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

CHEHALIS TRIBAL NEWSLETTER

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



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About 400 **Elders and** friends gathered at **Lucky Eagle** Casino & Hotel for the annual Elders Luncheon on April 17. The day featured exciting raffles and entertainment. dancing, a salmon lunch and smiles.

Elders near and far,

46 Indian nations represented at Chehalis Tribe's grand celebration

By Bobbie Bush

The Chehalis Tribal Elders Luncheon on April 17 was another huge success! When the doors opened at Lucky Eagle Casino & Hotel Events Center at 9 a.m., people were lined up outside and down the hall. Attendees came from 46 Indian Nations from United States and Canada. An impressive 395 Elders and friends signed in for the day

Everyone was asked to sign a purple ticket for door prize drawings and was gifted a swag bag that featured a lunch box, tissues, sticky notes, water bottle, pop sockets, pen with flashlight and compass, lip balm, healing salves and good-smelling soaps. Snacks were also included in the bags that had nuts and dried fruit, candies and granola bars.

At the opening, Chief Community Relations Officer Rodney Youckton welcomed

See LUNCHEON / page 3





Natural Resources Director Glen Connelly helps corral salmon into a net.

Fisheries releases 25,000 salmon

Fingerlings
begin their
journey in
a vital step
to protect
important
resource

 $By\ Bobbie\ Bush$

Chehalis Tribal Fisheries worked with Natural Resources to release 25,000 coho salmon fingerlings into the Black River on April 15.

Fisheries Manager Jesse McMahan said the fish will return to the river in three years.

While in their growing tanks, Black River water was used to get them accustomed to the smell of the river. Returning salmon identify their origin waters through sense of smell. The salmon came from Skookumchuck Hatchery through the state of Washington.

After salmon arrive at Chehalis Tribal Fisheries as fry, they are fed fish meal while they mature. The salmon

See **SALMON** / page 5





LUNCHEON

From page 1

everyone to the luncheon. Wayne Barr said a prayer for all and helped bless the event with good feelings.

Vendors set up in the hallway to sell beads, ribbon skirts, hats and artwork. It was a great opportunity to shop. The Head Start program held a bake sale to support its end-of-year graduation.

The menu featured traditionally cooked salmon (fish on a stick), oven-roasted chicken, red potatoes, fire-roasted vegetables, Italian pasta salad and dinner rolls. Sugar free pies, cakes and desserts finished the meal.

Pop music group Radio 80: Seattle entertained the Elders. People danced in the aisles and the group jumped off the stage to perform with the audience. The music was good. The group could have changed the words to the Duran Duran song "Hungry Like a Wolf" to HUNGRY LIKE GREAT WOLF! Maybe next year.

A photo booth was open throughout the event so visitors could get a picture to go as a souvenir. Rhubarb the Reindeer from the Tacoma Rainiers and Lucky the Eagle from the casino joined the festivities and posed for pictures with Elders in the audience. It was really nice to get a picture with both of them this year. The Tacoma Rainers is the Triple-A affiliate of the Seattle Mariners.

Eight youth volunteers brought water and supported the visiting Elders. The young volunteers delivered door and raffle prizes to Elders. It was nice to see young people help the Elders, and their









The annual Chehalis Tribal Elders Luncheon brought together hundreds of friends, family members and helpers from near and far on April 17. Lucky Eagle Casino & Hotel Events Center was buzzing with happiness and fun.

work was greatly appreciated.

Cooks did an excellent job with the traditional salmon. Three fish pits and crews worked hard all morning to feed the 400 plus people at the luncheon. Thank you for your help and the soul food.

It was a wonderful day with laughs, jokes, hugs and excitement from folks in attendance. People wondered who would be there and whether they might see their cousins or relations from other Tribes and communities. When meeting up with folks that had not been seen in quite a while, the smiles were abundant.

Thank you to all of the volunteers, staff and Elders who worked hard to make this year's luncheon so memorable. See you next time!





By Natalie Thomson

CHEHALIS TRIBAL ENTERPRISES

CTE has implemented a Chehalis tribal member development program to provide skills, knowledge, and resources to aid tribal members in advancing their careers. Twenty-seven Chehalis tribal members who work for CTE were recently interviewed as a first step to build their development plan.

END OF THE TRAIL 4

Our Grand Mound location is serving up convenience with take-and-bake meals! Options include Buffalo Wings, Chicken Tenders, BBQ Boneless Wings, Chicken Parm Pasta Bowls and Chicken Bacon Alfredo. Freshly created for your oven.

