



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

CHEHALIS TRIBAL NEWSLETTER

January-February 2021

FIND HISTORY, HERITAGE, RESOURCES AT CHEHALISTRIBE.ORG

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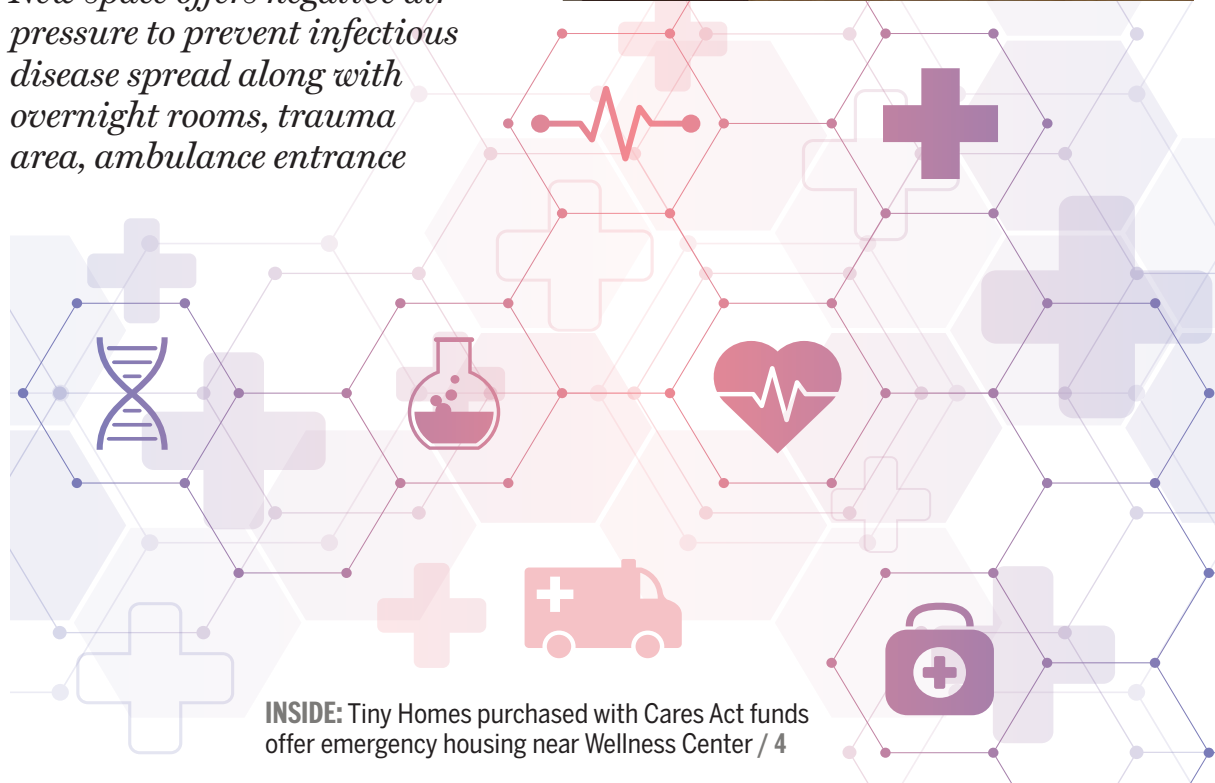
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Expansion helps to fill clinic need

New space offers negative air pressure to prevent infectious disease spread along with overnight rooms, trauma area, ambulance entrance



INSIDE: Tiny Homes purchased with Cares Act funds offer emergency housing near Wellness Center / 4

A portion of the Centers for Disease Control and Prevention grant funding received by the Chehalis Tribe was used to build a 3,500 square-foot expansion to the Wellness Center.

Funding provided to states and tribal governments is assisting in COVID-19 recovery through relief efforts such as testing to combat the disease.

The clinic addition is one of

the tribe's main responses to the pandemic and includes a reception area, five exam rooms, an emergency dental office, a trauma room and an emergency ambulance entrance.

The AHBL engineering team collaborated with KMB architects to design the new space. The two companies are completing numerous building and design projects for tribes across the Pacific Northwest.

AHBL published an article on its website that provided additional details on how many entities were granted COVID-19 response funds and more information about the Wellness Center's expansion.

The project was scheduled to be complete in February. Manufacturing and supply delivery delays caused by the

See EXPANSION, page 12

Housing mainstay retires after 35 years

Virginia 'Dolly' Canales saw major developments during tribal tenure

Chehalis tribal member and prominent community elder Virginia "Dolly" Canales recently retired from the Chehalis Tribal Housing Authority following her 35-year tenure with the program.

Dolly began her career as a counselor on Feb. 1, 1985. She explained that the program was classified as Public Housing when she first started. It eventually switched to Tribal Housing, meaning services were only available to Native American people. When the transition happened, Dolly took on a new role in Tenant Services.

"Housing is a very important component of the tribe because everybody needs a place to live," Dolly said.

See RETIRES, page 5



Virginia "Dolly" Canales celebrates her retirement with Daniel "Bones" Gleason and Joan Martin.

COVID-19

WHAT ARE VACCINES?

