

CHEHALIS TRIBAL NEWSLETTER



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

We will miss you

Chehalis tribal member Manny Medina passes

page 4



Rez Animal Resources

Nonprofit organization assists dogs and cats

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Chehalis icons honored

Employees who helped tribe grow say farewell at ACE luncheon

Four longtime employees who retired from the Chehalis Tribe in January and February were honored during the ACE Employee of the Month Luncheon on Jan. 31.

Employees from every department attended the tailgate-themed event. Natural Resources and Administration prepared hotdogs, chicken wings and much more. After eating, Assistant General Manager Jesse Gleason announced Rita Benda as the December Employee of the Month.

Rita Benda works in Facilities & Maintenance. She is always smiling and helpful.

As a custodian, Rita usually works a swing shift – afternoons and during the evening

See RETIRING, page 3



The Chehalis Tribe celebrates the ACE Employee of the Month (Rita Benda, left) along with retiring workers.



Amber Penn-Roco is a partner at Galanda Broadman law firm.

Protecting indigenous homelands

Tribal member Amber Penn-Roco fights for cultural and natural resources

Seattle – The Galanda Broadman law firm welcomed Amber Penn-Roco into its ownership ranks on Jan. 1. Amber's practice focuses on Indigenous environmental compliance, permitting and litigation from the tribal governmental point of view.

She represents tribes and tribal citizens throughout the west.

"I am so proud of my work at Galanda Broadman, where I have been allowed to make my passion into a practice," Amber said. "I am proud to call myself an indigenous environmental lawyer. I've dedicated my practice to the

protection of natural and cultural resources and I'm thrilled to continue my work as a partner on behalf of Indigenous peoples."

During the past several years, Amber has fought for tribal clients in Washington and

See PROTECTING, page 6



Margie Youckton, the Chehalis Tribe's Payroll Coordinator, served the tribe for 37 years.

Congratulations Margie Youckton

Margie Youckton, the Chehalis Tribe's Payroll coordinator, retired in February after more than 37 years of service. When Margie started work in 1982, there were about 80 employees. Margie said Tribal Government employees came to the Tribal Administration Building on payday back then and lined up against the walls in a circle so the chairman could hand out checks to each employee.

Getting the payroll out on time every two weeks has sometimes proved quite a challenge. Margie can remember one time when a flood cut off the reservation and the power was out. She was instructed to get the payroll processed any possible way. Margie ended up on the phone for hours to work out a solution where the processing company ran payroll at the same hours as the previous payroll. On payday, checks were available even if they were not 100 percent correct.

Floods, snow, sleet, power outages and downed trees interfered with the payroll schedules at various times, but that did not stop Margie from delivering for employees.

Dedicated to her work

Margie's payroll experience with the tribe began with manual calculation and hand-typed checks. Until 2013, all Tribal Government employees would clock in and out using a heavy, yellow, paper punch card stamped by a machine in the Tribal Administration Building. Margie had to review and input time worked by hand each pay period. This required a great amount of accuracy and hard work. The process was lengthy.

The tribe now has almost 300 employees. The process has evolved into a technological application with automated data processing that captures time electronically and easily calculates net checks.

Margie took her job seriously and very seldom went on vacation or had time off during payroll processing. Retirement will finally allow her to enjoy her time and not worry about completing payroll on time every time.

Please extend congratulations to Margie now that she has clocked out for the last time. We wish you the very best. Thank you, Margie!

Fred Shortman retires

Writer and artist documented Chehalis Tribe's community events, culture in newsletter

After working for the Chehalis Tribe for 37 years, Fred Shortman officially retired on Jan. 31.

In the early 1980s, Fred began his career with the tribe as the Elders' coordinator. He held many other positions leading up to his retirement in 2020 following 12 years of keeping the tribe updated by publishing the monthly Chehalis Tribal Newsletter.

Fred has held many titles. He was the Human Resources coordinator, provided security at the tribe's bingo hall, dispatch for law enforcement, worked the streams and waterways with the Fisheries Department and spent a brief period of time in water quality. Fred even served multiple terms on the Business Committee.

As dispatch, he would get incoming information and relay it to officers on duty. He focused on delivering messages in a clear and concise manner, which helped as he transitioned into writing the newsletter.

Fred's outgoing personality and ability to connect with most people of the tribe and all age groups made him a great fit for the job. He started working on the newsletter in June of 2008. Fred found it a way to do more than just witness and be a part of the tribe's growth.

Witness to tribe's growth

Fred has had the privilege of documenting the Chehalis Tribe's ongoing events and significant accomplishments through the years. Many individuals, both tribal and nontribal, have worked together to get the tribe to where it is today.

Fred acknowledged that teamwork created successful development.

"The economic growth of the tribe has been huge," Fred said.

He witnessed multiple grand openings before his tenure with the newsletter, such as Lucky Eagle Casino and End of the Trail 1.

Once he was officially hired as a documentarian, he was able to photograph and write articles about events such as the groundbreaking of the Marriot Hotel in Grand Mound and opening of the End of the Trail 3 store.

Interacting with the community

As for the non-economic side, Fred documented the Wellness Center and Community Center openings. He attended hundreds of events and took thousands of photos.

He participated in annual events



Fred Shortman filled multiple roles during 37 years with the Chehalis Tribe, including working with elders, in law enforcement dispatch and on the Business Committee.

and festivities throughout the years, including the Canoe Journey, employee picnics, Tribal Days, holiday parties, graduation ceremonies and many more.

"I love meeting new people," Fred said. Working for the tribe allowed him to interact with a majority of tribal members.

He said he spent his childhood in a foster home off the reservation but came back when he was 18. He has been reconnecting with his tribal people ever since. Fred said he met most of the elders when he started working as the department coordinator in the early 1980s.

