Program News

Water Aerobics Class Days Have Changed

The Diabetes Prevention Program is offering water aerobics classes at the Community Center. Sign up today! Water aerobics is a great way to stay healthy. Come join a healthy, low-impact exercise. Please bring a towel, and water shoes are recommended.

New Changes:
- Tuesday for Elders-10:00 AM-12:00
- Wednesday for everyone-5:00-7:00 PM
- No Water Aerobics on Thursday’s

For more information please contact Lynn Holohan, Diabetes Prevention Program at 360-709-1744

Free Will-Writing Classes Offered to Tribal Members

Indian Wills and Estate Planning Services are now being offered to all Chehalis Tribal Members who are 18 years or older. This service is without cost to Chehalis Tribal members who currently do not have a Will. Please call Christina Hicks at 360-709-1741 to set up an appointment and get the paperwork needed to get started.

Halloween Safety Tips to Protect Your Children

By Scott Freeman, Community Safety Officer

School has started, and I know my kids have already begun talking about Halloween and what costumes they’ll be wearing this year. This along with the days getting shorter it seems like a great time to toss out some safety reminders. We all do a great job making sure the kids are warm when they go outside to play, but let’s step back and check to see our children are visible to people driving cars. No matter how many times we tell them both ways and don’t run out from between cars, the kids still do it. By making sure they’re on brightly colored and/or reflective clothing we can help reduce the risk they have of not being seen by approaching cars. Flashlights are also another great way to alert traffic that pedestrians are walking nearby, so let the kids play with them, batteries are cheap in the big box schemes of things.

How about Halloween? These are the rules I use with my kids and generally what most law enforcement agencies recommend to parents. You have to trick or treat with a grown-up.

Visit the houses you know
When picking out a costume make sure you can move, hear and see easily Wear a light colored or bright costume so drivers can see you
Putting glow in the dark patches or reflective tape on your costume help it can be seen Carry a flashlight or glow stick
Walk in areas that are well lit WATCH OUT FOR CARS!
Make sure your parents check your candy before you eat it
Just because it’s getting dark early and colder outside, don’t mean’s our kids should stay inside all day. Encourage them to play outside to be active, but remind them to play smart and safe around traffic.

Youth and Health Activities on Page 2

• Summer school program
• Clinic news on flu shots now available
• Community getting healthier contest winners
• Join the inter-tribal biggest loser challenge

Annual Picnic Recognizes Dedicated Employes

By Fred Shortman, Editor

It was a comfortable warm Friday morning on August 26 at Black Lake’s Columbus Park for the Annual employee picnic. The turnout was huge as employees and their families came out to enjoy the relaxing day in appreciation for all the work we do for the Chehalis Tribe. Cheryl Sturt, Events Coordinator made it a special day for everyone enjoying each other’s company and meeting their immediate families.

Children were seen with the parents playing on the swings, while others took advantage of the lake by going swimming as the day heated up. Yes, all agreed it was a beautiful place to spend a day for the annual employee picnic.

There were several ways to qualify for an assortment of special prizes. Employees were requested to bring homemade dishes or desserts. This provided a separate and delicious assortment of tasty and delicious foods. A second raffle was for the employees to donate school supplies to our Education Department. These supplies are made available for tribal families who aren’t able to assist with their needs.

It’s a great program! For more information contact the Human Resource Department at 360-709-1749. The other raffle was for the employees to bring homemade gifts for the monthly Employee Appreciation Dinner held at the Community Center.

