



CHEHALIS TRIBAL NEWSLETTER

The Confederated Tribes of the Chehalis Reservation

“People of the Sands”

October 2014

Free

Community Walks Together to Bring Awareness to Suicide Prevention

The fourth annual Suicide Prevention walk was held on Sunday, September 28. The event was hosted by Tsapowum Chehalis Tribal Behavioral Health in collaboration with Social Services and

the Lucky Eagle Casino, who kindly donated a barbecue lunch. The day started out cloudy and grey, but as we all held hands and shared a prayer, led by Rudy Nix, Mother Nature smiled down upon the community members that participated that morning and it became a beautiful, sunny fall day. It was a great day to share amongst one another as we walked together.



Chehalis tribal community members shared amongst one another as they prepare to bring awareness to suicide prevention.

The purpose of the walk is in memoriam to those lost to suicide, as well as to raise awareness and help the community to safeguard against future tragedy. Community members are able to learn about warning signs, building resiliency and where to seek help. The walk was around the (approximately 2.5 mile) Secena, Neiderman,

Howanut, Anderson loop. After the walk we all sat down to eat a meal together and share conversation about the walk and the beautiful weekend, prior to hearing the speaker.

Rudy Nix was this year's guest speaker for the Suicide Prevention/Awareness Event. He is a gifted

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Fall Harvest Festival Bring Communities Together

Gathering and celebrating community accomplishments is a vital part of working toward shared goals. The community garden projects have shown us not only how to grow foods, but how to build a sense of community, trust, and support. On Monday, September 29 from 5:00 – 7:00 PM, community members from the Chehalis Tribe, the City of Oakville, and Garden-Raised Bounty (GRuB) joined together to celebrate these accomplishments with a fall harvest dinner and apple cider pressing. Together, we welcomed the fall season, feasted on the garden bounty and enjoyed fresh apple cider!

Despite a little rain and wind, the blue sky eventually arrived to allow for picking greens, tomatoes, and carrots from the Oakville and Chehalis Tribe community gardens, which were served with dinner. Those in attendance were appreciated for their support of the gardens and reminded that the gardens were now in the care of each community. Dinner was blessed by a Chehalis Tribal Elder,

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Children Learn Fire Safety Tips to Protect Their Families



Early Head Start students gave Sparky the Fire Dog a high five at the annual safety day.

By Shawn Burdett, Public Information Officer for the Oakville Fire Department

Monday, October 6 was Oakville Fire Department's annual safety day which was held at the Oakville School. This event was made possible by Wal-Mart in Aberdeen, Lucky Eagle Casino and Baileys IGA Market. Without the generous donations provided by those three companies, this would not be possible! We want to thank them for their generosity!

We had kids from Head Start to third grade participate. Sparky, the Fire Dog, was on hand to give out hugs and high fives. All of the kids learned about a lot of safety issues, among them were stop, drop and roll, never open a hot door, always crawl on your hands on knees if there is smoke, and never be afraid

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Family and friends walked together during the Suicide Awareness/Prevention Event.

and charismatic presenter and he shared his thoughts and ideas with the community. Rudy Nix began his career as a successful boxer and since then has worked with youth in juvenile detention center. He also shared some of his connections to the Chehalis Tribe and its community members. Many may know him as “The Haida Warrior,” his fight name while he was a boxer at the Lucky Eagle Casino. Yes, he was proud of the moment when he held the championship belt, but that was only a moment of satisfaction. He wanted more! Never being satisfied with this achievement as he grew older, he knew he was destined for something greater.

After welcoming us, he began by giving us some statistics. He explained that Native American youth have a higher rate of suicide (23 out of every 100,000 in Washington State) which is larger than any other racial group surveyed. His mission is to figure out what can be done to give Native youth the support they need to reverse this reality. He believes that the most important factor is making culture more available and familiar to the youth and to the community at large.

Mr. Nix spoke of his experience working in juvenile detention centers and leading cultural



Guest speaker Rudy Nix shared his wisdom and knowledge during the Suicide Prevention/Awareness Event.

youth groups and how he witnessed young men feeling freer than they had ever felt, even though they were currently incarcerated. They had this feeling of freedom because they were allowed to be themselves and express themselves knowing that they were loved and cared for. It is sobering to know that this is the first location for these young people to feel this way and not in their homes or communities. However, it’s not only the incarcerated that need help. As we all know other contributing factors are drugs, alcohol, school and home life. This can be very overwhelming for one person to handle.

The suicide rate in Indian Country is an epidemic and one question is: “why?” How well do we know each other? How well do we listen to each other? How active are we in each others lives? These are very sound questions. Many cultural teachings are very simple and can be our core values as we grow, learn, and listen. Sometimes we get lost, but by asking these questions and using techniques taught to us - we can be found. If you saw someone doing something wrong are you willing to speak up? Previously, the Elders would put us back on the path. Let’s access our resources, our elders. We all know where the drugs are... what are you doing to stop this? There is no one wrong or right answer, but everyone in the community has skills and wisdom to correct the problems. Don’t sit back and watch, get involved! Rudy reminded us that while one person alone cannot fix the problems of a community, if we all work together and do what we can to always watch out for each other, we can create a web of safety which spans the entire community. Together we can support the youth of our communities to live safer and happier lives.

