



# CHEHALIS TRIBAL NEWSLETTER

The Confederated Tribes of the Chehalis Reservation

"People of the Sands"

November 2014

Free

## Tribal History Made with the Blessing of Percy's Landing Boat Launch

Thursday, October 16 was a great day for the tribal fishers who use the newly built boat launch. The sun was shining down on those who came to witness this momentous occasion. Tribal members attended the blessing of the first officially constructed boat launch in tribal history. The blessing was performed in true Shaker fashion. As the bells rang during the ceremony a fish was jumping around the boat launch.



Percy Youckton's family came to witness the blessing of the boat launch named after their father and grandfather.

The boat launch was appropriately named Percy's Landing. It was named after one of our past Chairmen, Percy Youckton. He was active in protecting our fishing rights and resources during his lifetime. The boat launch was also built where

he parked his boat while he was fishing.

This is our first boat launch and something tribal fishers have wanted for a long time. A heartwarming thanks to all who

made it possible for this to happen.

Please show respect and protect our new boat launch. Pick up your garbage and report vandalism so that the tribal boat launch will last for years to come.

## Program Annual Pumpkin Patch A Huge Success

Friday, October 10 started out with an overwhelming group of Youth heading to the Pumpkin Patch at the Schilter Family Farm in Olympia. It was a great turnout as 78 youth showed up with a fantastic parade of parents.

Many kicked the day off with a hay ride around the farm. Afterwards they took off to the pumpkin patch. After weighing their pumpkins the children were turned loose to visit farm animals. At the petting zoo children gazed at the goats eating sweaters and jackets. After loading pumpkins onto the trucks, vans, and busses.

After leaving the farm the families headed off to a pizza joint where we filled every chair and then some. After eating we headed back to the Rez, but not before receiving a great compliment from the pizza staff that our Youth were some of the best behaved they have ever seen. Children and parents alike were seen smiling with plans for carving their pumpkins. It was a great day!

With a great turn out for the  
**Continued on Page 2**

## S.P.I.P.A's Native Women's Wellness Program Annual Breast Cancer Awareness Walk

By: Christina Hicks, Chehalis Wellness Manager

On Saturday, October 18, the Native Women's Wellness Program held its annual breast cancer awareness walk, this year the walk was hosted by the Shoalwater Bay tribe. Participants registered, did



Participants walk to bring attention to find a cure for breast cancer. Hosted by the Shoalwater Bay Tribe.

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Photos submitted by Christina Hicks

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## Fun at the Pumpkin Patch!



# Heritage and Culture Program News

## Huge Tribal Member Turn Out for Pendleton Sewing Classes

The Heritage and Culture Program offered a Pendleton sewing class in October. It was a successful class and with the great turn out the Heritage Committee has approved to offer this class again in November. Please contact Lynn Hoheisel to sign up for the dates and times these Pendleton classes will be taught.

Our program is offering a beginning weavers class to tribal members. Come on in and learn how to split cedar and prepare your own kit.

For more information check for the schedules for the upcoming classes the Heritage and Culture Program is offering. Contact Lynn Hoheisel 306-709-1748.

### Sewing Class Pendleton Bag/Apron October 20, 2014



# Men Wear Purple Socks Supporting Domestic Violence Awareness Month



**Tribal member Jerry Youckton receives a raffle ticket for the drawing from Bridget Brittan, the new Domestic Violence Advocate.**

Purple Sock Day started off at 8:30 am until 12:00 pm. Our department wore purple "Pass The Peace" t-shirts, from Russell Wilson's initiative, and purple socks for an important cause in our community. The Domestic Violence Advocate, Bridgette Brittain, informed those who stopped by about Domestic Violence Awareness month. The Tribal Center area was decorated with purple table clothes, balloons, with purple cupcakes and napkins.

We had about 47 people who came

to get their purple socks and 32 people who came to get purple necklaces provided for the women. Our main focus was to show that the men in the community understand the issue and support and respect the women. Everyone was supportive and had great questions about the significance of Purple Sock Thursday and for many it was their first opportunity to meet Bridgette. We ended our day with two raffles for the Purple "Pass the Peace" jackets. The winners were Monique Palmer and Richie Delgado.



