



The Confederated Tribes of the Chehalis Reservation, 'People of the Sands'

CHEHALIS TRIBAL NEWSLETTER

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October/November 2019

CTLF fundraiser

Group has big plans for money raised at third annual auction

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Reaching their goals

25 students recognized for educational achievements

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Spirited season

Creative costumes and cute kids rule holiday

By Frazier Myer

The Chehalis tribal community participated in multiple events throughout the reservation during Halloween week.

People of all ages attended the annual Halloween party at the Community Center on Oct. 26. The evening featured a dinner and costume contests for various age groups from newborns to adults.

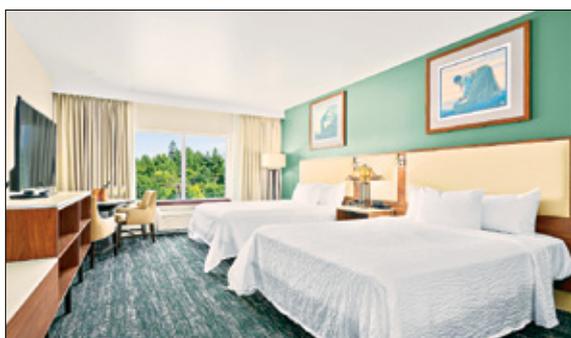
The youth went to the front of the room to display their costumes first. Some dressed in spooky outfits, such as Michael Meyers and Pennywise. Other outfits ranged from princesses and mermaids to Harry Potter and ninjas.

Next up, adults participated in the competition and showed off their creativity. A couple dressed up as fictional characters Tweedledum and

See HALLOWEEN, page 6



Tribal and community members dig deep to create just the right Halloween looks and also snag delicious treats during celebrations.



Recent renovations at Lucky Eagle Casino & Hotel tap into serene Northwest beauty.

Lucky Eagle renovates hotel

Updates offer a fresh, modern, efficient look and feel

Lucky Eagle Casino & Hotel enhanced customer experience by renovating the hotel during the spring and fall seasons of 2019. Now, the building is completely renovated with a new design concept used to modernize and provide more of a tribal identity.

Hotel Director Ben Scholl described the new hotel theme and the work that has been

completed during the past few months. Scholl has an extensive background in hotel management and hospitality. He started as a night auditor in a small hotel. Eventually, his career led him to Las Vegas where he worked at The Venetian. He relocated to California

See RENOVATIONS, page 12

Successful CTLF fundraiser nets almost \$18,000

Community comes out to support future of small businesses

Supporting small business development on and near the Chehalis reservation was the goal of the Chehalis Tribal Loan Fund's third annual fundraiser auction on Nov. 9 at the Lucky Eagle Casino Events Center.

The crowd of about 120 enjoyed a traditional feast of salmon, roast beef and other goodies prepared by Lucky Eagle chefs. The event opened with a prayer blessing provided by Chehalis Tribal Elder Dan "Bones" Gleason. The master of ceremonies was Jim Thomas, Tlingit elder and traditional chief originally from Yakutat, Alaska.

The highlight of the evening was a moving presentation by Swil Kanim, Lummi classical violinist and storyteller. The stories and original classical violin pieces were well-received by all who attended. We were very fortunate to have Swil Kanim grace the stage and share his wisdom and talent.

The vast array of donated auction items made for an exciting event with brisk bidding for some of the most desired items. The auction was conducted by CTM Unlimited Auctions of Oakville who kept bidders engaged. A guided fishing trip to an Alaskan Fishing Lodge brought the largest



The Chehalis Tribal Loan Fund's third annual fundraiser brought brisk bidding on all kinds of auction items to benefit local businesses.

winning bid. Other items included a handmade cedar visor created and donated by Walter Lewis and a cedar vase with cedar roses made and donated by SiSeeNaLeetSa. Original pieces of framed art and collectibles drew active bidding. A signed baseball and bat used by 2018 Major League MVP Mookie Betts received numerous bids as well. The item that brought the second-highest winning bid was an electric guitar signed by Bruce Springsteen guitarist Steven van Zandt.

