

November 2011 Vol. 5/11

Program News

Support Group Created to Assist in Achieving Goals of Getting Healthy

Do you have goals of getting healthy? Eating differently? Getting into an exercise routine? This new support group might be just what you are looking for. Participants will learn and share from each other as they establish lifelong healthy habits.

Starting on November 10th, we will meet on Thursday evenings from 5:30 – 6:30 pm in the Clinic PT room. All Community Members are welcome.

For more information contact Cindy Beck at 709-1810 or cbeck@chehalistribe.org.

Program Changes Offers Services for Elders

Greetings from Mary Secena! I apologize for not getting this out sooner, but, I have a NEW job title now. Yes, after 30 some years at the front desk. I am now working for the Community Outreach Program.

Community Outreach Services Offers:

- Monday thru Friday: 8:00 AM to 12:00 Noon. Transport Elders to doctor's appointment (Centralia, Olympia Area)-mornings only. On Thursdays I am available 8:00 till 2:00, because there is no lunch delivery that day.
- 12:30 - 1:30 PM deliver Elders lunches.
- 2:30 PM Pick-up medicines at Safeway for the Clinic.

Elders if your need a ride to an appointment I'm available in the mornings only. Please give me a call at 360-709-1758 to be put on my schedule. Please leave a short detail message.

Also Patti Walker, Lynn Hoehstetl and I will be doing home visits. Questionnaires can be filled out for the Diabetes Program.

But please feel free to stop on by the Clinic, because I am still here, but in a different Department.

Dental Clinic Has Electric Tooth Brush Available for Community Members

The dental clinic has Oral B Triumph electric toothbrush available for \$82.00 and for a limited time Oral B is offering a \$40.00 mail in rebate that ends on December 31. Retail price of this brush is \$160.00. We also have the brand new Sonicare Diamond Clean toothbrush available for \$66.00 retail price for this brush is \$200.00.

For more information please contact Kristi Burke at the dental clinic or call 360-709-1875.

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.evan11.org.

CHEHALIS TRIBAL NEWSLETTER



♦ "People of the Sands" ♦



Youth Activities and Page 2

- Tribal youth enjoy the Schiller Family Farm picking out a pumpkin and other fun activities that were offered
- Tips on Winter Driving
- Chehalis Tribe Receives Grant for Healthier Living

The Nightmare From Wall Street Made It's Appearance at the Haunted House



Youth were seen laughing after going through the Chehalis Tribe's haunted house for those who dared to enter, sharing what scared them the most.

By Dianne Devlin, Cultural Coordinator

This was the second year of the now famous "Scary Haunted House" hosted by the Tribe's Events Coordinator, Cheryl Starr and her dedicated crew of workers. Last year was such a hit there was no doubt it would be done again this year. It was great fun for those who threw themselves in the making of the Haunted House. Bringing excitement for those who dared to enter the Chehalis Tribal Haunted House as it snaked throughout the Community Center's gym. This year the Haunted House was almost twice as big as last year. The crew had learned from the trials and errors of last year and were better prepared to work their magic to create true terror in this years' haunted house. Volunteer spooks were placed throughout the Haunted House jumping out and scaring

all who entered. You would think after going through 5 times I would not be scared. But Nooooo! They got me every time. I can not divulge the magic secrets of what went into the making of the Haunted House upon pain of death. Simply put, if I tell the classified information of their magic tricks I will not be working on next year's haunted house, I will be turned into a fixture in the next haunted house. Hehehehe! Children and adults were equally heard screaming and running in terror. As the adrenaline wore off they gathered and laughed about how they got away, or what scared them the most inside the haunted house. The community turnout was fantastic.

Part of the Haunted House Tradition has come to include a Halloween lunch where

See Haunted House, page 4

Guest Speaker Helen Thayer Inspires Tribal Community

By Fred Shortman, Editor

On Wednesday October 25 the Community Center hosted the Men's Wellness sponsored by the Chehalis Tribal Wellness Center. The theme was Living Life without Limits with guest speaker Helen Thayer, a best selling author, international speaker, National Geographic Explorer, gifted story teller and motivator. Also a traditional salmon dinner was provided with fish donated by Don Secena.

