

October 2011 Vol. 5/10

Program News

Youth Invited to Participate in the Winter Native Basketball League

To any girls and boys interested in playing in the Native Basketball League (Six, seventh, and eighth grades only) please sign up at the Youth Center. For more information please contact Tony, Marla, Teresa or Jerry at 360-273-9674. You can check our Facebook to hear updated information as it is available.

Jamboree at the Nisqually Youth Center was on Saturday October 8. The league officially start, Wednesday, October 12.

All games are scheduled for Wednesday and will begin at 6 PM at the hosting tribe with dinner provided. Everyone is invited to come and enjoy watching our youth play basketball.

Official Game Schedule

- October 26 at Home playing Nisqually
- November 2 at home playing Muckleshoot
- November 9 at Skokomish

Program Provides Elders Information Regarding Medicare Program

It is that time again, to get the information out to the elders regarding Medicare. Martin Estrada will be available to do his presentation and will be available to answer questions. He will return in November to enroll Elders who are 62+ who presently aren't on Medicare.

Upcoming Events

- October 8 at the Elder's Center, starts at 11.00 AM. Martin Estrada, Medicare Presentation.
- November 8 at CTWC, starts at 8:00 AM. Martin Estrada, Enrolling Elders on a Medicare Plan.

Free Will Writing and Estate Planning Services Offered to Tribal Members

Writing your will is important for your family, and it's never too early to plan ahead. Indian Wills and Estate Planning Services are now being offered to all Chehalis Tribal Members who are 18 years and 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 receive your paperwork needed to get started.

Website Available to Insure You Are Ready for Winter Weather

Get prepared now so you can Take Winter By Storm! Helpful tools to assist you. Website available for more information <http://takewinterbystorm.org/>

Network Offering Confidential Services to Victims of Crime

The Crime Victims Advocacy Network offers free and confidential services to victims of crime. For additional information or assistance, please call an advocate at 360-528-1179 or, 24 hours a day, 1-866-711-2826. You can also visit us at www.cvan11.org.

CHEHALIS TRIBAL NEWSLETTER



♦ "People of the Sands" ♦

Staff Profiles and History on Page 3:

- Behavior Health staff profiles
- October is Breast Cancer Awareness Month: Community wears pink in support to find a cure
- Marriage ceremony recorded by Myron Eels, Indian Agent



Muffin Madness and Helpful Tips on Page 2

- Tribal member shares her story in dealing with cancer
- How to communicate during an emergency
- Parents guide to dealing with the 2000's, Chapter 6: Suicide
- Great Wolf Lodge changes procedures for Tribal members

Enterprise Expansion Adds New Serves at the End of the Trail 2



Chehalis Tribal Construction workers prepare the exit road for the EOT 2 gas station on Anderson Road. Improving traffic flows for the new truck stop diesel pumps will improve safety for patrons.

The End of the Trail #2 convenience store recently expanded its options for fuel customers. In short, the improvements include more gas pumps for cars and a separate diesel island for large trucks and RVs. A new propane tank was also installed for customers to refill small tanks and RV's.

A second Shell-branded canopy, or covering, was added over a new fuel pump island next to the existing Shell canopy. This addition increases the gas pumps from 6 to 8. Effectively, 16 cars can now fuel at the same time. The new island has 3-in-1 pumps which include 3 grades of gasoline plus diesel for small trucks.

A separate diesel canopy was installed to the west of the store. The higher-volume "saddle" pumps fill up diesel tanks on both sides at the same time and allow for logging

trucks and other commercial vehicles to fill up quickly. Enterprise Managing Director Chris Richardson said: "The separation of the diesel canopy away from the gas canopy store improves safety as well as service, since patrons will no longer be hidden by large trucks and RV's when they walk between their cars and the store." The Chehalis Tribal Planning department built a new road behind the store that will help accommodate the exiting of traffic away from store, and more importantly, so that trucks re-enter Anderson Road safely away from the Highway 12 traffic turning into Anderson Road.

RV's and propane tanks can now be refilled at the newly installed propane tank and filling station on the west side of the store. Propane refills are not self serve and

See Enterprise, page 4

Tribal Vocational Rehabilitation Program Annual Outreach Lunch

The Community Center hosted the Tribal Vocational Rehabilitation (TVR) second annual outreach Lunch on Wednesday, September 24. A prayer was offered by Theresa Youckton to bless the event. Program Manager, Barbara Churchill, spoke about the successes of the past year with so many participants getting jobs or going for Higher Education and how both she and TVR Counselor, Orinda Goddard honor the courage and tenacity of participants. Not only was a simple lunch served, but the speaker was dynamic.

