

November 2009 Vol. 2/11

# Program News

## Program Offers Music Lessons to Encourage Youth

The Prevention Program, TELO, and the Youth Center are working together to create different prevention activities for youth through music. If your interested in learning to play a piano or guitar, you are invited to join our youth "Soaring Eagles Above the Influence" prevention group. At this point, ages are 6-18 are invited. This might change in the future to include everyone. If you are interested, contact Lorrie Bonifer at 360-709-1717, or lbonifer@chehalistribe.org.

## Museum Looking for Native Artists and Performers

The Tacoma Art Museum is having a Coastal Native Celebration at the closing of the Native Artist Joe Fedderson exhibition, on Saturday, January 9 from 12-3:30. It is a reminder that the Northwest indigenous tribes are a strong people. Our traditions must not fade into the past. Let's celebrate our culture and honor our ancestors.

The museum is searching for more Native artists to participate in this event. If you are a coastal Native artist or performer, a basket weaver, beader, story teller, or dancer, please join this event. The deadline for signing up is November 30. Contact Elizabeth Debrie at 253-222-1537 or email her at elizabeth\_debrie@yahoo.com.

## How to Make and Cancel Great Wolf Reservations

By Chris Ortivez, Chehalis Tribal Enrollment/GWL Reservations

Reservations for the Great Wolf Lodge are made through me, Chris Ortivez, at 360-273-5911. Please note if you cannot make it to your reservation, please make sure to call and cancel. If you don't cancel your reservation, we lose revenue. There have been a few instances (nine to be exact) where tribal members were "no-shows" and some of these have been on peak nights when they would have been able to sell that room at the standard rate of \$300 or more. **So please, if you cannot make your reservation, cancel it, or contact me and I will take care of it for you.** Check with me for the discount rate. Thank you.

## Your Input is Needed to Amend Our Tribal Constitution

The General Council directed the Constitution Committee to review and make recommendations for possible changes to the Chehalis Constitution and Bylaws. Although there have been many efforts over the past several years to reach agreement on how to amend the current Chehalis Constitution, there has never been a consensus on any recommended changes. The Constitution Committee needs your help in deciding what, if any, amendments should be voted on by the General Council in a special constitutional election.

**This is not a final formal vote on any proposed changes. This is only a survey to gather input from tribal members.**

Please complete either a paper copy of the survey or go to: [www.chehalistribe.org](http://www.chehalistribe.org) click on the Constitutional Amendment Survey link. If you have any questions please call the tribal center at 360-273-5911.

# CHEHALIS TRIBAL NEWSLETTER



♦ "People of the Sands" ♦



## Chehalis youth inspired by Native Rapper Litefoot

■ Famous singer/movie star inspires youth to avoid drugs and alcohol, and dance, dance, dance, page 2

## Honoring Elders: Marjorie Gleason-McCloud



■ She takes what life has to offer and makes the most of it., page 3

## Crowd of 650 Honor Veterans With Dinner and Heartfelt Thanks



The Veterans Appreciation Day at the Lucky Eagle was filled wall to wall with veterans. Lori Tovrea did another outstanding job in organizing this honorable event for the veterans.

By Fred Shortman, Editor

On November 11, the Chehalis Tribe held the 8<sup>th</sup> Annual Veteran's Appreciation Day Dinner at the Lucky Eagle Casino. What a spectacular event it was, with over 650 people coming to witness this very honorable holiday.

The Chehalis community supported this event with their time and effort to make it successful. The Youth Council, along with the Youth Center Staff, volunteered to help decorate, serve Veterans, move chairs, and clean up afterwards. I hope it made you feel special because honoring veterans is an honor in itself.

The Chehalis fisherman donated the fresh Coho salmon for the dinner, while the Lucky Eagle prepared the rest of the meal. There were over 30 fish cooked for this annual event. In years past, the Lucky Eagle's portable fish cooking pit was used in front of the Casino. Unfortunately, there weren't enough cooks available that day. The ones who did show up cooked at the Chehalis Tribe's main cook pit.

What an outstanding job and many

thanks go out to Don Secena, John Youckton, Fred Shortman, Robert Cayenne, Dennis Cayenne, Andy Olson, and Bruce Klatush. Also, thanks go out to those who helped file and prepare the sticks necessary to make this delicious meal available for the event.

### A Heart Felt Thanks from Lori Tovrea, Lucky Eagle Casino

I, Lori Tovrea, would like to thank our new Veterans Committee: Nancy Romero, Nadine Burnett, Gloria Jones, Evelyn Penn, Tony Medina, Scarlett Romero, and Dan Gleason. Their time and effort in helping organize and arrange to make this event was great. Your hard work was appreciated when the day finally arrived.