Helen Thayer shared her first experience in mountain climbing with her parents at the early age of 9. She was allowed to go, but had to carry her own load. She admits she was really tired, but somehow managed to keep going. What an exhilarating experience when she finally made it to the top of the mountain. After that she was hooked going to the extreme to make it happen; achieve your ultimate success. If you are passionate about something, set your goals. Plan and practice before setting off on your trip to achieve success.

POLAR DREAM: ACHIEVING YOUR HIGHEST GOAL -- Imagine trekking hundreds of miles across a perilous, frozen world with all of your life-support, food and shelter on a sled that you must pull over the rugged terrain while making slow measured steps on skis.

Helen made history at age 50 when she became the first woman to travel alone to any of the world's Poles as she walked to the magnetic North Pole. She shared her dramatic and inspiring story of her struggle

See Men's Wellness, page 4

Rez-opoly Provides Community With a Healthy Fun Filled Evening

On Thursday, October 20 Tsapowum Behavioral Health hosted a Rez-opoly family night. The turn-out was huge as families came out to see what this was all about. It was a unique approach in suicide prevention and learning what the programs have to offer, and teach and meet the staff from the sponsoring programs.

The event started in the Gathering Room with Elaine McCloud, Heritage Coordinator asking questions about the history of the Chehalis Tribe. Trudy Marcellay then presented people with a memory bundle necklace, made from cedar, and explained this would assist participants in remembering the occasion and what they learned. Charlene Abrahamson, Behavioral Health Director opened, welcoming everyone to the event, noting that the foundation of the community is very strong and that everyone can be a partner in suicide prevention, domestic violence prevention and either accessing, or prompting family and friends, to get support from Chemical Dependency services.

Sheryl Spahr, Mental Health Counselor, was at the wheel of chance, which gave everyone an opportunity to answer questions regarding domestic violence and behavioral

health earning extra raffle tickets to win prizes. Law Enforcement personnel provided the "Safe Children" registration program in case of an abduction or a

missing child. In total they fingerprinted/photographed 41 children and 3 adults for emergency identification purposes. Manned display tables had information on

See Rez-opoly, page 4



The Shawn Ortvez and his family signed in at the beginning of the Rez-opoly night. Elaine McCloud, Heritage Coordinator then had each member answer a question on what they knew about the Chehalis Tribal history.

First Name LastName
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City, ST Zip

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2 Youth Activities Provide a Fun Filled Day at the Pumpkin Patch



Youth were seen picking out their pumpkins that took their fancy. Some youth were seen taking a photo with the pumpkin cut outs that Schiller Family Farm provided throughout the pumpkin patch.

By Fred Shortman, Editor

October is the time for pumpkins, cider, caramel apples and some spooky fun on the farm. On Saturday, October 22 the Youth Center took a group of youth to the Schiller Family Farm in Olympia. No better way to spend the day with your child to select that special pumpkin to be carved. These gourds have been an annual tradition for the Halloween season for decades.

It was cool moist afternoon as everyone

arrived. Tony Medina had everyone gather up and before he sent them off to select their pumpkins he said, "Pick any pumpkin, but only as big as you can carry! Meet back here with your pumpkin and mark it with your name." Youth and parents were off into the pumpkin patch, laughing and pushing as they went from pumpkin to pumpkin. Some went for the larger ones, some went for the ones with warts, picking the one that took

their fancy. There were more fun activities there too! Children were seen enjoying the some of the other fun activities from the round-up railway cow train, farm animal petting zoo, hay maze, and pony rides.

A special treat to relax was the hay ride. It was a short jaunt around the pumpkin patch. Volunteers who remained weighed up all the pumpkins and when everyone returned the youth and pumpkins were

loaded up. It was a lot of fun for all. Some of the children in the Halloween spirit were overheard talking about how they were planning to carve something scary on their pumpkins for Halloween.

Afterwards, Tony Medina treated everyone a favorite treat. Pizza! Where they enjoy each others company, a meal, and to warm up.