Vaccines are medicines that help “teach” our bodies how to recognize and fight diseases. After receiving a Covid-19 vaccine, your body will develop protection against the coronavirus. This is called immunity. Vaccines are one of the most important public health measures ever developed. Because of them, most children in the U.S. are protected from childhood diseases – saving thousands of lives.

WHICH ARE AVAILABLE FOR COVID-19?

There are three Covid-19 vaccines available, made by the pharmaceutical companies Pfizer, Moderna (two doses; depending on which vaccine, the second dose is given three or four weeks apart) and Johnson & Johnson (single dose).

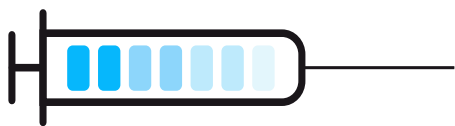
Pfizer and Moderna are about 95% effective against Covid-19 for all races, genders and ages! The Johnson & Johnson vaccine is 85% effective.

It is much better to be vaccinated than to get sick with Covid-19 because the disease can

have serious, life-threatening complications and there is no way to know how it will affect you. If you get sick, you also could spread the disease to your family and loved ones.

Why two doses?

The Pfizer and Moderna vaccines require two doses to achieve their full protection. Research has shown that the vaccines are only about 50% effective after the first shot but are 95% effective two weeks after the second shot. Getting both doses is important to keep you safe.



GETTING THE VACCINE

You can get your vaccine at the clinic or drive thru.

When you are scheduled for your vaccine, expect to spend up to an hour, depending on the location. First, you might be asked questions to make sure it is safe for you to receive the vaccine, including “Are you feeling sick?” or “Have you had another vaccine (not for Covid-19) recently?” You will be told which vaccine you will receive and your clinician can answer questions you might have about it. Because the supply of vaccines is still limited, you will not be able to request a specific vaccine.

Once you get your shot, you will be asked to wait for 15-30 minutes before leaving. This is required by the CDC for your safety. If you are feeling anxious, you can stay longer. Before leaving, you will be given a CDC Vaccination Record Card which you must keep and bring when you get your second dose. If you haven’t already scheduled an appointment for your second dose, you will receive information on how to do so.

AFTER YOUR SHOT

Keep planning to stay safe.

The day we can stop wearing masks and hug our family and friends is coming, but until the majority of the population is vaccinated, we need to keep wearing masks and socially distance to keep ourselves, our family and our communities safe.

After being vaccinated, scientists do not know whether you could still be carrying the virus, even if you feel fine. You could also get sick while your body is building its defenses. You might unknowingly pass the virus to someone who hasn’t received their vaccination, yet. Wearing your mask and social distancing will help prevent that. If you feel ill, stay home and call your clinic.

SHARE THE GOOD NEWS!

Let family and friends know that you have received the vaccine! Some people may be skeptical or concerned about the vaccine. Hearing or seeing positive stories about getting the vaccine might encourage them to get vaccinated and help stop Covid-19!

By getting vaccinated, you are helping in the fight against the pandemic by keeping yourself, family and community safe. Thank you!

BUILDING PROTECTION

Mild side effects, such as tiredness, headache and muscle pain can happen but they usually go away in a few days. If you have any of these symptoms, don’t be alarmed, it means your body is building protection against the virus! Many people report no side effects at all. If you do have concerns, don’t hesitate to call your doctor.

HERD IMMUNITY

Herd immunity (also called community immunity) is when enough of the population is immune to a disease, it cannot easily spread to people who are not immune. Achieving herd immunity is usually done through vaccines, like the polio vaccine.

That way people do not have to become sick to acquire immunity.

Many scientists, including Dr. Anthony Fauci, believe that around 75%-85% of the population will need to be vaccinated to achieve herd immunity against COVID-19.

LEARN MORE

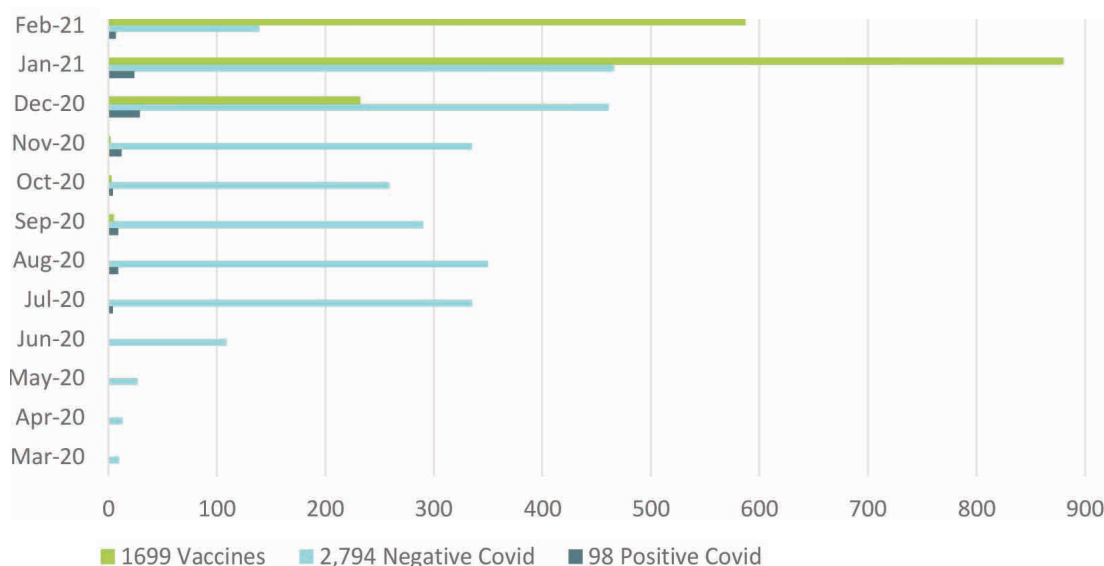
For detailed information about the three current vaccines, go to [cdc.gov/coronavirus/2019-ncov/vaccines](https://www.cdc.gov/coronavirus/2019-ncov/vaccines).



