



# CHEHALIS TRIBAL NEWSLETTER

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

December 2013

Free

## Volunteers Make a Memorable Chehalis Tribe's 12<sup>th</sup> Annual Veterans Day Dinner a Success

A meal to remember so that we never forget! The Chehalis Tribe with the help of Lucky Eagle Casino and Hotel staff served hundreds of veterans and guests as part of the Chehalis Tribe's 12<sup>th</sup> Annual Veterans Day meal on Monday, November 11. The event was one of the most highly attended in 12 years with a total of more than 500 meals served.

"We are extremely proud to play a part in helping the Tribe honor our heroes with such an important and emotional event," John Setterstrom, CEO of Lucky Eagle Casino said. "It's impossible to say thank you enough to our veterans."

Attendees raved about the quality of the meal, which included traditional fire pit cooked salmon,



The Flag Ceremony honored veterans with a night of stirring, patriotic ceremonies recognizing their sacrifices while serving our country in the armed forces.

frybread, chicken, red potatoes, green beans and corn. The main course for the evening, however, was a heaping helping of thanks to the veterans for their service and valor.

Every veteran in attendance received a free hat and coffee mug with the logo of the event as well as being regaled throughout the evening with a series of stirring,

**Continued on Page 2**

## Tribal Members Join Missionaries in Humanitarian Efforts in South Africa

By Nadine Burnett, Tribal Member

On October 14, 2013, David Burnett the Chairman of the Chehalis Tribe took a 23 hour flight to Johannesburg, South Africa and then a five hour bus ride to Mbabane, Swaziland, Africa, along with his parents and 5 individuals from the Malone Assembly of God. The purpose of the trip was to build a feeding station for some of the many orphans in South Africa.

David Burnett arrived in the evening of October 15, 2013 and after a night of rest, a short day of touring was arranged. Because of the long journey, the host missionary felt it would be good to take it easy for the first day.



The volunteers took a break and toured the Mantenga Nature Reserve in South Africa.

On Thursday, the group traveled to the village of Ntfontjeni to begin the building project. The weather on this day was favorable enough

to move the cement block in place and to begin obtaining an idea of what this project entailed. In

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## New Vosper Community Playground Equipment

A new playground is ready for kids to use off of Sickman Loop! Major construction of the new play equipment was completed early in December, with finishing work to be completed in the spring. This former empty lot is now ready for kids to play on the spinning toy, slides, monkey bars and swings. These toys include fun activities for little ones and elementary age children. Benches for parents have been put in so they can enjoy the playground too.

In the spring, once the weather has warmed, the Vosper Community Park, located on Sickman Loop, will be finished with the addition of a paved path, a picnic table with benches, and grass. A grand opening and blessing will be held at the playground when the finishing work is completed in the spring.

Thank you to the Vosper neighborhood residents, the Planning Department, the Tribal Housing Authority, the

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The evening began with a stirring rendition of the National Anthem by Heather Youckton, Chehalis Tribal member.

patriotic ceremonies, presentations and awards for veterans.

The evening began with a stirring rendition of the National Anthem by Heather Youckton, Chehalis Tribal member,

followed by a POW Ceremony by Kenneth C. Wojczynski.

**“Many hours of planning went into to making this happen,” Burnett said. “The hard work from the Veterans Day Committee was truly a labor of love for them.”**

“On occasions like this, the National Anthem takes on even more emotion and significance that it normally does,” Director of Marketing for Lucky Eagle, and the evening’s emcee John Straus said. “I think everyone got goosebumps. I know I did.”

During the meal, Elaine McCloud and family performed traditional song and dance, followed by singing



and drumming from the Chehalis Canoe family.

After the meal, special recognition was given to Korean War veterans in attendance in honor and remembrance of the 60<sup>th</sup> Anniversary of the end of the war. Korean War veterans were given a fleece vest with a logo of the event embroidered on the chest.

Curtis DuPuis, Chehalis Tribal Veteran of the 5<sup>th</sup> Special Forces in Vietnam. DuPuis spoke of his time and experience in the service. Along with a member of the Yakama Nation Warriors Association, DuPuis presented a gift to an Afghanistan veteran in attendance.

D.J. Eagle Bear Vanas, a retired Air Force Officer and member of the Odawa Nation, presented “Warrior Within”. D.J. is a Native American

motivational speaker that has presented to many tribes and corporations across the nation.

Door prizes were given and special honors were awarded to the oldest veteran, youngest veteran and longest served.

The Veterans Day Committee organized the event. Members include: Vanessa Youckton, Ryan Johnston, Merrill Goldstein, Diantha Draeger, Diana Keller, Amber Tovrea, Gwen Fisher, Amy Palo and Jenny Howe.

The Veterans Day Meal was made possible thanks in part to contributions from the Chehalis Tribe, Lucky Eagle Casino, Capital City Press, Budd Bay Embroidery & Specialties, Burger Claim, and Coast Office.