TALKING CEDAR BREWERY & DISTILLERY

Talking Cedar is partnering with Savage Brewing
Co. to launch three new beers. Backed by Seahawks
legends Lofa Tatupu, Kam Chancellor and Walter
Jones, Savage is in 150 Safeway and 150 Fred Meyer
stores across Washington. Chehalis Light, Raspberry
Blonde, Juicy IPA and Amber are available at the new
Winco in Centralia! Since the grand opening, Talking
Cedar brews have been flying off shelves. Talks are
under way with Winco corporate to expand into

oregon, Idaho and SW Washington.

OAKSRIDGE GOLF COURSE

Oaksridge is back to peak season rates. Cart availability varies. Guests can call to check. Tribal member discount applies.

- Last 9-hole cart can be rented at 5 p.m.
- Last 18-hole cart can be rented at 4 p.m.

TALKING CEDAR RESTAURANT

May specials: Crab & Artichoke Dip appetizer; Pollo alla Parmigiana and Stuffed Dover Sole entrees; Pineapple Upside Down Cake dessert; and Blackberry Mule cocktail.

Live music: Musical acts from 6-8 p.m. Thursdays. Coming up are Jessica Blinn & Vince Brown on May 15 and Colin Gage on May 22.

TEAM MEMBER HIGHLIGHT

Jeremy Klatush We're excited to highlight Jeremy as this month's team member! As a Cashier at End of the Trail 2, he plays a key role in creating a welcoming and positive experience for every customer. Since joining the team, he's become known for his friendly attitude, great customer service and strong relationships with customers and co-workers. Jeremy is always happy to lend a hand, creating a supportive and upbeat work environment. "Jeremy is very friendly with his customers and co-workers. He always has a smile on his face. I'm lucky to have him on my team," his manager said. Outside of work, Jeremy enjoys spending time with his family. He's a big fan of pho and dreams of traveling the country in an RV one day. We're lucky to have him as

part of the team!





SALMON

From page 1

are monitored and observed daily for good health and kept in grow tanks for three years before they are released. Of the 25,000 salmon fingerlings, only 8% will make it back to Black River.

Fish & Wildlife Technician Jakeb Hoyle said as he scooped the fish up in the tank, "This work is important to food sovereignty."

He rounded up the fingerlings with Jesse and Natural Resources Director Glen Connelly. Jesse would hold a net in place and then Jakeb or Glenn would corral salmon with their nets into the stationary net. After the dip net was full of fingerlings, they walked their net full of coho salmon to the tube that had water flowing to the river. Once there, they carefully emptied the net. This process made short work of transferring all fish from the big blue tank, setting them on their journey.









Fisheries Manager Jesse McMahan, Fish & Wildlife Technician Jakeb Hoyle and Natural Resources Director Glen Connelly work together to carefully move 25,000 coho salmon fingerlings from their grow tank to their new life starting in the Black River. The hope is many mature fish will return.

HEALTH/WELLNESS

Finding strength beyond trauma

Pouring feelings into written word proves a powerful experience

By Bobbie Bush

It was a partially sunny semi-warm day on May 4 when the third Trauma is Not Our Tradition event kicked off in the Gathering Room of the Community Center.

Beyond Trauma: Finding Strength in Our Stories through Poetry was well attended with 27 people who signed in and a few more joining later.

Dan "Bones" Gleason Sr. offered a blessing to start. Dr. Chau described the purpose of Trauma is Not Our Tradition and how it came to be three years ago.

Rena Priest was the first guest speaker to read her work. Rena is an acclaimed poet, essayist and enrolled member of the Lummi Nation.

As the sixth Washington State Poet Laureate (2021-23) and recipient of the Washington State Book Award, Rena's work is deeply rooted in storytelling, culture and advocacy.

Her upcoming essay collection, "Positively Uncivilized," will be published in September 2025. It is the winner of the 2024 Keepers of the Fire Award.

Rena orated three of her beautiful poems. "These Abundant and Generous Homelands," was amazing. Thank you for the inspiring words and especially the free-write sessions.

The second guest speaker was Carlos Andrés Gómez, a Colombian American poet and actor from New York City.

He is the author of several award-winning works, including the No. 1 SPD bestseller "Circling Fatherhood" and the Poetry International Chapbook prizewinning memoir "Man Up: Reimagining Modern Manhood."

Carlos is a star of HBO's "Def Poetry Jam," TV One's "Verses and Flow" and Spike Lee's box-office hit "Inside Man" alongside Denzel Washington.

He is one of the most soughtafter keynote speakers and spoken



The Trauma is Not Our Tradition event focused on the healing power of poetry with guest speakers and exercises.





