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

CHEHALIS TRIBAL NEWSLETTER

February 2024 FIND HISTORY, HERITAGE & RESOURCES AT CHEHALISTRIBE.ORG



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Guests from around the region learned cedar weaving from Hazel Pete Institute of Chehalis Basketry master weavers on Feb. 16-17.

'Happy to be weaving'

Traditional handmade art taught during two-day conference

By Bobbie Bush

he Hazel Pete Institute of Chehalis Basketry hosted a two-day event that began at 9 a.m. Feb. 16 and concluded at 4 p.m. Feb. 17.

Throughout both days, teachers and weavers worked together in the Chehalis Tribe's Community Center Gymnasium.

Participants were invited to "sit beside master weavers" to learn, relearn and adapt

basketry techniques with old and new friends. Each master weaver had kits priced according to skill level and value of materials. Most classes were a half day. Some participants were able to complete two projects each day.

Weavers and teachers were fully engaged when I arrived on Friday just after 11 a.m. Kris Miller worked with Tina Jackson of Suquamish Nation on a cedar necklace project. Tina said

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Daniel "Bones" Gleason and Chehalis Tribe Chairman Dustin Klatush celebrate the new store.

Thunder Cannabis 2 opens

Community comes out to support Rochester dispensary

By Bobbie Bush

Between rain and early morning snow flurries on March 1, I was unsure if I could make it to the grand opening of Thunder Cannabis 2 in Rochester.

I arrived at 8:45 a.m. for the official celebration. Because it was cold and raining, staff members let me into the facility to

ask a couple of questions and take a few pictures.

This is the Chehalis Tribe's second Thunder Cannabis dispensary. The first store opened April 10, 2021.

Hours are set for 8 a.m.-11 p.m. 365 days a year. However, Manager Chris Klatush

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WEAVING

From page 1

she was at an intermediate level and that this was her favorite weaving conference.

Chloe St. Martin from Cowlitz, a beginning weaver, was very excited and joined her mom, Angie Seneca. Angie describes herself as between a beginnerand intermediate-weaver level. Angie said it was hard gathering materials when you have moved away from your nation's gathering places.

Emily Blackinton of Samish nation said she was "happy to be weaving."

Next, I stopped by Tony Higheagle's table and spoke with Franklin from Muckelshoot.

Franklin said weaving with Tony was just a little different than the usual work he completes with his mom.

Kyle from Cowlitz was at Gabe Higheagle's table. He worked on a cedar storage basket with an "X" technique. Kyle showed how he adapted this style to use copper wire in the weave on a small pouch basket.

Lisa Telford, Gawa Git'ans Git'anee Haida weaver, had a variety of kits to choose from: small basket, belt, tumpline, berry basket necklace and square earring kits. This was incredible basketry from an amazing teacher.

Lindsey Howtopat, Yakama Nation, plans to return to the next spring weaving event May 10-11 at Great Wolf Lodge.





Trudy Marcellay, Coby Higheagle, Gabe Higheagle and Karen Klatush taught various groups throughout the two-day event hosted by master weavers from the Hazel Pete Institute of Chehalis Basketry. Participants created intricate items such as jewelry, hats and baskets under their guidance.













Thunder Cannabis 2 staff are ready to serve customers and assist them in finding just the right products.









CANNABIS

From page 1

said hours might eventually expand.

Daniel "Bones" Gleason and Chehalis Tribe Chairman Dustin Klatush cut the ribbon for a group of spectators and shoppers who patiently waited in the rain.

Participants were treated to food, drinks and raffle prizes. A monster truck on display was scheduled to give rides with Chuck Jordan the following day.

Patrons must be age 21 or older to shop in Thunder Cannabis 2. Upon entering the establishment, everyone's ID is scanned. Like at the original Thunder Cannabis store, shoppers have the option to select from both recreational and medical marijuana products.

