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

# CHEHALIS TRIBAL NEWSLETTER

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



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## Life-saving skills

Training aims to create resilient community page 8



### **Little cuties**

Early Learning kids chase leprechaun page 7





Chehalis Tribal Fish & Wildlife Technician Hector Canales helps send off coho salmon.

# Salmon released

Tribe looks to future as thousands of coho enter Black River

By Frazier Myer

he Chehalis Tribe's
Department of Natural
Resources (Fisheries and
Hatchery) released a whopping
12,500 coho salmon into the Black
River on the Chehalis Reservation
on April 1.

That number is only half of the fish that will be turned loose this spring. The next release is set for mid-April. In total, 25,000 Coho salmon will slide into the river in April. This is a tremendous accomplishment for the Chehalis Tribal Fish & Wildlife program to raise and release so many fish from the homelands.

Chehalis Tribe Hatchery Supervisor Jesse McMahan has headed the project since he began working for the tribe in August 2023. McMahan has more than



Below: The
Chehalis Tribe's
Department
of Natural
Resources Director
Glen Connelly and Fish
& Wildlife employees
Canales and Jesse
McMahan work with fish
in holding tanks outside
of the hatchery.



# Egg-cited kids enjoy fun hunt

Cold weather doesn't stop Chehalis youth from Easter thrills

By Bobbie Bush

The Easter Bunny arrived a few days early on the Chehalis Reservation. The traditional egg hunt kicked off at 5 p.m. March 28. Even though it was cold and rainy, young ones showed up ready for an exciting egg dash.

Events crew lined up prizes for most eggs, including golden eggs, up on the tables for children to gaze at just before they dove into the hunt. Extra buckets were available for kids who did not bring a bag or basket.

The covered area at Legends Field was the perfect place to huddle up in while they waited for the "go" signal. Children were divided into age groups.

See EGG HUNT / page 3



Meeting the Easter Bunny was a highlight of the egg hunt celebration on March 28.

See **SALMON** / page 2





From page 1

a decade of experience in the fish hatchery industry. He worked at Cowlitz Trout Hatchery for eight years followed by two years at Skookumchuck Hatchery.

McMahan said as supervisor, he does "everything under the sun for fish culture," which includes spawning and feeding fish in the hatchery to increase reproduction of the fish species. The tribe receives coho eggs from the state Department of Fish & Wildlife. McMahan said eggs for the batch of fish released in April came from Skookumchuck, where he previously worked.

There are three main purposes for fish hatcheries: production, enhancement and research. Although the Chehalis Tribe's Fisheries program supplements (enhances) in some instances, it's primarily focused on production. The goal is to have the coho released in April return in three to four years when Chehalis tribal fisherman will have a chance to catch them.

Salmon acclimate and imprint in the water they are raised in and will naturally seek to return to that body of water. For that reason, fish that were about to be released were placed in a tank filled with water from Black River. The tanks are located outside of the hatchery so fish can become acclimated to the natural temperature as well. Because the tribe's hatchery doesn't have tanks large enough to hold all 25,000 coho, two releases were needed.

The tribe followed state and federal guidelines to schedule the release. Guidelines are backed by years of science and research and have proven to work best for production.

## **ABOUT FISH & WILDLIFE**

### The Chehalis Tribe program has six staff members:

- Fish & Wildlife Manager Shawn Ortivez, who oversees all of the staff
- Fish & Wildlife Biologist Tara Livingood-Schott
- Hatchery Supervisor Jesse McMahan
- Fish & Wildlife Technicians Todd Delamater, Hector Canales and Anthony Youckton Sr.

The program provides various functions and services for the tribal community, such as fish cooks for tribal events and funeral services. Fisheries also hosts a Family Fishing Day to encourage the activity with youth on the reservation.

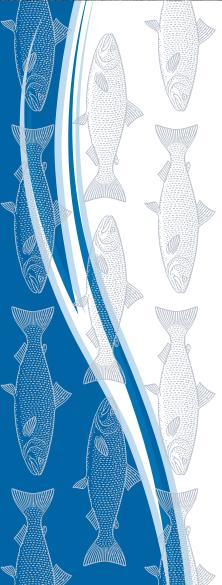
**Fish & Wildlife manages** fishing seasons with the Fish Committee and tribal fishermen.

Other duties: test fishing, identifying fish buyers to ensure fishermen get the best price for their catch and fish cleaning/freezing for community needs

**Fisheries also oversees** Rotary Screw Trap on a part of the Chehalis River near Pe Ell. This is where they gather data about out-migrating fish. They also conduct field surveys for endangered species such as freshwater mussels and invasive species such as Brazilian elodea and parrotfeather.