Other handmade crafts available included a carved cedar paddle by Micah McCarty, Tlingit bentwood boxes, beaded necklaces, earrings and belt and woven cedar earrings. Additional auction items up for grabs were overnight stays at resorts and hotels, golf outings, gift bags and a sofa sectional donated by Fred Meyer Distribution Center.

The event drew support from many local businesses and organizations that purchased tables such as the Chehalis Tribe,

Great Wolf Lodge, Dreamweavers, South Puget Sound Community College Foundation, L&E Bottling, Harbor Wholesale, Port Madison Enterprises, SCJ Alliance, Aries Technology, Superior Linen and Bluebird CPAs. Other local businesses and individuals purchased tickets and made auction item donations and cash donations that all helped us raise almost \$18,000.

All proceeds from the fundraiser support CTLF operations and our plan to grow and develop the Chehalis Tribal Financial Empowerment Center. With generous support from our community, we can continue to address the financial needs of our clients and support small business development.

The CTLF Board of Directors and staff express our heartfelt gratitude to all who helped make this fundraiser a success: volunteers who helped during the event, auction item donors, dessert dash donors, attendees who dug deep to contribute and all individuals and businesses who contributed cash or purchased tickets and table sponsorships.

Finally, we want to especially thank Lucky Eagle Casino & Hotel for graciously hosting, providing another excellent banquet and helping promote the event. We look forward to another fun and exciting evening next year.

Tribe recognizes commitment to excellence

By Fred Shortman

Employees from Chehalis tribal government departments filled the Gathering Room on Oct. 25 to honor Always Creating Excellence (ACE) award winners.

Donnetta Ferencik received the September Employee of the Month and Elletta Quiboloy was named Supervisor of the Quarter. The two award recipients both play a major role in managing the tribal government's finances for the accounting department. Ferencik is the Senior Staff Accountant and Quiboloy is the Accounting Controller.

Both ACE winners received eight hours of administration leave, a gift certificate to Lucky Eagle Casino & Hotel Steakhouse



Elletta Quiboloy

and a certificate for their hard work and commitment to excellence while representing the Chehalis Tribe.

Director of Behavioral Health Leah Niccolucci

emceed the celebration, announcing the candidates and award winners. Human Resources, Public Safety and Tribal Gaming Authority staff members teamed up to provide a meal that included various types of chili.

The HR department implemented the program to

honor and highlight staff members who go above and beyond in their workplace. It promotes a positive and productive work environment.

The awards ceremony provides an opportunity to thank each employee and acknowledge the outstanding work being done on a daily basis. It spotlights how employees demonstrate respect for one another while encouraging positive behaviors and attitudes with co-workers, supervisors and the community.

Nominated employees who received two hours paid leave:

- Elders Cook Ricardo Charles
- Head Start Cook Julie Moore
- Janitor Eli Snell
- Wellness Center Pharmacist Jeremy Brown



Senior Staff Accountant Donnetta Ferencik received the September Employee of the Month award.

Elders feast, visit during Thanksgiving dinner

By Fred Shortman

Chehalis tribal elders gathered in the Community Center on Nov. 26 to enjoy the annual Elders Thanksgiving Dinner.

Each year, the special day provides a time to be grateful for blessings and a reminder of the bounty of treasures in our daily life. It also is a chance to give thanks for our wonderful family and friends.

The aroma of delicious food greeted visitors to the annual feast. Tables were set up with the main course of turkey and ham with all of the fixings and traditional foods.

The dessert table was filled



Elders Program Cook Ricardo Charles helped create a delicious meal for Chehalis elders at the 2018 celebration.

with a selection of pies. It was a mouthwatering treat created by the talented cooks for elders and their guests to be shared together.

Chehalis Tribal Elder Nadine Burnett gave a blessing at the celebration.

Many elders did not leave after they finished eating. They stayed to visit and enjoy each other's company.

Smiles and laughter filled the room as elders talked about how they were looking forward to

spending time with their families on Thanksgiving.

"This was a very nice evening. I really enjoyed sharing a meal together and visiting with my family," said Jerrie Simmons. "This evening is a special memory for me. It is great opportunity to spend an evening with my family and many cousins. I hope everyone has a happy Thanksgiving."

