

CHEHALIS TRIBAL NEWSLETTER

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



Holiday wishes come true
K-12 program youngsters
get a fun visit from Santa
page 4



Recognizing tribal lands
Centralia School District
recognizes tribal lands.
page 2

inside

Home Site Lease Program / 2
LEHC team member / 5
Birthdays / 6-7
Don't forget a flu shot / 8

Car parade supports breast
cancer awareness / 9
Safe gatherings / 10
Obituaries / 12



Perfect pairing

*SPSCC program provides conduit to craft
brewing and distilling jobs at Talking Cedar*

Talking Cedar craft brewery and distillery in Grand Mound has career track opportunities for qualified Chehalis tribal members.

As the tribe grows its beer and spirits business, jobs in operations, administration, sales and marketing will follow.

South Puget Sound Community College (SPSCC) offers a two-year degree program to prepare tribal members for those exciting careers.

Racheal Mendez, our Chehalis Tribal Higher Education Coordinator, is prepared to guide those interested in the brewing and



Racheal Mendez can help those who wish to pursue a career in distilling. For contact information, see Page 2.

distilling program through the application process.

Mendez has coordinated with Program Director Frank Addeo, to streamline the process.

Addeo envisions the program as a conduit between student career goals and industry

See PAIRING, page 2

Behavioral Health sees rich time of growth

Department gives hope, help during pandemic

Contributed by Bobbie Bush

Even amid the COVID-19 pandemic, the Chehalis Tribe's Behavioral Health Department has had a series of firsts.

The department opened Wilson House, a new facility that will serve various purposes for the program. In October, staff members hosted the first on-site Indigi Stories digital storytelling workshop. Additionally, a small group was invited to the upstairs meeting room to formulate their stories of healing and recovery from the trauma of violence.

Next, we began to prepare for the first Trauma Responsive Yoga class on Nov. 10. Michelle Pugh, owner of JoonBug Yoga,

See GROWTH, page 3



A Behavioral Health Post Trauma Reconnection art class participant created a painting that portrays Sister Moon and



The SPSCC Craft Brewing and Distilling Center provides the perfect educational setup for students on their path to a career in spirits.

PAIRING

From page 1

management needs.

"The program offers a well-rounded education with practical skills for a career in the craft distilling and brewing industries," Addeo said.

The two-year associate degree in applied science degree program is six quarters with a total of 105 credits. It includes courses in biology and chemistry.

Classes are held at the newly constructed SPSCC Craft Brewing and Distilling Center overlooking the old Olympia Brewery at 4200 Capitol Blvd. SE, Tumwater.

The facility is dedicated to craft beer, cider and spirits education. It includes classrooms, laboratories and a commercial production floor with a 10-barrel brewing system producing 360-gallon beer batches. There also will be a separate distillery with a 1,000 liter still for 260-gallon batches of spirits.

Students should be at least

CONTACT US

For more information, get in touch with Racheal Mendez at rmendez@chehalistride.org or **360-709-1698**; and Frank Addeo at faddeo@spsc.edu or **360-596-5293**.

age 21 by the time they enter the program because of alcohol regulations. However, prerequisite classes can be taken prior joining the program.

Applications will be accepted from March 1-July 1 for the fall 2021 cohort class.

"CTE is committed to supporting tribal members entering the SPSCC craft brewing and distilling program with internships while attending school," said Chris Richardson, Managing Director of Chehalis Tribal Enterprises.

School district honors Chehalis tribal lands

Centralia School District 401 held its monthly board meeting on Nov. 18. Board Chairwoman Lori Fast shared Gov. Jay Inslee's Native American Heritage Month Proclamation as well as a first for the district: a Land Acknowledgement recognizing the Chehalis first peoples.

The land acknowledgment is an important piece in recognizing that colonial policies and processes are still in place.

By taking the first step in reconciliation, Centralia School District has shown mindfulness of their own participation but also may serve to inspire others in the community to support indigenous societies and empower descendants of those who walked this land before us.

The Land Acknowledgement was collaboratively crafted by Brittany Kindell, a representative administrator from the Superintendent's Office, and William Thoms, Cultural Resource Specialist for the Chehalis Tribal Historic Preservation Office.

