



# CHEHALIS TRIBAL NEWSLETTER

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

September 2013

Free

## Programs Combine Fun and Resources for Families at Back-to-School Celebration

On Wednesday, August 21, the Chehalis Community Center Baseball Complex hosted the Annual Back-to-School Celebration. It was a beautiful, sunny day for those who came out to enjoy the activities.

The Kidz-N-Motion Entertainment and More, LLC provided fun games for the children to challenge themselves physically and mentally. The children were seen smiling and playing on the various slides and obstacle courses. The most challenging was the rock climbing wall. The children had looks of grim determination as they scaled the wall in order to get to the top. The sound of the buzzer echoed across the complex as the children successfully accomplished their goal of reaching to the summit. The smile of achievement



Programs gave out back packs and gift cards to assist families in preparing for the upcoming school year.

lit up their faces as they returned to the ground.

The youth workers volunteered their services at the cotton candy, popcorn and snow cone stations.

The group of kids kept them busy while standing in line for treats.

The youth did an awesome job!

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## Tribal Canoe Families Gather Sharing Their Heritage and Spirituality at Safeco Field

Tuesday, August 21 was Native American Day in Safeco Field at the Mariners game. The Nisqually, Suquamish, Puyallup, Muckleshoot, Tulalip and the

Chehalis tribal canoe families joined together to participate in this honorable celebration. Native American Day is special to many who love the time honored game

of baseball. There is no better way for a fan to go to a Mariners game and also be able to give tribute to an awakening culture. Some say it

Continued on Page 2



Coastal Salish Drummers, Singers and Dancers entering Safeco field in honor of Native American Day at the Mariners game.

## Parks and Recreation Meeting Was a Success

By Jenee Penn, Grant Writer

On Tuesday August 20 a planning meeting was held at the Chehalis Tribal Community Center to plan future parks and recreation projects on the reservation. We had an amazing turnout with more than 50 people in attendance! Proposed project sites for a playground on Tahown, walking trails and an off-road vehicle park were presented. Meeting participants were also given a parks and recreation survey to complete.

The information collected at the event will guide future planning efforts. Jenee Penn is developing a Comprehensive Park and Recreation Plan for the Chehalis Reservation. This document will enable the tribe to apply for park and recreation grant funds. If you are interested in serving on a Parks and Recreation Planning team please let Jenee know. We need a number of individuals who participate in a variety of recreational activities like hunting, quading, fishing, walking, and of course sports!

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**Back-to-School Celebration continued from Page 1....**

It wasn't all fun and games though. It was also an opportunity to visit program personnel at the booths. Information was provided on what resources different programs have to offer each family. Networking is very important in assisting students to achieve their academic goals during the upcoming school year. The Youth Center and Education Program handed out gift cards and back packs. The gift cards helped families purchase school supplies for the upcoming school year.

It was a great family-oriented event! Thanks everyone, keep up the good work.



**Native American Day continued from Page 1....**

is a show! Some say it is a gimmick! Some just say WOW!

It was a long day for the many volunteers who came to sing, drum and dance on Safeco field before the start of the night's game. In

preparation for the performance the intertribal canoe families practiced in order to make the allotted time frame for the performance.

It was the greatest six minutes for those that came to make their

presence felt through their music, dance and prayers in a traditional manner. It was an opportunity to make a spiritual connection, as the drummers, singers and dancers entered the field. It was a moment to remember. Performers were dressed in full regalia, representing

each tribal canoe family sharing, breathing and living the experience of our tribal and coastal traditions for everyone to witness.

Thanks go to the canoe families and the Mariners for honoring of Native Americans everywhere.





**Parks and Recreation continued from page 1....**



**Tribal Members discussed, viewed, and voted on the proposed Parks and Recreation Plans at the Community Center.**

Prior to the park and recreation planning meeting, youth were given surveys to complete. Dozens of surveys were administered. Here are the results, in order of preference, from the 47 children who completed the survey:

**What do you want to see added on the reservation?**

- Batting Cages
- New Park
- Bike Paths
- Outdoor Basketball Court
- Dog Park
- Walking Trails
- Skateboard Park

**Would you want to do any of these things?**

- Boxing
- Cooking Classes
- Karate
- Nature Walks
- Swimming Lessons
- Skateboard
- Dance Classes

Thank you to the members of the Planning Department who helped facilitate the meeting. And thank you to the members of the community who attended and made the meeting a success!

If you are interested in joining a Parks and Recreation Planning team or if you have questions please contact Jenee Penn at 360-709-1620 or e-mail [jpenn@chehalistribe.org](mailto:jpenn@chehalistribe.org).

# Vosper Community to Receive New Playground Equipment

The Planning Department will soon begin construction on another playground on the Chehalis Reservation!