Laurie Houseman-Whitehawk, a Santee Sioux-Winnebago Native artist was the guest speaker. She is an artist whose paintings explore her heritage. She gave an inspiring speech on how she was able to accomplish her dream to become an artist through the many challenges that life put in front of her. Not being satisfied nor losing sight of her dreams and goals of becoming an artist.

At the early age of two she was taken from her Indian family and placed in the Nebraska State Children's home and was later adopted by a white family. They then moved to the Shawnee Mission in Kansas and she attended schools in Johnson County, but still felt alienated from the culture in which she was placed.

She admits that there was a lot of abuse at the orphanage and this affected her and how the system kept her away from her native culture. She battled through addictions and became rebellious, not knowing who she was or where she came from.

Through library books, she learned about her own people. After she turned 18 she went to the Foster Agency and requested

See Outreach Lunch, page 4

Communities Gather at Shoalwater Walking in Support of SPIPA Diabetes Prevention

By Pat Odiome, SDPI Diabetes Nutritionist

There were forty-two people who gathered to participate in the SPIPA Diabetes Walk on Saturday, September 17 hosted at the Shoalwater Bay Tribe. It was cool moist day as they met at the tribal gym in Tokeland yet that didn't deter the group from walking in support of Diabetes prevention. Information was provided to make healthier choices in the prevention of this disease involving native foods.

There were craft tables set up while waiting for everyone to arrive. You could see people creating either native rattles or necklaces. This also gave everyone a chance to visit and meet new friends.

Before the walk began, Chairwoman Charlene Nelson offered a prayer for the health and wellbeing of all that were there. The walk was voluntary and it was a nice comfortable pace as they cruised around the Shoalwater neighborhood. It was a very beautiful and peaceful walk with the ocean beach in the distance. After returning from the walk many walkers sat down and finished their craft work.



The cool moist weather didn't deter communities from different tribes as they walked together at the 2011 Annual Diabetes Walk hosted by Shoalwater.

See Diabetes Walk, page 4

First Name LastName
Street Address
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2 Tribal Member Shares Real Life Experience Dealing With Cancer



Suzanne Ortiz shared her story about dealing with colon cancer at the Muffin Madness Event sponsored at the Gathering Room. Pictured are (L-R) are Suzanne Ortiz, Cindy Beck and Patti Walker.

By Cindy Beck, Colon Health Patient Navigator

On Monday, September 12th Suzanne Ortiz shared her recent experience with colon cancer at the Muffin Madness event. She stressed the importance of being your own advocate; and continuing to seek answers when prescribed therapies are not working to quell the problem. The audience asked her lots of questions, and she graciously answered them, with input from the Colon Health Patient Navigators Patti Walker and Cindy Beck.

Suzanne was presented with a Pendleton blanket in appreciation for sharing her story. Everyone in attendance received a booklet with muffin recipes.

Please contact Patti Walker at 360-709-1742 or Cindy Beck 360-709-1810 or stop by the clinic if you would like any of these

delicious recipes, or more information about colon cancer and how to prevent it.

Mary Secena shared her Berry Muffin recipe:

2 CUPS OF FLOUR
 ¾ cup BROWN SUGAR [or sugar free]
 ¼ tsp SALT
 ½ tsp CINNAMON
 2 EGGS
 ½ cup OIL
 1 CUP OF BERRIES

MIX THE DRY IN SMALL BOWL, AND THEN ADD THE WET INTO THE DRY MIXTURES AND BAKE AT 350 FOR 25 MINUTES.