After the dinner, Virginia Canales, Chairwoman of the Elders' committee, updated the elders on upcoming events in December. She encouraged everyone to participate and to have a happy holiday season!



The Oakville High School boys basketball team travels to face Wishkaw next on Jan. 7.

OAKVILLE HIGH SCHOOL BASKETBALL SCHEDULE 2019-2020

Date	Boys Time	Girls Time	Opponent	Home/Away
1/7 Tuesday	7 p.m.	5:45 p.m.	Wishkaw	Away
1/10 Friday	7 p.m.	5:45 p.m.	Mary M. Knight	Home
1/14 Tuesday	7 p.m.	5:45 p.m.	North River	Home
1/17 Friday	5:45 p.m.	7 p.m.	Lake Quinault	Away
1/21 Tuesday	5:45 p.m.	7 p.m.	Taholah	Home
1/24 Friday	5:45 p.m.	7 p.m.	Wishkah	Home
1/28 Tuesday	5:45 p.m.	7 p.m.	Mary M. Knight	Away
1/31 Friday	5:45 p.m.	7 p.m.	North River	Away
2/4 Tuesday	5:45 p.m.	7 p.m.	Three Rivers Christian	Home

Wishing all
tribal members
and employees
a very

MERRY
CHRISTMAS

& HAPPY
NEW YEAR



From the
Chehalis Tribe

NOVEMBER BIRTHDAYS



Maelani Oman: * Luv, hugs and best wishes for you birthday, from Gramma Lu & B! Happy birthday from all your Pickernell side of your family! * Happy 8th birthday, love Mom, Jon Mathew and Peter.



Monique Lopez (above): Happy birthday Mona! Love Dad, Mom Alayna, Chloe, Bradyn, Elijah, Pickles and Abby. **Taryn Baker (left):** Have an amazing 9th birthday! Love Mom, Dad, Jeremiah, Leela and Simon.

PRINCE ADAMS
KEVIN ALBERT
GERALD ALDRICH
FRANCISA AYALA-
KLATUSH
JORDAN BAKER
TARYN BAKER
JAUNITA BILL-SANCHEZ
COURTNEY BROWN
KENNETH "BOONER"
BROWN, JR.
SIDNEY BROWN
NATHAN BOYD
DAPHNE BURKE
BOBBIE BUSH
TYANNA CANALES
TYSON CANALES
JAYLEE CAYENNE
MADELINE COLSON
TANAYAH COMENOUT
RANDY CORNWELL
RACHELL FERGUSON
ASHLEY FERN
KATY FOX

CASILDA GARCIA-STARR
DYLAN GLEASON-
WHEELER
PENNY GLEASON
ORINDA GODDARD
MADOLEEN GODDARD-
BOYD
ANTHONY GOMEZ
LUCY HILL
GABE HIGHEAGLE
HEATHER HOYLE
ENRIQUE JIMENEZ
SANCHEZ
ANTONIO JONES
BROOKLYNN KLATUSH
CHRISTIBETH KLATUSH
TAYLEENA KLATUSH
ROACHEL LAMBRETH
CYRENA LITTLESUN
ATHENA LOPEZ
MONIQUE LOPEZ
JOAN MARTIN
LISA MCCLLOUD
JOYLEEN MCCRORY
MICHAH MCNAIR
MAELANI OMAN
ASHLEY ORTIVEZ
AURORA ORTIVEZ
WAYNE ORTIVEZ

TERRY PALMER
SHONI PANNKUK
YVONNE PHILLIPS-
HAUKOM
VALERIE PICKERNELL
DESIRRAY POPE
GRACE QUILT
JOSEPH REVAY SR.
CHRIS RICHARDSON
LUWANNA SANCHEZ
NATALIE SANCHEZ
SOFIE SEKISHIRO
KANE SIMMONS
PAYTON SIMMONS
RACHEL SIMMONS
KRISTOPHER SHORTMAN
ALEXIS STARR-WRIGHT
AMIL STARR, JR.
MAYNARD STARR
CARRIE SQUALLY
APRIL THOMPSON
KEIRA THRAILKILL
LORI TOVREA
MIA VIGIL
RYAN WHITE
JOURNEY WHITEEAGLE
PHOENIX WITTEW
CHRISTOPHER YAWN
MARCUS YOUNCKTON
PAM YOUNCKTON



MORE WISHES

Lori Tovrea: Happy birthday to my mother. Your daughter and all of your grandkids love you so much! You have always been there for me and I thank you for everything. I love and pray for you. From Raven and all of the kids.