**The Tsapowam Program Behavior Health Team wore purple to promote the Wear Purple Socks in support of Domestic Violence Awareness Month.**



**After the Tribal elections Farley Youckton, Tribal Treasurer (Left) met with the new Tribal Chairman, Don Secena (Middle); and Vice-Chairman, Harry Pickernell, Sr. (Right).**

## Continued from Page 1



**Breast cancer survivors were honored at the Breast Cancer Awareness Walk hosted by the Shoalwater Bay Tribe.**

their blood sugar checks, and received a bag with information about the program and breast cancer. They also received a t-shirt.

There were about 80 participants that walked the route. For the ones who couldn't walk, the SDPI program did a healthy recipe demo, which was a yogurt, quinoa and berry parfait.

Once the walk was done, participants were served a healthy lunch. There were three guest speakers, Clara Dillinger (Quinalt), Jackie Swanson (Muckleshoot), and Judy Lawrence (Shoalwater Bay), who were all breast cancer survivors and shared their story about their

own breast cancer experience and the importance of screenings.

We also had representatives from Susan G. Komen Puget Sound affiliate, present at the walk, and one of the program funders. We then honored the three speakers and wrapped them with a Pendleton blanket. We asked all the breast cancer survivors and honored them with a blanket and a bling bling bracelet the outreach workers made. The day ended with a raffle.

Next year the Chehalis Tribe will host the annual breast cancer walk in October.

*Watch for flyers!*

# 2014 Tribal Newborns



**Families gathered at the tribal center to take a picture of the newborns born in 2014.**

# November is Diabetes Awareness Month!

We have the



**Marla DuPuis Conwell,  
Chehalis, diabetes prevention  
program participant**

## *Power* to prevent Diabetes

We are American Indians and Alaska Natives, and we have the power to prevent type 2 diabetes. Science has proven that we can prevent diabetes if we lose as little as 10 pounds by walking 30 minutes, 5 days a week, and making healthy food choices.

Here are seven powerful steps you can take to get started today:

- 1. MOVE MORE.** Get up, get out, and get moving. Walk, dance, bike ride, swim, or play ball with your friends or family. It doesn't matter what you do as long as you enjoy it. Try different things to keep it fun.
- 2. MAKE HEALTHY FOOD CHOICES.** Eat fiber-rich fruits and vegetables each day. Choose whole grain foods such as whole grain bread and crackers, oatmeal, brown rice, and cereals. Cut down on fatty and fried foods. You can still enjoy less healthy foods, just eat smaller portions. Choose water to drink.
- 3. TAKE OFF SOME WEIGHT.** Once you start eating less and moving more, you will lose weight. By losing just 10 pounds, you can cut your chances of getting diabetes.
- 4. SET GOALS YOU CAN MEET.** Start by making small changes. Try being active for 15 minutes a day this week. Then each week add five minutes until you build up to at least 30 minutes five days a week. Try to cut 150 calories out of your diet each day. (*That's one can of soda!*). Slowly reduce your calories over time. Talk to your health care team about your goals.
- 5. RECORD YOUR PROGRESS.** Write down all the things you eat and drink and the number of minutes you are active. Keeping a diary is one of the best ways to stay focused and reach your goals.
- 6. SEEK HELP.** You don't have to prevent diabetes alone. Ask your family and friends to help you out. Involve them in your activities. You can help each other move more, eat less, and live a healthy life. Go for a walk together or play a pickup game of basketball. Join a support group in your area to help you stay on track.
- 7. KEEP AT IT.** Making even small changes is hard in the beginning. Try to add one new change a week. If you get off track, start again and keep at it.

Call 1-888-693-NDEP (1-888-693-6337) or visit [www.YourDiabetesInfo.org](http://www.YourDiabetesInfo.org) to get a free copy of Your GAME PLAN to Prevent Type 2 Diabetes.