THUNDER CANNABIS 2

Hours: 8 a.m.-11 p.m. daily **Address:** 19748 Elderberry St. SW Rochester

Contact: 360-556-4937, www.thundercannabis.com





Gratitude for dedication, drive

Hey Chehalis Tribal Fam,

Just wanted to take a moment to give a big shout out to all of our Chehalis Tribal Government employees and every single one of our members. You all have been absolute rock stars this past year, and I couldn't be prouder to be part of this amazing community.

To our tribal government crew, you folks are the backbone of our operation. From keeping the lights on to making sure our programs run smoothly, your hard work behind the scenes doesn't go unnoticed. Seriously, you're the real MVPs and I'm so grateful for everything you do.

And to all of our tribal members, you're the heart and soul of our tribe. Your dedication to our community – whether it's showing up for events, lending a helping hand, or just being

there for each other – is what makes us so strong. We've faced some tough times together, but your resilience and commitment to our culture inspire us all.

As we look ahead, let's keep that spirit of unity alive and kicking. Together, there's nothing we can't handle and I'm excited to see where we go from here.

Thanks a million for your hard work and dedication to our tribe.

Much love, Chehalis Tribe Chairman Dustin Klatush

LETTER FROM THE **CHAIRMAN**



Tribal employees honored

A big thank you to everyone who keeps the tribe on track

On March 1, Chehalis tribal leadership held an appreciation brunch in the Gathering Room for tribal government employees.

The event was scheduled for two hours from 10 a.m.-noon to give all staff members the opportunity to enjoy a meal and engage with folks from various departments.

Brunch was catered by Lucky Eagle Casino & Hotel's food and beverage team.

Chehalis Tribe Chairman
Dustin Klatush and fellow
Business Committee members
welcomed employees and helped
throughout the morning.

After the opening prayer, Chairman Klatush spoke briefly.

He thanked everyone for the important work done daily by all employees within tribal government.





Above: Chehalis Tribe General Manager Long Liu and Treasurer Sheilah Bray enjoy a brunch to celebrate tribal employees.

Left: Staff members fill up their plates with tasty lunch options.

IN LOVING MEMORY

Arthur 'Art-Artie' Medina

May 14, 1951-Feb. 20, 2024

Arthur "Art-Artie" Medina was born and raised in Southern California - Oxnard, Port Hueneme and the Ventura area. He joined the Army in early 1970s during the Vietnam War, trained at Fort Sill Oklahoma and spent some time in Germany before returning home.

He moved to Oakville in the mid '70s. He spent a short time in the early '80s in Quinault and returned to Oakville, where he and Jackie raised their children and cared for so many others.

Artie spent his career driving around kids in the community. He was a bus driver during the summer for the youth program and worked for Head Start during the school year. Artie and Jackie had an open-door policy for any kid that needed a place to be, a meal to eat and a blanket to sleep under. The two were also foster parents for a time with many kids that came and went but never forgot to stop in and stay a while for a bite to eat or just to catch.

As a kid in California, Artie played baseball and fit right in here with the Tomahawks crew traveling from one reservation to the next for all the tournaments before working his way into the Old Timers Tomahawk team.

Even when he wasn't playing, he was out there under the big oak tree, in the dugout or parked someplace along the fence supporting the guys.

He had a love for old cars and motorcycles. In his younger days, you could find him out working on one of his many cars or his friends' cars through the years making things work to get to the next place we needed to be.

If you needed someone to talk to, he was that guy, there for anyone. He loved to help people even if it was just to sit and provide an ear.

Artie leaves behind his baby girl, Marla Rose Medina; Marco Black; and his puppy dog Kamari. He is also survived by grandchildren Carolann Black, Beatrice Black, Uriah Blackand Marco Jr. Black; Brother Tony Medina; two sisters; many nieces and nephews; great nieces and great nephews; and so many



community kids through the years that called him uncle.

Artie left us on Feb. 20, taking his last breath in this world at 6:43 p.m. to join wife Jackie, son Manny, momma Alice, poppa Manuel, brothers Mike and Steve and sister Nena in the spirit world where he is free from his ailments to laugh, crack jokes, listen to music, watch endless westerns and drink coffee with his loved ones and friends.

A service was held at the Chehalis Tribal Community Center on Feb. 25. He was laid to rest at the Secena Cemetery next to his son Manny and wife Jackie.