I would also like to thank my children, Johnny and Raven, for the past eight years. You have been there for me from early in the morning until late at night without hesitation. You two have always been there, and I really do appreciate all your years of dedication to the Veterans. Also, for my

See Veterans, page 4

## Community Gives Input on Future Road Improvements

By Amy Loudermilk, Transportation Planner

A community meeting was held in October to discuss transportation needs on the Chehalis Reservation. In conjunction with this meeting, a survey was distributed that requested survey-takers to vote for the top three road improvement projects they felt were the highest priority. Seventy-six community members completed the survey. Here are the survey results, from highest number of votes to lowest number of votes:

- Safety improvements on Hwy. 12 between Moon Rd. and Anderson Rd. – 45 votes
- Straighten curves on Howanut Rd. – 32 votes
- Widen South Anderson Rd. – 31 votes
- Install large culverts on South Bank Rd. at Harris Creek – 30 votes
- New Black River bridge – 29 votes
- Install large culverts at Sickman Ford Bridge – 29 votes
- Raise Moon Rd. – 27 votes
- More street lights on Howanut Rd., 188<sup>th</sup> and residential areas – 25 votes
- Replace the bridges on Howanut Rd. (Willamette Creek bridge and two bridges near fish hatchery) – 23 votes
- Widen Howanut Rd. from the Tribal Center to Elma Gate Rd. – 21 votes
- Widen 188<sup>th</sup> from the Lucky Eagle Casino to Moon Rd. - 19 votes
- Install culverts on 188<sup>th</sup> east of the Lucky Eagle associate parking – 17 votes
- Bike lanes along Howanut Rd., Niederman Rd., 188<sup>th</sup> and Moon Rd. – 17 votes
- Sidewalk on Cemetery Rd. – 12 votes

See Road, page 4

## Chehalis Tribe Hosts 1<sup>st</sup> Annual Diabetes Awareness Walk

By Pat Odiorne, RD, CDE, Director of SDPI Diabetes Prevention Program

The First Annual Diabetes Awareness Walk was hosted by the Chehalis Tribal Wellness Center and the Special Diabetes Programs for Indians. The event was held on October 24 at the Chehalis Community Center. This area-wide walk brought participants from the Skokomish, Shoalwater Bay, and Squaxin Island Tribes. These three tribes, along with Chehalis, are members of a consortium which participates in the Diabetes Prevention Program funded by the Indian Health Service.

Participants were given snacks, water and a special T-shirt to wear on the 3-mile walk. The Diabetes Prevention Program staff offered blood sugar screenings to the group. After the walk, participants gathered back at the Community Center for a short program, raffle prizes and lunch provided by the Lucky Eagle Casino.

The program featured Rodney Youckton, Chehalis Health Board Member. Rodney shared his goal as a member of the Health Board to work for the health and wellness of the Chehalis Tribe.

He is very concerned about the risk that diabetes presents to Native Americans both young and old. Rodney knows the risk, but also knows that diabetes can be prevented

through small changes in lifestyle.

To learn more about what you can do to prevent diabetes, call Lynn Hoheisel at 360-709-1744.



Tribal and community members participated in the Chehalis Tribal Wellness Center's First Annual Diabetes Walk. Exercise is important in the prevention of diabetes. November is Diabetes Prevention Month. Great job, everyone, for making this a successful event. Photo by Cecilia Kayano

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## 2 Ghosts, Goblins and Elvis Show Up for Rez Halloween Parties



The Youth Center threw a Halloween Party for the Kids. There were super heroes, princesses, ghost and goblins. Many children showed up to show off their costumes and enjoyed the day with their families.

Halloween is that one night a year when you're given a free pass to drown yourself in fake blood, sport a plastic hook or just look completely ridiculous. It's a family ritual that all ages enjoy by attending parties, haunted houses, corn mazes or just going out and trick-or-treating. Many children were dressed really cute in their little princess and animal costumes. Others were pretty scary as they went house-to-house in search of their next trick or treat.

**Employees:** The employees had their Halloween party at the gym in the new Community Center. Many of the costumes were hilarious, and down-right spectacular. There were several categories you could enter, from witches, scariest, and cute. People paraded and posed in front of the Elders who judged and selected the winners. Cheryl Starr, Events Coordinator provided a bingo game in classic haunting style. She called out Halloween names instead of numbers until someone yelled "bingo!"

**Elders:** The Elders had their first Halloween Party. There were several Elders dressed to impress as Corilla De'ville (Sue Sanders), and a devilish devil (Pricilla Jones). Even Elvis (Levi Sanchez) was in the house! Rena had on a purple wig, and Ida wore devil horns. There was a sexy

mama (Elaine McCloud). Evelyn Penn was a red head, and April was a witch! There were games to play and a great meal. Thanks to Gloria!