Youth were seen carrying their pumpkins to be weighed. Pictured (L-R) are Ashton Boyd, Jasmine Venuelas, and Alexander Shortman.

Winter Weather Safety Tips on How To Drive on Black Ice: Techniques to Protect You and Your Family While Driving on Ice and Snow

By Victoria Miller-Howtodothings.com

Winter driving conditions can be tricky for even the most experienced drivers. While a snow-covered road can be an obvious driving hazard, a road that just looks wet can also be deceptively slippery.

Black ice is a dangerous wintertime hazard because the icy road may not always be visible to the driver. Indeed, melted snow or ice that refreezes may still look deceptively like a dry road. And temperatures don't have to be below freezing for black ice to develop. Black ice can occur if temperatures are near the freezing mark--or even a few degrees above it.

While a shiny road surface indicates an obviously wet or icy road, a road covered with black ice will look a little different. Keep an eye out for pavement that is slightly darker and a little duller looking than the rest of the road surface-- this may indicate that black ice is present. Because black ice is so tricky to detect, a driver may not realize there is an icy road surface until his car begins to slide. Here are some winter driving safety tips on how to drive on black ice:

1. As soon as your car begins to slide on black ice, take your foot off the gas pedal. In fact, the last thing you want to do is give your car more gas. It is very important to slow down when you are driving on black ice or in any other winter road conditions.

2. Don't slam the brakes. While it may be a natural instinct to slam on your brakes, this will only cause your car to lose control and slide even more. Tap the brake pedal lightly instead of pushing down hard on it.

3. Look for trouble spots ahead. If you have an idea that there may be black ice ahead (if you see cars ahead of you sliding, for example), downshift to a lower gear before you come onto the black ice. The lower gear will force you to drive more slowly and it will give you better control of your car.

4. If your car does begin to skid on the ice, turn the wheel in the direction of the skid. This should help to steer your car back on

the right track.

5. Leave plenty of space between your car and the other cars on the road. When driving on black ice road conditions, stay well behind the car in front of you (at least a couple of hundred feet)--this is definitely not the time to tailgate. Even if you feel confident that you know how to drive safely on black ice, that doesn't mean the driver in front of you does. Be prepared in case other cars start to slide.

6. Don't think you're invincible just because you drive a truck or a big sports utility vehicle. While 4-wheel drive vehicles are great for driving in heavy snow, you're on your own when it comes to driving on black ice. In fact, 4-wheel drive vehicles have no advantage over regular cars when it comes to driving on black ice, so be sure to take the necessary safety precautions no matter what type of vehicle you are driving.

7. Other winter driving tips, techniques and precautions:

■ **Drive with your low beam headlights on even if it is daytime.** This will make your vehicle more visible to the other cars on the road.

■ **Make sure your tire tread is in good condition as part of your basic car maintenance routine.** Worn tires will make it much more difficult for you to drive on black ice. Make sure there is plenty of traction between your tires and the road surface.

■ **Black ice is most commonly found on roads that run around bodies of water (such as lake and rivers), in tunnels and in shady or rural areas.** Bridges and overpasses are also common spots for black ice to form. Use extra caution on bridges and overpasses, where the road surface freezes more quickly. Even if you have been cruising down the highway with no problem, an overpass or bridge can be unexpectedly icy.

■ **Be sure to wear your seat belt.** Winter driving is always unpredictable so be prepared for the unexpected and keep yourself safe from accidents!

Tribe Awarded Grant to Create Healthier Living for Communities

Recently the Centers for Disease Control (CDC) approved funding to the Chehalis Tribe for a Community Transformation Grant. Chehalis was 1 of 7 Tribes in the Nation to receive this grant. The service area for this project is the Chehalis Tribal Community and the City of Oakville. The focus of this grant is to help these two communities take steps toward making healthy communities. Communities can transform themselves in ways that will make a large difference in the ways their members live, work, play and go to school. The overall goal is to make healthier living easier in our communities.