Fred reconnected with the traditional ways as he spent time fishing the river. He also created various forms of tribal art.

Time for art, river, fireworks

Moving forward, Fred will be seen all around the Chehalis Reservation as he plans to continue attending community events.

He will be seen driving to and from the river, watching baseball during Tribal Days and selling fireworks during Fourth of July celebrations. He is carrying on with his artwork and is now delving into wood carving. Fred donates much of his art work to the Chehalis Tribal Government.

Fred is an avid Mariners fan and believes every year is their year. He has two sons and enjoys singing karaoke with friends and family. He said he will miss working with tribal employees on a daily basis and that his nearly 40 years of work has been an "experience."

He explained that as a tribal employee, it's important to remember that the staff is responsible for serving the people of the tribe. The newsletter is about serving the people and keeping them informed.

staff profile

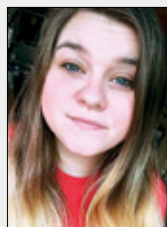
New Domestic Violence Advocate

Hello! My name is Samantha (Sam) Sandstrom and I am the new Domestic Violence Advocate with the Behavioral Health Department.

I am originally from the Tacoma and Olympia areas and attended college at Montana State University. Go Bobcats!

As a military kid, I got to live in a lot of different places while growing up, including California, New Mexico, North Dakota, Montana and Idaho. But Washington has always been home because all of my family is here.

I'm a huge animal lover with



Samantha Sandstrom

otters and tigers being my favorites. I love to read and I'm always carrying a book or two with me.

I also love to dance and I'm trained in various styles including ballet and lyrical.

If I am not doing either of those things, I am spending time with friends and family, hiking Mount Rainer, watching Netflix or playing with my dogs.

However, my absolutely favorite thing to do is travel. I'm super excited to be working here at the Chehalis Tribe as the Domestic Violence Advocate and can't wait to get to know all of you.

RETIRING

From page 1

when everyone else went home.

She vacuums and cleans the areas that the other custodians are unable to get to throughout the workday. This is important, yet sometimes goes unnoticed because nobody is around during the hours she keeps the place clean.

This award was a way to show thanks for all of the hard work Rita does and to give her recognition among the rest of her co-workers.

With a majority of employees in attendance, this event served as a fitting time to highlight a few who have been a part of the tribe's growth during the past few decades.

The Chehalis Tribe has four people retiring this January and February. Those recognized were Lynn Hoheisel (Heritage & Culture), Fred Shortman (Information Technology), Gerrie Sanders (Accounting) and Margie Youckton (Accounting).

Each have worked for the tribe since before Lucky Eagle Casino was in operation and have witnessed its growth from 50 employees to more than 300.

Jesse Gleason called each of the individuals up to be honored in front of the staff and Business Committee members took part in the ceremony as well.

Chairman Harry Pickernell Sr. and Secretary Sheilah Bray wrapped each of the retiring staff members in custom-made Pendleton blankets.



The ACE Awards in January featured a delicious tailgate-themed goodbye for four retiring employee.

Seattle funny man Joel McHale headlines Lucky Eagle Casino

Comedian Joel McHale will perform live in concert at Lucky Eagle Casino & Hotel in the Events Center on March 28.

McHale, the former host of E! Network's weekly television show "The Soup," was born in Rome, Italy. His family moved to the Pacific Northwest when he was a small child. He was raised on Mercer Island and attended the University of Washington, where he graduated in 1995.

McHale also starred in the NBC sitcom "Community" with

Chevy Chase, Allison Brie and Ken Jeong. The show premiered in 2009.

The Emmy-nominated actor and comedian can next be seen in the TV series "Stargirl," which premieres later this year.

Tickets for McHale's show start at \$45 and are on sale now.

Main Street Bar

Join us in Main Street Bar every Friday and Saturday night from 9 p.m.-midnight for free, live entertainment.

BOOSTED MULTIPLIERS FOR EVERY TIER!
RISEING STARS = 4X POINTS
SILVER STARS = 8X POINTS
GOLD STARS = 10 POINTS

STAR
Powered
MULTIPLIER DAYS

8 A.M.-MIDNIGHT EVERY SUNDAY IN MARCH

lucky eagle
 CASINO & HOTEL

Obituary

Manny 'Mandogg' Medina

Aug. 19, 1980 – Jan. 2, 2020

Manny, a lifelong resident of The Chehalis Reservation and a gift to us all, left us the morning of Jan. 2. He was born to Art and Jackie Medina on Aug. 19, 1980. He was little brother to Marco Black Sr. and big brother to Marla Rose Medina. He was an amazing son, brother, uncle, nephew, cousin, godfather, best friend, bro and boss who inspired many along his journey.

He spent his entire career moving his way up the ladder from a cashier to senior manager with immense dedication of the Chehalis Tribe's End of the Trail convenience stores. It all started with one very small store and eventually helped with the design and layout of stores 2, 3 and 4. He took pride 24/7 in the running of each one of them.

During his off time, he loved watching the Tomahawks play baseball, selling fireworks, hanging out with his homies and being the truest friend anyone could ask for. He enjoyed gatherings with family and friends, watching Seahawks games, sitting out in the prairie or center field of Tomahawk Stadium, chilling with his music loud and proud, taking cruises to check competitor's gas prices and spending time with his main bro Rick and his family.

He leaves behind his dad, Art Medina; brother Marco; sisters Marla and Alicia; nieces Carolann and Bea; nephews Uriah, Marco Jr. and Jacob; aunties Nancy, Gloria and Cheryl; uncles Tony, Leroy, Mario and numerous other bros and sisters, nieces and nephews, god children and a laundry list of homies who were a major part of his daily circle.