Chehalis Tribal Staff on Page 3:

• Barbecue Brings Families Together to Spend a Fun-Filled Evening Celebrating with Our Elders
• Chehalis Tribal Education Staff Profiles: Tracy Bray, Sam Heller and William Thoms

Native American Women and Girls’ Health Conference Provides Resources in Preventing Cancers

By Christina Hicks, Community Health Coordinator

On Wednesday, August 31, the S.P.I.P.A’s Native Women’s Wellness Program hosted a ‘Women’s and Girl’s Health Conference at the Chehalis Tribe’s “Gathering Room.” There were over 55 women in attendance to the Women’s Health Fair. Picture top row (L-R) are Raylene McCloud, Outreach Worker from Nisqually, Tanya Brown, Outreach Worker from Shoalwater Bay, Christianna Hicks, Chehalis Community Health Coordinator; Lori Stone, National Cervical Cancer Coalition; Colleen Echowhich. Front row (L-R) are Elizabeth Heredia, Outreach Worker Squaxin Island Tribe; Joan Claudisto, Data/Billing/Case Manager at S.P.I.P.A, Suzanne Adams, Outreach Worker at Quinault; Rita Andrews, NWWP Coordinator at S.P.I.P.A; Norma Cagay, Skokomish cancer survivor; and Corrina Tordillos...
Summer Program Assists Youth to Meet Academic Goals for School

This year Summer School was a collaboration between the LEIOK-12 Program and the Youth Center...the result: A comprehensive summer school program that met the social, emotional, physical and spiritual needs of our youth with activities chosen by the kids (We surveyed 49 youth ages 5-18). Classes were offered three days and field trips two days a week. Fifty-one students participated in the summer program. Classes included: Science, Photography, Art, Cooking, Physical Fitness, Computer Class, and Swimming. The Youth Center chaperoned the children on field trips every Tuesday and Thursday. Among their excursion were trips to Mt. St. Helens, the LeMay Museum to view over four hundred vehicles, Oregon Museum of Science and Industry, Northwest Trek, and the YMCA. We ended the session with the Back to School Celebration. Gift cards were handed out by both the Youth Center and the LEIOK-12 programs. Families from near and far brought their children to enjoy the inflatable toys, snow cones, popcorn, and cotton candy. The weather turned out well, and everybody had a fun afternoon.

The newly formed education department, which includes Early Learning, LEIOK-12, and the Youth Center also met to plan the upcoming activities for the After School Program. Here are some of the great things we came up with:

**Schedule for After School Program**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday/Fun Days</th>
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<tbody>
<tr>
<td>Healthy Choices</td>
<td>Outdoor Activity</td>
<td>Pool Table/Fung Pong</td>
<td>Physical Activity</td>
<td>Swimming, Video Games, Gym Activities, Game Room, Preparing Healthy Snacks</td>
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<tr>
<td>Chelatch Language</td>
<td>Traditional Arts</td>
<td>Music Editing/Mixing</td>
<td>Preparing Healthy Snacks</td>
<td>Preparing Healthy Snacks</td>
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<tr>
<td>Physical Activity</td>
<td>Preparing Healthy Snacks</td>
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<tr>
<td>Craft Activity</td>
<td>Science Projects</td>
<td>Mixed Editing</td>
<td>Volleyball Skills</td>
<td>Exercise Class</td>
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<td></td>
<td>Computer Lab and Library</td>
<td>Book Club/Reading Circle</td>
<td>Science Projects</td>
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<td></td>
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<td>Basketball Skills</td>
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A monthly calendar will be dispensed that will include all events and exciting things happening for the month...so be on the lookout, Septembers should be delivered soon.

Want to volunteer or teach a class?? Contact the Youth Center at 360-273-6774 or LEIOK at 360-709-1787.

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

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

Submission deadline: 6th of each month

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Chehalis Tribal Newsletter Staff:

Business Committee
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Don Secena, Vice Chairman
Stephanie Pickernell, Treasurer
Cheryl Star, Secretary
Dan Gietlow, Sr., 5th Council Member

Chehalis Tribal Newsletter Coordinator:
Fred Shortman, Communications Chair

Visit the following websites for more information:
www.chelatchiletribe.org/news-events/index.html
www.fluwatch.org/facts.html/recommendations

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News from the Chehalis Tribal Wellness Center

**Vaccines Available to Protect Your Family**

By Cori Fluetsch, Clinical Nurse Manager

What are the symptoms of flu?