The statement has since been featured on the district's website:

Acknowledgement is critical in building the necessary trust to coexist in harmony with one another. Indigenous tribes and bands have been apparent on the lands that we inhabit today in Centralia and throughout Washington and the Pacific Northwest since time immemorial. Here in Centralia, the ancestry of Chehalis River Peoples reaches the furthest back in time, reminding us that

this bountiful and plentiful community has been called home by its original inhabitants.

It is important to understand the significance of this as the people of this land still exist and inhabit this land not simply as heirs to it, or archeological artifacts, but as mutual contributors to the modern society we live in. We stand today on the ancestral homelands of the Chehalis people, whose lands were taken by declaration and occupation, but whose cultural claim as caretakers of these lands and waters endures, as it has for countless generations.

We would like to forward our respect to the First Peoples of this land, the Confederated Tribes of the Chehalis Reservation, and others whose identities have been compromised, as belonging to this land and who do not fall under State or Federal jurisdiction. We reflect on the displacement, forced removal, and genocides that took place throughout Washington and beyond, to ensure we truly honor the gravity of our past, giving a guarantee that people may live in harmony and equity on this land for posterity.

We would like this acknowledgement to carry resonance as a tool of peace and mutual respect to all that reside here, who come from afar to contribute to the energy and vibrancy of the place we call home, Centralia.

Please join us in uncovering such truths at any and all public events.

Tribal members can now lease land to build homes

*Contributed by Glen Connelly,
Director Department of
Natural Resources*

We have good news for the tribal community, the Chehalis Tribe is rolling out its new Home Site Lease Program! The plan is to lease tribally owned trust land to enrolled Chehalis tribal members so that you can build your very own house. Some requirements and restrictions apply, but the basic program is set up as follows:

■ Enrolled Chehalis Tribal members can apply to lease up to a half-acre of land.

■ You must have a pre-qualification letter from a bank that shows you can afford to build a house.

■ Applicants also must tell us who will live in the house and allow a brief background check. Some restrictions are in place for recent criminal activity.

■ Once accepted, you can pick

out a parcel from available lands.

■ The proposed lease will be brought to the Business Committee and then the Bureau of Indian Affairs for approval.

■ After the lease is approved, you will have two years to build the house.

■ The lease is good for two 25-year terms (50 years) and can be renewed or passed on to your spouse or children if they are enrolled Chehalis members.

CONTACT US

Questions about the new program can be directed to the Tribal Realty Program at **360-709-1850**, or the Tribal Planning Department at **360-709-1807**. We look forward to helping you get settled in your own new homes.



The Chehalis Tribe's Behavioral Health department provides much-needed support for the mind and body through classes and workshops.

GROWTH

From page 1

is teaching yoga classes to the group. Because of the virus and health and safety concerns, class size was limited to the teacher and four participants.

Please call Bobbie Bush to sign up for a class. A waiting list is available for those who would like to participate.

The department began a four-session Post Trauma Reconnection art class on Saturday, Nov. 14.

Chehalis tribal member Bradley Castillo led the course. Participants learned Coastal Salish art forms and were taught methods to manage trauma response through expressive art.

The Wilson House hosted its

first Somatic Body Movement Therapy session on Nov. 16, taught by instructor Karen Kirsch.

The class is based on group needs and is an effective way to reconnect the brain and body through movement in response to trauma. The session is available to tribal and community members on a first-come, first-served basis.

Chehalis Tribe's Behavioral Health department hired Dylan Gleason as its first administrative assistant. Gleason started on Dec. 2 and has been hard at work cleaning up the classroom and reorganizing art supplies for upcoming classes. Gleason can be reached at 360-709-1677.

On Dec. 3, the Wilson House

SCHEDULE

Jan. 4: Somatic Body Movement Therapy, noon-1 p.m.

Jan. 5: Trauma Responsive Yoga, noon-1 p.m.

Jan. 6: Trauma and Grief Support, upstairs room, 9:30-11:30 a.m.

Jan. 9: Men's Post Trauma Reconnection Art class, 10 a.m.-3 p.m.

Jan. 11: Somatic Body Movement Therapy, noon-1 p.m.

Jan. 12: Trauma Responsive Yoga, noon-1 p.m.