**Volunteers cooked fish for the dinner. It was prepared in the Chehalis traditional style at the Lucky Eagle Casino.**

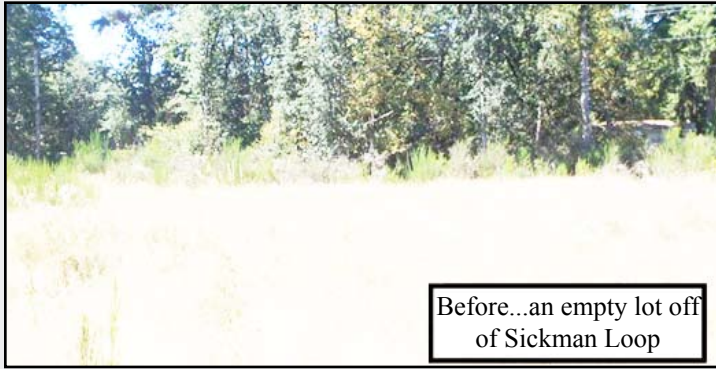


Photos by Sheila Bray



**Continued from page 1...**

Tribe's Confederated Construction Company, Northwest Playground Equipment, and the Business Committee. We are excited to see our youth enjoying the playground this year!



Before...an empty lot off of Sickman Loop



After...new toys at the Vosper Community Playground!

## CHEHALIS TRIBAL LOAN FUND NEWS

*We offer Business Loans, Home Improvement Loans, Debt Consolidation and Credit Builders Loans!*

Our interest rates are competitive with local bank rates. Interest rates are rated on a point system. We base our scores based off your credit score, length of employment, owning a home, etc.

**Youth:** Would you like to take a "How to budget per capita" class, or "How to start your own business?" or "How to purchase your first car?" Please call our office at 360-709-1831. If you do not live locally, we can send your curriculum to complete at home. You can also email us at: [jburnett@chehalis-tribe.org](mailto:jburnett@chehalis-tribe.org).

**Trainings:** The Chehalis Tribal Loan Fund will begin offering monthly lunch time trainings starting December 18th. We will have these lunch time trainings at the community center.

**December 18th: Saving for 2014**

**January 22: Budgeting and Grocery Savings**

**Businesses:** Do you want to start a business? We have **Business loans** and assistance in developing Business Plans. We also have business lending dollars for Tribal members. Contact our office to get started.

**Do you need a new roof?** Want to replace your carpet or flooring? We have **Home Improvement Loans**.

**Credit:** Want to work on your credit? We can run your credit report, and assist you in repairing it. Call us for an appointment.

**Too much debt?** We have **debt consolidation loans**. We have helped clients save thousands of dollars in interest rates by providing much lower interest rates.

**Want to start saving?** We have a partnership with Sterling Savings bank where Tribal members can open an account with as little as \$5.00.

Julie Burnett, Executive Director, 360-709-1831, [jburnett@chehalis-tribe.org](mailto:jburnett@chehalis-tribe.org)  
Diana Pickernell, Loan Coordinator, 360-709-1631, [dpickernell@chehalis-tribe.org](mailto:dpickernell@chehalis-tribe.org)

## Walk of Fame



Would you like to honor a Chehalis tribal member or community member hardball or softball legend? Create a lasting memory by purchasing a personalized paver. Each engraved paver becomes a permanent part of the walkway at the ball fields to be viewed for years to come.

The pavers are 18" X 18" and are engraved using state of the art laser technology, ensuring long lasting strength and durability of the engraving. Please choose your own special message and use the block grid below to enter your message information. If ordering more than one paver, please complete a separate order form with the engraving information for each.

### Engraving Information

- Pavers may contain up to 7 lines of 22 characters per line.
- Characters include all letters, numbers, and punctuation marks. Price for each character is \$1. There is also a \$50 set-up fee for each paver.

Price for each engraved paver is \$50 + \$1 for each character (letter, number, punctuation). This is the cost for the engraving only. The Chehalis Tribe has already purchased the pavers. Cost you are paying is for the engraving only.

**Payment is by cash, check or money order. Make check payable to Chehalis Tribe. Mail or deliver this order form and payment to:**

Chehalis Tribe Planning Department For more information  
Walk of Fame Pavers contact Amy  
PO Box 536 Loudermilk at  
Oakville, WA 98568 **360-709-1813**

# Tribal Health and Wellness News

## Chehalis Tribal Wellness Staff Profiles: Wellness Providers

Hello Chehalis Tribal Community! I am Molly Mellon, ARNP at the Chehalis Tribal Wellness Center. I have been working here as a temporary employee for a year but am happy to announce I have now been hired as a permanent tribe employee.