Carlos Andrés Gómez

word performers in the world.

Carlos orated "Abuelita," which is about his grandmother's lived experience. Beautiful is all that is needed to describe it.

After the readings, participants broke into two groups. One group went with Carlos for a session on "Man Up: Reimagining Modern Manhood."

The other group stayed in the Gathering Room with Rena, who facilitated a free-writing session in three parts.

The focus for the free write was the difference in perceptions, expressions and thoughts.

Rena presented three pictures and asked the group to describe them based on visual perceptions then to describe how the images made them feel, what the group would do with the material in the images and the sound each would make.

It was interesting to hear the descriptions folks shared.

Rena revealed the images all contained a commonality. The pictures were of parts of the moon, moon rock, micron microscope images of moon dust and a picture



Rena Priest

of the full moon over Seattle with the Cascade mountains in the background.

The focus of the session with Carlos was on how males are coerced into assumption of masks to cover their true feelings. The men were asked what they would communicate if they could write a letter to their 13-year-old self.

Raffles were drawn for door prizes. Each table featured flowerpots and potted plants that were given to participants.

The event brought to light how each person has different perceptions of events in their lives and interprets them uniquely. Thank you, Rena, Carlos and the Behavioral Health crew for a great time.

Lastly, the food spread was spectacular! It was healthy, tasty and delicious.



Coping with stress and anxiety

Strategies to manage uncomfortable feelings

By Lea Finnell Townsend, Clinical Supervisor/ Lead Mental Health Counselor

Anxiety and stress are a part of life. However, they can feel overwhelming and sometimes debilitating. Both feelings are natural occurrences that are hard wired in our brain to help us survive. Our brain is designed to detect threats and rewards.

When a reward is detected, such as a co-worker giving us a compliment, watching a funny movie or eating an ice cream cone, feel-good chemicals in our brain called dopamine and oxytocin are released. Comfortable emotions such as joy, happiness, satisfaction are experienced.

When our brain detects a threat, such as a co-worker's rude comment, a parent yelling at us or even a traffic jam, stress hormones called cortisol and adrenaline are released. These create uncomfortable emotions such as worry, fear and irritation.

Not entirely negative

The survival response is helpful if a real threat is taking place.

The release of stress hormones prompts our body for a fight or flight response. This might feel like your heart racing, tense

HERE TO HELP

If you find that stress and anxiety are getting in the way of life, therapy can help. Contact Behavioral Health at **360-709-1733.**

muscles, faster breathing or an overall feeling of restlessness. Our body prepares us to run away from danger or stand our ground and fight.

It's helpful if we need to run away from a chasing dog or fight off an attacker but not helpful if we are stuck in traffic and late for an important meeting.

Stress and anxiety do not need to be viewed as entirely negative. For example, feeling stressed or anxious about a final exam in school can be helpful to motivate us to study and be better prepared.

Stress usually subsides after the event or stressor is resolved. Anxiety on the other hand is defined by a persistent, excessive worry that doesn't go away even in the absence of a stressor.

Anxiety is usually caused by something that hasn't taken place yet, worrying about what might happen or what could go wrong. Where stress can be short term and is in response to



a recognizable trigger, anxiety lingers and often might not have an identifiable trigger.

Decreasing levels

The good news is that we can do things for ourselves that can help ease uncomfortable sensations associated with stress and anxiety:

■ Exercise has been proven to be very effective in managing anxiety. If our body is in a fight or flight response, acting on it helps decrease the level of stress hormones and increase feel-good chemicals in our brain.

- Other helpful self-care strategies include getting at least eight hours of sleep a night, eating a well-balanced diet and staying away from drugs and alcohol.
- Coping tools are strategies we can use to manage difficult emotions in the moment while experiencing them. For example, mindfulness is a great coping tool to manage symptoms of anxiety. This is the practice of paying attention to the present moment without judgment.
- Try the 5-4-3-2-1 exercise: Using our senses immediately forces us into the present moment. Pause what you are doing and look around your space. Name 5 things you see (out loud or to yourself). Then listen and identify 4 things you hear. Now identify 3 things you can smell and focus your attention on the scent. Next, locate 2 things you feel (touch). This can be your clothing, a soft blanket, a stone you can feel in your hand. Finally, find 1 thing you can taste, such as a piece of gum or candy. Notice the flavor and sensation.

If you are experiencing stress or anxiety, try the strategies above and reach out for support. Connect with loved ones and talk about what is bothering you. Make time to prioritize your self-care and know that, if you are struggling, you are not alone.