Jan. 13: Trauma and Grief Support, upstairs room, 9:30-11:30 a.m.

Jan. 13: Weaving Ourselves Back Together, 1-3 p.m.

Jan. 16: Men's Post Trauma Reconnection Art class, 10 a.m.-3 p.m.

Jan. 19: Trauma Responsive Yoga, noon-1 p.m.

Jan. 20: Trauma and Grief Support, upstairs room, 9:30-11:30 a.m.

Jan. 23: Men's Post Trauma Reconnection Art class, 10 a.m.-3 p.m.

Jan. 25: Somatic Body Movement Therapy, noon-1 p.m.

Jan. 26: Trauma Responsive Yoga, noon-1 p.m.

Jan. 27: Trauma and Grief Support, upstairs room, 9:30-11:30 a.m.

Jan. 27: Weaving Ourselves Back Together, 1-3 p.m.

Jan. 30: Men's Post Trauma Reconnection Art class, 10 a.m.-3 p.m.

COVID-19 RESTRICTIONS

Class size is limited. Please RSVP to Bobbie Bush at **360-709-1676** or **bbush@chehalis-tribe.org** before the class date to ensure your space. Priority is given to Chehalis tribal members first. All classes are open for enrollment.

MORE INFORMATION

Call Wilson House Coordinator Bobbie Bush at **360-709-1676**.

hosted an open house, complete with an opening prayer and blessing. Because of the virus, small groups toured the building throughout the day. Twenty-one people stopped by between 10 a.m.-2 p.m.

After the tour, guests enjoyed homemade chili with beans

and cornbread. The entire Behavioral Health staff chipped in and participated with meal preparations, tours and answering questions.

This was an opportunity for the community to learn about services under development that will be soon offered at the Wilson House.

VETERANS DAY



Public Safety

ARMY

Ciera Auzenne
Samuel Heller
Jamie Lamahoyanya
Robert Strader
Sean Uhlich
Scott Williams

MARINES

Michael McNair

Head Start

NAVY

Tabitha Dennison

Planning

NAVY

Nelson 'Don' Terry

TGA

ARMY

James Elder
Derec Filkins

MARINES

Edward Keller
Gary Waer

Family Services

ARMY

Frances Pickernell,
Chehalis tribal member

Court

NAVY

Farley Youckton,
Chehalis tribal member

IT

ARMY

Miguel Santiago
Dave Jessen

Natural Resources

ARMY

Brian Bland

MARINES

Kyle Gulbranson

**HONORING
ALL WHO
SERVED**



Youth get a special visit from **SANTA**

On Dec. 18, the Chehalis Tribal K-12 program hosted a special event for youth before the youngsters went on Christmas vacation. Santa Claus visited the Community Center to bring gifts for tribal youth. Each child received a majority of items on their wish list.



New team member focuses on guest experience

Lucky Eagle's Kendall Youckton-Medina shows passion for great service

Lucky Eagle Casino & Hotel's Guest Relations added Kendall Youckton-Medina to its team in December.

Youckton-Medina joins the group with more than six years of guest relations experience. He previously served in the slots department, food and beverage and as a cage cashier.

"During the interview process, Kendall excelled at every opportunity to showcase his distinct personality and passion for great

service," said Hotel Director Ben Scholl. "He has natural ability to make people feel at ease and will do a tremendous job in this position."

Guest Relations Ambassador is a relatively new position created in November 2019. The role of the position is to resolve escalated service issues, manage responses to social media comments and work with departments to identify gaps in service to improve the overall guest experience.

"The guest experience is one of our primary focuses and a way for us to differentiate ourselves from our competition," said Lucky Eagle Chief Executive Officer JaNessa Bumgarner. "I'm excited for Kendall and am looking forward to him helping us reach new heights as the program continues to evolve."

Youckton-Medina graduated from Black Hills High School in 2013 and completed his degree from Evergreen Beauty College in Everett in 2019.



Kendall Youckton-Medina

Housing Authority updates

The Chehalis Tribe's Housing Authority would like to inform the community that it has changed its main phone number and employee extensions.

Housing offers rental assistance and wants to remind Chehalis tribal members to update applications for rentals and assistance.