Another issue Rudy highlighted in Indian Country is the high school dropout rates. How can we as a community change this? Although, he is talking about the overall rates and was unaware that the rates from the Chehalis Tribal Community are better than average, we can still challenge ourselves to keep that momentum and share successes to be replicated within other tribes. He noted that education is a tool that Native Americans can embrace and use to accomplish many things. Value yourself and continue to embrace this concept as it will further your Tribe. Never lose sight of your goals as you practice your culture. When the journey is not easy and you get off track, return to your teachings to live in harmony with laws and principles of the authentic meaning of life.

“What does being Native American mean?”

Is it being born Native? Is the tattoo someone is wearing on their arm “NDN”? Are you living your cultural values that are taught to you by the Elders? Do you need more teachings on your values, but are unsure or embarrassed to ask? These are challenging questions not meant to shame, but inspire first steps. Our ancestors survived a wide assortment of trials from genocide, to failed treaties, disease epidemics, boarding schools and addictions. Their sacrifices did not go unnoticed by the following generations. Through culture, listening, sharing their hearts and respect, our Tribe’s are still here. It is not rocket science, just a simple way. It has to start with you and your walk towards success.

I Can’t, But We Can!

Rudy finished his talk with a story and by emphasizing the thought, “I can’t, but we can.” He shared a story about a young boy with his grandmother. *His grandmother asked him to move a large rock in the*



Mother Akasha Sligte and her son Matteo holding hands as they walked together during the Suicide Awareness/Prevention Walk.

yard. He said that he couldn’t move it as it was too large and heavy. She told him: “Use all your strength you have within you.” He grunted and pulled with all his might, but still couldn’t move the rock. He turned and told his grandmother: “I can’t grandmother! It’s too heavy.” Again she told him to move the rock he needed to use all your strength you have within you. He thought about what she said, and after awhile he asked if she could help him. Together they lifted and moved the rock. Together we can accomplish healing and growth to thrive.

Tsapowum Chehalis Tribal Behavioral Health:
360-709-1733

Suicide Hotline **1-800-SUICIDE**

The Northwest Tribal Epidemiology Center collaborates with Northwest American Indian Tribes and has resource on their website:

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



of a firefighter. We had a firefighter that had on all of his fire gear so every child got to see and hear what a firefighter will look and sound like in case of a fire. We also made sure each child understood how important it was to have an escape plan and a designated spot to meet once out of the house.

Each child also received a bag filled with their very own fire hat, 9-1-1 phone stickers, coloring book, and several other safety pamphlets to share with their family.

This program will continue each year because we have wonderful companies that donate money to help us with the cost. We feel it's very important for your child to know about the basics of a fire.

If you have any questions or you want to bring your child down to the Oakville Fire Department for a tour please call 360-273-6645.



Early Learning Program News



Greetings from Early Learning!!!

Chehalis Tribal Early Learning Programs has started off our school year with great success!

We want to thank our families for having your little ones here in class by 8:00 am Monday-Thursday.

We had our first Parent Meeting on Tuesday, September 30 at the Gathering Room and 30 parents attended!

Thank you families for coming and supporting our awesome program!

UPCOMING EVENTS:

Field Trips to the Pumpkin Patch!
(see your child's teacher for details)

Tuesday, October 21
Parent Meeting - 5:00 PM
(details to be announced)

Thursday, October 30
Tribal Trick or Treat and
Halloween parties at Early Learning!

Please come in and volunteer!
Our program depends on it!

Chehalis Tribal Early Learning
Programs



360-273-5514

Please come and meet our new
director, Marcy Maki!

Diabetes Prevention Program Begins 10th Year

The SDPI (Special Diabetes Program for Indians) Diabetes Prevention Program has started its tenth year as of October 1. Chehalis (lead Tribe) belongs to a four member consortium which includes Shoalwater Bay, Skokomish and Squaxin Island Tribes. The purpose of this IHS Grant funded program is to help those community members who are diagnosed with pre-diabetes to make a few lifestyle changes that will help reduce their risk of developing Type 2 Diabetes.

Individuals with pre-diabetes qualify to



attend the Lifestyle Balance Program. With this program participants learn strategies to eat healthier and exercise more. When participants make these healthier choices they begin to lose weight and their blood sugars drop to within the normal range (under 100 fasting).

To ask for more information about the
Diabetes Prevention Program contact:

Pat Odiorne 360-709-1884
or
Gloria Jones 360-709-1810



The SDPI Diabetes Prevention Consortium Staff. Pictured are (L-R) Pat Odiorne, Chehalis; Luanne Kennedy, Skokomish; Tanya Brown, Shoalwater Bay; Melissa Grant, Squaxin Island; and Gloria Jones, Chehalis.

Chehalis Tribal Wellness Center Presents

Diabetes Support Group

**On the Third Thursday of Every Month
in the CTWC - PT Room**

5:00 - 6:00 PM

The SDPI Diabetes Care Team will be covering different topics related to diabetes and self care. Snacks will be provided.

Upcoming Meetings and Topics:

October 16 - Neuropathy

November 20 - Exercise

For more information contact Pat or Trisha

Pordiorne@chehalistrie.org

350-709-1884 or

Tshipp@chehalistrie.org

360-709-1742

NOTICE: Information displayed on this flyer, email or our website calendar is subject to change. Please refer to this flyers contact person for the latest update.