**NORTHWEST PORTLAND AREA
INDIAN HEALTH BOARD**
Indian Leadership for Indian Health



WELLNESS CENTER COVID-19 STATISTICS 3/2020-2/2021



Vaccines bring hope to community

It's been a little while since our last Chehalis Tribal Wellness Center COVID-19 update. No doubt, the journey to this point has been long, however the light is at the end of the tunnel.

To those who have lost loved ones or have experienced the severity of this novel virus, we mourn and grieve with you.

For the many who have had only mild symptoms or have successfully managed to stay safe and COVID-free until now, let us congratulate and celebrate each other.

During the past month and half, the Chehalis Wellness Center joined the medical community in celebrating a major milestone of this pandemic: We started providing a COVID-19 vaccine. Although not a cure, the Moderna vaccine has been proven to be effective in preventing major complications from COVID-19. These include organ failure, heart problems, respiratory distress, blood clots that can result in hospitalizations and death.

The following information is current as of Feb. 19:

■ Since December 2020, we have vaccinated 1699 individuals.

■ In February 2021, we had a total of seven positive Covid-19 tests with four on the reservation. Households were successfully isolated/quarantined and the virus was contained.

■ Since March 2020, we have had 98 positive COVID-19 tests with a high majority of those being non-tribal employees or patients living off of the Chehalis Reservation.

■ Since March 2020, we have had 2,794 negative COVID tests.

RAFFLE

To enter: Get your first COVID-19 vaccination shot through March 31 to be entered into the raffle.

Raffle day: On April 1, we will hold raffles for these age groups:

- 18-35
- 36-50
- 51-65
- 66 and older

Prizes: Those eligible in each age group will have the chance to win one of two Safeway gift cards valued at \$200 each!

We want to encourage all Chehalis tribal members and those in their households who are 18 and older to get the COVID-19 vaccine.

If you have received your first shot, you are already entered into the raffle.

Many tribal members are still unvaccinated. We encourage everyone to get the vaccine, which helps "teach" our bodies to recognize and fight specific diseases. Once fully vaccinated, it is important to continue to wear your mask, wash hands often and practice social distancing. You can still carry the virus and unknowingly pass it to others.

Appointments: To receive a shot, call the clinic at **360-273-5504**.

Contact: For raffle questions, contact Community Wellness Manager Christina Hicks at **360-709-1741** or **chicks@chehalistribe.org**.

COVID-19 Guidance for Older Adults

What you need to know



- Risk for severe illness with COVID-19 increases with age, with older adults at highest risk.
- Certain medical conditions can also increase risk for severe illness.
- People at increased risk, and those who live or visit with them, need to take precautions to protect themselves from getting COVID-19.

AI/ANs are disproportionately impacted by the pandemic

According to the Centers for Disease Control and Prevention (CDC) AI/AN People have the highest COVID-19 hospitalization rate at 281 per 100,000 – a rate 5.3 times higher than for non-Hispanic Whites.



How to Protect Yourself and Others

- Wear a mask to protect yourself and others and stop the spread of COVID-19.
- Stay at least 6 feet (about 2 arm lengths) from others who don't live with you.
- Avoid large gatherings and crowded spaces to lessen your contact with more people.

Source: cdc.gov/coronavirus/2019-ncov/vaccines/expect/after.html

Tiny homes, sizable purpose

Spaces to provide temporary housing for tribal members facing COVID-19 quarantine

This winter, the Chehalis Tribe acquired six new tiny homes for emergency housing during the ongoing COVID-19 pandemic.

The new homes were purchased with Cares Act funds and are located behind the Chehalis Tribal Wellness Center. They are equipped and ready to house those in need.

Utilities Project Manager Brian Von Cluck with the Planning Department led the project. He said the units will provide temporary emergency housing for community members impacted by COVID-19 who need to be in quarantine or isolation.

"They offer everything that a regular house offers," Von Cluck said.

