

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

CHEHALIS TRIBAL NEWSLETTER

SEPTEMBER-OCTOBER 2025 FIND HISTORY, HERITAGE & RESOURCES AT CHEHALISTRIBE.ORG



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**A Treehouse Learning Center
will provide Wolf Haven guests
information on nature conservation.**

Tribe donates to Wolf Haven enterprise

*Sanctuary plans to
expand accessibility,
learning opportunities*

By Bobbie Bush

On Aug. 13, International Wolf Day, Wolf Haven's Executive Director Geoff Willard and Development Director Evan Skytte met with the Chehalis Tribe's Business Committee to receive its generous support of a \$5,000 donation.

The funds will support development and planning for phase one of a two-phase project, the Treehouse Learning Center.

On Aug. 21, a meeting was requested for a follow-up story. Evan was there to greet me, and Communications Manager Emily Evans provided excellent information on the project.

The center will help students and visitors learn about the

See **DONATION** / page 5



Room to grow

On Aug. 29, community members and employees gathered for the grand opening and blessing of the new Tsapowum Behavioral Health Building on the Chehalis Tribal Reservation. Members of the Chehalis Shaker Church prayed for and blessed the building to begin the ceremony.

Chairman Dustin Klatush welcomed attendees and acknowledged that the magnificent new building highlights the Tribe's growth and allows more resources to be available for all Tribal members.

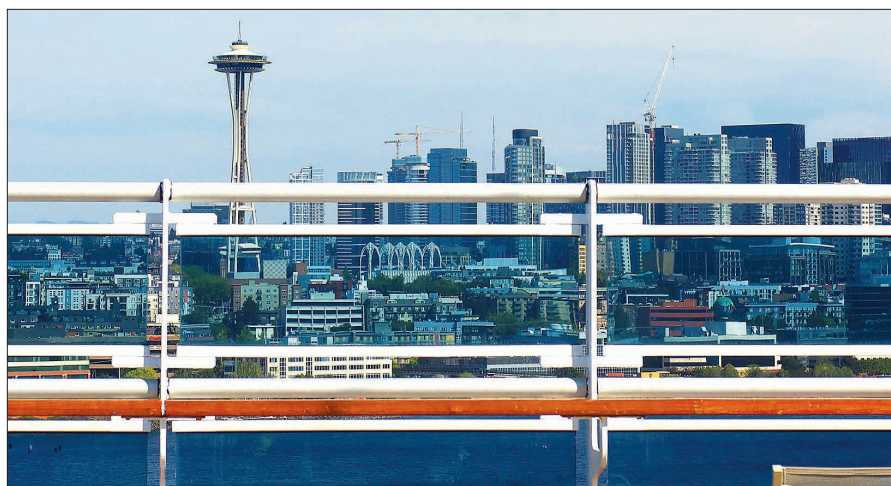
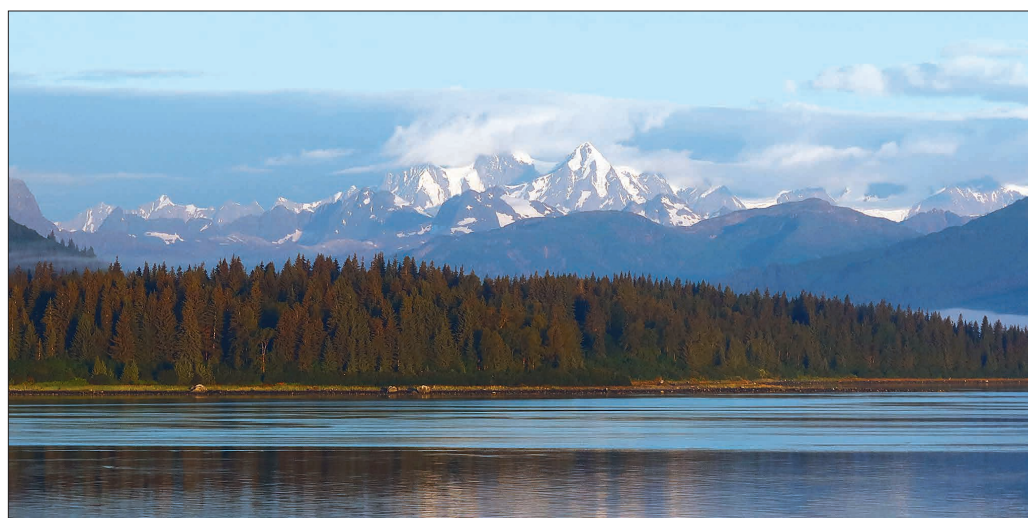
ADDITIONAL PHOTOS / Page 2