Residents of the Vosper community were asked to give input on potential park locations. Thank you to all the community members that took the time to give feedback including the many residents on Sickman Loop and the members of the Housing Committee. Community input is essential to developing parks for everyone to enjoy. The newest park will be constructed on Site 22.

Construction will begin soon and be completed by December. Similar to the park across from the Tribal Center, this new park will have toys for children of all ages including monkey bars, swings, slides and a spinning toy along with a sitting area for parents.

No traffic disruptions are expected with this project.



## Program Available to Assist in Discovering Your Family Lineage

The Heritage Department is offering assistance in tracing your family tree. Bring the information you have and we can get started tracing as far back as we can in your lineage.

Also bring in your old photos and have them scanned and copied so we can document your family history.

To date we have been working on the Gleason, Klatush, and Penn family trees. It's so interesting to see how our families all connect to each other.

We are located in the Community Center in the Library area. For more information contact Lynn Hoheisel, Heritage Coordinator at 360-709-1748



*If you recognize anyone in these photos, please contact Lynn Hoheisel, Heritage Coordinator*

# Tribal Health and Wellness News

## Diabetes Program Starts Tenth Year

The Special Diabetes Program for Indians (SDPI) will begin its tenth year on October first. This Diabetes Prevention Program (DPP) was modeled after the original Diabetes Prevention Program sponsored by the National Institute of Health. This three year scientific study demonstrated a 58% reduction in diabetes for the participants with pre-diabetes.

Changes were made in the "Lifestyle Balance" curriculum to make it a better fit to Native Americans. The purpose of this adapted Program was to demonstrate that Type 2 Diabetes could be delayed or prevented in Native American Communities. Native Americans have a 1 in 5 chance of developing Diabetes in their lifetime.

In 2004 the Chehalis Tribe was given the SDPI Diabetes Prevention (IHS) grant to begin the Demonstration Project in our community. After 3 years of planning and adapting the curriculum to Native Communities, the "Lifestyle Balance" classes were

started at the Chehalis Tribal Clinic and Wellness Center. The Project demonstrated that diabetes could also be prevented or delayed by 58% within Native Communities. With the high incidence of diabetes in Native Tribes this outcome was significant.

In these classes the participants learn about Healthy Eating and Exercise. The goal is to help participants to slowly lose 10-20 pounds. This small amount of weight loss will usually result in lowering their fasting blood sugar and thereby lowering the risk to developing diabetes. To date, in the Chehalis Tribal Community there have been 31 participants have started the Lifestyle Balance; 21 have completed the program with no conversions to Type 2 Diabetes.

How can you qualify for the "Lifestyle Balance" Program? Get your blood sugar tested at a screening event or better yet come to the clinic and ask to have it checked. Pre-diabetes is diagnosed with a Fasting Blood Sugar of 101-124 done at the clinic. Pre-diabetes

qualifies any Native American over 18 years to do the Program. The Program is an easy and fun way to "Get Healthy." For more information call the Chehalis Tribal Wellness Center at (360) 273-5504 and ask to speak with Gloria Jones or Pat Odiorne.

### *Good Morning Ladies and Gentlemen!*

Just a brief note on the Back-to-School event that Pat Odiorne and Gloria participated in. We had a very nice turn out at all tables. Handouts on pre-diabetes and diabetes were given out as well as key chains and duffle bags to the middle school and high school athletes. Leroy and Shannon gave out t-shirts, water bottles, and small footballs. Christina Hicks gave socks, sunscreen and handouts for the next mammogram clinic. Trisha Shipp gave hand sanitizers and had a raffle for those over the age of 50.

All in all it was a great turnout and am we are looking forward to more of these type events here on the reservation.

## Wait One Year For Your Family's Health

If you just had a preterm birth, the risk of having another one is higher. These five steps can help reduce the risk

- Take folic acid every day.
- Treat and prevent gum disease.
- Find healthy ways to reduce stress in your life.
- Stop smoking.
- Use a reliable birth control method.

### Why it's important for you and your baby

Waiting one year before getting pregnant again

- Reduces the risk of another preterm birth.
- Allows your body to fully recover from pregnancy and birth.

A full-term pregnancy (at least 39 weeks) is best for the complete growth of a baby's

- Brain, lungs, and vital organs.
- Eyes and ears.

### Planning for a future pregnancy

Meet with an obstetric health care provider within six weeks of your last pregnancy, and before you get pregnant again.

<http://www.doh.wa.gov/YouandYourFamily/WomensHealth/Pregnancy/WaitOneYear.aspx>

## Clinic Staff Profile: Community Wellness Manager

My name is Christina Hicks. I am an enrolled member of the Chehalis Tribe. I have lived here all my life and worked for the Tribe for over 19 years.