10 a.m. April 12 First Beach

Lunch after at **Akalat Center,** 1 By-Yak Loop

Call 360-640-5990 for questions



Sponsored by Quileute Tribe/Quileute Tribal School

ELDERS

Heavenly barbecue

Elders catch a Flaming Pig dinner during birthday outing

By Bobbie Bush

Chehalis Tribal elders celebrated birthdays at $5~\mathrm{p.m.}$ Feb. 22 at the Flaming Pig BBQ in Tumwater.

There were thirty-nine elders who lined up to place their orders for baby back ribs (full rack, half rack or quarter rack), a BBQ nachos plate or a sandwich called "The Pig," which is a hoagie roll piled with pulled pork, topped with coleslaw and finished with mild banana peppers. The excellent menu offers a diverse selection to choose from for every BBQ enthusiast.

The sun was out and it was a nice afternoon to travel from surrounding communities or Oakville. Even though a large amount of guests from the Chehalis Tribe attended, service was quick and efficient.

FLAMING PIG BBQ

Address: 111 Tumwater Blvd. S.E. B-102, Tumwater

Hours: 11 a.m.-6 p.m. Tuesday-Friday, noon-6 p.m. Saturday, closed Sunday

Ordering: Online at www.flamingpigbbq.

net or call 360-628-3871



Chehalis tribal elders celebrate birthdays with a trip to the mouthwatering **Flaming** Pig BBQ in Tumwater. **Elders** enjoyed the cozy atmosphere and time together. **Left: Don** and Mary Secena were among attendees.



ELDERS LUNCHEON

9 A.M.-3 P.M. APRIL 18

Chehalis Tribe's 4th annual luncheon at Lucky Eagle Casino, 12888 188th Ave. S.W. Rochester

CONTACT: Elders Coordinator Skylar White Eagle at 360-529-7839 or swhiteeagle@chehalistribe.org







Assistant cook puts delicious food on Elders Center table

Assistant Cook at the Chehalis Tribal Elders Center Francine Smith has helped tremendously since she started the role.

Her work is greatly appreciated by tribal elders and Head Chef Ricardo Charles.

Charles said that, in addition to helping with prepping, cooking, serving and cleaning, one of the major contributions Smith provides to the elders' meals is delicious baked goods.

Although Charles has many skills in the kitchen, he admits that baking is not one of his strengths.

Smith, who grew up with eight siblings and raised three children of her own and five stepchildren, said she has experience cooking and baking for a group of people.

She enjoys baking pretty much everything. Her specialties include cinnamon rolls, cobblers, cookies and different types of bread and rolls.

Smith began working with the tribe during the COVID-19 pandemic to help



Francine Smith

custodial staff with cleaning and sanitizing tribal buildings and offices. The tribe's Social Services department needed assistance at the Elders Center and brought on Smith as an "emergency hire" position. She helped in many different capacities, but one of her main roles was delivering meals to elders' houses.

When the tribe opened a full-time position for the assistant elders cook, she applied and landed the job. Throughout her experience growing up with a large family

and raising many children, Smith said home cooking has always been a part of her life. Elders enjoy the homemade desserts and love snacking on the homemade treats while they gather at the Elders Center.

One of Smith's favorite parts of the job is the interaction she has while when delivering meals to homebound tribal elders. She offers to assist with small duties elders might need help with during her visit.

Calling all graduates

Attention Chehalis tribal members and the class of 2024 high school seniors! Graduation is right around the corner. As most of you know, the Chehalis Tribe celebrates our seniors with a dinner and recognition ceremony. If you are aware of any graduating community or tribal members, have them get in touch to make sure they are on our list of graduates.





CONTACT: JJ Shortman at 360-709-1749 or Jodie Smith at 360-709-1897



South Puget Intertribal Planning Agency

LIHEAP

Need help with your light bill?