Tips to Communicating During an Emergency

- **Limit non-emergency phone calls.** This will minimize network congestion, free up space on the network for emergency communications and conserve battery power if your wireless.
- For cordless phone users, **keep a standard non-cordless phone available for backup in the event of a power outage.**
- **Keep all calls brief.** If you need to use a phone, try to use it only to convey vital information to emergency personnel and/or family.
- If possible, **try a variety of communications services** if you are unsuccessful in getting through with one. For example, if you are unsuccessful in getting through on your wireless phone, try messaging or email. Alternatively, try a land wireline phone if available. This will help spread the communications demand over multiple networks and should reduce overall congestion.
- **Wait 10 seconds before redialing a call.** On many wireless handsets, to re-dial a number, you simply push "send" after you've ended a call to redial the previous number. If you do this too quickly, the data from the handset to the cell sites does not have enough time to clear before you've resent the same date. This again

- contributes to a clogged network.
- **Have charged batteries and car charger adapters available for backup power for your wireless phone.**
- Maintain a list of emergency phone numbers in your phone.
- **Have a family communications plan in place.** Designate someone out of the area as the central contact, and make sure all family members know who to contact if they become separated. *(Sometimes you can get long distance calls to go through even when the local system is down)*
- If you have call forwarding on your home phone, **forward your home number to your wireless number in the event an evacuation is ordered.** This way you will get incoming calls from your land line.
- After the storm has passed, if you lose power in your home, **try using your vehicle or any other means available to charge your cell phone. Make sure you have a battery powered (or car) radio to listen for news updates.** Be careful... Do not try and reach your car if it is not safe to do so, and **remain cautious of carbon monoxide emissions from your car if it's in an enclosed space.**
- Lastly, **if you have an emergency, call 9-1-1 immediately. Use other options if it is NOT an emergency.**



Employees put the finishing touches on the new fish pit at the community center. Pictured (L-R) are Mark White, Harry Pickernell and Zach Carter.

Chehalis Tribal Member Reservations Changes at the Great Wolf Lodge

Room Reservation

Effective November 1 Chehalis Tribal Reservations may be booked with any on site Guest Services Personnel. Please call 360-273-7718 and speak with the front desk. New Year's Eve will be blacked out for discounts and reservations will not be accepted. All other night's may be reserved unless there is less than 10 rooms to sell. Chehalis Tribal members **MUST** be present at time of check in with Tribal ID card. Advanced Deposits are not required, however, unpaid reservations after 6:00 PM on day of arrival will be cancelled and released back to free sell inventory. If circumstances prevent you from being able

to secure payment prior to 6:00 PM on day of arrival, please contact the Front Desk and rooms may be held for the additional time specified during the call.

Water Park Passes

Chehalis Tribal Members will be able to receive water park passes directly from the Great Wolf Lodge Front Desk. Members will need to present their Tribal ID card in order to receive 1 water park wristband. Chehalis Tribal Members will also be able to purchase up to 5 additional wrist bands at a cost of \$10 plus tax per wristband. Wristbands are only good for the day they are received.

Resources Available Assisting Parents in Understanding Their Teen

Chapter 6-Dealing with the 2000's Family Edition a comprehensive guide with dependable information for Parents/Teens.

For more information please contact the Behavioral Health at 360-709-1682.



Suicide

Thinking about suicide often goes along with stressful events and felling sad. Some teens feel so overwhelmed and sad that they think they will never feel better. Some things that can cause these feelings include:

- Death of a loved one;
- Seeing a lot of anger and violence at home;
- Having parents get divorced;
- Having a hard time in school, struggling with grades, or having problems with other teens;
- Depression, alcohol or drug problems;
- Anger or heart-break over a relationship break-up;
- Feeling like you don't belong, either within the family or with friends;
- Feeling left out or alone;
- Sometimes, teen may feel very sad for one clear reason.

Every teen feels anxiety and confusion at some point, but it helps to get through tough times by turning to people you trust and love. If you don't think you have people like this in your life, talk to a school counselor, teacher, doctor, or another adult who can help you talk about your feelings. There are ways to help teens deal with these intense feelings and work on feeling better in the future.

How Common is Teen Suicide?

Suicide is one of the leading causes of death for teens. Girls try to commit suicide more often than boys do.

The important thing for you to know is that does not have to happen. It is also important to know that suicide is a heroic act, even though sometime media images can make it seem so. Often a person who is thinking about attempting suicide isn't able to see that suicide is never the answer to problems. Remember there is always help-as well as support and love-out there for you or a friend.

What if a Friend Needs Help!

If you have a friend or friends who have talked about suicide, take it seriously. The first thing you should do is to tell an adult you trust-right away. You may wonder if your friend(s) will be mad at you, but

telling an adult is the right thing to do. This can be someone in your family, a coach, a school nurse, counselor, or a teacher. You can call 9-1-1 or the toll-free number of a suicide crisis line. You can't help your friend(s) alone. They will need a good support system, including friends, family, teachers, and professional help. Suggest that they should talk with a trusted adult. Offer to listen and encourage them to talk about their feelings. Don't ignore their worries or tell them they will get better on their own. Listening shows that you take your friend(s) and their problems seriously and that you are there to help. If someone is in danger of hurting himself or herself, do not leave the person alone. You may need to call 9-1-1.