**Molly Mellon, ARNP**  
Chehalis Tribal Wellness Center

for several years. While I was working at the hospital, I received my Master's in nursing from WSU, so that I could become a nurse practitioner.

Despite spending most of my life in school, I've enjoyed lots of travel, am

married and have a beautiful 8 month old daughter. For hobbies I enjoy reading, cooking, gardening and knitting (although I don't have time for very many of those these days raising a busy little baby!).

Since I grew up in a small community I love working in a setting like this one, as it gives me the opportunity to know my patients and their families on a personal level.

I've already really enjoyed working with the Chehalis tribal community and look forward to being here for the long haul.

I'm excited to be joining a strong and caring team who are all dedicated to attending to your health and well being.

A little about me: I was raised in Hood River, Oregon and after high school went to Oregon State University and majored in marine biology. After I graduated I spent a number of years working as a marine biologist in Oregon, Washington, Alaska and New Zealand. During that time I got a Master's degree in marine biology at Western Washington University. Despite all that work, I decided I was ready for a change and wanted a career that would allow me to work with humans, not seaweed.

I went to University of Washington where I attained my Bachelor degree in nursing. I took the opportunity to work as an RN at St. Peter Hospital

My name is Catherine Casey, ARNP and I am very excited to have the opportunity to work with you as a clinician alongside those that have been serving you at the Chehalis Tribal Wellness Center. I have been here as a permanent Tribal employee since mid July and am very excited for the future.

I am fortunate to get back to my roots and work in a small community. I am originally from Grays Harbor growing up in both Hoquiam and Elma and have always had the intention of serving a small rural community. I love the ability to work with individuals and families from infancy through adulthood.

My background is in family practice, hospice and emergency medicine. I obtained my undergraduate degree from University of Washington and my graduate degree from Washington State University. I have difficulty deciding who should win the Apple Cup!!

I currently live in Roy with my husband of 13 years and our 8 year old son. If not in the clinic I am usually with family shuttling our son to one practice or another. I am a huge baseball fan, love to cook/try new foods, going to CrossFit, being outside as much as possible and am quite active

in our church. I was a volunteer firefighter for 8 years and if I had more time would resume this.

I love working here and even in this short time have met some amazing people and fostered lasting relationships. I look forward to settling down and serving this community for years to come.

In medicine, I focus on health maintenance and disease prevention with an emphasis in diabetes and cardiovascular disease. I have a special interest in sports/emergency medicine, and pediatrics.

If we haven't met, please come down and introduce yourself and say hello!



**Catherine Casey, ARNP**  
Chehalis Tribal Wellness Center

### Mammogram Dates

February 19, 2014

March 18, 2014

May 6, 2014

For more information contact Christina Hicks  
Community Wellness Manager, CTWC at  
360-709-1741

### 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.

### Biggest Loser Contest

Starts Monday January 6, 2014  
at CTWC

There will a \$25 buy-in. For more information contact the Prevention Team staff at 360-273-5504.



# GPS for Diabetes: Giving People Strategies for living with Diabetes

## How do I know if I have Diabetes? Who is at risk?

- Ethnic background
- Family history of Diabetes
- Overweight or obese
- History of Diabetes while pregnant
- Age: risk goes up with age
- Sedentary lifestyle
- Stress: releases “stress hormones” which raise blood sugar

## Symptoms and signs: often several of the following

- Excessive thirst
- Frequent trips to the bathroom to urinate
- Blurred vision
- Weakness and fatigue
- Cut or scratch that is slow to heal
- Tingling or numbness of feet

## Diagnosis of Diabetes:

- Fasting Blood Sugar (FBS) greater than 126 or A1C 6.5 or higher (fingerstick A1C test gives you your average blood sugar over the past 2-3 months)
- 2 hour after meal blood sugar >200
- Random blood sugar >200 FBS 106-125 Pre Diabetes
- A1C of 5.7-6.4 is considered in the Pre Diabetic range (with Diabetes Prevention Program of Pat Odiorne, RD, CDE, at Chehalis Tribal Wellness Center, if you have Pre Diabetes you can reduce your risk of becoming a Diabetic by 58% with lifestyle changes alone)

## Self Monitoring of Blood Sugar

### When Should I check it?

- If you are not on insulin with each meal on a sliding scale depending on your mealtime blood sugar to pick the correct dose, then testing before breakfast and two hours after a meal is ideal.
  - A1C value depends on both Fasting Blood Sugar and 2 hour after meal sugar result; an average of both of these numbers
  - Goal Fasting Blood Sugar 90-120
  - Goal 2 hour after meal sugar is 140-180. If both at goal, A1C will be 7.0 or less or average blood sugar approximately 150



**Do physical activities you really like. The more fun you have, the more likely you will do it each day. It can be helpful to exercise with a family member or friend.**

- Monday–Wednesday- Friday schedule gives your provider enough information to adjust your medication for you, but you should test if you feel your sugar is too low or too high, or if you just want to see what a certain meal has done to your blood sugar.
- Write down the readings for your next appointment.