This Community Transformation Grant (CTG) will help the Chehalis Tribe and the City of Oakville determine what is needed

to improve the health status of community members. Possibilities include improving access to fresh healthy food, more walking and hiking trails, and reducing exposure to second-hand smoke.

An evaluation of current policies, facilities and community activities that encourage healthy living will be performed. The CTG will help build on these healthy assets providing opportunities for community members to live healthier. Currently, diseases such as heart disease, cancer, stroke, and diabetes take their toll on our communities. These diseases shorten lives; most are caused by tobacco use, obesity, poor diet and physical inactivity. The Community Transformation Grant is an opportunity to transform our communities

into places that encourage healthier living and provide healthier options for all people.

Tribal Officials accept the grant award to assist in creating healthier living for our community. Pictured (L-R) are Stephanie Pickernell, Pat Odiorne, Don Secena, Cindy Gamble.



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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Don Secena, Vice Chairman
Stephanie Pickernell, Treasurer
Cheryle Starr, Secretary
Dan Gleason, Sr., 5th Council Member

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Fred Shortman, Communications
Coordinator.

Chehalis Tribe 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"

Tribe Honors our American Armed Forces Veterans at the Lucky Eagle Casino



Every year volunteers assist in making this annual event a huge success. They spent many hours decorating the room, helping out where they are needed.

By Fred Shortman, Editor

Friday, November 11 the Lucky Eagle hosted the Chehalis Tribe's 10th Annual Veterans Appreciation Day. It was a well attended and honorable day for all those that came to this annual event to honor all veterans who served in American Armed Forces. The veteran's committee and their volunteers did an outstanding job in preparation for this year's event

Gary Schneider, Master of Ceremonies did an outstanding job, keeping the activities for the night moving along throughout the evening. The pledge of allegiance was performed by our Chehalis Tribal Princesses: Deidra Hawkes, Dede Adams, and Payton Simmons. David Burnett opened the ceremonies with an inspiration speech.

Jesse Goddard blessed the food. The delicious salmon dinner was cooked at

our tribal fish pit crew and the Lucky Eagle line cooks did another outstanding job preparing other dishes. The beautiful cakes were made to represent each individual armed forces.

The Olympia Highlanders entertained the audience by playing their bagpipes during the dinner on stage.

The patriotic speakers gave a inspiration speech to honor all veterans for those who did come home, and for those that gave the ultimate sacrifice of their lives for this great country: Curtis Dupuis, Tribal Elder and 5th Special Forces. SPC Antonio Mendez, US Army, Michael W. McMunn, Sergeant First Class, Jim Martinson, Vietnam Veteran. Crediting each and every veteran that without their commitments and sacrifices they would not be able to be here today

to talk about it. That every veteran can stand up now and be acknowledged for their sacrifices for each and every war or conflict the armed forces they served in. Each speaker and veteran received a roar of applause as they stood up and were recognized.

The Veteran's committee recognized and each speaker received an embroidered jacket. They also recognized the oldest veteran, longest serving veteran, and youngest serving veteran.

There was two raffles during the dinner and all the money raised was donated to the Wounded Warriors Organization. This organization takes veterans on fishing trips and other activities.

It made all of us proud to be theri to witness such an event. What a patriotic and special night for all the veterans in appreciation as they were recognized.

Many Thanks from Lori Tovrea, Nancy Romero and Gloria Jones

Chehalis Tribal Youth, Chehalis Tribal Princesses, Marla Medina, Correna Young, Raven Johns, John Grantham, Merrill Goldstein, Josh Terry Lindy Waring, Kristina Nielson and the fish



Leslie Moore II, World War II veteran received a jacket in recognition as the oldest surviving veteran at the Veteran Appreciation Day dinner. He's is 95 years young.

pit crew, and Lucky Eagle line cooks.

Thanks to the following for their Donations: Lucy Eagle Casino, SARE Electric, Chehalis Tribe, Travers Electric, Jay May, Coast Office, Tatt Time Tattoo Shop.



Patriotic speakers gave credit to each and every veteran that served in our American Armed Forces. Pictured (L-R) are Michael W. McMunn, Sergeant First Class; Antonio Mendez, US Army; Curtis Dupuis, 5th Special Forces; and Jim Matinson, Vietnam Veteran.

