

CHEHALIS TRIBAL NEWSLETTER

January-February 2022

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Beautiful handmade items
Elders Bazaar featured artisan products perfect for giving
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THUNDER CANNABIS

Tribe-owned dispensary grows a strong future



The Chehalis Tribe partnered with Thunder Cannabis to open a marijuana dispensary at Exit 99 in Tumwater. Thunder Cannabis is an exciting new business endeavor for the tribe. Customers have the option to select from both recreational and medical marijuana products throughout the spacious 2,500-square-foot store.

Washington and Colorado became the first states in the United States to legalize recreational marijuana use in 2012. Shortly after, tribes in Washington negotiated compacts to allow tribes to operate dispensaries in subsequent years.

Thunder Cannabis opened for business on April 10, 2021. The majority of its operation is handled by General Manager Chris Klatush, an enrolled Chehalis tribal member. Klatush previously worked more than 20 years with Chehalis Tribal Enterprises and managed The End of the Trail II gas station prior to transitioning to his new role. He is responsible for leading the crew at Thunder Cannabis.

"I like being here for the new challenge," Klatush said. He took part in the opening of EOT2, which was the first station on the reservation to serve fuel. He was a major



The Chehalis Tribe's partnership with Thunder Cannabis yielded a thriving dispensary in Tumwater.

See CANNABIS, page 2



The annual employee Christmas Party and Spirit Week provided welcome seasonal fun.

Tribal employees celebrate

2021 brought merry return to Christmas Party, Spirit Week

Chehalis Tribal Government employees celebrated the 2021 Christmas season with a host of activities throughout the week prior to holiday break.

The tribe brought back its annual employee Christmas Party, which brings together staff from various departments.

The pandemic prevented the celebration in 2020.

Much has changed in the way departments interact. Prior to COVID-19, staff were able to collaborate on projects and gather regularly. The virus forced more independent operations with less day-to-day interaction among employees. The Christmas Party once again provided

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CANNABIS

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part of developing the business into a success. His goals are that this business share the same success as others have for the tribe.

Marijuana contains the chemical cannabidiol (CBD), which has long been shown effective for treating a variety of health conditions including insomnia, chronic pain, anxiety, addiction, anti-seizure and many others conditions.

Chairman Harry Pickernell Sr. described his personal experience and the benefits of opening a tribal-owned marijuana dispensary.

He said the business offers products to help those who are suffering from setbacks because of illness and/or pain.

As with any other business, the road to opening included a long process of decision making. After much discussion, it was the consensus among Business Committee members that the tribe would officially pursue the endeavor.

Tribal government officials traveled to the state Department of Justice (DOJ) offices in Seattle to see what their position was on the Chehalis Tribe opening a marijuana dispensary.

The outcome from that meeting was an understanding that the DOJ would not interfere or shut down any operations if the tribe decided to move the project forward.

Chehalis tribal leaders began negotiating a compact with the state Liquor and Cannabis Board (WSLCB) and came to an agreement on the regulations for



Thunder Cannabis features a robust variety of products.

operating on reservation land. After meeting with WSLCB, the details of the compact were decided, including taxes.

After discussions regarding the best route moving forward

in the marijuana industry, the tribe decided to partner with the company Thunder Cannabis.

At zero cost to the Chehalis Tribe because of land and building ownership, an agreement was

reached that made the tribe owner-operators and the business would be opened.

The Chehalis Tribe needed to find a financial holding company. With most major banks unwilling to work within the marijuana industry, the tribe decided to go with Seattle-based Salal Credit Union as its financial institution.

Another unique aspect of the business is that it's under the tribal government umbrella instead of Chehalis Tribal Enterprises to protect assets that could be potentially affected by the new business.

The Chehalis Tribe originally considered a location at Exit 88 in Ground Mound. The area has seen economic growth in recent years. Ultimately, the Tumwater locale won out based on the increased population in the area with more development planned in upcoming years.

Thunder Cannabis has 20 employees. A majority are enrolled tribal members, including Klatush.

Future plans for Thunder Cannabis include a second location and grow operation at Grand Mound slated to arrive in the middle part of this year.