People with flu often have:

- Fever.
- Cough.
- Sore throat.
- Runny or stuffy nose.
- Muscle or body aches.
- Fatigue (tiredness).
- Headache.
- Some people may have vomiting or diarrhea, though this is more common in kids than adults.

How do I prevent the flu?

The best way to prevent the flu is to get a flu shot each year as soon as vaccine is available. Using good health habits can also help stop the spread of flu; washing your hands, covering your cough, and staying home when you’re sick.

How serious is the flu?

Flu is unpredictable and can be severe, especially for older people, young kids, pregnant women, and people with certain health conditions. These groups are at higher risk for serious complications if they get the flu, including:

- Bacterial pneumonia.
- Ear infections.
- Sinus infections.
- Dehydration.
- Worsening of chronic medical conditions (asthma, congestive heart failure, or diabetes).

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Community Gets Healthier With Contest

By Christina Hicks, Community Health Coordinator

The second stage of the biggest loser contest finally came to an end. People who entered the contest were working on improving their health and wellness, focusing together. Many of the winners agreed that working as a team was a big reason for their success. It wasn’t about the money, though it was a contributing factor, but to maintain this healthy lifestyle change.

The Biggest Loser Winners

First place was Kevin Bray who got rid of forty-three pounds - $500.00. Second place was Billie Hill who got rid of eighteen pounds - $300.00. Third place was Hannah Goddard who got rid of fourteen pounds.

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Community Invited to Participate in Inter-tribal Contest Challenge

By Cindy Beck, SDP Coordinator

Are you up for the Challenge? The Diabetes Prevention Program consortium (C.S.SB. St. I. and the St Tobacco Cessation program are teaming up with NIKE to Challenge you to be the biggest loser in a 4 tribe BIGGEST LOSER challenge. Starting October 3rd and ending February 6th, tribal and community members of Squaxin Island, Shalwater Bay, Skokomish and Chehalis tribes, will compete to see which tribe is the healthiest. Weekly support groups, health related talks and exercise will be offered to motivate and encourage you to get through the holidays!! Yes – it will feel great to stay focused and not gain the 8 pounds, which the average American gains from Halloween until Valentine’s Day. To join the challenge, a $20 non-refundable payment is due on or before October 10th. First weigh in will be October 3rd, and subsequent weigh-ins on October 21 for those who have kept the weight off! The two tribes that lose the greatest percentage of weight lost will win $1,000.00. There will be a separate prize awarded on March 21 for those who have kept the weight off!!

A brown bag informational session will be held at 12:15 pm on Thursday, September 29 in the clinic’s PT Room. This is the time to ask any additional questions and sign up for the Challenge. For more information, contact Cindy Beck or Lynn Holsheet at the clinic.

Take the Challenge Chehalis Community! Step forward to prove that we are the Healthiest Tribe around!
Barbecue Brings Families Together to Spend a Fun-Filled Evening

Celebrating with Our Elders

By Nancy Romero, Elders Coordinator

What a hot summers evening filled with fun activities on Thursday, August 25 in the parking lot front of the Elders Building. It was a unique opportunity to bring Elders, adults, children, grandchildren and great-grandchildren together to visit and enjoy the evening. What started out to be a small BBQ for the Elders turned out to be fabulous! Elders were able to invite their own family and what a good time it was. The Lucky Eagle provided a barbecue meal of hamburgers and hot dogs. Some of the Elders brought a side dish to finish out the meal. It was wonderful to have all the families eat together with some of the managers serving the meal. The Party Outfitters games provided something for everyone to participate anywhere from throwing darts, ring toss, toilet toss and knock over. They also provided an added treat of popcorn, cotton candy and snow cones for all to enjoy. The watermelon and pie eating contest was something new that would bring loads of laughs, and it sure did! From Josephine Aldrich, Robin Gleason, Gloria Jones, Marie Aldrich, Priscilla Jones, Jennifer Whiteclaw and many more that hopped into the watermelon eating and pie eating contests, say thank you for your participation as the winning Einstein Joe won the pie eating contest. Congrats and thanks for the laughs! Dustin Klahn kicked off the softball game creating special memories for everyone. Many Elders showed up for their hitting skills while their runners ran from base to base and had a convincing win, but everyone just went out there and had fun. Laughing and cheering together during their summer fill with so much fun and memories. The Elders that played baseball were: Jeannette Whiteclaw, Josephine Aldrich, Art Medina, Lynn Hohiesel, Levi Sanchez, Frances Pickernell, April Reynolds and Cindy Andy—GO ELDERS! As the evening wound down everyone wondered who was going to win the hot summer weather filled with a wonderful evening with the Elders. Bringing our families together for a wonderful event together to have fun and enjoy the nice weather. The plan is to continue and make this an annual event!

