

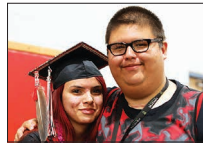
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Congratulations!

Graduates of all
ages savor the day
page 4



Delicious feast

Salmon Ceremony
honors sacred fish
page 6



The Chehalis baseball team was victorious in the men's hardball tournament during Chehalis Tribal Days.



UNITED WE PLAY

Tribal Days hits a home run

By Frazier Myer

Memorial Day weekend delivered another successful Chehalis Tribal Days. The annual event is the largest and most popular festivity the Chehalis Tribe hosts.

More than 30 teams competed throughout the weekend in hardball, co-ed softball and women's softball.

The Chehalis Tribe had three teams represent in the hardball bracket: the

Rebels, Tomahawks and Chehalis. Team Chehalis was led by longtime Tribal Days veteran and Chehalis Tribe Chairman Dustin Klatush.

Seemingly every year, Chehalis competes on championship Monday against Little Boston (Port Gamble S'Klallam). It was the same this year, but Chehalis played against the Blackhawks for the championship.

See **TRIBAL DAYS** / page 2



Teams showed off their skills and made amazing plays.



Participants circle up before they collect camas plants on May 20 at Glacial Heritage Preserve.

Camas dig embraces traditions

Intertribal event encourages healthy harvest, sustainability

By Frazier Myer

On May 20, more than 50 people gathered at Glacial Heritage Preserve near Littlerock to participate in the Intertribal Camas Dig.

Attendees learned how to harvest camas on the prairie, which is less than 15 miles from the Chehalis Reservation.

The group included people from various tribes in the state, tribal people from other states and those who attended to experience traditional harvesting techniques used by Native Americans for thousands of years.

Event organizers Shawna Zierdt and Elizabeth Campell shared information

See **CAMAS** / page 3

TRIBAL DAYS

From page 1

The Blackhawks, an intertribal group, fought its way out of the loser's bracket. Because the tournament is double elimination, the Blackhawks would have had to beat Chehalis twice in the championship round.

A second game wasn't necessary because Chehalis handled business in the first game with a 16-5 victory and took home the 2023 Chehalis Tribal Days Championship Pendleton jackets. Ryan Burnett hit multiple home runs throughout the weekend and took home the best bat award.

This year, the next generation of Chehalis tribal ballplayers made an impression on the diamond. Sonny Youckton's oldest son, Tyson Canales, made his debut in the men's hardball tournament at age 12. Tyson even showed his worth as he got on base during the championship game. Tyler Klatush took home the MVP honor because of his performance at bat, on the mound as pitcher and behind the plate as the catcher while his father, Dustin, pitched.

The 2023 Tribal Days showed a much higher attendance as tribal people from around the state came to enjoy the tradition of playing and watching ball on the Chehalis Reservation. Other festivities throughout the weekend included an art show, salmon feed and the 15th annual Cancer Walk. This year, 243 people took part in the walk.

Thank you to everyone who made Chehalis Tribal Days fun, memorable and successful!



Families gathered to support loved ones who have battled cancer during the 15th annual Cancer Walk at the Chehalis tribal prairie. Baseball games also drew in big crowds during the packed Memorial Day weekend.



CAMAS

From page 1

about Native Americans' longtime relationship with the camas plant.

Along with teaching cooking methods and nutritional value, the instructors discussed active prairie management strategies that promote a diversity of foods and natural medicines.

The group circled up in the prairie and everyone took a moment to introduce themselves before the harvesting began.

Members of various tribes all expressed excitement to gather with other tribal people. Individuals from Yakama, Colville and Coeur d'Alene traveled over the mountain pass for the harvest.

An elder from the Colville Tribe said that growing up, he spent part of his childhood in eastern Oregon. He and others described their years of experience finding camas and how they had never been able to harvest black camas. It was a special treat for everyone to find that particular variety during their time at Glacial Heritage Preserve. In regions outside of the Northwest, white camas and Oregon camas can also be found.