Vocational Rehab assists job seekers

The Chehalis Tribal Vocational Rehabilitation team hosted its first Tribal Job Fair on April 29. The event saw a strong turnout of more than 20 individuals from the Chehalis Reservation and surrounding communities.

Vocational Rehabilitation Counselor Carol Strader and Administrative Assistant Erika Pickernell hosted the event.

Job seekers arrived prepared with resumes and had the opportunity to connect with numerous tribal employers, including Chehalis Tribal Enterprises and the new Hope and Healing Clinic.

Several attendees also took advantage of computers set up by the VR team to access job application websites for Great Wolf Lodge and Lucky Eagle Casino & Hotel.

Each participant received a raffle ticket for a chance to win

prizes donated by Rachel from the Higher Education Department. Stay tuned for details about the next department job fair coming

The Tribal Job Fair on April 29 put attendees in touch with valuable Vocational Rehabilitation resources.







MORE INFORMATION

To learn about services Vocational Rehabilitation team offers and for questions, contact Carol Strader at cstrader@chehalistribe.org or 360-709-1702 or Erika Pickernell at epickernell@chehalistribe.org or 360-709-1704.

Support for MMIW Walk

Oakville School District's Missing and Murdered Indigenous Women Walk 2025 started at 2:20 p.m. at the high school track on May 5.

The walk is meant to raise awareness about the disproportionately high rates of violence experienced by indigenous women and girls.

The red hand symbolizes the connection between the physical and spiritual worlds.

Participants wore red clothing in solidarity.











Due for a mammogram?

9 AM-3 PM MAY 15

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
- Have no new lumps or other concerns
- Fill out SPIPA forms
- Are able to stand for exam

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

A GIFT AND 525 GAS CARD! **NATIVE WOMEN'S HEALTH** PROGRAM-CHEHALIS TRIBAL **WELLNESS CENTER**

ap-a-Thon

The Native Women's Wellness Program is continuing its Pap-a-Thon through June

If you schedule a pap exam and complete it during May or June, you might be eligible for a \$25 gas card.

Participants must fill out the SPIPA screening and consent form. You must have the pap exam. If you get the HPV vaccine, you might also be eligible for a \$25 gift card.

Please talk to your health care provider about vaccine eligibility and for questions about whether you are due for a pap or HPV vaccine.

CONTACT US

For more information about the Native Women's Wellness Program, contact Community Wellness Manager Christina Hicks at 360-709-1741 or chicks@chehalistribe.org.

The Best Protection is Early Detection

Happy feet, good health

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

CLINIC DATES

⇒ May 20: 1-4:30 p.m. ⇒ July 15: 8 a.m.-noon

⇒ June 24: 1-4:30 p.m.

⇒ June 3: 8 a.m.-noon ⇒ July 29: 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



CTE Vocational Skills Centers summer school registration

Participation in CTE Vocational Skills Center programs is an excellent way for students in grades 9-12 to experience CTE hands-on learning opportunities in a fun and supportive environment.

The following is a list of centers in our region and the registration dates for their summer school classes. Registration is open at some schools and others will open soon:



New Market Vocational Skills Center

Where: Tumwater Summer school registration: Open now Session: 8 a.m.-3 p.m.

6/23-7/15

Open house: 5-7 p.m. June 11 Fall registration open but mostly full

Phone: 360-570-4500 Link: shorturl.at/rK6Kb

Pierce County Skills Center

Where: Puyallup

Summer school registration: Open now

Sessions: 7:45 a.m.-

2:45 p.m. 6/23-7/11, (2) 7/14-7/31 Fall registration: Open now

Information: 360-800-4800, pcsc.bethelsd.org/

enroll-now

West Sound Vocational Skills Center

Where: Bremerton

Summer school registration: Open now

Session: 8 a.m.-3 p.m. 6/23-7/11 Fall registration: Open now

Information: 360-473-0550, wst.smapply.org

Twin Harbors Skills Center

Where: Aberdeen

Summer school registration: Open now Contact: Lynn Green, lgreen@asd5.org Information: 360-538-2038, thsc.asd5.org/

summer-programs

Puget Sound Skills Center

Where: Burien

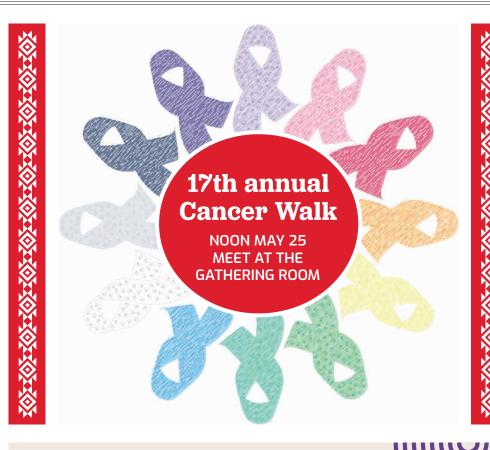
Summer school registration: Closes May 16