The winners of the costume contest went to: 1<sup>st</sup> place Sue Sanders; 2<sup>nd</sup> place Elaine McCloud; and 3<sup>rd</sup> Place Levi Sanchez! Thanks so much for all who came. Everyone had a good time.

**Youth:** Tony Medina threw a Halloween party for the children in the afternoon kicking it off with a pizza party. There were enough youth and adults to eat 14 large pizzas, cake, and ice cream. Many goblins showed up to strut their costumes. There were super heroes, princesses, and ghosts. You name it, they were there. Instead of judging who had the best costume, all the kids were winners of the raffle.

As soon as dusk arrived, all those ghosts, goblins, and super heroes showed up at the new Youth Center for Halloween treats. Mr. and Mrs. Wilson had their dart game set up and Mrs. Wilson handed out her famous 'monster' cookies. At least 175 bags of candy and treats were handed out that night. Pictures were taken by Theresa Pannkuk of the families as they enjoyed trick-or-treating together. Until next year ....booooooo.



Chehalis tribal employees enjoyed their Halloween party and had a fun day. They entered different categories as they strutted their unique and creative costumes for the Elders to judge.

## TELO's Flag Football Tournament is Fun For All

By Jason Gillie, TELO Program Education Assistant

Saturday, October 10, marked the beginning of TELO's annual flag football tournament. Five teams took the field for the fourth year in a row. Teams clashed in a round robin to determine the two teams that would play for the championship. Rules for the tournament were as follows:

- Each team had to have one girl on the field at all times.
- Teams had eight downs to score a touchdown or the ball would be turned over.
- Before rushing a quarterback, a defender was required to count "one thousand one, one thousand two, one thousand three."
- The length of a game was 20 minutes or a score of seven, with each touchdown being worth one point.

The weather didn't affect the tournament, but it was a little windy and chilly. Still that didn't deter the players from the competition of the day. Determination was set in their eyes as players ran down the field trying to get open and catch a pass, or in some cases, failing to catch the pass. This caused some

gentle ribbing from fellow tribal members, such as, "You must have hands of stone," or just an "AAAAWH."

Speed is not a requirement for this game, but it sure does help, both on offense and defense. Some teams selected not to rush the quarterback, which meant defensively it required more running.

After 20 minutes, there were many tired people. The turnout for the tournament was excellent, nearly 35 players in all and everybody was ready to compete. The turnout for the crowd was good as well, with nearly 100 people coming and going throughout the festivities. Water, coffee, and hot dogs were available through the Youth Center, and the Oakville cheerleaders.

The winning team received gift cards for Just Sports. The team in second place took home hooded sweatshirts. We had a great turnout for the tournament, and everybody had a good time. We're looking forward to seeing you next year, and if you didn't come out this year, bring out a team next year.



Teams prepare for the next round of the TELO Flag Football Tournament. Everyone had a blast and, in the spirit of the competition, gave everything they had.

## Native Rapper Inspires Youth Through Music

By Marla Medina, Youth Center Assistant

On October 28, Litefoot came and gave an inspirational show at the new Community Center. This isn't his first time performing at the Chehalis Tribe. Litefoot said he enjoys sharing his message through his music. As he performed his songs, the music beat had the kids jumping out of their seats to dance. And dance they did! When he was finished, he signed autographs and posed for pictures. It was a great show.

Litefoot is the first Native American to represent what has become the international phenomenon known as "rap" music. Rap music has spread in popularity, to even the most remote American Indian reservation. Litefoot has grown from his musical beginnings in Oklahoma to becoming an internationally-known film and television actor starring in several feature films such as, "The Indian in the Cupboard," "Annihilation" and "Mortal Combat."

Litefoot's road to achieving his goals rivals the most inspirational of success stories. It is a story of struggle, perseverance, belief in self and overcoming seemingly insurmountable obstacles. He has become



one of today's most well-respected Native American entertainers and one of Native America's most recognizable national public figures. A modern-day warrior from the Cherokee Nation of Oklahoma, Litefoot was raised in Tulsa, Oklahoma, and currently resides in Seattle, Washington.



From left: Tristen Smith gets into the music. David Pickernell, Jr., looks on as Emily Holmes-Pickernell demonstrates her dance moves during the Litefoot concert.

## A Step in the Right Direction: Lose Weight and Lower Your Risk for Type 2 Diabetes

by the National Diabetes Education Program

With so many weight loss programs available, it is easy to become confused about what works and what does not when it comes to losing weight to lower your risk for type 2 diabetes. The National Diabetes Education Program (NDEP) wants you to know that you don't have to knock yourself out to lower your risk – in fact, the findings of a major study show that modest weight loss can reduce the risk of type 2 diabetes by more than half. Here are some proven small steps developed by NDEP to help you make gradual lifestyle changes to lose weight safely and keep it off.