For many participants, it was either their first time digging camas or their first experience with black camas.

Nisqually tribal elder Allen Frazier explained why the traditional ways are important.

"Our native people for thousands of years were healthy," Frazier said. "They were healthy

“Our native people for thousands of years were healthy.”
— ALLEN FRAZIER,
NISQUALLY TRIBAL ELDER



because of their connection with the spirit and with nature. We are here today with that same goal in mind, which is reconnecting to the natural foods.”

Members of the Jamestown S’Klallam Tribe Traditional Foods & Culture Program attended the afternoon of harvesting to become more involved with their cultural practices. They planned to bring back camas the group harvested to their home tribe for its annual First Food Ceremony in November.



The Intertribal Camas Dig brought together a group of tribal people to learn and share stories about the plant that Native American ancestors harvested for centuries.



Art classes create cultural connections

By Melanee Stevens, Chehalis Native Connection Program Manager

The Chehalis Native Connection Suicide Prevention Grant held two drum-making classes for tribal and community members on April 22. Tanner DeMonbrun and Erik Milton from Centralia Fur & Hide taught the classes.



Everyone who participated was able to leave with a 14-inch blue or red drum ready to play. Those who made instruments will be invited back this summer to make Pendleton drum bags.

Thank you to everyone who tapped into their creativity!



Tanner DeMonbrun and Erik Milton from Centralia Fur & Hide helped students make beautiful drums during classes on April 22. Erik brought in a drum he made using alligator hide (left).



STUDENTS



The Chehalis community enjoyed June festivities marking the success of students graduating from Head Start and high school.



Great work grads!



SEND IN PICTURES

Please email graduation photos to news@chehalistribe.org if you would like to highlight recent Chehalis tribal graduates at any level – Head Start, high school or college. We look forward to sharing student accomplishments.



Chehalis tribal and community members celebrated the 2023 graduation season with many different events on the reservation.

On June 8, Chehalis Tribe Head Start held a graduation parade around the tribal campus to celebrate the youngsters moving on to kindergarten.

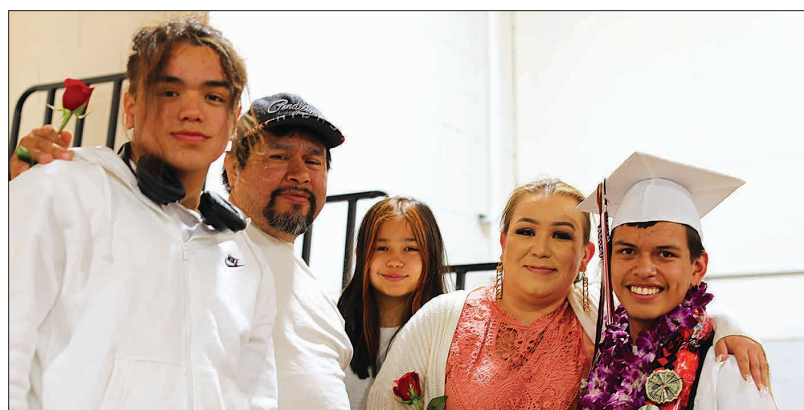
The following day, they held the official ceremony for Head Start students at Lucky Eagle Casino & Hotel.

Family members and loved ones filled the events center to watch kids take their next steps to K-12.

On Sat. June 17, Oakville High School held its graduation for the class of 2023. The class included many Chehalis tribal and community members, such as Shayden Baker, Ashton Boyd, Haezen Charles-Cayenne, Adrian Hjelm-Snell, Jake Jones, Aaliyah Daniels, Nora Ortivez, David Spears and Alexis Starr-Wright.

Congratulations to all of the graduates!

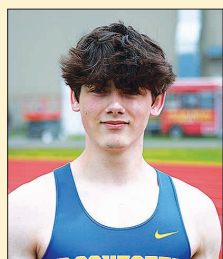




The Oakville High School graduation ceremony and Head Start parade recognized the achievements of local students of all ages.



