

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

CHEHALIS TRIBAL NEWSLETTER

March-April 2022

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Sweet treats

By Frazier Myer

The Chehalis Tribe celebrated Easter on April 14 with egg hunts for youth on the reservation.

The day began with an egg hunt for Head Start youngsters hosted by the Education Program and members of Behavioral Health.

During the week, Melody Dady prepared baskets for each child in the program. She also arranged the hunt by filling plastic eggs with candy and scattering them across the field at Tomahawk Stadium.

After each class took a turn hunting for eggs, youth were treated to goodies, a balloon and baskets filled with Easter-themed items handed out by Violet Snell.

The annual Easter egg hunt hosted by the Youth Center was held later that evening. Children and their families enjoyed an

Youth race for
hidden treasures
in adorable
egg hunts



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Photo by Theresa Youckton
Officer Rikki Sutterliet's mother, Elaine McCloud, takes part in her son's ceremony.

Officer joins Public Safety Department

Rikki Sutterliet follows dream to assist fellow tribal members

By Frazier Myer

Enrolled Chehalis tribal member Rikki Sutterliet was sworn into the tribe's public safety department Feb. 23 with close family and members of the department present.

Sutterliet has lived on the reservation for most of his life and it's a place he considers home. He said the career choice to become a police

officer stems from his commitment to assisting fellow tribal members.

The previous four years, Sutterliet was a personal trainer at the tribe's Community Center gym.

"When I decided I wanted to be a personal trainer, it was because I wanted to help people," Sutterliet said.

Unfortunately, his regular schedule

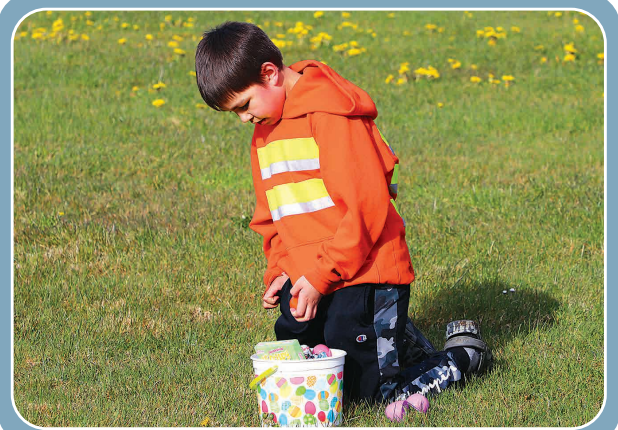
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EGG HUNTS

From page 1

Easter egg hunt and photos with the Easter bunny. Youth raced through Elders Field near the Community Center.

Twelve unmarked eggs held a winning number inside. Those lucky enough to find one received an Easter basket. Simon Baker discovered a special egg and went home with a Marvel superhero-themed basket.





Elders celebrate

Article and photos by Frazier Myer

The Chehalis Tribal Elders Program whipped up a dinner April 14 for members of the group that celebrated a birthday in March or April.

The event was held at the Community Center Gathering Room. Those in attendance were asked to participate in a dessert potluck with cakes, cookies and other treats. Some of the desserts were Easter themed because they used the gathering to celebrate the holiday as well.

Elders joined in the holiday spirit by taking a photo with the Easter Bunny. Helen Sanders, Daniel "Bones" Gleason, Daryl Beckwith and Lynn Hoheisel were among those who captured a sweet snap with the bunny and celebrated their birthday month.

Barnaby Canales took photographs and printed them out to provide memories from the event.

April birthdays

Jean Haltom
Daniel Gleason Sr.
Rhonda Higgins
Ronald Rogers Sr.
Daryl Beckwith
Dennis Gunnels
Glenn Bobb
Daniel Poling
Tony Medina
April Reynolds
Angila Oliver
Lynn Hoheisel
Nadine Burnett
Eldon Gleason
Randall Powell-Johnson



VAMA law will help build safer tribal communities

Reauthorization offers another tool to address violence against Indigenous women

In March, the National Congress of American Indians (NCAI) celebrated President Biden signing the Violence Against Women Act (VAWA) into law, codifying historic tribal provisions that strengthen tribal sovereignty and safety in Indian Country.

The reauthorization of VAWA, passed as part of the Omnibus Spending Package for Fiscal Year 2022, empowers Tribal Nations to prosecute non-Indian perpetrators

of child violence, sexual violence, sex trafficking, stalking, crimes against tribal law enforcement and correctional officers, and obstruction of justice.