The homes, purchased from Tiny Heirloom in Portland, feature:

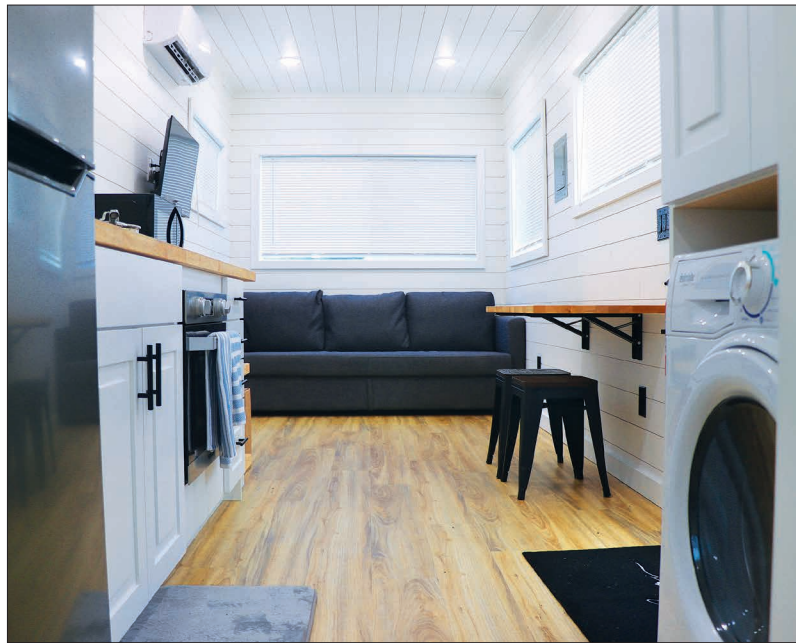
- Bathroom with a toilet, shower
- Kitchen area with sink, oven/stovetop, microwave, Keurig coffee maker, table space
- Flat screen TV
- Bed space
- Washer-dryer combination

All of the units are insulated and have air conditioning and heating.

Planning developed the site by having electricity, water and sewage hook-ups installed. Everything in the home is designed ready to help meet specific community needs.

The tribe purchased six houses: three 26-foot single-bedroom homes that are already on site and three 30-foot homes with a single bedroom and upstairs loft which are being customized and shipped during the next upcoming weeks.

After the pandemic, the Tribal Government will determine where the homes will be placed and the purpose they will serve.



The Chehalis Tribe purchased six new tiny homes, which will offer emergency housing for tribal members impacted by COVID-19. The homes provide a comfortable stay in well-appointed spaces featuring items such as a washer-dryer, coffee maker, TV and tribal table decor.



RETIREES

From page 1

Filling a need

Through the decades, she helped out in pretty much every area of the Housing Authority.

"I did a little bit of everything," Dolly said.

She collected rent payments, verified income, processed paperwork, assisted move-ins, ensured houses were taken care of and conducted inspections to help keep the reservation drug-free.

Dolly even stepped up to fill in several times when the director position was vacant and temporarily managed daily operations as deputy director.

She took part in the commissioning process with the U.S. Department of Housing and Urban Development (HUD) to build the first tribal housing for the Chehalis people. This involved acquisition of land, building and maintenance of the homes.

She also was part of a program that helped provide down-payment assistance for individuals ready to buy homes. This was a way for Housing to extend its services to a larger demographic of tribal members.

Learning experience

"I've always been a part of the tribe," Dolly said.

Both her mother and stepfather served on the Chehalis Tribe's Business Committee during Dolly's childhood. She can recall when she would attend General Council meetings with her parents and siblings and the children would sit quietly while the adults met.

When she was old enough, Dolly was glad to be able to be a part of the General Council and join various committees. She used it as a learning experience to acquire knowledge from elders who were involved in the development of the tribe. She also gained an understanding of the purpose that each committee served.

Dolly was on numerous boards since the 1970s and was Chehalis Tribal Chairwoman for multiple terms during the late '70s and early '80s. She said things were not the way they are now.

"It's very different," Dolly said, "We didn't have that many employees. A majority of our money was grant money."

This meant the Business Committee had fewer ventures to oversee. As with the rest of the Tribe, the Planning Department



Virginia "Dolly" Canales bids farewell to her decades-long work for Chehalis Tribal Housing Authority.



wasn't fully developed during that time and funding was sparse.

Other committees Dolly volunteered on include Elders, Enrollment, Enterprise, Fisheries, Heritage & Culture, Head Start and Personnel.

Dolly was a member of the Justice Committee, which is no longer active. She also helped lead and took great pride in the Indian Action Team Program (also inactive). Individuals were trained in certain fields/ and trades that could lead to potential careers, such as construction and education. Dolly remembers that during construction training, participants learned how to read blueprints and perform electrical and plumbing work to obtain the skillsets to build and remodel houses.

Tribal growth

The tribe had a major development stage in 1995 when Lucky Eagle Casino opened for business. Dolly acknowledges that the casino and Chehalis Tribal Enterprises has impacted the tribe by providing its people jobs and opportunities for financial growth.

"We weren't prepared for the difference that it was going to make within our tribe ... so, we kind of had to learn the hard way," Dolly said about taking on new operations during major tribal development periods.

The casino and tribally owned

businesses produced revenue for the Tribal Government and enrolled members. Dolly said this was the moment when the Chehalis tribe and its leaders had to make adjustments. Income was used to form departments and programs that provide services for tribal families.

