

### Cuteness overload!

Early Learning kids tap into a sweet bit o' luck

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### Caregiver support

Conference assists those who give others strength

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## Employee invests in community

*HR assistant's positive approach shines through*

By Frazier Myer,  
Chehalis tribal member

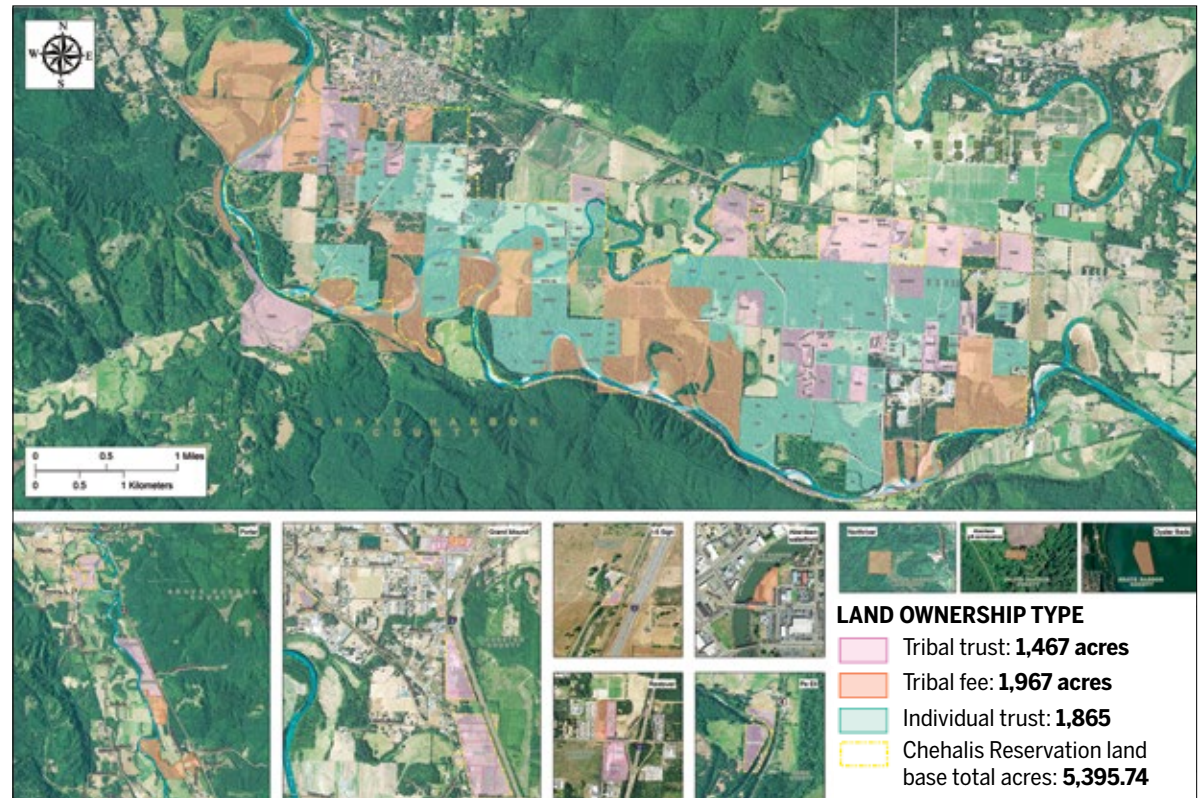
Jeanette Siufanua, Administrative Assistant for the Human Resources Department, received the February Employee of the Month during the ACE recognition lunch on March 22.

Jeanette has worked for the Chehalis tribal government for five years and has served in her current position with HR since June 2018. Her job duties vary depending on the day; one of her constant responsibilities is arranging interviews with potential employees.

See EMPLOYEE, page 2



## Chehalis tribal land ownership



Department of Natural Resources, February 2019

## Planning for the future

*Acquisition protects tribe's natural resources, way of life*

By Frazier Myer, Chehalis tribal member

The Chehalis Tribe is reclaiming and ensuring ownership of its traditional lands.

On Oct. 12, 2018, the Bureau of Indian Affairs approved and proclaimed that nearly 150 acres of land be added to the Chehalis Indian Reservation.

Notice of the land acquisition was recorded by the Bureau of Indian Affairs' Land Titles and records office in the Federal Register November 2018 and the Chehalis Tribal Government was notified of the official approval on Feb. 27.

This recent purchase of property provides an example of the steps the tribe and its tribal Department of Natural Resources (DNR) undergo to acquire property. While the process is tedious, putting land into trust benefits existing and future generations of tribal populations.

To have an understanding of the process today, it's best to have knowledge of what led to this point. DNR Realty Consultant Sandra Crowell said the Dawes Act (also known as the General Allotment Act) of 1887 played a huge role

See FUTURE, page 12



HR Director Stephanie Pickernell (left) explains why she nominated Jeanette Siufanua for Employee of the Month.



# Naming ceremony has special meaning

## Family members' Indian names honor ancestors

Contributed by Christina  
Wa' X mluD Simmons-Hicks

My family held a naming ceremony for myself and three other family members on Feb. 24 at the Gathering Room of the Chehalis Tribal Community Center.