If You Need Help

If you feel suicidal, talk to an adult right away. Call 9-1-1 or 1-800-SUICIDE, or check in your phone book for the number of suicide crisis center. The centers off experts who can help callers talk through their problems and develop a plan of action. These hot-lines can also tell you where to go for more help in person.

Things may seem bad at times, but those times don't last forever. Your pain right now probably feels like it is too overwhelming to cope with - suicide may feel like the only form of relief. But remember that people do make it through suicidal thoughts. Ask for help - you can feel better. Don't use alcohol or drugs, because they can't take your problems away. If you can't find someone to talk with, write down your thoughts. Try to remember and write down the things you are grateful for. List the people who are your friends and family, and care for you. Write about your hopes for the future. Read what you have written when you need to remind yourself that your life is IMPORTANT.

If it Happens

If someone you know attempts or dies by suicide, it important to remember that it is not your fault. You may feel many different emotions: anger, grief, guilt, or you may even feel numb. All of your feelings are okay; there is not a right or wrong way to feel. If you are having trouble dealing with your feelings, talk to a trusted adult or use the contact information below. It is important that you feel strong ties with people at this time.

Where you can go for help if you are thinking about suicide: Suicide Awareness-Voices of Education 952-946-7998, 1-800-SUICIDE, or Boys Town 1-800-545-5771.

Chehalis Tribal Newsletter



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Articles and opinions expressed in this publication are not necessarily the opinions of this publication or the Chehalis Tribal Business Committee.

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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Business Committee
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Chehalis Tribal Newsletter Staff:
 Fred Shortman, Communications
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Chehalis Tribe's Vision Statement
To be a Thriving, Self-sufficient, Sovereign People. Honoring our past and Serving Current and Future Generations.



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

Community Wears Pink in Support of National Breast Cancer Awareness



October is "National Breast Cancer Awareness Month"

On Friday, October 14, Eagles Landing Hotel employees, Tribal employees, Headstart and Early Headstart students wore pink to show support of finding a cure for breast cancer by wearing pink.

"The Best Protection is Early Detection"
"Because every woman counts, Mothers, Daughters, Sisters"

Woman age 40 and over should have a Mammogram done on a yearly basis. Women should have a yearly Clinical Breast Exam, and woman age 20 and over should do their monthly self breast exam, talk to your health care provider to see what is best for you.

For more information or schedule an appointment contact the Chehalis Tribal Wellness Center at 360-273-5504.



Tribal employees pictured top row (L-R) are David Burnett, Cindy Gamble, Jaimie Smith, Kelsie Steelhammer, Christina Hicks. Middle row (L-R) are Dan Penn, Teresa Mowitch, Jessie Knutson, Patty Walker, Ena Myers. Front row (L-R) are Janee Penn, June Jones, Debbie Shortman, Sylvia Cayenne Maria Delacruz Tawni Willis.



Headstart students pictured top row pictured (L-R) are Desiree Knutson, Viviana Cruz, Kylee Secena, Riley Smith and Lataya Tanner. Middle row pictured (L-R) are Mikaelah Mowitch, MaHanah Mowitch, Rachel Simmons, Andrea Mendez, and Dyani Cayenne. Front Row Amara Penn and Chloe Palmer.



Eagles Landing Hotel employees pictured top row (L-R) are Tara Groninger, Gina Cruz, and Jeff Powell. Middle row (L-R) are Sara Zaidy, Barb Fry, Erika Pickernell, Becca Schlund, and Blanca Martinez. Front row (L-R) are Giles Youckton, and Raul Mendez.

Behavioral Health Counselors Staff Profiles: Steven Penney, Sheryl Spahr, and Douglas Partain

My name is Steve Penney. I began working as an Adult Chemical Dependency Counselor for the Chehalis Tribal Behavioral Health on August 29. I live in Lakewood, Washington with my wife, Tess, and our daughter Claudia who is now Age 12. Tess is from the Philippines. We also have another family member, our white cat Maximus who never fails to entertain us! I have an older daughter, Rachele, Age 24, who is Native American. I should share that I have a severe hearing impairment so I use a hearing aid, and I can lip read. I was born hearing impaired and since then it has altogether been a challenging adventure leading to where I am at in life and to who I am.