Thanks to the staff and volunteers to make this a successful event—THANK YOU! THANK YOU! THANK YOU!

Lucky Eagle, Scarlett Romero, Christy Bohl Dodge, Charlotte Abrahamson, Frances Pickernell, Cody Revay, Gail Hurst, Tony Ousey, Valerie Romero, Heather Hoyte, Dina Klahn and ANYONE I FORGET? To Ray Stenson and his crew as always there were here to help set up. THANK YOU! YOU ALL ARE THE BEST!

Education Staff Profiles:

Greetings! My name is Tracy Bray and I am the Education and Development Director for the Chehalis Tribe. I live on the Reservation, and my husband has two children and one grandchild.

Most of you know me (or think you do) ha ha) so to not have decided instead to list TEN things instead to list TEN or I do not have to read these Ten things as well as working side by side with the Elders, adults and youth in the watermelon eating contest was such good clean family fair what happened to your behind your back. The Elders, adults and youth were seen laughing, and cheering by the crowd during the pie eating contest. Talk about “Pie in your face!”

It was quite the adjustment for me when I grew up on a Hog Farm…yes I raised skin from a male cadaver. I cannot read music or sing (ugh). My first year of college I was a pre-med student (which I cooked Rocky Mountain Oys-
tongue, bull fries, (which are once. I have tried liver, cow stomach, snake meat, and baked bread and the whole works! It was the adjustment for me when I had to start shopping in a grocery store.

My name is William Thomas, tribal member and recent hire of the K-12 program as an Education & Intervention Specialist. I grew up on the outskirts of Oakland and the reservations throughout and have lived here in fits and spurts my whole life. I don’t speak a tremendous amount of the Lushootseed language, but some of my fondest memories are of crazy nights in the reservation program. Life has a funny way of circling back on you; this past summer was my first as an administrator with the summer program. My new position has also landed me back in Oakland schools, where I will be assisting with attendance and truancy efforts. I felt small-town living the first chance I got, moving to New England the week of my eighteenth birthday. I attended a prestigious college in Boston, receiving my Bachelor’s Degree in Motion Picture Studies, as well as a Bachelor of Education and Intervention Specialist. I graduated from Oakville High School and have always participated much in our community and have always felt like a bit of an outsider here. Since taking this position I have met and re-met a lot of old friends and relations. It’s been enlightening to say the least. I look forward to helping our youth express themselves and foster their talents in whatever forms they take. I enjoy studying social sciences, design and innovation, cryptochess, sequential art and the logic of images. I also spend time creating sounds, renovating my house, and racing Italian sports cars. I sit in the Hollywood hills with a world-famous film director, drinking Coca-Cola, and discussing Bigfoot. Not a bad way to make a living.

