

CHEHALIS TRIBAL NEWSLETTER

FEBRUARY 2025 FIND HISTORY, HERITAGE & RESOURCES AT CHEHALISTRIBE.ORG



inside Celebration

Elders gather for birthday dinner
page 2



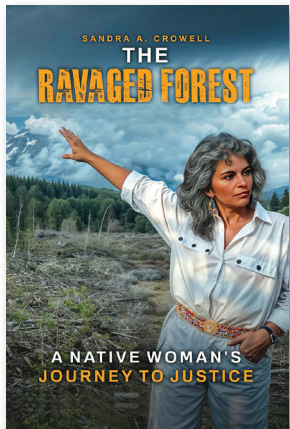
Emergency prep
Demonstration
of essential items
page 6



Chehalis Tribal Enterprises
Breakfast bowls, Talking
Cedar offerings, Oaksridge
page 8



Helen Sanders gets a warm reception at the book signing for author Sandra A. Crowell's "The Ravaged Forest."



Inspiring triumph

Book chronicles Helen Sanders' fight for Indian rights

By Frazier Myer

Community members filled the Chehalis Tribal Gathering Room on Feb. 7 for a book signing for the recent release of "The Ravaged Forest: A Native Woman's Journey to Justice," a biography on Helen Sanders written by Sandra A. Crowell.

Those in attendance included tribal and community members and Helen's family. Copies of the book were available for purchase and signing by Helen and Sandra.

At age 97, Helen was smiling and taking pictures with those who

See **TRIUMPH** / page 4

“I've been in the community a heck of a long time. I've enjoyed every minute of it. I always see friends and relatives. It's just been a nice place.”
- HELEN SANDERS



The biography chronicles Helen's valiant battle to hold the Bureau of Indian Affairs accountable.

Lunch & Learn promotes healthy hearts

Commercial tobacco smoking is the leading cause of lung cancer death

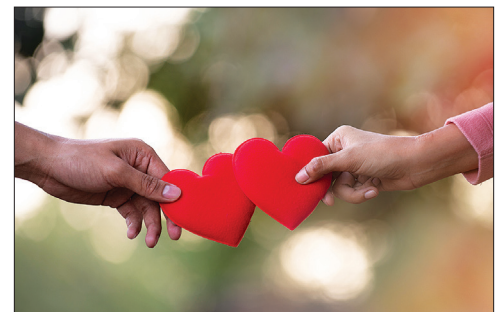
By Bobbie Bush

The Chehalis Tribal Women's Wellness program hosted a Women's Heart Health and Awareness Lunch & Learn on Feb. 6. The event was scheduled from 11:30 a.m.-1 p.m. at the Gathering Room of the Community Center. The lunch featured two speakers, raffles and giveaways for the 25 people who attended.

After participants signed in, guest speaker Anthony Woody, MPH NCTIP, began a very informative PowerPoint presentation on commercial tobacco's detrimental health effects. Anthony works as a Certified Tobacco Cessation Specialist at Fred Hutchinson Cancer Center in Seattle.

Commercial tobacco smoking

See **HEART HEALTH** / page 11



ELDERS

It's party time!

Chehalis Elders know how to let their hair down

By Bobbie Bush

Elders and guests gathered to celebrate the month's birthdays on Feb. 20 at Lucky Eagle Casino & Hotel's Steak House.

The menu boasted delicious choices for everyone. There was a choice of Caesar Salad or Clam Chowder for starters, then a choice of a 10-ounce rib eye steak, an 8-ounce New York steak, salmon or veggie pasta. Side dish options were a baked potato or creamy orzo. Vegetable choices were roasted broccolini and tricolor carrots. Carrot cake

or a chocolate tower cake were featured for dessert.

The meal began at 5 p.m. Elders filtered in at their own time and comfort level. The service crew in Room 188 were swamped with orders for 43 Elders and guests. It had been two years since Chehalis Elders last visited the Steak House as a group. It was nice to see everyone.

Laughter, hugs, handshakes, jokes, jabs and good times were shared. It was great to see Elders who don't get out much join in the celebration dinner.

Hope to see you all in March!



Chehalis Elders spent a wonderful evening together celebrating birthdays at Lucky Eagle Casino & Hotel's Steak House on Feb. 20.



Lovely cedar hearts

By Bobbie Bush

Four Elders and one teacher helped teach how to make cedar Hearts for Valentine's Day on the morning of Feb. 10. The group met in the Cultural Room of the Elders Center.