Elders explore Alaska

On Aug. 23, 39 Chehalis Tribal Elders, 19 guests and two helpers set sail on a seven-night cruise to Alaska aboard the Royal Princess Cruise ship. The group departed Seattle at 3 p.m. Aug. 24 and enjoyed stops in Juneau, Skagway, Glacier Bay (scenic cruising), Ketchikan and Victoria, British Columbia, before arriving back in Seattle on Aug. 30. Thank you, Chehalis Tribe, for this once-in-a-lifetime opportunity.



By Natalie Thomson

END OF THE TRAIL STORES

End of the Trail 4 in Grand Mound boasts a new deli seating area and End of the Trail 3 at Great Wolf Lodge is refreshing its seasonal gift area and offering more deli food. All stores feature Cigtrus, a nicotine- and tobacco-free smoking alternative.

TALKING CEDAR RESTAURANT

October specials

Appetizer: Prosciutto Wrapped Prawns

Entree: German Brat Burger

Dessert: Blueberry Grain Bread Pudding

The restaurant launched its new menu on Oct. 8!

Follow @talkingcedarrestaurant for updates.

Talking Cedar is spotlighting seasonal brews from the brewery.



WE ARE HIRING!

Visit chehalistribalenterprises.com for career opportunities

Talking Cedar Fresh Hop IPA: 16-ounce can for \$7. This West Coast-style Fresh Hop IPA couldn't have more dank, tropical or citrus notes if we tried (and we did).

Talking Cedar Hop Water: 16-ounce can for \$5: Alcohol-free, gluten-

free, calorie-free, no sugar added. Our sparkling hop water is made with citra hops and features bright citrus flavors and aromas.

TALKING CEDAR BREWERY & DISTILLERY

On Oct. 1-3, Talking Cedar presented its products at the Native Grown and Gather Expo in Seattle, an event spotlighting Indigenous food businesses, artisans and vendors from across the region. Talking Cedar was the featured brewery at the event's dinner.



The brewery will release Baltic Porter in 16-ounce cans and is creating a 19.2-ounce version of Imperial Juicy IPA to launch in convenience stores.

Talking Cedar has secured a spot as Odom's distributor focus for November, giving its beers and spirits priority placement and attention across the network. This opportunity puts Talking Cedar front and center with retailers, bars and restaurants throughout Washington.

OAKSRIDGE GOLF COURSE

We have switched back to winter rates and hours, which run through spring. On rainy days, please call ahead before coming out because Oaksridge will close early on days with no business.

- 8:30 a.m.-6 p.m. daily; closing hours adjust to daylight
- Tribal rate: \$18.75 (9 holes w/cart), \$26.25 (18 holes w/cart). Visitors may use the honor system if clubhouse is closed and pay \$10 for 9 holes or \$15 for 18 holes.

CELEBRATING EXCELLENCE

Isaiah Sanchez named Marriott Fairfield Team Member of the Year

We are proud to announce that Isaiah Sanchez, Front Desk Manager and a valued member of our Marriott Fairfield team, has been honored with the Team Member of the Year award for Marriott International for the Fairfield brand. He is one of only five employees worldwide to receive this prestigious recognition, and the only

one in the U.S. to receive the award.

The honor celebrates Isaiah's outstanding dedication, hard work and commitment to excellence in hospitality. Since joining the team in 2019, he has continually gone above and beyond to deliver exceptional service, support colleagues and embody the values of both the Marriott brand and the Chehalis Tribe.

Being recognized internationally is an extraordinary achievement, and it highlights not only Isaiah's talents and

character but also the strength of our entire Fairfield team.

