

CHEHALIS TRIBAL NEWSLETTER

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



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TRIBAL DAYS

Packed Memorial weekend delivers baseball,
Cancer Walk, art show, vendors, food, culture



By Frazier Myer

Hundreds of people attended Chehalis Tribal Days throughout the four-day Memorial Day weekend. Softball and hardball tournaments were the main attraction as teams from various tribes across the Pacific Northwest were hosted at the Chehalis Tribe's largest annual event.

Those who come to watch teams compete can take part in many activities at Tribal Days. Chehalis tribal fisherman sold delicious fish plates, a staple of the event and a favorite for those who visit. Multiple food vendors offered



See **TRIBAL DAYS** / pages 2-3



Chehalis tribal fishermen caught the salmon served at this year's Salmon Ceremony.

Sacred salmon honored

Meaningful gathering pays tribute to fish

By Frazier Myer

The Chehalis Tribe held the 2024 Salmon Ceremony during the morning and afternoon of Saturday, May 18.

The annual celebration brings tribal and community members together to honor the first salmon for the year. It highlights the start of the summer months and tribal festivities.

Early in the morning, tribal members held the first part of the ceremony near the Chehalis River. Chehalis tribal youth and Chairman Dustin Klatush released the remains of a salmon into the Chehalis River.

The second half of the Salmon Ceremony was a

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Chehalis Tribal Days brought dynamic baseball and softball games and the 16th annual Cancer Walk to the Chehalis Reservation.



TRIBAL DAYS

From page 1

fry bread and other goodies. Handmade art, jewelry and clothing were also available.

Those in attendance were able to tour the Chehalis tribal art show hosted inside the Tribal Center, where guests viewed items skillfully crafted by Chehalis tribal members.

The 16th annual Chehalis Tribal Days Cancer Walk brought supporters together on Sunday, May 26. The annual walk honors cancer survivors and those who lost their life to cancer. Families and friends walked for loved ones impacted by some form of cancer.

Many people come to Tribal Days for this significant and meaningful event to remember loved ones and share stories.

The action on the baseball and softball fields was fierce and competitive. Dozens of teams battled throughout the weekend. Normally each year, Little Boston (Port Gamble S'Klallam) and

RESULTS

MEN

1st: Blackhawks

2nd: LB

3rd: Chehalis

4th: NDNz

CO-ED

1st: NDNz

2nd: BST

3rd: Rezzy & Deadly

4th: Hit Squad

WOMEN

1st: Natives

2nd: ʔiisəd

3rd: OMG!

4th: Fire and Ice

Chehalis play in the championship. This year, Chehalis lost to Little Boston in the semifinals and took third place. Little Boston went on to lose in the championship round to the Blackhawks.





Congresswoman Marie Gluesenkamp Perez tours Tenino with Chehalis Tribe Chairman Dustin Klatush in this Chronicle file photo.

Tribe lands \$251,000 for solar installation

Project funded through Climate Commitment Act

By The Chronicle

Tribes in Southwest Washington will receive more than \$4.5 million in funds from the Climate Commitment Act (CCA) to fund clean energy projects, according to an announcement from the Washington state Department of Commerce.

Five tribes throughout the state will receive \$7.5 million in grant funding, part of \$16 million earmarked for tribal clean energy projects. Additionally, the CCA includes \$67 million for projects that advance environmental justice and equity.

According to the Commerce Department, the Confederated Tribes of the Chehalis Reservation will receive \$251,000 to build a 121-kilowatt roof-mounted solar installation on the tribe's community center, and to conduct a feasibility study on the potential for future battery storage.

"This is a great opportunity for the Chehalis Tribe and the Department of Commerce to work together on the common goal of reducing our carbon footprint within Washington state," Chehalis Tribe Chairman Dustin Klatush said. "The tribe's use of solar panels at our Community Center will bring immediate results toward that goal while embarking

on a feasibility study to develop additional strategies for the future. This award is truly a win-win."