Participants started with 10 7-inch-long cedar strips that were ½-inch wide. Beginning with one strip in a process that is kind of like magic, the strips were plaited together to form both sides of the cedar heart. The process was a little challenging, but the Elders were not going to give up until they had woven their cedar hearts together and finished their necklaces.



Trudy Marcellay came over from Heritage and Culture to teach the class. She worked patiently with each Elder student according to their learning style and ability. Thanks again for the great class.



Chehalis Tribal Elders crafted intricate Valentine's Day necklaces using cedar strips on Feb. 10.

Warm, cozy tie blankets crafted

Elders use technique of cutting strips, tying them together to achieve fun, frilled edges

By Bobbie Bush

Our talented Elders gathered in the dining room of the Elders Center on Feb. 26 to create beautiful, comforting tie blankets with lively patterns.

Skyler White Eagle set up tables and handled prep work before participants arrived. Fifteen Elders came together to learn the process.

The work was pretty simple and easy to accomplish. After choosing a solid color backing and a patterned top layer, Elders cut 3-inch squares out of the four corners of the material.

They had to make sure edges were even all around the four sides of the blanket. Then the Elders cut strips around the blanket to create the fringe. Finally, participants tied the strips into a knot on the edges.

Jokes, laughter and smiles abounded as Elders worked on their blankets and shared pointers on how to make it a little easier.

A couple of our Elders modified the tie finish to give their blankets a more fringe-like appearance.



Elders select fleece fabric and receive instruction on making tie blankets on Feb. 26. Finished blankets featured a Mariners pattern, butterflies and flowers.

Elders March calendar

EVENTS

All sign-ups are at the Elders Building.

Questions: Skylar White Eagle at 360-529-7839 or swhiteeagle@chehalistribe.org.

March 19

Lip balms with Melanee, 10 a.m.

March 20

Birthday dinner, 5 p.m. Elders Building

March 24

Cattail Easter baskets with H&C, 10 a.m. Elders Building

March 25

Movie Night with carnival foods

March 26

Lip balms with Melanee, 10 a.m.

March 28

Mariners, 6:40 p.m. Van leaves at 3:40. Limited space available.

March 29

Mariners, 6:40 p.m. Van leaves at 3:40. Limited space available.

MENU

Salad bar, fresh fruit and milk alternatives served daily. Employee/guest: \$10. Inquire about pre-paid lunch cards.

Breakfast: 10-11 a.m. Friday

Lunch: 12-1 p.m. Monday-Friday

March 17

Corned beef and cabbage

March 18

Taco bar

March 19

Turkey stuffed bell peppers

March 20

Chicken noodle soup

March 21

Pancakes with bacon and eggs

March 24

Tuna noodles

March 25

Baked salmon with rice and corn

March 26

Chicken stir-fry with rice

March 27

Chili and corn bread

March 28

Sausage breakfast sandwich

March 31

Chicken and dumplings



Chehalis Tribe Chairman Dustin Klatush stands with determined changemaker Helen Sanders.

TRIUMPH

From page 1

attended the signing. Sandra spoke at the event and said the book is about honoring Helen's life and her inspiring accomplishments.

"It's nice to be here with everybody," Helen said. She also talked about how she's lived in the same area since she was born.

"I've been in the community a heck of a long time," Helen said. "I've enjoyed every minute of it. 'I always see friends and relatives. It's just been a nice place.'"

About the book

"The Ravaged Forest: A Native Woman's Journey to Justice," the biography of Chehalis Tribal member Helen Sanders written by Sandra A. Crowell. Back cover summary:

"'A Native Woman's Journey to Justice' is a narrative biography about a Chehalis woman who rises from poverty on the reservation to own a successful logging company. Facing historic oppression of her people, Helen (Mitchell) Sanders challenges a male-dominated industry and gross government mismanagement.

The story takes a dramatic turn when she discovers devastating logging practices on Indian land. Determined to protect her heritage and

timberlands, she spearheads a major lawsuit against the Bureau of Indian Affairs (BLA).

Sanders didn't just fight for timber rights, salmon habitat, or reservation autonomy. She motivated a movement toward justice for Native Americans who were taken advantage of, neglected or ignored – and had their resources exploited. This inspiring story and ultimate victory encompasses so much more than ruined forestland. It opens the door for others to seek justice."