My new title here at the Chehalis Tribal Wellness Center is Community Wellness Manager. I oversee the Prevention Programs here at the Clinic. The Prevention Programs are Native Women's Wellness Program, SDPI (Diabetes Prevention), the Diabetes Program,



**Christina Hicks**  
Community Wellness  
Manager

the Outreach Prevention Specialists, the Community Transformation Grant, and Colon Health. I love working for our tribal community in the health field. I look forward to working closely with all the programs.

If you have any questions regarding any of these programs, please feel free to contact me at my direct line, 360-709-1741, or email me at [chicks@chehalis tribe.org](mailto:chicks@chehalis tribe.org).



## Mammogram Clinic

**Tuesday, September 24**  
**from 9:00 AM to 3:00 PM**  
**at the CTWC**

**Tuesday, October 8**  
**from 9:00 AM to 3:00 PM**  
**at the CTWC**

Assured Imaging will be here for the Mammogram Clinic. If you are due for your mammogram please call the clinic at 360-273-5504 to schedule your appointment.

If you're a woman age 40 and up and haven't had one in the past year, please call Christina Hicks to see if you are eligible for a Mammogram.

## Healthy Teeth - Healthy Life

Consistent dental care is essential to your well-being. Our Program is available to take care of your teeth. With a proactive approach you can avoid costly and time consuming procedures. Please schedule an appointment.

Our dental program can help with

- Common Dental Procedures
- Diabetes and Oral Care
- Gum Disease
- Oral Care for Children
- Oral Health Basics
- Sensitive Teeth
- Tooth Whitening



Our hours are Monday through Thursday 9:00 AM to 4:00 PM. To schedule an appointment contact the Chehalis Wellness Center at 360-273-5504.

## SPIPA's NWWP Annual Breast Cancer Awareness Walk At the Quinault Indian Nation

Door Prizes!

Guest Speaker!



**Saturday, October 12, 2013**

**10:00 am—2:00 pm**

**Taholah Community Center**

**124 Quinault Avenue, Taholah, WA 98587**

## Community Health Walk

Every third Thursday of the month, the Diabetes Prevention Program has a community walk in competition with the other tribes Diabetes Prevention programs. Any physical activity can count as long as you sign up and do at least 30 minutes of physical activity on the day of the walk.

Sign up sheets in the work out area for those who chose to be active independently or in the work out center. Raffle for all participants (drawing will be next day at noon).

For additional information, or to sign up in advance please contact the Chehalis Tribal Wellness Center 360-273-5504.

## Attention: Chehalis Tribal Members

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 get the paperwork needed to get started.

## WIC Program

**October 3**  
**November 7**  
**9:00 AM - 4:00 PM**

For more information contact  
**Deb Shortman at 306-709-1689**

## DSHS Program

**Every Tuesday**  
**8:00 AM to 4:00 PM**

A representative from DSHS will be available. Contact the Chehalis Tribal Wellness Center at 360-273-5504 to schedule an appointment.

## USDA Food Distribution Dates

**October 17**  
**November 15**  
**December 20**

Pick up is at the Community Center from 11:00 AM to 2:00 PM.  
For more information contact Deb Shortman 360-273-5504

# September 8-14 is National Suicide Prevention Week

## Data / Statistics

Suicide is a sensitive issue, but one that is of great concern to many American Indian and Alaska Native (AI/AN) communities. Data suggest that suicide is a significant problem throughout Indian Country, particularly among Native youth, males, veterans, and elders. From 2002-2006, the average suicide death rate was highest among AI/AN aged 10-24 years at 27.72 cases per 100,000. In the Northwest (ID, OR, and WA), suicide is the 8th leading cause of death for AI/AN people and the 2nd leading cause of death for AI/AN's ages 15-24 years (this is the same for AI/AN youth throughout the U.S.).

## We Are All Here for a Reason

Suicide is a big issue in the American Indian community today. In this complex and often overwhelming world, people sometimes find themselves feeling hopeless, as if their lives are insignificant, as if they don't matter. But each of us matter. Our lives have a purpose. The creator put you on Mother Earth for a reason. If someone you know is experiencing problems and may be thinking of suicide, your help can redirect them from hopelessness to wellness.

## What to Look For

Knowing what to look for and the warning signs of suicide are crucial in being able to save a life. There are many signs that someone may show if they are feeling that life is too much. Some of these include thinking or talking about suicide, anger, and withdrawal from those and things around them. So if you see any of these signs get help immediately.

## You Can Help

If you think a friend or family member may be thinking of suicide, you can help. It is important to take action; you can make the difference between life and death.

## What To Do

If you see the warning signs of suicide in someone you should take immediate action. The first step is to talk to your friend or family member. This will help you assess the level of crisis in their life, whether they are in the early stages of suicidal thoughts or in immediate danger of hurting themselves.