I was born in Oregon and raised on a farm along with my four brothers. I attended various colleges and later obtained my Master Degree in Counseling. I went into the chemical dependency profession in 1986 being curious as to why chemical dependency has such a strong hold on my family members and friends. It has led to my being in the chemical dependency profession for twenty plus years in the State of Washington starting originally in Aberdeen, WA. I quickly realized how fortunate I am to be working with Director Charlene Abrahamson. She has



Steven Penney
Adult Chemical
Dependency Counselor

made many improvements in our Behavioral Health Program, with the support of our wonderful staff. I enjoy working with Brenna, Barb, Dawn, Gail, Doug, and Sheryl and with our Chehalis tribal community members. This is my last stop, as I feel a part of the family here!

The hobbies I have are many. I enjoy reading books while having coffee at Starbuck. I

mostly read business books, leadership, self-improvement, and global affairs and economic. I love meeting new people from different walks of life, who have a positive outlook in life and want more out of life. I am a strong believer that an individual must give themselves permission to forgive themselves for their mistakes and move on with hope and love. I remind individuals whom I work with that they are not their past, nor their addiction. And they each must take full responsibility for their recovery from their addiction because without responsibility, there is no happiness, nor freedom. Life, I realize now, can be made all the more easier with circle of support from trustworthy friends and a guide whom one admires and respects. I love having a heart to heart dialogue with anyone. I love humor and having fun. That is basically pretty much who I am. Please stop by and pay me a visit! To your Highest and Best!

Hello, my name is Sheryl Spahr. I am the new youth counselor for the tribe. Just to share a little about myself, I was raised in a small town in Lewis County and am a member of the Cowlitz Indian Tribe. I am a single mom of a very active 11-year-old son who enjoys being outdoors, working on bicycles, and playing football. I love animals and now have 2 dogs, a miniature Australian shepherd and a new 2 month old half lab, half Siberian husky who loves chewing on anything she comes across.

I have been a mental health counselor for about 15 years. Over the course of that time I have worked with both children and adults in a variety of mental health settings. Some of these included residential treatment for children and adolescents, juvenile detention, and inpatient psychiatric treatment. Completing my master's degree in 2008 was a major milestone for me as it pushed me toward my interest in Post Traumatic Stress Disorder. As part of my graduate internship, I worked in an intensive outpatient treatment clinic at Joint-Base Lewis-McChord.



Sheryl Spahr
Youth Counselor
Behavior Health

Working with soldiers returning from war was a privilege and an experience that taught me about working with individuals who have experienced significant trauma. Not only did the staff teach me a lot, the soldiers taught me many things I will never forget. Since that point my interest in this area has contributed to the completion of several hours of training in sexual assault

that will allow me to help individuals work through this type of trauma. Since my hire in late June, I have attempted to immerse myself into getting to know the children on the reservation by spending time at summer school, going on a field trip, seeing them in my office, and most recently teaching a class at the after-school program. Now that school has started I have also begun seeing some of the youth in both the Oakville and Rochester School Districts. I am enjoying getting to know everyone on the reservation and hope to be helpful in being a person that children and adults can come to for help with daily stressors or other issues that prevent them from living a happy and fulfilling life.

I was born in California and went to school in a little town called Beaumont. I am married with a son and two daughters. I was a member of the volunteer fire department while in high school. I then drove an ambulance for four years. After this I started cooking for Denny's Restaurants and soon became a trainer in the kitchen.

At this time, I decided I wanted more education and a change for myself and my family. In 1998 I went back to school to work on my AA degree. As a result of my educational achievements, I started working in the Chemical Dependency field and in 1999 I started a



Douglas Partain, BA, CDP
Youth Counselor
Behavior Health

program in my hometown for treatment in place of jail time. I continually enhanced and monitored that program while finishing my BA degree in 2005. I took this experience to Oregon and worked there for Drug Court and at the Deer Ridge Correctional Center. From there I was transferred to the Stafford Creek Correctional Center in Aberdeen, Washington. I had the opportunity

to work at both Sea Mar and ESD 113 in Aberdeen. Now I am working for the Chehalis Tribe in the Behavioral Health Program. My primary focus is working with the Youth and I look forward to meeting more people in the community.