One of the services Dolly wishes more enrolled tribal members would utilize is the Higher Education Program. She would like to see more of the younger generation go off to college, pursue a degree and bring that knowledge back to the Chehalis people.

Changing times

Dolly said the extra money from the casino and enterprises has caused the tribal people to lose part of their traditional ways that made them "Chehalis." She acknowledges that the earnings are very beneficial, but she remembers a time when the tribe didn't have many resources and had to work as a community to survive.

"We all had to work together as a group," Dolly said. "I remember a time when we had to pay dues every month."

Tribal members would attend the General Council meeting and pay the Treasurer. She explained that is how they made sure their electricity bill was paid. Back then, the tribe didn't need to worry about as much because the only facility they had was the Tribal Center.

Dolly said she believes members have "lost part of what it meant to be able to work together as Chehalis tribal people." She said it seems most people aren't willing to do anything without receiving payment in return. "So, we are losing the values that go along with how we used to do things,"

'The part I'm going to miss is working with the individual people. I'm going to miss being able to talk to them and listen to them.'

Dolly explained.

It's important to continue traditions and tell stories to younger generations so they are aware of the "struggles to preserve the tribe for them," she said. She hopes younger tribal members will help bring back those values and carry on the traditional ways.

A new path

Now that she is officially retired, Dolly said, "The part I'm going to miss is working with the individual people. I'm going to miss being able to talk to them and listen to them. I always took time to visit with them." She enjoyed being able to provide assistance to those in need of a home.

Dolly was so actively involved in her work that she didn't have time for many hobbies.

Although she isn't working anymore, Dolly still gets up routinely at the same time every day. She plans to use her retirement to organize documents and photos she has accumulated through the years.

Dolly said one thing that remains consistent is that she never misses a Gonzaga University men's basketball game.

Still involved

She still plans to be involved with tribal operations. Now that Dolly is on the outside looking in, it allows her to notice previously overlooked matters. She understands that the Business Committee has a focus on certain endeavors, but living on the reservation and being a part of the community enables her to view certain needs from a different perspective.

Dolly is looking forward to better times when the COVID-19 pandemic is under control and people can get back to living normal lives. Dolly highly anticipates the moment when the tribe can start having gatherings and annual ceremonies.

She wants the Chehalis Tribe to continue moving forward and plan for the future by setting goals. Dolly encourages younger tribal members to buy a home while they are young and working so they don't have to worry about rent upon retiring.

Housing operates underneath HUD requirements and calculates rent based on household income, which Dolly explained has gone up dramatically because of the tribe's economic growth and increased annual stipend for its members.

FAMILY

Understanding your toddler's frustration

Tips to reduce stress

Because toddlers are still learning all about cues and only starting to understand the right words to communicate, they often get upset and frustrated when they:

- Can't have something desired
- Are unable to communicate needs
- Feel overwhelmed or tired
- Can't move the way he or she wants

Here is a prime example of how toddlers feel frustration and how you can help curb the upset: If you won't let her hold a toy she reaches for in the store, she will think you don't understand what she wants so she'll use a bigger cue! She'll point, stretch her body toward the toy and make more noise. She may start to climb out of the cart as she gets louder and

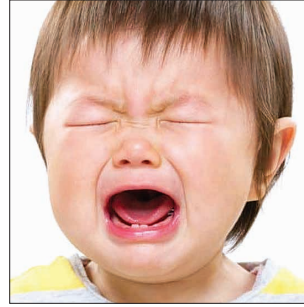


louder. As hard as it is to deal with a screaming toddler, if you let her hold the toy when she screamed for it, she will learn that screaming and getting out of the cart is the best way to get toys.

Your own response can have a big effect on your toddler's behavior.

Structure is key

Your child thrives with routines. Here are a few tips that can make the day easier:



exploring with their fingers. Your toddler must use his hands to touch, hold, pick up and even throw things. Sometimes, he won't eat unless you let him feed himself. Practicing during mealtimes can be messy and frustrating for parents but it is very important to give him a chance. Have a towel nearby for quick clean up.

■ Set regular meal and snack times and routines. Close the kitchen between meals and snacks except for water. Sitting with him, limiting noisy distractions and having a mealtime routine can help your toddler stay focused.

■ Toddlers are growing more slowly. He may eat more food one day and less the next day. He will not always eat as much as you expect. Try not to worry when he doesn't seem hungry.

■ Toddlers need to practice



RESTORE BALANCE WITH VIRTUAL YOGA

WHO: Chehalis tribal members/community members

WHAT: Michelle, owner of JoonBug Yoga, is offering virtual yoga videos. All you have to do is press play!

WHERE: Find the videos at chehalistribe.org

WHEN: Videos are updated monthly and range from beginner to intermediate levels.

ADDITIONAL INFO: Yoga mats and blocks are available for pick up. First come, first served.

CONTACT: Domestic Violence Advocate Samantha Sandstrom at 360-789-3627 or ssandstrom@chehalistribe.org.