SPIPA is accepting applications for energy assistance

If you have not utilized LIHEAP benefits this past year, you might be eligible.
Applications are at these locations:

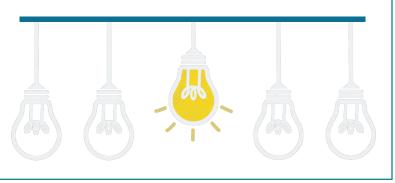
 Chehalis
 SPIPA IPC
 360.426.3990

 Nisqually
 Warehouse
 360.438.4216

 Shoalwater Bay
 SPIPA IPC
 360.426.3990

 Squaxin Island
 SPIPA IPC
 360.426.3990

 Skokomish
 Rosetta LaClair
 360.426.7788





Volunteers fill pantries, meet needs for teens

Oakville Food Bank, Teen Student Program make life a little easier

By Bobbie Bush

On March 5, I arrived at the Oakville Food Bank and Teen Program in the Oakville Community Center at 111 E. Oak St.

The Food Bank provides needed food and necessities to everyone who enters the door.

The day I visited, volunteers unloaded food and other things off pallets using their cart to get the heavy boxes up the old ramp to the Community Center Building.

The Oakville Food Bank was relocated in 2020. The building was allocated to house the food bank in April of that year, and by May, the first opening of the food bank for distribution occurred.

Don Secena was able to secure a \$7,500 check to support the efforts.

Because the food bank administration did not use all of those funds, another request to the tribe was not made until recently.

Just a few weeks ago, Chehalis



Tribe Chairman Dustin Klatush brought a \$5,000 donation to support the distribution of community resources to folks in need

The hours of availability are the second Friday of each month from



Dedicated volunteers at the Oakville Food Bank and Teen Program help unload and prepare food and personal items for local families and youth.

11 a.m.-1 p.m.; produce is available every other Friday from 2-3:30 p.m.

To access food and other resources, it is not necessary to provide verification of your address; all you need to do is indicate need.

The Food Bank serves 75-100 customers each month. Clientele changes each week as a family's needs change.

When an abundance of produce is available and there is too much to store, volunteers distribute the bounty to low-income housing or apartment complexes. The volunteers have also taken the surplus of offerings out to homeless encampments.

Another service provided at the Oakville Food Bank is the Teen Student Program. Teens can request certain items such as toiletries, socks, sanitizing wipes, laundry detergent, dish soap and other items. The resources are available as needed throughout the year. At Christmas time, teens are shopped for individually according to their requests or needs.

Valuable resources power up financial future

CTLF is paving the way to financial empowerment through education, coaching and fair lending. We have partnered with Twin Star Credit Union to provide information, tools and resources on topics throughout 2024.

For those who wish to start or grow a small business, we are offering an educational program (Indianpreneurship) as well as launching a variety of online educational opportunities for business owners.

The Empowered Auto Buyer Program provides insight to the car buying process so consumers can avoid being taken advantage of while seeking safe and reliable transportation.

Thinking of buying a home? CTLF can now assist with the home loan process. Watch for upcoming workshops to become homeowner ready.



SIGN UP

All CTLF presentations will run from 6-7 p.m. and will be available live at Talking Cedar or via Zoom at no cost.

For more information and to sign up for workshops, contact Administrative Assistant Raygen Shiver at rshiver@chehalistribe.org or 360-709-1643.



MARCH BIRTHDAYS JAYLYNN ALBERT **SEAN ALLEN** ANTHONY ANDREWS ALEXIS BECKWITH KAMI BECKWITH ROYAL BIRD TYSON BLACK JOHN BLACKETER **DEVIN BOYD** MERCEDES BRACERO ANTHONY BROWN DAVID BURNETT JOSHUA BURNETT SARRA BURNETT-LISLE STEVEN BURNETT ARICK BURNETT **FALISITY BUMGARNER** JASON CANALES **QUINTEN CANALES** ALLISON CARTER LINDA CARPENTER LILY CAVELY FRANK CAYENNE JR. HAEZEN CHARLES-CAYENNE JACE CAYENNE JOSEPH CHARLES ROSE CHOKE JACK COLSON **NORMA DANIELS** ESMAE DEMEO **DIANNE DEVLIN** TREVOR DUPUIS TINA EBELING CARRIE EHMKE MATTHEW ESSELSTROM TERRI FARRIER LOLA SECENA FERGUSON **TED GLEASON** NATASHA GODDARD **JEFFREY GOMEZ** RANESSA GODDARD VICTORIA HANNA **GARRETT HICKS** JIM HAYDEN **CIARA HOWE COBY HIGHEAGLE** ANDREAS JACOBS **RAVEN JOHN JAMES KING** DALE KLATUSH IV

OLIVIA LATCH





Terri Farrier: Happy birthday Mom! Love you,

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@chehalistribe.org.