Services provided: Low-income housing, rental cost assistance, down payment assistance for first-time home owner purchase and tribal rentals

COVID-19 response

- Forgave rent for two months
- Purchased cleaning supplies

and distributed them to more than 100 tribal families

- Provided PUD assistance to 80 families
- Provided rental assistance to six families

Contact information

Main phone number:
360-709-1794

Jenee Burnett, Director:
360-709-1799

Nadine Burnett, Accounting:
360-709-1798

Virginia Canales (Dolly), Tenant Services: 360-709-1797

Foster Gillie, Project Manager: 360-709-1796



ASPIRING ENTREPRENEUR OR SMALL BUSINESS OWNER?

Attend a Free Online Native Small Business Development Workshop

Training by RedWind in Partnership with the Chehalis Tribal Loan Fund (CTLF), Nimiipuu Fund and the Economic Development Division of the Confederated Tribes and Bands of the Yakama Nation

When: Jan. 18-21 (Monday-Thursday)

Time: 9 a.m.-noon

Where: Online virtual format. Once registered, access to link and directions will be provided.

Register: nativesmallbusiness.org/northwest_online_2021

Contacts

Raven John, Chehalis Tribal Loan Fund:
360-709-1643, rjohn@chehalistribe.org

Jonelle Yearout, Nimiipuu Fund: 208-621-3729, jonelle@nimiipuufund.org

Karen A. Cunningham, Confederated Tribes and Bands of the Yakama Nation: 509-865-5121, ext. 6050, karen_cunningham@yakama.com

Topics

- Entrepreneurial skills and knowledge
- Business Planning (business model, value proposition and differentiation)
- Marketing (who are my customers, how to reach customers)
- Market Research
- Record Keeping
- General Business Issues Overview
- Cash Planning

nativesmallbusiness.org/inside_the_workshop

Keeping
Our Citizens
Informed.

Visit
chehalistribe.org and click
on the Code
Red link



 CodeRED

REGISTER FOR CODERED ALERTS!

Sign up for the CodeRED notification system to receive alerts and updates during emergency events.

All citizens and businesses are encouraged to register.

REGISTER ONLINE:

<https://public.coderedweb.com/CNE/BF11857858E5>

REGISTER ON YOUR SMARTPHONE:

Text "CHEHALIS" to 99411

FOR CITIZENS WITHOUT INTERNET ACCESS:

Call Arick Burnett at (360)709-1770 for assistance.

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 MCCLLOUD
 SHANIA MCCLLOUD
 KLY MEAS III
 ADAM MEDINA
 NATASHA MOORE
 FRAZIER MYER
 JEANA NYLAND
 ANTHONY OLNEY
 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

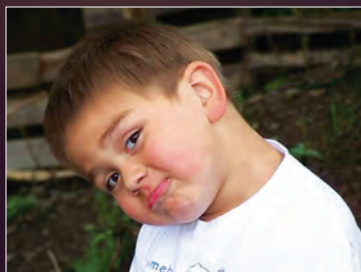


JANUARY BIRTHDAYS



Clockwise from left – **Sheila Bray**: Happy birthday! **Jaxon Starr**: Happy 6th birthday Jaxon Amil! We love you, from Mom, Dad, bigga sissy and Gordon. **Dreama Secena**: Happy birthday! Love, from your whole family! **Ezrah Merriman**: Happy 10th birthday! I am so proud of how hard you have been working and I

IRENE ADAMS
ZOE ALBERT
BROOKE ALLEN
RUSS BAKER
FINLEY BECKWITH
DAVID BIRD
SHEILAH BRAY
HOLLIE BROCKMUELLER
JON BROWN
DYLAN BURKE
JAKE BURNETT
CALVIN CAYENNE
JACOB CHRISTJOHN
MEGAN CHRISTJOHN
ALYNN CLANCY
SIDNEY COLE
JENNIFER COOPER
BELLA COUILLARD
EVA DELAMATER
CURTIS DUPUIS II
JAMES DUPUIS
JEREMY FANNING
JOYCE FANNING
ROBYN FIELDS
SAMUEL FLORES
LAURA FRICKE
ALBERTA GILMORE



Dylan Burke: Happy 13th birthday to my amazing, brilliant, handsome son. I love you, Mom!