My grandfather is Melvin Shortman, my mother is Jerrie (Shortman) Simmons and my late father is Michael Simmons.

I have wanted an Indian name for a long time. After much prayer and talking with my mom and other older family members, my mom told me that she had names for me and the others. The decision process and ceremony planning took almost a year.

My good friend Rita Andrews of the Skokomish Tribe opened up the ceremony with a prayer and explained to everyone in

attendance about the significance of having an Indian name. My cousins Walter Lewis and Glenda Comenout continued the opening with songs and dance. They also

performed other songs throughout the day, for which I am grateful.

My cousin Connie McCloud, who I'm related to through my grandmother Faith Secena and her mother Bernice "Buns" McCloud (sisters), conducted the ceremony.

Connie spoke about the importance of family and where the names came from. She then asked selected witnesses to come forward to officially take part in the ceremony.

Connie said my English name and then announced that Wa' X



**Christina  
Wa' X mluD  
Simmons-Hicks**

mluD is my official Indian name. She asked everyone in the room to say my name three times and encouraged them to ask me to introduce myself in my Indian name so I can get familiar with the pronunciation. The name Wa' X mluD originates from the Kittitas Tribe and honors my maternal great-great grandmother Alice Secena.

I am honored to be given a family name that comes from the Kittitas Tribe. Alice was the daughter of Chief Kitsap and she married Dan Secena. Dan and Alice were the parents of Murphy Secena, my great grandfather, Nancy (Beckwith) Secena and Faith Secena (my grandmother).

After the four of us were all given our names, we were led off the floor with songs and drumming. We then celebrated with a meal highlighted with fish cooked the traditional way on a stick over an open fire. Thank you to my cousin Don Secena

for cooking it and to our tribal Fisheries Department for the donation.

We held a giveaway for those in attendance to show thanks for them part taking in the ceremony. It was an important day to me and my family to try to bring back traditional ways and honor our ancestors with our names.

For each individual, our name reminds us of our past, of our ancestors and how important family is to each of us. The family names carry a responsibility to honor them in the proper fashion.

I'm thankful for my mother who is an elder and helped with the history and teachings of our family and for all she shared. She played a major role in making this day happen. The family also used this moment to honor and celebrate her birthday. Hands up to all who donated to the table.

*Thank you,  
Christina Wa' X mluD  
Simmons- Hicks*

## EMPLOYEE

From page 1

Also as part of HR, one of Jeanette's roles is to help arrange Employee of the Month events. Keeping her unaware of her nomination presented a challenge for the rest of the department. But they were able to keep it a secret and surprise Jeanette with the award.

"I didn't anticipate this at all," Jeanette said.

She accredits her award to just being true to herself and being a caring, compassionate person.

"One of my favorite things in the world is to spread love. I love connecting with people," Jeanette said.

Recently, she was given the task of recognizing tribal government staff on their birthdays as well as anniversaries of employment start date. Director of HR Stephanie Pickernell, who nominated Jeanette, said she really made the project her own.

She has a way of making everyone feel special, whether she's delivering birthday cards or making announcements on the intercom.

Her lively personality is seemingly nonstop. Pickernell describes that her favorite part of



**Chehalis tribal employees celebrate Jeanette Siufanua's Employee of the Month recognition with a delicious feast.**

working with Jeanette is how she keeps the office animated by doing things such as randomly breaking out in song.

Jeanette explained that during her previous position at Facilities, she spent a lot of time in the office by herself but she has always had an outgoing personality. The adjustment to her new work environment came naturally. Working in HR allows her to interact more with people on a daily basis.

She is noticeably excited

and enthusiastic to be at work. Additionally, Jeanette is recognized for always being polite and boosting moral in her workplace. She has a positive influence on her co-workers.

"I think Jeanette's positivity rubs off on people. Her upbeat attitude is contagious," Pickernell said.

She is very appreciative of everything, which is a trait Pickernell realizes she's picked up in her time working with Jeanette. What motivates her every day is her passion for the tribe and

**'One of my favorite things in the world is to spread love. I love connecting with people.'**

**- JEANETTE SIUFANUA**

desire to impact others' lives.

Pickernell spoke highly of the fact that Jeanette is invested in helping tribal people find employment that suits the specific individual.

"These are our people," Jeanette said. Ultimately, she wants to be a part of the healing process for the Chehalis tribal community.

As part of the recognition for Employee of the Month, she received eight hours paid leave, a reserved parking spot, dinner for two at Lucky Eagle Casino & Hotel steakhouse Room 88 and eligibility for Employee of the Year.

The Social Services and Planning departments teamed up to provide Indian tacos to the employees. The meal was highlighted by Marla Medina's frybread and various types of chili cooked by members of each department.

# EVENING OF FAMILY FUN

By Frazier Myer,  
Chehalis tribal member

Family Fun Night offers an opportunity for families and youth to enjoy a leisurely evening filled with activities and food.