Law Enforcement Staff Profile: Jessica Mahon

My name is Jessica Mahon. I am originally from Idaho, but have lived in Washington for 8 years. I enjoy many outdoor activities such as hiking and running.

I have worked with the public in various settings for over 15 years. I worked for another police department for about a year before coming here. I've successfully completed the State Police Academy.

I am excited to be working for the Chehalis Tribal Police Department and look forward to serving this community.



Jessica Mahon
Police Officer
Chehalis Tribal Police Department

Tribal Building Receive New Signs

While traveling through out the reservation you'll notice new signs that have been posted at our tribal buildings. Culbertson Signs have been awarded the contract to do this important work. It enhances the tribal grounds and allows visitors to get to their destination with tribal programs.

An added plus is the use of the Chehalis language written below each sign. If you are struggling to pronoun it, please contact Dan Penn, Language Coordinator to assist you. When you get the basics and with a little practice, it's not as difficult as you may think. Language

classes are still offered at the Community Center on Wednesdays from 5:00 to 7:00 PM. For more information you can contact him at 360-709-1747 or email at Dpenn@chehalis-tribe.org.



This is the new Chehalis Tribal Wellness Center sign. New signs are being placed at the Tribal buildings throughout the reservation.

The Chehalis Tribe Hosts the 2011 12th Annual SPIPA Native Art Auction and Dinner at the Lucky Eagle Casino

By Fred Shortman, Editor

On Saturday, November 5 the Chehalis Tribe Hosted the 12th Annual SPIPA Art Auction at the Lucky Eagle Casino. SPIPA works hard in maintaining their motto of "Building Communities for the Future." They continue to commit to deliver social, human and health service by providing training and technical services, resources, development and planning to the five tribal communities they service.

Seventy-five percent of the proceeds from the art auction and dinner will be invest into an Endowment Fund. The remaining twenty-five percent will be used to meet the immediate needs of the five tribe's youth and Elders programs.

There were about 250 people who came out to bid on the beautiful and stunning artwork that was donated by local artists. There were challenges to get there with the Exit 88 being closed, but it didn't deter those that wanted to come out to this annual Native art auction and seafood dinner.

There were two types of bidding for the items, either the silent auction or the exciting live auction for 132 items that were available this year. Volunteers were seen displaying each individual item throughout the floor and was also available on the big screen for bidders to

see during the live auction. You could hear across the speakers as each silent bid tables were about to close. There was a rush of bidders as they competed to win their favorite item.

During the live auction was a Raise Your Paddle in memory of Bob Bojrcas. While on the SPIPA Board of Directors, he took in troubled and homeless Indian and non-Indian youth and got them involved in co-curricular and extra-curricular activities to keep them out of trouble. He worked very hard to assure that children at the Shoalwater Bay Indian Tribe and other Indian children would receive presents during the Christmas holiday season. SPIPA continues to raise funds in his honor as he was called SPIPA's Indian Santa Clause. Dedicating Bob's commitment to the children and continue with the work he began. All donations will go into the "Bob Bojrcas Children's Christmas Fund" and used to purchase Christmas presents for the children of the five consortium Tribes.

There are many talented tribal artists who donated to this auction. What an exhilarating evening, witnessing artist and weaver donated items being bid on in the live auction. The auctioneer kept things rolling and he laughed and joked

as his banter enticed bidders to compete against each other.

The event Emcee was Elaine Miles, Cauyuse/Nez Perce from Northern Exposure who entertained the audience with her simple but funny comments. The Entertainer Swil Kanim, Lummi Nation played his violin during dinner activities. What a delicious seafood dinner of oysters, clams and Chehalis cooked salmon by Don Secena and his group of helpers.

When it was over many people were seen leaving with their beautiful handmade items that there winning bid gave them. It was a great night, as the Chehalis Tribe is always a strong supporter

of this worthy cause. It wouldn't be such a success without the help of the volunteers and contributions making this annual auction a huge success.