DANIEL GITCHEL
PATRICIA GITCHEL
DANIEL GLEASON JR.
JAMES GUNNELS
MORGAN HANNA
TRISTAN HANNA
ANNA HILL
CAMERON HJELM-SNELL
ALEXANDER HOHEISEL
EZRAH JACK
WILIEFERD JOE
CHERYL JONES
DARRIN JONES
JUNE JOSEPH
SHIRLEY KAY

MARIAH KLATUSH
NATHANIEL KLATUSH
SHYANN KLATUSH
SUSETTE KLATUSH
ULISES KLATUSH
CRYSTAL MARTINEZ
MAKAYLA MASHBURN
CHEYENNE MARCELLAY
MIYA MCALISTER
DARYL MCCRORY
JOHN MCCRORY
AVERY MCJOE
ANNA MEAS
MAKAYLA ORTIVEZ
MYA ORTIVEZ
MATHEW OMAN
JAYZEN OWENS
TRACI PARKINSON
RAVENHAWK PENN
ROBERT PHILLIPS
CHRIS PICKERNELL
DIANA PICKERNELL
KATHY PICKERNELL
LAUREN QUILT
NIKOLAS ROMERO
GERALDO SANCHEZ
ZANE SANCHEZ

KAELLEN-JAY SANCHEZ
EDWARD SANCHEZ JR.
JAILEEN SANCHEZ
WYATT SANCHEZ-ALLENBACH
DREAMA SECENA FERGUSON
PATRICK SIMMONS SR.
AKASHA SLIGHTE
BENJAMIN STARR JR.
JAXON STARR
ROY WERTZ
JOSEPH WITTWER
WYATTE WITTWER
LESLYE WYATT
CHEYNE YOUCKTON
DEREK YOUCKTON
JOHN YOUCKTON
MARGIE YOUCKTON
RODNEY YOUCKTON
ZOLA YOUCKTON
CHAYSE YOUCKTON-BONIFER
ALLISTAIR YOUCKTON-LEGG

HEALTH/WELLNESS

Don't delay, get your flu shot today

Boost your chances of staying healthy during the winter months by getting yearly vaccine

With the entire world focused on and worried about the pandemic, it's easy to forget about protecting yourself and your family by getting an annual flu vaccine.

However, this year, it's more important than ever.

COVID-19 has made taking care of yourself crucial. By getting your flu shot, you will not only protect yourself and your loved ones, you will help reduce the burden on tribal hospitals and health care systems already struggling with the pandemic and the recent surge in cases.

Studies have shown that getting a flu vaccine can reduce hospitalizations by about 40% for adults, children and pregnant women.

The very best way to prevent the flu is to get vaccinated. Some of the things you are already doing to help prevent the spread of COVID-19 – such as wearing a mask, washing your hands often and covering coughs – are also very effective in helping stop the spread of flu germs.

How do I know it's safe?

Flu vaccines have been safely and successfully used for more than 50 years on hundreds of millions of Americans. Extensive research supports the safety of seasonal flu vaccines.

Each year, the Centers for Disease Control and Prevention (CDC) works with the U.S. Food and Drug Administration (FDA) and other partners to ensure the highest safety standards for flu vaccines.

Many people are concerned about the safety of vaccines right now. Routine childhood vaccinations and annual flu vaccines are safe and effective.

If you have questions, please talk to your doctor. He or she can answer your questions and give you the information you need to



If you haven't yet received a flu shot, get one now to help protect yourself for the rest of the season.



MORE INFORMATION

- You can visit the Chehalis Tribal Wellness Center to get a flu shot.
- Wellness Center hours are 8 a.m.-4:30 p.m.
- The pharmacy is filling 90-day refills for any medication they can. A delivery option is available for those at high-risk or who are self-quarantining.
- To schedule an appointment, call the center at **360-273-5504**.
- If you are having a medical or life-threatening emergency, **call 911**.

make a good decision for you and your family.

Who should get the shot?

Everyone ages 6 months and older should get a flu vaccine each year.

Flu vaccines can reduce flu

symptoms, visits to the doctor and hospitalizations. They save lives.

While everyone should get a flu vaccine, for some people it is even more important because they have a higher chance of becoming very sick from the flu.