**Hope and
Healing Clinic**
Šó·kwalisn

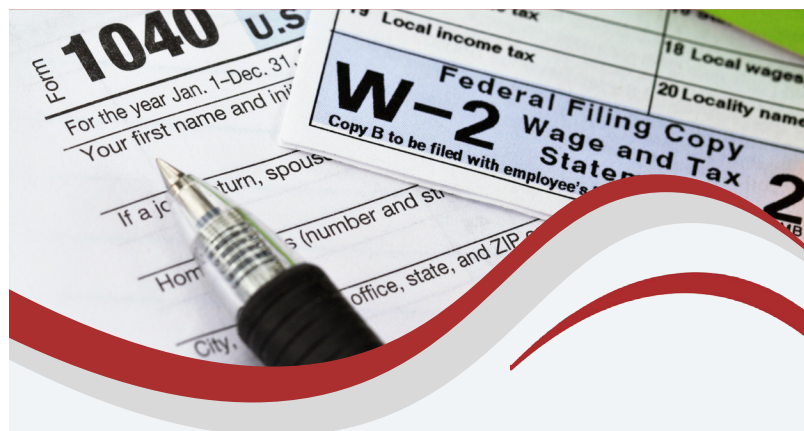
WE ARE HIRING

OPEN POSITIONS

Exciting news! We are hiring and looking for talented individuals to join our team

- Medical Assistant
- Medical Clinic Custodian
- Peer Counselor
- Safety Team Member
- OTP Dispensary Nurse

APPLY NOW



INCOME TAX FILING FOR CHEHALIS TRIBAL ELDERS (55+)

WEDNESDAY, MARCH 19

Appointments will be 1 hour each between 10:30 a.m.-3:30 p.m. at Chehalis Tribal Elders Center, 57 Niederman Road

**CONTACT US TO
SET UP A TIME:**
Call 360-709-1648 or
email ctlf@chehalis-tribe.org

USDA FOOD PICKUP

**11 AM-2 PM MARCH 21
COMMUNITY CENTER**

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



MORE INFORMATION: CALL 360-426-3990



LOAN SPECIAL!

FIXED INTEREST RATES

BETWEEN 4-6%

REDUCED LOAN FEE

LIMITED TO NEW CTLF LOANS

CONTACT US

Get in touch with CTLF for details about the program and application requirements at 360-709-1631 or ctlf@chehalis-tribe.org

SPECIAL RATES AND TERMS FOR:

AUTO REFINANCE

- Up to \$50,000
- Terms 12-72 months
- Must have made 12 months of on-time payments
- Full coverage insurance required

HOME IMPROVEMENT

- Repairs or Improvements
- Up \$50,000
- Terms 12-72 months
- Contractor bids might be required

BUSINESS LOANS

- Equipment, operations, startup or growth
- Up to \$100,000
- Terms 12-84 months

Brick by Brick

PAVING THE WAY TO FINANCIAL
EMPOWERMENT THROUGH EDUCATION,
COACHING AND FAIR LENDING

Emergency readiness can save the day

Community members learn about tools to prep for the unexpected

By Bobbie Bush

Chehalis Tribal members and staff gathered in the Community Center on Feb. 24 to learn about emergency preparedness from Emergency Management Manager Clinton Davis.

Information about important items such as fire blankets and extinguishers, personal water filters, emergency rations, family water reservoirs, sandless sandbags and a flint fire-making kit were shared.

Clinton prepared freeze-dried foods to demonstrate how easy they are to make by simply adding water. They were tastier than expected. Freeze-dried cheesecake, a cookie that tasted like nutritional yeast, creamy fettuccine and a slightly salty chicken pot pie were sampled.

Demonstrations of emergency items were given several times throughout the two-hour event. Everyone had different schedules and attended as they could. Clinton was very approachable and explained carefully how to use each item.

Please consider attending the next quarterly event for emergency preparedness learning. It is always better to be ready than to be caught off guard in need at a critical time.



From fire extinguishers and blankets to freeze-dried food, Emergency Management Manager Clinton Davis shared his knowledge of emergency items with a group on Feb. 24.





Chehalis Behavioral Health Center
Weekly project update: Feb. 28, 2025



Above: Waiting room painting is completed.
Left: The sprinkler riser room is taped.

Current activities

Install metal roofing system at main building and connecting hallway

- Finish GWB
- Prime and paint
- Sound caulk pipe penetrations
- HVAC closure collars at thru wall duct penetrations
- HVAC wall grille trim out

Upcoming activities

- Install ACT grid
- Install light fixtures at grid
- HVAC grilles at grid
- Fire sprinkler at grid and hard lids
- Grading at landscape areas
- Survey concrete curbs
- Prep for concrete curbs

PEASE CONSTRUCTION TEAM MEMBERS

Tano Bailon,
Steve Kathman,
Jacob Phipps

SUBCONTRACTORS ON SITE

DL Henricksen, John Lupo, Kell-Chuck Glass, PEP Electrical, Todd Robinson, TRS Mechanical

SPECIAL REMINDERS/ EVENTS

Safety requirements:
Boots, hard hats, safety glasses, high-visibility work gear

THE CBHC TEAM HAS WORKED 220 DAYS WITH ZERO ACCIDENTS!