If you feel the person isn't in immediate danger, acknowledge the pain as legitimate and offer to work together to get help. Make sure you follow through. This is one instance where you must be tenacious in your follow-up. Offer to help find an elder, community leader, educator, or doctor. Participate in making the first phone call, or go along to the first appointment.

Call Tsapowum Chehalis Tribal Behavioral Health at: **360-709-1733** for appointments or referrals.

## Begin Talking About It

Your willingness to talk about suicide with a friend or family member can be the critical first step in prevention. Many people who are depressed cannot recognize their symptoms; you have to be their eyes and ears. You need to let your family member or friend know they can feel better, that suicidal thoughts are temporary and that there are people who can help them. If you don't know how you should start the conversation, here are some questions to ask your friend or family member:

- "Do you ever feel so badly that you think about suicide?"
- "Do you have a plan to take your life?"
- "Have you thought about when you would do it (today, tomorrow, next week)?"
- "Have you thought about what method you would use?"

You can also talk to an elder,

community leader, spiritual leader, teacher, physician or other trusted individual that can help you get more information and find help. Overall, help for someone you care about should be a team effort. Treatment should include those listed above as well as family members, friends, community members and any other significant people in your friend's life.

## Never keep a plan for suicide a secret

Don't worry about the person you care about getting mad at you. You have bigger things to worry about—someone's life might be in danger! It is better to violate a confidence than it is to lose a loved one. They may later thank you for saving their life.

## Don't try to minimize problems or shame a person into changing their mind

Trying to convince a person that what they are feeling is not that bad, or that they have everything to live for may only increase their feelings of guilt and hopelessness. Let them know that help is available, that

suicidal feelings are temporary, that they are important members of the community, and that life can get better!

A suicidal person should see a doctor or mental health professional immediately. Calling the **Native American Youth Hotline (877-209-1266)** is a good first step towards getting the help you need. **Calling 911 or going to a hospital emergency room** are also options to prevent a suicide attempt or death. You can also call the **National Suicide Prevention Lifeline 1-800-273-TALK (8255)**.

For more information:

<http://www.npaihb.org/epicenter/project/thrive>

<http://www.saveorg>



**Call 24/7  
1-800-273-  
8255**

*"Life is and  
always will be  
SACRED"*

## Chehalis Tribal 2nd Annual Suicide Prevention/Awareness Walk



**Sunday, September 29  
Starts at 10:30 AM  
Meet at the Gathering Room**



Join us for a Memorial Walk in honor of Suicide Prevention Month

Walk will be followed by a lunch in the Community Cent.

### Special Guest Speakers

RezHeads: Jason "Smoke" Nichols and Melissa "MiMi" Nichols  
Come support our families raising awareness to suicide prevention.  
Guest speakers. Food provided.

Sponsored by DBHR G2G Prevention Grant via Tsapowum Chehalis Tribal Behavioral Health  
2513-13Community Services Block Grant via Chehalis Tribal Social Services  
And the Lucky Eagle Casino



## To All Organized Groups and/or Charities

Interested in Raising Funds? You can by providing the dinner at the next General Council Meeting! Please be prepared to provide for 40-50 people. You will need to provide dinner, beverages, plates, napkins, and utensils. Dessert are always appreciated!

If interested please contact the Business Committee Executive

Assistant Erin Delgado. You can e-mail me at [edelgado@chehalistribe.org](mailto:edelgado@chehalistribe.org) or call me at 273-5911 at Extension 1841.

The next meeting is coming up fast so please let me know a.s.a.p.! Remember you have to be an organized group or charity. No individuals!

## Drivers, Think Safety First to Protect Children at Bus Stop

With school beginning drivers should be aware. What is the most dangerous part of the school bus ride? The bus stop! Children are at greatest risk when they are getting on or off the school bus, because they become easily distracted and may start across the street without warning.

- Don't understand the danger of moving vehicles.
- Can't judge vehicle speed or distance.
- May be blocked from view by the bus.

### School bus safety tips for drivers

- Prepare to stop when a slowing bus has its overhead yellow lights flashing
- Stop at least **20 feet away** for busses when red lights are flashing
- Slow down in or near school and residential areas
- Look for clues such as safety patrols, crossing guards, bicycles, and playgrounds that indicate children might be in the area
- Watch for children between parked cars and other objects

### School Bus are like traffic signals

- When overhead lights are flashing yellow: Prepare to stop
- When overhead lights are flashing red: Stop
- When hazard warning lights are flashing: Proceed with caution

### School bus safety tips for students

- Always stay in sight of the bus driver
- Don't hurry off the bus; check traffic first
- Don't go back to the bus after exiting

Additional school bus safety information is available from the [National Highway Traffic Safety Administration](#) [American School Bus Council](#)



**Disclaimer:** All dates and times are subject to change. Please call the contact numbers to verify the information regarding the event.