Young coho salmon swim in a tank at the Chehalis Tribe's Hatchery. The fish are a building block for the future.



# **EGG HUNT**

From page 1

The youngest were directed to the lawn area south of the covered play spot, the next age group was directed to the north area just past the restrooms and others met at the ball field to the west.

Kiddos hunted quickly and

thoroughly.
Grandparents, uncles and aunties, parents and cousins all cheered the young ones on as they searched for eggs. Even though the weather didn't cooperate and everyone left quickly, the children had fun.











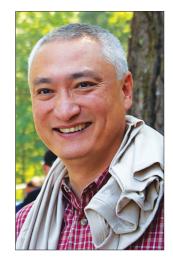


# **GENERAL MANAGER** UPDATE

# Taking positive steps forward

I would like to take this opportunity to update you on the progress of our Chehalis Tribal Government in the first quarter of 2024.

Suggestion Box
Program: Thank
you to everyone
who participated in
the Suggestion Box
Program. We have
already received some
excellent suggestions,
and the winner will be
announced in the next
edition of the newsletter.



#### **Briarwood update:**

We have taken over ownership of Briarwood and hired an external firm to supervise the demolition process. Another company is also engaged in cleanup and pest control, which has significantly sanitized the property.

Lewis County Opioid Summit: Last month, tribal leaders, staff and community members attended an event hosted at Centralia College. It was an eye-opening experience that gave attendees a grasp of the severity of the opioid crisis. It was emphasized that this issue requires collaborative efforts from various stakeholders, including government agencies, healthcare providers, community organizations and individuals

Tiny homes road expansion: We have widened the entrance approach to two full lanes, which allows two vehicles to enter and exit smoothly. We also have removed a tree identified near the entrance to eliminate potential visibility hazards with Highway 12. Additional lights will be installed on the existing light poles based on PUD schedules to improve safety and visibility.

In conclusion, I am pleased with the progress we have made in the first quarter of 2024. As your general manager, it is an honor to serve for the greater common good of our Chehalis community.

Let me end with this quote from Chief Luther Standing Bear from the Lakota Sioux, "The elders were wise. They know that man's heart, away from nature, becomes hard; they knew that lack of respect for growing, living things soon led to a lack of respect for humans, too."

Thank you, Long Liu (Lee) Chehalis Tribe General Manager

# Ancestors get resting place on tribal lands

Community rejoices return after decades away from home and complicated negotiations

By Bobbie Bush

On March 26, the Chehalis tribal community and members from other local tribes gathered to witness and recognize ancestors who were returned from two universities.

About 50 people assembled in the Community Center Gym at 9 a.m. Tribal members from Chehalis, Quileute, Colville and Skokomish paid their respects and welcomed our ancestors home to their resting places.

The Native American Graves and Repatriation Act (NAGPRA) required museums and universities to return our ancestors since its enactment.

NAGPRA was signed into law on Nov. 16, 1990.

Thirty-four years later and 73 years after an archaeologist from the University of Washington displaced them from a ranch in Grays Harbor County, our ancestors have returned.

Chehalis Tribe Cultural Resource Specialist William Thoms provided background information on NAGPRA and where the ancestors were before they were "inadvertently discovered by a farmer who plowed his field."

The field was at the Minard Ranch in 1947. A UW archaeologist surveyed the Washington coast and collected our ancestors. They were cataloged and stored by the Burke Museum.

In 1974, one person's remains were transferred to Central Washington University's Department of Anthropology.

During the ceremony at the gym, Chehalis Tribe Historic Preservation Officer Dan Penn asked everyone who wished to file past the cedar boxes and flower arrangements to pay their respects and welcome the ancestors home.

Afterward, a stick game song brightened spirits and welcomed ancestors home.

After the song finished, the

There are still
a number of
ancestors from the
same site these
ancestors were
removed from in
the possession of
other universities.
Consultation for
repatriation is
already underway.
- CHEHALIS TRIBE
CULTURAL RESOURCE
SPECIALIST
WILLIAM THOMS

group began the ride around the Chehalis Reservation in procession, arriving at the cemetery.

A special area was prepared for the resting place.

The Chehalis Shaker Church sang a song. People who wanted to send an item or items with the ancestors placed them as they walked past.

This was the first time repatriation has happened since NAGPRA and its amendments were enacted.

The process to return the ancestors was complicated and took negotiation and renegotiation to finally reach a resolution.

When asked whether there will be future events like this, Chehalis Tribe Cultural Resource Specialist William Thoms wrote, "There are still a number of ancestors from the same site these ancestors were removed from in the possession of other universities. Consultation for repatriation is already underway.