Amil Star Jr.: Happy 55th birthday to the best dad ever! You're an elder, haha. We love you very much. Love Sasha, Samuel, Alexis, Jaxon Gordan.

Pam Youckton: Happy birthday Mom! Love ya, from Booner, Koner and family.

Rachell Ferguson: Happy birthday Horse, love Auntie.



Enrique Louis Sanchez: Happy birthday Momma's boy. Momma loves you!

DECEMBER BIRTHDAYS

LAELA BAKER
CHASE BECKWITH
JOHN BIRD
MARIE BIRD
NANCY BLACK
ASHTON BOYD
KAILEEN BRAY
JONAH BROWN
LANCE BURGESS
KONER
BURNETT
CRAIG BURNS
PHILLIP BUSH
ELLA CAMP
DYANI CAYENNE
JOSHUA CHUM
RUBEN CHUM
GLENDA COMENOUT
RACHEL CORTES
LANA COSMAN
JASMINE
ESPARZA-KLATUSH

ALYSSA FERN
VICTORIA FLORES
YVETTE FULTON
SHAWN GODDARD
ALLISON GOLDMAN
RICHARD HILL
MELANIE HJELM
ZACHARY HOFSTETTER
JUSTIN IRIZARRY
CRYSTAL JONES
JEREMIAH JONES-BAKER
JUSTIN KARL
CAYDEN KLATUSH
DERRICK KLATUSH
LOREN KLATUSH
JULIET KRAMER
MONICA LOPEZ
JASON LYONS
ROSEABELL MCALLISTER
KATELYN MCCLOUD
SHANIA MCCLOUD
KLY MEAS III
ADAM MEDINA
NATASHA MOORE
FRAZIER MYER
JEANA NYLAND
ANTHONY OLNEY
EUGENE ORTIVEZ
HUNTER ORTIVEZ

NATHAN PATTERSON
LIBBY PENN
MADYSON PICKERNELL
REBECCA POTTER
ELIJAH REVAY
ANDREA ROBERTSON
RANDI ROBERTSON
KEIRA ROSADO
JOSHUA SANCHEZ
HELEN SANDERS
JACOB SECENA
KIRSTEN SECENA
LEAH SECENA
JAMES SEYMOUR
MICHAEL SIMMONS
KIM STARR
ANTHONY SOEBY
MIA SOEBY
SAMUEL STARR-WRIGHT
ALEXA STRAWDER
RAVEN THRAILKILL
MARY WEBER
BRADEN YAWN
AARON YOUCKTON
JERRY YOUCKTON
KINDRA YOUCKTON
LAUREN YOUCKTON
REBECCA
YOUCKTON-LEGG
BLADEN ZAHNER



Samuel Lamont: Happy 19th birthday. We love you always Bigga! Your mom, sister and brothers.



MORE WISHES

Phillip Bush Sr.:
Happy Birthday Phil. You are an awesome brother, amazing father and the best grandpa ever! I love you forever brother Phil, from BB.

Rebecca Youckton-Legg: I want to wish you a happy birthday, love your Gramma and family.



What's not to love about a holiday where you can dress up as anything you desire? Halloween on the Chehalis Reservation always brings out the kid in folks who love to tap into their creativity.



HALLOWEEN

From page 1

Tweedledee. Talisa Baker edged out the competition in the adult category with her Cat in the Hat outfit. Each winner received a \$25 gift card.

On Oct. 30, Early Learning students walked around in their costumes to trick-or-treat at numerous tribal government departments. The final destination was the Tribal Center where staff members from Planning, CTLF, Human Resources and many other departments handed out candy.

As they filled up their buckets with goodies, the youth visited the office of Chehalis Tribe Chairman Harry Pickernell Sr. He handed out full-size candy bars to each student in the Early Learning program. There wasn't a contest or celebration for employees, but that didn't stop them from showing their Halloween spirit.