The Cowlitz Indian Tribe will receive \$1.7 million to build a 100-kilowatt solar array and battery energy storage system on administrative and clinic buildings that will power the buildings and provide supplemental power for electric vehicle charging.

Willapa Bay Enterprises, which was established by the Shoalwater Bay Indian Tribe, will receive \$2,740,000 to "support the design, permitting, siting and construction of technology that produces zero emission hydrogen from ocean wave energy."

The Department of Commerce is expected to announce additional grant recipients later this year.

"The Climate Commitment Act recognizes that communities will not feel the effects of climate change equally," Commerce Director Mike Fong said in a statement. "We know that there is a history of (the) government assuming it knows best when it comes to what communities need, and we're intentionally reversing that thought process. We hope this is the first of many funding opportunities that responds directly to what people tell us they need."

Posted Wednesday, May 29

SALMON

From page 1

potluck held later in the afternoon at the fit pit. Tribal fisherman caught the fish served at the ceremony, which is significant because in recent years the tribe hasn't been able to do so.

Barnaby Canales thanked everyone involved with Tribal Fisheries. Karen Klatush explained that this ceremony is a time to remember Ross Davis, who played a role in bringing back the annual tradition of honoring the fish that have sustained the lives of Native Americans for centuries.

Chehalis tribal elder Wayne Barr said a prayer prior to the meal, then everyone lined up to prepare their salmon dishes.



The Salmon Ceremony highlights sacred fish that has given generations of Chehalis tribal members sustenance.



By Hannah Howe

CHEHALIS TRIBAL FARMS

Chehalis Tribal Farms has been working hard to prep for blueberry season. We should have an opening date soon!

TALKING CEDAR BREWERY & DISTILLERY

By popular demand, Talking Cedar Production is brewing a dark lager that will be available on tap at the restaurant.

The distillery has been blending and bottling a very special collaboration with Westland Distillery as well as producing wheat, rye, single-malt and five-malt whisky to go into barrels to be matured.

OAKSRIDGE GOLF COURSE

Oaksridge is putting the finishing touches on winter cleanup as we start to get into the swing of golf season. Weekends are filling up with tournaments and tee times. Call in to book your spot!

TALKING CEDAR RESTAURANT

Stop by the restaurant to enjoy our delicious June specials:

Appetizer – fried calamari

Entrees – steak gorgonzola fettuccine or guacamole burger

Dessert – worms in dirt

Get more details through our social media.

We are hiring!

Visit chehalistribalenterprises.com for current career opportunities.

TEAM MEMBER HIGHLIGHT

John Bird has been with CTE since 2010 in our Facilities department. John and his team work very hard to keep all of our businesses clean and up to date. Without him and his team, we wouldn't be able to run any of our businesses. John is dependable and has a great work ethic. We are lucky to have him. Thank you John for the many years you have dedicated to CTE. We are so grateful to have you as part of our team!



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Carrying THE HONOR OF *our people*

Impressive youth crowned Tribal Royalty

By Bobbie Bush

The Chehalis Tribal Gathering Room was full on Wednesday, May 22, as more than 50 tribal members and families witnessed the crowning of the tribe's 2024 Tribal Royalty.

There were four categories and just four contestants for Miss Chehalis, Junior Miss Chehalis, Little Miss Chehalis Royalty and Miss Head Start.

Before the contest began, dinner from Lucky Eagle Casino was provided. Guests enjoyed chicken, fire-roasted corn, rice pilaf, dinner rolls and scrumptious dessert bites.

Daniel "Bones" Gleason blessed the food for the community. After the meal, it was time to introduce the candidates. Chehalis Tribe Chairman Dustin Klatush did the honors.

Bravery and poise

First up was Tamika Starr, daughter of Deidre Hawkes and Andrew Starr. She was a little shy and was happy when Mom, Deidre, stepped up to help. Tamika ran for Miss Head Start Chehalis and won!