He's dancing in the sky with his mom Jackie Black Medina; grandparents Manuel Medina, Alice Secena Medina, Helene Jake and Gilbert Jake; Aunt Nena Medina; Uncles Mike Medina, Steve Medina and Glen "Hook" Black.

Manny was laid to rest next to his mother in the Secena Family Cemetery on the Chehalis Indian Reservation in Oakville on Thursday, Jan. 9.

A service was held at the Chehalis Tribal Community Center at 10 a.m. Jan. 9, a graveside service at the Secena cemetery, followed by a lunch at the Community Center.



Thank you for love, kindness

First of all, I would like to thank each and every one of our friends and family members for the support received during this hard time. Thank you to those of you who came daily to our home, cooked for us and cleaned up the house. It truly meant a lot to me. No words can express how much it was appreciated. I love you guys.

Thanks to everyone who made the day a little easier on my family just by being there, sharing their stories, words of kindness and love. All of the flowers were so beautiful. All of the love and support by all who cared and loved my brother was unreal. From vendors he worked with, all of his employees, co-workers and friends, it truly showed he was a well-respected individual. Seeing the local businesses show their support for him meant a lot.

All of the cards I received from people who knew my brother were heartwarming. This really has left us shattered and definitely is going to take some time to pull the pieces together again. Thanks to his boys who were there pulling together to help make his final day special. Thanks to the guys for the fireworks and those who donated and cooked his favorite foods. Everything turned out amazing.

Manny definitely was a well-loved guy. He loved his job so much that he was working from his hospital bed before he got too sick to make sure his contracts were taken care of. He made sure his employees were on task and showing up for their shifts. Those shoes will definitely be hard to fill.

Thank you to those who visited at the hospital in his final days. I definitely didn't know we would lose him so quickly. Thanks for those who checked in on myself and my dad. He appreciates it greatly and it means a lot. He said he may have lost a son but gained



so many more in his place.

A special thanks to his best friend, bro, sidekick and righthand man Dustin "Rick" Klatush. And a special thanks to Dustin's wife, Beth Klatush, and their whole family for just being there in general the entire time. They also helped with arranging everything for the painting of his casket.

I want to make sure that I thank every one of the individuals who helped honor my brother and make the funeral happen. It meant a lot. Thank you to everyone who shared photos and, again, to Beth who put the slides and selected the music for Manny's service. It definitely helped the healing process and was appreciated. Thanks to Alicia for being there, helping as much as you could. I know this was just as hard on you, but you held on strong as best you could. I love you. I know I may be forgetting some people. I am sorry. Thanks to those who traveled from afar to be here for my brother. It meant a lot.

You never know when your last time speaking to a loved one will be. Always say you love them no matter what because you never know if it's your last telling them.

– Marla Medina

Group helps families heal, find hope

After devastating loss, Raise for Rowyn connects loved ones to crucial resources

Raise for Rowyn, a local nonprofit created to assist families suffering from the death of a child, has received donations from both Lucky Eagle Casino & Hotel and the Chehalis Tribal Government since it was established in April of 2015.

Brynn Johnson founded the nonprofit organization after her 17-month old daughter Rowyn Leea Johnson was in a fatal accident when she fell underneath a moving vehicle driven by a family friend on the morning of Sept. 16, 2014.

After the passing of Rowyn, the Johnson family received support from locals in their hometown of Tenino. Brynn had worked at Lucky Eagle Casino since she was in high school and built relationships with people on the reservation.

Brynn explained that John Setterstrom, former CEO of Lucky Eagle Casino, was one of the first people to be there for the family. The casino donated food to help with the healing process.

"We were just so overwhelmed with the love and support of the community," Brynn said.

The help from the town of Tenino and the Chehalis Tribe inspired her to help other families suffering from the



"Although there is so much sadness involved with how it (Raise for Rowyn) started, there is so much beauty in it as well." - BRYNN JOHNSON

recent loss of a child.

The loss of Rowyn Leea has led to the remarkable nonprofit that has provided financial support for those who suffered the same devastating loss.

"Although there is so much sadness involved with how it (Raise for Rowyn) started, there is so much beauty in it as well," Brynn said.

Raise for Rowyn has helped more than 300 families in 21 states. Services include funeral, headstone, cremation and anything else that is part of the final arrangements of the deceased individual.

The organization doesn't just focus on raising funds and financial assistance. It also offers emotional support. Raise

GET/GIVE HELP

To receive help, fill out the assistance request form at raiseforrowyn.org.

If you would like to join in helping grieving families, please visit the website or send contributions to: Raise for Rowyn, P.O. Box 631, Tenino WA, 98589.

for Rowyn was established to help raise spirits and hope and provide faith for others. People from the program maintain a close relationship with a majority of the families helped. The program sends out holiday and birthday cards to remember loved ones who passed away.

Raise for Rowyn also helps connect families to resources for counseling. Because they provide for such a wide-spread area, sometimes research is necessary to find local resources for those seeking specific types of counseling or therapy.

Raise for Rowyn recently started a podcast called "Angel Talk," where ways to cope with grief is discussed.

Multiple events are held during the year to create awareness and help raise funds that go to those in need.

The annual 5k fundraiser Run for Rowyn in Tenino is scheduled for Saturday, June 20. The Chehalis Tribe and LEC&H have donated to the event every year.

Another major fundraiser the nonprofit offers is an annual dinner, gala and silent auction, which was first held at Lucky Eagle in 2016 and 2017. The group moved to a larger venue.

Chehalis tribal entities have donated since the beginning, and their contributions total more than \$35,000. Brynn said the relationships she has built with the Chehalis Tribe have benefited the nonprofit tremendously.

Raise for Rowyn is planning a grand opening at the nonprofit's headquarters in Tenino this spring.