These people include elders, pregnant women, young children and people with underlying health conditions such as diabetes or asthma.

For pregnant women, a flu vaccine not only protects them, it also protects their unborn baby and newborn until several months after birth until the baby can be vaccinated.

Pregnant women can get the vaccine any time during their pregnancy.

Can the vaccine give me the flu or make me sick?

No, flu vaccines cannot cause the flu. They are made from very weak or inactivated flu strains that are designed to help you build antibodies to fight the flu.

Some common side effects, such as body aches, a sore throat or a cough may result from

getting the flu vaccine, but these won't last long.

These reactions are much less severe than actually getting sick with the flu, which can cause severe illness, hospitalizations, and even death.

When is flu season?

In the United States, the flu season occurs primarily during the fall and winter, peaking between December and February. However, it can start as early as October and last as late as May. It takes about two weeks for the vaccine to be effective.

Get your shot now to make sure you are covered through the rest of flu season.

It is important to get a flu vaccine every year because flu viruses keep changing. If needed, new vaccines are developed each year.

Where can I get the shot?

There are many places to get your vaccine. Tribal health clinics, doctors' offices, pharmacies and urgent care clinics are just some of the places it is available.



Kayla, mother to three, says breastfeeding is a healthy, natural choice that can start baby off on the right track.

Mom urges women to breastfeed their babies

Q: Kayla, tell me more about breastfeeding all your children.

A: I chose to breastfeed because I know it is the healthiest and the most natural thing I could do for my baby. I wanted to avoid formula with my last baby and set a goal to make it to at least one year. I did a lot of research ahead of time on how to best prepare to return to work, best breast pumps etc., joined a breastfeeding support group, learned about hunger cues, and listened to my baby's hunger cues.

Q: What advice do you have for moms planning to breastfeed?

A: It's very important for mamas to know that:

1 You are enough. You have enough breastmilk. No need to start any formula. Babies only need very small amounts of colostrum and milk in the first few days of life. As long as your baby is having enough wet and poopy diapers and gaining weight, you are producing enough milk for him or her.

2 Babies are meant to nurse frequently to get your milk supply in. I think we are conditioned to think babies nurse only for food and should be eating every 2-3 hours, but that's just not the case. Babies nurse for comfort, thirst, hunger, pain, love, connection, when they're scared or nervous, growth spurts, and the list goes on and on. So if your baby nurses every hour, it doesn't mean your baby isn't getting enough milk.

3 The best tip I have is to keep offering the breast to baby. Every time my baby cried, I offered to nurse. I have a saying: "When in doubt, breast out."

4 Keeping myself fed and well hydrated helped me keep my supply maintained even with going back to work. Make sure you are drinking plenty of water and have quick, easy, healthy snacks. Also, if you can, once you get the hang of nursing, try breastfeeding in a carrier. This is super helpful when you need to multitask.



Parade supports cancer fight



On Oct. 17, the Chehalis Tribe held a car parade to show support for Breast Cancer Awareness Month.

Community Wellness Manager Christina Hicks organized the gathering. She coordinates multiple events year-round to share resources available for the tribal community.

Hicks also oversees the Native Women's Wellness Program, Comprehensive Cancer Control Program, Special Diabetes Program for Indians (SDPI), AOA family caregiver grant and Healthy Families program.

Chehalis tribal members came together to promote breast cancer awareness.

USDA food program

9:45 A.M.-1:30 P.M. JAN. 14
CHEHALIS TRIBAL COMMUNITY CENTER

South Puget Intertribal Planning Agency's program offers an assortment of food to fill your freezer, refrigerator and cupboards.

The program offers frozen meats such as bison, pork chops and ham and in-season fruits. Tribal community members can get an application from Debra Shortman at the Chehalis Tribal Wellness Center.



CALL: Debra Shortman, 360-709-1689 or 360-438-4216

Revamp celebrations

Because of COVID-19, the NPAIHB strongly recommends gathering only with the people you live with or virtually during celebrations.

If you know relatives who are planning on gathering, there are ways to make guests safer. The following are suggestions from the CDC and other health agencies that can decrease – but not eliminate – the risk of gathering with people you don't live with. Please share them with your friends and relatives.