Record-setting dash



Dominic Delgado set the Rochester High School freshman track record in the 100-meter dash on May 1 at the 2A Evergreen Invitational in Rochester with a time of 11.84 seconds. Dominic bested the previous school freshman record of 11.95 seconds, and his time is better than the current sophomore school record. Way to go Dominic!

Memorial for Cindy Andy

Saturday August 19th, 2023
at 11am



Chehalis Tribal
Community Center

491 Secena Rd, Oakville, WA 98568

** There is a room block at the
Eagles Landing hotel. **

Please contact (253)686-4631 or
(253)686-6535 with any questions



Rio Lara-Bellon and Karen Klatush share why the Chehalis Tribe's Salmon Ceremony is a tradition brought back to honor the fish and all those who fought for the right to fish.



Elders were delighted to see fish heads were on the menu.



Salmon Ceremony

Decades-long tradition pays respect to sacred fish, history

By Frazier Myer

The Chehalis Tribe invited the community to gather and enjoy a festive meal on May 20 during the 2023 Salmon Ceremony.

Introduced decades ago, the event serves as a way to honor the salmon, a main resource tribal people have used to sustain themselves for generations. Each year, the ceremony carries on tribal traditions by teaching youth the stories of their ancestors.

The carcass of the first salmon caught is released down the Chehalis River on a cedar plank followed by a grand feast in the afternoon.

This year, the Fisheries Committee and tribal members wanted to acknowledge and remind people why these types of ceremonies are still possible today.

Barnaby Canales of the Chehalis Tribe and a longtime member of the Fisheries Committee explained the role that Ross Davis and Richard Bellon both had in bringing back the traditional gathering

in the 1990s. Davis and Bellon have since passed away, but their legacy will last forever.

Chehalis tribal member Karen Klatush spoke about the history of the ceremony that Silas Heck used to coordinate. At some point, the tribe stopped hosting it as ongoing battles with the state took place. She said many fishermen were involved in the movement to protect the right to fish rivers that flow through tribal reservations.

Rio Lara-Bellon, Richard's widow, shared part of her story at the Salmon Ceremony and said she was "happy to be here." She spoke about the significance of the old fish pit behind the Natural Resources building. The Fisheries Committee used to hold its meeting at that fish pit in the 1980s and '90s.

Barnaby and Albert Combs thanked members of the Fisheries Committee for their hard work making the special occasion possible. They also thanked everyone in attendance for taking time to join together.



Fisheries Committee members Barnaby Canales and Albert Combs thanked everyone who made the day possible.



Intense training brings rewarding new career

Nathan Boyd joins military, seeks to serve as a role model for tribal community

By Frazier Myer

Chehalis tribal member Nathan Boyd joined the United States Army and is on his first deployment at Fort Shafner in Hawaii. He decided to pursue a career in the military and completed boot-camp training in June.

Boyd, 21, grew up on the Chehalis Reservation. His original plan after graduating from Oakville High School in 2020 was to attend college, but the COVID-19 pandemic made schooling difficult. He began seeking other options.

A couple of Boyd's friends had already enlisted in the Army, which sparked his interest to join. It was at the same time Boyd was looking for a route that would improve his livelihood. He also wanted to be a good role model for the community he is from.

"I wanted to do something that would make my parents proud to call me their son," Boyd said.

This led to his decision to walk into a recruiting office and begin the process.

Training begins

Boyd described the multiple benefits and skill sets gained from going through military training. He emphasized that his health was almost instantly enhanced.

The steps to improving his health and becoming physically fit started prior to boot camp. Boyd completed physical fitness tests specific to the type of job assigned to him, which is 13 Bravo (Army cannon crew members). He was tested on the dead lift, long-distance running and a standing power (ball) throw.

Boyd said basic training was challenging because he arrived at the site at Fort Sill in Oklahoma overweight and out of shape, but he was able to get back into good form quickly.

Boyd credits his days of playing sports growing up and in high school as part of the reason behind why he was able to meet the physical demands and overcome moments of adversity.