**Small Step #1: Set a weight loss goal you can meet before starting a weight loss plan.** Aim to lose about 5 to 7 percent of your current weight – that's 10 to 14 pounds if you weigh 200 pounds. Keep track of your daily food intake and physical activity in a log book and review it daily to see how you are doing. For support, invite family and friends to get involved.

**Small Step #2: Make healthy food choices every day.** Keep healthy snacks such as fruit on hand at home. Pack healthy lunches so that your family can take charge of what they eat during the day. To make sure you get enough fiber, eat more fruit and select a mix of colorful vegetables. Drink low-fat or nonfat milk or choose low-fat cheese. Choose whole-grain cereals, breads, crackers, brown rice, pasta, or oatmeal. Select lean meats and poultry. Vary your protein choices by choosing more fish, beans, peas, nuts, and seeds.

**Small Step #3: Strive to become more physically active.** If you are not active, start off slowly and choose a physical activity you will stick with most days of the week. Slowly add more time until you reach at least 30 minutes of moderate-intensity physical activity five days a week. Build physical activity into your day. Take a brisk walk during lunchtime. Take the stairs instead of the elevator, or park farther away from your office. Join a community program like the YMCA as a family and choose activities that everyone can enjoy such as swimming, water aerobics, or dance classes. Keep at it and remember to celebrate small successes.

For a free copy of, *Type 2 Diabetes: Information for Patients* which includes a fat and calorie counter and physical activity tracker, plus more tips to help you lower your risk for type 2 diabetes, contact the National Diabetes Education Program at 1-888-693-NDEP (6337) or visit <http://www.YourDiabetesInfo.org> and click on the *Small Steps. Big Rewards. Prevent Type 2 Diabetes.* campaign.

The U.S. Department of Health and Human Services' National Diabetes Education Program is jointly sponsored by the National Institutes of Health (NIH) and the Centers for Disease Control and Prevention (CDC) with the support of more than 200 partner organization.

## Chehalis Tribal Newsletter



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The Chehalis Tribal Newsletter encourages tribal members to submit letters, articles, photographs, and drawings to be considered for publication. These are subject to editing.

Contributing writers, artists, and photographers include Chehalis tribal community members and staff.

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The Confederated Tribes of the Chehalis Reservation...  
"People of the Sands"



## Honoring our Elders: Marjorie Gleason-McCloud

"..enjoys taking what life has to offer and make the most of it..."

Marjorie Gleason-McCloud was born October 18, 1918 to Ernest and Margaret (Klatush) Gleason. She just turned 91 this October. Ernest's mother is Fannie Sickman, who was Chehalis. Margaret was Nisqually; her parents are Jack and Annie Klatush. Her dad had a total of 16 children, Marge being the oldest and Alma Kalama, Betty Blacketer, Doreen Wiersma, Ernest "Jughead" Gleason, Jr., Daniel "Bones" Gleason, Sr., Virginia "Dolly" Canales, Joan "Boots" Martin, Arlene Kautz, Nola Gomez, James Gleason, Sharon Gleason, Eldon Gleason and Harold Gleason. 2 boys died at a young age.

She was married to Benjamin Johns (Skokomish) and had three children. She then married Earl McCloud (Nisqually) and had four children. She laughed saying, "She would have to get paper and pen to get an accurate count for my grandchildren and great grandchildren."



This photo was taken a few years back when her sister Betty was alive. She's pictured with her younger siblings Dolly, Bones, Boots and Betty at the Elders center. She enjoys visiting with family and friends at the Elders Events.

By Elaine McCloud, Heritage Coordinator

Marge grew up on "the ranch" with her Sapa (Grandfather). He had an 80-acre farm on the Nisqually Reservation, just down the hill from the Red Wind Casino. He grew lots of things on his farm. She especially remembers strawberries and raspberries. He farmed till the day he died. She remembers he carved river canoes, out of necessity. She remembers everyone using canoes to travel, everyone fishing and her family picking apples to earn money.

Marge's first school was located right off the freeway. They didn't teach anything "frivolous" just reading, writing and arithmetic. She also went to school in Yelm.



Marge pictured with her first husband Benjamin Johns at their home in Queets.

She had spots on her lungs, so she was sent to the sanatorium at Cushman for treatment. She was there for about three years.

Marge was on a train going to Chemawa Boarding School when her dad came and took her off. Her mom had died. So she was held back at home for a year to take care of her siblings. She went to Chemawa when she was about 14 years old, and stayed there for about three years. They had to do chores there, plus their school work. The girls had domestic classes. They learned to cook and make clothes. Then she returned and went to Yelm High School.