Second was Mila Rogers who had a prepared speech: "Hello, Chehalis tribal elders. My name is Mila Rodgers. My parents are Candace Brown and Kevin Rodgers. My grandparents are Carmen Brown and Dexter Newton. My great grandfather is Kenneth Brown. My great, great grandmother is Gladys Brown. I am running for Junior Miss Chehalis. Some of the things I enjoy doing are cooking with my grandmother, reading and spending time with my friends. I would be honored to represent the Chehalis Tribe. Thank you for your time and please vote for me."

Brooklyn Klatush was the third candidate to introduce herself:



Tamika Starr, Mila Rogers, Brooklyn Klatush and Madoleen Goddard will proudly represent their community as the 2024 Tribal Royalty.



"My name is Brooklyn Sofia Klatush and I am running for Little Miss Chehalis. My parents are Dustin Klatush and Beth Klatush. My grandparents are Bev and Amil, as well as Colleen, Tammy and Chuck. I love my elders and helping at events. I will represent the tribe well. I would love to be considered Little Miss Chehalis. Thank you so much."

Her campaign speech was very

well-spoken and read for such a young lady.

Astounding presentation

The fourth candidate approached the podium. She was the tallest and oldest of the group. As she began her address, families and elders in the Gathering Room hushed quickly and listened with astounded recognition.

Madoleen Goodard won the contest through her impressive cultural knowledge. As she spoke, the elders were blessed in recognition that she spoke our language.

Madoleen then switched to English: "My family has been here since immemorial documents tracing back as far as the 1800s. From my mom's side of the family, I am from Walker, Hayden, Youckton, Capoeaman, Etoak, Edward, Underwood, Goddard, Jones, Aripa and Tao families. My fifth great grandfather is Chief Joseph from my pawpaw Derwin's side of the family. My other side of my family is from Colville, Montana, and the Lower

Elwha Klallam Tribes. My younger brother and sister are from the Brown-Jones family, so I hold a tremendous amount of respect for Jake and June "Tiny" Jones as they have referred to me as their great granddaughter. One thing I'm always interested in is my family history. I know family history is important and is something that needs to be passed down for all of us to know and understand our family trees. I am currently in the 10th grade. I play basketball and softball. Along with playing sports I also like doing all types of different art. After high school, I plan to further my education by attending college to study psychology. By representing our tribe, I carry the honor and history of our people. It is my duty to uphold the traditions and cultural heritage that have been entrusted to me by generations past. In every action I take and every word I speak, I aim to reflect the pride and spirit of our community, ensuring that our collective voice is respected and our identity continues to thrive. Thank you."



JUNE BIRTHDAYS



Emily Holmes-Pickernell: Happy 21st birthday Emily! Hopefully this year, you can start to spell your name correctly on forms. Love, Dad, Mom and Piggy.



Malena Canales: Happy birthday Malena. We love you baby girl! Love your favorite sister TyAnna and all your family.

Jeremy and Konner Klatush: Happy birthday! We love you and are proud of you and the decisions you make daily. Love Mom, Zai, Ana and family.

PAYTON ALBERT
ALLEN ANDREWS
ZACHERY BAKER
ERIC BECKWITH
TYLER BECKWITH
WARREN BECKWITH
BRIAN BENDA
BEVERLY BISHOP
CHARLES BLACKETER
LATISHA BOYD
LEROY BOYD
JANESSA BUMGARNER
HECTOR CANALES
MELENA CANALES
WAYPETEMAHQUAH CHOKE
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
KONNER KLATUSH
JEREMY KLATUSH
MICHAEL LECLAIRE
ALIVIA LOPEZ
ADAM LOWER
ANASTASYA LUKIANOV