Many staff members dressed up to hand out candy to the Early Learning kids. This was highlighted by Wellness Center Director Denise Walker, who dressed up as Cruella de Vil from "101 Dalmatians" and General Manager Misty Secena as Freddy Krueger.



EDUCATION



A ceremony with friends and family members at Lucky Eagle Casino & Hotel in November recognized tribal and community members who achieved educational goals in 2018-19.



Learning milestones celebrated

Twenty-five tribal and community members who completed their educational programs in 2018-19 were recognized during a ceremony Nov. 8 at Lucky Eagle Casino & Hotel.

Those who were honored completed various levels of education ranging from obtaining a GED to doctoral degrees. Several students received an associate or bachelor's degree, two completed a master's program and two earned a doctoral degree.

Heather Hoyle graduated with her master's from Evergreen State College in 2018 and Jenée Burnett completed her master's at Western Governors University in 2019. Two sisters earned doctoral degrees from Te Whare Wananga o Awanuiarangi in New Zealand (Marla Conwell in 2018 and Mary DuPuis in 2019).

Dinner was provided by Lucky Eagle food and beverage staff. After the meal, Education and Development staff Racheal Mendez and JJ Shortman invited the graduates on stage to receive a gift from the Chehalis Tribe.

2018 graduates

- Arielle Burnett: Associate degree, Lower Columbia Community College
- Marla Conwell: Doctoral degree, Te Whare Wananga o Awanuiarangi, New Zealand
- Patricia Gitchel: Associate degree, Centralia College
- Rigoberto Hernandez: Bachelor's degree, University of Washington
- Faith Hoheisel: Veterinarian technician, Pima Medical
- Heather Hoyle: Master's degree, Evergreen University
- Jordan Hutchinson: Associate degree, Centralia College
- Raven John: GED
- Rickie Marion: Bachelor's degree, Evergreen State College
- Makayla Ortiz: Associate degree, Centralia College
- Rikki Sutterliet: Associate degree, Centralia College
- Kindra Youckton: Associate degree, Centralia College

2019 graduates

- Jenée Burnett: Master's



degree, Western Governors University

- Malena Canales: GED
- Madeline Colson: Bachelor's degree, Lewis and Clark College
- Shannin Clancy: Associate degree, Centralia College
- Amy Mendoza: Bachelor's degree, Evergreen State College
- Mary DuPuis: Doctoral degree, Te Whare Wananga o Awanuiarangi, New Zealand
- Ranessa Goddard: Bachelor's degree, South University
- Alicia Medina: Bachelor's degree, Evergreen State College
- Selena Kearney:

Photographic Center Northwest, Seattle

- Walter Lewis: High School 21
- Kendall Medina-Youckton: Nail technician, Evergreen Beauty College
- Diana Pickernell: Bachelor's degree, Evergreen State College
- Rayna Romero: Cosmetology Program, Summit Salon Academy
- Chavez Secena: High School 21
- Daryl Shortman: Bachelor's degree, Central Washington University
- Chase Youckton: High school diploma



students of the month

SEPTEMBER WINNERS

Elijah Palmer

**Kindergarten
Rochester Primary School**

Five-year-old Elijah Palmer was named September student of the month in the K-5 category.

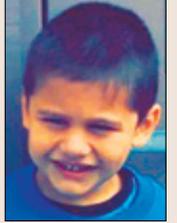
Elijah enjoys school and likes his

teachers. His favorite subject is math. He would improve his school by helping to stop bullying.

He likes dinosaurs, especially the big ones. If Elijah could become a superhero, he would want to be Superman.

Elijah enjoys spending time with his family, and his favorite thing to do is play at his grandparents. He called his grandpa "awesome."

When looking into the future, Elijah said he wants to grow up to be 6 years old and tall!



Dyani Cayenne

**Seventh grade
Oakville Middle School**

Dyani, 12, is the daughter of Calvin Cayenne and Andria Hawkes.

She enjoys spending time with her friends at school. Her favorite class is physical education.

At home, she likes watching movies with her family and spending time with her two cats and dog.