"The historic tribal provisions in this bill attest to years of powerful, collaborative efforts between survivors, tribal leaders and allies across Indian Country," said NCAI President Fawn Sharp. "We commend Congress' momentous action to reauthorize the Violence Against Women Act, and now, by exercising our inherent sovereignty and jurisdiction, Tribal Nations will continue to increase safety and justice for victims who had previously seen little of either."

NCAI, which established the

Task Force on Violence Against Women in 2003, has advocated alongside survivors, Tribal Nations and domestic violence advocates to restore tribal jurisdiction and protect tribal communities from the highest crime victimization rates in the country.

"This VAWA reauthorization goes beyond just restoring our inherent tribal jurisdiction to protect our communities, it creates another powerful tool to address the epidemic of Missing Murdered Indigenous Women across Indian Country," said President Shannon Holsey, NCAI Treasurer and NCAI Task Force on Violence Against Women Co-Chair.

VAWA's tribal provisions also

create an Alaska pilot project, which allows a limited number of Alaska Native Villages to exercise Special Tribal Criminal Jurisdiction and civil jurisdiction over non-Indian perpetrators.

"The Alaska pilot program and Alaska Native Village jurisdiction is pivotal to transforming the public safety crisis in Alaska," said Chief Mike Williams of the Akiak Native Community, who also serves as the NCAI Alaska Region Vice-President.

"This reauthorization of VAWA empowers us to take the necessary steps to build healthier and safer tribal communities in Alaska and across Indian Country for generations to come," Williams said.

New CTLF executive director

The Chehalis Tribal Loan Fund Board of Directors is pleased to introduce Tamra Marlowe as the Executive Director for CTLF. Tamra is a prior CTLF board member and longtime supporter of the Chehalis Tribe and local community.

Marlowe's leadership and financial services experience, along with her talents in business and community development, will stimulate growth in the CTLF program as we offer lending products and financial guidance to Chehalis tribal members and the surrounding community.

Marlowe is from the Pacific Northwest and has lived in Oakville since 2014. Raised in a family-owned business, she has a passion for building generational stability and legacies through business ownership. She also has been a licensed home loan officer since 2005. Marlowe specializes in financial education, home-buyer readiness, leadership development and organizational growth. She enjoys community development and building

GET IN TOUCH

CTLF Executive Director Tamra Marlowe at **360-709-1631** or **tmarlowe@chehalistribe.org**.



relationships for the betterment of all. She also likes boating, concerts and spending time with family and her dogs.

The mission of the Chehalis Tribal Loan Fund is to empower Chehalis tribal members to achieve financial, educational and entrepreneurial success.

CTLF offers business development, consulting and financial coaching. Loan programs include debt consolidation along with business, consumer, vehicle, equipment, home improvement, rental assistance and fireworks loans.

A time of healing

DRUM AND SONG GROUP

6:30 p.m. May 19
at the Healing House

Chehalis tribal community members welcome.
Runs the third Thursday of each month.
Light refreshments will be provided!

Call: Erika Pickernell or Gilanne DeLaCruz
at 360-709-1676 for more information



American Rescue Plan funds put to good use

Housing Authority provides cleaning supplies, personal kits, street sweeper

The Chehalis Tribal Housing Authority has received American Rescue Plan funds from the U.S. Department of the Treasury in the amount of \$733,611 to respond to the COVID-19 pandemic.

So far, \$110,000 has been spent. CTHA supplied 131 tribal homes, including 42 elder homes, with cleaning supply kits! We were also able to supply 50 children in these homes with their own personal kits and donated 50 cleaning kits to the local food bank for community members.

Additionally, CTHA used ARP funds for our spring cleaning to provide dumpsters, curbside trash pickup for March and a street sweeper that will keep our neighborhoods clean.

We will continue to provide regular updates on how funds are being used.



Chehalis Tribal Housing Authority provided cleaning and personal kits to tribal homes.

CONCERTS ARE BACK!

TICKETS AVAILABLE NOW

at the Lucky Star Rewards Center, LuckyEagle.com or 800.720.1788

AARON LEWIS
AND THE STATELINERS

SATURDAY JUNE 25 & **SUNDAY JUNE 26**

DOORS OPEN 7PM SHOW BEGINS 8PM DOORS OPEN 5PM SHOW BEGINS 6PM

TICKETS STARTING AT \$35
For Star Players at the Lucky Star Rewards Center

Must be 21 or older. See a Rewards representative for details

lucky eagle
CASINO & HOTEL

OFFICER

From page 1

of working with clients stopped when the COVID-19 pandemic closed gyms and placed regulations on gatherings. It was during that time, he decided to make a career transition to a position where he could assist people.