In July of 2020, the Chehalis Tribe adopted an ordinance to allow medical and recreational use on the Chehalis Reservation. As part of this ordinance, growing marijuana for personal use or monetary gain is prohibited.

The Chehalis Tribe is required to own every marijuana plant on reservation/trust land, meaning if an individual wanted to grow on reservation land, he or she would be required to operate underneath the Tribal Government's umbrella.

Help for renters, homeowners FROM CHEHALIS TRIBAL HOUSING AUTHORITY



HOMEOWNER ASSISTANCE FUND

Apply to receive funds for small home repairs. Here are the income limits:

- Projects must address a health/safety issue and be necessary for habitability
- Must be income qualified
- Assistance depends on available funds

Grays Harbor County Family size/income below

- 2: \$84,750
- 3: \$95,350
- 4: \$105,900
- 5: \$114,400
- 6: \$122,850

Thurston County Family size/income below

- 2: \$108,250
- 3: \$121,800
- 4: \$135,300
- 5: \$146,150
- 6: \$156,950

EMERGENCY RENTAL ASSISTANCE

Apply for assistance with back/current rent and utility expenses. Here are the income limits:

Grays Harbor County Family size/income below

- 1: \$23,600
- 2: \$26,650
- 3: \$30,300
- 4: \$33,650
- 5: \$36,350
- 6: \$39,050

Thurston County Family size/income below

- 1: \$37,700
- 2: \$43,100
- 3: \$48,400
- 4: \$53,850
- 5: \$58,200
- 6: \$62,500

Contact Alyssa Charles at acharles@chehalis tribe.org or 360-273-7723.

STAFF UPDATES

Tribal Gaming Agency mainstay returns to job

Chehalis tribal member Jedidiah Starr returned to continue his career as Tribal Gaming Agency Deputy Director on Jan. 25.

Starr has spent a majority of his life on the Chehalis Reservation and worked at Lucky Eagle Casino & Hotel for extended stints since it 1996. He played a role in maintenance, security and surveillance through the years.

He also worked briefly at the tribal store and eventually was recruited by management to work for TGA in 2005. It was during that tenure, when he gained a great amount of knowledge about the roles and responsibilities of the job.

TGA monitors employees of the casino, and its guest on the gaming floor and to enforce rules of the casino.

Starr decided to step away for a change of

'It is being able to set a good example and being accountable for yourself.'

- Jedidiah Starr



pace and spent a couple years working in Arizona.

When COVID-19 started impacting job opportunities, he found it wasn't the best direction for him and came back to work for his tribal community once again. Fittingly, the deputy director role for Tribal Gaming Agency

was going to soon be available. Starr was selected to take over the position.

"It has been nice. I've had a lot of support," Starr said.

He returns to the agency prepared with years of experience with many team members in both TGA and surveillance. Starr takes over for previous Deputy Director Darrin Jones.

Starr said strong leadership is "being able to set a good example and being accountable for yourself."

Therefore, he plans to tackle this leadership role by taking care of responsibilities and teaching others by example.

Starr is an avid fisherman and has spent countless hours along the rivers. He looks forward to being among his fellow tribal members as he integrates himself with the tribal community.

Deputy director pursues a career in construction

Russ Baker is transitioning away from the Chehalis Tribe to work in construction. After an intensive eight-week training course in Woodland, he will become certified to operate multiple heavy machines used on major construction sites.

Baker was the Tribal Gaming Agency Deputy Director at Lucky Eagle Casino & Hotel for three years. Prior to that, he worked for the Tribal Government in youth programs.

Baker briefly worked in construction in 2017 and thought of it as a potential career. After keeping that idea on the back-burner, he decided to seize the opportunity to begin a new venture.

"I love the people that I work with, so it was a tough decision to move on," Baker said.

'I love the people that I work with, so it was a tough decision to move on.'

- Russ Baker



Although he leaves a crew behind of people he truly cares for, he has full confidence TGA staff will continue their great work.

Baker will attend classes at West Coast

Training, nearly 75 miles down on Interstate 5. He will make the commute five days a week to earn his certifications.

Baker is aware this is a big sacrifice, but he knows that his wife, Talisa, will be able to manage the daily routine of raising the family.