TANNER MCCLOUD
ANDREA MCGOUGH
RACHEL MENDEZ
LINSEY MILLER
ELAINE MYER
AARON MYER
CHERYL OGLE
SUZZANNE ORTIVEZ
JOSHUA PHILLIPS
DANIKA PICKERNELL
HAROLD PICKERNELL JR.
MALIA PICKERNELL
BAILEY REVAY-FERN
BRYCE REYNOLDS
GRAYSON RISTVET
MARIO ROBLES
DUSTIN SANCHEZ
EDWARD SANCHEZ SR.
RICK SANCHEZ JR.
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
BRENDON TORRES
BILLY UDEN
HEATHER WALKER
DARIAN WASHBURN
RAQUEL WELLMAN
DUANE WILLIAMS JR.
WINONA YOUCKTON
CAEL YOUCKTON
STACY YOUCKTON
MARVIN YOUCKTON



Brian Benda: Happy birthday! Love Rita and kids.



Malia Victoria Pickernell: Happy 7th birthday! Love Gramma and Grumpa.



Harold Pickernell Jr.: Happy birthday Harry. Love Mom, Dad and Ty.



Stacy Youckton: Happy birthday!

VOLUNTEERING

Cemetery Cleanup

On the morning of May 17, Chehalis tribal and community members, Tribal Government employees and Lucky Eagle Casino & Hotel staff volunteered during the Cemetery Cleanup at the tribal cemeteries.

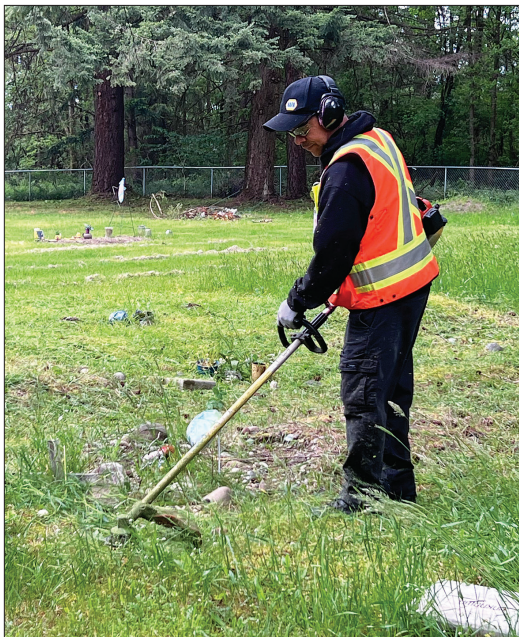
The event is a time for family members to visit and clean up the grave sites of loved ones and relatives. The event is held every year in May at both Secena Cemetery and Benn Cemetery.

Volunteers were entered in a raffle and provided lunch.

The Chehalis Tribe thanks you for your participation!



Dedicated volunteers worked hard to refresh the final resting places of Chehalis Tribe ancestors.





Skate park opens

Youth test their skills at cool new place to shred

By Bobbie Bush

The Chehalis Tribe's robust Skate Park, which has been in the works since spring 2023, opened to tribal and community members on May 6.

Excited young ones all wore tie-dyed T-shirts that read: "Tony Medina Skate Park, The Handsome Guy" on the front. Tony Medina previously was the Youth Center manager for decades and had a significant impact on generations of tribal members during their childhood.

Cheryl Starr talked about how Tony kept youth active and involved in the community. He would load up kids in the van and take them to tournaments and

various field trips.

Leroy Boyd welcomed everyone. He thanked Planning, Accounting, the Wellness Center, Public Safety, the community, uncles, aunts, cousins, parents and grandparents for bringing the park to fruition. Boyd said that while the tribe has offered basketball and baseball to our community, Tony always mentioned the idea of a skate park.

Thanks to Cheryl and Philip Youckton for bringing us this incredible place to exercise, learn new skills and have fun.

James Klinedinst, Senior Project Manager from Grind Line Skates, said to the crowd: "Thank you for having us. In the years ahead, we may have a championship skateboarder."