Strengthening the community

Sutterliet envisions himself as a community officer and strives to be someone on the force who can help tribal members and their loved ones feel more secure. As a familiar face who grew up on the Chehalis Reservation, he hopes to create a positive outlook on the Public Safety Department.

"I've met a lot of the tribal police officers before I started working here," Sutterliet said. "I knew that they were great people."

That helped motivate him to seek a job with the department. He was interested in public outreach and engaging with community members to show that safety officers truly care.

Academy training

Sutterliet started working with the Public Safety Department as a trainee in early February 2021. He patrolled with other officers and received on-the-job training as he waited to be sent to the Federal Law Enforcement Training Center (FLETC) in Artesia, New Mexico.

He was at the academy for nearly 16 weeks during the holiday season, starting in October and graduating in January. Sutterliet said there were physical and mental challenges, but the hardest part was being away from home for so long. He spent Halloween, Thanksgiving, Christmas and New Year's away from friends and family.

Sutterliet said what helped him get through training was being with so many goal-oriented people who all wanted to help serve and protect Indian Country.

He said a physical activity that proved more difficult for him was long-distance running. Extensive cardio wasn't something he focused on much in his own training.

The most memorable part of his time at the academy was pepper spray training. He was hit in the eyes with the spray and had to simulate conducting an arrest. Sutterliet had to call dispatch while enduring pain from the spray. The training is intended for officers to learn how to work under stress and understand the seriousness of carrying and using such a tool.

"I've met a lot of the tribal police officers before I started working here. I knew that they were great people."
- RIKKI SUTTERLIET

Some days brought field training and others classroom studies with techniques for interviewing and searching on a routine stop. Sutterliet also reviewed legal coursework and codes specific to federal law.

Sutterliet completed his training with an academic achievement award and a certificate for outstanding performance during the driving courses.

Officer on duty

A month after he returned from the academy, officer Sutterliet and three other patrol officers were sworn into the Chehalis Tribal Public Safety Department by Chief of Police Kelly Edwards. Tenured department officers attended the ceremony. Sutterliet's mother Elaine McCloud and his girlfriend were also there to witness the moment.

Sutterliet is in the process of completing required field training to become a full-fledged officer with the department. He's working with real-life scenarios and learning about how the department operates. After completing field training, Officer Sutterliet will be able to patrol on his own. Officer Sam Heller is mentoring him on patrolling and what to look for while on duty. Sutterliet is also learning in-depth tribal law and codes specific to the reservation and the department's jurisdiction.

Once he completes his training, Sutterliet will become a Fish & Wildlife Enforcement Officer for the department. Similar to a patrol officer, the position oversees and enforces laws for fishers and hunters on the reservation. Officers Jake Burnett and Gary Ortivez III round out the team enforcing laws on the rivers or in the woods. Together, they ensure people aren't illegally fishing or hunting without the proper permits on Chehalis tribal land.

Mariners tickets

DATE	OPPONENT	TIME	PROMOTION
April 17	Houston Astros	1:10pm	Clear tote bag
April 19	Texas Rangers	6:40pm	
April 20	Texas Rangers	6:40pm	
April 21	Texas Rangers	6:40pm	
April 22	Kansas City Royals	6:40pm	Puff vest night
April 23	Kansas City Royals	6:10pm	
April 24	Kansas City Royals	1:10pm	Kids M's hat

Contact Kelsey Bray at 360-709-1721 for tickets!



PLAY BALL! Tickets are first-come, first-serve. Let us know if you are bringing your family, so we can try to get you more tickets if possible. Chehalis tribal members ages 18-54 who haven't signed up before will be given priority.

Chehalis Tribal Days MEMORIAL DAY WEEKEND

MAY 27-30

- Men's hardball +1 token
- Women's softball +1 token
- Co-ed softball +1 men's token and +1 women's token

\$350 entry per team

✓ Make checks payable to: Chehalis Tribe, P.O. Box 536, Oakville, WA 98568

Awards: First-fourth place, MVP, all-stars, best bat

**BLOCK OF ROOMS AVAILABLE AT
LUCKY EAGLE CASINO & HOTEL**

Call 360-273-2000 or 800-720-1788

14TH ANNUAL CANCER WALK FISH BAKE & ART EXHIBIT

Chehalis tribal members who are interested in displaying their art should contact Sheilah Bray at 360-709-1783 or sbray@chehalis-tribe.org.