Dyani encourages her fellow classmates to show respect to teachers and follow the rules if they want to

be successful.

She said she excels because she is an active listener and knows how and when to be quiet.

She plays basketball for the middle school team. She enjoys going to the park with her friends.

If Dyani were a photographer for a day, she said she would photograph plants, flowers, trees and other outside scenery.

Her summers are filled with adventures that include traveling, visiting family and participating in the

annual Canoe Journey.

Dyani said she would start a bank account if she had a million dollars, then go shopping. The most inspirational person in her life is her grandma "because she raised me and she's really nice."

After she graduates high school, Dyani wants to attend law school. If she was chairwoman of the Chehalis Tribe, she would do more to improve the youth program, such as participate in more conferences and athletic activities.



Chyler Daniels

**10th Grade
Oakville High School**

Chyler Daniels, 16, is the son of Claudia Daniels and Gerald Pickernell.

He is a successful student because he maintains a positive attitude and is happy throughout the day. His advice to other students is to pay attention in class, don't be afraid to ask for help and complete all assignments.

Chyler's favorite thing about school is seeing his friends. One thing that he would improve is the meals provided.

During his free time, Chyler enjoys playing Dungeons and Dragons, reading books, playing baseball, fishing and hanging out with friends and family. His favorite person is his grandma. He said she is "a strong, independent person and I love her with all my heart."

Chyler is unsure about what he wants to do after finishing high school. He plans on attending college but hasn't chosen a field of study or selected a specific school. His interests vary from owning a restaurant to being a professional YouTube personality.

If Chyler became chairman of the tribe, he would enhance the quality of life on the reservation by helping to improve the tribal housing program.



OCTOBER WINNERS

NOMINATIONS >>>>>

As a reward for their commitment to school and personal growth, Students of the Month receive a \$25 gift card. To nominate your child, contact K-12

Assistant Jodie Smith at jsmith@chehalistribe.org. Tell us why your child should be considered. Deadline is the last Friday of each month.

Vincent Sanchez

Second Grade Rochester Primary School

Vincent Sanchez, 8, has a brother, a sister and a pet duck at his grandpa's.

Away from school, Vincent's favorite activity is playing at Defy Olympia.

He also likes visiting his grandpa and playing (especially basketball) sports with his friends and family.

He said that listening to his teacher

is what makes him successful at school and advises that others listen to their teachers as well. For Vincent, the best thing about school is recess. His favorite subject is science. He thinks advancing one's math skills will lead to success.

Vincent said pumpkin pie makes him happy. If he could choose to do anything right now, he would eat a slice of pumpkin pie and watch

YouTube. His favorite dinosaur is a Tyrannosaurus rex "because they can yell really loud and have big jaws."

He doesn't have a favorite superhero – he prefers the supervillain Thanos. Although if he had powers, he would use them to help the public.

Vincent said if he could invent a new holiday, he would create Free Gift Card Day. He wants to work in the casino industry when he grows up.



Tyler Klatush

Eighth grade Rochester Middle School

Tyler Klatush, 13, is the son of Sara Ziady and Dustin Klatush. He has five sisters and five dogs.

He enjoys when his family has a meal together and eats at various places. He also likes to play sports and Xbox with his friends.

If Tyler could improve one thing about school, it would be to eliminate bullying. He is always willing to stand up for anyone he sees getting picked on.

Tyler understands the commitment it takes to be a good student. "I try my best," he said. His advice to classmates is to not give up.

After he finishes school, Tyler wants

to go to a Pac-12 college and play basketball. He hopes to make it in the NBA one day.

If he had a million dollars, he would save some and share the rest with people he cares about.

He said he can always count on his sister Destiny.

If he became chairman of the tribe, Tyler said he would "clean up our rez."



John Secena

10th grade Rochester High School

John Secena, 17, is the son of Leah and Sam Secena. John was selected as October Student of the Month for going above and beyond by spending time after school doing homework at the Youth Center.

His advice to others is to study for tests and complete homework. John

said he likes the social aspect of school but takes academics seriously. His favorite thing about school is physics class.

John also is in robotics club and has participated in band for several years. He is interested in photography and would like to adventure into the woods or alongside a river to capture photos.