DONATE NOW

Help for pets

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

THANKS TO DONATIONS, WE OFFER:

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

253-370-6392, rezanimals.com



OBITUARY

Robert 'Bob' Wertz

March 27, 1950–Feb. 9, 2021

Footprints in the Sand

One night a man had a dream.
He dreamed he was walking along the beach with the Lord.

Across the sky flashed scenes from his life. For each scene, he noticed two sets of footprints in the sand. One belonging to him and the other to the Lord.

When the last scene of his life flashed before him, he looked back at the footprints in the sand. He noticed that many times along the path of his life, there was only one set of footprints.

He also noticed that it happened at the very lowest and saddest times of his life.

This really bothered him and he questioned the Lord about it.

"Lord, you said that once I decided to follow you, you'd walk with me all the way. But I have noticed that during the most troublesome times in my life, there is only one set of footprints. I don't understand why when I needed you most you would leave me."

The Lord replied, "My precious, precious child, I love you and I would never leave you! During your times of trial and suffering when you see only one set of footprints, it was then that I carried you."

*In loving memory of
Robert "Bob" Wertz*



Pandemic EBT for School Year 2020-21 is coming soon!

Who is eligible?

Children are eligible for P-EBT benefits if:

- Their school is closed or has reduced in-person attendance hours.
- They are eligible for free or reduced-price school meals.

How do families apply?

Great news: Families don't have to apply for the P-EBT Program! If your child is eligible for free or reduced-price school meals, they may automatically qualify. Families should ensure their current mailing address is on file with the child's school and are encouraged to fill out a school meal application if their child doesn't get free or reduced-price meals already.

How much will families get?

Benefit amounts vary depending on the learning model of their child's school for each given month. The monthly benefit amount will range from \$25 to \$123.

What does the P-EBT card look like?

Watch the mail for a card that looks like this! The P-EBT card is separate from and doesn't replace a food or cash (Quest) EBT card.



What are Pandemic EBT or P-EBT benefits?

Due to COVID-19, children who are eligible for free or reduced-price school meals will get extra food benefits. These food benefits are called P-EBT. P-EBT benefits help Washington families buy food when schools are closed or have reduced in-person attendance.

When will P-EBT cards arrive?

Eligible children should expect to receive a notice by late March, which will contain more information. The P-EBT card will be mailed separately in the following weeks.

How are P-EBT cards used?

P-EBT cards can be used like a debit card to buy food in most grocery stores and farmers markets, or to buy food online at Amazon or Walmart.

Will families get a new P-EBT card each month?

No, families should keep each child's P-EBT card. The first issuance will include benefits for the beginning of the 2020-21 school year through January 2021. Additional benefits may be issued to the card every two months through the end of the school year for as long as the COVID-19 public health emergency continues.

Visit dshs.wa.gov/PEBT to learn more!

If you need this information in another language, call the P-EBT Contact Center at **833-518-0282**.

Families are encouraged to participate in **Grab-n-Go** school meals even if they have P-EBT benefits.

This institution is an equal opportunity provider.

ATTENTION: K-12 SEEKS INFORMATION ABOUT GRADUATING SENIORS



This is a friendly reminder that graduation is right around the corner!

The Chehalis Tribe will honor class of 2021 graduates this spring with a dinner and recognition ceremony.

If you know of community or tribal members that will graduate this spring, please contact

the K-12 program to ensure the student is on the list of graduates.

The ceremony is subject to change contingent on COVID-19 restrictions.

To share information or need assistance, please contact JJ Shortman at **360-709-1749** or Jodie Smith at **360-709-1897**.



FEBRUARY BIRTHDAYS

JENIFER BIRD

MICHAEL 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 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

CHRISTOPHER TEAGUE

CARLA THOMAS

STAR THOMAS

SHARON TOLBERT

MARIAH VASSAR

KESAWIN WASHBURN

RYAN WHITE EAGLE JR.

DAKOTA WILKINS

RILEY YOUCKTON

STEVIE YOUCKTON

COLETON YOUCKTON

ZAYDEN YOUCKTON

KAYDEN YOUCKTON

ANDREA YOUCKTON



MARCH BIRTHDAYS



Annie Jones: Happy birthday to my beautiful momma! Love your daughter. **Quinten Canales:** Happy 8th birthday Q-man. Love Dad, Gramma and Choopa.



Lola Secena-Ferguson: Happy 6th birthday! Love Mom, Dad, brothers and sisters. **Mel Youckton:** Happy birthday from your children and grandchildren.