During her childhood, she spent a lot of time on the Chehalis Reservation. She remembers staying with Sapa Dan and Kiya Secena (grandfather and grandmother). Marge was sickly. Kiya was an Indian doctor. She worked on her chest. She made her a tea to drink and put it in a quart jar. At the end of the day, it had to be empty. Marge doesn't remember what it tasted like, but she remembers drinking it.

Sometimes Marge stayed with her Uncle Walt and Aunt Mena back in the woods. She played with Jane Klatush. She remembers one time when all the boys were alive, they got brave and decided to try and sleep in the yard. The coyotes started hollering and scared them back into the house.

Marge remembers spending lots of time at Bessie and John Hayden's after her dad married Lillian Hayden. Mabel Hayden was her age. They would cross the little bridge and walk down to the river to swim. She remembers Clifford (Buddie) Hayden was always doing beadwork. Bessie made them all do chores, peeling potatoes, washing dishes,

dusting and sweeping.

Marge remembers eels coming up the Chehalis River. Everyone would catch them and smoke them. Boiled potatoes and eels were her favorite food. Marge and Alma ate fish heads and she remembers Alma ate almost everything; she'd just have a little pile of bones left. Marge ate parts of the fish heads but didn't care for the eggs.

Marge's mother made raffia and cattail baskets. She never got into making the real tight ones. Marge remembers going and getting cattail. She made a few raffia baskets. Alma and Betty didn't get into it.

When she was older she sometimes stayed with Johnny and Maggie Benn in the summer. She was supposed to be a companion for Maggie, but she said she probably wasn't much of a companion because neither one of them talked that much.

They had a nice garden across the prairie. They would go get fruits and vegetables from the garden and take them over to Gerdie Conners. Then Marge would be able to play with Mae Conners. When Johnny Benn's mother was alive, they'd bring her sister Alma to help take care of her. Alma was better with older people than Marge.

Marge and her friends played baseball, climbed trees, and did outdoor stuff...no TV. She remembers playing tree tag. Her dad, her uncle and some of the older guys chased the kids off the trees.

She remembers taking a hike by the railroad tracks by the trestle. They saw a figure coming towards them and they got scared. It chased them and they ran through bushes and blackberry vines. They were all scratched up by the time they got home. They never found out who or what it was.

She remembers Christmas at Chehalis when it was just a single one-room school house. Frank Pete played Santa Claus. Betty complained of how Frank was dressed. They

had to tell her that he had to dress warm because it was cold where Santa comes from. They gave out a bags with an orange, apple and candy. Nothing fancy, just a bag.

She remembers gatherings at the tribal center. Frank Pete would play the fiddle and call square dances.

Some Indians would come down from Canada and they would roam around where there was food. They would gather berries and roots. They called them "Stick Indians," but they were real Indians, not spirits. She remembers log jams when she was young. They would see the "Stick Indians" there at the log jams.

At Tribal Days, she enjoyed watching the Dry Land Canoe Races. They would take the poles that they used to pole the canoes on the river and have 10 men running backwards. The lead man would steer, running in the other direction. They had foot races, and horse races, too. This was when the reservation was all prairie. Marge remembers some of the men being Johnny Benn, Frank Pete and a guy from Skokomish. They'd have bone games under the oak tree.

She remembers adults talking "Indian" when she was little. They used it when they didn't want others to understand what they were saying. She never learned any of the language, only a few words.

When Benji and her were together, they'd gather the kids, and cook their Easter dinner. They would dig a fire pit, start a fire and line it with rocks and plants. They would put oysters and clams in it and cover it with gunny sacks.

In the 1980s Marge served on the Chehalis Tribal Council with Melvin Youckton, Curtis DuPuis, Jerrie Simmons and Lorraine Goldman.

## Staff Profile: Tribal Housing Executive Director

My name is David Boyd. I'm the Executive Director for the Chehalis Tribal Housing Authority. I was born and raised in Inchelium and Spokane, Washington. I am a member of the Arrow Lakes Band of the Confederated Tribes of the Colville Reservation. I am married to my best friend, Amanda, and have four fantastic children. I have three grandchildren whom I adore. My three oldest children are on their own and doing great. My youngest daughter is 13 and keeping us busy with her schedule. As all grandparents agree, we really never get to see the grandchildren enough.

I attended school in Inchelium and Spokane, and received my graduation certificate from Spokane Community College. While serving in the Army, I received numerous educational certificates in the medical field. I continued my education in the management field.

Recently I enrolled in a distant learning program. I'm currently studying to receive a diploma in property management from the Professional Career Development Institute. I am enrolled in Ashworth University studying for my Associates Degree in Business Management. I have received my certificate from the National American Indian Housing Council as a Professional



David Boyd  
CTHA Executive Director

Indian Housing Manager to include a certification as a National Homebuyer Education Trainer.