## Free Firewood Available to Tribal Members!

Glen Connelly – Environmental Programs Manager

Tribal members can get a free firewood gathering permit at the Chehalis Department of Natural Resources. There's a pile of logs ready to be cut up into free firewood, all you need is a permit. You can cut up to 2 cords of wood for your household use. (The firewood cannot be sold and the permit holder must be present while cutting it up.)

Dry Firewood Burns Cleaner - Seasoned (dried) wood burns hotter and cleaner in your fireplace. This means more heat in your house, less soot in your chimney, and less smoke blowing towards your neighbor. Here are few reminders:


- Split your wood now and it will dry before this Winter.
- Store your wood off the ground, so air can circulate and dry it. (Old pallets work great.)
- Cover the wood pile with a tarp, or build a wood shed to keep the rain off of it.
- Never burn garbage, or wood that has been painted or treated. They produce toxic chemicals.

Wood smoke is the leading source of air pollution in our area and we all create some of it. Every little bit we do to reduce pollution from wood smoke makes your community healthier for the elders, the children and those folks with respiratory illnesses. So don't wait, get your firewood cut now, so you'll be ready for the season. Do your part and burn clean, dry wood.

### Burn Ban Still in Effect

Although it has been raining, the warm weather is expected to return for most of September, so the Burn Ban is still in effect. We will post flyers at the tribal stores and tribal center when the Burn Ban is lifted.

For more information please contact Glen Connelly, Environmental Programs Manager at the Department of Natural Resources at 360-709-1554.



## Chehalis Tribal Newsletter

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

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. Submission deadline: 6th of each month  
Printed monthly

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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*

### Business Committee

David Burnett, Chairman  
Ray "Barnaby" Canales, Vice Chairman  
Farley Youckton, Treasurer  
Cheryle Starr, Secretary  
Dan Gleason, Sr., 5th Council Member

Chehalis Tribal Newsletter Staff:  
Fred Shortman,  
Communications  
Coordinator



# Happy Birthday to Tribal Members Born in September

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Darrel Cayenne Debra Cayenne Karlea Youckton	2	3 Autum Beckwith David Gunnels Julie Miller Sean Shortman	4 Alyssa Albert	5 Cori Abell Nathan Gomez Eligah Quilt John Secena Roxanne Thompson	6 Jason Gillie Kathy Jones Billy Palmer Robert Vigil	7 Skyler Baker Dennis Cayenne Kelsey Potter
8 Chris Ortivez Walter Pickernell-Daniels Jake Tanner	9	10 Ruth Rogers Darrin Starr	11 Nancy Romero George Sanchez, Jr. Freddie Sanchez, Jr.	12 Norita Comeaux Joaquina Coty Ethan Owens Jason Slighte, Jr.	13 Mason Combs Gary Gunnels Nick Purcell Cody Revay	14 Billie Higheagle Malikah McNair
15 Trudy Marcellay Aniyah Ortivez-Hicks	16 Ruben Lopez	17 Timothy Poling	18 Jimmy Burnett Dashawn Hernandez Jason Medina Eli Snell	19 Cammi Canales Jon Jack, Sr. Allen Jones Theresa Youckton	20	21 Roger Shortman
22 Sean Adams Minetta Cayenne Eugene Klatush	23 Julie Higheagle Eddie Klatush	24 Sylvia Cayenne Kayla Nyreen Bryan Secena-Sanders Ethan Wittwer	25 Whitney Lewis James Pickernell	26 Linda Daniels Andrew Starr	27	28 Shanin Clancy Karen Davis Geo Jack Samuel Wright
29 Angelicia Canales Dustin Klatush Sasha Klatush	30 Gerald Cayenne Charles Latch III Michael Romero Richard Romo, Jr. Bette "Sheena" Tanner					