“Stop Diabetes”

November is National Diabetes Awareness Month
Chehalis Tribal Wellness Center is sponsoring a
Screening Event for Community Members with
Diabetes.



Thursday, November 13

5:00 PM to 7:00 PM

**Referral
for eye
screening**

In the CTWC “PT” Room

Light snack provided

Attendees will be able to get the foot screening and referral for eye exams. If they haven't had one done in the past 12 months.

Attendees are encouraged to bring their Blood Sugar Monitors with them to have them checked for accuracy.

A representative from the American Diabetes Association will be in attendance.



To register or get more information contact: Pat Odiorne at 360-709-1884 or podiorne@chehalistribe.org

Foot Screenings

NOTICE: Information displayed on this flyer, in email or on our website calendar is subject to change without notice. Please refer to this flyer's contact person for the latest update.

USDA Food Distribution Dates

Pickup is at the Community Center from 11:00 AM to 2:00 PM

October 23
November 20
December 16

If you, or a member of your household, are enrolled in a federally recognized tribe, or you live within the reservation boundaries of the Chehalis, Nisqually, Skokomish, Squaxin Island, or Port Gamble S'Klallam Tribes you may be eligible. There have been recent changes enacted by the USDA that make it much easier to qualify.

Please call the SPIPA Food Distribution Warehouse at 360-438-4216. Monday through Friday between the hours of 8:00 AM till 4:00 PM and one of our staff will be happy to assist you in applying for this program.

WIC Program

Thursday, November 6
WIC 9:30 - 12:00 Noon

Thursday, December 4
9:30 - 12:00 Noon

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

Health Coaching Training Enhancing Patient Care

The Chehalis Tribe was awarded a grant from Indian Health Service to provide a Health Coaching training to the SDPI program staff. This training took place on Thursday and Friday, September 23 and 24. The training was lead by Denise Ernst, PhD. Participants from the Chehalis Tribal Wellness Center and SDPI staff from Shoalwater, Skokomish and Squaxin tribal clinics were in attendance.

What is Health Coaching?

■ Health coaching helps patients gain the

knowledge, skills, tools, and confidence to become active participants in their own care.

■ Health coaches help patients set their own health goals and then support their efforts to achieve these goals.

The entire group practiced the health coaching model and will continue to learn and stay active in health coaching. Every one thought the training was good and useful. We thank the Indian Health Service for providing this training and funding.



SDPI staff attended the IHS Health Coaching training at the Eagles Landing Hotel. Pictured back row (L-R) are Molly Mellon, Denise Ernst, Christina Hicks, Tanya Brown, Melissa Grant. Front row (L-R) are LuAnne Kennedy, Traci Lopeman, Pat Odiorne, Gloria Jones



October is Breast Cancer Awareness Month.

Together we can find a cure! The best way to fight breast cancer is to have a plan that helps you detect the disease in its early stages. Every

woman should create an early detection plan which includes: a monthly self-breast exam, a clinical breast exam (done by your health care provider with your annual exam), and for women age 40 and up a yearly mammogram. When breast cancer is detected early, in its localized stage, the 5 year survival rate is 98%, that is why it's so important to do regular screenings.

Every woman should know the symptoms and signs of breast cancer. By performing a monthly self-breast exam, this should be done on the same day of each month, it becomes easier to identify any changes and abnormalities and these should be reported to your health care provider.

Some changes in your breast could be nipple tenderness, a lump or thickening in or near the breast or underarm area, and other changes including the size, shape, or color, or nipple discharge, particularly clear discharge or bloody discharge. Most often these symptoms are not due to cancer, but any breast symptom you have or notice should be reported to your health care provider for earlier diagnosis and treatment.

Breast health exams:

- Monthly Self-Breast Exams (starting in your 20s)
- Clinical Breast Exams (CBE) done by your health care provider annually
- Mammogram starting at age 40 and up yearly
- Some cancer risk factors, like smoking, are controllable. Some other cancer risk factors, like genetics, are not. Find out more about potential risk factors and how you can plan for your healthiest life, by talking to your health care provider.

The Chehalis Tribe is part of South Puget Intertribal Planning Agency's Native Women's Wellness Program (NWWP). There are six tribes that belong to the NWWP, Chehalis, Nisqually, Shoalwater Bay, Skokomish, Squaxin and Quinault. There is a provider and outreach worker at all six tribes. The program pays for women who are eligible to be seen at each tribal clinic for breast and cervical screenings. Each tribal program also holds mammogram clinics. The programs also hold events to help educate the tribal communities on breast and cervical health, such as the Annual Breast Cancer Awareness walk, which is hosted by the Shoalwater Bay tribe on Saturday, October 18.

If you are interested in learning more about this program, please contact Christina Hicks, Community Wellness Manager at the Chehalis Tribal Clinic at 360-273-5504 EXT. 1741 or email: chicks@chehalis tribe.org



Why have Renters Insurance?

Being a renter often means having fewer things to worry about. Got a plumbing issue? Call the landlord to fix it. The refrigerator in your rented house stopped working? Call the owners and have them replace it.

But what if your apartment gets burglarized? Or worse yet, suffers smoke damage in a fire? Some renters may think that everything they have inside their apartment is insured under the landlord's policy, but that is not true. The landlord's policy only covers the building itself.

