. Sept. 18 (Swedish)**
- **8 a.m.-4 p.m. Nov. 13 (Assured)**

Mammogram clinic days will offer incentives and breast care information along with exams.

Talk with Community Wellness Manager Christina Hicks at 360-709-1741 or [chicks@chehalisTribal.org](mailto:chicks@chehalisTribal.org) to see whether you are eligible for a mammogram screening.





# Inmates learn valuable skills

## *Lunch & Learn focuses on resource for parents*

The Chehalis Tribal Wellness Center hosted its most recent Lunch & Learn for the community on Feb. 19. The monthly event is a great opportunity for tribal and community members to have a healthy meal together and learn about tribal program resources.

The month of February featured a new resource offered by the Behavioral Health Program. Tribal Elder Bobbie Bush, Offender Re-Entry Aftercare Specialist, shared what she teaches to inmates at our Chehalis Tribal Jail.

The classes are instrumental in assisting inmates in reconnecting with their children and families. Addiction and incarceration create roadblocks for individuals who are traveling on this path.

The 12-week curriculum was developed by the Oregon Social Learning Center and Pathfinders of Oregon. Parenting Inside Out classes teach inmates how to recognize different parenting

### HELP IS AVAILABLE

For more information, contact Christina Hicks at [chicks@chehalistribe.org](mailto:chicks@chehalistribe.org). To learn more about Parenting Inside Out, go to [parentinginsideout.org](http://parentinginsideout.org).

styles, deal with stressful situations and express thoughts and feelings.

Communication is the key to success. Inmates learn to set goals and the methods for reaching them. Changes help to rebuild relationships. It has been a very successful program with a more than 66 percent reduction in substance abuse compared to the control group. The numbers were verified during a study by the National Registry of Evidence-Based Programs & Practices.

Bobbie had a display of hand-painted artwork to assist with her curriculum that she used as visual techniques during the class.

# Wellness Center eligibility

To receive services at the Chehalis Tribal Wellness Center, all patients must have an application for services on file. This is whether you are tribal or non-tribal.

We cannot schedule an appointment until you have an application on file along with all necessary documents. If you have not been to CTWC for an extended period of time, you must update your application. No appointment can be scheduled until everything is up to date.

Newborn babies are required to have an application on file before we can schedule an appointment or issue a purchase order number for outside services.

## Reminders

A referral from one of the CTWC providers does not mean that is a guarantee for payment. It is the responsibility of the patient to check with the PRC/CHS office to get a purchase order or see whether one has

### CONTACT US

For questions or concerns, contact Debra Shortman at **360-709-1689** or [dshortman@chehalistribe.org](mailto:dshortman@chehalistribe.org). If you call and get the answering machine, please leave your name, date, location of appointment and best phone number to be reached at.

been issued. Often, an outside provider will not allow CTWC to schedule for a patient.

Providers usually require speaking with the patient directly.

After scheduling an appointment, the individual requesting assistance must call the PRC/CHS office for purchase order number.

Don't forget, each visit requires a separate purchase order. Open purchase orders are not issued for ongoing services.

## USDA food program

The SPIPA's program offers an assortment of food to fill your freezer, refrigerator and cupboards. The next date is March 21 from 9:45 a.m.-1:30 p.m. at the Chehalis Tribal Community Center.


**SIGN UP:** Call Debra Shortman at **360-709-1689** or **360-438-4216** from 8 a.m.-4 p.m. Monday through Friday

## WIC through SPIPA


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

**NEXT DATE:** 9:30 a.m.-3 p.m. March 14 at the Wellness Center


**CONTACT US:** Debbie Gardipee-Reyes, 360-462-3227 or Patty Suskin, 360-462-3224. Chehalis: Debra Shortman, 360-709-1689



# Aqua YOGA



## March 14



**Who:** Chehalis Tribal Community

**What:** We will have Michelle, owner of Joonbug Yoga, here to perform Aqua Yoga in the pool with us as an aide of healing.

**Where:** Chehalis Tribe Community Center Gym Pool

**Time:** 5:00 - 6:00 p.m.

**Accommodations:** Aqua yoga will be held in the pool. Dinner will be held in the Gathering Room after class!

**Healing Benefits of Aqua Yoga:**

This low impact class improves strength, flexibility and range of motion. The soothing water element is a healing aid for releasing stress, tension and promoting overall relaxation for the body, mind and spirit.