HEALTH/WELLNESS





Steps to overcome a relapse

Best chance at recovery is to simply show up

The most important words you will hear in the beginning of recovering from addiction are "keep coming back."

These words sound simple. However, in the beginning of our recovery, we tend to feel uncomfortable and unwelcome despite the pleasantness of others.

Regardless of our reasoning or excuses, it becomes difficult to keep coming back after a relapse. But if we are tired of addiction and what it is doing to us and we want a different life, then coming back is exactly what we must do!

Eventually, if we are doing things correctly, we will actively involve ourselves in the solution, rather than continuing to be part of the problem! We will begin to experience peace and happiness rather than chaos and misery.

We must take the necessary steps to complete the treatment, therapy, self-help meetings and work required in a recovery

START A NEW JOURNEY

Don't continue to struggle with your addiction. Start your recovery journey today by calling **360-709-1733** and meeting with one of our counselors. Chehalis Tribe Behavioral Health is at 420 Howanut Road.

program to overcome addictions.

In time, we will grow to feel comfortable in a recovery lifestyle.

Stages of a relapse

Emotional: Feelings of anxiety, isolation or low social support put them at higher risk of using

Mental: Missing the people and places associated with using

Physical: Actively using a substance again

* Does not include biochemical aspects of a relapse (for example, craving)

Elements of success

Recovery starts when you make

the decision to end your substance use. It involves actively deciding to incorporate positive values and changes in your daily life and slowly applying those changes.

The main elements that support successful recovery include but are not limited to the following:

- **1. Health:** Having a life that promotes good physical and psychological health.
- **2. Home:** Finding a stable and safe place to feel secure is a key factor to supporting recovery.
- **3. Purpose:** Taking part in meaningful routines, activities or hobbies help you stay engaged in social and community activities, which promotes independence and overall well-being.
- **4. Community:** An effective support system offers strength, hope and encouragement, helping to build a solid foundation, which is absolutely needed for a healthy recovery.

Studies show that active involvement with a treatment program helps support your progress and monitor your condition, which can lead to less potential for relapse.

why are baby teeth important? Your child needs strong and healthy teeth so he

Why are baby teeth important? Your child needs strong and healthy teeth so he can learn to speak clearly, chew food, save space for growing permanent teeth and smile with confidence.

A startling statistic is 75% of American Indian/Alaska Native children ages 0-5 have had dental decay. It's crucial to follow a routine that promotes good dental hygiene from the very start of a young one's life!

Tips to keep cavities away

- Avoid giving a bottle at bedtime and wipe teeth with a washcloth or toothbrush before bed.
- Offer a cup with water to your child starting at 6 months. Allow your child to practice with an open cup to prepare for cup use by the first birthday.
- Take your baby for a dental checkup as soon as teeth erupt or by age 1.
- Offer your toddler/child water only between meals.
- Avoid providing sweetened beverages such as pop, fruit drinks, sports drinks and sweetened tea.
- Do not allow your toddler to carry a sippy cup around (even with water) because of the likelihood of a fall that might damage teeth.
- Brush baby's teeth twice a day using a smear of fluoride toothpaste on a soft, bristly baby toothbrush.
- Transition away from a bottle to an open cup by first birthday
- The last thing in your child's mouth before bed should be a toothbrush.





Cat Starr-Scott and Carol Strader want to get you on the right track.

