

# 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  
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**Recognizing tribal lands**  
Centralia School District  
recognizes tribal lands.  
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## 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,

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## 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

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**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

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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](mailto:rmendez@chehalistride.org) or **360-709-1698**; and Frank Addeo at [faddeo@spscc.edu](mailto:faddeo@spscc.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@chehalistribe.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 Lamahoyaya  
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](https://nativesmallbusiness.org/northwest_online_2021)

#### Contacts

**Raven John, Chehalis Tribal Loan Fund:**  
360-709-1643, [rjohn@chehalistribe.org](mailto:rjohn@chehalistribe.org)

**Jonelle Yearout, Nimiipuu Fund:** 208-621-3729, [jonelle@nimiipuufund.org](mailto:jonelle@nimiipuufund.org)

**Karen A. Cunningham, Confederated Tribes and Bands of the Yakama Nation:** 509-865-5121, ext. 6050, [karen\\_cunningham@yakama.com](mailto: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](https://nativesmallbusiness.org/inside_the_workshop)

Keeping  
Our Citizens  
Informed.

Visit  
[chehalistribe.org](https://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 MC CLOUD  
 SHANIA MC CLOUD  
 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

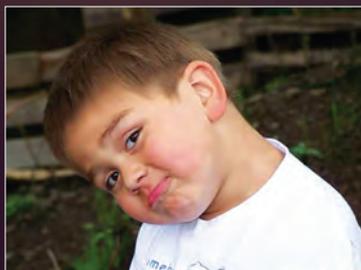


# JANUARY BIRTHDAYS



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

KAELEN-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 WITTEW  
WYATTE WITTEW  
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](mailto: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@chehalisTribes.org](mailto:crimetips@chehalisTribes.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](http://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](http://chehalistribe.org)

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

# 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 Ecko  
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.