## Feelings of Diabetes Distress

Feelings of being overwhelmed and burned out should be expected with Diabetes at times.

- Almost everyone with Diabetes feels frustrated and distressed from time to time: “my blood sugar is just not going down,” I have been going to the gym, but my weight just won’t go down,” “Everyone in my family has Diabetes, I can’t do anything to prevent it anyway.”
- Some feel burdened by the demands of Diabetes management.....testing, planning meals, when and how much to exercise.
- This is especially true when a new complication occurs, such as an eye or kidney problem.....who’s to blame?
- Some may simply feel they should give up... “What’s the use anyway?”
- Disregarding or ignoring one’s feelings can make it worse.....can lead to depression.

## Managing Diabetes Distress

Do one thing at a time: the greater the number of things changed in your management plan at once, the greater the chance nothing will be accomplished

- Make an appointment just to review your Diabetes every three months

- Get your A1C checked every 3 months
- Schedule your annual eye, foot, dental check-ups to prevent complications
- Get your complete labs checked every 6-12 months per your provider

■ Test on schedule you can live with on a regular basis; share your Diabetic log with your provider regularly.

■ Diet: most “diets” are hard to maintain; learn meal planning from Pat Odiorne, RD, CDE that you can understand and make a part of your daily lifestyle.

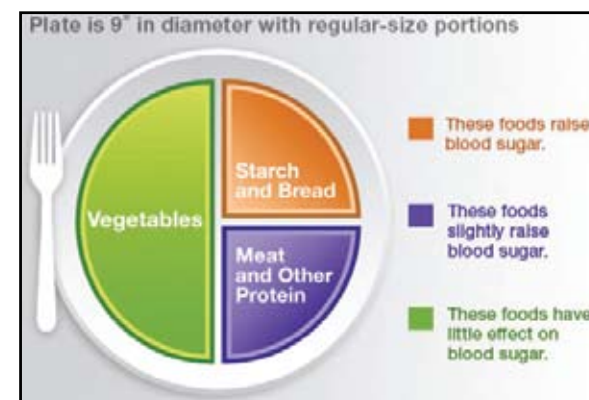
- Eat breakfast: people who maintain a healthy weight eat breakfast; a good Diabetic breakfast is two eggs and a slice of toast; BUT cereal, oatmeal and cream of wheat have loads of sugar, so they are not good choices. Pat can give you other suggestions.
- Dividing your plate into 4 sections with ½ for your vegetables and fruit, ¼ for your protein and only ¼ for your carbohydrates such as rice, potatoes and pasta. Limit bread to one slice per meal or 1 ½ sandwiches daily; avoid regular sodas or regular juices; have one serving at meals.

■ Exercise

- Walking three days a week for 30 minutes lowers your risk of a heart attack by 50%, lowers blood pressure and helps maintain a healthy weight.

*Chehalis Tribal Community  
Wellness Center Team*

**Barbara Mora, Paiute/Dine, says, “I have a wonderful life, I am healthy with Diabetes. If I can overcome the fear, the pain, the hopelessness of Diabetes, you can too.”**



**Portion size is crucial to successfully managing your diabetes. Here is an example in achieving your goals.**

## I'm Sick! Why Didn't I Get Antibiotics?

It's that time of year: sniffles, cough, fever, aches and chills. You come to the doctor's office looking for something to help you get better faster and now you've been told you don't need antibiotics. What the heck?! Doesn't anyone believe you? You feel *really* terrible!

Don't despair, your healthcare providers really are listening to you, but antibiotics actually don't fix the vast majority of cold and flu symptoms. Here's a list of common winter illnesses that typically don't need antibiotics:

### Common cold (rhinovirus)

- Common symptoms:
  - Sore throat
  - Runny nose
  - Sinus congestion
  - Fever below 100°
  - Cough
  - Mild fatigue
  - Usually lasts 7-14 days

There aren't any medications that make it go away faster, but there are medications that can make you feel better.

### The flu (influenza)

- Common symptoms:
  - Headache
  - Runny nose
  - Sinus congestion
  - Fever above 100°
  - Cough
  - Aches
  - Chills/sweats
  - Extreme fatigue
  - Sometimes nausea/vomiting/diarrhea
  - Lasts 10-14 days
- There is a medication (that is not an antibiotic) that can help the flu go away more quickly, but it must be started within 36-48 hours of symptom onset or it won't help.
- Many common strains are prevented by getting your flu shot each year.

- Pneumonia can be a complication of the flu so it's important to be seen by your provider.