Events staff arranged an entertaining night of ice cream, pizza, movies, corn hole, dodgeball and a live DJ on March 15. D.J. Oso set the tone in the Gathering Room and took song requests from the youth. He is a familiar face from previous tribal events.

Some of the youth were in the mood to release energy by dancing to songs played by the DJ, but it was apparent people had a long week leading up to the event. A majority took the opportunity to just relax and watch movies.



Tribal and community members gathered to watch a family-friendly movie and enjoy basketball, music by D.J. Oso, pizza and dessert during Family Fun Night in March.



Please join ROOF Community Services  
for a stompin' good time

## Giddy Up & Give

5-8 PM Saturday, May 18  
Lucky Eagle Casino & Hotel

EVENT SPONSOR  
**lucky eagle**  
CASINO & HOTEL

REGISTER AT [ROOFCommunityServices.org](http://ROOFCommunityServices.org)

## CHEHALIS TRIBE ELDERS 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.

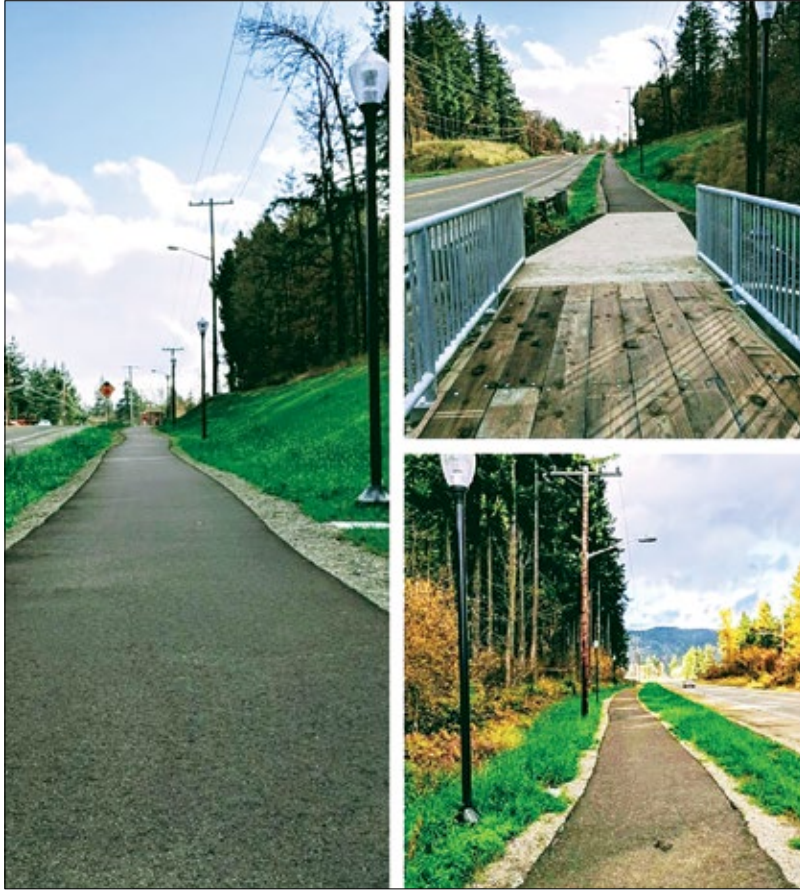
■ MORE INFORMATION WILL BE SENT OUT ON A LATER DATE. WE HOPE TO SEE YOU AT OUR SECOND ANNUAL LUNCHEON!

■ CONTACT: ORINDA GODDARD, ELDERS COORDINATOR, 360-273-5911 OR [OGODDARD@CHEHALISTRIBE.ORG](mailto:OGODDARD@CHEHALISTRIBE.ORG)

SAVE THE DATE

Lucky Eagle Casino & Hotel, 360-273-2000

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



The Chehalis Tribe received the Best Pedestrian Facility Award at the Northwest Tribal Transportation Symposium.

## Chehalis Tribe honored for sidewalk safety project

*Contributed by Bryan Sanders*

Each year, the Northwest Regional Office of the Bureau of Indian Affairs hosts the Northwest Tribal Transportation Symposium. The Northwest Region covers 45 tribes spanning six states, including Washington, Oregon, Idaho, Western Montana, Northern Utah and Southern Alaska.

The symposium serves as an opportunity for tribes in the region to gather and attend transportation trainings on numerous topics.

The Tribal Transportation Program Annual Report also is presented during the event. During the awards ceremony, tribes nominated by regional offices are recognized for projects completed during the year.

This year, the Chehalis Tribe received the Best Pedestrian Facility Award for the design and construction of the Anderson Road Sidewalk Project.

"We started this tradition to reward those in the TTP (Tribal Transportation Program) for utilizing their funds in an

impactful way that helps their communities," said David Tano of the BIA.

The Anderson Road Sidewalk Project was constructed in 2018 and was a great collaboration between the Chehalis Tribe Planning Department and general contractor Chehalis Construction Company.

Planning and CCC are grateful to be able to successfully complete a project that benefits the community by providing a safe pathway.