Information for elder caregivers

9 A.M.-4 P.M.
MARCH 3

Chehalis Tribal Community Center Gathering Room

RSVP by Feb. 21: Community Wellness Manager Christina Hicks at 360-709-1741, chicks@chehalis tribe.org

Save the
DATE!

ALL NATIVE⁺¹ MENS BASKETBALL TOURNAMENT

March 6-8

\$350 ENTRY FEE

Chehalis Tribal Community Center
461 Secena Road, Oakville WA 98568

TRUE DOUBLE

MENS ALL-NATIVE +1 TOKEN

1ST-4TH PLACE AWARDS

MVP, ALL-STARS, 3-POINT KING

CONTACT

Orinda Goddard: email ogoddard@chehalis tribe.org or text 360-280-9186 / Skylar Bracero: email sbracero@chehalis tribe.org or text 360-522-0606

* Fee must be paid before first game (please make checks payable to Chehalis Tribe)



PROTECTING

From page 1

Oregon who seek to protect the Columbia River Gorge and Pacific Coast from fossil fuel contamination.

On behalf of a treaty tribe, she persuaded the Columbia River Gorge Commission to uphold a county's denial of a railroad expansion permit that was being sought to increase fossil fuel cargo in the Gorge.

She also helped the tribe persuade the Washington State Energy Facility Site Evaluation Council to deny a permit that would have allowed Tesoro Savage to transport 360,000 barrels of crude oil each day through the Gorge.

To accomplish these results for her tribal clients, Amber uses federal and state environmental statutes, such as the National Environmental Policy Act, federal Endangered Species Act and State Environmental Policy Act, as well as federal Indian treaties and tribal environmental laws.

"I have the distinct honor of helping tribes protect their homelands for the sake of the next seven generations," continued Amber. "I help protect their air, their waters and their spectacular sacred places. I am indebted to my tribal clients for the opportunities they have given me."

Amber also helped 66

"I help protect their air, their waters and their spectacular sacred places. I am indebted to my tribal clients for the opportunities they have given me." - AMBER PENN-ROCO

Grand Ronde Tribal citizens who directly descend from the tribe's treaty chief avoid political disenrollment. She co-chaired administrative, trial and appellate litigation that began in 2013 and culminated with a watershed appellate decision in 2016. That decision required the family to be re-enrolled.

In recognition of her various professional accomplishments, Super Lawyers magazine has bestowed Amber with its "Rising Star" honor for the last four consecutive years.

During that same timespan, she has served on the Editorial Board for the National Lawyers Guild's prestigious journal Review.

In 2016, Amber published "Standing Rock and the Erosion of Tribal Rights" in Review, where she decried that, "Tribes are suffering from an onslaught of projects ... that imperil their rights and their sacred duty to protect their surrounding natural resources and culture."

She explained: "A tribe's rights are often attacked on multiple fronts. Projects that threaten them are often wide-scale and multidimensional. Tribes are often forced into a battle of attrition in which they must defend their rights before a wide variety of decision makers."

In 2018, Amber also published "Trump's Dismantling of the National Monuments: Sacrificing Native American Interests on the Altar of Business" in Review, condemning the Trump Administration's demolition of Bears Ears and other National Monuments, which are also sacred spaces for many indigenous peoples.

She excoriated President Trump for his "utter disregard for the preservation of the land and for the recognition of tribal interests. He has proven that when those interests compete with private business interests, he will always protect the businessman, to the detriment of tribal people across the nation."

Fearing, as she wrote in 2016, "Tribes are suffering a death by a thousand cuts" – through battles in sacred places such as the Columbia River Gorge, Standing Rock and Bears Ears – Amber is ever-committed to protecting indigenous communities from legal, environmental or cultural harm.

Nine years ago, Amber

began her career at K&L Gates, where she represented the Duwamish Tribe pro bono in their efforts to seek federal recognition. She also worked in the Native American Unit of the Northwest Justice Project, helping to provide access to justice to indigent Indigenous populations. Amber received her law degree from the University of Washington School of Law.

Amber was born and raised in Chehalis. She is married to David Caverly, a private chef, and she is mother to their baby girl, Lily.

In her free time, she enjoys reading, hiking with her dogs and going to street fairs. Amber is an enrolled member of the Confederated Tribes of the Chehalis Reservation.

Galanda Broadman is an Indigenous Rights Law Firm with seven lawyers and offices in Seattle, Yakima and Bend, Oregon, and an affiliate in Tucson, Arizona.

In existence since 2010, the firm is dedicated to protecting and defending indigenous treaty and sovereign rights, economic interests and human rights.

"I am excited for my future with the firm and the ability to take a more active role in our team's practice of law," Amber said. "And I am excited to help protect indigenous America against further environmental degradation or cultural destruction."