### Bronchitis

- Common symptoms:
  - Chest congestion
  - Mild shortness of breath
  - Productive and/or tight cough
  - Fatigue
  - Fever below 100°
- Best treated with rest, lots of fluids, cough medicine and steamy baths or showers.
- If you have worrisome shortness of breath, a stubborn cough and/or a fever, you may need antibiotics for pneumonia (which can seem a lot like bronchitis).

### Sinus infection

- Common symptoms:
  - Nasal drainage that is thick, yellow or greenish
  - Nasal congestion or obstruction
  - Pain/tenderness around your eyes, cheeks, nose and/or forehead
  - Cough, which is often worse at night
  - Reduced sense of smell and/or taste
  - No fever
- Sinus infections are best treated with saline nasal rinses and often resolve in 1-2 weeks. If your pain is severe, you have a fever and/or it's been more than 2 weeks, you may need antibiotics or other prescription medications.

Despite all of these being illnesses that don't usually need antibiotics, it is still important to be seen and evaluated by your healthcare provider, especially if you have other chronic conditions such as diabetes, COPD, asthma or high blood pressure. There are often prescription medications that can make you feel better and all of these illnesses can have complications that **do** need antibiotics. If you are ever concerned about what is going on with your body, your care team is here to help and are happy to see you and help you get well as quickly as possible.

## Holiday Closures

December 24~Closed  
December 25~Closed  
December 26~Closed  
Resume business on  
December 27.

December 31~Closed  
January 1~Closed  
Resume business on  
January 2, 2014.

Please make sure you have all your medicines. Please call them in at least 3 days before to ensure you have enough medicine during the holiday closures.

## Get ready! Get Screened! January is Cervical Cancer Awareness Month!

Here are some facts about cervical cancer screening and prevention the Native Women's Wellness Program would like you to know:

- Who gets cervical cancer? All women are at risk for cervical cancer, but it is usually found in women over age 30.
- When cancer starts in the cervix, it is called cervical cancer. The cervix is the lower, narrow end of the uterus. The uterus (or womb) is where a baby grows when a woman is pregnant.
- Cervical cancer is one of the most preventable types of cancer.
- Cervical cancer develops in a predictable manner over a long period of time. When cervical cancer is found early, it is highly treatable and associated with long survival and good quality of life.
- Screening tests reduce illness and death when conducted routinely. The Pap test screens for cervical cancer.
- The Pap test is highly effective at finding cancer early, when the chance of being cured is very high. The Pap test can also find cells before they turn into cancer.
- Finding and treating any precancerous cells can prevent nearly all invasive cervical cancers.
- Cervical cancer is highly preventable in the United States because screening tests and a vaccine to prevent HPV infections are available.
- The human papillomavirus (HPV) causes almost all cervical cancer. Getting the HPV vaccine while young can prevent cervical cancer. This is available at the Chehalis Tribal Wellness Center for both girls and boys.
- Call the Tribal Wellness Center (360-273-5504) to schedule your women's wellness visit today! NWWP appointments are on Tuesdays. The first nine women having their screening examinations in January will receive a copy of the book, "*Journey Woman: A Native Woman's Journey to Wellness*".

**Eligibility for the Raffle:** All women who come in and have their Annual Exam/Pap test. You can also talk to the health care provider about the HPV vaccine. Those who participate will be entered into a Raffle for a Pendleton Blanket. The raffle will run from January 2, 2014 to January 31, 2014. .





# Great Wolf Lodge Discounts for Tribal Members

Great Wolf Lodge, Great Wolf Resorts, and CTGW are delighted to be able to offer Family Suites which sleep six people for \$99 per night to enrolled Chehalis Tribal Members. (Average nightly rate \$380). Transfer of this benefit to non Chehalis Tribal Members is prohibited.

The Tribal Member reserving the room must be present at check-in, show their tribal I.D., and must be at least 21 years of age.

There is a one Family Suite limit per night. A group discount will be available with a signed contract of 10 or more rooms, but the Tribal rate does not apply.

Great Wolf Lodge will be happy to offer upgrades at no extra charge upon check in, if those rooms are available, but upgraded rooms cannot be reserved at time of reservation at the discounted rate. For example, the Grizzly Bear, Grand Bear and Majestic Suites all average over \$500.00 per night so every member in the Tribe benefits when we have paying guests. **If the tribal member who made the reservation is not actually staying in the room, the full room rate will be applied.**

**To make a room reservation:** Call 360-273-7718. Tribal members are encouraged to book a reservation in advance since the benefit is limited to available rooms. If you need further assistance please don't hesitate to contact Cammi Wittwer, Extension 4920.

**Water Park Passes:** Each tribal member may receive up to 6 Waterpark passes per day. You will receive one FREE bracelet, and you must pay \$10 each, plus tax, for any additional passes you purchase, for a total of 6 per day. You must be at the Lodge, in person, with a valid Tribal member ID in order to pick up the passes and enjoy the Waterpark with your family.