Many insurance companies offer renters insurance (aka tenants insurance or apartment insurance) that is tailored to fit the specific needs of tenants. Historically, renters insurance has not been nearly as popular as homeowners insurance. According to a 2012 Insurance Information Institute (III) poll, 96 percent of homeowners had homeowners insurance, but only 31 percent of renters had renters insurance.

Before you purchase a renters policy, make sure you understand what these policies really cover and how they can protect you in unexpected ways. Also, there are some key differences compared to homeowners insurance that can help save you money in premium payments and in bigger

claim payouts.

In all of the most important ways, renters insurance is virtually identical to homeowners insurance. Both types of insurance offer:

- Coverage for personal possessions against damage due to fire, smoke, lightning, theft, vandalism, explosion, windstorm, water, and other disasters listed in your policy. Possessions – sometimes called movable possessions – can include furniture, clothing, electronics, appliances, kitchen utensils and bed linens.
- Liability coverage, which protects against lawsuits for bodily injury or property damage caused by you or your family members, as well as no-fault medical coverage in case a visitor is injured in your home.
- Additional living expenses – including hotel bills, restaurant meals and other expenses above and beyond your daily expenses – in case your home becomes uninhabitable due to a covered hazard.

Key difference

Essentially, the only real difference with a renters insurance policy is that it strictly covers the renter's liability and the personal property inside the apartment unit. The rest of the

building – the walls, roof, fixtures, foundation, plumbing, furnaces and any appliances that are not owned by the renter – are all part of the landlord's policy.

While most renters focus on the relative value of their possessions when choosing renters insurance, they should also consider their risk of neighbors, or visitors filing lawsuits after getting injured in the renter's apartment, or another person's property getting damaged when they bring it to the rental unit.

How it works

When a claim is filed, the adjuster inspects the damage that was done and determines the monetary value of the loss. If your claim is accepted, you can be reimbursed in two ways, depending on how your policy is structured:

- Actual cash value (ACV). This method would reimburse you for your lost or damaged possessions only after accounting for the age of each item and discounting for the wear and tear, or depreciation, that has occurred over the years to lessen its value. Usually, the ACV is lower than the market value, your insurance premiums tend to be cheaper.
- Replacement cost value (RCV). This would replace your possessions with similar items at their current market value, so it

does not factor in depreciation. The downside is that the annual premiums for RCV policies tend to be about 10 percent higher than ACV ones, according to the Insurance Information Institute.

Costs

Renters insurance is not mandated by any government, but an increasing number of landlords are beginning to require tenants to purchase coverage of up to \$100,000 as part of their lease agreement.

The premiums for most renters insurance policies with a \$50,000 property value limit are usually in the range of \$100 to \$300 per year, with a national average of \$185 per year, according to the III. This is a very affordable figure when compared to III's reported national average of \$909 per year for homeowners premiums.

The insurance that the Tribe carries on rental units does not cover renters. In the event of a loss the Tribe's insurance only covers the cost of the structure. If you want to obtain renters insurance or renters flood insurance, please contact Charlotte Lopez at 360-709-1850 or clopez@chehalistrike.org and she can assist you.

If you rent from the tribe, we can make it part of your monthly rent to defer the annual out-of-pocket expense.

Halloween Safety Tips

Halloween is the one night when kids take candy from strangers. Keep them safe by making sure they don't eat any candy or other treats until an adult has inspected the loot.

A few things to look for:

- Check for any signs of tampering, which could include poisoning or unsafe objects inserted through wrappers.
- Throw away any unpackaged treats, including popcorn, apples and any small, unwrapped candies.
- Any candy with a torn wrapper -- even a small pinhole -- should also be tossed into the trash.
- Parents of kids with allergies should also look at the ingredients of all treats.



Trick-or-Treating Safety

- One trick to staying safe on Halloween is to trick-or-treat with a friend, or friends.
- An adult or an older child should accompany young children from door to door.
- Visit only houses that have lights on, and best of all visit only the homes of people you know.
- While out and about, stick to well-lit streets, preferably with sidewalks, to keep both kids and adults alike safe from traffic.
- Walk (don't run) from house to house to keep safe from cars and any obstacles unseen in the dark.
- Carry a flashlight to light the way as well as light you up for cars and other trick-or-treaters.
- Costumes and shoes should both fit well and be easy to move around in.

Have Safe and Happy H-o-w-l-oween!!!