Please join us in congratulating Isaiah on this well-deserved honor. We are profoundly proud and grateful to have such an exceptional leader and teammate representing our community on the world stage.

Fairfield
BY MARRIOTT



DONATION

From page 1

sanctuary and the crucial need for nature conservation.

The Treehouse Learning Center will be near the current visitor parking lot. The plan is to have a roughly 250-foot Americans with Disabilities Act accessible ramp that meanders through the tree canopies.

Another part of phase one is to introduce plants to an area that would make a great spot for another enclosure, allowing the organization to rescue more wolves in perpetuity.

“Now, Wolf Haven is closed two months out of the year for whelping season. Endangered pups that are born here, we want to give them space so we close it in the springtime. And that’s a really, popular time for schools to want to come do field trips,” Evan said.

“We can’t accommodate those field trips for those two months. Building this treehouse and having that new enclosure, we can remain open and continue doing field trips all year long and the baby wolves are still safe,” he continued.

The treehouse and ramp will cost \$750,000 and the wolf enclosure will cost \$100,000 for a total phase one project cost of \$850,000.

Phase two will be construction of a new Visitor Center. Wolf Haven will begin to iron out details of the second phase after construction of the treehouse.

Next year, Wolf Haven International will host a “Wolves and Wine” fundraiser in March 2026 at Great Wolf Lodge.

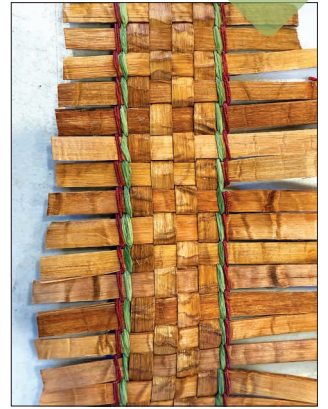
Hope to see you all there to support this great cause!

Wolf Haven continues to create rich opportunities for visitors to learn more about its residents. The Chehalis Tribe recently donated \$5,000 to assist in a new project.

Building this treehouse and having that new enclosure, we can remain open and continue doing field trips all year long and the baby wolves are still safe.

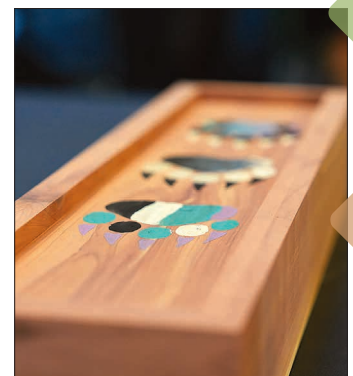
EVAN SKYTTE,
DEVELOPMENT DIRECTOR FOR
WOLF HAVEN INTERNATIONAL





Fourth annual Culture Camp

Hundreds of people attended the Chehalis Tribe's Culture Camp during the weekend of Aug. 23-24. The event filled with creativity was free for all participants. Skilled Master Weavers and Tribal artists instructed attendees in various Tribal arts and crafts, such as drum making and weaving. The camp carries on traditional practices and teachings of Native Americans.



OCTOBER BIRTHDAYS

Marilynn Allison-Sanchez
 Xiomara Angeles-Gitchel
 Cortney Beckwith
 Andra Bordelon
 Ava Boyd
 Zuri Brown
 Joel Brown
 Trey Brown
 Jackson Brown
 Rita Burke
 Madison Carter
 Willow Cayenne
 Wesley Christjohn
 Tabitha Colson
 Anthony Coombs
 Angela Cortes
 Todd Delameter
 Joseph Delameter
 Julie Dutra
 Ramona Fricke
 Taliyah Fulton
 Virginia Garity
 Leslie Gillie
 Dylan Hjelm
 Kaytlin Holmes-Pickernell
 Leon House Jr.
 Candice Jansen
 Selena Kearney
 Joli King
 Tanya Kinkade