## Learning to live free of fear

*Contributed by Bobbie Bush, Chehalis Tribal Elder*

August 2015

Fear is the great deceiver and is the root of greed. Greed is the biggest fear we have as humans and is a feeling that initiates many aberrant behaviors. We fear that someone is treated better than we are, we fear the "other is getting more," i.e. sex, food, money, space, attention. We fear "they" are getting their needs met and we are not.



**Bobbie Bush**

Fear encourages the deception that we are separate and different from each other, but each and every human has a belly button. We are connected, we are the same – part of the whole which is the beautiful creation of God.

Fear which is of the devil tries to diminish the light of God through these deceptions and human reactions. Only when we

become conscious of these fear-based reactions and bring those powerful feelings to light can we begin to build a practice of faith in the abundance of creation and the blessings of the spirit. Fear/The Deceiver/The Devil try to stop this.

When we realize the value of ourselves and each other as reflections of the light of creation, we will be able to release the turmoil, ease the strife and calm the fear-based aberrant manifestations of greed, lust and war that need to be released NOW. Thus enabling the next stage of human transformation and transcendence.

This is writing and ideas that developed in 2015, summer time. I was under extreme stress and finding no sanctuary or calmness in my life so I prayed and prayed. This woke me up in the middle of the night as a complete composition. I could not go to sleep until every word was written. Thanks for the opportunity to share some of my thoughts and ideas.

### ART SHOWCASE

Chehalis tribal members are invited to display their creations in the Chehalis Tribal Member Art Exhibit at Tribal Days

**WHEN:** 11 a.m.-4 p.m.  
May 25-26

**WHERE:** Inside the  
Tribal Center lobby



### Fireworks loans

#### REQUIREMENTS

- ➔ Stand owners only
- ➔ Permit application paid
- ➔ Land lease verification
- ➔ New applicants: CTLF program orientation, financial education mandatory, online loan application, three months income verification, show tribal and state ID with current address

Apply by  
June 15!

#### CONTACT

Diana Pickernell,  
360-709-1631  
Raven John,  
360-709-1643  
8:30 a.m.-4:30 p.m.  
Monday-Friday

# APRIL BIRTHDAYS

KENEDY ADAMS  
 BEVERLY ANDREWS  
 AMY ANDREWS-MASHBURN  
 KELLI BAKER  
 AMANDA BATRES  
 DARYL BECKWITH  
 CRISTINA BLACKETER  
 GLEN BOBB  
 RODNEY BOYD JR.  
 SAM BOYD  
 LYKAIOS BRACERO-ROSBAGH  
 KEVIN BRAY  
 ANNIE BURNETT  
 GREG BURNETT  
 NADINE BURNETT  
 HECTOR CANALES JR.  
 GAUGHE CULVER  
 CLAUDEA DANIELS  
 JOSELYN DELAMATER-NEIFERT  
 DOMINIC DELGADO  
 EMMA FERN  
 REMY GARRETY  
 DAN "BONES" GLEASON SR.  
 ELDON GLEASON  
 JESSE GLEASON  
 DENNIS GUNNELS  
 STEVEN GUNNELS  
 JEAN HALTOM  
 DEIDRA HAWKES  
 DAKOTA HERNANDEZ  
 AMBER HIGGINS  
 RHONDA HIGGINS  
 JESSICA HILL  
 LYNN HOHEISEL  
 MAKYA KLATUSH  
 CHARLES LATCH JR.  
 AVERY LOCKET  
 JAVIER LOPEZ SANCHEZ  
 RYCKER LONGINO  
 MAX LYONS  
 NORMARAYE LYONS  
 JORDAN LOPEZ  
 TONY MEDINA  
 JARED MORDHORST  
 JAZMYN NATH  
 ANGELIA OLIVER  
 GARY ORTIVEZ JR.  
 DALIA PEREZ  
 BONNIE PHILLIPS  
 SEGNE PHILLIPS  
 TRACEY PICKERNELL



**Freddie and Javier Sanchez:** Happy 7th birthday to my twins. You are growing so fast my boys! We love you, Mom and siblings.



**Tony Medina:** Happy birthday uncle. We love you!!



**Gavin Vigil:** Happy birthday to my son! I love you to the moon and back, your Mother and brother.



**Dan "Bones" Gleason Sr.:** Happy birthday. Have a blessed day! From your many friends and family.

DANIEL POLING JR.  
 RANDALL POWELL-JOHNSON  
 COURTNEY PRICE  
 MAUREEN PRINCE  
 KALEAH QUILT  
 APRIL REYNOLDS  
 RONALD ROGERS SR.  
 AYDEN SANDERS  
 ANTONIO SANCHEZ  
 BRANDY SANCHEZ  
 FREDDIE SANCHEZ III  
 JAVIER LOPEZ SANCHEZ  
 ROBERT SANCHEZ  
 CHAVEZ SECENA  
 DARYL SHORTMAN  
 ANDREW STARR  
 JAMES TEAGUE

GAVIN VIGIL  
 ENYO VISAYA  
 JONATHAN WILLIAMS  
 BOWEN WITTWER  
 HAWK WITTWER  
 WAKIZA WITTWER  
 AIDEN YOUNCKTON  
 ALAMIA YOUNCKTON  
 GILES YOUNCKTON

## MORE WISHES

**Jacee Hoyle:** Happy belated birthday. You've always been my jackpot, love Mom!

**Daryl Shortman, Kenedy Adams and Tracy Rose:** Happy birthday to my nephew and nieces. From your uncle and family.

**Antonio Sanchez:** Happy 18th birthday. You've grown into such a wonderful person! We love you so much, love Mom and siblings.