Tribe Awarded \$800,000 in Justice and Safety Grants

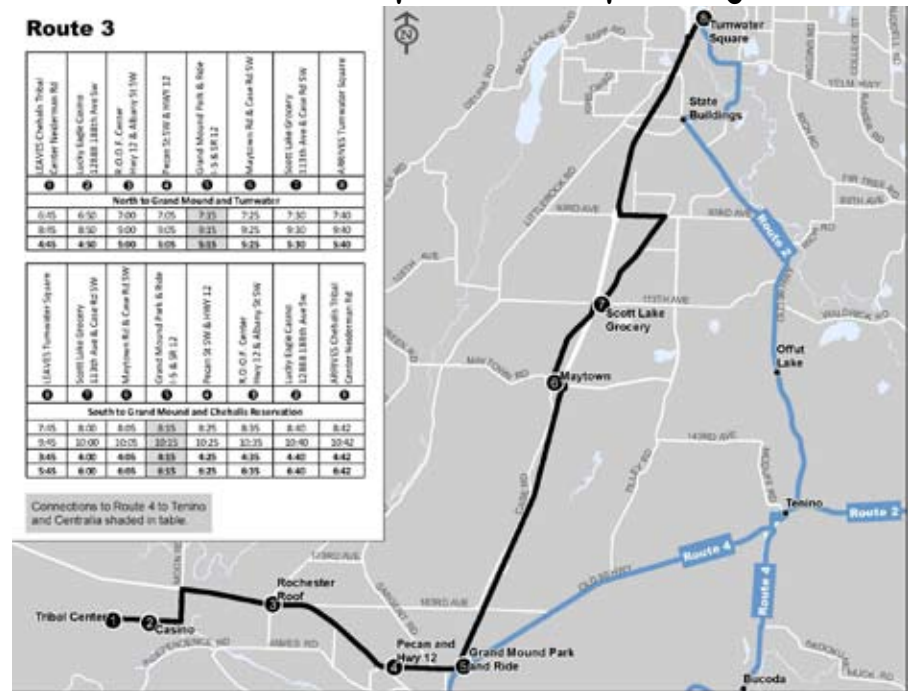
The Chehalis Tribe was awarded two grants this year through the Department of Justice Coordinated Tribal Assistance Solicitation, totaling over \$800,000 in new funds for tribal services. Thanks to collaborative efforts between the Planning Department, Law Enforcement and Social Services you will see a couple new services supporting the community in the next three years.

One grant was to upgrade an emergency 911 system for the reservation and Grays Harbor County outside of Aberdeen and Hoquiam. The present 911 radio communication system is old and outdated and experiences frequent outages, putting anyone in the outlying regions of Grays Harbor County in possible jeopardy if they need emergency services. The funding will bring the emergency system radio communications for the entire county up to date, and help keep the reservation safe.

The second grant funded an additional full time position. Soon a new social worker for cases involving children will be added to the Social Services Department. The current case workers have extremely full cases. This additional case worker will ensure all children receive the quality services they deserve as well as lessen the burden on existing staff.

The Planning Department is excited to have secured these grants to reduce and prevent crime on the Chehalis Reservation.

Rural and Tribal Transportation Expanding Services



Rural and Tribal Transportation has expanded their service by adding a new stop right at the Tribal center. Route 3 is the route that picks up and drops off riders at the Tribal Center. The new route has stops at the Lucky Eagle Casino, ROOF in Rochester, Grand Mound, Maytown and Tumwater. For your own copy of the Rural and Tribal Transportation guide stop by the front desk of the tribal center or visit <http://www.trpc.org/regionalplanning/transportation/projects/Pages/RT-ExpandedService.aspx>. Please check the website for the newest up to date rider guides, as the routes are subject to change.



Fishing License Renewal Notice

Tribal fishing licenses expire October 31. **Please pay your fishing fees at the accounting office. First time license buyers fee is \$35.00, and renewal fees are \$5.00. Deadline is before October 31.**

Watch for flyers on openings. Follow the Chehalis tribal fishing ordinance when participating in each fisheries opening.



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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fshortman@chehalistribe.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 October

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Wesley Chrisjohn Carmen Shortman Beverly Peterson Thomas Sanchez	2 Edward Olney Kayley Trott	3 Joli King	4 Angela Cortez Maddex Mowitch Dan Penn
5	6 Dylan Hjelm Tanya Kinkade John Shortman, Sr.	7	8 Delores Rourke	9	10 Rita Burke Candice Jensen	11 Todd Delamater Laticea Romo Don Secena
12 Charles Black Lesley Gillie Correna Klatush	13 Cindy Andy Andrea Bordelon- Lannez Madison Carter	14 Tabitha Colson Walter Lewis Marla Medina Casey Pickernell Gerald Pickernell, Jr. Arny Youckton	15	16 Cortney Beckwith Virginia Garity Kendall Medina George Sanchez, Sr. Ryder Vigil	17 Kaytlin Pickernell Hillary Powell	18 Rickie Marion Scarlett Romero Rayna Romero
19 Alyssa Baylor Joseph Delamater Amber Oliver Robert Teague	20 Trey Brown	21	22 Selena Kearney Tristan Smith Tymseila Washburn	23 Joel Brown Lydia Klatush - Fromm Stormie Sanchez	24 Ava Boyd Anthony Combs Karen Klatush	25
26 Connie Klatush Dakota Quezada- Klatush Janet Sanchez Clarence Youckton	27 Ryan Pitzenberger	28 Andrea Broom Willie Secena	29 Alicia Safar	30 Elaine McCloud Braiden Wittwer	31 Bruce Klatush, Sr. Dale Klatush, Jr. Ramona Marvin	



Happy Birthday
Arny Youckton
Kendall Youckton

We Love you

Happy Birthday
Dylan Hjelm

With Love,
Anna & Family

HAPPY 6TH BIRTHDAY



Kaytlin
Holmes-
Pickernell

Love Mom,
Dad & Emily

Happy Birthday
Don Secena



From Dyani and Mary ☺

Happy 24th Birthday to
My Lil' Woman
Janet Teresa Sanchez

Momma Luv's U

Happy Birthday
Anthony "Chobe" Combs

From Your Sis
Susan

Happy Birthday
Rita Burke

From Jodie,
Carlos
& Family

Happy Birthday
"Duffy" Black

From Your Family

HAPPY 9TH BIRTHDAY
TRISTAN SMITH

LOVE YOU VERY
MUCH

GRANDMA AND
GRANDPA!!