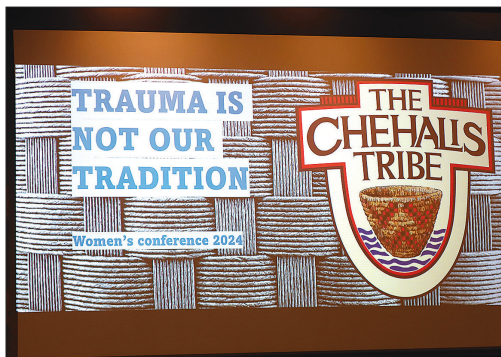
During phase two, permanent awnings and protection from the elements will be constructed.



Chehalis tribal youth were stoked to check out the tribe's skate park.



HEALTH/ WELLNESS



Overcoming trauma conference shares tools for empowerment with participants.

HEALING IS POWER

*Beyond trauma:
Finding the strength
to take the first step*

By Bobbie Bush

On May 7, 22 people participated in the second “Overcoming Trauma: Trauma is Not Our Tradition Conference” in the Chehalis Tribal Center Gathering Room.

Domestic Violence Advocate Lori Sobolesky hosted the event. Guest speaker Brittany Voy was invited to talk to the group.

“I want to tell you where I started from trauma. The things that gave me new tools and what I’m doing with those tools now. It’s my hope to inspire you to think beyond the trauma,” Brittany said. “Trauma is never something we want or deserve, but it can take us down interesting paths that may be useful to ourselves or other people in our lives. We can use our trauma to become the person who would have helped us – our inner child – or stood up for us back then.”

Brittany shared an extremely vivid story about trauma she experienced when young. Shaming, bullying and physical abuse happened to her as a child and youth. She said she felt powerless and helpless to make a change in her life and worried about what other people thought of her because of the extended trauma.

Brittany said eventually, she felt



like “a ball of triggers and trauma left me as a very raw, angry and sad person.”

Things began to change for Brittany when she moved into her grandparents’ house when she was in high school. She began therapy when she was 17 and kept that therapist until she was in her mid 20s.

Through the years, she has had several therapists and encouraged participants to recognize that outgrowing a therapist is a natural progression.

Brittany obtained tools from years of healing and she worked hard to reframe her childhood experiences. She learned the power of speaking her truth from her journalism career.

Brittany’s closing statements highlighted steps to begin the healing journey.

“The place we start doesn’t have to be the place we end up. Life and growth is not static. We have the ability to move, to do



“

We can use our trauma to become the person who would have helped us – our inner child – or stood up for us back then. – BRITTANY VOY, TRAUMA SURVIVOR

”

something different. We need only find the strength to make the first step – the first right decision – and commit to another step, another good decision each day even when we stumble,” she said. “I wish you all the strength to make the first and next right step for you, whatever that is.”

Effect on the body

Dr. Hang Chau-Glending of the Chehalis Tribal Wellness Center presented information on what trauma does to the body.

“What is trauma? Trauma is an event, series of events or set of circumstances that is experienced by an individual as physically or emotionally harmful or life threatening,” she said.

“Imagine you are walking in the woods and suddenly, you hear a loud roar. What happens? Your heart starts racing, your breath gets faster and your muscles tense up. That’s your body’s way of reacting to stress or danger, and it is called the stress response,” she explained.

Dr. Chau went on to describe how the brain/body connection can be disrupted by trauma or

prolonged stress response.

“We can get stuck in that ‘fight or flight’ behavior. This can affect how we respond to others in the world. For example, you might feel jumpy or on edge all the time, find it hard to concentrate in school, at work, with friends/strangers or have trouble sleeping because your body is always on high alert. You might also get stomach aches or headaches more often because stress can mess with your body’s balance,” Dr. Chau said.

“... Perhaps one of the hardest parts is that your body remembers. The adrenaline that was released perhaps once or perhaps over and over imprints into the automatic parts of the brain and it can be a really tough battle to fight these unseen responses,” she explained. “It’s not uncommon then to engage in ways that feel like they may help us fight this hard, difficult-to-see battle.”

Dr. Chau continued: “What I suggest is that we spend our time creating safe spaces and different habits that allow us to heal because healing is power.”