YOUTH ACTIVITIES & MORE

Contact: Philip Youckton at 360-709-1752 or pyouckton@chehalis-tribe.org about the tournaments, Cancer Walk or to be a vendor.

FOOD VENDORS: CHEHALIS TRIBAL MEMBERS ONLY

SCHOOL NEWS

Full speed ahead for Oakville projects

Dear families and Oakville community,

We continue to be so appreciative of your willingness to support Oakville students. It's been an interesting year managing the aftereffects of the COVID-19 pandemic and moving the high school into the gymnasium to create space for our construction project. We are excited to see the progress the team is making every day.



Highlights

- Total renovation of Oakville High School
- New Oakville Elementary School
- New elementary playground
- Updated baseball and softball fields
- Updated security system
- Reader board on Highway 12
- New high school weight room
- Paved parking lots throughout campus

– Rich Staley, Oakville School District Superintendent

Youth break for spring fun

The Chehalis Tribal Youth Center held events from April 4–8 to keep students active and social during spring break.

More than 50 children attended the events during their week-long vacation from learning in the classroom. Activities at the Youth Center were also beneficial for parents who still had to work and needed a reliable, fun program for their children during the day while on break from school.

Activities

Monday: Heritage & Culture Day with a barbecue lunch

Tuesday: Bowling

Wednesday: Roller skating

Thursday: Great Wolf Lodge

Friday: Movies



Photo by Caytee Cline

Clockwise from above: The Chehalis tribal Youth Center helped kids have a blast during spring break with skating at the Roller Drome, bowling at Fairway Lanes, playground time and meals together.

3-sport athlete rocks his senior year at OHS

Jeremiah Jones-Baker is a senior at Oakville High School. He played football and basketball for the school and is now on the baseball team. Jones-Baker is in his final year of school and will graduate this spring.

Jones-Baker's parents are Talisa and Russ Baker. He has grown up his entire life on the Chehalis Reservation. He attended Rochester High School previously but transferred his sophomore year for the opportunity to attend school and play sports with his friends.

Although Jones-Baker is versatile and enjoys numerous sports, his favorite is baseball. While he can play all areas of the baseball diamond, his favorite is short-stop.

He views going to a smaller school with his friends as an opportunity to learn with a group of students he feels comfortable around and reach goals together.

Though he is an upperclassman, his younger teammates have taught him a lot. They even help motivate each other in the classroom.

He explained that everyone has their moments and off days, but they all go through the ups and downs together, which helps them grow

“Wherever the future brings me, I have to be the one to accept it.”
- JEREMIAH JONES-BAKER

mentally and understand each other better.

“We always try our best to pick them up and learn how to work together as a team,” Jones-Baker said.

In his final year of high school, Jones-Baker views this as a big accomplishment and something he takes personal pride in. He hopes to lead by example and show his younger siblings and friends that they can make it through high school and further their education.

Jones-Baker plans to attend community college next fall and he hopes to walk on to the baseball team. He doesn't know what his next step will be after that, but he plans to transfer to a university and earn a bachelor's degree.

“Wherever the future brings me, I have to be the one to accept it,” Jones-Baker said. He plans to just keep grinding and moving forward. His advice for the younger generation is to be respectful to your peers and those who are older, such as parents and teachers.

One respected adult is Oakville School District Athletic Director Richard Milligan, who has provided excellent support and advice. Jones-Baker looks forward to staying in touch after high school.



Player shares a strong bond with teammates

Eddie Klatush, a sophomore at Oakville High School, had an outstanding basketball season. He shepherded his team at the regional tournament and led the league in points, assists and field goal percentage.

This year, Oakville's varsity basketball team starting five were all enrolled Chehalis tribal members who have played together for years. The team included Ashton Boyd, Eddie Klatush, Courtney Price, Hazen Cayenne and Shayden Baker. During their childhood, they developed a strong comradery and put that on display throughout the season.

Klatush took on the leadership role of the team, setting the pace.

He had a standout season highlighted by a 51-point game.

He averaged 23 points, 5.4 assists, nearly five rebounds and nearly three steals per game. He was named the 1B Coastal League MVP and was selected to the all-area Chronicle team for his performance. The team went undefeated in league play and made it to the regional playoffs for the first time in more than a decade.

In seventh grade, Klatush transferred to Oakville to attend school and play team sports with his close friends and fellow tribal members. He plays

football, basketball and baseball. He has enjoyed basketball for as far back as he remembers and has grown up playing with the same group of friends on the Chehalis Reservation since Head Start.