My career choices have allowed me to travel throughout the United States and Europe. After my discharge from the U.S. Army, I spent three years working for the state of Washington as a Medical Claims Investigator. I moved on from state

employment and re-located to California where I trained in the construction field. After two years I relocated back to the Olympia area, then opened my own construction company specializing in residential and light commercial remodels in Washington, Oregon and Idaho.

I was honored in August 2002 when I was selected by the Chehalis Tribal Housing Authority Board of Commissioners to work with the community as the Director of Housing. For the past seven years I have truly enjoyed coming to work and assisting Chehalis tribal families to secure decent and safe housing with multiple programs meeting the diverse needs of all tribal members.

The need for future housing is great and I look forward to working with all tribal community members and administration to successfully meet their housing goals.

## Medicare Prescription Drug Plan Offers Quick Help Line

**Olympia, Wash.** —The annual enrollment for Medicare's prescription drug program (Part D) runs from Nov. 15 - Dec. 31. Many plans are changing this year. If you're new to Part D or want to change plans, Insurance Commissioner Mike Kreidler's SHIBA HelpLine can help.

"Start reviewing your options today," said Marijean Holland, SHIBA HelpLine Program Manager. "If you're confused or have questions, we can help. Our trained volunteers in your community can answer questions and search for plans online. We also provide help with Original Medicare and other health plans."

### If you want to enroll in a Part D plan:

- Don't wait until the last minute – give yourself plenty of time to select a plan.
- Don't let anyone pressure you into buying a plan.
- Make a list of all of the current prescription drugs you take, the doses, and how often. And then use the plan finder at [www.medicare.gov](http://www.medicare.gov) to compare Part D plans.
- If you have questions, be sure to ask before you sign up for a plan.

### If you're already enrolled in a Part D plan:

- Be aware that your Part D plan may provide different coverage in 2010.
- Carefully read all mail you receive from your plan. If you do not understand it, call the phone number in the letter to get clarification.
- If you are thinking about switching plans, use the plan finder at [www.medicare.gov](http://www.medicare.gov) to compare your current plan with others.

More ways to get help with Part D:

- Read our special Medicare Part D page online <http://www.insurance.wa.gov/consumers/Medicare/index.shtml>
- Visit Washington State BenefitsCheckUp
- Contact Medicare at 1-800-MEDICARE (633-4227) or visit <http://www.medicare.gov>

"Don't wait to get help," said Kreidler. "Call us today at 1-800-562-6900 and ask to schedule an appointment with a SHIBA volunteer."

## 4 Veterans (continued from page 1)

daughter, Janessa, who is off to college at UNLV. She normally helps. We missed her this year, but we knew her heart was here.

There are so many people to thank, so let's start with the speakers: Curtis DuPuis, Nicole Ross, Jimmy Burnett, and Don Bradshaw. Their speeches were heartfelt and very wonderful.

Thanks to the following people: Stan Baker (invocation), Harvey Rabbitt (dinner prayer), Lloyd Felton and Tribal Elder Cindy Andy (closing prayer), and Gary Schneider (Master of Ceremonies). You did a great job and it was a pleasure to work with you. All your help was very much appreciated not only at the dinner but all the prior help you did. I would also like to thank the Youth Council and their leaders Tony, Marla and Teresa. Your efforts were greatly appreciated from the decorating, serving veterans, moving chairs, and the clean up. Thanks so much!

And I can't forget the fish cooks, Don Secena, John Youckton, Fred Shortman, Robert Cayenne and Dennis Cayenne, the fry bread makers, Linda Daniels, Barbara Dominck, and Trudy Marcellay.

Thanks Alicia Canales for donating the honor scarfs. Thanks to the seniors for donating the flowers for the tables and Lucky Eagle Casino staff. And finally, thanks to the Chehalis Tribe, Lucky Eagle Casino, SARE Electric (Rick Scar) and Travers Electric (Ron Travers) for your continuing support.

### "Elders First" Means Everyone

When dinner was to be served, MC Gary Schneider announced that Elders would be served first. That brought fits of laughter, since a majority of Veterans fit that category. He countered with, "Let's start with 70 and up first!"

Many people were seen smiling that night as they saw and got reacquainted with old friends and made new ones too. Curtis DuPuis said, "This is also a solemn day for many Veterans, remembering those friends they lost. This day was honoring them also."

### Jimmy Burnett Speech

Jimmy Burnett gave an inspirational speech, "When I was asked to speak for this event, my mind went into a spin. What do you say? How do you express what you really feel? All kinds of emotions and question began to run through my mind.