Women's wellness focus of gathering

Strong support systems, coping skills are vital

By Bobbie Bush

The Native Women's Wellness Program at Chehalis Tribe hosted 34 women for a Mother's Day event on May 9 in the Gathering Room at the Chehalis Tribal Community Center.

The first talk was about "Depression, Anxiety, Coping Skills" with Behavioral Health staff members Kelli Smith and Angela Naillon.

The two discussed behaviors when we experience depression or anxiety. They provided a handout with symptoms of a depressive episode and recommended intervention such as therapy or medication.

Kelli and Angela also shared a handout that demonstrates the cycle of anxiety, along with other materials featuring coping strategies.

Support systems

Feelings are natural, but they are not permanent. Sometimes, we can feel happy in the morning, angry by noon and sad at dinner time.

The important lesson was that feelings change and transition naturally because we are human.

Challenges happen if we get trapped in an anxiety or depressive cycle and can't see a way out.

This is why it is important to contact our support systems, which could be a therapist or a close friend or family member, or



Kelli Smith (left) and Angela Naillon speak at the Native Women's Wellness Mother's Day event on May 9.

engage in a support group.

Prevention

Dr. Hang Chau-Glending of the Chehalis Tribal Wellness Center emphasized the need for and importance of screening for breast cancer, colorectal cancer and prostate cancer.

She said breast cancer is the most prevalent form of cancer, colorectal cancer is second and prostate cancer is third. She explained that the screening for breast cancer have changed. New guidelines lower the recommended age to 40 for women of average risk to begin

getting routine mammography screenings. Previously, the suggested age was 50.

Colorectal cancer prevention guidelines recommend that adults ages 45-75 be screened for colorectal cancer.

Prostate Cancer USPSTF recommends that men ages

INFORMATION

Handouts can be found at therapistaid.com.

Help for depression/anxiety: Chehalis Behavioral Health is available to support you. Call **360-709-1733**.

Cancer screening guidelines: uspreventiveservicestaskforce.org.

55-69 discuss the possible benefits and harms of a prostate-specific antigen (PSA) screening with their health care provider and make an individualized decision about whether to get screened.

Emphasis was placed on preventative activities, which include eating plenty of fruits and vegetables, reduction of highly processed food, exercise and commercial tobacco cessation. Part of prevention is also getting regular annual checkups.

A meal was provided and a raffle was held at the conclusion of the event.

Each person had an opportunity to win gift cards and receive a Mother's Day gift.

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 18

CONTACT: wicnutrition@spipa.org or 360-426-3990. Find out if you qualify for WIC at doh.wa.gov/you-and-your-family/wic/wic-eligibility

USDA FOOD PICKUP

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

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

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.

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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: 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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Cooking with kids: Share gift of healthy food

If you are wondering how to start cooking together as a family, here are some helpful tips on how to make it happen and ensure it's an enjoyable experience:

- Give everyone a role in preparing a meal, from picking produce, rinsing fruit and vegetables, chopping, stirring, getting the utensils and plates ready, bringing items to the eating area and placing items in the trash when cleaning up. Any role that gets your child involved and teaches important skills is a win.
- Family meals don't have to be hot or fancy to be healthy and satisfying. Simple foods will do. Salmon or tuna sandwiches, an apple or salad and yogurt can be a quick, healthy meal.
- Be creative. Eat at a park, at sport practices or on a blanket on the floor. Bring an ice chest to children's sports activities. Sit with children where you can have eye contact and talk with each other.
- Start early and include everyone. Even a 1-year-old can tear lettuce, rinse vegetables and fruits, place items in the trash and more.
- Need help to learn how to cook? Ask a family member or friend to share their wisdom. It is never too late to learn.



Saturday
JULY 13TH
Doors 7pm
Show 8pm

lucky eagle
CASINO & HOTEL

Tickets on sale now!

Eligibility: Must be age 21+
Cost: \$30-\$60

Lit is one of the preeminent bands from the post-grunge era of the late '90s and helped define an entire generation of SoCal power punk.