Paulita Klatush
 Connie Klatush
 Karen Klatush
 Aryana Klatush
 Correna Klatush
 Lydia Klatush-Fromm
 Janet Larson
 Walter Lewis
 Rickie Marion
 Elaine McCloud
 Trevor McCrory
 Marla Medina
 Kady Mitchell
 Maddex Mowitch
 Alyssa Mullins
 Estraea Music-Olney
 Amber Oliver
 Edward Olney
 Leilani Ortivez
 Dylan Palmer
 Abigail Palmer
 Daniel Penn
 Andrea Phillips
 Gerald Pickernell Jr.
 Casey Pickernell

Ryan Pitzenberger
 Hillary Powell
 Dakota Quezada-Klatush
 Kahli Reynolds
 Gianna Rogers
 Rayna Romero
 Scarlett Romero
 Leticea Romo
 Amaria Rosado
 Delores Rourke
 Edward Sanchez
 George Sanchez Sr.
 Anjolysa Sanchez
 Tomas Sanchez
 Stormie Sanchez
 William Secena
 Donald Secena
 John Shortman Sr.
 Carmen Shortman
 Landon Simmons
 Loi Siufanua-Boyd
 Tristan Smith
 Robert Teague



Kaytlin Holmes-Pickernell:
 Happy 17th birthday, Piggy.
 Love Mom, Dad and Emily.

Kayley Trott
 Ryder Vigil
 Tymseila Washburn
 Skye Wheeler
 Braiden Wittwer
 Steven Youckton
 Arland Youckton
 Clarence Youckton
 Kendall Youckton Medina



NOVEMBER BIRTHDAYS

Prince Adams

Kevin Albert

Gerald Aldrich

Francisca Ayala-Klatush

Jordan Baker

Taryn Baker

Simon Baker

Juanita Bill-Sanchez

Nathan Boyd

Sydney Brown

Kenneth Brown

Daphne Burke

Bobbie Bush

Courtney Bushnell

Tyson Canales

Tyanna Canales

Jaylee Cayenne

Madeline Colson

Tanayah Comenout

Rachell Ferguson

Ashley Fern

Katy Fox

Casilda
Garcia-Starr

Penny Gleason

Dylan Gleason-
Wheeler

Orinda Goddard

Madoleen
Goddard

Anthony Gomez

Yvonne Haukom

Gabriel Higheagle

Lucille Hill

Enrique Jimenez Sanchez

Antonio Jones

Brooklyn Klatush

Christibeth Klatush

Tayleena Klatush

Roachel Lamberth

Cyrena Littlesun

Athena Lopez

Aria Lopez

Monique Lopez

Joan Martin

Lisa McCloud

Micah McNair-Comenout

Aria Norgard

Maelani Oman

Ashley Ortivez

Aurora Ortivez

Terry Palmer

Shoni Pannkuk

Valerie Pickernell

Desirray Pope

Heather Porter-Hoyle

Grace Quilt

Joseph Revay Sr.

Luwanna Sanchez

Kade Sanchez

Linnaea Sanchez

Sofie Sekishiro

Kristopher Shortman

Rachel Simmons

Payton Simmons

Kane Simmons

Carrie Squally

Amil Starr

Maynard Starr

Alexis Starr-Wright

April Thompson

Keira Thrailkil

Lori Tovrea

Mia Vigil

Jailynn Washington

Rhyan White

Journey White Eagle

Syvina White

Eagle-Rosbaugh

Kyian Wittwer

Phoenix Wittwer

Christopher Yawn

Pamela Youckton

Marcus Youckton

SEND IN WISHES! We would love to feature your messages to family and friends celebrating birthdays and anniversaries. Send your name, the full name of the person, your wish and a picture to news@chehalistrike.org.

USDA FOOD PICKUP

NOV. 21

10:30 AM-1:30 PM
COMMUNITY CENTER

If you or a member of your household are enrolled in a federally recognized Tribe or you live within reservation boundaries, you might be eligible for SPIPA's program. The USDA food pickup offers food to fill up your freezer, refrigerator and cupboards. Items are first-come, first-served. Must present Tribal ID at the time of pickup.

MORE INFORMATION:
CALL 360-426-3990



Support starts with a conversation.

Native & Strong Lifeline
Call **988** and **Press 4**, Text **N8V** to **988**,
or Chat Online at **988lifeline.org**



**Native
& Strong
Lifeline**

Ready to earn your diploma?