**Robert Sanchez:** Happy birthday. We love and thank you for always being there for all of us!!

**Jay Sanchez Sr.:** Happy birthday up in heaven from your niece, Susana Sanchez.

**Nadine Burnett:** Happy birthday from your family!!!

**Alamia Youckton:** Happy birthday Mia! From Mom, Dad, Gram and Bub.

**Makya Klatush:** Happy 7th birthday to my son. Mommy and I love you with all our hearts.

**Keisha Anderson:** Happy birthday to my love. I love you with all my heart and hope you have happy birthday.

**Courtney Price:** To a very special young man on a very special day! Happy 13th birthday from your Dad, nieces and nephews, Mom, brothers and sisters.



# HEALTH/WELLNESS



## Conference helps support caregivers

*Information provided on high blood pressure, Alzheimer's, more topics*

*Contributed by Christina Wa' X mluD Hicks, Community Wellness Manager*

The Family Caregiver Support program hosted its second Caregiver Informational Conference on Feb. 26 at the Chehalis Tribal Community Center's Gathering Room.

Attendees enjoyed a healthy lunch and received a wealth of information about various health topics. Elders had the opportunity speak with medical professionals from the Alzheimer's Association, the American Heart Association and the Special Diabetes Program for Indians.

### Health decisions

Chehalis Tribal Wellness Center provider Dr. Chau-Glending introduced and explained the Five Wishes document, which is an advance directive or living will. This document provides health care choices if an individual is too sick to make them. The patient's main providers will have background knowledge as to how the individual wishes to be cared for.

### Memory challenges

The second speaker of the day, Alzheimer's Association Education Coordinator Maggie Christofferson, offered a presentation on Alzheimer's and dementia. The terms dementia and Alzheimer's are often used interchangeably. While they are related, distinct differences exist between the two. Dementia is used as an overall term for a range of symptoms such as memory loss, difficulty with communication or speech, lack of focus and a hard time with reasoning or judgment.

Alzheimer's is a type of dementia along with other different types and causes including frontotemporal dementia, vascular dementia, Parkinson's disease and Huntington's disease. Yet, Alzheimer's is most commonly associated with the umbrella term dementia.



### INFORMATION

Make sure to get your blood pressure checked regularly. For more information and resources for treatment of high blood pressure, go to [heart.org](http://heart.org).

Resources for Alzheimer's disease are available at the 24/7 helpline at **800-272-3900** and at [alz.org](http://alz.org).

### Self-care

In the afternoon, the Chehalis Tribe's Crime Victim Advocate Holli Gomes held a course on coping mechanisms and release of stress/trauma with different forms of art. And Joan Vance from the Lewis Mason Thurston Area Agency on Aging office led a self-care with meditation session where participants learned breathing techniques and stretching.

### Blood pressure

Cindy Gamble from the American Heart Association provided a presentation on blood pressure and stress management. She explained that blood pressure is written as two numbers, such as 110/90 mm Hg. The top number, systolic, is the pressure when the heart beats. The bottom number, diastolic, is the pressure when the heart rests between beats.

Normal blood pressure is below 120/80. If you're an adult and your systolic pressure is 120 to 129, and your diastolic pressure is less than 80, you have elevated blood pressure. High blood pressure is a pressure of 130 systolic or higher, or 80 diastolic or higher (if it stays high over an extended period of time versus for a brief time).

The danger of high blood pressure is that often, there are no signs or symptoms. Nearly half of the American population older than 20 suffers from it, and many don't even know it. Not treating high blood pressure is dangerous. It causes an increased risk of heart attack and stroke.



Part of the Caregiver Informational Conference on Feb. 26 was dedicated to teaching those in charge of others' health and well-being how to release stress and find ways to promote self-care.



# Power of plant medicine



## *Class urges traditional teachings to be passed on to next generation*

*Contributed by Caytee Cline,  
Youth Support Services Coordinator*

Tsapowum Chehalis Tribal Behavioral Health prepared donations for the 2019 Elders Luncheon by making healing salve and lip balm at the plant medicine class on March 19.

The class is hosted by the R.E.D. RoAD project and is led by instructor Winter Strong, Native traditional plant herbalist and enrolled member of the Skokomish Tribe.

"I really like the Chehalis community," Strong said. She enjoys and finds comfort in the fact that the Chehalis tribe is close-knit and similar to her tribe. She has a passion for discovering different ways that the tribes are connected, and is able to do so during discussions with elders who attend the classes.

She has taught herbal medicine for more than 15 years. More specifically, she teaches about traditional plant medicines that are native to the Pacific Northwest region. She takes it even a step further by narrowing it down from regional specifics to micro specifics for each tribe.