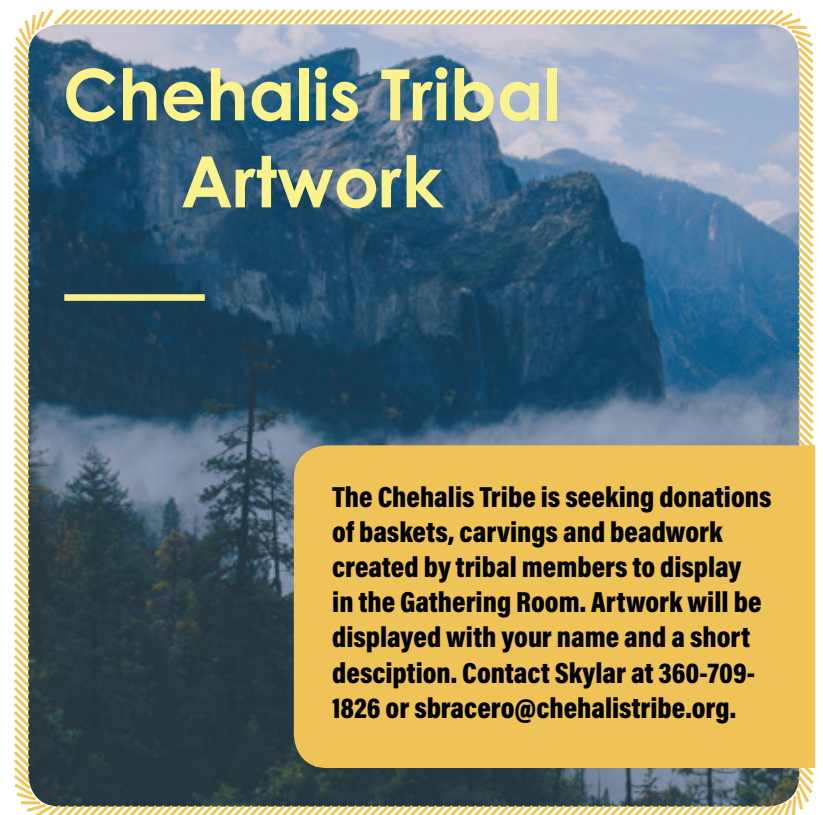


Community Movie Night

JOIN US IN WATCHING A HORROR FILM
HOSTED BY EVENTS

Starts at 5 p.m.	COMMUNITY CENTER GATHERING ROOM	Thursday, Feb. 27
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Dinner and snacks will be served. We hope to see you there!



Chehalis Tribal Artwork

The Chehalis Tribe is seeking donations of baskets, carvings and beadwork created by tribal members to display in the Gathering Room. Artwork will be displayed with your name and a short description. Contact Skylar at 360-709-1826 or sbracero@chehalis-tribe.org.

FEBRUARY BIRTHDAYS



Charlotte, Ray-Ray and Bradyn Lopez: Happy birthday shout out! All three of my beloved family members share the same birthday during the month of February. Love Monique, Monica and all of the kids.

JENNIFER BIRD
MICHEAL BOYD
DARYL BOYD JR.
DARYL BOYD SR.
KELSEY BRAY
VIRGINIA 'DOLLY'
CANALES
LUKE CAYENNE
LINKIN CHARLES
JOURNEE CHARLES-
CAYENNE
TOMMY COLSON
LAYNE COLSON
MARLA CONWELL
STEVEN CORTEZ-
NAPOLEON
LEVI DUPUIS
MARY DUPUIS
NORMA FLORES
XAVIER FLORES
TIMOTHY GARZA
MAGGIE GLEASON
TOM HAYDEN JR.
THOMAS HECK
KIMBERLY HECK
SHADOW HERNANDEZ
HALISA HIGHEAGLE
LILIA HOHEISEL
ALAYNA JESPERSEN
MACKENSIE JONES
SHYLOH KINKADE
TYLER KLATUSH
HEATHER KLATUSH
KAREN LECLAIRE
CHARLOTTE LOPEZ
BRADYN LOPEZ
RAY-RAY LOPEZ

YEVGENI LUKIANOV
CHOAN MACDOUGALL
DAKOTA MARCELLAY
SHELBY MCCRORY
AALYAH MEDDAUGH
TERRY MIDDLETON
CATHERINE NEMETH
DEVIN OLNEY
ALBERT ORTIVEZ III
ALBERT ORTIVEZ-
HICKS
MEADOW OWENS
SABRINA OWENS
KILYNN OWENS
BAILEY PARKINSON
CHASE PEREZ
STEPHANIE
PICKERNELL
LOIS POLING
AMY POTTER
BONNIE QUIRKE
JENNIFER REVAY
JOSEPH REVAY
RITA RIVERA-
HERNANDEZ
ZEDIKIAH SANCHEZ
SUSAN SANDERS
CATHERINE SECENA
RAYMOND SECENA
SHAYLAH SEYMOUR
FRED SHORTMAN
ATTICUS SIMMONS
PATRICK SIMMONS JR.
JERRIE SIMMONS
LAURA STARR
CHERYLE STARR
MEI-LIEN TANNER



MORE WISHES

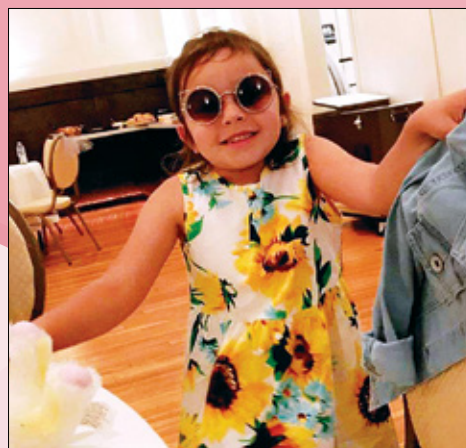
Coleton Youckton:
Happy birffday to my oldest! I can't believe you are 8 years old now. We all love you so much. You make mom proud of the young man you're growing into.

Stevie Youckton:
You are nothing but sass. You always have something to say. We love you and happy birthday!

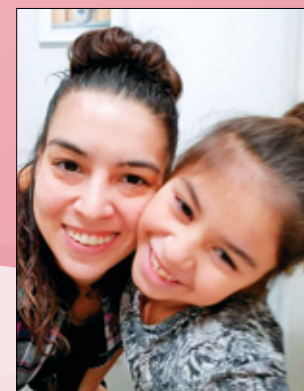
Dakota Marcellay:
How time flies by. Happy 3rd birthday big boy!

– From Raven John

CHRISTOPHER TEAGUE
CARLA THOMAS
STAR THOMAS
SHARON TOLBERT
MARIAH VASSAR
KESAWIN WASHBURN
RYAN WHITE EAGLE JR.
DAKOTA WILKINS
RILEY YOUNCKTON
STEVIE YOUNCKTON
COLETON YOUNCKTON
ZAYDEN YOUNCKTON
KAYDEN YOUNCKTON
ANDREA YOUNCKTON



Alayna Jespersen: Happy 6th birthday! Love Mom, auntie and all of your cousins.