"It's all a mental thing," Boyd



Nathan Boyd, who is stationed in Hawaii, used grit and determination to get through U.S. Army basic training.

“
I wanted to do something that would make my parents proud to call me their son.
”
- NATHAN BOYD

said. He explained it is all about believing in oneself and giving 110%.

Pushing through

Boyd and his fellow troops were required to complete a series of three tests during basic training: red phase (first three weeks), white phase (next three weeks) and blue phase (final three weeks).

During red phase, they mainly focused on endurance running and completing obstacle courses. White phase was a period for those in training to become more familiar with their weapons. Boyd said this involved shooting practice and learning how to take apart and assemble his rifle. Blue phase prepares troops for the final

test near the end of boot camp.

Boyd described how bonds are formed among people going through basic training together. They helped push each other on all of the tough days and while performing physical tasks. He said they motivated one another during demanding training.

The biggest obstacle was staying mentally focused. Individuals are broken down and built back up to ensure soldiers are equipped to handle combat situations.

Tough tests

Boyd completed three big tests at the end of each boot camp phase: the hammer, anvil and forge. Boyd explained that one of the most challenging parts of testing is what's commonly known as rucking, which is hiking for miles with a 45- to 50-pound backpack on. Additional weight is also added, such as rifle magazines in the military vest and water canteens. Boyd said everyone was blistered after the rucks.

The hammer challenge is a two-day hike, 5 miles each direction, in extreme weather. The anvil is three days of intense training, including hiking more than 15 total miles at a quick pace. During the anvil, field action is simulated with a mission called

Control Base.

Those in training surrounded the perimeter of a site to keep it protected while others slept. Drill sergeants tested how secure the base was to determine whether the team was successful.

The forge includes a drill called the Battle March and Shoot. This is when all of the skills they've been developing meld together. The main purpose of the drill is to assess how well soldiers can function in high-stress situations and remain poised to do the job.

Boyd said the most intense part of this stage of training was in the middle of the night when they crawled underneath a wire fence more than 100 yards with simulated fire going off above. Boyd said he was sweating so intensely that he jumped into the lake to cool off.

Moving on

After completing the forge, Boyd had wrapped up all of the requirements for basic training and was ready to move on to advanced individual training.

Boyd said the training went by quickly and it wasn't long before he graduated from the program and returned to the Chehalis Reservation for a two-week visit with his family before he left for Fort Shafner in Hawaii.

HEALTH/WELLNESS

You can make friends with carbs

Total avoidance rarely works in a healthful diet

By Cathy Visser,
Registered Dietitian Nutritionist

When you want to lose weight, what is the first food you give up? For many people it is carbohydrates such as bread, cereal, pasta, fruit and potatoes.

Avoiding foods high in carbohydrates can feel like an easy answer to weight loss. Dropping pounds can be fast when people stop drinking sugary drinks or eating refined foods such as cookies, donuts and candy.



Cathy Visser

For many people, these foods are

comforting but also have a negative impact on their blood sugar and energy level.

Nonetheless, total avoidance of carbohydrates rarely works over the long run. If you stop eating most or all carbs, hunger hormones increase and can cause intense food cravings. There are many reasons people crave foods that are high in carbohydrates and some reasons are even related to survival of the human race.

Understanding cravings

To better understand what drives us to eat foods rich in carbs, it helps to understand a little of the science behind carbohydrate digestion and cravings.

In the stomach and small intestine, carbohydrate-containing foods are broken down into smaller units called glucose. Under normal conditions, your body must have a steady supply of glucose to fuel the brain, heart and muscles. The minimum amount of carbohydrates needed each day is 130 grams (530 calories) for most humans (Dietary Reference Intake, NIH, 2005).