She explained that while the Skokomish and Chehalis Tribe are not far apart in distance, there were subtle differences on what the two groups relied on. For example, Strong noted that there is access to a lot of camas in the Chehalis region, something the Skokomish tribe didn't farm in abundance. The Skokomish sought camas in trade.

Camas is just one example of many plants that can be used for traditional medicine. The group learned about calendula, plantain and comfrey, which are used to make healing salves.

These classes help tribal people



**Tribal members provide assistance during plant medicine class as they pour wax into lip balm containers.**

to get more in touch with their heritage and gain an understanding of how ancestors lived in the past.

As these methods are reintroduced to the tribal people, Strong and others hope that these practices will be passed on to the youth and carried on for generations to come.

Tribal people are granted the right to hunt and gather on reservation land. In many instances, tribes focus on fishing and hunting but gathering materials for medicinal purpose seems to get forgotten. Strong stresses the importance of exercising the right to "firmly connect to the land that we stand on."

She acknowledges that she's Skokomish and not Chehalis, but she believes it's important that there is someone like her in every tribe. Ultimately, she hopes each tribe will have a tribal member who can provide knowledge and proper practices to create plant medicines.

She also thinks it's important to keep these practices within the community to prevent exploiting the resources used to make specific products, and/or selling them for profit.



## HEALING WONDERS

**Calendula:** Antifungal, anti-inflammatory, antimicrobial, astringent. For all of these reasons, it is perfect to use in remedies for skin issues internally (tea) and externally.



**Plantain:** Astringent, promotes healing, anti-inflammatory. It relieves inflammation or irritation both internally as well as externally. Internally, it is very helpful to heal inflamed intestinal tissue.



**Comfrey:** Contains allantoin, astringent. This means it speeds healing and soothes.

## INFORMATION

The next class is at 5:30 p.m. Wednesday, April 10. Participants will learn how to cook nettles and discover how they help create a natural state of balance for the body.

For more details, contact Caytee Cline at **360-709-1818** or come by and see her in the Behavioral Health Department.



# Suicide prevention sign offers hope

By Frazier Myer,  
Chehalis tribal member

Community members and tribal youth gathered for the installation of the first Suicide Prevention street sign on March 8.

The sign is on the corner of Anderson Road and Secena Road and is visible to guests as they head toward the Community Center.

It is the first of five suicide prevention street signs that will be placed on the Chehalis Reservation. The logo of the Chehalis Tribe Suicide Prevention Advisory Board was created by tribal youth in a design contest.

Caytee Cline, Coordinator of the Youth Suicide Prevention program, spoke about the significance of the event and asked for input from those in attendance.

Greg LaDue-Grove, a member of the Cowlitz Tribe, was invited to the event by Karen Klatush. He traveled to the Chehalis

**'It's important to remember that everyone in this world has value.'**

- GREG LADUE-GROVE

Reservation to pay respect to his brother Ross Davis and the Chehalis tribal people.

Greg explained that he learned a lot from the passing of his brother. He advised the group to never forget the lessons that those who have passed taught in their life and to remember what was taught in their passing as well.

"I just thought it was important to come and pay my respect as a tribal member (Cowlitz)," Greg said. "It's just important to me and my family to remember my brother."

Nearly 20 years ago, the Chehalis tribal community played an instrumental role in helping him find his way in life.



**Left:** Youth share ideas for a suicide prevention summit that will be at Great Wolf Lodge this summer. **Right:** The Chehalis tribal community joined for the installation of the first suicide prevention sign.



## INFORMATION

Contact Caytee Cline at **360-709-1818** or visit her in the Behavioral Health Department.

**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**

"It was the Chehalis people who really opened their arms to me and welcomed me," Greg said.

He wanted to take the

opportunity to give back as he offered the youth words of encouragement: "We are all unique and we are all special [...]. It's important to remember that everyone in this world has value," Greg said.

Speakers at the gathering emphasized a message of perseverance and hope. They explained to the youth that going through a tough time doesn't have to lead to doing something drastic.

There are many outlets and resources available that provide coping mechanisms and methods to get through hard times. There are always people willing to help and listen; it could be an auntie, uncle or cousin. All an individual has to do is reach out for help.

Sometimes, it's hard to truly tell what an individual is going through at that moment. Organizers of the event encourage everyone to connect with friends and to always show that you care.



## USDA food program

The SPIPA's program offers an assortment of food to fill your freezer, refrigerator and cupboards. The next date is April 23 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. April 11 at the Wellness Center

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

# Reduce risk of cancer

## Colon cancer topic of monthly Lunch & Learn

By Frazier Myer,  
Chehalis tribal member

Chehalis tribal community members and staff joined at the Wellness Center for the monthly Lunch & Learn on March 13. Wellness Center provider Dr. Chau-Glending led the class, which addressed colon cancer (colorectal cancer) statistics and information regarding various screening options.

### Facts about colon cancer in the United States:

- Third most common cancer diagnosis
- Affects 1 in 20 people
- Second leading cause of cancer-related deaths (lung cancer is No. 1)

In addition to age, gender, race and personal history, there are many more risk factors for a high susceptibility of developing colon cancer.