For more information, check out the IHS diabetes website at [www.ihs.gov/medicalprograms/diabetes](http://www.ihs.gov/medicalprograms/diabetes)

## Got Diabetes or Know Someone with Diabetes?

The IHS "Standards of Care" for type 2 diabetes are a set of guidelines to provide the highest quality care possible to help insure a long, healthy life for those with diabetes.

**1. What does the health care provider mean by "standards of care"? Why is it important for you to "meet them"?**

- Standards of care are guidelines that diabetes experts agree can prevent/delay diabetes complications and/or find diabetes complications early so treatment can be started right away. They include suggested medications, tests, immunizations and exams.
- It is important to get them done or "meet the standards" to give yourself the best chance to stay healthy with diabetes.
- Most of the long-term problems of diabetes can be treated better if they are found early.
- Regular examinations are needed, especially of the eyes, kidneys, feet, and heart to check for problems.

**2. What are some of the tests/exams/immunizations you might need at your next clinic visit if you have not had them in the past year?**

- Urine test to check for protein (to see how kidneys are working)
- Fasting blood test to check cholesterol level (lipid profile) and kidney function (creatinine), and more.
- Routine physical
- Eye exam
- Dental exam
- General diabetes education (Nutrition, Activity and more)
- Foot exam to check feeling in the feet
- Depression screening

**Your diabetes coordinators  
and Tribal clinic staff are  
committed to keeping you  
healthy. Ask your health care  
provider if you are up to date.**

# Your Child Will Feel Great by Playing, Laughing, and Eating Well



Every parent wants to see their child happy, wearing a big smile. One way to help your child feel good from the inside out is to encourage them to move their body every day.

Running, jumping, and playing often leads to smiling and laughing. It helps children get rid of stress and feel joy. They will develop a healthy habit, one that will help their body, mind, and spirit.

There are other ways to help your child feel their best. Try a few of these tips. Join your child. Your entire family will feel great!

## Limit screen time

You can help your child take small steps to be more physically active. Limit their computer, television, and phone time, so they'll have more time to play!

If your child is going to watch TV or play computer games, break it up! Pause the game. Make

commercial breaks into "Move Breaks." Make it fun!

- Jumping jacks
- Dancing
- Sit-ups and push-ups
- Jogging in place

## Play actively every day

Have your child work up to playing actively for about two hours every day. Remember, it doesn't all need to happen at one time. Playing throughout the day all adds up. Join your child:

- Ride bikes.
- Run around the block.
- Play basketball.
- Walk the dog.
- Join a dance class.

## Eat more fruits and vegetables

Your child's body needs many kinds of foods to grow up healthy. They need plenty of fruits and vegetables.

Here are some tips to help your child eat more fruits and vegetables:

- Give fruit as a snack. Give apples, strawberries, oranges, or grapes.
- Give veggies as a snack. Slice up some carrots, celery sticks, and cucumbers.
- Top cereal, oatmeal, or toast with strawberries, blueberries, or bananas.

- Keep it colorful – make a salad with a variety of veggies, like corn, carrots, and spinach.
- Try mixing vegetables into your child's favorite foods. Order a veggie pizza with toppings like green peppers and tomatoes.
- Let your child help you in the kitchen. Give them a special job, like stirring and adding ingredients. They will know they helped with the meal, and feel good about it.

If you need help getting fruits and vegetables for your family, please ask a tribal staff person or health care provider about local food resources.

## Drink lots of water

Give your child plenty of water and low-fat milk (or non-dairy milk.)

- Give water instead of sugar-sweetened drinks, punch, soda, or juice.
- Add some lemon or cucumber to add flavor to water.
- Give low-fat milk instead of whole milk.

Try a few of these steps. Every day, try another step. You will be helping your child and your entire family feel better. You will be giving your child a healthy start on life. They will be developing good habits, ones to last a lifetime.