**25% Discount in all Outlets:** Chehalis tribal members must show their tribal ID card at the time of purchase. This does not include any add on packages to rooms, Paw Passes, Spa Packages, or Alcohol.

If you have questions please call Tribal Liaison Trudy Marcellay at 360-273-7718, Ext. 4981

**Merry Christmas &  
Happy New Year!  
From The Chehalis Tribe**

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

# FREE DISCOVERY PASSES NOW AVAILABLE FOR CHEHALIS TRIBAL MEMBERS

In 2011 Washington State mandated that all vehicles that park or travel on lands owned by State Department of Natural Resources, Department of Fish and Wildlife or State Parks and Recreation Commission, must have a Discovery Pass. In response to this, we asked the State to provide these passes free to tribal members engaged in tribal cultural activities such as hunting, fishing and gathering. We are excited to say that they are now available and **FREE** to Chehalis Tribal Members.

To get your free discover pass, please contact the Chehalis Tribe Department of Natural Resources. For those members living away from the reservation, you can email your name, address, and enrollment number to [CDNR@chehalis tribe.org](mailto:CDNR@chehalis tribe.org). We will mail one to you. For those wanting to just stop by CDNR, call ahead and we can have one ready for you.

Call 360-709-1850 and leave a message with your name, address and enrollment number and when you would like to pick it up.

For more information please contact Mark White, Natural Resources Director at 360-709-1850.



## 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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(360) 273-5914 (fax)  
[fshortman@chehalis tribe.org](mailto:fshortman@chehalis tribe.org)

### 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 December

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Ruben Chum Joshua Chum Justin Karl Derrick Klatush Natasha Moore	2 Victoria Flores Aaron Youckton	3 Hunter Ortivez Madyson Pickernell	4 Leah Secena Alexa Strawder	5 Nancy Black Zachary Hofstetter Andrea Robertson	6	7 Nathan Patterson Jacob Secena Kirsten Secena Jerry Youckton
8 Marie Bird Samuel Starr-Wright	9 Monica Lopez	10 Alyssa Fern Jason Lyons  Rebecca Youckton-Legg	11 Phillip Bush Shirley Gunnels Randi Robertson Roberta Youckton	12 Mary Pulsifer	13 Kaileen Bray Jasmine Exparza- Klatush  Melanie Hjelm Crystal Jones	14 Chase Beckwith Anthony Olney Eugene Ortivez
15	16 Jeanette Whiteclaw	17 Kindra Youckton	18	19 Wilma Graciano Jeana Nyland	20 Justin Irizary Glenda McNair	21 Craig Burns Michael Simmons
22 Allison Goldman Jeremiah Jones-Baker Braden Yawn	23 Shania McCloud	24 Laela Baker Shawn Goddard	25 John Bird Ashton Boyd Ella Camp Kim Starr	26 Yvette Fulton Helen Sanders	27 Rachel Cortes Richard Hill Kly Meas III	28 Edmund Myer
29 Koner Burnett Lana Cosman	30 Dyani Cayenne James Quilt Joshua Sanchez	31 Lance Burgess				

## HAPPY HAPPY 7th BIRTHDAY

Dyani Deermoon Jacy  
Cayenne



LOVE YOU!!  
Dad, Mom, All Your  
Grandpas and  
Grandmas & Family

*Happy Birthday wishes to:*

*Kaileen Elizabeth - December 13<sup>th</sup> - 18years*

*Aaliyah - December 23<sup>rd</sup> - 15years*

*Sissy - December 31<sup>st</sup> - 19years*

*Love Gramma*

Happy Birthday to my son  
Nathan Paterson

I Love You!!  
Mom

Happy Birthday  
Madison Pickernell

Love You!!  
Dad, Aunties, Auncles  
& Family

Happy Birthday Adam!



Love Marla and Carolann

HAPPY 16<sup>TH</sup> BIRTHDAY  
ZACK HOFSTETTER

LOVE MOM, DAD & ISSAC

Happy Birthday "Koner"

We Love You  
Sooooo Much!

Love Mom, Grandma & All Your Family!



**Save the Date!**

More information:

Tamara Clark

tclark@thurstonTOGETHER.org; (360) 493-2230 ext 10

## **Substance Abuse: A Community Response**

*Formerly "Meth and More: Drug Abuse in Our Area"*

**April 30, 2014**

**9 a.m. - 4 p.m.**

*(registration begins at 8:30 a.m.)*

**Great Wolf Lodge,  
Grand Mound, WA**

Reserve your seat today!

*Early bird is \$35, or \$45 after April 1.*

[www.thurstontogether.org/events](http://www.thurstontogether.org/events)

Please join the Thurston County Drug Action Team for this comprehensive training on targeting drug abuse in our communities.