Marriage Ceremony From Notebook of Indian Agent Myron Eells

Submitted by Elaine McCloud, Heritage Coordinator

Myron Eells served as the Indian Agent and Missionary on the Skokomish Reservation from 1874 till his death in 1907. A book was published entitled "The Indians of Puget Sound: The Notebooks of Myron Eells. This is an excerpt from that book.

The ceremonies at the weddings vary; sometimes, as with whites, being very elaborate, and sometimes less so. The most formal I ever witnessed was in June 1881, on the Skokomish Reservation; the parties being a Skokomish man and a Chehalis woman, who had been informally married two or three month previous. The Chehalis Indians had come the week before, and were camped near a mile from the Agency. When I went to the place, about 1 P.M. the Skokomish Indians were feasting. The Chehalis Indians were camped a few rods distant, all of their tents being open except the one containing the bride. After the feast was over the Chehalis Indians sang for a short time, while pounding on sticks for accompaniment.

After a time the bride was brought into the crowd of Chehalis Indians, and when we saw her, she was covered with many blankets and quilts that we could not see her person. Her friends then unrolled two bolts of calico and stretched them on the ground to the Skokomish Indians, foremost among who the groom was sitting. This was for a carpet on which the bride was to walk, the ground not being suitable for this purpose. Next they put some plates on the calico, and her friends, surrounding her, began to dance toward the groom. She was held up by two women and walked on one line of calico, the plates being taken up just before she stepped

where there were and the calico being taken up as soon as she had passed. When about half way to the groom, her friends stopped in their march, but remained dancing, while she, supported by the two women, went to the Skokomish Indians, where she sat down by the side of the groom on the ground.

She was then uncovered, and among other things on her were strings of beads and four breast gorgets of dentalia shells, or different shapes; in one of these there being four rows and fifty shells in a row, each row being separated by a few beads.

A large number of gifts were now brought by her friends and placed on her head, but were immediately pulled down behind her or by her side. These consisted of calico, cloth, dresses, shawls and the like. Two horses were also led along as presents. Shortly after a Chehalis Indian in a loud voice gave her a new name. Then the Chehalis Indians went to her (at first three at a time) and carried back some of the presents, but not all, to be afterward distributed among her Skokomish friends. The dentalia shell (their ancient money) and some other things remained with her. After this there was an exchange of presents until it became tiresome to me; and, having been told that the main ceremonies were over, I left, after being there about three hours. About four hundred dollars, in money and articles, were paid for the girl, though much of it was returned. Much of the giving of presents means that other presents of like value are to be given in return. Often times there is much gambling, feasting and horse racing at the time of these gatherings, though they have no real connection with the marriage ceremony.

4 Outreach Lunch (continued from page 1)



Laurie Houseman-Whitehawk, a Santee Sioux-Winnebago Native artist was the guest speaker at the Vocational Rehabilitation Luncheon sharing her life's story. That choosing a better path will lead to success if you have faith!

her original birth certificate. She was able to find her uncle and he helped her locate her mother. When she was 25 she met her mother, but the meeting was bitter sweet and not what she expected. It didn't hold her back as she wanted to learn more about her culture.

Her Winnebago Uncle, Noah White, taught her about her Tribe, taking her to ceremonies. A positive moment was the opportunity to visit with him and other Elders from her Tribe. They took her under their wings to help her heal by telling her stories and teaching Laurie her tribal culture and thus returning her faith in the Creator, which gave her a "Faith in Life." This enabled her to join AA to battle her addictions with alcohol and drugs. She has 27 years of continuous sobriety.

She attended several colleges never losing her dreams and goals of becoming an artist. She found her talent as an artist at Haskell Indian Junior college. Her primary

medium style is gouache which is very beautiful. She uses different tones to create the illusion of three dimensions.

She is the mother of 2 children and 3 grandchildren. Her commitment and support of her children has kept her dream alive. Living a simple and humble life, knowing The Creator will always provide for her and her family.

Laurie has been very successful with some of her work known worldwide. In 1992 she had a 14 by 10 foot entry in the World's Fair in Seville, Spain, the only Native American artist represented in this exhibition. She has done portraits of Willie Nelson and Hank Williams and has paintings in numerous collections in Omaha and Nebraska. Laurie's love of art still lives within her heart and she continues to paint and share her life's story. That choosing a better path will lead to success if you have faith!

Enterprise (continued from page 1)

require store staff assistance. Richardson explained that, "the addition of the diesel and propane options complements the growing RV business across the street at Eagle RV Park."