If you've ever gone on a very low-carb diet, you know that the body has to adapt to low carbohydrate eating, and it's not easy. To properly follow a ketogenic diet, one must severely limit carbohydrates and



Chehalis Tribal Wellness Center Dietitian Cathy Visser says embracing carbohydrates in your food plan can curb cravings and provide balance.

experience the "keto flu" for a week or two while the body adapts to using fat and protein molecules for glucose in a process called ketogenesis. This promotes quick weight loss, but this way of eating is rarely sustainable and most people will go back to eating foods that contain carbs.

I am not suggesting that eating refined white bread, white rice, cake, cookies and candies is a good thing for your health. However, these foods can fit into an otherwise healthful diet.

Add whole foods

As a dietitian, I like to focus on what a person should eat more of for good health, not what they have to give up. I encourage people to add more unprocessed or whole food carbohydrates to their daily diet.

Whole food carbohydrates include whole fruits, vegetables and whole grain breads and cereals. Try to make at least half of your breads and cereals whole grain such as 100% whole grain bread, brown rice and whole wheat pasta.

A few times each week, give yourself permission for a treat or fun food such as cookies, candy or ice cream for quick energy and psychological satisfaction.

If you are living with diabetes, you may need to watch your carbohydrate intake more than others. I can help you learn to do that in a way that will not leave you feeling deprived.

Intuitive eating

I work with clients to heal their relationship with all foods, but especially with carbohydrate-containing foods.

Intuitive eating promotes gentle nutrition, which means learning to honor hunger, fullness, and most importantly, satisfaction with food.

I tell my clients that satisfaction with the foods we eat is the "gravy" of intuitive eating. In other words, if a person is psychologically satisfied with the foods they eat, they are more likely to stick with a food plan. I can help people learn to eat more whole food carbs and enjoy treats without binging on processed or sugary foods.

Finding balance

Gentle nutrition teaches people about the nutritional qualities of carbohydrates and the importance of eating some of those daily, especially whole foods.

Gentle nutrition can include encouraging people to combine their favorite carbs with foods that contain protein and fat such as nuts, eggs, cheese, fish or meat. This will help decrease swings in blood sugar and prevent one from getting hungry as quickly between meals and snacks.

The key is finding balance and enjoying food. It is one of life's great pleasures. If you are struggling with an eating disorder or wish to heal your relationship with food and find balance, I am here to help. Please don't hesitate to reach out.

ABOUT ME

I am the dietitian for the Chehalis Tribal Wellness Center where I work every Wednesday. I also own a private practice in Olympia. I have been a dietitian for a long time. In the past, I served as director of the Meals on Wheels program, health planner for the Skokomish Tribe and as a delegate to the Red Cross in Zambia, Africa.

I grew up in the Midwest, but have lived in Olympia since 1996. I cannot think of a more beautiful place to live than Western Washington. And I love my job!

If you are living with diabetes, high blood pressure or another chronic disease, please reach out for help. If you would like to improve your eating habits for better health and more energy, contact me for support.

If you receive services from the CTWC, you can see me in the building. If you do not receive services from CTWC, I can see you at my Olympia office or via telemedicine. I accept most health insurance plans, including Medicaid, Medicare and Shasta.

I look forward to meeting you!

SCHEDULE AN APPOINTMENT

Call at **360-207-4052** or email trueforyounutrition@gmail.com.

LEARN MORE

Additional information about me is available at my website: trueforyounutrition.com.

Financial knowledge powers the future

CTLF programs aim to set folks up for success

Contributed by Tamra Marlowe

The Chehalis Tribal Loan Fund is launching a summer series of workshops to provide financial empowerment for young people and aspiring business owners.

Financial education is vital to build a strong foundation for all native communities and tribal economies.

Our young people need these empowering skills to manage money with confidence. This includes understanding subjects such as how money works and how to spend it to important life skills such as developing a spending plan, savings, paying bills, paying for an education, buying a home, investing and owning a business, along with managing financial and personal security in a digital world.

Building Native Communities

The OWEESTA-licensed program Building Native Communities will be hosted by CTLF in August and September and covers seven topics during four sessions that are three hours each.