These risk factors include low-fiber diet, high-fat diet, inactive lifestyle, obesity, diabetes, smoking, heavy drinking and family history/inherited syndromes.

## Get screened

The American Cancer Society (ACS) recommends the average-risk adult begin screening for colon cancer at age 45.

In recent years, medical providers have seen a rise in adults in their 30s and 40s being

diagnosed with colon cancer, which is why it's crucial to see a doctor if you are experiencing symptoms such as a change in bowel movements that last more than a month, blood in stool, unexplained sudden weight loss, etc.

Although these symptoms might seem vague or non-threatening, this disease causes thousands of deaths each year. Early screening is important because although the number of younger adults receiving a diagnosis is increasing, treatment is progressing and leading to a declining mortality rate.

Dr. Chau-Glending expressed that the benefits of screening or even early screening for that matter, extremely outweigh the risks of colon cancer.

## Pros and cons

There are various screenings available for colon cancer. Those at the Lunch & Learn had a round-table discussion on common types and pros and cons of different forms of screening.

Screening types such as the fit test, flex sigmoidoscopy, colonoscopy and CT colonography were discussed.

The screening and treatment a patient receives is based upon variables for each individual such as severity of the cancer (stage), previous cancer diagnosis and insurance coverage.

## Weigh options

To ensure the best possible treatment, patients should consult with their doctors and insurance providers.

Doctors recommend a fit test screening once a year, which can be done at home and has no direct risk to the colon.

The drawback of this annual screening is that it can produce false positives and doesn't view the entire colon. Therefore, cancer is sometimes undetected.

A colonoscopy, which is only recommended every five to 10 years, usually requires sedation and comes with a small risk of bleeding/infection.

The advantage of this type of screening though are evident. A colonoscopy can view the entire colon, detect diseases and is proven to significantly lower the mortality rate 80-90 percent.



Chehalis Tribal Wellness Center Dr. Chau-Glending discussed colon cancer during the monthly Lunch & Learn on March 13.

## Mammogram clinics

### ASSURED IMAGING/SWEDISH MOBILE AT CTWC

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-Glending 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. 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)



### CONTACT

Talk with Community Wellness Manager Christina Hicks at **360-709-1741** or **chicks@chehalistribe.org** to see whether you are eligible for a mammogram screening.



## WHAT IS YOUTH MOVEMENT?

A day for Native American middle school-aged youth (5th-8th grade) to celebrate culture, education and healthy choices at the University of Oregon.

## WHEN

Friday, May 3rd, 2019

## WHERE

University of Oregon campus in Eugene, Oregon.

## WHAT'S NEW

We are able to provide a \*limited\* amount of hotel rooms for the night of Thursday, May 2nd. These are for kids/groups that have to travel far. First preference is for tribes that have to travel 3+ hours (e.g. Umatilla, Burns Paiute, Yakama, etc.).

\*Groups/Individuals are responsible for their own transportation to/from event

## REGISTRATION

Chaperones can register through this link:



Parents/Chaperones can register each student through this link:



## QUESTIONS?

Sonara Malumaleumu or Erica Mendez at [uo.youthmovement@gmail.com](mailto:uo.youthmovement@gmail.com)

# EDUCATION



## *Little leprechauns leap!*

*Contributed by Mary Sanders*

On March 14th, students from Early Learning wore green and gold for St. Patrick's Day. All of the classrooms had parties and participated in a new event called the Leprechaun Leap, which was created for this year's festivities.

Children came to school that morning and found that a mischievous leprechaun had been in their classroom overnight leaving behind a mess and gold coins. They were encouraged to look all over to see if they could find him still hiding somewhere in the room.

The Leprechaun Leap brought students to the Tribal Center with treat bags collecting candies and goodies provided by many different departments while wearing hats they had created for the occasion. They finally found the naughty leprechaun napping in the Business Committee's meeting room. Each child was able to take a look at him through the door's window.

A very special thank you to all of the departments and individuals who donated time and items to this event. It was such a success that we can't wait to do it again next year!



**Above:** Ralph Hutchinson played the leprechaun that Early Learning students were tasked with finding for the St. Patrick's Day event.

**Right:** Youth hold their goody bags at the ready to take home holiday treats.



**Left:** Even the youngest kiddos got in on the spirited action.

**Far left:** Chehalis Tribe Chairman Harry Pickernell Sr. hands out gifts.



**Right:** The Planning Department brings excitement to kiddos with sweet St. Patrick's day-themed treats.

**Far right:** DNR staff await the youth during the Leprechaun Leap.



# STUDENTS OF THE MONTH

## Dreama Secena-Ferguson

**Second grade  
Rochester  
Primary School**

Dreama Secena-Ferguson is the daughter of Mat Ferguson and Rachelle Ferguson. She has two brothers and sisters. Dreama enjoys spending time with her family, especially when they go to the movies together.

She is a successful student because she makes good choices in school. Her favorite part of school is lunch time.

"Dreama is always on task and ready to learn," Angelica Villegas said. "She is a hard worker and a great role model for other students."