Klatush said this basketball season is the best year he's had so far with the best teammates and coaches. He said he likes when his team is involved in the success. For example, everyone on the team scored and they almost made a 100 points total in a game against Wishkah.

“It's cool. We grew up together so we know how each other plays,” Klatush said. For him, it's even more than that because he gets to spend time with his friends and play a sport that they all love together.

He took on a leadership role after realizing that he has a good influence on others. Even older peers still look up to him for guidance on and off the court.

Klatush has various role models in his life, including his parents. He said one individual who he can go to for advice and mentorship at school is Oakville School District Athletic Director Richard Milligan.

The starting five has two sophomores and three juniors. All five will be returning next year.

Klatush's goal for next season is to build on this year's success and lead his team beyond regionals to the state tournament in Yakima.



APRIL BIRTHDAYS



NormaRaye Lyons:
Happy 6th birthday!
Love auntie Jen,
Savanna and Royal.



Chavez Secena:
Happy birthday! From
Mom, Dad, brother
and sister.

KENEDY ADAMS
AMY ANDREW-MASHBURN
KELLI BAKER
AMANDA BATRES
DARYL BECKWITH
CHRISTINA BLACKETER
GLEN BOBB
RODNEY BOYD
SAMUEL BOYD
KEVIN BRAY
NADINE BURNETT
ANNIE BURNETT
GREGORY BURNETT
HECTOR CANALES
EMMA CAVERLY
GAUGHE CULVER
CLAUDIA DANIELS
JOSELYN DELAMATER-NEIFERT
DOMINIC DELGADO
EMMA FERN
REMY GARRETY
JESSE GLEASON
DANIEL GLEASON
ELDON GLEASON
STEVEN GUNNELS
DENNIS GUNNELS
JEAN HALTOM
DEIDRA HAWKES
DAKOTA HERNANDEZ
AMBER HIGGINS



Kevin Bray & Charles Latch:
Happy birthday! Love, Mom, Cal,
Sheilah, Stephanie, Selena and all
the kids, nieces and nephews.

RHONDA HIGGINS
LYNN HOHEISEL
JACK JONES
MAKYA KLATUSH
CHARLES LATCH
AVERY LOCKETT
RYCKER LONGINO
JORDAN LOPEZ
JAVIER LOPEZ SANCHEZ
NORMARAYE LYONS
MAX LYONS
ANTHONY MEDINA
JARED MORDHORST
JAZMYN NATH
ANGELIA OLIVER
GARY ORTIVEZ
DALIA PEREZ
BONNIE PHILLIPS

SEGNE PHILLIPS
TRACY PICKERNELL
JESSICA PICKERNELL
DANIEL POLING
RANDELL POWELL-JOHNSON
COURTNEY PRICE
MAUREEN PRINCE
KALEAH QUILT
APRIL REYNOLDS
RONALD RODGERS SR.
ANTONIO SANCHEZ
ROBERT SANCHEZ
BRANDY SANCHEZ
FREDDIE SANCHEZ III
AYDEN SANDERS
CHAVEZ SECENA
DARYL SHORTMAN
ANDREW STARR
JAMES TEAGUE
GAVIN VIGIL
ENYO VISAYA
**LYKAIOS WHITE EAGLE-
ROSBAUGH**
JONATHAN WILLIAMS
HAWK WITTWER
WAKIZA WITTWER
BOWEN WITTWER
GILES YOUNCKTON
AIDEN YOUNCKTON
ALAMIA YOUNCKTON



Kevin Bray:
Happy birthday
Papa! From
Naea and
Kaysen.



**Nadine
Burnett:**
Happy birthday
Grandma, from
Ryan.



**Deidra
Hawkes:**
Happy
birthday, love
Mom and the
rest of the
family.



Jack Jones:
Happy 9th
birthday, Jack!
Love Mom,
Dad, grandpa,
grandma, Jake
and Auntie
Shelby.



Gary Ortiz:
Happy
birthday! We
love you and
hope your day
is amazing,
love your wife
and children.

MORE WISHES

Quinten Canales (March belated): Happy birthday Q Man! You're full of energy and attitude, bringing joy to those around you. A certified storyteller with a contagious smile, we love you lucky No. 2!

Lynn Hoheisel: Happiest birthday to a loving mom, grandma and great grandma. We all LOVE you!

Tony Medina: Happy birthday Uncle Tony. We love you, Marla.

Courtney Price: Happy birthday! From dad.