Sabrina, Kilynn and Meadow Owens: Happy birthday! From KK and family.

Improving the lives of animals

Organization reduces the number of strays on five reservations

Rez Animal Resources & Education started in 2006 to assist dogs and cats on five Indian reservations in the region. Tribes served include Chehalis, Nisqually, Skokomish, Squaxin Island and Shoalwater Bay.

The organization became an official IRS recognized 501©3 nonprofit in 2008.

The goal of the program is to reduce the number of stray and abandoned animals by preventing unwanted litters on five Indian reservations in southwest Washington.

Research shows that expenses/bills are the primary

barrier to people getting their pets altered. RARE provides a low-cost spay/neuter. This covers the surgery, pain medications and a rabies vaccine.

The organization was started by Amy Loudermilk and Joyce Bell.

After seeing the countless number of sick and underweight dogs, they decided that something needed to be done to help these animals.

Shelters near these tribal communities do not provide any services on the reservations and the tribes are responsible for their own animal control.

None of the five Indian reservations where RARE operates have an animal shelter. Animal control is handled by busy law enforcement officers that do little to assist animals

unless they are creating a public nuisance.

Living on a rural Indian reservation can present challenges for many dogs and cats. There is little to no animal control, most animals are not spayed and there are numerous stray animals left to fend for themselves.

Historically, animal control on the reservations was addressed only when the number of strays got out of hand and dog packs became prevalent.

The lives of reservation dogs and cats can improve significantly with focused attention on spay/neuter in these communities. Spaying and neutering pets is the most effective method to curbing pet overpopulation.

This is a critical step to

preventing both overpopulation and the needless euthanasia of so many animals.

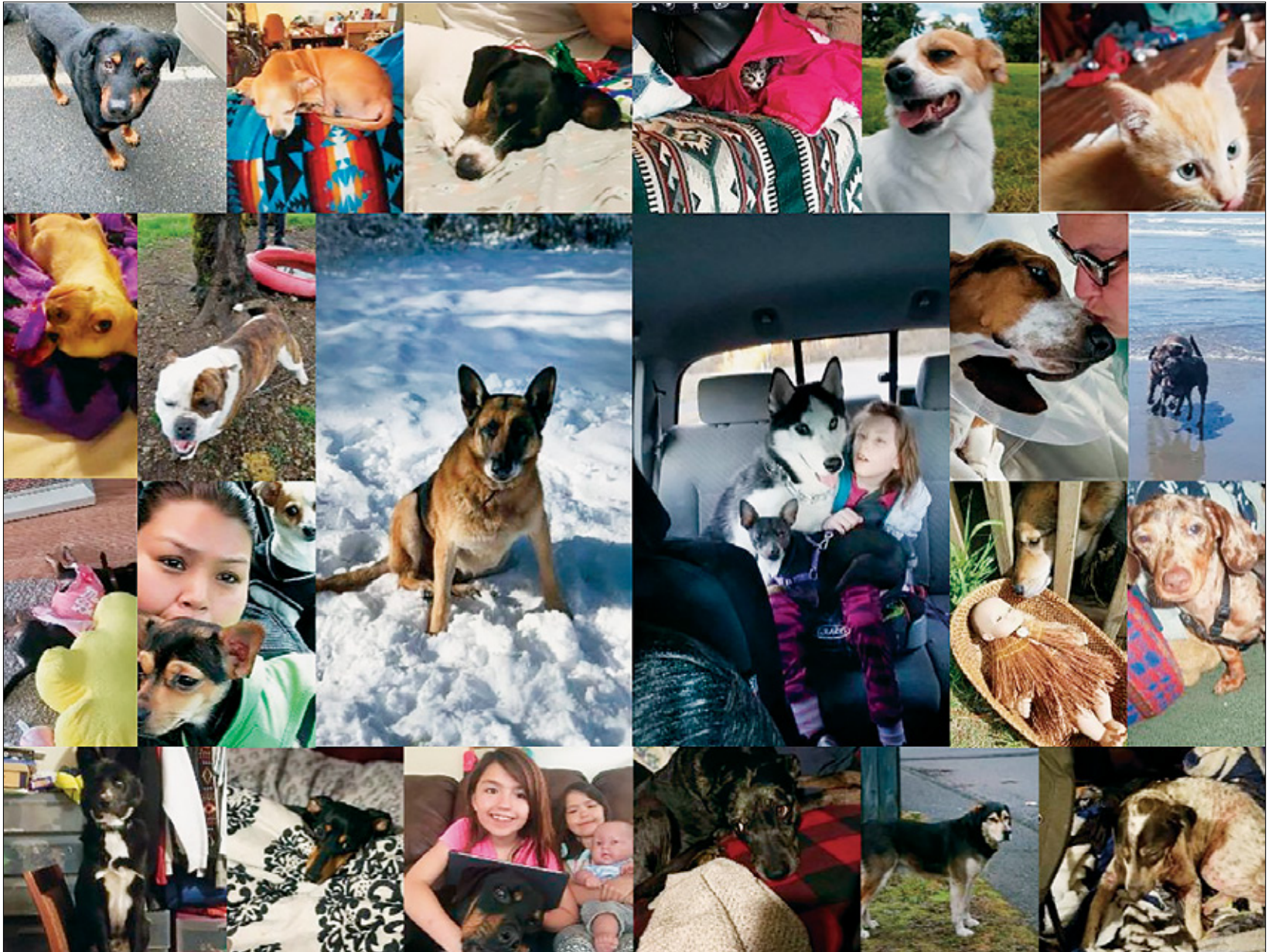
The following are services provided to any enrolled tribal members from the five tribes we serve. We will also serve any pet owner that lives on one of these reservations.