Domestic Violence Awareness Month October 2014 *By Charlene R. Abrahamson, Director of Behavioral Health*

In a Presidential Proclamation, President Obama declared October 2014 Domestic Violence Awareness Month. In this document he stated several things including:

“Domestic violence affects every American. It harms our communities, weakens the foundation of our Nation, and hurts those we love most.”

“Today, as 1 out of every 10 teenagers are physically hurt on purpose by someone they are dating, we seek to once again profoundly change our culture and reject the quiet tolerance of what is fundamentally unacceptable.”

“Nearly two out of three Americans 15 years of age or older know a victim of domestic violence or sexual assault, and domestic violence homicides claim the lives of three women every day.”

“Our Nation’s success can be judged by how we treat women and girls, and we must all work together to end domestic violence.”

Of course, many in our state will have also heard about Russell Wilson’s efforts with Pass the Peace and his own article recounting his time as a bully and how he changed his attitude and life. It’s great with the NFL news lately around domestic violence that perhaps some positive changes and education can emerge. He says: “The more that we choose not to talk about it, the more we shy away from the issue, the more we lose.”

Telling our stories is arguably the most healing undertaking to begin a path toward a life free of this violence. From individual healing, the community also begins to heal. I do not always talk about my own story with recovery in many facets of my life, because as a counselor part of your training includes not disclosing your own personal struggles. For the most part I agree with this, because never should an individual seeking support feel as though they have to take care of their support

person. Nor should it be an ego type of one-upmanship about your own story being more difficult. I mention these because I have seen this occur and have educated many trainees along the way. There’s a reason this is a component of learning to be a counselor. One thing I have taught those I’ve supervised along the way is to ask yourself: “What’s the purpose?”

If the purpose of telling your story is because it always gets a reaction, or this is a great story, or I like the sound of my own voice, or simply not listening, then I encourage healers to stop and listen to their client. If the purpose is maybe it helps a person tell their story, or breaks through some resistance, or it demonstrates hope, then be quick and succinct and see if it’s successful - if not, stop. In my case, it is a very sparing tool. Also, I know that as a Native, we can often guess at each other’s stories and be very accurate in what we likely experienced growing up. My purpose is hopefully a message of hope and commitment to Native communities constantly changing for the better.

Like the statistics in the Presidential Proclamation, I saw violence long before age 15, I was assaulted as a toddler, and as a teen. I was in a violent relationship. It was, and is, surprising to me that men did not step in to help nor acknowledge it, even when it was in the room next to them. As I look back, I can see that I felt alone, hopeless, that no one else would have me, that I was in love and that’s how I saw love demonstrated with some family growing up, that I was stupid and had nowhere else to go. I finally told a friend who lived hundreds of miles away and she was one of the relationships I saw modeled as normal. In fact when I tried to intervene for her, he threatened me. She was out of the relationship by then, thankfully, and knew what to do. Her advice seemed a little paranoid, but she was exactly right. She made me memorize details

of reaching her and destroying her letter, calling from where I could not be seen or overheard and she bought me a plane ticket. My dear friend was not paranoid or wrong; he was so watchful and would have found her letter and other details. He left for the day and I went to the airport, taking only what I could bring. I have no idea how long I would have been stuck if not for her, or even if I would be here, because he did like weapons.

Over the years, many friends and family have said and thought: “Oh you’re so fancy” so that I cannot be in recovery, or have ever been an addict, or have been in any abusive situations. But, usually this is a way to try and demean you and get you to either use again, or not confront them about changing. I am lucky that I was able to have such an amazing friend, to eventually get out of that relationship and to be well into recovery before my kids arrived. One important lesson is also not to take things personally. People come with many hurts and are often scared – I remember this when things are said in anger. I would rather keep the door open than keep any grudge or take something to heart. In working with adolescents they would often ask me why I would dress nice, protect others, do healthy things like hiking and so on, I would tell them that I took pride in working with them and for them. So I will always model what I learned from my grandmothers and what I knew they could also

accomplish. I’m probably a little more relaxed than my grandmothers, who would want me to pull out the ironing board more often than I do.

So that’s part of my story, which may have had a few different twists if I had the same resources around that are available today. Our society appears to have learned to keep things less secret and have more resources. You can come to our Domestic Violence program and work with Bridgette Brittain, or access Mental Health and Chemical Dependency services. Don’t keep secrets that should not be kept, don’t protect the abusers, seek out the support you deserve. We are planning a Purple Thursday event for October 2014. Keep an eye out for details.

Bridgette can be reached at
360-709-1874

or bbrittain@chehalistribe.org

If you prefer, or it’s more convenient, you can call the National Domestic Violence Hotline at 1-800-799-SAFE or visiting

www.TheHotline.org.

The link to Russell Wilson’s article:
<http://www.theplayertribune.com/lets-talk-about-it/>

The link to the Presidential Proclamation: <http://www.whitehouse.gov/the-press-office/2014/09/30/presidential-proclamation-national-domestic-violence-awareness-month-2014>

OCTOBER 23

JOIN THE PURPLE THURSDAY
CHALLENGE FOR DOMESTIC
VIOLENCE.