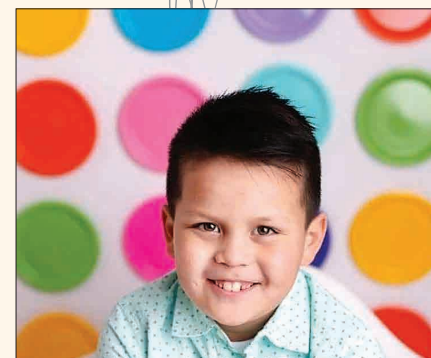
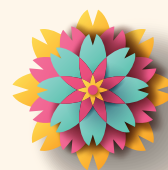
Lykaeos White Eagle-Rosbaugh: Happiest 11th birthday. We all love you!

MAY BIRTHDAYS

LONDYN ADAMS
BOBBY BECKWITH
STEVEN BROUARD
TONY BROWN
JOSEPH BURNS
SAVANNA BUSH-BIRD
AURORA CARTER
BRANDON CASH
ILIAS CHARLES
LUCILLE CUSH
CHYLER DANIELS
LEO DANIELS-MEDDAUGH
RODNEY DAVIS
MATTEO DELGADO
JOSEPH DUPUIS
CURTIS DUPUIS
LINDSEY FAGA
ADAM FLORES
COLE FULTON
TIERA GARRETY
DUANE GLEASON-WHEELER
JESSIE GODDARD
ROGER GOLDMAN
MICHAEL HALTOM
DAMIUS HANSEN
GAVIN HERNANDEZ
VALEA HIGHEAGLE
MERRY BETH HOFSTETTER

CHRISTIAN HOHEISEL
PATRICIA JONES
JOEL JONES
SERENITY KLATUSH
AIREL KLATUSH
PAULA KLATUSH
JANICE LATCH
STEESHA MCJOE
LAUREN MCALISTER
DANTE MCGEE
TEIN MEAS
ARTHUR MEDINA
GEORGIA MEIER
SARAH MOORE
EMILY MORDHORST
SHAWN ORTIVEZ
CYRENA ORTIVEZ
ELIJAH PALMER
TERESA PANNKUK
AIDIN PARKISON
AMARA PENN
ROBERT PENN
AMBER PENN-ROCCO
SASHA PENN-ROCCO
JAQUELINE PICKERNELL
BRADY PICKERNELL
HARRY PICKERNELL SR.
WILLIAM PRESSNALL
LELA PULSIFER

JOAQUIN ROBLES
ARTIE ROMERO
RAEALYN ROMERO
RAYMOND ROOF
SHAYLEE
ROSEBRAUGH
ROSALINA SANCHEZ
GERARDO
SANCHEZ
AIDEN SECENA-
SANDERS
ADDISON
SEKISHIRO
ALEXANDER
SHORTMAN
TIFFANY SIMMONS
ASA SIMMONS
ROBERT SMITH
JAIMIE SMITH
ELI SNELL
VIOLET SNELL
RIKKI SUTTERLICHT
SUNDAY TEJEDA
THOMAS TROTT
JANET VANSTEGALL
AUSTIN VIGIL
FAWN WITTEWIER
FARLEY YOUCKTON
ANN-MARIE YOUCKTON
JESSE YOUCKTON
DESTINY ZIADY



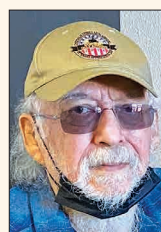
MORE WISHES

Steven Brouard: Happy birthday!! Love you, Marla.

Savanna Bush-Bird: Happy birthday! Love mom and the rest of your family.



Harry Pickernell Sr.: Happy birthday. From your loving family.



Arthur Medina: Happy birthday dad. Love you, Marla.

Ilias Charles: Happy birthday to my No. 1 grandcub, love Gramma Diane and the rest of the family.

Violet Snell: Happy birthday, we all love you!



HEALTH/WELLNESS

Native Connections classes, activities

Spring is in full bloom and summer is just around the corner. Throughout April, the Chehalis Tribe's Heritage & Culture Program offered classes on ribbon skirts and spring plant harvesting.

Participants learned how to harvest and identify specific plants for consumption and how to distinguish beneficial plants from nuisance weeds. Healthy plants such as dandelions, purple dead nettles and big maple leaf blossoms can be added to daily meals.

Those who attended classes gained hands-on experience working with plants and creating delicious dishes. Recipes were provided to take home to their families. They also received helpful tips for cleaning up flower beds and gardens.

Classes are open to all Chehalis tribal members, community members and employees and run from 3-6 p.m. Tuesdays and Thursdays in the Heritage & Culture library. Heritage & Culture also can accommodate groups for special classes to make teas, balms, syrups and other herbal plant medicines.