Spay/neuter vouchers

The purpose of this program is to reduce the number of stray dogs and cats by providing a low-cost way for tribal members to have their pets spayed/neutered.

Vouchers are provided to tribal members to help cover the cost of the spay/neuter surgery. The pet owners are referred to local state licensed veterinary clinics for the

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REZ ANIMAL

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spay/neuter procedure.

A voucher is faxed to the veterinary clinic that documents that Rez Animal Resources & Education will pay for the cost to sterilize the pet identified on the voucher.

Pet owners pay \$5 toward the cost of the procedure and the remaining amount is paid by RARE. We don't limit the number of pets that can be spayed per household.

Emergency veterinary care

This program helps injured/sick dogs and cats by providing financial assistance to pet owners to cover the cost of emergency medical care.

This program is also a

voucher program that pays a portion toward veterinary care. We have seen animals needlessly suffer because their owners did not have the financial ability to pay for veterinary services. Dogs with severe cases of mange and other parasites are common on these Indian reservations.

The goal of this program is to alleviate animal suffering by helping low-income tribal members pay for their animals to be seen by a veterinarian.

Pet vaccine clinics

Rez Animal Resources and Education conducts pet vaccine clinics every year on several of the Indian reservations we serve. These events are held at a central location on the reservation to make it easy for tribal members to access.

Local veterinarians volunteer their time, which helps make this a low-cost event. Tribal member pets are vaccinated, given de-worming medication and treated for fleas.

This is all at no cost to the pet owner. RARE receives all vaccines at minimal cost directly from veterinarian supply companies.

Pet care education

Educating pet owners on pet care is also an important service provided by Rez Animal Resources & Education.

During the past 12 years, we have participated in 37 community resource fairs held by the tribes. We regularly place articles in the tribal newspapers to educate tribal members about animal care.



LASTING IMPACT

The following numbers show overall program numbers for Rez Animal since 2006.

Spay/neuter program: **1,731**

Emergency medical care: **1,338**

Pet rescue and adoption: **259**

CONTACT INFORMATION

Website: rezanimals.com

Contact: Amy Loudermilk,
President of Board, at
253-370-6392

Our goal is to educate the tribal community on responsible pet ownership to prevent animal suffering and improve the lives of dogs and cats.

DOGS AND CATS SPAYED AND NEUTERED

Tribe	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	Total
Chehalis	7	16	36	33	52	39	46	51	42	42	61	54	49	70	598
Nisqually	2	4	7	9	22	24	39	31	19	28	23	27	25	32	282
Skokomish	0	0	0	16	53	30	24	31	28	38	22	26	26	43	337
Squaxin Island	0	0	5	17	21	31	36	35	21	24	58	39	33	36	356
Shoalwater Bay	0	0	0	0	16	15	17	19	13	7	19	27	13	12	158
Total	9	20	48	75	164	139	162	167	123	139	183	173	146	193	1,731

EMERGENCY MEDICAL CARE

Tribe	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	Total
Chehalis	0	2	8	29	31	35	50	81	57	87	62	79	66	71	649
Nisqually	1	4	12	19	13	37	40	34	25	21	18	29	41	48	342
Skokomish	0	0	0	0	17	3	4	9	15	16	12	10	14	13	113
Squaxin Island	0	0	0	6	16	13	16	24	14	39	27	29	12	14	356
Shoalwater Bay	0	0	0	0	0	0	1	8	1	2	1	10	0	0	210
Total	1	6	20	54	77	88	111	156	112	165	120	148	133	147	1,338

DOGS AND CATS RESCUED AND ADOPTED

Overall numbers at reservations	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	Total
	1	15	7	10	21	13	24	32	39	38	18	12	12	17	259

HEALTH/WELLNESS

Pops of red show support for heart health

When it comes to beating heart disease and stroke, change can be the cure. Chehalis tribal employees were asked to participate in National Wear Red Day on Feb. 7.

According to heart.org, if you have any of these signs, call 911 and get to a hospital right away:

1. Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. It lasts more than a few minutes, or goes away and comes back.
2. Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
3. Shortness of breath with or without chest discomfort.
4. Other signs such as breaking out in a cold sweat, nausea or lightheadedness.
5. As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.

Major risk factors that you can modify, treat or control heart problems:

- Tobacco usage
- High blood pressure
- High blood cholesterol
- Physical inactivity
- Obesity/being overweight
- Diabetes



Chehalis tribal employees proudly wore red on Feb. 7. to raise awareness for heart disease and help save lives.

Preventing heart attacks

Too young to worry about heart attack? A heart attack can occur at any age. If you're older than 40 if you have multiple risk factors, work closely with your doctor to address your risk of developing cardiovascular disease.

Heart attack prevention is critical. It should begin early in life. Start with an assessment of your risk factors. Then develop a plan you can follow to maintain a

low risk for heart attack.

For many people, their first heart attack is disabling or even fatal. Do everything you can to lower your risk.

Learn heart-health basics

Reducing your risk starts with smart choices:

- If you smoke, stop. The

American Heart Association has tools to help you quit.

- Work with your doctor to manage your risk factors. These might include high blood pressure, high cholesterol and diabetes.

- An active lifestyle and good nutrition have also been shown to be helpful in preventing heart attack.

Help fight Medicare fraud

Con artists might try to get your Medicare number or personal information to steal your identity and commit Medicare fraud. Protect yourself from Medicare fraud. Guard your Medicare card like it's a credit card. Remember:

- Medicare will never contact you for your Medicare Number or other personal information unless you've given them permission in advance.
- Medicare will never call you

to sell you anything.