He said with a million dollars, he

would buy video gaming equipment and a nice car.

After high school, John plans to move out and get a job and an apartment. He eventually plans to study at Washington State University.

If he became chairman of the tribe, he would help out the elders in any way possible and make sure the tribe continues to reclaim its land.



Contributed by Chehalis Tribe K-12 Program



Women gain self-defense techniques

Instructors lead class participants through exercises to help them protect themselves

The Behavioral Health Domestic Violence Program sponsored a women's self-defense class on Oct. 12 at the Community Center Gym.

Twenty participants attended and learned important techniques on how to protect themselves.

Husband-and-wife team Sam and Jennifer White started Blaise Training & Services, a Native American business that helps empower people.

The instructors, both registered members of other tribes, gained a variety of experience and training through their careers. They discovered a great demand for women who are interested in learning how to defend themselves in Indian Country.

The class teaches important skills to help women avoid and handle violent situations. Being prepared provides security and peace of mind. The training also gives women the ability to protect themselves, their friends and

>>>>

LEARN MORE

For information about the company or self-defense course, go to blaisetraining.com or call 360-640-9719.

This Project was supported by Grant No. 2016-TW-AX-0017 awarded by the office on Violence Against Women, U.S. Department of Justice.

family from danger.

The course was designed specifically to empower women with tactics and strategies to survive a violent situation. Physical defense is the last resort when a person is not able to avoid an attack.

Class participants learned self-defense techniques and continued to practice them to create confidence.

Lunch was provided.

"I really liked this course! I learned a lot of new techniques on how to protect myself. I would encourage women to learn about protecting themselves," one participant said.



Participants learn skills to stay safe during a Behavioral Health self-defense class taught by Sam and Jennifer White.

PROUD TO WEAR PINK



Chehalis tribal employees show their support for National Breast Cancer Awareness Month and the continuing fight for a cure in October.

Fewer American Indians getting heart disease

Study brings good news to Indian Country

SEATTLE – A first-of-its-kind study led by researchers at Washington State University shows that new cases of heart disease among American Indians in three U.S. regions have gone down.

Findings from the study, which looked for changes across a span of 25 years, also suggest that fewer native men are dying from heart-disease-related events, such as heart attacks and strokes.

American Indians and Alaska Natives make up less than 2 percent of the U.S. population but account for 12 percent of all cases of heart disease – more than any other racial group.

“Our findings strongly suggest that delivering on our federal mandate to provide high-quality accessible health care to our native people will reduce the health disparities seen in this population,” said lead author Clemma Muller, a researcher with the WSU Institute for Research and Education to Advance Community Health (IREACH) and an assistant professor in the Elson S. Floyd College of Medicine. “In other words, when we find people before they have the disease and we follow them and make sure they receive the treatment they need, we can prevent the disease.”

Published in the *Journal of the American Heart Association*, the team’s study was based on data

“... When we find people before they have the disease and we follow them and make sure they receive the treatment they need, we can prevent the disease.”

– CLEMMA MULLER, LEAD AUTHOR OF THE HEART DISEASE STUDY

from 5,627 American Indians who participated in two long-running studies that looked at heart disease and related risk factors in native people living in the Southwest and the Northern and Southern Great Plains.

The Strong Heart Study enrolled participants from 1989-90. The Strong Heart Family Study recruited participants from the Strong Heart Study and their multigenerational relatives between 2000-03, following each participant until 2013. Those who were determined to have heart disease or be at elevated risk for heart disease received treatment referrals.

Muller and her co-authors analyzed data for study participants who were between 30 and 85 years old during their last follow-up visit.

They divided participants born within a decade of each other into cohorts and calculated the five-year risk that participants in each birth-year cohort might get



heart disease or die from a heart-disease-related event, as well as the overall prevalence of heart disease within each cohort.

To determine long-term trends, they compared five-year risks for people who were aged 45, 55, 65, and 75 at the conclusion of the study with risks for those who were the same age a generation earlier.

For all ages, the researchers saw fewer new disease cases in people who were born more recently. They also observed a drop in death rates from heart-disease-related events in men, but not in women. At the same time, overall prevalence of heart disease declined more in women.