Ultimately, this career change will benefit his family. After training, he will be able to operate machinery such as the dozer, backhoe, excavator and other types of heavy equipment.

Baker would like to thank everyone who has helped him along the way and said he is grateful for the opportunities the tribe has given him. Baker knows this is just a stepping stone and he will continue to give back and show support for his tribal community.

CELEBRATE OAKVILLE HIGH SCHOOL BASKETBALL PLAYERS



From left: Jeremiah Baker, Jeremy Wilbur, David Spears, Koner Burnett, Courtney Price, Eddie Klatush, Hazen Cayenne and Shayden Baker.



Skylar Bracero-Rosbaugh, Karen Klatush and Melanee Stevens of the Heritage & Culture program helped teach participants in traditional holiday-themed classes.

ITEMS TO GO

Tea, syrups and balms are available at the Tribe's Community Center. Call Melanee at **360-709-1683** to schedule an appointment to pick up items.

Cultural creativity

Community members craft holiday-themed gifts in Heritage classes

The Chehalis Tribe's Heritage & Culture program hosted classes throughout the fall and early winter months of December and January. Classes allow tribal members to practice traditional artistic ways of their ancestors.

Skylar Bracero-Rosbaugh, Karen Klatush and Melanee Stevens operate the Heritage & Culture program for the tribe. The group has striven to keep the community actively participating in traditional ways of Native Americans ancestors. They also integrate modern methods while teaching valuable life lessons such as making items by hand and sticking with projects.

On Nov. 13-14, program staff held the inaugural Culture Camp. The event was open to tribal community members of all ages. Participants created various handmade items and were taught cedar



weaving, beading, wood carving and sewing, along with crafting natural herbal medicines made from plants native to the region.

On Dec. 11-12, Bracero-Rosbaugh, Klatush and Stevens of the Heritage & Culture program held holiday-themed classes. Participants learned how to craft a Christmas stocking by using a sewing machine and Pendleton-style fabric.

Bracero also taught a very unique method of cedar weaving as she walked participants through how to weave one-of-a-kind cedar objects as Christmas ornaments.

The Heritage & Culture program will continue to hold tutorials throughout 2022 and will keep the community updated on events. Classes will include instruction on making elderberry syrup, sage honey, trauma balm, nettle tea and many more natural herbal medicines and health products. February classes will introduce participants to creating aprons, cedar woven vases and self-care kits.

The project room will be open to the tribal community from 3-6 p.m. Tuesdays and Thursdays throughout the year. Crafters will be able to work with cedar, cattail, beads and other handmade items.



BRUNCH *with* SANTA

Great Wolf Lodge celebrated Christmas by holding Brunch with Santa at the event center on Dec. 18.

The special holiday event brings the community together to enjoy a meal and take adorable photos with Santa Claus and Mrs. Claus.

The Chehalis Tribe is part owner of the lodge in Grand Mound. The indoor water park is the only of its kind in the Pacific Northwest and is a year-round vacation destination for families in the region.

Throughout the year, Great Wolf holds community events for locals and Chehalis tribal members.

Since the lodge opened in 2008, Great Wolf has offered Brunch with Santa. It's a sweet opportunity for children to meet Santa Claus and Mrs. Claus and enjoy keepsake family photographs. The event was unfortunately canceled in 2020 because of COVID-19 regulations and safety measures.

The popular brunch made a triumphant return during the 2021 holiday season. Everyone in attendance was treated to a full breakfast buffet and captured treasured holiday memories with Santa.



Brunch with Santa and Mrs. Claus at Great Wolf Lodge featured countless smiles from Chehalis tribal family and friends.



Gifts galore at Elders Bazaar

On Dec. 4, 2021, The Chehalis Tribe hosted its annual Elders Bazaar at the Community Center after putting the event on pause because of the impact COVID-19 regulations had on gatherings.

The annual event held by the Elders Committee provides an opportunity for those in the area to shop for the holidays while supporting independent vendors. The committee emphasized that the bazaar holds significance because only Native American vendors offer their products.

Those who attended the winter celebration were placed in a raffle drawing to win one of various items donated from each participating vendor. The gathering was well attended.