(HIGH SCHOOL-21 & GED: AGES 16+)

10 A.M.-NOON EVERY FRIDAY

Chehalis Tribal Higher Education Program is offering classes for all Chehalis Tribal members, employees and community members. Classes are on the Education side of Chehalis Tribal Community Center.

- One-on-one instruction
- In-person and online
- Earn credits for life experiences



CONTACT: Higher Education
Program Coordinator Racheal
Mendez at 360-709-1698 or
rmendez@chehalistribe.org

Happy feet, good health

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

CLINIC DATES

- ⇒ **Nov. 4:** 8 a.m.-noon
- ⇒ **Nov. 18:** 1-4 p.m.
- ⇒ **Dec. 2:** 8 a.m.-noon
- ⇒ **Dec. 16:** 1-4 p.m.

Podiatrists diagnose/treat conditions of the foot, ankle and related leg structures. They are the most qualified doctors to care for your feet and get 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**



HEALTH/WELLNESS

Wellness fair supports community well-being



Representatives from various organizations offer resources to enrich lives

By Bobbie Bush

Chehalis Tribal Wellness Center hosted a wellness fair called Health Matters on Sept. 23 at the Chehalis Tribe's Community Center with 38 vendors from Tribal, county, state and federal health and wellness programs.

New provider Amanda McCleskey was there to take blood pressures, give AIC finger pokes and complete blood sugar checks. Attendance was impressive with 109 participants from the Tribe, Tribal community and Tribal program staff. It was great to see everyone in the gym.

Information on prevention strategies and health practices was shared at vendor tables.

South Puget Intertribal Planning Agency (SPIPA) provided a yearly community wellness survey.

The survey will be conducted in all five of the SPIPA Tribes and will guide the development of public health programs for Tribes in the Southern Salish Sea region of Washington state.

Lewis-Mason-Thurston County Area Agency on Aging was there with very helpful resources for people to learn about and access. Information was presented on a medication tracker that can be stored in a purse or wallet and is vital in case of an emergency.

For Native Lives program was on hand with wonderful resources. The organization's website at fornativelives.org offers numerous easy-to-follow links. Information is right to the point.

Another booth provided details on how native plants can help our waterways. The website streamteam.info/native-plants offers a planting guide for Native Plants.

Visitors will find tips for choosing native plants and determining your soil's moisture in the comprehensive guide *Grow Your Own Native Landscape*.

Native plants are crucial to support a healthy ecosystem and are:

- Naturally adapted to our climate
- Able to improve water quality because they need less fertilizer and no pesticides
- In need of less water once established
- Resistant to native pests and diseases
- Essential for native pollinators and wildlife who depend on them for food and shelter



More than 100 people attended the Health Matters fair on Sept. 23 at the Community Center.





The Chehalis Tribe practices forward-thinking preparedness with a portable shelter, an important tool in emergency readiness.



New shelter system ready to deploy

The Chehalis Tribal Emergency Management Team, under the Tribe's Public Safety Department, showcased its latest preparedness capability on Aug. 22.

The team presented a live demonstration of the Deployed Logix (DLX) ASAP Rapid Shelter System at the Tribal Administration Center.

The portable shelter, equipped with a built-in HVAC unit, represents a vital addition to the Tribe's emergency resources, providing flexible space for use as a temporary emergency operations center, medical triage site or community shelter during disasters. Mark Punzel from DLX was on hand to coordinate and support the event.

Tribal Emergency Manager Clint Davis and Emergency Management Coordinator Cal Bray led the demonstration, showing how quickly the structure can be deployed, powered and climate-controlled.

"This system is designed to give us rapid capability in almost any environment," Davis said. "It allows us to establish a secure, comfortable and functional space within minutes, which is invaluable during emergencies."

Regional partners joined the event, underscoring the importance of interagency collaboration. Chief Carlton



Rhodes of Grays Harbor Fire District 1 and Chief Nathan Drake of West Thurston Regional Fire Authority both praised the Tribe's investment in advanced response technology.

They noted regional coordination is becoming increasingly critical as wildfire risk, severe weather and infrastructure challenges grow.