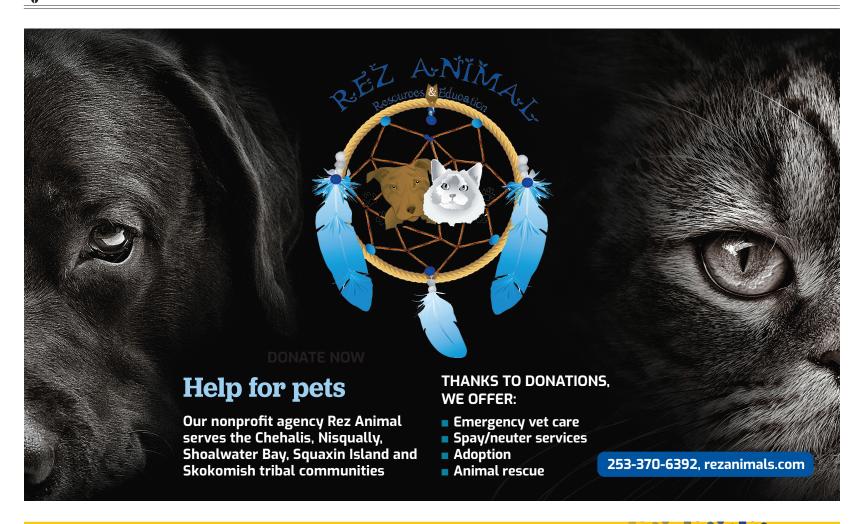
"Additionally, there are a number of possible objects of cultural significance at other museums and institutions around the country that are being investigated under the new NAGPRA regulations that just went into effect," he explained.





### **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.



# **Chehalis Tribal Days**

**MEMORIAL DAY WEEKEND** 



MAY 24-27

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

### \$400 entry per team

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

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

### 6TH ANNUAL ART EXHIBIT

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

### 15TH ANNUAL CANCER WALK

Show your support with family and friends!

## **YOUTH ACTIVITIES & MORE**

Contact: Call Philip Youckton at 360-709-1752, email pyouckton@chehalistribe.org or text 360-688-3380 for questions about the tournaments, Cancer Walk, Coastal Jam or vendor spaces

**FOOD VENDORS:** Chehalis tribal members only

BLOCK OF ROOMS AVAILABLE AT LUCKY EAGLE CASINO & HOTEL: Call 360-273-2000 or 800-720-1788



# Youth find the LEPRECHAUN



Tribal departments continue adorable tradition

 $By\ Bobbie\ Bush$ 

Leprechaun found!
The Chehalis Tribal Early
Learning Program's Leprechaun
Hunt brought all kinds of smiles

to sweet little faces on March 14.

The main administration building was buzzing with excitement and anticipation.

A feisty leprechaun was in and out of Early Learning classrooms. This year, the kiddos were ready to catch him.

Before the young ones began their hunt, the main room in the administration building was prepared.

Tribal departments set up tables with rewards for the

youngsters during their quest.

Staff from Public Safety,
Events, Human Resources,
Natural Resources, Vocational
Rehabilitation, Dental, Behavioral
Health, Business Committee,
Information Technology and the
assistant general manager all
contributed treasures for children.

It was a wonderful effort by all and brought smiles and joy to young leprechaun hunters.

Early Learning classes were spaced 10-15 minutes apart to accommodate all students without a bottleneck. It worked very well.

Sixty-eight youngsters attended with parents, grandparents, Business Committee members and departmental staff.













# HEALTH/WELLNESS







# Proactive approach to community safety

Teaching critical care skills helps ensure collective well-being

By Clinton Davis

In a small yet profound effort to bolster community resilience, Chehalis Tribe Emergency Manager Clinton Davis recently educated Social Services staff at the Elders Center in vital life-saving skills.

The training session focused on first aid, CPR (cardiopulmonary resuscitation) and AED (automated external defibrillator) use, equipping participants with the tools to respond effectively in emergencies.

Davis, a seasoned emergency management professional and EMT, has a passion for community safety. He emphasized the importance of preparedness and swift action during critical moments.

"Empowering individuals with life-saving skills not only enhances community safety but also fosters a culture of care and support," Clint said.

The session at the Elders Center exemplifies a proactive approach to community wellbeing, with a focus on serving vulnerable populations. By educating Social Services staff, Clint aims to create a ripple effect of preparedness, ensuring that those entrusted with the care of elders are equipped to handle emergencies confidently and competently.

Participants lauded Clint for his engaging teaching style and practical insights.