If Dreama could have one superpower, she would love the ability to fly. Her superhero of choice is Cat Girl. In her spare time, Dreama loves to play soccer and hang out with her friends.



## Rita Burke

**Eighth grade  
Oakville Middle  
School**

Rita Burke holds a 3.14 GPA and was selected as Student of the Month for her performance in school.

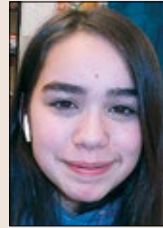
She is the daughter of Daphne Smith Burke and has four brothers and a sister. Rita also has a dog, cat and guinea pig.

Rita's favorite class is Pacific Northwest history. She feels she is successful because she does her work. Her advice to others is to just keep working and pay attention. If she could change one thing at her school, she would improve meals served to students.

Rita plays fast-pitch softball for her school; she also enjoys playing basketball and volleyball. During her free time, she likes to sleep, hang out with her friends and spend time with family. She would like the superpower of invisibility so she can go places without being noticed.

After Rita graduates high school, she wants to attend the University of Alaska Southeast to become a fish and game warden.

If Rita was chairwoman of the tribe, she would allow more people to go to conferences. And if she had a million dollars, she would go to Coachella.



## congratulations!

The following students earned a GPA of 3.2 or higher at the end of first semester:

**ANNIE BURNETT**

**ARIEL KLATUSH**

**CAMERON HJELM-SNELL**

**HAKAN PHILLIPS**

**JAKEB HOYLE**

**KAYLENA DELGADO**

**KIRSTEN SECENA**

**LAUREN QUILT**

**MYA ORTIVEZ**

**RACHEAL SIMMONS**

**RITA BURKE**

**SEGNE PHILLIPS**

**THOMAS BLACKETER**

## Hakan Phillips

**12th grade  
Rainier High  
School**

Hakan Phillips is the son of Josh and Crystal Phillips. He enjoys spending time with his family. He has two brothers and two sisters.

He believes that to be a successful student, it's important to ask a lot of questions and get help from teachers.

Hakan would like to be able to see events in the future as a superpower. If he had a million dollars, he would buy a house and save the rest.

After Hakan graduates high school, he plans to attend Centralia College to study business.

As chairman of the tribe, he would bring more business to the tribal community.



## FROM THE EDUCATION DEPARTMENT

Congratulations on your success! Keep up the good work. As a reward for your commitment to school and personal growth, each student of the month will receive a \$25 gift card.

## NOMINATIONS

To nominate your child, contact K-12 Program Counselor Makayla Ortivez at mortivez@chehalis tribe.org. Tell us the reason your child should be considered. Deadline is the last Friday of each month.



# 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

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

### TRIBAL CENTER

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**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**



**End of the Trail 4 team members await customers to the business during its grand opening in January. The gas station is part of a booming new business area named Station 88 in Grand Mound. It took years for the land to be officially proclaimed as reservation trust.**

## FUTURE

*From page 1*

in the separation of tribal land. Territory was removed out of communal ownership and sold to individual Native Americans.

Sections of the land sold to non-natives, which is evident even during current times when looking at maps of tribal territory. Crowell used the term "checker-boarding" to describe this scattered ownership of the land.

### Fee to trust

In addition to preserving the heritage of Chehalis tribal ancestral lands, putting land in trust protects natural resources such as timber, water quality and fisheries.

Land in trust opens up more opportunities for tribal housing and economic development through new businesses.

Tax purposes also play a key role for the operations of Chehalis Tribal Enterprises. And, individual tribal members receive property tax exemptions if they own a home on trust land.

Crowell has worked with the Chehalis Tribe since 2014. She explained that the process of getting territory into reservation trust land can be lengthy.

A common misunderstanding about acquiring land (or fee) and then moving it from fee to trust is the time, diligence and attention to detail required to make everything official.

A recent example is the tribal

land in Grand Mound where the End of the Trail 4 gas station opened in January. The process to officially proclaim land as reservation trust took years.

To place land into trust, the following steps must be taken:

- Environmental assessments carried out
- Check for archaeological sites on the acquired land
- Multiple surveys conducted and approved
- Tribal resolutions passed
- Letters approved by various parties

The Chehalis tribal Business Committee, BIA, the county, governor and tribal DNR are all components in reaching the final steps of recording the land deed and receiving an assigned allotment number.



### THE PROCESS

Steps to proclaim reservation trust land:

- ➔ Locate property for sale
- ➔ Complete sale for "fee" ownership
- ➔ Survey land/approval of survey by Bureau of Land Management
- ➔ Business Committee passes resolution to apply to for "trust"
- ➔ Fee to trust application written/submitted to Bureau of Indian Affairs. BIA notifies county and governor
- ➔ County/governor have 30 days to respond
- ➔ BIA director makes decision, informs tribe
- ➔ Environmental analysis ordered and complete
- ➔ Deed authorized by Chairman and returned to BIA. 30-day period.
- ➔ If no appeals, BIA sends signed deed to tribe to record at the county
- ➔ Letter goes out to county and governor announcing decision
- ➔ Letter goes to BIA regional officer for final opinion. Deed recorded, allotment number assigned