**RSVP:** Tana Charley at (360) 709-1652 or email [tcharley@chehalistribe.org](mailto:tcharley@chehalistribe.org)



# MARCH BIRTHDAYS



**DeDe Devlin:**  
Happy birthday from your family!

**Brent "Wayaipax" Simmons:**  
Happy birthday, love your family.

JAYLYNN ALBERT  
SEAN ALLEN  
ANTHONY ANDREWS  
ALEXIS BECKWITH  
KAMI BECKWITH  
TYSON BLACK  
JOHN BLACKETER  
MERCEDES BRACERO  
SKYLAR BRACERO  
ANTHONY BROWN  
DEVIN BOYD  
FALISITY BUMGARNER  
ARICK BURNETT  
DAVID BURNETT  
JOSHUA BURNETT  
SARRA BURNETT-LISLE  
STEVE BURNETT  
JASON CANALES  
QUINTEN CANALES  
LINDA CARPENTER  
ALLISON CARTER  
FRANK CAYENNE JR.  
HAEZEN CHARLES-CAYENNE  
JACE CAYENNE  
JOSEPH CHARLES  
ROSE CHOKE  
JACK COLSON  
NORMA DANIELS  
AMY DEHART  
DEDE DEVLIN  
TREVOR DUPUIS

TINA EBLING  
CARRIE EHMKE  
MATHEW ESSELSTROM  
TERRI FARRIER  
TED GLEASON  
NATASHA GODDARD  
RANESSA GODDARD  
JEFFREY GOMEZ  
VICTORIA HANNA  
JIM HAYDEN  
GARRET HICKS  
COLBY HIGHEAGLE  
CIARA HOWE  
JACEE HOYLE  
ANDREAS JACOBS  
RAVEN JOHN  
ANNIE JONES  
COLLEEN KLATUSH  
DALE KLATUSH  
OLIVIA LATCH  
CYLLUS LEAL-YOUCKTON  
JEFFREY LECLAIRE  
NADIE MCALISTER  
JERRY MEAS HILL  
TRE'S MEDDAUGH  
EMILY ORTIVEZ  
YOLANDA ORTIVEZ  
WILSON PICKERNELL  
STELLA POGUE  
RICHARD REVAY  
SIENA REVAY

MATHEW REYNOLDS  
ANGELINA SANCHEZ  
JAY SANCHEZ JR.  
JEREMY SANCHEZ  
ZANDER SANCHEZ  
AUGUST SECENA-SANDERS  
CHRIS SECENA  
KYLEE SECENA  
LOLA SECENA-FERGUSEN  
AMY SHIVERS  
BRENT "WAYAIPAX" SIMMONS  
NOAH SNELL  
ANASTASIA STARR  
BEV STARR  
VINCENT VISAYA  
CHARLOTTE WEBER  
ROBERT WERTZ  
NATHAN WITTWER  
DEREK YAWN  
AARON YOUCKTON II  
DAVID YOUCKTON  
GUY YOUCKTON  
MEL YOUCKTON  
ARIELLA ZAYTSEV

## MORE WISHES

**Wilson Pickernell:**  
Happy birthday to my oldest son. From all of us, love Mom!

**Allison Joey:** Happy birthday. May all your wishes come true! Love you to the moon and back.

**Anastasia Starr:**  
Happy birthday Princess Anastasia! We love you, Mom and Dad. **Also:** Happy birthday to our special little princess from grandmas, grandpa and family.

**Mel Youckton:** Happy birthday Dad. We love you.

**Frank Cayenne Jr.:**  
Happy birthday to my grandpa from Dyani.

**Allison Carter, Georgette and Lola Secena-Ferguson:**  
Happy birthday from Rachelle.



**Norma Daniels:**  
Happy birthday from friends and family.



# EDUCATION

## OSD celebrates a successful start to 2019

Hello Chehalis tribal families! Thank you, as always, for allowing us the privilege of working with your kids every day. We have quite a few exciting happenings at the school we want to let you know about:

- Our new water fountains were installed, providing filtered water for our kids. They look amazing and the kids are pretty excited about them.

- We had our Evening of Excellence during which more than 100 Acorns were recognized for exceptional work during first semester. Thanks to all of the families that came to celebrate our kids!

- We finished up another successful Acorn basketball season. The Oakville High School (OHS) boys team made the district tournament this year. Our team fought hard and we showed a lot of promise for the season. Our kids picked up sweeps over Lake Quinault and Wishkah Valley during the season and lost a couple of

nail-biters to North River.