EMPOWERED AUTO BUYER PROGRAM

10 AM-1 PM SATURDAY MARCH 15

REGISTER NOW

Scan the QR code or email CTLF@chehalis tribe.org to reserve a seat. Registration is required to participate.



Program will be at The Healing House located at 12615 Hwy. 12 Rochester

HERE'S WHAT YOU WILL LEARN

- How to choose the best vehicle
- How to negotiate your purchase
- How to get the fairest financing

* Breaks as needed

Empowered Auto Buyer classes run monthly



CTLF
CHEHALIS TRIBAL LOAN FUND



By Natalie Thomson

TALKING CEDAR RESTAURANT

March specials

Fried Clam Strips appetizer, Catfish Sandwich and Halibut Horizon entrees, Giant Macaron dessert and Heart of the Ocean (Pacific Northwest twist on Prohibition-era cocktail the Jack Rose) cocktail.

Check out Talking Cedar's new Craft Northwest drink menu featuring alcoholic and nonalcoholic beverages sourced from the northwest. It's a celebration of local flavors in every drink.

Live music

Enjoy exciting musical acts from 6-8 p.m. Thursdays.



Tarik Bentlemesani
March 13



Jessica Blinn/Vince Brown
March 20



Colin Gage
March 27

TEAM MEMBER HIGHLIGHT

Pete Capitano Since joining Talking Cedar last summer as our Maintenance Technician, Pete has been crucial in keeping the brewery and distillery running smoothly. His proactive approach identifies potential issues early, minimizing downtime. Pete also set up a computerized maintenance management system that streamlined

**TALKING
CEDAR**

our tracking and planning processes. By handling repairs in-house, he's saved the company significant costs and improved budget allocation. Always ready to help, Pete shares his expertise with colleagues to boost team efficiency. Pete enjoys hiking and camping with his wife and two dogs.



TALKING CEDAR BREWERY & DISTILLERY

The brewery is excited to release small-batch lagers. Maibock, Helles, Kellerbier and Vienna Lager are available at the taproom.

The distillery will debut its new Tailfeather vodkas, featuring a base wheat vodka and flavored options such as Meyer Lemon, Key Lime, Huckleberry and Prickly Pear.

Talking Cedar is now home to Livewire, a ready-to-drink canned cocktail brand with national placements, including Disneyland and Disney World. Its Shiso Rum Mojito was recently picked up for distribution at 80 Trader Joe's locations in California!



OAKSRIDGE GOLF COURSE

Hours are 9 a.m.-4 p.m. (weather permitting). Last 18-hole cart rental is 1 p.m. and the last 9-hole cart rental is 2:30 p.m. Men's Club kicks off Wednesday night golf in mid March, and the first tournament is March 23. Join for \$70 (cash or check) to play, participate in tournaments or establish a handicap.

END OF THE TRAIL STORES

Choose between sausage or bacon breakfast bowls that come with cheese, eggs and either spicy diced potatoes or hash browns. You won't regret it!



Follow us on social media @ChehalisTribalEnterprises

Due for a mammogram?

9 AM-3 PM MARCH 27

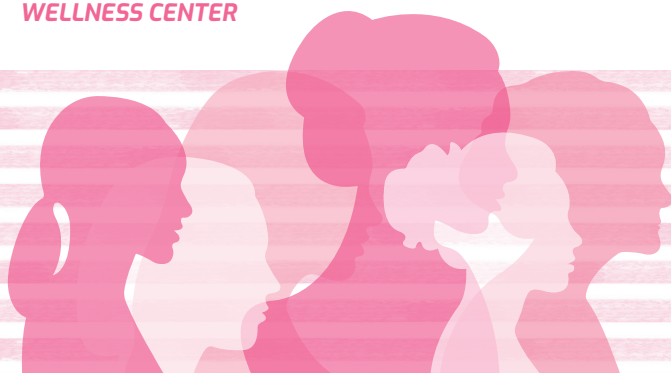
Assured Imaging will be at the Chehalis Reservation. Women age 40 and older are eligible to use the Swedish Mobile Mammography bus if they:

- Meet income guidelines
- Bring a photo ID and insurance card
- Have no new lumps or other concerns
- Fill out SPIPA forms
- Are able to stand for exam

**NATIVE WOMEN'S HEALTH
PROGRAM-CHEHALIS TRIBAL
WELLNESS CENTER**

CONTACT: Call Chehalis Tribal Wellness Center at 360-273-5504 to schedule your mammogram

INFORMATION: Contact Community Wellness Manager Christina Hicks at 360-709-1741 or chicks@chehalis-tribe.org



Happy feet, good health

DR. DEBORAH BEHRE WILL OFFER PODIATRIST CLINICS
AT THE CHEHALIS TRIBAL WELLNESS CENTER
ON THE FOLLOWING DATES:

CLINIC DATES

- ⇒ **March 18:** 1-4:30 p.m.
- ⇒ **April 8:** 8 a.m.-noon
- ⇒ **April 22:** 1-4:30 p.m.

Podiatrists diagnose and treat conditions of the foot, ankle and related structures of the leg. They are the most qualified doctors to care for your feet. They go through four years of training in a podiatric medical school and three years of hospital residency training. Don't miss your chance to be seen by Dr. Behre.

**CALL THE CHEHALIS TRIBAL
WELLNESS CENTER AT
360-273-5504 TO SCHEDULE
AN APPOINTMENT**



Help for pets

Our nonprofit agency Rez Animal serves the Chehalis, Nisqually, Shoalwater Bay, Squaxin Island and Skokomish tribal communities

WITH DONATIONS, WE OFFER:

- Emergency vet care
- Spay/neuter services
- Adoption
- Animal rescue

253-370-6392, rezanimals.com



MARCH BIRTHDAYS

Jaylynn Albert
 Sean Allen
 Anthony Andrews
 Alexis Beckwith
 Kami Beckwith
 Royal Bird
 Tyson Black
 John Blaketer
 Devin Boyd
 Mercedes Bracero
 Anthony Brown
 Falisity Bumgarner
 David Burnett
 Arick Burnett
 Steven Burnett
 Joshua Burnett
 Sarra Burnett-Lisle
 Jason Canales
 Quinten Canales
 Linda Carpenter
 Allison Carter
 Lily Cavely
 Jace Cayenne
 Frank Cayenne Jr.
 Joseph Charles
 Haezen Charles-Cayenne



Rose Choke
 Jack Colson
 Norma Daniels

Esmee Demeo
 Dianne Devlin
 Trevor Dupuis
 Tina Ebling
 Carrie Ehmke
 Matthew Esselstrom
 Terri Farrier
 Ted Gleason
 Ranessa Goddard
 Natasha Goddard
 Jeffrey Gomez
 Isla Gordon
 Victoria Hanna
 Jim Hayden
 Garrett Hicks
 Coby Higheagle



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 photo (if desired) to news@chehalistrike.org.

Ciara Howe
 Andreas Jacobs
 Raven John
 James King
 Dale Klatush IV
 Olivia Latch
 Cyllus Leal-Youckton
 Jeffrey Leclair
 Jacee Lemn
 Nadie McAllister
 Jerry Meas Hill
 Tre's Meddaugh
 Amy Mendoza
 Emily Ortivez
 Wilson Pickernell
 Stella Pogue

Baby Boy Pope
 Siena Revay
 Richard Revay
 Mathew Reynolds
 Jeremy Sanchez
 Zander Sanchez
 Kylee Secena
 Christopher Secena
 Lola Secena Ferguson
 August Secena Sanders
 Amy Shivers
 Brent Simmons
 Noah Snell
 Beverly Starr
 Anastazia Starr
 Malosi Starr-Siufanua
 Laramie Thrailkill
 Vincent Visaya
 Charlotte Weber
 Skylar White Eagle
 Rosbaugh
 Nathan Wittwer
 Derrek Yawn
 Aaron Youckton II
 Guy Youckton
 Melvin Youckton
 David Youckton
 Ariella Zaytsev





Chehalis Tribal employees gathered for a group photo to show support and recognize Women's heart health awareness on Feb. 6.

HEART HEALTH

From page 1

the leading cause of lung cancer death in the United States for men and women. Lung cancer, which can be caused by cigarette smoking and exposure to secondhand smoke, is also the top cause of cancer deaths among American Indian and Alaska Native people.