Produced by the IHS  
Division of Diabetes  
Treatment and Prevention  
[www.diabetes.ihs.gov](http://www.diabetes.ihs.gov)

## WIC Program



(Women, Infants, and Children) provides healthy foods and nutrition information for you and your child up to age 5.

For appointments or questions, contact:

Deb Shortman  
360-709-1689

Debbie Gardipee-Reyes  
360-462-3227

[gardipee@spipa.org](mailto:gardipee@spipa.org)

Patty 360-462-3224

SPIPA main number: 360-426-3990

### WIC Dates

1st Thursday each month  
9:00 AM—3:00 PM

Chehalis Wellness Center  
(dates and times may change)



On October 17, tribal employees gathered at the Chehalis Tribal Wellness Center in support of Breast Cancer Awareness Month.

# Car Seat Recommendations for Children

There are many car seat choices on the market. Use the information below to help you choose the type of car seat that best meets your child's needs.

- Select a car seat based on your child's age and size, choose a seat that fits in your vehicle, and use it every time.
- Always refer to your specific car seat manufacturer's instructions (check height and weight limits) and read the vehicle owner's manual on how to install the car seat using the seat belt or lower anchors and a tether, if available.
- To maximize safety, keep your child in the car seat for as long as possible, as long as the child fits within the manufacturer's height and weight requirements.

- Keep your child in the back seat at least through age 12.

## Rear-Facing Car Seat

**Birth – 12 Months:** Your child under age 1 should always ride in a rear-facing car seat. There are different types of rear-facing car seats:

Infant-only seats can only be used rear-facing.

Convertible and All-in-One car seats typically have higher height and weight limits for the rear-facing position, allowing you to keep your child rear-facing for a longer period of time.

**1 – 3 Years:** Keep your child rear-facing as long as possible. It's the best way to keep him or her safe. Your child should remain in a rear-facing car seat until he or she reaches the top height or weight limit allowed by your car seat's manufacturer. Once your child outgrows the rear-facing car seat, your child is ready to travel in a forward-facing car seat with a harness and tether.

## Forward-Facing Car Seat

**1 - 3 Years:** Keep your child rear-facing as long as possible. It's the best way to keep him or her safe. Your child should remain in a rear-facing car seat until he or she reaches the top height or weight limit allowed by your car seat's manufacturer. Once your

child outgrows the rear-facing car seat, your child is ready to travel in a forward-facing car seat with a harness and tether.

**4 - 7 Years:** Keep your child in a forward-facing car seat with a harness and tether until he or she reaches the top height or weight limit allowed by your car seat's manufacturer. Once your child outgrows the forward-facing car seat with a harness, it's time to travel in a booster seat, but still in the back seat.

## Booster Seat

**4 - 7 Years:** Keep your child in a forward-facing car seat with a harness and tether until he or she reaches the top height or weight limit allowed by your car seat's manufacturer. Once your child outgrows the forward-facing car seat with a harness, it's time to travel in a booster seat, but still in the back seat.

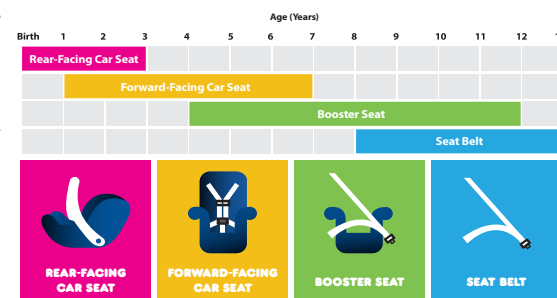
**8 - 12 Years:** Keep your child in a booster seat until he or she is big enough to fit in a seat belt properly. For a seat belt to fit properly the lap belt must lie snugly across the

upper thighs, not the stomach. The shoulder belt should lie snug across the shoulder and chest and not cross the neck or face. Remember: your child should still ride in the back seat because it's safer there.

## Seat Belt

**8 - 12 Years:** Keep your child in a booster seat until he or she is big enough to fit in a seat belt properly. For a seat belt to fit properly the lap belt must lie snugly across the upper thighs, not the stomach. The shoulder belt should lie snug across the shoulder and chest and not cross the neck or face. Remember: your child should still ride in the back seat because it's safer there.