Taking steps to stop the spread can help save a life! Smaller, shorter gatherings are safer. Large groups increase risk. Before gathering, plan ahead. Make sure everyone agrees to safety procedures before the celebration. The following are helpful suggestions:

Before the event

- Consider the amount of space available and your ability to maintain social distancing.
- Limit the event to no more than three households/two hours.
- Ask guests to limit contact with people outside their households for at least 10 days before the event.
- Suggest guests have a Covid-19 test three days before the event so they know their results.
- If traveling to the event, ask guests to limit stops along the way.
- If guests are very vulnerable or not feeling well, include them virtually instead of in person.

At the gathering

- Have extra masks for guests who forgot them and always wear masks unless eating or drinking.
- Use separate tables for individual families or people that are in a “bubble” together.
- Have only one or two people, wearing masks and gloves, make up plates in the kitchen and serve guests individually rather than family style.
- Use compostable utensils and plates and do not share drinks, food, utensils, or pipes, etc.
- Ask guests not to shout, sing or dance, which can increase the amount of virus in the air.
- Limit or do not serve alcohol, which can cloud judgement about safety precautions.
- Open windows and turn on a fan to circulate fresh air.
- Appoint a “safety monitor”

who can gently remind guests about safety practices.

Meaningful celebrations

Even with the restrictions imposed by COVID-19, it is possible to have a meaningful gathering. It just takes some extra creativity and planning:

- Consider having several smaller gatherings in different households and connect virtually. This helps you connect with people who live far from you.
- Set places for people unable to attend in person and have photos of them.
- Gather outside for drumming, singing or dancing.

WIC THROUGH SPIPA

Breastfeeding help, health education, checks to buy food and services referrals

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

CONTACTS: Debra Shortman at 360-709-1689; Debbie Gardipee-Reyes at 360-462-3227 or gardipee@spipa.org; Patty Suskin at 360-462-3224 or wicnutrition@spipa.org

Remote phone appointments through at least February because of COVID-19

Face masks and COVID-19

Follow these steps when using a mask:

1. Clean hands with soap or hand sanitizer before putting on or taking off the mask.
2. Hold the mask up to the light. If light shines through the mask, do not wear. This means germs will be able to flow in and out of the mask.
3. Make sure the mask **completely covers the mouth and nose and fits tightly on the chin and the sides of the face**. Do not put masks on children under 2 years of age.
4. If using a cloth mask, make sure it is washed after each use. Do not reuse single-use medical masks.
5. Once the mask is on your face, do not touch it unless it is being removed. This can add germs to the mask.



Choosing the best mask for protection





Holiday care boxes delivered

The Chehalis Tribe handed out care packages to tribal members and their families on Dec. 17 and 18.

With help from various volunteers, Events department staff members put together and handed out hundreds of boxes during the two days.

Care packages included a holiday ham and items such as

rice, noodles and canned fruit and vegetables. It also included household cleaning supplies and hygiene products.

To prevent gatherings or large crowds from entering the building to get their items, Events staff and volunteers delivered packages to tribal members' vehicles outside of the Community Center entrance.

NUTRITION COUNSELING FOR CTWC PATIENTS

Registered dietitian, nutritionist and certified intuitive eating coach Cathy Visser offers nutrition education for healthy eating and diabetes education. Lessons tailored to your specific needs.

Email: trueforyounutrition@gmail.com

Questions: Diabetes LPN Sandra Dickenson, 360-709-1660; Community Wellness Manager Christina Hicks, 360-709-1741

Report criminal activity

The **Chehalis Tribal Law Enforcement Department** has enhanced your ability to report criminal activity. Options are available 24/7. All communication through the hotline and email is confidential and anonymous.

EMERGENCY: Dial 911

Crime tip hotline:
888-646-7407

Business line:
360-273-7051

Dispatch: 360-273-7009

Email: crimetips@chehalistribe.org

Tribal dump update

Now open with limited hours

NOON-4:30 P.M. EVERY DAY

All garbage must be contained inside bags. Non-bagged items will not be accepted.

QUESTIONS: Call Ray Secena at 360-790-9904



Nonprofit agency serves Chehalis, Nisqually, Shoalwater Bay, Squaxin Island and Skokomish tribal communities

Donate today!