"One question that presented itself was,

just what is Veterans Day? To me it's not really about the military, the politicians, or even the president. It's not really even about the generals. No! Veterans Day is about the young men and women who, for one reason or another, went off to serve their country, sometimes in war, sometimes in peace. It makes no difference if it was a World War II, the Korean War, or the Vietnam Conflict.

"Today is about the Veterans! I am deeply honored to have been asked to address this assembly tonight. As we all know, this a very special day for all Americans. To those of us who are Veterans, it is a special and added meaning.

"Memories come back to families and individuals: of distant days and places, and friends from the past. Some of those friends are still with us, sharing in challenges of peace, just as they did their duty in wartime. Others we shall never see again. But they, especially, are here with us in spirit.

"We are here and we are all free today because, from America's beginning, when freedom is threatened, gallant men and women have answered the call of their county. From all branches of the service they risked and sometime gave the ultimate sacrifice of their lives for this nation."

He continued with thanking the Chehalis Tribe for sponsoring this banquet in honor of all Veterans. He then gave a special salute to the Native American Veterans. "I asked one of my good friends who is Native American why he would volunteer to serve in the military of a country which has not always treated him and his people with the utmost respect. He quickly answered that he didn't volunteer to serve the white man. Native Americans have always believed in God, family, and country. Fighting to preserve those ideals is why he fought for this country.

"I would like to personally thank every Veteran here. If you wore the uniform in peace time or in war, you were and are, a part of our national strength. Each one of you is, in my mind, a genuine hero.

"Let each and every one of us let this Veterans Day strengthen our resolve to always walk the extra mile for peace, but always walk it strong and unafraid. For without a mighty America, no peace can long survive.

"Ladies and gentleman, fellow Veterans, I salute you and pray, God bless America again, now and always.

## Survey (continued from page 1)

The Planning Department has already started the process of identifying funding sources and working with county and state road departments on the top-ranked projects. We'll keep you updated as we

work towards improving the roads on the Chehalis Reservation. If you have any questions, please contact Amy Loudermilk at (360) 709-1813 or stop by the Planning Department.

## Don't Miss Deadlines for College

By Racheal Mendez, High Education Coordinator

Higher Education has moved over to the new Community Center. Our fall semester / quarter has started and I'm excited to tell you we have 19 students enrolled. Twelve are attending local community colleges and seven are attending universities. If you would like to join these 19 students, please come visit me in the new Community Center. I am happy to help you with the application process.

### Application Deadlines

For most colleges and universities, the application deadline is between January 1<sup>st</sup> and the middle of February. If you're thinking of attending a university, let's meet. You should start thinking about essays, and recommendation letters. Most college application dates are later, so your first semester grades will be looked at. If you are thinking of transferring from a community college to a university next year, most deadlines are as late as April or the beginning of May.

### Federal Student Financial Aid Deadlines (FAFSA)

Financial aid deadlines vary from college to college. The rule of thumb is to start applying for aid after you and your parents finish that year's taxes. The very

last day to apply online is June 1<sup>st</sup> and all corrections must be done by September 15<sup>th</sup>. Most colleges have data sheets that must be filed with their Financial Aid Office.

Pay close attention to deadlines! Ask your school about their definition of an application deadline - whether it is the *receipt date and time* or the *process date and time* of the application.

### Chehalis Tribal Scholarship Deadline

The deadline to apply for Chehalis Tribal Scholarships is June 1<sup>st</sup>. Your application is not considered complete until you have your acceptance letter from your choice of college and your FAFSA done.

I have been talking to some of our local community colleges and universities to have a college fair out here! In the meantime, if you wish to find out more information regarding a certain college, I have lots of college information here in the office. If I don't have what you need, we can request the information from the college of your choice.

Please let me know if you would like a Chehalis Tribal Scholarship Application or need help with any other educational goals you might want to look into! Contact **Racheal Mendez, 360-709-1698** or email **Rmednez@chehalistribe.org**



**Chehalis Tribal Youth Chayse Youckton received the Youth Volunteer Award at the Youth Prevention Summit from Lt. Governor Brad Owens. Being an active member of the "Soaring Above the Influence" Chehalis Tribal Youth Prevention helped him be nominated for the award. Chayse's compassion for prevention activities, ability to speak in front of people, positive attitude, knowledge, and friendliness helps get his message across.**

## Help the Earth: Reduce, Reuse, Recycle and Buy Recycled Items

By Glen Connelly, Environmental Program Specialist

On average, each person in America generates ¾ of a ton of trash every year. All of the garbage from our area goes out to Yakima County, where it is buried in a huge landfill. We all spend a lot of money to get rid of our trash, and landfills all around the country are filling up quickly.