The next speaker was Nurse Practitioner Kathryn De Rose from the Chehalis Tribal Wellness Center. She gave an extensive presentation to the 23 women and two men while they ate their lunches. Kathryn acknowledged the women as leaders in our Tribal families. She said they are the holders of these roles to insure the survival of their families.

Advice to help someone quit smoking

Quitting is different for each person and everyone experiences its challenges differently. Here's how you can help someone on their journey and show that you care.

Tips for Helping Someone Quit from the American Lung Association:

- Ask your friend or family member what they think they need most.
- Ask what is the best thing you could do for them.
- Tell your friend that you know he or she can quit for good, even if they have tried to quit before.
- For the first few days after they quit, be ready to help. They might just want to talk or your friend might want extra help when a tough situation arises, such as a party, or a crisis at home or work.

MORE INFORMATION

For recommendations on health screenings according to age, please see your health care provider.

lung.org/quit-smoking/smoking-facts/health-effects
doh.wa.gov/you-and-your-family/commercial-tobacco/how-quit

cdc.gov/tobacco-health-equity/collection/aian-health-burden.html

- Offer to call or visit to check on them. Ask how your friend is feeling, not just whether they still

haven't used.

■ No nagging, scolding or preaching. That just doesn't work. Instead, let your friend know how much you admire them for trying to quit.

■ Give compliments and offer rewards for getting through a day, a week or a month without using a tobacco product. Rewards can be simple – flowers, a lunch treat or even doing a chore for your friend around the house or office.

■ Support your friend in establishing rewards for reaching short-term and long-term milestones. Offer to make their favorite meal or handle their chores while they relax.

■ Do things together. Go to a movie or take a walk. Stay away from places where other people might be using.

NISQUALLY TRIBE'S

21st Annual sq'ali'abš Wellbriety Pow~Wow

APRIL 4-6

Dance Competition w/cash prizes from \$100-\$1,000!

Wellbriety speakers and raffle with great prizes

Where: Nisqually Youth Community Center, 1937 Lashi St. NE Olympia

Coastal Jam: 5 p.m. Friday

Grand entry: 1 p.m. Saturday and 7 p.m. Sunday



CAMPING

Spaces by ball field

NEARBY HOTELS

Best Western in Lacey
 Fair Bridge Inn & Suites in DuPont
 Prairie Hotel in Yelm

CONTACT

Dancers: Register by 3 p.m. April 5

Vendors: Go to nisqually-nsn.gov

Royalty Contest: Chay Squally at 360-456-5221, ext. 1171

Coastal Jam: Grace Hyasman at 360-0456-5221, ext. 1235

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.

STAFF

Communications Coordinator
Frazier Myer, Communications
Specialist Bobbie Bush,
Designer 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 Chairwoman: Sheilah Bray
Treasurer: Farley Youckton
Secretary: Cheryle Starr
Fifth Council Member:
Thomas Trott

© copyright 2025

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

4th Financial Freedom Fair

8 AM-3 PM APRIL 5

VOLUNTEERS NEEDED!

All tribal and community
members invited to
participate at Great Wolf
Lodge, 20500 Old Highway 99
S.W. Centralia

Various shifts

6 a.m.-11 a.m. includes set up
8 a.m.-1 p.m.
3-5 p.m. clean up

Contact us

Please get in touch with
Chehalis Tribal Loan Fund
at 360-709-1631 or
ctlf@chehalistribe.org



10 AM-2 PM MARCH 19

**SOUTH PUGET INTERTRIBAL
PLANNING AGENCY, 3104 S.E.
OLD OLYMPIC HWY. SHELTON**

WHAT WILL YOU DO?

- Join for a 3-4 hour in-person session.
- Participate in up to two more 60-minute sessions.
- Share your thoughts about how to create a nutrition resource for cancer survivors that is culturally tailored for tribal communities.

Attendees will play a crucial role in ensuring this nutrition resource reflects the culture and health needs of our survivors

WHO SHOULD TAKE PART?

- Cancer survivors/caregivers
- Community members with support experience
- Tribal garden staff and those with knowledge of traditional foods
- Traditional healers
- Clinic staff, community health representatives or those working with survivors

WHAT WILL YOU GET IN RETURN?

- \$50 for attending the 3-hour in person session and \$25 for each additional virtual session.
- Lunch provided at the in-person session.
- Education from national and local experts on nutrition and how to improve the health of cancer survivors.
- Help create a meaningful resource that incorporates recipes, stories and experiences that can help survivors for generations.

Registration is required. Use the QR code or call 360-968-3761. For questions, contact Melissa Johnson at 360-968-3761.