The Tribe's construction company, Confederated Construction Company,

managed by Steve Burnett performed the ground work for the canopy expansion work for CTE as well as the new road for Planning. Steve said, "The new improved truck diesel pump station will assist our company when fueling up, because time is money for our business."

2010-2011 Fishing Season License Renewal Notice

By Larry Durham, Fisheries Biologist

Tribal fishing licenses expire October 31 2011. Fisherman need to renew by then to save \$30.00 with the renewal fee remaining at \$5.00. After October 31, the fees go up to \$35.00 for everybody regardless if it is a new license or a renewal. There will be an announcement posted if an extension is granted due to a lack of commercial

opportunity; this extension would be in effect until a commercial opening has occurred. We will include commercial fishing openings that are scheduled well in advance in future newsletters as time allows.

2011-2012 Tribal Commercial fishing licenses will include a reflective sticker which needs to be picked up in the Natural Resources building from Charlotte Lopez or Larry Durham. Charlotte's office is the first door on the right as you enter the building. Larry's office is upstairs and to the right. The reflective stickers are for the Fisher's boats and allow for easier identification and safety in dark/poor weather conditions.

Please pay your fishing fees at the accounting office. First time license buyers fee is \$35.00, and renewal fees are \$5.00 due before October 31. Watch for flyers on openings and follow the Chehalis tribal fishing ordinance when participating in each fisheries opening.

Please contact Larry Durham for more information at 360-709-1859 or email ldurham@chehalis-tribe.org.

Chehalis Tribal Fish Biologist, Larry Durham tests the ambient temperature at the fish hatchery.



Community Halloween Party

**Saturday, October 29
At the Community Center
Starts in the Afternoon**

On Saturday, October 29 a Community Halloween Party and Haunted House will be held at the Community Center. Bring your children and dress up for Halloween. Join in the fun and games. Prizes will be awarded to different age groups.

SPIPA's 12th Annual Native Art Auction and Dinner

**Saturday, November 5
Doors open at 5:30 PM
at the Lucky Eagle Casino**

Enjoy an evening of ambience, an array of tribally-caught seafood, a selection of Native art, all complemented by comedy. Silent and Live Auction. This event is always well attended Please Buy Your Tickets Now!! \$75.00, Revenue Raised Benefits Our Tribal Youth and Elders!
Don't miss out and make your reservation at 800-924-3984 or pay at the door.

Diabetes Walk (continued from page 1)

Dinner was held at the main tribal center, with a nutritious healthy choice of salmon, crab, oysters, roast beef and an assortment of different salads and pie for dessert. The pies were outstanding with both sugar and sugar free available. MMMM!

Fred Shortman a Chehalis tribal member volunteered to speak about his experience with Diabetes. During his inspirational speech, Fred shared about his challenges after being diagnosed with Type II Diabetes. At the time, he weighed 300 pounds and was experiencing many complications affecting his health at the time. Fred met with a nutritionist at the Health Clinic. He was floored to find out that he was diabetic, but there was hope to manage this disease. He met with the nutritionist on a regular basis for a while and learned that making some lifestyle changes and losing weight he would be able to have a normal life. Fred set small goals for himself and starting to change his lifestyle: cutting pop, chips and starting an exercise regimen were his first steps in the right direction.

Food intake was something he could control, though he admitted it wasn't easy at first. He changed his portion size and ate four smaller meals per day instead of 2 big huge meals. Fred made changes in the way he cooked: Instead of frying foods he either baked or broiled his meals. He used olive oil instead of crisco. Another step to success recommended by the clinic nutritionist was: When shopping for meals was to look at the labels checking for the carbohydrate, sugar and fat content of the foods to be prepared. The amount of these nutrients/serving determines calorie intake and how one serving will affect blood sugar levels. Having to be more conscious of what he eats and how much did make it more difficult to eat out but not impossible. Cutting back on eating fast food and making healthier choices when eating at a regular restaurant just took some practice.