Attendees browsed handmade products in the gymnasium and shopped for gifts. The majority of items available at the annual bazaar are truly one of a kind and include beaded and stone jewelry, cedar woven baskets, clothing and other types of art inspired by creative Native Americans.

This made for real unique gifts that are purchased directly from the individuals that created the piece. For example, all beaded items take hours of time and dedication to create.



The Elders Bazaar in December featured wonderful handmade items such as jam, cedar weavings, jewelry, patches and bags.



CELEBRATE

From page 1

the opportunity for staff engagement.

In the week leading up to the big event, tribal employees celebrated with Spirit Week activities. On Monday, Dec. 13, employees brought their A game for Dress Like Your Boss Day. Outfits were highlighted by Marla Medina in Planning dressing and fixing her hair to look like Amy Loudermilk. Cheryle Starr donned clothes to mimic Interim General Manger Jesse Gleason's style.

On Tuesday, employees arrived looking delightfully similar for Twin Day. Behavioral Health staff members Melody Dady and Janet Stegal wore matching naughty and nice sweaters. Chehalis Tribe Chairman Harry Pickernell Sr. and Stephanie Pickernell dressed up in matching Disney apparel.

Next up were Pajama Day and Decades Day. The Finance team showed their pj-clad spirit as many of them cozied up for the group photo.

On Friday, the week came to an end with Ugly Sweater Day and the employee Christmas Party at the Lucky Eagle Casino & Hotel Event Center. It was a day of relaxation and decompression to close out the year.

Wellness staff participated in Spirit Week every day, but most were unable to make it for group photos. The entire staff was able to come together at the employee party and show off their unified holiday spirit.

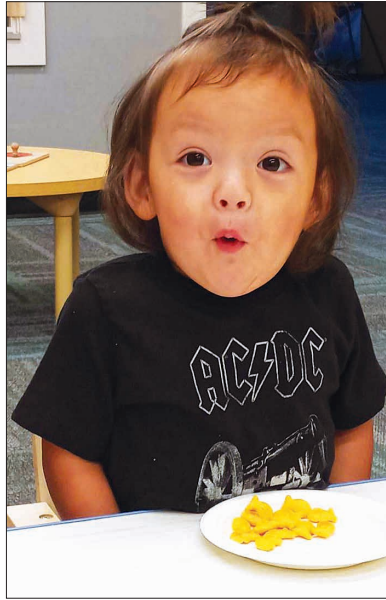
Vice Chairman LeRoy Boyd emceed the celebration. He made sure it was a lively event and helped during games of bingo, announced all of the raffle winners and passed out gifts to employees. The Events department also put a lot of work into preparing for the festivities and making everything happen seamlessly.



Chehalis tribal employees donned pajamas and styled clothes and hair to look like twins, bosses or from decades past during Spirit Week last year.

JANUARY BIRTHDAYS

IRENE ADAMS
 ZOE ALBERT
 BROOKE ALLEN
 RUSSEL BAKER
 FINLEY BECKWITH
 DAVID BIRD
 SHEILAH BRAY
 HOLLIE BROCKMUELLER
 JONATHAN BROWN
 DYLAN BURKE
 JAKE BURNETT
 CALVIN CAYENNE
 OTTO CAYENNE
 MEGAN CHRISTJOHN
 JACOB CHRISTJOHN
 ALYNN CLANCY
 SIDNEY COLE
 JENNIFER COOPER
 BELLA COULARD
 EVA DELAMATER
 ALIA DUPUIS
 CURTIS DUPUIS
 JAMES DUPUIS
 JEREMY FANNING
 JOYCE FANNING
 ROBYN FIELDS
 SAMUEL FLORES
 LAURA FRICKE
 DANIEL GITCHEL
 PATRICIA GITCHEL
 DANIEL GLEASON
 JAMES GUNNELS
 TRISTAN HANNA
 MORGAN HANNA
 ANNA HILL
 CAMERON HJELM-SNELL



Wynoochee Charley Siufanua-Boyd: Happy birthday!