- Presentations from recognized authorities
- Informative breakout sessions
- Hear from professionals in many fields
- Networking and resources
- Lunch

**CALL FOR PRESENTATIONS:** We are requesting presentation proposals for the conference. The purpose of this conference is to provide a high-quality education, collaboration and networking opportunity for prevention leaders, treatment professionals, law enforcement professionals, educators, health professionals, government officials and the community. Sessions are designed to cover all community sectors and focus on current and emerging issues, latest research findings, best practices, cutting-edge programs successes, lessons learned or problems solved.

Presentations are designed for all levels of experience. They should last one hour, including a brief question-and-answer session. We will seek continuing education unit accreditation for all programs once they are selected.

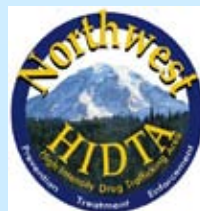
**Submission deadline is Dec. 31, 2013**

Please include a biography of the presenter, presentation description and expected outcomes.

**CALL FOR EXHIBITORS:** Would you or your organization like to have a resource table at the Meth and More conference? Table sponsorship is \$200 and includes one conference registration and lunch.

Interested sponsors, please contact Tamara Clark at (360)493-2230 ext. 10, or tclark@thurstontogether.org

The 5th annual conference is brought to you by:



## **Attention Chehalis Tribal Members:**

Tsapowum Chehalis Tribal Behavioral Health Program will be sponsoring Chehalis Tribal community members to attend the Thurston County Substance Abuse Conference at the Great Wolf Lodge in April.

It is an opportunity to learn more about the solving this epidemic. It also gives you an opportunity to ask questions, network with the professionals and continue to be an essential part of prohibiting this type of behavior.

If you are interested in attending this conference please contact

Madelyn Dethlefs,  
Prevention  
Coordinator at  
360-709-1717

# Chehalis Tribe Students of the Month

## Makayla Ortivez (9-12)



Makayla Ortivez is a senior at Oakville High School, for the month of November.

She ended the month with a GPA of 3.0. Makayla likes how school is

getting her prepared for college.

Makayla plays volleyball, basketball and fast pitch for Oakville High School.

After High School, Makayla plans on attending SPSCC for two years or going straight to UW to study abnormal psychology.

Makayla's advice for other students is to turn in their work and not to slack.

## Jasmine Exparza-Klatush (6-8)

Jasmine Exparza-Klatush is in the 6<sup>th</sup> grade at Rochester Middle School.

She ended the month with a GPA of 3.71. Jasmine's favorite class is Technology, because she gets to make things. Jasmine enjoys playing fast pitch; she is looking forward to playing soccer and basketball next year.



Her advice to other students is, "Stay off their phones and pay attention."

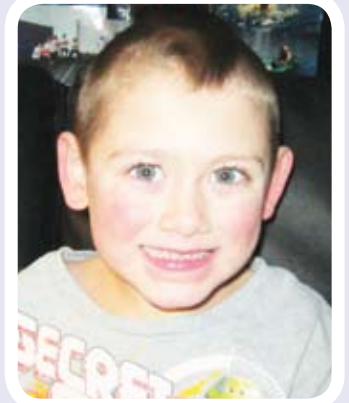
**From the Education Department:** As a reward for their commitment to school and personal growth, each student of the month will receive a \$50.00 gift card from the Education & Development Department.

Congratulations, Keep up the good work!

## Dominic Delgado (K-5)

Dominic Delgado is in the Kindergarten at Rochester Primary School.

Dominic enjoys recess, P.E., Math, going to the library to get books, and lunch, Dominic is one of the top readers in his class.



Dominic enjoys playing t-ball, playing outside, riding his bike, and jumping on the trampoline.

Dominic says he wants to play baseball when he grows up.

**Attention Tribal Members:** If you feel that your child should be nominated for student of the month, please contact Jodie Smith at [jsmith@chehalistribe.org](mailto:jsmith@chehalistribe.org) or 360-709-1897. State the reason why your child should be considered. Deadline is the last Friday of each month.

# Chehalis Tribal Early Learning Programs Celebrates Thanksgiving with Family and Friends!



We are so grateful to have the Lucky Eagle Casino support our Early Learning Program and Community! Our Annual Thanksgiving Dinner is always so appreciated by families, community members, and staff. Making the time to be with our friends and family is treasured by all of us. We are thankful to those who came and enjoyed the feast with us!

Thank you to the Lucky Eagle Casino for providing the entire meal to our community & families.

## Upcoming Events at Early Learning:

**Winter Break: Monday, December 23rd to Friday, January 3rd.**  
**Classes resume January 6th!**

**Happy Holidays from all of us at Early Learning!**





# Rural/Tribal Transit Bus Schedule



Rural/Tribal Transit has released updated bus schedules for their routes. This includes the Tumwater-Centralia route, which stops by Grand Mound, and the Rochester route.