JAYLYNN ALBERT
SEAN ALLEN
 ANTHONY ANDREWS
ALEXIS BECKWITH
 KAMI BECKWITH
TYSON BLACK
 JOHN BLACKETER
MERCEDES BRACERO
 ANTHONY BROWN
DEVIN BOYD
 FALISITY BUMGARNER
ARICK BURNETT
 DAVID BURNETT
JOSHUA BURNETT
 SARRA BURNETT-LISLE
STEVE BURNETT
 JASON CANALES
QUINTEN CANALES
 LINDA CARPENTER
ALLISON CARTER
 HAEZEN CHARLES-CAYENNE
JACE CAYENNE
 JOSEPH CHARLES
ROSE CHOKE
 JACK COLSON
NORMA DANIELS
 AMY DEHART
DEDE DEVLIN
 TREVOR DUPUIS
TINA EBLING
 CARRIE EHMKE
MATHEW ESSELSTROM
 TERRI FARRIER
TED GLEASON
 NATASHA GODDARD
RANESSA GODDARD
 JEFFREY GOMEZ
VICTORIA HANNA
 JIM HAYDEN
GARRET HICKS
 COLBY HIGHEAGLE
CIARA HOWE
 JACEE HOYLE
ANDREAS JACOBS
 RAVEN JOHN
ANNIE JONES
 COLLEEN KLATUSH
DALE KLATUSH
 OLIVIA LATCH
CYLLUS LEAL-YOUCKTON

MORE WISHES

Garrett Hicks: Happy 31st birthday. You're making your Momma old love you son!

Mathew Reynolds: Twenty years old. Wow! Your family is proud of you and loves you!

Noah Snell: Happy 10th birthday. You have hit double digits! Hope your birthday is the best. We love you, Mom, Dad, Cameron, Adrian and Eli.

Quinten Canales: Happy 8th birthday Qman! Love Dad, Gramma and Choopa.

JEFFREY LECLAIRE
NADIE MCALISTER
 JERRY MEAS
TRES MEDDAUGH
 EMILY ORTIVEZ
YOLANDA ORTIVEZ
 WILSON PICKERNELL
STELLA POGUE
 RICHARD REVAY
SIENA REVAY
 MATHEW REYNOLDS
ANGELINA SANCHEZ
 JAY SANCHEZ JR.
JEREMY SANCHEZ
 ZANDER SANCHEZ
AUGUST SECENA-SANDERS
 CHRIS SECENA
KYLEE SECENA
 LOLA SECENA-FERGUSEN
AMY SHIVERS
 BRENT SIMMONS
NOAH SNELL
 ANASTASIA STARR
BEV STARR
 VINCENT VISAYA
CHARLOTTE WEBER
 SKYLAR WHITE EAGLE
NATHAN WITTWER
 DEREK YAWN
AARON YOUCKTON II
 DAVID YOUCKTON
GUY YOUCKTON
 MEL YOUCKTON
ARIELLA ZAYTSEV

Emergency rent, utility assistance is available

Chehalis Tribal Housing Authority is happy to announce it is offering an Emergency Rental Assistance Program. Program funds from the Department of Treasury became available March 1.

CTHA is accepting applications for the program and can aid with past, current and future utility bills and rental payments to eligible households.

To receive emergency rental assistance, households must have at least one individual who qualifies for unemployment or has experienced a reduction in household income, incurred significant costs or experienced a financial hardship because of COVID-19.

CTHA can provide emergency rental assistance to any eligible household, regardless of where occupants live or tribal status. To learn if your family is eligible based on federal income limits, go to

GET AN APPLICATION

Contact Chehalis Tribal Housing Authority at **360-273-7723** or email **criffe@chehalistribe.org**.

huduser.gov/portal/datasets/il/il2020/select_geography.odn.

CTHA will distribute funds based on eligibility and availability of funds. Preferences are as follows:

- First preference will be given to eligible households that have at least one family member who is a Chehalis tribal member.
- Second preference will be given to eligible households that have at least one family member who is a member of an Indian Tribe.
- Third preference will be given to all other eligible households.

HOUSEHOLD INCOME LIMITS ON CHEHALIS RESERVATION

FAMILY SIZE	1	2	3	4	5	6
INCOME BELOW	\$37,700	\$43,100	\$48,500	\$53,850	\$58,200	\$62,500



Returning team member committed to service

Stormi Sanchez takes on Lucky Eagle Hotel Manager role

Dear Team Members,

It is with great enthusiasm that I announce Stormie Sanchez as the new Hotel Manager. Stormie has a passion for providing great guest service which has been refined with years of experience both at Lucky Eagle Casino, as well as at the Chehalis Tribe's own Fairfield by Marriott in Grand Mound.

He first started at Lucky Eagle Casino & Hotel in January 2014 where he journeyed across many departments

including Food & Beverage, the Call Center, Promotions & Events, Players Club and Slots.

During his first tenure at LEC&H he took on progressive responsibilities culminating with him serving as a supervisor. In 2018, he left LEC&H to serve the Chehalis Tribe at the brand-new Fairfield Inn by Marriott in Grand Mound as a Front Office Manager.

Stormie is excited to re-join the team members here at LEC&H as he considers

them as family. During his first tenure at LEC&H he established relationships with our guests which he is looking forward to re-ignite.


I am very excited about the passion, commitment to service, positive energy, and contributions I know that Stormie will make to the Lucky Eagle Casino & Hotel Team in his new Leadership role.

Please join me in Congratulating him and welcoming him back to the property the next time you see him.