"The training provided by Clint Davis was invaluable. We now feel more equipped to respond effectively in emergencies and



Participants learn important life-saving measures such as first aid, CPR and AED from Chehalis Tribe Emergency Manager Clinton Davis.

provide timely assistance to those in need," expressed one attendee.

As communities continue to navigate uncertainties, initiatives such as these underscore the significance of collaboration and education in building resilience. Davis' commitment to sharing life-saving skills serves as a beacon of hope, inspiring others to take proactive steps toward creating safer and more resilient communities.

In the spirit of collective well-

being, let us celebrate the efforts of individuals like Davis, whose dedication to community safety leaves an indelible mark on the fabric of our society.



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- CHEHALIS TRIBE EMERGENCY MANAGER

**CLINTON DAVIS** 





# When is baby ready to use a spoon, fork?

Let little ones get messy when feeding themselves

It's an exciting time when introducing utensils to your little one. Let her grab and play with a short-handled baby spoon as early as possible.

Every baby is different, but here are general guidelines:

- Offer a preloaded spoon with puree as early as 6 months.
- You can hold the spoon, but let her place the food in her mouth. As early as 6 months, offer strips of foods for baby to feed herself.
- Begin training baby about 7-8 months to dip and scoop the puree to get it into her mouth. Start with a

food that sticks to the spoon. Plates and bowls with suction cups can help.

- Transition away from pureed baby foods around 7 or 8 months. Practice with a spoon at every meal continuously and she will eventually catch on. Some adults prefer to let baby have one spoon and they have another spoon.
- By 9 months, baby should be feeding herself with finger foods.
- Once baby can dip and scoop with the spoon, introduce the fork (about 12 months).
- Let your baby get messy and be in control of how much or how little she eats at each meal.
- If given the opportunity, babies can master the spoon and fork by 18-24 months.



Don't sweat the mess when introducing utensils to your baby.

# Mammogram clinic

8 A.M.-3:20 P.M. MAY 14

Women age 40 and older are eligible to use the Swedish Mobile Mammography bus if they:

- Meet income guidelines
- Bring photo ID
- Bring insurance card
- Have no new breast lumps or concerns
- Are able to walk up/down stairs and stand for exam
- Are a patient of Chehalis Tribal Wellness Center
- Fill out NWWP paperwork
- Have more than 6 months since last mammogram



CONTACT: For questions on eligibility, call Christina Hicks at 360-709-1741

# Happy feet, good health

Dr. Deborah Behre will offer podiatrist clinics at the Chehalis Tribal Wellness Center on the following dates:

April 23 1-4:30 p.m. May 7 8-noon May 21 1-4:30 p.m. June 4 8-noon June 18 1-4:30 p.m.

Call 360-273-5504 to schedule







SPIPA's program offers food to fill up your freezer, refrigerator and cupboards. Items are first-come, first-served (one pickup per household). Each month features different items. Please allow priority to elders and low-income households. Must present tribal ID at time of pickup.

**CALL**: 360-426-3990







# MOTHER'S DAY MAYHEM YOUTH BASKETBALL **TOURNAMENT MAY 10-12 DIVISIONS** ■ 8 teams max in Age 6 and Under Co-Ed bracket. All participants will get T-shirts and mini basketballs. One-day round robin bracket. ■ 10 teams max per each in Age 10 and Under-Age 18 and Under bracket. Double elimination. **AWARDS** 1st-3rd, MVP, Sportsmanship and All-Stars for every team ■ Age 10 and Under Co-Ed Age 10 and Under Co-Ed ■ Age 14 and Under Girls ■ Age 14 and Under Boys ■ Age 18 and Under Girls ■ Age 18 and Under Boys **VENDORS** Call Philip Youckton at 360-709-1752 or 360-688-3380 or email pyouckton@ chehalistribe.org for vendor spaces. **LOCATIONS** Chehalis Tribe Community Center, 461 Secena Road, Oakville and Oakville School District gyms, 200 School St. Oakville Room blocks available at: Lucky Eagle Casino & Hotel, Fairfield Inn & Suites by **Marriott Grand Mound** and Great Wolf Lodge Scan to register Make checks payable to Chehalis



# Protect your gut health

Colorectal cancer prevention education provides wealth of information

By Bobbie Bush

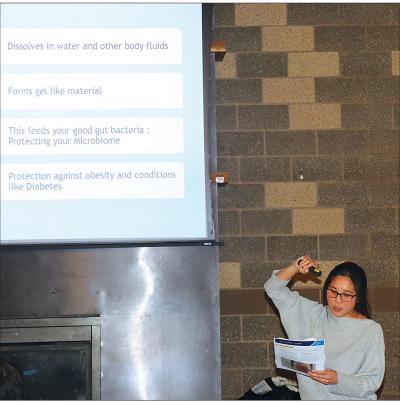
A giant inflatable colon greeted guests for an evening of cancer prevention education at 5 p.m. March 12 in the Chehalis Tribal Community Center.