<http://www.safercar.gov/parents/Car-Seat-Safety.htm>



# Emergency Preparedness Checklist

Being prepared for emergencies can make huge difference in the outcome of an accident or other unexpected events. Here's some suggested items to make your own kits:

**Car Kit Basics** - This kit is intended to aid you in getting help, signaling your car's presence to other motorists, and tackling simple challenges.

- **Cellular phone**
- **First-aid kit**
- **Fire extinguisher** - Carrying a compact unit that's labeled 1A10BC or 2A10BC is recommend.
- **Warning light, hazard triangle, or flares**
- **Tire gauge**
- **Jack and lug wrench**
- **Foam tire sealant or a portable compressor and plug kit** - Only use it in an emergency. Non-flammable. Don't consider this a permanent fix.
- **Spare fuses**- Refer to your owner's manual. Keep an assortment on hand of the proper type for your vehicle.
- **Jumper cables or a portable battery booster.**
- **Flashlight**- especially one that is bright and weatherproof with a magnet, flexible mounting system, or a stand will free up your hands.
- **Gloves, hand cleaner, and clean rags**
- **Auto-club card or roadside-assistance number**
- **\$20 in small bills and change** - In case you need money with no other way of accessing cash
- **Pen and pad of paper**
- **Basic tools** - Should include a set of socket and open-end wrenches, a multi-tip screwdriver, and pliers.
- **Coolant hose repair kit and tape** - In case of a leaking coolant hose
- **Extra clothes and small tarpaulin**

- **Water and nonperishable emergency food**
- **GPS navigation system or Road Atlas**

**Home Kit Basics** - At a minimum, you should have the basic supplies listed below:

- **Water**—one gallon per person, per day (3-day supply for evacuation, 2-week supply for home)
- **Food**—non-perishable, easy-to-prepare items (3-day supply for evacuation, 2-week supply for home), can opener, if needed
- **Flashlight with extra batteries**, LED lights will last longer
- **Battery-powered or hand-crank radio** (NOAA Weather Radio, if possible)
- **First aid kit** – Should include: 2 absorbent compress dressings (5 x 9 inches); 25 adhesive bandages (assorted sizes); 1 adhesive cloth tape (10 yards x 1 inch); 5 antibiotic ointment packets (approximately 1 gram); 5 antiseptic wipe packets; 2 packets of aspirin (81 mg each); 1 blanket (space blanket); 1 breathing barrier (with one-way valve); 1 instant cold compress; 2 pair of non-latex gloves (size: large); 2 hydrocortisone ointment packets (approximately 1 gram each); Scissors; 1 roller bandage (3 inches wide); 1 roller bandage (4 inches wide); 5 sterile gauze pads (3 x 3 inches); 5 sterile gauze pads (4 x 4 inches); Oral thermometer (non-mercury/non-glass); 2 triangular bandages; Tweezers; First aid instruction booklet
- **Medications** (7-day supply) and medical items
- **Multi-purpose tool**
- **Sanitation and personal hygiene items**
- **Copies of personal documents** (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)
- **Cell phone with chargers**
- **Family and emergency contact information**
- **Extra cash**- smaller bills are recommended
- **Emergency blanket(s)**

# Fire Suppression System Installed In the Archive Room

Progress is being made in the Chehalis Tribal Archive. Suppression Systems, Inc. installed a Novec fire suppression system in the space, bringing it up to code for the safe storage of collections restored to the Tribe. Suppression Systems, Inc. conducted a training at the end of October and demonstrated how the fire suppression system would work if activated.

A traditional water fire suppression system (such as a sprinkler system) could cause just as much damage to collections as a fire, but the Novec system suppresses fire by releasing a non-toxic liquid that cools the fire down. The liquid then evaporates, having suppressed the fire and leaving the Archive collections unharmed.