Sincerely,
Ben Scholl



Stormi Sanchez



WIC THROUGH SPIPA

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

NEXT DATE: 9:30 a.m.-3 p.m. April 8 at the Wellness Center

CONTACT: Debra Shortman at 360-709-1689 or wicnutrition@spipa.org

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

USDA food program

9:45 A.M.-1:30 P.M. MARCH 25 COMMUNITY CENTER

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

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



HEALTH/WELLNESS

Employees wear red to support women

Heart disease doesn't affect only men. Each year, one in three women die of heart disease and stroke. We can change that. Eighty percent of cardiac events can be prevented with education and lifestyle changes.

As part of a national campaign, Chehalis tribal employees wore red on Friday, Feb. 5, to raise awareness and help save lives.

When it comes to beating heart disease and stroke, change can be the cure. Five numbers that all women should know to take control of their heart health are: total cholesterol, HDL (good) cholesterol, blood pressure, blood sugar and body mass index (BMI). Knowing these numbers can help women and healthcare providers determine their risk for developing cardiovascular diseases.



Chehalis tribal staff members wore red on Feb. 5 to help bring awareness to heart disease.

BLOOD PRESSURE

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120-129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130-139	or	80-89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	OR	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

Before your blood pressure is taken:

- No smoking, exercise, caffeinated beverages or alcohol for five minutes before and sit still in a chair.
- Make sure cuff is the right size and wrap it above the bend in the elbow and against skin (not over clothing).











American
Heart
Association





HEART ATTACK WARNING SIGNS

Signs vary between men and women. If you have any or a combination of these symptoms, dial 9-1-1.

WOMEN

-  Nausea or vomiting
-  Jaw, neck or upper back pain
-  Chest pain, but not always
-  Pain or pressure in the lower chest or upper abdomen
-  Shortness of breath
-  Fainting
-  Indigestion
-  Extreme fatigue

MEN

-  Nausea or vomiting
-  Jaw, neck or back pain
-  Squeezing chest pressure or pain
-  Shortness of breath

MORE INFORMATION

To make a change, donate at **800-AHA-USA1** or **goredforwomen.org**.

CONTACT US

For more information about health and wellness resources, contact Community Wellness Manager Christina Hicks at **360-709-1741** or **chicks@chehalistribe.org**.

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

LeRoy Boyd Sr.:

Vice Chairman

Sheilah Bray: Treasurer

David Burnett: Secretary

Jason Gillie:

Fifth Council Member

chehalistribe.org

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

Stinging nettle packs a punch

Stinging nettle is an herbal medicine used across the nation by Indigenous peoples. It can be found around rivers or a body of water in wooded areas. We have used this medicine for many purposes for centuries.

Benefits include

- Vitamins A, C, K and B
- Minerals, such as calcium, iron, magnesium, potassium and sodium
- Amino acids, antioxidants defend cells against damage
- Help with inflammation such as arthritis
- Lower blood pressure
- Healing properties that help with wounds
- Help with asthma, eczema, fatigue, low lactation, seasonal allergies, type 2 diabetes, and hair, teeth and bones

Around February is the best time to gather this medicine. When you harvest nettle, it's important to be careful. Wear thick gloves to prevent stingers from touching the skin and use scissors to avoid injuring the plant, allowing it to continue to grow.

Once nettle is gathered, blanch it in boiling water for just a couple of minutes to get rid of the stingers. After blanching, you can freeze nettle or use fresh in a meal. It also can be air dried. The leaves and stingers will fall off this way, though it is a lengthier process.

Stinging nettle can be added to various food



Karen Klatush harvests stinging nettle on the Chehalis Reservation.

dishes. Leaves, stems and roots can be used to make soups, salads, smoothies and even a cake. The possibilities are endless. When dried, leaves, flowers and roots make a delicious tea.

After fully grown, stinging nettle also can be gathered and prepped to make weaving material. Cut nettle at the bottom of the stalk, tear off leaves and hang it upside down until dry, waiting for stingers to fall off. When it's fully dry, another option is to re-soak the nettle and pull/split the fibers away to reveal twine for weaving.



EXPANSION

From page 1

COVID-19 pandemic slowed down finalization of the building. The updated timeline for construction completion is April 1.

Safety precautions

The expansion will serve as a makeshift hospital to provide medical attention for those in need. CTWC Director Denise Walker said the decision was based partly on the fact that regular hospitals have been overcrowded. This makes it difficult for individuals to receive help for medical issues.

The addition is designed to be a hospital for patients who are not in critical condition yet need to be seen overnight. Each of the rooms have bathrooms and smart TVs along with negative air pressure to help stop the spread of infectious diseases such as COVID-19 and tuberculosis. This eliminates the potential transfer of airborne infections to medical providers and other patients.

The expansion offers an option for tribal and community members who don't want to wait in the hospital to be seen for less critical medical issues such as IV fluids to help bodily functions.

Plans for future needs

After the pandemic is under control and guidelines are lifted, the tribe plans to potentially use the enhancements for urgent care and patients who are sick. A trauma room and ambulance entrance are also included in the design to better meet the needs of these specific patients. This will help staff separate patients with illnesses from those who are seeking routine healthcare needs such as an annual physical or exams.

Additionally, the Wellness Center has converted a meeting room into the tribal pharmacy to continue filling medicine prescriptions. The updated design features a walk-up window that allows patients to pick up medications without entering the building.