During the "Live" Auction volunteers walk the floor displaying some beautiful Native American artwork. Picture here is Katie Ikerd holding auction item 116: "Raven the Trickster" by Odin Linning, Tlingit.

4 Haunted House (continued from page 1)



Youth were seen racing through the dark and sinister haunted house that snaked throughout the community centers gym floor. Not knowing what to expect around the next corner.

the families gather with their kids dressed from spooky to adorable. Door prizes were handed out to guest of all ages. Bags of goodies and a costume contest for various age groups from babies to elders followed the lunch. Pumpkin Carving was added this year, but you had to bring your pumpkin pre-carved.

The Culture Program's contribution to the Haunted House was a giant eight foot tall monster constructed from wood with an extended hand that looked like he was grabbing you. The Monster display was used for the Halloween "Photo Shoot at the Haunted House" the afternoon of the 29th of October.

Actually I got a lot of help in the making of the photo display. Ray Secena's staff helped rough cut the form of the monster and assembled the 6 pieces that fit together to form the outline of the monster and his extended hand. The painted features were aided by Elders, Sally Pickutark and Evelyn Penn who guided the hand of young artist as we painted the details of the monsters face and hand. Resident Artist and Elder Sally Pickutark said, "You know we need to name him." As we worked on him we came up with the name Wall Street for "The Nightmare from Wall Street". We joked that Wall Street looks like he is gobbling up the poor 99% (99% is a term used by the occupiers of Wall Street, meaning 99% of the people in American are poor and 1% is rich). Might be a little too political for young minds, but the name stuck.

During the Saturday afternoon Dawn Boley and Charlotte Lopez helped me to document photos of over 200 family members posing with their "Trick or Treaters." We printed around 150 photos for guest who sign-up to take a picture with Wall Street. Each photo was placed in a card to mark the date and event.

The 2011 Haunted House was a

big success thanks to a lot of people who did the hard work behind the scene to make something memorable for the kids of our Tribal Community. Great job Cheryl!

Thanks from Cheryl Starr, Events Coordinator'

Thanks goes to Tony Medina, Marla Medina, Tony Olney, Phillip Youckton, Tom Hayden, Derrick Youckton, Josh Terry, Sonny Youckton, Carla Thomas, Jodie Smith, Dianne Devlin, Charlotte Lopez, Dawn Boley, Sally Pikutark, Annie Jones, Jeremy Fanning, Baby Gary Ortez, Justin Youckton, Mr. & Mrs. Wilson, Evelyn Penn, Jay Lyons, Scott Freeman, Ang Youckton, Correna Young and all the ones that helped clean up after the party was greatly appreciated.



Nightmare on Wall Street was added to this years haunted house. Giving families an opportunity to take a photo with this scary ghou. Pictured (L-R) are Dawn Boley and Dianne Devlin.

On Friday, October 28th Teachers and parents took the Head Start children trick-or-treating in their Halloween costumes. They stocked up on the goodies employees had to offer.



Elders Christmas Bazaar

Saturday, December 3
9:00 AM - 5:30 PM
At the Lucky Eagle Casino
Bingo Hall

There will be 80 vendors. Loads of good food, Native crafts and many different items to choose from. Come out and find that special gift. Do all your Christmas shopping in one place!!!

For more information, please contact Nancy Romero at 360-480-2911.

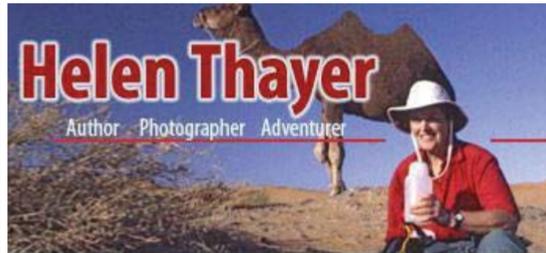
Community Christmas Party

Sunday, December 18
At the Lucky Eagle Casino
Doors Open at 11:00 AM

For Chehalis Tribal members and community members of the Chehalis Reservation.

Lunch begins at noon, Bingo and Santa afterwards, raffles for the youth, adults & Elders. Join in the fun and games.