Should the fire suppression system be activated, a strobe light will flash outside the Archive. It is important not to open the door for at least ten minutes after activation so that the system has time to suppress the fire and evaporate. This fire suppression system meets federal and state requirements for the storage of collections, making the Archive a secure place to keep culturally important artifacts that the Tribe has committed to care for.

**Get Da Gator**  
PROGRESSIVE GIVEAWAY

WIN UP TO **\$50,000**

**SATURDAY DRAWINGS**  
5:30PM - 10:00PM - November 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> & 29<sup>th</sup>

Earn entries every day November 3<sup>rd</sup> - 29<sup>th</sup>

Meet **Troy Landry** from the **SWAMP PEOPLE**® series on **HISTORY**® NOVEMBER 29<sup>TH</sup> from 5:30PM - 9:00PM

Photo courtesy History®. All rights reserved.

**lucky eagle**  
CASINO & HOTEL

## Northwest Justice Project Free Legal Advice Clinic For low-income Community members of the five Tribes SPIPA serves

An attorney from the Northwest Justice Project will be coming to the South Puget Intertribal Planning Agency's (SPIPA) Squaxin Island Office the third Friday of each month unless noted to provide free legal consultations to eligible tribal members on civil legal matters (not criminal). Legal issues may include (among other things): Consumer – payday loans, debt collection, repossessions; Driver's license reinstatement; Education – suspensions, expulsions, special education; Employment issues; Family Law – child custody, child support; Health Care and Welfare Benefits; Housing – evictions, foreclosures; Indian Wills and Estate Planning.

**UPCOMING CLINICS:** 10:00 AM – 3:00 PM  
Friday, November 21, 2014 AT SPIPA'S OFFICE AT  
Friday, December 19, 2014 SQUAXIN ISLAND TRIBE  
Friday, January 16, 2015 3104 S.E. OLD OLYMPIC HWY

PLEASE MAKE SURE TO BRING ALL THE PAPERWORK RELATED TO YOUR LEGAL PROBLEM. NO APPOINTMENT NECESSARY.  
If you prefer to schedule an appointment or for more information please call Janel Riley at 888-201-1012 EXT. 631

## ATTENTION: Chehalis Tribal Community

Program staff are responsible for submitting their activities for the community to attend, either through the web, newsletter, reader boards, and bulletin boards. There have been tribal members who have submitted articles too. If you like what you see, make sure you take the opportunity to thank them.

## USDA Food Distribution Dates

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

**November 20**  
**December 16**

If you, or a member of your household, are enrolled in a federally recognized tribe.

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

## 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.

**Tribal Center** (360) 273-5911

420 Howanut Road  
Oakville, WA 98568  
(360) 709-1726 (office)  
(360) 273-5914 (fax)  
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





Don Secena, Chairman **NEW**  
Harry Pickernell, Sr., Vice Chairman **NEW**  
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 November