The Chehalis Tribe Wellness Program in collaboration with South Puget Intertribal Planning Agency's Comprehensive Cancer Control program hosted dinner and an educational workshop for Colon Health Month.

Christina Hicks, Community Wellness Program Manager, welcomed 22 tribal and community members in the Gathering Room.

Dr. Chau-Glendinning opened with an informative PowerPoint presentation. She also handed out a Centers for Disease Control colorectal cancer screening fact sheet. Her presentation was very helpful in describing the process of an annual iFOBT (immunofecal occult blood test) as a one-step screening for revealing hidden blood in stool. The test is





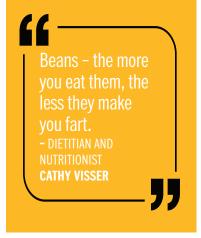
easy to complete.

Dr. Chau-Glendinning also provided details on various screening tests for prevention and detection of colon cancer. The doctor made it clear that a full colonoscopy is the gold standard for screening prevention and detection.

Screening guides have changed through the years. Previously, the recommended age to start screening was 55. That recommendation has changed with primary screening suggested to occur at age 45.

Also highlighted is the need to know your family's health history to determine what age you should begin colon health screening.

A delicious meal was prepared by Dietitian and Nutritionist Cathy Visser. She made a delicious fresh salad, lentil and vegetable soup, baked salmon, sliced baguette, cheese and whole Top: Chehalis tribal elders attend the Colon Cancer Awareness event. Left: Dr. Chau-Glendinning presents information to increase awareness to a group of community members.



grain crackers finished with a scrumptious berry crisp.

Visser emphasized the importance of a high-fiber diet and focus on gut health to help prevent colon cancer along with other health challenges. She said legumes, beans and lentils are high in fiber.

"Beans – the more you eat them, the less they make you fart," Visser said, which is good news for those who experience initial discomfort when adding beans to a balanced diet.

Those who joined the group

See CANCER / page 12

# 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**

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### **VISION STATEMENT**

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

Chairman: Dustin Klatush Vice Chairman: Leroy Boyd Treasurer: Sheilah Bray

**BUSINESS COMMITTEE** 

Secretary: Charlotte Lopez Fifth Council Member: Rachelle Wells-Ferguson © copyright 2024

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# **CANCER**

From page 11

and completed a survey at the beginning and end of the presentation were entered into a raffle. Staff from SPIPA, Cancer Programs Engagement Coordinator Cher Castello and Health & Wellness Program Manager Jamie Nikander helped set up and tear down after the session.

# **Colorectal screening**

A screening test is used to look for a disease when a person doesn't have symptoms. When a person has symptoms, diagnostic tests are used to find out the cause of the symptoms.

Colorectal cancer almost always develops from precancerous polyps (abnormal growths) in the colon or rectum. Screening tests can find precancerous polyps so that they can be removed before they turn into cancer. Screening tests can also find colorectal cancer early, when treatment works best.

#### Recommendations

Regular screening, beginning at age 45, is key to preventing colorectal cancer and finding it early. The U.S. Preventive Services Task Force recommends adults ages 45-75 be screened for colorectal cancer. The Task Force recommends adults ages 76-85 talk to their doctor about screening.

The task force recommends several colorectal cancer screening strategies, including stool tests, flexible sigmoidoscopy, colonoscopy and CT colonography (virtual colonoscopy).

## When should I get screened?

Most people should begin screening for colorectal cancer after turning 45, then continue getting screened at regular intervals. However, you might need to be tested earlier than 45 or more often if you have:

- Inflammatory bowel disease such as Crohn's disease or ulcerative colitis. A personal or family history of colorectal cancer or colorectal polyps.
- A genetic syndrome such as familial adenomatous polyposis (FAP), lynch syndrome or hereditary non-polyposis colorectal cancer.

If you think you are at increased risk for colorectal cancer, speak with your doctor about:

- When to begin screening
- Which test is right for you
- $\blacksquare$  How often to get tested

## **Insurance/Medicare coverage**

Colorectal cancer screening tests might be covered by your health insurance policy without a deductible or co-pay. For more information about Medicare coverage, go to medicare.gov or call 800-MEDICARE (800-633-4227); TTY users should call 877-486-2048. Check with your insurance plan to find out what benefits are covered for colorectal cancer screening.

Source: Centers for Disease Control at cdc.gov/cancer/ colorectal