REZ ANIMAL RESOURCES & EDUCATION



Thanks to donations, we offer:

- Spay/neuter
- Emergency vet care
- Animal rescue
- Adoption

CONTACT

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

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.

NEWSLETTER STAFF

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

TRIBAL CENTER

Main line: 360-273-5911

Address: 420 Howanut Road
Oakville, WA 98568

Office: 360-709-1726

Fax: 360-273-5914

VISION STATEMENT

To be a thriving, self-sufficient, sovereign people, honoring our past and serving current and future generations.



BUSINESS COMMITTEE

Harry Pickernell Sr. Chairman

LeRoy Boyd Sr.:

Vice Chairman

Sheilah Bray: Treasurer

David Burnett: Secretary

Jason Gillie:

Fifth Council Member

chehalistribe.org

© copyright 2020

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

12

OBITUARIES



Eugene Ortivez

Dec. 14, 1985 – Oct. 24, 2020

Eugene Ortivez, 34, of Oakville was born on Dec. 14, 1985, in Seattle and passed away Oct. 24, 2020, at home in Oakville.

Eugene was employed at Lucky Eagle Casino in the gaming department. He loved his job and co-workers.

Eugene enjoyed spending time with his kids. They were the light of his life, and he was a very proud father. Eugene attended family events throughout his life, from Christmas, Thanksgiving, birthdays, and family outings to Sunday morning breakfast at Grandma Anna's house.

He was a very loving person to everyone. No matter who you were or wherever he saw you, he would always say hello and give you a compliment with a big smile.

When Eugene was little, his mom, Suzanne, would dress him in the cutest suits. As he got older, he dressed in fashions from Ecco to Tommy Hilfiger. He was always stylin'.

Eugene loved music, which included Michael Jackson as a child. When he grew older, he liked rap such as Tech N9ne, Dr. Dre, Too Short, Andre Nickatina. He often attended Tech N9ne shows with friends and cousins. He also was a big fan of the



Atlanta Falcons football team.

Eugene is survived by his mother, Suzanne Ortivez; siblings Rhapsody Simmons, Tamekio Russell, Tanyah Tanzy Williams, Emery Tanzy and Shawn Tanzy; children Aalyiah Ortivez, Terrell Ortivez and Scarlett Ortivez; girlfriend Tera Emery; aunts Lucy Cush, Marie Bird, Marlene Hjelm and Chris Ortivez; uncle Wayne Ortivez; and an abundance of cousins and friends.

He was preceded in death by his father, John Tanzy; uncles Gary Ortivez Sr., Manuel Ortivez and Albert Ortivez Jr.; cousin Matthew Ortivez; and grandparents Anna and Albert Ortivez.

Provided by Newell-Hoerling's Mortuary

Samuel Todd Secena

July 5, 1961 – Oct. 31, 2020

Samuel Todd Secena was born on July 5, 1961, in Centralia and passed away on Oct. 31, 2020. He was 59.

Sam was a proud member of the Chehalis Tribe and a lifelong resident of the Chehalis Reservation.

He was very active in his younger years, playing football and baseball. Sam was known for being an outstanding center fielder. He would go on to coach little league baseball for multiple years.

Sam had a passion for cars and enjoyed watching his favorite professional sports team, the Miami Dolphins. Sam was known for his loving personality and for always making everyone laugh or smile. His favorite hobbies were spending time with his family, taking care of his nieces and nephews and fishing down at the river.

Sam was an avid fisherman, which is something he did for several years to make a living. Other jobs Sam had included truck driving, counseling and selling insurance.

Although Sam took pride in his work, he was most proud of his family and being a grandpa. He was preceded in death



by his father, Raymond Secena Sr.

He is survived by his mother Roberta (Wells) Secena; wife Leah (Starr) Secena; daughter

Katherine (Starr) Scott; sons Jacob Secena and John Secena; siblings Raymond Secena Sr., William Secena, Donald Secena, Ronald Olin and Allison (Secena) Carter; and grandson Andreas Jacobs.

Sam will always be remembered for his storytelling and ability to make people feel good about themselves.

He will be missed greatly by his family and Chehalis Tribal community.