Future classes include creating home herbal kits, summer first aid kits, sunscreens and working in the program's new garden.



QPR gatekeeper training

The Chehalis Native Connections Program is bringing suicide awareness to the community and working with youth through classes and activities to build self-esteem, develop team-building skills and help decrease bullying in schools and the community.

First up is Question, Persuade and Refer (QPR) classes for up to 25 participants. The program uses QPR gatekeeper training to provide guidance on how to ask questions regarding suicide. Training is structured as a forum for staff, community and youth to discuss this serious topic.



QPR is a resource that introduces the three steps anyone can learn to help save a life from suicide. Just as people are trained in CPR to help save thousands each year, those trained in QPR learn how to:

- Recognize suicide warning signs.
- Understand how to offer hope.
- Persuade and refer someone to help.

Join us to learn how to ask the question and save a life.

In the coming months, the program will hold weekend classes to prepare for the annual Suicide Prevention Awareness Walk.

Yoga classes

Yoga provides numerous benefits to the body and mind, such as flexibility, balance, strength and clarity. It also can be used as a coping mechanism for mental health.

Michelle Pugh from Joonbug Yoga teaches yoga and stretching to youth in the after school program on the first and fourth Friday of each month.

From 1-2 p.m. each Tuesday, she teaches an afternoon stretch class in the Community Center Gathering Room.



MORE INFORMATION

Contact Melanee Stevens at mstevens@chehalis tribe.org or 360-709-1683.

WIC adds new foods

Women, Infants and Children (WIC) foods meet the special nutritional needs of pregnant, breastfeeding and postpartum moms; infants; and children up to age 5. WIC supports successful, long-term breastfeeding. As part of the response to COVID-19, WIC has included more foods.

Food changes include

- Different brands/types of cereals, various cereal package sizes allowed.
- Refried beans added: Please let us know before we issue benefits if you'd prefer canned beans instead of peanut butter or dried beans.
- Cheese added: String cheese, cheese sticks, shredded cheese plus additional cheese varieties
- Eggs added: Brown, cage free, organic in small, medium, large, extra large or jumbo.
- Fish in pouch: Now available for breastfeeding moms.
- Milk added: Goat milk (not always available in stores), more soy brands.
- Yogurt: Greek or non-Greek acceptable, whole milk yogurt for child 1 year old.
- More whole grain options.

Shopping tips

- Decide what WIC foods you plan to buy before heading to the store.
- Stores are not required to carry all cereals in all sizes. Be ready with options.
- Check your WIC shopper app for WIC allowable foods or search for "WIC Shopping Guide WA" online.

MORE INFORMATION

CHEHALIS DATE

Thursday, May 12. We might have in-person appointments. We will call you on your appointment day.



CONTACT

Debra Shortman: **360-709-1689**

Debbie Gardipee-Reyes: **360-462-3227, gardipee@spipa.org**

Patty Suskin: **360-462-3224**

More information: **wicnutrition@spipa.org**

SPIPA main number: **360-426-3990**

NOT ON WIC?

Check to see if you qualify at **doh.wa.gov/you-and-your-family/wic/wic-eligibility**.

IMPORTANT NOTICE

The WIC vegetable and fruit bump has been extended through September. Remember to use it! Children receive \$24 each month and moms receive \$43-\$47 each month.



wellness center

Mammography scan

Swedish Mobile Mammography will be at the Chehalis Tribal Wellness Center on May 5. The first appointment is at 8:30 a.m. and the last is 3 p.m.

A screening mammography should be scheduled at least one day before the first COVID-19 vaccine dose or at least six weeks after the second dose.

If you are showing any symptoms of COVID-19 or are sick, you will be asked to reschedule.

Appointments are 15 minutes to allow for social distancing.

Patients are required to wear a face mask.

Please look for the Swedish Mobile Mammography truck in the Wellness Center's parking lot.

Be sure to bring your photo ID, insurance card and completed paperwork to your appointment.

If you're a woman age 40 or older and haven't had a mammogram in the past 12 months, please call and schedule your appointment. If you're younger than 40, you will need to make an appointment with your health care provider and get a written referral for a mammogram.

To schedule an appointment or for questions regarding your eligibility, contact Outreach Worker Christina Hicks at 360-273-5504, ext. 1741.