"This is a prime example of forward-thinking preparedness," Chief Drake said. "Having partners like the Chehalis Tribe equipped with systems like this strengthens the resilience of the entire region."

Also in attendance were Daniel

Ravenel, Emergency Manager for the Quinalt Nation, and Jackie LaVerne, Emergency Management Program Manager at The Evergreen State College.

Members of the Tribal Public Safety team supported the setup and later hosted a community gathering, serving hot dogs, chips and cookies while distributing fire blankets to Tribal members, with a special effort focus from Jake and Amanda for heading up food.

The DLX shelter demonstration highlights the Chehalis Tribe's commitment to all-hazards readiness, ensuring the community has the resources needed to respond quickly and effectively to natural disasters, public health emergencies and other crises.

FAIR

From page 10

Blood pressure and blood sugar checks are important to maintain health, but we all know water is life.

Fred Hutch Cancer Center was also in attendance. SPIPA received a SACRED Lungs grant and the Chehalis Tribe is also participating. The grant will be used to develop a lung cancer screening program designed specifically for Tribal communities.

"Many vendors commented that the health fair was a great event and they enjoyed it very much. They loved all the community members who stopped by their tables and interacted with them. Tribal members also said there was lots of useful information and they enjoyed the event," said event organizer and Community Wellness Manager Christina Hicks.



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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

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Wintertime blues: Strategies to handle SAD

Short, dark days and lack of sunlight can cause mood changes

Summertime in the Pacific Northwest can be one of the most beautiful times of year. With sunny days, lush greenery and endless outdoor activities, it's easy to feel energized and connected.

However, as summer gives way to crisp fall air, vibrant foliage, and the eventual gray days of winter, some people might start to feel a little less motivated or even disconnected from daily life.

While many of us experience the winter blues to some extent, if you notice more significant symptoms, you might be dealing with Seasonal Affective Disorder (SAD).

SAD is a type of depression that returns at the same time each year, most commonly during fall and winter. It's often linked to reduced sunlight exposure, which can disrupt circadian rhythm and lower levels of serotonin and melatonin, two chemicals that play a key role in regulating mood and sleep.

In the Pacific Northwest, it's not unusual to go weeks without direct sunlight during winter months. This makes people living in the region particularly vulnerable to seasonal mood changes.

Common symptoms of SAD include:

- Persistent low energy or fatigue

- Loss of interest in activities you usually enjoy
- Difficulty concentrating
- Changes in appetite
- Feelings of hopelessness or sadness

- Oversleeping or trouble waking up

As the seasons change and you find yourself experiencing any of these symptoms, know that it is OK and there are proven strategies that can help.

Light therapy: Using a light therapy box or lamp that emits 10,000 lux of light for 20–30 minutes in the morning can help

regulate your body's internal clock and boost your mood. These light boxes and lamps can be easily purchased online at retailers such as Amazon.

Get outside: Even on overcast days, natural light is beneficial. Try to get outside, especially around midday, when the light is brightest. A short walk can lift your spirits and help maintain healthy vitamin D levels.

Stay active: Regular physical activity boosts endorphins and serotonin, which are natural mood enhancers. Whether it's hitting the gym, hiking or doing

SEEK SUPPORT

If you or someone you know is struggling, don't hesitate to reach out for support. You're not alone and brighter days are ahead. Call Tsapowum Chehalis Tribe Behavioral Health at **360-709-1733**.

yoga at home, movement makes a difference.

Connect socially: Winter months can lead to more isolation, which often worsens symptoms of depression. Make an effort to stay socially engaged. Schedule coffee with a friend, attend a local event or join a support group.

Consider therapy: If your symptoms persist or significantly interfere with your daily life, speaking with a mental health professional can help. Cognitive Behavioral Therapy (CBT) is an evidence-based treatment that has been shown to be highly effective for SAD.

Living in the Pacific Northwest is a gift, its natural beauty and unique seasons offer so much to enjoy. But it's also OK to acknowledge when winter feels heavy. Recognizing the signs of seasonal depression and taking small, proactive steps can make a big difference in how you feel.