Men's Wellness (continued from page 1)



Helen Thayer is a best selling author, international speaker, National Geographic explorer, gifted story tell and motivator. She can inspire you to "Make it happen -- Achieve your ultimate success!"

to reach her goal through ice storms, over unstable sea ice, and polar bears. How a Inuit dog named Charlie saved her life from these awesome but dangerous animals. It is an inspirational story to inspire audiences and to be motivated to reach for their own goals and push their horizons to the limit. She shared her powerful slide program showing the beauty of the Polar Ice Cap, and the polar bears that live there. Helen wrote the best selling book "Polar Dream" (Simon & Schuster, NewSage Press second edition) about her historical journey.

Helen Thayer presentation was educational, entertaining, and highly motivating. Her narrative and on-location photography was very powerful as she shared her adventures first hand in regards to her challenging goal to reach the north-pole. Allowing the audience to comprehend her struggle to survive, one is led to the understanding of how problem solving and overcoming obstacles, along with an

unshakable belief in the ability to reach a goal, finally bring the reward of success.

Helen's dynamic energy and positive enthusiasm was very captivating, keeping us on the edge of our seats, inspiring people of all ages to look to higher levels of achievement, plan for success and forge ahead in the absolute belief that the goal will be reached in business or in life. What Helen shared helped us to realize our dreams, set goals, and reach for the top and succeed. She said, "I've been there and here's how I did it."

This was more than just an "armchair adventure" presentation, Helen motivated us to believe we too have unlimited horizons. Helen believes, "My journeys are like life itself. We all have our North Poles and our Gobi deserts, but we can all reach our goals just as I did, one step at a time, never giving up on ourselves. If we reach for the top and believe we can do it, we can make our dreams come true."

Rez-opoly (continued from page 1)

Suicide Prevention specific to Native Americans and Crime Victims information, the people at the tables answered any questions.

There were many fun activities and interactive games as parents played along-side their children: from interactive computer dance and sports games. Children lined up for air tattoos or playing basketball, Pacman, Frogger, Dance Dance Revolution, and so on.

Dianne Devlin, Cultural Coordinator and her sister Sally Pikutark were there to teach how to make dream catchers and fancy hair decorations.

There was an opportunity to get your photo taken with your friends in the photo booth, with many displaying their dream catchers and hair decorations in their pictures.

As you walked around everyone was seen smiling and laughing enjoying a great evening as they munched on popcorn or nachos. Not many minded going to jail that night as they went to spin the wheel to get out of jail.

The Dinner was a delicious combination of chicken and barbecue ribs. The dinner was blessed by Teresa Youckton. Felita



Part of the Rez-opoly Sheryl Spahr asked Devin Boyd a question about his knowledge about a program. It was one of the ways to earn a raffle ticket for the prizes.

Luna, from Crime Victims spoke a bit about her program. Then Barb Sanders, Mental Health Counselor, spoke about Suicide Prevention, the signs to look for, where to access help/provide initial interventions, how to talk to someone showing signs of suicidal thoughts and that telling someone else, if they were concerned, is a positive step. She also covered the ABC's of Suicide Prevention that was included in the handouts. Several audience members had good questions, such as what are symptoms of depression and tips like if someone is giving away their valuable items. Then as the evening winded down the raffle tickets winners were announced by Gail Hurst, CDP and Dawn Boley, Domestic Violence

Prevention Advocate, who were the main coordinators of the night's events. Yes, many agreed it was a great family event!



A popular attraction was to get an airbrush tattoo at the Rez-opoly event.

Correction from October 2011 Chehalis Tribal Newsletter:

Page 2: Chapter 6-Dealing with the 2000's Family Edition a comprehensive guide with dependable information for Parents/Teens. It is also important to know that suicide is **not** a heroic act, even though sometime media images can make it seem so.

Page 3: Employees wear pink in support of National Breast Cancer Awareness. Caption: Front row (L-R) are Jancee Penn, **Judy Jones**, Debbie Shortman, Sylvia Cayenne, Maria Delacruz Tawni Willis.