“We expected that our results would show that things were getting better uniformly,” Muller said. She suggested that heart disease prevalence continuing to be high in American Indian men while new cases and death rates are down reflects the fact that men are living longer with the disease, which pushes the prevalence for men up.

As for women, Muller said there are several possible explanations as to why they aren’t seeing the same improvements in death rates from heart disease that men are. Overall, fewer women die from heart disease than men, so

the team’s analysis didn’t include as many deaths in women.

“It’s possible that women are in fact benefiting from lower mortality rates, but we just didn’t have the statistical power to detect these improvements,” she said.

She also pointed to the possibility that certain risk factors for heart disease, such as smoking, may be increasing at a higher rate in women than in men. Finally, she said that heart disease symptoms in women can be more subtle than those in men. As a consequence, women are less likely to seek care for acute events such as heart attacks.

“We need to more closely examine whether American Indian women and men are having different experiences with their health patterns and why so we can make sure improvements are experienced equally by both groups,” Muller said.

The research team, which also included investigators from the University of Minnesota and the Strong Heart Study, plan to delve further into this issue in a future study.

They are also planning a study to determine long-term changes in risk factors for heart disease – such as high blood pressure and elevated blood glucose levels – in the same population.

WIC THROUGH SPIPA



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

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

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

USDA Food Program

The South Puget Intertribal Planning Agency’s program offers an assortment of food to fill your freezer, refrigerator and cupboards. The next date is Jan. 15 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.



CHEHALIS TRIBAL NEWSLETTER

The Confederated Tribes of the Chehalis Reservation, 'People of the Sands'

Articles and opinions expressed are not necessarily those of this publication or the Chehalis Tribal Business Committee.

SUBMISSIONS

We encourage tribal members to submit letters, articles, photographs and drawings to be considered for publication in the newsletter (materials are subject to editing). Contributing writers, artists and photographers include Chehalis tribal community members and staff.

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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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RENOVATION

From page 1

and worked at several high-end hotels before taking his current position.

Lucky Eagle has taken many steps to stay competitive with other regional casinos and their hotels. Scholl headed the revamp, the goal of which is to create the best experience for guests. The new design also was developed to set up a highly efficient work environment for staff members.

Improvements were made to meet customer needs and expectations. The renovation includes new furniture and carpet throughout 161 rooms. All room electronics were updated, including new TVs and enhanced Wi-Fi for online video streaming. Those involved in the development of the changes wanted to implement a forest and nature theme to complement the rural location of the Chehalis Reservation.

A specific design theme is constructed subtly on each floor. The bottom floor characterizes the color brown to represent the ground and soil of the forest. It features hints of green like those that can be found on the forest ground (ferns and patches of grass). On the second, third and fourth floors, the green tones are more prevalent. All of the elements work harmoniously to create the feel of an Evergreen forest.

The fifth floor is known as the sky level. At this height, guests are above the tree line and have a view



of the sky. A majority of the floor has a blue contrast to symbolize being on top of the forest.

Along with the changes, the original tribal concept and design of the hotel remains strong. All of the tribal art in the rooms and lobby is the same. The layout of the building is unchanged but the room numbering system was

modified for guests to easily find their room. Although the changes make it more aesthetically pleasing, the overall aim of the renovation was to improve the functionality of the hotel.

Lucky Eagle management encourages everyone to come experience the newly remodeled hotel. Excellent customer service



A new design concept for Lucky Eagle Casino & Hotel's lodgings brings a fresh look to the property while maintaining tribal identity.



CONTACT US

Direct line for enrolled Chehalis tribal members: **360-570-4750.**

Discounts for other enrolled members of a different tribe vary: Please call **800-720-1788** to make reservations.

paired with new amenities will greet those who visit.

The casino recently opened the Cedar Café, a grab-and-go coffee business. To create unity with the casino, the hotel also opened up Cedar Espresso, a shop in the lobby that offers the same brand of coffee and many of the same products.

Chehalis tribal members receive perks when visiting tribally owned business. The hotel offers a special rate and a direct phone line to call when making reservations, modifications, booking a meeting room or to answer questions.