**Happy Birthday  
Chris Ortivez**



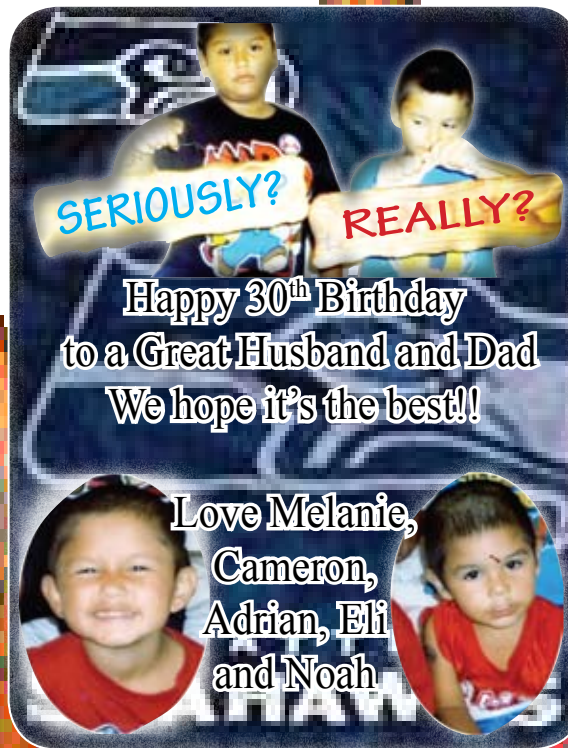
From all your sisters

*Happy Birthday wishes to:*

*Charlie Phillip Latch III  
September 30<sup>th</sup>*

*Phillip Gonzales  
September 25<sup>th</sup>*

*Love Gramma*



Love Melanie,  
Cameron,  
Adrian, Eli  
and Noah

**HAPPY BIRTHDAY  
ELI**

**LOVE MOM, VERN  
AND KEV**

**Happy 36th  
Birthday  
to my Lil Brother  
Sam Wright**

With Love from  
Ma, Lu, G,  
Doobz, Snaz,  
Chich, And all  
the kids



**Happy 17<sup>th</sup>  
Birthday  
Jordan Bird**

**Love you to  
the moon and  
back!!!**

**Love Mom,  
Jonnie  
and Savanna**





## IDA - Savings Match Program

If you meet income guidelines, (if you qualify for earned income on your taxes you will meet the guidelines), you may qualify for a savings match program with CTF. You can use this program for

- A business, which includes fireworks inventory and more
- A down payment on a home. We can assist you with cleaning up your credit as well as to qualify for the Housing programs.
- Higher education, including tuition, a computer, etc.
- We now offer a savings match of 4:1. So if you save \$100.00, we match it with \$400.00.

You must save for a minimum of 6 months, be employed, and be a Chehalis Tribal member.

**We now offer the Savings Match program to youth!**



Julie Burnett,  
Executive Director  
360-709-1831  
  
Diana Pickernell,  
Loan Coordinator  
360-709-1631



The Chehalis Tribal Loan Fund is now accepting applications for

## HOME IMPROVEMENT LOANS

Maximum Loan amount: \$25,000.00.

See us for terms and loan rates

### Criteria:

1. Chehalis Tribal Member
2. Homeowner
3. Title Insurance
4. Appraisal Report
5. Verification of income, including copies of tax returns, proof of employment
6. Must have 3 bids from licensed contractors, and a construction contract signed off by CTF
7. Verification of bank balance
8. Copy of deed or home buyer certification
9. Credit Report
10. Homeowners Insurance
11. All loans must be auto pay with either employer or your bank

Borrowers are responsible for obtaining all required building permits and other applicable fees.

## Buying a car? It pays to do your homework. *By Washington Attorney General Bob Ferguson*

Summer is in full swing, and so are car sales. Buying a car can be an overwhelming and intimidating experience. For many consumers a car — new or used — is the single most expensive purchase they ever make.

Buying a car can be a process fraught with peril as some unscrupulous sellers try to take advantage of even the most savvy of customers. Last year alone, my office received nearly 1,000 complaints related to auto-buying transactions.

The Attorney General's Office (AGO) is here to help safeguard consumers from fraud and unfair business practices — including providing information to help you confidently navigate the car buying process. Here are a few tips.

### **Determine the car that's best for you.**

What kind of car is best for you and your family? What is your monthly budget for car payment, gas, insurance, and maintenance? Knowing your budget before you shop will prevent you from being upsold into something you can't afford.

**Identify your target sales price —**

**walk away if you don't get it!**

### **Research a fair price for the car you want before visiting the dealer.**

Establishing your target price will give you confidence during negotiations with the dealer.

### **Check out the car dealer's reputation.**

Before you walk into a dealer, make sure they're in good business standing with the Better Business Bureau ([www.bbb.org](http://www.bbb.org)). This is the first way to avoid a scam.

### **Aggressive or deceptive sales tactics**

— **buyer beware.** Remember you are in charge and are free to walk away.

■ **Holding keys.** Watch out for the salesperson who avoids returning your keys or driver's license after evaluating your trade in. The goal is to keep you from leaving. They have no right to withhold your property.

■ **Requiring cash deposits.** You do not need to provide a cash deposit to show that you are serious about buying.

■ **Binding statement.** You are only bound to a contract after all the

detailed terms are in writing and you have agreed to, and signed, the final contract. Do not believe otherwise.

■ **Multiple salespeople.** Some dealerships may pressure you by using different salespeople or engage in long negotiations to tire you out. You are always free to leave and return a different day.