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Madoleen Goddard-Boyd Luwanna Sanchez Mia Vigil
2 Courtney House Lucille Hill Athena Lopez Katy Fox	3	4 Gerald Aldrich Daphne Burke Joseph Revay, Sr. Kane Simmons	5 Kenneth Brown, Jr. Payton Simmons	6 Tracy Stroup April Thompson	7 Lori Tovrea	8 Heather Hoyle Marguerite Robles
9	10 Casilda Garcia-Starr  Amil Starr, Jr.	11	12 Tyanna Canales Grace Quilt Carrie Squally	13 Nathan Boyd Madeline Colson Aurora Ortivez Ashley Ortivez Terry Palmer Lorilee Pickernell	14 Kevin Albert Sofie Sekishiro	15 Taryn Baker Tayleena Klatush
16 Anthony Gomez Benjamin Johns, Jr. Jaylee Cayenne Joyleen McCrory	17 Joan Martin Lisa McCloud Rachell Wells	18 Maynard Starr	19	20 Randy Cornwell	21 Chris Richardson	22 Orinda Goddard Benjamin Johns, Jr. Monique Lopez Marcus Youckton
23 Dylan Gleason-Wheeler Rachel Simmons Ryan White	24 Christibeth Burnett Penny Gleason Prince Adams Michah McNair Desirray Pope	25 Yvonne Phillips-Haukom Valerie Pickernell	26 Tyson Canales	27 Gabe Higheagle Antonio Jones Roachel Lambreth Shoni Revay	28 Kristopher Shortman	29 Bobbie Bush Alexis Starr-Wright
30 Ashley Fern	<div data-bbox="358 1189 695 1389" data-label="Text"> <p>Happy Birthday Mommy Love Falisity &amp; Taren</p> </div> <div data-bbox="715 1189 1199 1446" data-label="Complex-Block">  <p>Happy Birthday Lorilee Pickernell Love Your Family!!</p> </div> <div data-bbox="358 1412 614 1710" data-label="Text"> <p>Happy Birthday to my gorgeous daughter who will be 9 years old! Love you very much Mom ☺</p> </div> <div data-bbox="624 1457 876 1710" data-label="Complex-Block">  <p>Happy Birthday to my sister Daphne Burke Love Jodie, Mercedes &amp; Carlos!!</p> </div> <div data-bbox="887 1457 1199 1859" data-label="Text"> <p>Happy Birthday to my Beautiful granddaughter Tayleena T. Klatush 9yrs old! Grandma and Grandpa Loves you so much!</p> </div> <div data-bbox="876 1871 1199 2054" data-label="Text"> <p>Happy Birthday Wayne Ortivez With Love Anna &amp; Family!</p> </div> <div data-bbox="100 1389 342 1710" data-label="Text"> <p>I want to Wish my brother Wayne Ortivez a Happy Birthday Love you bunches Your sister Chris and family!</p> </div> <div data-bbox="100 1733 534 2054" data-label="Complex-Block"> <p>Happy Birthday to the most beautiful girl in the world Lucille Hill Happy 27<sup>th</sup> Much love Babi Doll Mom, Joe, Kly da Turd</p>  </div>					
<div data-bbox="1209 1189 1915 2054" data-label="Text"> <p><b>Thanks from the Hartmans'</b> We are very fortunate to be a part of a community that is as loving and caring as The Chehalis Tribe. I can never express my gratitude enough. I can't believe that just a little over a month ago our lives were turned upside down, by a match. With the love, support and a giving community we were able to overcome such a tragedy of losing everything, I want to send out special thank you many people to include Lucy Hill, Jamie Smith, Marlene Hjelm, Shawn Ortivez, Joyleen Klatush, Erika Pickernell, Trudy Marcella, Chris Richardson, James Trobaugh, Mark white, Charlotte Lopez, Stephanie and Harry Pickernell, Janice Latch, my mom, Silly Ma Nilly (Sylvia Cayenne), David Youckton, Vanessa Youckton, Rodney Youckton, Jeremy Klatush, Karen Klatush, Sasha Starr, Jodie Smith, Shell Rivera, Chris Ortivez, John Bird, Dannielle Stacy, Tracy Bray, Steve Burnett, the Chehalis Tribe, Family Services-Melanie Snell, Frances Pickernell, Lucky Eagle Casino &amp; Hotel John Sutterstrom, Elaine "Big E," Jessica Latch, Sarah Meyer (GREAT Hospitality!), my "Cage Family," the Little White Church and SO MANY MORE ... and thank everyone for their thoughts and prayers and encouraging words of wisdom. We have come a long way, in a short period of time. It wouldn't have been possible without any of you, you're very special to us. ♥ &amp; (((HUGS))) ~Anna M. Hartman, Stanley Hartman, Kly Meas Jr. and Prince Kly.</p> </div>						



# Chehalis Tribal Community Emergency Information Sheet

**Emergency information Phone Line: 1-866-623-8883**

## When will an Emergency be declared?

Emergencies will be declared by the Emergency Manager. The Emergency manager monitors river levels, power outages, and adverse weather conditions. Any of these things would constitute an emergency.