- Building Thriving Native Economies
- Money In Native Culture
- Banking 101: Check It Out
- Credit Journey: Thriving, Not Just Surviving
- Credit & Loans: Understanding, Applying and Managing
- Home Is Where the Heart Is: Ultimate Adulting
- Circle Of Life: Financial Milestones

CTLF serves Chehalis tribal

members, employees of tribal entities and the local rural community surrounding the Chehalis Reservation. It is the only small business resource center in the area that focuses on Native American business development.

Indianpreneurship

Aspiring business owners and those who would like to grow their businesses are invited to participate in the ONABEN-licensed program Indianpreneurship.

The nine-week program covers a broad range of topics from launching your business, to creating a marketing plan to managing financial reports. CTLF now offers this program throughout the year with classes in person and over Zoom.

CTLF Golf Tournament

If you are looking for a fun way to support CTLF, consider playing in the annual CTLF Golf Tournament on Friday, July 21, at Oaksridge Golf Course in Elma. The event includes:

- Burgers and hot dogs courtesy of Great Wolf Lodge.
- Hole-In-One prize is a Harley Davidson Motorcycle!
- Round of 18 holes including a cart, lunch and prizes costs \$125 per player.
- Prizes for the winning team (four players), longest drives, closest to the pin and putting contest!
- Mulligans, drink tickets and raffle tickets are available.

To participate in any of the above events and learn more about workshop dates and times, please contact Tamra Marlowe at **360-709-1631** or tmarlowe@chehalistribe.org.



CTLF
CHEHALIS TRIBAL LOAN FUND

FUN FACT

According to U.S. Census Bureau statistics, Native American-owned businesses contribute more than \$33 billion to the U.S. economy every year and employ more than 200,000 people.

CTLF workshops can help tribal members manage money with confidence.



Guy Youckton, Ben Starr III and Dustin Klatush wear their championship jackets from last year's CTLF Golf Tournament fundraiser.

WIC through SPIPA

The organization meets the special nutritional needs of pregnant, breastfeeding and postpartum moms; infants; and children up to age 5.

NEXT DATE: JULY 13

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

USDA food pickup available

11 A.M.-2 P.M. JULY 21 AT THE COMMUNITY CENTER

SPIPA's program offers food to help fill up your freezer, fridge and cupboards!

CALL: Debra Shortman at 360-709-1689



ELDERS



Soak up summer fun, camaraderie

The Chehalis Tribal Elders Program has a wealth of festivities available to elders this season. Already this summer, the elders have attended multiple Seattle Mariners games, tribal luncheons and the Gold Cup Indian Relay races at Emerald Downs (owned by the Muckleshoot Tribe).

COMING UP

July 9-10: Grand Ronde Elders Honor Day

July 13-14: Lummi Luncheon

July 18: Seattle Mariners vs. Twins. Ty France Bobblehead night!

July 22: Seattle Mariners vs. Blue Jays

July 20: Birthday dinner

Sept. 7-9: Pendleton Luncheon

To sign up or for questions, call Sam Boyd at **360-529-7839** or email sboyd@chehalistribe.org.



Chehalis tribal elders enjoyed a night of Gold Cup Indian Relay races at Emerald Downs in Auburn on June 17. From Mariners tickets to luncheons, elders are invited to have a blast together this summer.



SAVE THE DATE



Elders can enjoy the Lummi Traditional Skirts & Shirts, Honor the Elders Gathering at 10 a.m. July 14 at Silver Reef Casino Event Center. Bus time to be announced.



We also will attend the Pendleton Luncheon from 9 a.m.-4 p.m. Sept. 7-9 in Pendleton, Oregon. More details soon.

Sign up at the Elders Center. No one is allowed to write in anyone else's name. Contact Sam Boyd at sboyd@chehalistribe.org or 360-529-7839.