Here are some helpful tips to keep recyclable items out of the landfills:

- If you use LeMay for trash pickup, sign up for their recycling program. They will take mixed paper, plastic bottles, metal and aluminum cans and glass.
- If you have broken computers, monitors or TVs you can take them to Goodwill in Centralia and they will recycle them for free.
- You can dump used oil at the free dump tank in Oakville, just off HWY 12, near the BBQ place.
- Scrap metal, car batteries and old appliances (not refrigerators or freezers), can be dropped off for free at the scrap

yard in Rochester.

- Refrigerators, freezers, air conditioners and microwaves can be recycled at the Lewis County Transfer Station in Centralia, or the Hawks Prairie Transfer Station, for \$10-\$20.
- Household chemicals like pesticides, cleaners, oil-based paints/stains can be dropped off for free at the Lewis County Transfer Station, or the Hawks Prairie Transfer Station.
- Then, when you go shopping, look for products that are made from recycled materials, so that we create a demand for all those recycled plastics, metals and glass.

If you have questions about recycling, check out Thurston County's website <http://www.co.thurston.wa.us/wwm/or> call Glen Connelly at your Chehalis Department of Natural Resources, at 360-709-1854. Help do your part in protecting our Mother Earth. Thank you.

## Protect Our Children Against Meth

Children whose parents make and use methamphetamine suffer greatly. Increasingly, children are becoming victims of the nation's meth epidemic and their parent's abuse of this highly-addictive drug.

The scars are inflicted in myriad ways: Exposure to the drug in the womb, contamination from toxic chemicals used in home-based meth manufacturing, explosions and fires, long-term neglect from parents obsessed with their drug habits, physical abuse and sexual abuse. Many of the meth-lab homes are filthy, often strewn with drug paraphernalia and pornography. Meth-making chemicals have been found in diaper bags and toy chests.

"I've been in homes where you'd find jars of meth oil in the refrigerator, but no milk, no bread for the kids," said Marvin Van Haafsten, a former country sheriff who is now Iowa's drug policy coordinator.

The meth epidemic took root on the West Coast, and is now worsening in many big cities nationwide. But nowhere is its heartbreaking toll on young children more evident than in the towns and small cities in America's heartland — notably Iowa, Missouri, Tennessee, Arkansas, Oklahoma, Kentucky and Indiana.

Nationally, authorities have dismantled more than 50,000 clandestine meth labs

since 2001, including some 4,000 in Iowa. Roughly 30 percent were "mom and pop" labs in homes where children live.

### Long-lasting problems

Thousands of children across the country have been taken away from their meth-abusing parents in recent years, placed with relatives or shifted into already-overloaded foster care systems. Scores have been injured, a dozen or more killed; thousands have been born with traces of meth in their bodies.

Dr. Rizwan Shah, a pediatrician at Blank Children's Hospital in Des Moines, encountered her first meth-exposed child in 1993 and has studied more than 500 of them since, becoming a respected expert on the phenomenon. She stresses that the prognosis for meth-exposed kids varies widely, and strives to prevent them from being stereotyped. Some suffer serious brain damage and others experience long-lasting development problems, while many will grow into adults without serious health consequences.

Please help the Chehalis Tribe protect our children against meth. For more information, contact Lorri Bonifer, Prevention Coordinator at 360-709-1717.

### United Full Gospel Church Chehalis Indian Reservation

Special Meeting with Tommy and Mildred Carpenter

November 26, 27 & 28  
Services start at 7:30 pm  
and on Sunday, November 29  
Service starts at 3 pm

Any questions, please contact Marie Bird at 360-273-8749

### Elders Christmas Bazaar

Saturday, December 5  
9 am-4 pm  
At the Lucky Eagle Casino

There will be over 70 vendors and lots of goods. Please tell your friends and family to stop in and shop for Christmas!

Please contact Nancy Romero at 360-480-2911.

### 2009 Holiday Native Arts Fair

The Evergreen State College  
Longhouse Education & Cultural Center

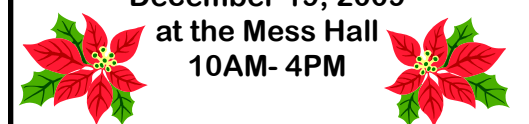
Friday & Saturday, December 11-12  
10 am - 5 PM Friday  
11 AM - 6 PM Saturday

"Hand made art in all price ranges"  
Cedar Baskets, Jewelry, Tee Shirts, Indian Tacos and much more...

For more information, call 360-867-6413 or email [grabhorl@evergreen.edu](mailto:grabhorl@evergreen.edu)

### 1910 Oakville Shaker Church Christmas Bazaar

December 19, 2009  
at the Mess Hall  
10AM- 4PM



The drawing of the raffle fundraiser will be done at the bazaar. The fundraiser will help the cost of replacing the windows in the church & mess hall.

You don't have to be present to win!

Any question contact Brenna Youckton at 360-489-2368 or Terry Youckton.