I spent several years at a music and film academy that I founded with a few Native friends whom I met in the film industry. We would travel to different reservations throughout California and Nevada teaching media literacy, performance, and production. I always found it very rewarding. When the opportunity arose to join the Education Department for the tribe, I thought it would be great to lend my previous experiences to my own community. I had never really participated much in our community and have always felt like a bit of an outsider here. Since taking this position I have met and re-met a lot of old friends and relations. It’s been enlightening to say the least. I look forward to helping our youth express themselves and fostering their talents in whatever forms they take. I enjoy studying social sciences, design and innovation, cryptochess, sequential art and the logic of images. I also spend time creating sounds, renovating my house, and racing Italian sports cars. I sit in the Hollywood hills with a world-famous film director, drinking Coca-Cola, and discussing Bigfoot. Not a bad way to make a living.

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Elders’ Words of Wisdom
At the Elders began to eat, the youth gathered at the front of the room, respectfully waiting for the Elders. Virginia Canales encouraged all youth to start making connections. “I hope you look out here and recognize your family here among the Elders. They are your teachers.”

Then other Elders began addressing the youth. Sally Pikiah started by asking youth if it is special to be a Chehalis tribal member, and urged youth to continue to recognize their good fortune. “It is important that you make a step in the right direction,” she said.

Jessie Goddard, HR Director and Summer Youth Program Supervisor, explained that this was a chance for youth to get to know the Elders. Then she introduced Chehalis tribal leaders, and gave them family names, encouraging youth to see the powerful people in their family trees. “Think about how much each of these Elders has done for you,” she then asked the youth to do their part to help their tribe.

Don Secena, Tribal Vice-Chairman said, “Everything you see, this building, the ballfield, the murmur of the employees as they either wait or eat the delicious meal they had made with their own hands and their hearts of good intentions.”

Each youth spoke to the Elders describing their family lineage. Leaders (L-R) are Geraldine Youckton, Trey Brown, Cody Reavy, and Whitney Brown.

Young TJ Trott receives a hug from Elder, Annie Jones in appreciation for her preparation during the dinner.

Women’s Health Fair (continued from page 1)
Women are invited to see a nurse that can help prevent HPV and cervical cancer and getting your women’s health screenings.

Loretta Riley, Program Coordinator for the American Indian/Alaskan Native program at Cancer Lifeline said, “We works with both urban and rural tribal communities. Loretta told the youth about Cancer Lifeline and its services that they provided: 24-hour day telephone support “lifeline” for those living with cancer. What the Patient Financial Navigation was and how it connects clients with financial resources for their day to day need of treatment. She also gave them tips about the story for American Indian cancers. Loretta encouraged the youth to call the 24 Hour Lifeline: 206-297-2500 or visit them on line at www.cancerlifeline.org.

Everyone divided up into small groups and discussed women’s health while making a “Dharma on your arm” bracelet.

Colleen Eckehawk and Corinna Tordillos from Native People for Cancer Control were introduced and Colleen explained what their program had to offer: Native People for Cancer Control at the University of Washington are funded by the National Cancer Institute to enhance existing relationships while building new bridges for community-based participatory research, training, and education to improve American Indian/Alaska Native health. This conference was funded and made possible by the National Cancer Institute.

The Native Women’s Wellness Program (NWPW) encourages regular screening for breast and cervical cancer to detect cancer in its earliest stage. The program provides services for low-income Indian women residing in the seven areas of the five tribes of the SPDA consortium: Chehalis Tribal Health, Skokomish, and Squaxin Island, this program also includes Quinault Tribe.

Employee Picnic (continued from page 1)
Chehalis Tribal Construction defeated the Top Guns team during the volleyball tournament at the employees picnic. Pictured (L-R) are the Chehalis Tribal Construction; Ralph’s Team.

Program Strives to Provide Additional Housing for Tribal Members
The Tribal Realty Program has been busy building homes for tribal members that are for sale. To qualify for a rental, you must contact Charlotte Loope 360-704-1850 and complete an application.

We have new housing policies and applications. So if you are not already in an application since August 15th, you need to complete a new application. All applications require that the applicant make an income where the rent does not exceed 30% of the household income. All persons listed on the application, over the age of 18, will require a background check and drug testing.

Currently we are looking for qualified renters for: ■ Two bedroom duplex located in Okaville.