JUNE BIRTHDAYS

PAYTON ALBERT

ALLEN ANDREWS

ZACHARY BAKER

ERIC BECKWITH

TYLER BECKWITH

WARREN BECKWITH

BRIAN BENDA

BEVERLY BISHOP

CHARLES BLACKETER

LATISHA BOYD

LEROY BOYD

JANESSA BUMGARNER

HECTOR CANALES

MALENA CANALES

WAYPETEMAHQUAH

CHOKÉ

LEONA CLARY

AUTUMN COOPER

SORYN DAVIDSON

LOYALA DAVIS

RIVER DELAMATER

KAYLENA DELGADO

DAVID DUPUIS

ROBERT DUPUY

JORDAN EICHELBERGER

ERICA ESSELSTROM

KEZIAH-MARAY GLEASON

SONJA GLEASON

RENA HERNANDEZ-
KLATUSH

TYSON HOHEISEL

EMILY HOLMES-
PICKERNELL

FARICA HOWE

JORDAN
HUTCHINSON-
ALBERT

MARILYN JOHNSON

JUNE JONES

JEFFERY KLATUSH

PAUL KLATUSH

SEND IN WISHES!

We would love to feature your messages to family and friends celebrating birthdays and anniversaries. Please send your name, the full name of the person, your wish and a picture (if desired) to news@chehalistrie.org.

KONNER KLATUSH

JEREMY KLATUSH

MICHAEL LECLAIRE

ADAM LOWER

ANASTASYA LUKIANOV

TANNER MCCLLOUD

ANDREA MCGOUGH

RACHEAL MENDEZ

LINDSEY MILLER

ELAINE MYER

AARON MYER

SUZZANE ORTIVEZ

JOSHUA PHILLIPS

DANIKA PICKERNELL

HAROLD PICKERNELL

MALIA PICKERNELL

BAILY REVAY-FERN

BRYCE REYNOLDS

MARIO ROBLES

DUSTIN SANCHEZ

EDWARD SANCHEZ

RICK SANCHEZ

FILIBERTO SANCHEZ

LEVI SANCHEZ JR.

VINCENT SANCHEZ

SUSAN SANCHEZ

BLAZE SANCHEZ

JANET SANCHEZ

JOSEPH SANCHEZ-
ALLENBACH

NIKKI SANDERS

JERRY SANTIAGO-
YOUCKTON

SONYA SHERMAN

JEANETTE SIUFANUA

CAIDEN STARR

BROOKE STEIN

CHERYL STEIN

BRENDON TORRES

BILLY UDEN

HEATHER WALKER

DARIAN WASHBURN

RAQUEL WELLMAN

DUANE WILLIAMS

WINONA YOUCKTON

CAEL YOUCKTON

STACY YOUCKTON

MARVIN YOUCKTON



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

Tribal members are encouraged to submit birthday and anniversary wishes, letters, articles, photos 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/staff.

NEWSLETTER STAFF

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

TRIBAL CENTER

Main line: 360-273-5911

Address: 420 Howanut Road
Oakville, WA 98568

Office: 360-709-1726

Fax: 360-273-5914

VISION STATEMENT

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



BUSINESS COMMITTEE

Chairman: Dustin Klatush

Vice Chairman: Leroy Boyd

Treasurer: Sheilah Bray

Secretary: Charlotte Lopez

Fifth Council Member:

Rachelle Wells-Ferguson

chehalistribe.org

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

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Youth selected to represent tribe

Congratulations to the 2023-24 Chehalis Tribal Royalty elected by tribal elders on the evening of May 24 in the Chehalis Tribal Gathering Room.

Representatives chosen include Tayleena Klatush (Miss Chehalis), Kaytlin Pickernell (Junior Miss Chehalis), Aryana Klatush (Lil' Miss Chehalis) and Tamika Starr (Miss Head Start Chehalis).

The youth will participate in tribal events throughout the year. They already represented the Chehalis tribal people during Tribal Days on Memorial Weekend and during the Swede Day Parade in Rochester.

Thank you to the elders who attended the election dinner celebrating our new Chehalis Tribal Royalty.



The 2023 Chehalis Tribal Royalty will represent the tribe at cultural events throughout the year. We look forward to having strong representatives and future tribal leaders.