Fortunately, at the time of his diagnosis the tribal Diabetes program offered a Thorebecks membership (now we have our own workout facility at the Community Center). Going to Thorebecks provided the opportunity of a

Adults and youth made native rattles at the Diabetes Walk in the Shoalwater Bay gym. This was great opportunity to visit meeting old friends and making new ones.



lifetime. In the beginning Fred started swimming for exercise. Swimming (or just walking in the pool) provided low impact exercise that is easy and safe. Which was instrument to He started slow and worked up to swimming a mile every other day with the intent of putting on muscle to increase his metabolism. He wanted to get rid of the weight, but at a healthy rate of no more than 2 1/2 pounds per week. His weight gain didn't happen over-night; he promised himself to take it off gradually. When we are young we eat whatever we want, not giving any thought of the health consequences later in life. As we get older we become less active and many of us gain weight. Making small changes in lifestyle can remedy this problem.

Fred stayed resilient to his routine and began shedding off the pounds. He monitored his weight weekly to track his progress. He admits that he did plateau a few times on the way down. The nutritionist told him that was normal—continue the healthy eating and maybe increase the time or intensity of his exercise—he would start losing again. He continued to monitor his own weight to reach the initial goal of 230 pounds. Fred not only met his first weight goal but has surpassed it; he has been holding a weight of 210 for the past few years. The clinic recently checked his 3 month blood sugar average with an A1c blood test. The results came back 5.3; under 6.0 is an indicator of excellent blood sugar control. He has been taken off his diabetes medication, but still monitors his A1c through bi-yearly visits to the clinic.

In his presentation Fred said, "Set your goals high, but make sure you make small achievable goals along the way. Like walking or swimming taking one step at a time towards your goals and you'll get there. Never give up, be discouraged or quit. Exercise and making healthier food choices will be the key to your success!"

Respect Yourself, Equipment and Community By Following the Rules of the Road

By Scott Freeman, Community Resource Officer

Recent events have had everyone talking about quads on the reservation. Not just accidents and close calls, but damage to our walking paths and other open areas is also a major concern many community members have expressed to me.

ATV's (Quads) are increasingly popular among kids and adults of all ages since they were introduced four decades ago. They can be useful for work and fun to ride, but they can also be dangerous even when an experienced rider is operating the vehicle. Accidents are bound to happen even when practicing the safety rules. The thing with quads is that they look so simple to use. It's not as though you can fall off it and get up again the way you could with a motorbike. If it tips over and lands straight on top of you, the chances of lifting it off on your own are very slim, no matter how strong you think you are – and assuming you're not injured.

ATV safety is extremely important. This type of safety is definitely not something that you should every take lightly. Here are some simple tips to promote safety for you and the entire family.

First, everybody who rides or drives one of these machines should wear the appropriate safety apparel. Safety helmets are absolute requirements for motorcycles and quads. Safety helmets are also a good idea for children who ride in side-by-side all-terrain vehicles. For our reservation no person under the age of 18 may ride as driver or passenger without a DOT approved helmet and eye protection. Regardless of the legal implications, children should be protected and kept safe at all times. Other riding safety apparel includes jackets, boots, gloves, long pants, and long sleeves.

This is all the stuff that you don't want me to tell you but you know I'm going to tell you anyway.

■ Wear a quad bike or motorcycle helmet. Who cares if you look like a dork? Put

it this way, it doesn't matter how you come off your bike, whether it's flipping it or skidding into a tree, a helmet can be the difference between a headache or concussion and serious brain injury. It's a bit of a no-brainer really. Wear a helmet.

- Wear the right gear for the job. Solid boots, long sleeved tops and trousers. Gloves if it's cold and goggles if it's raining or dusty.
- Be aware of what you're putting your body through when you're riding a quad. It vibrates and gets shaken about. It's called Whole Body Vibration and can cause low back, shoulder and neck pain. Slower is probably better.
- Riding a quad bike takes a fair amount of muscular strength what with constantly shifting your body and turning corners. Watch for fatigue. It's when you're tired that you stop thinking. And that's when the bike will bite you.
- Look both ways when entering a roadway, don't assume that drivers are aware that you are there. There is very little protection for you when struck by a vehicle. No matter what speed this occurs.
- Preserve the environment and respect the property you are traveling on while riding. The tires and weight of the quad dig and cause damage to the grass and earth.
- Don't let them carry passengers – younger kids, their mates – ever.
- Instill and practice good habits early. Bad habits are hard to break!
- Other rules of the road apply and just as in a car you can be cited for speeding, reckless driving and other traffic infractions.

Your safety and wellbeing are our concern because we care about the community we serve. Please ride and drive safely. Please contact me at my tribal office in the Public Safety Building or calling 273-7051 if you have any questions or resources to enhance our ability to protect our community.