For more information, please call Rural/Tribal Transit at **1-800-650-7846**. All route times are approximate – the bus can arrive 15 minutes before or after the scheduled time.

For further assistance please visit website for travel options at [Thurstonheretothere.org](http://Thurstonheretothere.org)

## Weather travelling tips:

While travelling with public transit during the winter months please dress warmly and be prepared to wait in the colder elements. You may have to wait longer while the bus travels safely along the route.

Remember that during the colder months the ground tends to freeze causing icy hazardous areas on sidewalks, walkways and roads. Please keep safe and watch for areas that appear icy and/or hazardous for travel. If you are waiting in an area that is not maintained by road crews, please call **1-800-650-7846** to inquire about a safer area to be picked up or reschedule your travelling needs to a different time or day when travel is safer.

During inclement weather be sure to inquire with all the transits you may need to utilize, to ensure they are all operating normally or with a detoured route.

R/T will monitor the WSDOT website and news channels to monitor winter storm alerts as well as contacting Intercity Transit and Twin Transit for updates regarding route delays and or closures. In the event that snow has caused a delay in the route or caused the route to be cancelled, the CSR will make an attempt to call you to cancel your scheduled ride.



19705 Old Hwy 99 SW AM/PM 1	188th Ave SW & Elderberry St SW 2	Sergeant Rd SW & 191st Ave SW 3	Jordan St SW & 173rd Ave SW 4	Albany St SW & Hwy 12 SW 5	Bend St SW & Hwy 12 SW Roof Center 6	12888 188th Ave SW Lucky Eagle 7	18313 Paulson AVE Rochester Family Ued 8	Old Hwy & Old Hwy 99 SW 9
6:00 am	6:03 am	6:05 am	6:10 am	6:15 am	6:20 am	-----	6:25 am	-----
6:30 am	6:33 am	6:35 am	6:40 am	6:45 am	6:50 am	7:00 am	7:20 am	7:25 am
7:30 am	7:33 am	7:35 am	7:40 am	7:45 am	7:50 am	8:00 am	8:20 am	8:25 am
8:30 am	8:33 am	8:35 am	8:40 am	8:45 am	8:50 am	9:00 am	9:20 am	9:25 am
9:30 am	9:33 am	9:35 am	9:40 am	9:45 am	9:50 am	-----	9:55 am	-----
10:00 am	Route Ends at 10:00 am							
3:30 pm	3:35 pm	3:35 pm	3:40 pm	3:45 pm	3:50 pm	4:00 pm	4:20 pm	4:25 pm
4:30 pm	4:33 pm	4:35 pm	4:40 pm	4:45 pm	4:50 pm	5:00 pm	5:20 pm	5:25 pm
5:30 pm	5:35 pm	5:35 pm	5:40 pm	5:45 pm	5:50 pm	-----	5:55	-----
6:00 pm	The 6:00 PM us will travel north to South Puget Sound Community college to connect with Intercity Transit							



Africa, you cannot just go to a building store (although, they have somewhat of building stores) and buy what you need because they may or may not have the product.

The Pastor of the local church had the vision to build this feeding station so that he could feed 250 to 300 meals a day to local orphans. This would provide most of them the one meal a day that they needed to live.

Friday it rained torrents and the materials they needed still weren't available so they went to Nhlngano and assisted in the building of a church. This was very difficult work; the gravel wasn't available so the men used sledge hammers to make big rocks into little rocks. And the rain continued in torrents.

Saturday they visited a tourist attraction which gave them an idea of how the Swazi's lived in the past. They also visited the children's part of a hospital. They handed out "sweets" (candy) to the children and their parents. This is a real treat for those in the hospital. Parents had to stay in the hospital with their children and care for them because the nurses only dispensed medicine.

Sunday was a day of rest and church. They visited a village church and experienced first hand what the feeding station would mean to the Ntfonjeni village. After church the locals served a meal to the children (which would probably be their only meal of the day) from their feeding station.

Monday the crew was able to get serious about laying the cement block for the Ntfonjeni Feeding Station. By Thursday they had run out of materials, but got most of the building completed. The men had to work in the cool weather and rain because of the limited time.

Friday was a day the "men on a mission" turned into tourists and visited a Wildlife Game Park (called a safari). They saw many animals which was very different than visiting a zoo. This was definitely a highlight of the trip and is highly recommended.

Saturday they visited two homesteads where two grandfathers were taking care of four and five orphan children. They took them some food staples which they were very grateful for.

The Chairman funded this trip out of his own pocket. He stated that he probably won't go on another trip. The need is so great, he feels like he didn't make a difference. However, I am sure the orphan children of Ntfongeni feel that he made a huge difference.



The chairman's parents will return to Swaziland in March and May to do the same thing in two different villages and would appreciate your prayers.

**Dave Burnett handed out "sweets" to the children while visiting a hospital in South Africa.**

Photos Provided by Nadine Burnett