### **Understand your financing.**

*Know the difference between leasing and buying.* A lease is not simply another way to buy a car — you are actually agreeing to rent the vehicle long-term. Getting out of a lease early is a very expensive way to go. You may also owe big bucks at the end of the lease.

*Shop around for loans.* If you buy, compare the loan rates and terms offered by the car dealer to other banks and credit unions. Securing pre-approved financing may help you avoid buying more vehicle than you can afford.

**Check out warranties.** Is there a manufacturer warranty? If the vehicle is not under a manufacturer's warranty, ask what the service contract covers.

You do not have to buy the service contract from the dealer. Get all promises in writing.

**Know the Lemon Law.** You also have protections under the Washington State Motor Vehicle 'Lemon Law,' which helps new vehicle owners who have substantial continuing problems with warranty repairs. The law allows you to request an arbitration hearing through the Attorney General's Office at any time within 30 months of your vehicle's original retail delivery date — at no charge to you!

**Make it work for you.** Remember, you don't have to sign anything. You can always walk away if you don't find the right deal for you. Arming yourself with information will put you in the driver's seat, not the dealer. The car you drive off the lot must be what's best for your lifestyle and budget.

When unscrupulous businesses don't play by the rules, the AGO will hold them accountable. In the unfortunate event you are the victim of scam, contact my office to file a complaint at [www.atg.wa.gov/FileAComplaint.aspx](http://www.atg.wa.gov/FileAComplaint.aspx).



## Staff Profile:

Greetings all! My name is Cal Bray, I am currently serving as the Emergency Management Coordinator for the Chehalis Tribe and I am a tribal member. My program's objective is to reach out to the community to educate, inform and increase public awareness regarding their understanding of the various ways to prepare for possible natural hazards.



**Calvin Bray**  
Emergency Management  
Coordinator

are located on the far ends of two counties as well as within a known flood plain. It is my hope that we, as a community, can become more self-reliant and self-sufficient during times of

emergencies. I look forward to working with everyone within our community in helping build better habits that will improve the tribe's ability to respond to and recover from any crisis that may occur.

The tribe is unique in that we

## Emergency Management Plan

**Emergency Information Phone Line**  
**1-866-623-8883**

**When do I call the Emergency Phone Line?** Any time you are concerned about adverse weather, power outages or other emergency situations.

**For power outages call: Grays Harbor PUD : 1-888-541-5923**

**Thurston County PSE 1-888-225-5773**

If your interested in learning more about the emergency management plan. We are looking for more volunteers to assist in case of an emergency.

Please contact Calvin Bray, Emergency Management Coordinator or Ralph Wyman, Director of Public Safety at 360-273-7051 or stop by the Public Safety Building.

### Early Warning System Link

Check out the new link on our website - ChehalisTribes.org. Click on Resources and follow the directions to the Early Warning System Link. This link provides current and up-to-date information.



Chehalis Tribal Emergency Operation Center gives updates on Emergencies through facebook.

## Is Your Home Prepared for the Upcoming Winter Season?

It won't happen here. We can have a tendency to think that disasters will not happen where we live. Recent years however have proven it can - severe winter storms, floods, and extended power outages have occurred across our state. We must accept this as reality and assume responsibility by taking action to prepare ourselves, our loved ones, homes, pets and neighborhoods



**ONE HOUR**

of disaster preparedness activity

**EACH MONTH**

helps you be ready for disasters – whenever they occur.

**Key to Successful Disaster Readiness: Choose one hour each month to do one activity. Write it on your planning calendar.**

 1. Action Plan	 2. Out-of-Area Contact	 3. Water	 4. 72-hour Comfort Kit	 5. Important Documents	 6. Extended Events
 7. Under the Bed	 8. Utility Safety	 9. Drop, Cover and Hold	 10. Fire Safety	 11. Shelter in Place	 12. Home Hazard Hunt

[www.emd.wa.gov/preparedness/prepare\\_year.shtml](http://www.emd.wa.gov/preparedness/prepare_year.shtml)

Compelling photos. Streaming videos.  
Illustrated step-by-step instructions

A complete list of local offices of emergency management can be found on our website at

[www.emd.wa.gov/preparedness/prepare\\_neighborhoods.shtml](http://www.emd.wa.gov/preparedness/prepare_neighborhoods.shtml)





Confederated Tribes of the Chehalis Reservation  
Foster Family Licensing Program

## BECOME A FOSTER PARENT

### UPCOMING Foster Parent Training

"Extending our Families through Unity" is based on traditions and cultures of Indian people. It is designed to address issues Native American foster parents have identified as important. In Native cultures, children are considered sacred beings. The underlying philosophy of this training is to help children grow to meet their potential in mind, body, spirit and emotions.