ALEXANDER HOHEISEL
 EZRAH JACK
 WILLIEFERD JOE
 CHERYL JONES
 DARRIN JONES
 JUNE JOSEPH
 SHIRLEY KAY
 SUSETTE KLATUSH
 SHYANN KLATUSH
 ULISES KLATUSH
 MARIAH KLATUSH
 NATHANIEL KLATUSH
 CHEYENNE MARCELLAY
 CRYSTAL MARTINEZ
 MAKAYLA MASHBURN
 AVERY MCJOE
 MIYA MCALISTER
 JOHN MCCRORY
 DARYL MCCRORY

ANNA MEAS
 MAX NORGARD
 MATHEW OMAN
 MYA ORTIVEZ
 MAKAYLA ORTIVEZ
 JAYZEN OWENS
 TRACI PARKINSON
 RAVENHAWK PENN
 ROBERT PHILLIPS
 KATHRYN PICKERNELL
 CHRISTOPHER PICKERNELL
 DIANA PICKERNELL
 LAUREN QUILT
 NIKOLAS ROMERO
 JAILEEN SANCHEZ
 ZANE SANZHEZ
 KAELEN-JAY SANCHEZ
 WYATT SANCHEZ-ALLENBACH
 BRODY SANDERS-BOYD
 DREAMA SECENA FERGUSON
 PATRICK SIMMONS
 WYNOOCHEE CHARLEY SIUFANUA-BOYD
 AKASHA SLIGHTE
 TAMIKA STARR
 JAXON STARR
 BENJAMIN STARR
 WYATTE WITWER
 LESLYE WYATT
 RODNEY YOUCKTON
 MARGRET YOUCKTON
 JOHN YOUCKTON
 DEREK YOUCKTON
 CHEYNE YOUCKTON
 CHAYSE YOUCKTON-BONIFER
 ALLISTAR YOUCKTON-LEGG
 KAMILA ZAYTSEV



BELATED WISHES

Kly Meas: Happy birthday Prince Kly. Grandma lova, lova, lova you!



Kirsten Secena: Happy birthday to my amazing great niece. We love you so much.



Melanie Hjelm: Happy birthday to my beautiful cousin.



Bladen Zahner: Happy birthday to my nephew. Much love.

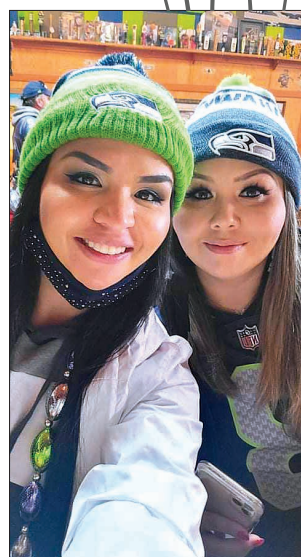


FEBRUARY BIRTHDAYS

JENNIFER 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
 MACKENZIE JONES
 SHYLOH KINKADE
 TYLER KLATUSH
 HEATHER KLATUSH
 KAREN LECLAIRE
 CHARLOTTE LOPEZ
 BRADYN LOPEZ
 RAY-RAY LOPEZ
 YEVGENI LUKIANOV
 CHOAN MACDOUGALL
 DAKOTA MARCELLAY
 SHELBY MCCRORY
 AALYAH MEDDAUGH
 TERRY MIDDLETON
 CATHERINE NEMETH
 DEVIN OLNEY
 ALBERT ORTIVEZ III

ALBERT ORTIVEZ-HICKS
 MEADOW OWENS
 SABRINA OWENS
 KILYNN OWENS
 BAILEY PARKINSON
 CHASE PEREZ
 STEPHANIE PICKERNELL
 LOIS POLING
 AMY POTTER
 BONNIE QUIRKE
 JENNIFER REVAY
 JOSEPH REVAY
 RITA RIVERA-HERNANDEZ
 ZEDIKIAH SANCHEZ
 CATHERINE SECENA
 RAYMOND SECENA
 SHAYLAH SEYMOUR
 FRED SHORTMAN
 ATTICUS SIMMONS
 PATRICK SIMMONS JR.
 JERRIE SIMMONS
 CHERYLE STARR
 MEI-LIEN TANNER
 CHRISTOPHER TEAGUE
 CARLA THOMAS
 STAR THOMAS
 SHARON TOLBERT
 MARIAH VASSAR
 KESAWIN WASHBURN
 DAKOTA WILKINS
 RILEY YOUCKTON
 STEVIE YOUCKTON
 COLETON YOUCKTON
 ZAYDEN YOUCKTON
 KAYDEN YOUCKTON
 ANDREA YOUCKTON

Tyler Klatush: Happy sweet 16 son! Keep being the great young man that you are. You have a bright future ahead of you. We love you so much. – Dad.