**COMPASSION LOOKS GOOD ON
EVERYONE.**

Tsapowum Chehalis Tribal Behavioral Health Department’s Domestic Violence Program invite the men in the community to show their support by wearing your purple socks. The socks will be available at the Tribal Center from 8:00 AM – 12:00 PM (or until gone) and wear them on Purple Thursday.



Let’s end Domestic and Dating Violence...Open your heart for survivors.

Recognize the signs and help all
BREAK FREE.

GRANT# 2012-TW-AX-0043 CHEHALIS
TRIBAL DOMESTIC VIOLENCE
ADVOCATE: BRIDGETTE BRITTAIN: 360-
709-1874. bbrittain@chehalistribe.org



Chehalis Tribe Students of the Month



Desirray Klatush (9-12)



Desirray Klatush is in the 11th grade at Oakville High School.

She currently is holding a 3.66 GPA. She also is attending classes at New Market

Vocational School in their Professional Medical Careers program.

Desirray likes that she is able to play sports at school.

She feels that she is successful student, because she listens well and works hard.

Her advice for other students is to work hard and listen.

Desirray is involved in cheerleading, volleyball and basketball at Oakville High School.

After Desirray graduates high school she wants to go to the University of Washington to become a pediatric nurse practitioner.

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.

Congratulations. Keep up the good work!

Attention Tribal Members!!

If you feel that your child should be nominated for student of the month, please contact Jodie Smith at jsmith@chehalis tribe.org or 360-709-1897. State the reason why your child should be considered. Deadline is the last Friday of each month.

Mya Ortivez (6-8)



Mya Ortivez is in the 7th grade at Oakville Middle School. She is currently holding a 3.67 GPA.

Mya likes that she can go to school to learn.

She feels that she is successful because she pays attention.

Mya's advice for other students is to work hard.

She plays volleyball and will play basketball for Oakville Middle School.

When Mya graduates from high school, she wants to go to the University of Washington to become a teacher.

Dyani Cayenne (K-5)

Dyani Cayenne is in the 2nd grade at Rochester Primary School.

While at school she enjoys recess, reading and to herself.

She feels successful because she is always good, is nice to others, and was "*Explorer of the Week*".

Dyani's advice for others is to work hard and be nice to the teacher.

She likes to play basketball.

After Dyani graduates high school, wants to be a famous dancer and go to the University of Washington, so that she can be a Husky and become a teacher, so that she can have the big teacher books.



Youth Center Update

September was a quiet back to school month. October is when youth have settled into school and then preparing for Halloween, costumes, pumpkins, and trick or treating.

On Friday, October 31 youth are invited to stop at the youth center for some treats and pictures.



The youth center staff is available to help youth with after school homework, and studies.

Don't forget to support our youth in after school activities like volleyball and football. The basketball season is just around the corner.

GO TEAM !!



Children enjoy selecting their pumpkin to carve for Halloween at Schilters Family Farm.

Contacting the Youth Center

360-273-9674

Director: Tony Medina

Monthly Activities
Calendar Available

TIPS ON HOW TO PURCHASE A VEHICLE

Know your Credit Score, and debt-to-income ratio? Need more help with this? Make an appointment with the CTLF staff.

■ It also helps to know your credit score so dealers can't lie to you and charge you a high interest rate.

■ If your credit score is above 680, you are a "prime borrower". You should get a low APR loan.

■ If your credit score is below 680, you are "sub prime". You'll pay a higher interest rate.

■ Below 550, you will most likely be unable to get a dealer loan.

Key Auto financing tips:

■ Never shop based upon the monthly payment. Dealers can extend the length of your loan in order to get the monthly payments down.

■ Figure out your budget before shopping so you know what you can afford.

■ Don't give a cash deposit. You can dispute a credit card charge if

there is an issue.

■ Check the fine print, and review all of the numbers on your finance papers *prior* to signing the paperwork.

Research a vehicle:

How much can I spend on a vehicle? What will the maintenance be on this model?

How much will insurance be? How do you plan on using the vehicle? Will you be commuting? Transporting kids?

Decide on a make, model, year, and even color of the vehicle you want.

Look online at several dealers in several towns. You can find the same vehicle for up to \$5000 less at a dealer in a different town. If it is a used vehicle, look up the Kelly Blue Book value prior to going to the dealer.

You can also go online and get free price quotes. If you have a smart phone, check prices on sites like "Autotrader." Call other dealers

with price quotes to see if they will match or beat a price.

Ask for Carfax reports. Don't take it for granted that it is accurate though. Inspect all vehicles thoroughly, including the trunk, windshield, lights, brakes, etc.

Negotiate with the dealer:

Get a price on a vehicle before any "rebates". Once you have negotiated a price, then add the rebates. Rebates are your money. Make sure you are willing to walk out of the dealership without a vehicle. Don't let emotions get in the way when dealing with car salesman.

Be polite and friendly to salespeople.

Do not be talked into "add-on's" (i.e.; dealer prep, rust proofing, or paint sealant, fabric protector).

TRADE INS:

Do not tell a dealer you are trading until after the price on a vehicle is

negotiated!