Congratulations to OHS seniors Samuel Star-Wright, Savannah Bird and Joanna Kukar for finishing their high school basketball careers.

Baseball and softball started Feb. 25.

- Finally, the month of January was School Board Appreciation Month. We want to thank our board members, including tribal member JJ Shortman, for all of their hard work, dedication and tremendous amount of time they give to help our school improve.

Our goal is to have open communication with everyone in our learning community. Please don't hesitate to contact us if you have a question, comment or concern.

*Thanks,  
Rich Staley*



### CONTACT INFORMATION

**Phone:** 360-273-0171

**Email:** [rstaley@oakvilleschools.org](mailto:rstaley@oakvilleschools.org)

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



**Oakville School District Superintendent Rich Staley congratulates students recognized for excellent academic work and graduating basketball players.**

### 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.



### Youth Center classes

**2-3:30 P.M. FRIDAYS**

Tsapowum Chehalis Tribal Behavioral Health is offering classes for middle-school age youth and older. The following professionals will present topics such as substance abuse, teen dating violence and suicide prevention and awareness:

- **Domestic Violence Advocate**

**Tana Charley:** April 5, May 3

- **Prevention Outreach**

**Specialist Talisa Capoeman:**  
March 22, April 12, April 26,  
May 10, May 24

- **Youth Support Services**

**Coordinator Caytee Cline:**  
March 15, March 29, April 19,  
May 17, May 31

#### INFORMATION

For details or if you do not want your child to participate, call 360-709-1818.



### 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





# 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

### 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  
**Sheilah Bray:** Treasurer  
**David Burnett:** Secretary  
**Leroy Boyd Sr.:** Fifth Council Member

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

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## STUDENTS OF THE MONTH

### Taryn Baker

**Second grade  
Rochester  
Primary School**



Taryn Baker is the daughter of Russ and Talisa Baker. She has a sister, a brother and a dog. Her favorite person is her cousin Uilani Siufanua because she makes her laugh and they have a lot of fun together.

Taryn enjoys learning new things, which helps her succeed in all areas and makes school fun. She likes using a Chromebook at school.

She appreciates that her teacher cares. If she could change one thing, she would like the school to offer a wider range of courses.

During Taryn's spare time, she likes to play baseball. She enjoys spending time with family, especially on game night. She loves hanging out with her cousins when they come to visit.

Her favorite dinosaur is the T-Rex. If she could have a superpower, she wants the ability to freeze objects.

Taryn wants to go to college to be a doctor. She also is interested in art and painting portraits of people.

As chairwoman of the tribe, she would help kids have more fun by holding additional youth activities.

### Falidity Bumgarner

**Eighth grade  
Rochester Middle  
School**



Falidity Bumgarner is the daughter of Lucy Hill and Johnny Bumgarner. She has a brother, a sister and a dog named Kai. She loves spending time with her family.

During her spare time, Falidity likes to listen to music, play fast-pitch softball and cheer. If she could have a superpower, she would like to be able to read people's minds.

Falidity enjoys history class because she has a passion for learning about events from the past. She says her focus in class and self-discipline to turn in work on time makes her a successful student.

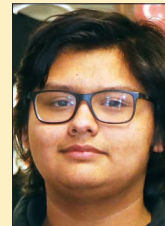
She advises other students to pay attention to the teacher and turn their work in on time. If Falidity could change one thing about her school, it would be a later start time. She said 7:30 a.m. is too early to be awake.

After Falidity graduates, she plans to study law in California.

She loves to spend time with her dog because he is nice, loving and always there for her unconditionally.

### Cameron Snell

**11th grade  
Oakville High  
School**



Cameron Snell has a 3.52 GPA. He is the son of Eli and Melanie Snell and has three brothers and two dogs. He likes when his family gets together for dinner.

His favorite dinosaur is the Tyson chicken nugget because they look cool. If he had a superpower, he would like to be able to read minds.

Cameron likes to read during his spare time and feels that he is good at retaining information. His favorite subject is history. He feels he is a successful student because he turns his work in on time. His advice for others is to do their work and to not hesitate to ask for help.

If he could implement changes at his school, Cameron would get more sports equipment and improve facilities like at bigger schools.

After high school, he plans to attend college to become a historian.

If Cameron became chairman of the tribe, he would fix infrastructure by focusing on roads and buildings.

*Contributed by Chehalis Tribe K-12 Program*