Left — MacKenzie Jones: Happy birthday to my sister! Love you so much, from Shelby.

Below — Levi DuPuis: Happy 4th birthday!!! You are so loved, from Mom.

Bottom — Journee Charles-Cayenne: Happy birthday!



HEALTH/WELLNESS

Put a spring in your step with a foot check



Diabetic patients should have their feet checked by a podiatrist at least once a year, even if obvious foot problems are not present.

Make sure feet are in good shape by scheduling a visit to podiatrist Deborah Behre, DMP, at the Wellness Center. She will be available from 8 a.m.-noon March 22.

Prevention is key

- Control blood sugar levels.
- Exercise every day.
- Take medication as prescribed.

Nerve and vascular damage

In diabetics, this often can cause:

- Loss of sensation or feeling called neuropathy – may not feel heat, cold, something in shoe or pain from infection
- Poor blood flow causes difficulty in healing (risk for ulcers and gangrene)

Check feet regularly

- Redness, sores, blisters, calluses
- Ingrown toenails
- Numbness or open sores
- Cold to the touch or change in temperature
- Loss of hair on toes and foot

Clean feet every day

- Wash with mild soap and warm water.
- Dry well, especially between toes.
- Never soak feet (can increase dryness).

- Lightly apply lotion or moisturizer to feet.
- Do not moisturize between toes.
- Check toenails once a week. Cut straight across.
- Apply foot powder between toes.

Socks and shoes

- Always wear socks and shoes to protect feet from hot, cold and foreign objects.
- Wear white, natural fiber (cotton or wool) socks.
- Soft, padded socks help avoid blisters and sores.
- Socks with no seams are best.
- The top band of socks should fit comfortably. Wide, generous bands are often better for comfort.
- Have shoes professionally fit.
- Change shoes once a day to alter pressure points.
- Check shoes daily for pebbles or foreign objects.
- Wear sturdy, supportive shoes that fit well and have a generous width and deep toe box.

Movement is important

- Put your feet up when sitting to decrease swelling.
- Wiggle toes and move ankles periodically to increase blood flow.
- Do not cross your legs for long periods.

MORE INFORMATION

Call the Chehalis Tribal Wellness Center at **360-273-5504** to schedule an appointment.

Delicious, heart-healthy fish dinner hits the spot

Salmon with Crushed Blackberries and Seaweed

INGREDIENTS

2 cups fresh blackberries
Coarse sea salt
4 wild-caught sockeye portions
3 tablespoons sunflower oil, plus more as needed
2-3 tablespoons dried wakame seaweed
Fresh chive stems for garnish

A traditional staple in the Pacific Northwest, salmon is considered a sacred food. Seaweed and blackberry harvesting go back countless generations as well. The salty seaweed and sweet blackberries are great accompaniments in this dish.

DIRECTIONS

1. In a medium bowl, crush half the blackberries using the back of a fork. Add the remaining whole blackberries, stir and season to taste with salt; set aside.
2. Pat salmon fillets dry with a paper towel. Season with salt on both sides.
3. Roast in a traditional manner or heat a large, heavy saute pan or cast-iron skillet over high. When the pan is hot, add 3 tablespoons oil and carefully swirl it around to coat the bottom of the pan. When the oil begins to shimmer, place the fillets in the pan, flesh-side down,

and sear until the salmon picks up some color and releases easily from the pan, 1-2 minutes. Flip the fish, reduce the heat to medium and continue cooking until cooked through, about 2 minutes more, depending on the thickness of the salmon.

4. Transfer fillets from the pan to a warm plate and tent with foil until all fillets are cooked, making sure to get any of the salmon skin that may stick to the pan.

5. Divide the salmon among plates, serving it skin-side up. Top with the blackberries, then garnish each plate with the seaweed and a few chive stems.