Session: 8 a.m.-1 p.m. 6/30-7/18

Information: 206-631-7300, shorturl.at/bDYLb

Profile of Native colleges, universities

For those in the process of choosing a college to attend, you can find an in-depth profile on Tribal colleges and universities at shorturl.at/kCZbZ. TCUs play a crucial role in supporting Native American communities by providing educational opportunities while aiming to fulfill the mission of tribal self-determination and service to their communities.





Summer Course Available!

- August 25th September 16th
- Fully Funded Summer Tuition, Room, & Board
- 5 credits toward Fall 2025 quarter
- Taught by 3 American Indian Studies faculty
- Connect with Native Knowledge Experts
- Application Due May 31st, 10 spots available



QUESTIONS? email caiis@uw.edu



EMERGENCY PREP







The outside of structures on the Chehalis Reservation are studied for reduction of wildfire hazards as part of the recent Firewise USA training.

Essential training boosts wildfire readiness

By Clint Davis, Emergency Management Manager

The Chehalis Tribal Public Safety's Emergency Management Team led a critical Firewise USA training on April 21 in partnership with the state Department of Natural Resources (DNR).

The training focused on site surveys and fire risk assessments designed to help both homeowners and Tribal rental properties become better prepared for the threat of wildfires and structural fires.

Jesse Duvall, Washington State Firewise Coordinator, collaborated with Emergency Manager Clint Davis and Emergency Management Coordinator Cal Bray to deliver hands-on training to 12 Tribal staff members. Attendees included representatives from Chehalis Tribal Natural Resources, Housing, Planning and Facilities departments.

The training equipped participants with the tools and knowledge to conduct home ignition zone assessments and recommend mitigation strategies such as creating defensible space, managing vegetation and hardening structures to reduce wildfire risk.

These strategies are based on national best practices outlined by the National Fire Protection Association (NFPA) and are implemented in coordination with DNR under the Firewise USA program.

This effort directly supports the goals of the Chehalis Tribe's recently completed Community Wildfire Protection Plan (CWPP), reinforcing a whole-community

approach to fire resilience. The training marks an important step in building internal capacity and promoting long-term fire safety for the Chehalis community.

By increasing awareness and providing actionable steps, the Firewise USA initiative empowers Tribal departments and residents to take proactive measures that will help protect lives, homes and cultural resources from wildfire.

CONTACT US

For more information, go to nfpa.org/education-and-research/wildfire/firewise-usa. Please reach out to the Tribal Emergency Management Team if you would like your home surveyed for risks and reduction of hazards. Call 360-709-1770 or email EM@chehalis tribe.org.

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 Chairwoman: Sheilah Bray Treasurer: Farley Youckton Secretary: Cheryle Starr Fifth Council Member:

Thomas Trott

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

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SUBMIT COMMENTS

To view the plans, scan the QR code. For questions or to submit comments, email **EM@chehalistribe.org**.



Chehalis Tribal Emergency Manager Clint Davis informs the community during the meeting.

Outreach aims to mitigate hazards

Insights to help protect homes, lives, resources

By Clint Davis, Emergency Management Manager

On April 16, the Chehalis Tribal Public Safety's Emergency Management Team hosted a community outreach meeting to present the Draft Community Wildfire Protection Plan (CWPP) and the Draft Hazard Mitigation Plan (HMP) for the 2025-26 renewal period.

The meeting brought together a range of stakeholders, including local landowners, community members and representatives from key agencies and departments.

Notable attendees included Chief Nathan Drake of the West Thurston Regional Fire Authority, members of the Chehalis Tribal Department of Natural Resources (DNR), Stephanie Bishop from the Thurston County Conservation District and staff from other Tribal government departments.

The event featured presentations from Chehalis Tribal Emergency Manager Clint Davis, Natural Resources Director Glen Connelly and Chief Drake, who discussed current firefighting capabilities and how the Firewise USA Program can help reduce wildfire risks.

Their insights highlighted important strategies for increasing preparedness and protecting homes, lives and vital cultural resources.

By embracing the Firewise USA initiative, the Tribe and community members are encouraged to take meaningful, proactive steps to enhance wildfire resilience throughout the region.

Public comment period on the draft plans opens April 21 and will remain open for three weeks.

Community members and stakeholders are invited to review the plans and submit feedback or suggestions for improvement.