Used cars prices are subjective, so the "book value" may not reflect the car's actual worth. Again, **research the value of your vehicle prior to going into a dealer** to see what your car should be worth as a trade in.

You can usually get more for your vehicle if you sell it privately, but it can take longer.

Examples: These are prices I found online, at local dealers on October 7, 2014.

2013 Ford Edge

Dealer one: \$26,991
38,305 miles

Dealer two: \$26,490.00
11,588 miles

Dealer three: \$23,000
33,033 miles

Kelly Blue Book value:
2013 Ford Edge: \$19,830

Which vehicle would you choose?
What can you negotiate?

Contacting the CTLF Program

Julie Burnett, Executive Director
360-709-1831

Diana Pickernell, Loan Coordinator
360-709-1631

Chehalis Tribe Veterans Food Drive

Ideas of some items that are needed:

Cup O'Noodles Cake mix Pie Filling Grocery Store Gift Cards
Sweetened Condensed Milk Energy Bars Box Pasta
Plastic Utensils Flour Paper Plates and Napkins Stuffing Mix
Canned Fruits and Vegetables Macaroni and Cheese

Drop off points will be at the front Tribal Center lobby and/or the lobby of the clinic. Beginning 10/28/14 through 11/10/14. These items will be given to Joint Services and used for veterans and their families in need.

THANK YOU FOR YOUR SUPPORT!

NOTICE: Information displayed n this flyer in email or on our wesite calendar is subject to change without notice. Please refer to this flyer's contact person for the latest update.

Any questions regarding this please contact Gloria at 360-709-1810 or GJones@ChehalisTribe.org

Approved by the Business Committee

Hours of food distribution are as follows:

Monday, Tuesday - 9:30 to 12:00 and 4:00 to 5:00

Wednesday - Closed

Thursday - 9:30 to 12:00 and 4:00 to 5:00

Friday - 9:30 to 12:00 (Closed in the afternoon)

For leaving donations, ROOF is open regular office hours: Monday through Friday, 9:30 AM to 5:00 PM. However, it's always a good idea to call ahead to ensure we are not closed due to a school holiday or for staff training.

Who Qualifies to Use the Food Bank?

You must live within the Rochester School District to use the ROOF food bank. To sign up, please bring with you a bill with your name and street address which is dated within the last 30 days, and a piece of photo I.D.

Visitors may use the food bank two times a month. A third visit is available during the second full week of each month to pick up government commodities ONLY.



Oakville Food Bank

Open every third Wednesday of the month

From 9:00 - 11:00 AM

To qualify you will need to show proof of your residence in Oakville (bill with name and street address which is dated within last 30 days)

FirstName LastName
Street Address
City, ST Zip

PRSRT STD
US POSTAGE PAID
OAKVILLE WA
PERMIT No. 2

Continued from Page 1

Marie Bird, who reminded us to be thankful for each other, the garden, and for the opportunity to share the meal together.

A slide show of the past community



garden events played on the big screen while everyone enjoyed BBQ chicken, beef skewers, salad, dinner rolls, and cookies.

The cider pressing activity was fun for both adults and youth, which included prepping, cutting, pressing, and collecting the apple cider. Everyone agreed that it was delicious!

A heartfelt "thank you" goes to the Chehalis Tribe Community Center and Lucky Eagle Casino staff for their support and services that made the event possible.

Youth enjoyed making delicious fresh pressed apple cider for the Fall Harvest Festival at the community center.

2014 Chehalis Tribal Health Fair

Vendors provided their information and resources with participants at the Chehalis Tribal Health Fair.



By Christina Hicks, Community Wellness Manager

On Thursday, September 18 from 10:00 AM to 3:00 PM the Chehalis Tribal Wellness Center held its annual health fair, at the community center. This year we had 42 vendors from various areas of Thurston and Lewis County. Some of the vendors that participated were DSHS Community Services, Child Support Enforcement, Developmental Disabilities Administration, LMTAAA, American Cancer Society, SHIBA, NWIC, Harmony Hill Retreat Center, Alzheimer's Association and many more. Some Chehalis tribal programs included NWWP, Dental, Social Services, Behavior health, and CHS.

The clinic did health screenings, which screened random blood sugar, A1C, cholesterol and triglycerides. This year's health fair had 322

people sign-in at the registration table. There was raffles throughout the day. These items were donated by the Chehalis Tribal Public safety, Great Wolf Lodge and numerous other vendors.

There was a healthy lunch which was sponsored by the Chehalis Tribal Public Safety department. The Community Transformation Grant (CTG) program had a close-out survey, and participants received a special gift when they completed the survey.

The Hope Heart Institute was a new vendor this year and they brought a walk through heart, which was located in the corridor of the community center. This gave people an opportunity to walk through and learn about heart health.

We thank all those that participated and made the health fair a great success!

The Hope Heart Institute walk-through heart display educates participants about heart health during the Health Fair.



Chehalis Tribal Elders Holiday Bazaar

Annual Chehalis Tribal Elders Holiday Bazaar

**Saturday,
December 6
9:00 AM to 5:00 PM**

**Held at the Lucky Eagle
Casino Event Center
12888 188th Avenue SW
Rochester WA 98568**



**Vendors
reserve your
space**

**Limited Space,
First come,
First served!**

**Contact Trudy Marcellay
360-888-5808 or
email: trudymarcellay@comcast.net**