Fun ways to move as a family

We can prevent diabetes together

Children need 60 minutes or more of physical activity each day to prevent diabetes. Youngsters learn to be active by watching their parents. Show them how much you care about their health by setting a good example. Children love playing with their parents. Ask your child to go outside and play with you instead of watching TV and playing video or computer games. Any movement is better than none. Try some of these cheap, easy and fun ways to move with your kids:

Housework help

Ask your child to sweep the floor, vacuum or dust. Make chore time fun and see who can fold clothes and put them away the fastest.

Walk and seek

Ask your child to help find the greenest leaf in your yard or neighborhood. Look for flowers at the park or take your child on an early evening frog walk. You'll find frogs near street lights.

Ready, set, go

Take any chance to challenge your child to a race. You can race from one street light to the next, race to your car or a tree in your yard.

Dance time

Turn on the radio or play an upbeat CD. Show off your best dance moves. Ask your child to try out the moves. Make it a contest.

Fun and easy

Write each of these activities on a piece of paper: 30 jumping jacks, 15 situps, bend and touch your toes 10 times, run in place for 30 seconds, go on a walk. Fold each and put it in a bowl. Let your child pick out a square each day and do the activity together. Think of more activities you can do and add them to the bowl.

Routine

Ask your child to remind you to do a moving activity each day. Your child's future health depends on you.



WIC through SPIPA

Participants can get breastfeeding help, health education, checks to buy food and services referrals

NEXT DATE: 9:30 a.m.-3 p.m. March 10 at the Wellness Center

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

Nutrition counseling

FOR NATIVE DIABETIC PATIENTS OF CTWC

Certified intuitive eating coach, registered dietician and nutritionist Cathy Visser tailors lessons to specific needs. She is available Wednesdays at the Wellness Center.



Contact Visser by email at trueforyounutrition@gmail.com

Need additional help on your wellness journey? Call Christina Hicks, community wellness manager, at 360-709-1741.



Calling all contractors

Chehalis Tribal Housing Authority has funds ready to handle repairs



We are seeking contractors in our community to handle jobs that are \$5,000 or less to help homeowners make their homes habitable. Jobs include:

- Painting
- Roofing
- Plumbing
- Pest control
- Accessibility
- Construction
- Gutter work
- Electrical work
- Water/fire restoration
- Mold remediation
- HVAC
- Landscaping
- Remodels

A Chehalis Tribal Business License is required. Go to chehalisTribal.org/departments/planning-department/purchase-business-license-online to get one. Apply today to be added to our preferred contractor's list.

Email Alyssa Charles at acharles@chehalisTribal.org for an application or call 360-273-7723.

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
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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

Chairman: Harry Pickernell Sr.

Vice Chairman:

LeRoy Boyd Sr.

Treasurer: Sheilah Bray

Secretary: David Burnett

Fifth Council Member:

Jason Gillie

chehalistribe.org

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

Manny Medina's proud legacy honored



CTE pays tribute to pioneering contributor to chain of stores

On Feb. 11, Chehalis Tribal Enterprises held a special ceremony for Manny Medina, who passed away two years ago on Jan. 2, 2020.

Manny was a monumental part of the development of the tribe's convenience stores.

CTE honored Manny by putting up memorial plaques at three of its stores on reservation land. The plaque reads:

IN HONOR OF MANNY MEDINA

A beloved Chehalis tribal member, began his career with the End of the Trail convenience stores at the "little store" across from the Chehalis Tribal Center. Manny was a friendly face; his service was the highlight of visiting the store. When the tribe decided to open End of the Trail 2 on Highway 12, Manny was an important contributor to the design and layout of the store – he eventually helped design the End of the Trail 3 at Great Wolf Lodge and the Flagship End of the Trail in Grand Mound.

From cashier to senior manager, Manny took great pride in his role in the management of the stores. He was a wonderful teacher and mentor to the staff of the End of the Trail stores, leaving lasting impressions on each employee he worked with. Manny is greatly missed and remembered as the friend, teacher, and co-worker that he was.



Beloved tribal member Manny Medina's career and contributions to the Chehalis Tribe's convenience stores were honored on Feb. 11.