Time for 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 here:

- 1-4 p.m. May 10
- 8 a.m.-noon May 24
- 1-4 p.m. June 7
- 8 a.m.-noon June 28

Diabetic patients should have their feet checked by a podiatrist at least once a year, even if you don't have any foot problems.

Call 360-273-5504 for an appointment.

Urgent care hours update

Chehalis Tribal Wellness Center's urgent care is open from 8 a.m.-noon and 1-4 p.m. Monday, Tuesday, Wednesday and Friday. Hours are 8 a.m.-noon and 2-4 p.m. Thursday.

Urgent care is located in the back parking lot.

For more information, call 360-273-5504.



Lunch & Learn

THE IMPORTANCE OF PROTEIN WITH DIABETES

Noon-1 p.m. May 4 Chehalis Tribal Wellness Center Meeting Room

Registered dietitian and nutritionist Cathy Visser has 15 years working in tribal communities and 30 years experience.

Get in touch with Visser at trueforyounutrition@gmail.com.



For more help on your wellness journey, call Community Wellness Manager Christina Hicks at 360-709-1741.



Mother's Day Tea

Please join us from 10 a.m.-1 p.m. May 13 in the Gathering Room

Chehalis Tribe Native Women's Wellness Program will provide information about HPV and self-care

Call: Christina Hicks at 360-709-1741



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

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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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Doctor joins the clinic team

Chehalis Tribal Wellness Center has welcomed Chris Nelson, MD, to the physician crew.

Nelson was raised on a small farm in McMinnville, Oregon. When he was 16, his family moved to Surat, India, where Nelson's father was the medical director of a hospital. He spent his junior year in high school at Vincent Hill School in India and graduated from Far Eastern Academy in Singapore.

After graduating from Walla Walla College in College Place, Nelson moved on to Loma Linda University Medical School. He completed his pediatric residency at the university's medical hospital.

Nelson has been practicing pediatrics in the Chehalis and Centralia area for 40 years. He and his wife have four children and eight grandchildren that reside in Lewis and Thurston counties.

In his free time, Nelson enjoys spending time with his family and pets, including three dogs, four cats and multiple chickens.

He also enjoys outdoor activities, such as gardening, backpacking, hiking, hunting, fishing, golfing and trips in the family RV.

Nelson is very much looking forward to being part of the clinic's physician team.



Chris Nelson

How much protein do you need?

The amount of protein you need to eat depends on your age, sex, height, weight and level of physical activity. For women, the amount can also depend on whether you are pregnant or breastfeeding. Most Americans eat enough protein but need to select leaner varieties of meat and poultry and choose meat less often.

What counts as a 1-ounce equivalent in the protein food group? In general, 1 ounce of meat, poultry or fish, ¼ cup cooked beans, 1 egg, 1 tablespoon of peanut butter, or ½ ounce of nuts or seeds can be considered as 1 ounce-equivalent from the Protein Foods Group.

Why is a variety of choices important? Foods including meat, poultry, eggs, seafood, nuts, seeds and soy products provide nutrients that are vital for the health and maintenance of your body. Many Americans meet the protein recommendations for meat, poultry and eggs but do not meet the recommendations for seafood or nuts, seeds and soy products. Meeting the recommendations for these protein food subgroups can help increase intake of important nutrients, including unsaturated fats, dietary fiber and vitamin D and help to limit intake of sodium and saturated fats coming from processed meat and poultry.

MORE INFORMATION

See myplate.gov/eat-healthy/protein-foods.

Health benefits

■ Proteins function as building blocks for bones, muscles, cartilage, skin and blood. They are also building blocks for enzymes, hormones and vitamins. Proteins are one of three nutrients that provide calories (the others are fat and carbohydrates).

■ Nutrients from proteins can differ. Varying protein food choices can offer a range of nutrients designed to keep your body functioning well. B vitamins help build tissue and aid in forming red blood cells. Iron can prevent anemia. Magnesium helps build bones and supports muscle function. Zinc supports the immune system.

Vegetarian choices: Vegetarians get enough protein from this group as long as the variety and amounts of foods selected are adequate. Protein sources for vegetarians include eggs (for ovo-vegetarians), beans, peas and lentils, nuts and seeds (including nut and seed butters) and soy products (tofu, tempeh).

USDA foods

9:45 A.M.-1:30 P.M. MAY 19
AT THE COMMUNITY CENTER

SPIPA's program offers food to fill
your freezer, fridge and cupboards.

Call: Debra Shortman at
360-709-1689 or 360-438-4216

**Happy
anniversary!**

**We would like to wish
a wonderful 30th
to Stephanie and
Harry Pickernell Sr.**