Vocational Rehabilitation Program makes big move

By Bobbie Bush

The Chehalis Tribe's Vocational Rehabilitation Program is now located in the old Elders Center. Entry to the building is on the right side as you face the building from the parking lot. At the green door, please ring the bell. Because one side of the building is a child care classroom and the other side of the building is the Vocational Rehabilitation office, the door is always locked. Please use the doorbell to gain entrance.

Dear Chehalis Tribe and surrounding community members,

Vocational Rehabilitation is happy to announce that we are open and eager to help the community. The program serves individuals with disabilities who are seeking employment by providing services that will help remove barriers. We are more than happy to help clients get back on their feet.

If you would like to find out if Vocational Rehabilitation can help you, please contact us by phone or email. We are open from 8 a.m.-4:30 p.m. Monday through Friday.

Catherine Starr-Scott, Vocational Rehabilitation Administrative Assistant

VRP's goal is to help those who meet the criteria to obtain full-time, part-time, seasonal, self-employment or supported employment consistent with the

CONTACT US

Vocational Rehabilitation Counselor Carol Strader: cstrader@chehalistribe.org, 360-709-1702, 360-890-5437 (cell)

Vocational Rehabilitation Administrative Assistant Catherine Starr-Scott: cstarrscott@chehalistribe. org, 360-709-1703, 360-890-5942 (cell)

individual's strengths, traditional values and beliefs, resources, priorities, concerns, capabilities, interests and informed choice.

Native Americans who meet the criteria and are enrolled in a federally recognized tribe may be eligible for services if they reside within the service area of the Chehalis Tribe and are associated with the Tribal community. The program also works closely with the Washington State Vocational Rehabilitation program to identify eligible Native American clients that are not being served under the state program due to cultural barriers.

Services provided to individuals with disabilities must be necessary to overcome substantial barriers to employment and must be provided as cost effectively as possible.

Tips to stretch your budget

Saving money on a limited budget can be difficult, but it is possible. Here are ways you can save on daily expenses:

Stick to a budget

- Know your income and your expenses.
- Understand the difference between needs and your wants.

Clothes and toys

- Shop thrift stores instead of buying new items.
- Check local clothing banks at churches or nonprofits.
 - Check out Facebook groups.
- Take advantage of yard and garage sales and buy clothing in the next size up for your child.

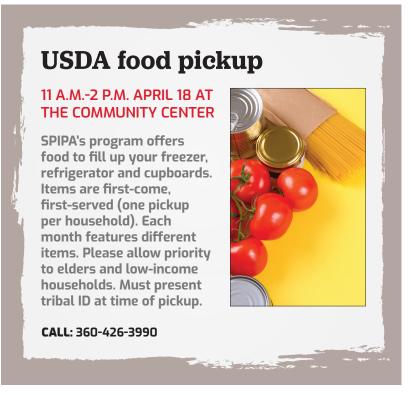
Community resources

- Join a local buy-nothing site on Facebook to exchange items with members of your community.
- Borrow from a friend or neighbor.
- Find out what assistance your local family support center offers.
- Attend free local community events and library programs for fun.

Don't forget

- Give your child time. It is far more valuable than toys.
- Keep water and snacks in your car to avoid costs of eating at restaurants.





HEHALIS 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

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TRIBAL CENTER

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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

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

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Get diaper needs covered

Diapers are not cheap. Often, those in low-income families face high costs and limited supplies of this essential

One in three parents in the United States struggles with

Diapers are a necessary

South Puget Intertribal

deliver diapering needs to eligible

Eligibility

- At least one household member is enrolled in a SPIPA consortium tribe.
- Must meet income guidelines.

You are eligible to receive diaper distribution if you qualify for:

- Food vouchers
- LIHEAP/weatherization
- USDA Foods
- WIC
- Workforce Development

diaper scarcity.

expense in raising children.

When supplies are low or absent, it can add to the challenges of maintaining consistent childcare and steady employment.

Planning Agency is excited to be able to offer diaper distribution services to eligible tribal members.

The Diaper Distribution on Reservations Project works with other SPIPA Programs to families with children residing in the SPIPA service area.

MORE INFORMATION

Fill out the form at spipa.org/ family-and-communityresources. For questions, email ddor@spipa.org.