- You might get calls from people promising you things if you give them a Medicare Number. Don't do it.

- Medicare will never visit you at your home.

- Medicare can't enroll you over the phone unless you called first.

More information is available at medicare.gov/forms-help-resources/help-fight-medicare-fraud.

SAIL INTO FITNESS

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

CLASSES ARE 10:30-11:30 A.M. MONDAY/WEDNESDAY AND 11-NOON FRIDAY IN THE ELDERS BUILDING

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

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



Students of the Month

Ulises Klatush

**Fifth grade
Oakville Middle School**

Ulises Klatush, 11, likes everything about the fifth grade and really enjoys school because he gets to visit his friends throughout the day.



Ulises is the son of Connie Klatush, and grandson of Paula and Dale Klatush Sr. He has chickens and a pig.

He likes watching movies with his family and going fishing at the river with his uncle. He also enjoys playing baseball and hide-and-seek at home.

Spending time with his friends at school truly makes him happy. What makes him successful is following directions. His advice to classmates is to be nice to each other and the teacher.

Ulises said he couldn't choose a favorite dinosaur because he really likes them all. He also said that he would want to have super speed like the superhero Flash.

His favorite person is his grandma. He said that she's nice and drives him around to wherever he needs to go.

Ulises is a big fan of the cold weather. He wishes it would snow more so he could go out and play in it. When he grows up, he wants to be a fisherman in Alaska.

NOMINATIONS

To nominate your child, please contact K-12 Assistant Jodie Smith at jsmith@chehalistribe.org. Tell us the reason your child should be considered. Deadline is the last Friday of each month.

Madoleen Goddard

**Sixth grade
Rochester Middle School**

Madoleen Goddard, 12, is the daughter of Orinda Goddard and Rick Reynolds. Her grandparents are Jessie and Derwin Goddard. She has one brother and one sister, a turtle and a dog. She has fun watching movies and going on road trips with her family.



She enjoys being with friends at school. Her favorite class is a technology course because friends make it fun. She always makes an effort to be as successful as she can be.

"I do all of my homework and pay attention to my teachers," Madoleen said. She makes sure she keeps track of all of her work to prevent missing assignments. Her advice to fellow classmates is to respect teachers and complete their homework.

Madoleen plays third base and pitcher in softball. She practices with her mom and papa. Her great-grandpa Mel Youckton is her favorite person. She said she likes to hear his stories and really listens to the advice he gives about baseball and fast-pitch.

When she grows up, Madoleen wants to be doctor. She plans to attend the University of Washington.

As chairwomen of the tribe, she "would make sure that the tribe spends its money on important things. I would encourage kids to get good grades so they can go to college."

She would also implement programs to prevent teens from drinking and smoking. She wants a better future for all tribal people.

Emily Pickernell

**11th grade
Rochester High School**

Emily Pickernell, 16, has a 3.7 GPA. She is the daughter of Chris and Erika Pickernell and she has a little sister. Her family likes to joke around whenever they spend time together.



She said, "My favorite person is my Mom because she inspires me to be strong."

While at school, Emily enjoys social time with friends. Her favorite subject is photography. Taking pictures for a living is something she views as a potential career. She is also interested in the medical field and is thinking about studying to become a nurse.

To make her school better, Emily would improve the quality of lunches and help decrease/eliminate bullying. She suggests that if others want to be successful, they need to keep up on their assignments. She said turning work in late creates more problems.

Emily is involved in sports; she plays volleyball and competes in bowling for Rochester High School. She aspires to play volleyball for a college team, where she plans on studying photography or nursing.

If she were a photographer for a day, she said she would take pictures around the Chehalis Reservation to show people outside of the community what it is actually like

If she was chairwoman of the tribe, Emily would "share what our community is like and show people that their negative stereotypes are wrong."

CONGRATULATIONS TO HONOR ROLL STUDENTS

Chehalis tribal K-12 students with a GPA of 3.2 or higher:

**Adison Sekishiro
Anna Johnson
Autum Torres
Ben Johnson**

**Cameron Snell
Dominic Delgado
Emily Holmes-Pickernell
Gavin Torres
Hunter Shortman
Isaak Hofstetter**

**Jeanna Atkins
Kaylena Delgado
Koner Burnett
Leala Baker
Lauran Quilt
Medoleen Goddard**

**Madyson Pickernell
Malikah McNair
Mya Ortivez
Natalie Nelson
Payton Simmons
Segan Phillips**



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

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



OHS athletes take a bow

Oakville High School honored 12th-graders Mya Ortivez and Nathan Boyd during the 2020 Senior Night in between the boys' and girls' final home game of the season on Friday, Feb. 7.

The gymnasium was packed full for the final double-header of the year, and Oakville boys and girls played host to the North River High School teams. The Oakville girls do not have any Chehalis tribal members playing on the 2019-2020 team but honored Mya Ortivez, who played the previous three seasons with OHS.

Mya had to sit out this season because of a knee injury but the school district wanted to thank her for her contribution through the years.

Mya has represented Oakville well as a student-athlete. She is a multi-sport athlete and is exceptional in the classroom. Her family, which includes

aunts, uncles, siblings, cousins and of course Mya's mother and father, attended the Senior Night ceremony.

As for the boys, they have numerous Chehalis tribal members on the team but Nathan Boyd is the only senior in the group. He was honored during the Senior Night celebration as he geared up for his final high school game inside the Oakville gymnasium. Nathan's family members were in attendance and took part as he was honored. This season, he was joined by little brother Ashton Boyd.

Both Mya and Nathan will have many memories of their high school hooping days to cherish as they move on beyond high school.

Oakville seniors Mya Ortivez and Nathan Boyd say farewell to high school basketball and are recognized for their contributions on the basketball court.