YOU CAN HELP A CHILD



GROUP SESSIONS:  
**SEPTEMBER 24th, 25th, & 26th**  
**9:00 am to 4:00 pm**

CALL OR STOP BY FOR MORE INFORMATION  
AND TO SIGN UP FOR THE UPCOMING  
SESSION

Contact:  
Kim Burdick, Foster Care Licensor  
360.709.1782  
kburdick@chehalisribe.org

"This project supported by Administration for Native Americans Grant# 90NA8230-01-00"

## Community Transformation Grant (CTG)



The goal of the Community Transformation Grant (CTG) is to work with the residents of the Chehalis Reservation and the community of Oakville to look at our community and see where we can make healthy changes.

The CTG staff are guided by a Community Coalition made up of community residents, and a Leadership Team of local and regional leaders.

The grant process began with talking with community residents, gathering data, and conducting surveys. We collaborated with other groups. Then we started conducting our own activities such as Community Gatherings and Health Screenings.

We invite you to participate with our community's transformation. It is easy to participate-take part in one of our exercise activities, Personal Opinion Surveys, or come to a Community Gathering or a Coalition Meeting. We do want to hear your voice. Transformation will not occur without it!

Contact Information: Cindy Gamble (360) 709-1658  
Shannon Sullivan (360) 709-1771  
Leroy Boyd (360) 709-1773

C  
T  
G



## Emergency Preparedness Event

*"Accidents Big or Small, Avoid Them All!!"*

The Community Transformation Grant would like to invite the communities of Oakville and the Chehalis Reservation to participate in our Emergency Preparedness event.



**October 24th from 3:00-6:00 PM**  
in the  
**Community Center's Gathering Room.**



SPIPA Healthy Families Project Presents:

## POSITIVE INDIAN PARENTING



Every Tuesday beginning

### CLASS SCHEDULE

**September 10**  
**through**  
**October 29**  
**5:30 - 7:00 PM**

- 9/10/13 - Traditional Parenting
- 9/17/13 - Lessons of the Storyteller
- 9/24/13 - Lessons of the Cradleboard
- 10/1/13 - Harmony in Child Rearing
- 10/8/13 - Traditional Behavior Management
- 10/15/13 - Lessons of Mother Nature
- 10/22/13 - Praise in Traditional Parenting
- 10/29/13 - Choices in Parenting



To Sign Up Contact Beth Burnett Office: 360-709-1627 or  
Email [bdodge@chehalisribe.org](mailto:bdodge@chehalisribe.org)



FirstName LastName  
 Street Address  
 City, ST Zip

PRSR STD  
 US POSTAGE PAID  
 OAKVILLE WA  
 PERMIT No. 2

# 2013 Marvin E. Youckton, Sr. Memorial Baseball Tournament



This was a 25th year tourney held in August, in our dads memory, Marvin F. Youckton. It was another wonderful tourney living our dad's dream!!! We had many sponsors who helped make this a success. On behalf of the family I would like to thank everyone!

Charlotte Lopez



# Ol' Man Wooden Bat Memorial Tournament 2013

*The Secena Family*

This was our 16<sup>th</sup> year celebrating our father's love for baseball and fishing. The wooden bat hardball tournament only drew in four local teams, but that was good. That meant at least the jackets would stay home this year. Congratulations go out to the Rebels for winning this year's tournament; they fought a long, hard battle to victory. The championship game was a good one.

Both teams played very hard. This is what our father would love to see. Good baseball and good food!

The fish dinner on Saturday went on without a hitch. There was plenty of food, with exception to Georgette's fry bread and chili. They always go first. There was, however, plenty of fish. We would like to thank Dan Jones and John Youckton for

helping Christopher and Don with cooking the fish. Chris said he learned a lot from them both and was very grateful for the opportunity to learn. Thank you to all those who donated food. It was very well received and devoured by everyone.

Thank you for coming out and enjoying good baseball and good food. See you next year.

- Tournament Results**  
 Champions - Rebels  
 2<sup>nd</sup> Place - Chehalis Team  
 3<sup>rd</sup> place - Tomahawks 1  
 4<sup>th</sup> place -Tomahawks 2  
 MVP went to "Ray Ray" Lopez  
 Best Pitcher went to Shawn Youckton

## Tournament Results



**Champions were the Rebels**



**2<sup>nd</sup> place went out to the Chehalis team**

**All Stars:** Rebels: Tony Youckton, Alex Youckton, Dominic Angwood, and Rueben Lopez Chehalis: Ryan Burnett, Gary Ortivez III, Leroy Boyd, Joe Wittwer Tomahawks 1: Dustin Klatush, Nate Newton, Jared Newton, Josh Tomahawks 2: Dale Klatush Jr., Dale Klatush III (aka Smokey), Jordan Bird