## 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: 1-888-225-5773**

## What happens once the emergency is declared?

Once an Emergency is declared the emergency line will be updated with the appropriate information regarding the situation.

## Can I go to the Hotel?

The Hotel has been designated as a safe center during times of emergency. It is being reserved for At-Risk individuals who are not able to be safe and have their needs met in the community center.

## Who do I call if I need help?

For life threatening emergencies call 9-1-1. For other non-emergency assistance call Law Enforcement at 709-1603. Remember officers are busy during emergency declarations, and will respond as soon as they are able

# Annual Church Bazaar

**Saturday, December 13**

**Opens at 9:00 AM**

Come out to the Chehalis Tribal Community Center to attend our Bazaar. Vendor tables will be set up in the Gym. There will be food sold within the Gathering Room during the Bazaar.

For the Vendors: cost of tables—\$10 a table or 2 for \$15. Doors will open for the vendors only at 8:00 AM

Doors to the public will open at 9:00 AM.

There will be a raffle. Each vendor is asked to donate one item to this raffle. A drawing for all the items will be held at the end of the day.

IF anyone is wanting to get signed up as a vendor for our Bazaar, must contact either Terry Youckton OR Winona Youckton (contact info at the bottom of this flier)

Thank you, hope to see you there. Please, pass this on, bring your family and friends.

We are on the Chehalis Tribal Reservation, in the Community Center. Coming from Oakville or Rochester, turn onto Anderson Road, keep straight ahead to Secena Road, which will be on the right. Keep going and you will find an opening on the right. Turn right on the second street... just follow the signs.

**1910 Oakville Indian Shaker Church**



If you're a vendor:

Terry: work #360-273-5911 or cell #360-388-0110

Winona: cell #360-628-6416 or email vawninorchid@gmail.com



## Breakfast with Santa

**Great Wolf Lodge® invites all Tribal Members to have breakfast with Santa!**

Come and enjoy the fun with your family. Don't forget your camera to capture the special moment with Santa and Mrs. Claus.

Date: Saturday, December 20, 2014

Time: 8:00 a.m. - 11:00 a.m.

Location: Chehalis Ballroom



# LOGO CONTEST

WINNING ARTIST WILL RECEIVE **\$750.00**

SPONSORED BY:  
THE AMERICAN FRIENDS  
SERVICE COMMITTEE

The WA Indian Arts & Crafts Project is soliciting Native American artists from Washington State tribes to help create our logo. The logo will be used as a certification mark to identify authentic Native art.

CONTEST RULES AND REQUIRED SUBMISSION FORM ARE AVAILABLE AT [WWW.WAINDIANARTSLOGO.ORG](http://WWW.WAINDIANARTSLOGO.ORG)

**ENTRIES DUE 12.15.2014**

# Chehalis Tribe Students of the Month

## Roberta Youckton (9-12)



Roberta Youckton is in the 11th grade at Oakville High School. She currently is holding a 2.81 GPA. She enjoys taking shop at school, because she gets to make

things.

Roberta feels that she is a successful student because she pays attention.

Her advice for other students is to listen to their teacher.

Roberta enjoys playing basketball.

After Roberta graduates from High School she wants to go to SPSCC to be a Graphic designer.

## Destiny Ziady (6-8)

Destiny Ziady is in the 6<sup>th</sup> grade at Rochester Middle School. She currently is holding a 3.81 GPA.

While at school Destiny likes that she can learn. Destiny feels that she is a successful student because she pays attention to the teacher.

Her advice for other students is not to talk to your friends while the teacher is talking.

Destiny is involved with cheerleading, basketball, and fast pitch softball.

After Destiny graduates from high school, she wants to go to the University of Washington to become a nurse.



## Nate Kluth (K-5)

Nate Kluth is in the 3<sup>rd</sup> grade at Grand Mound Elementary.

He enjoys P.E., recess and reading. Since school started, Nate has moved up a reading level.

Nate feels that he is successful student because he does his work.

His advice for other students is to be respectful. Nate enjoys playing basketball.

After Nate graduates high school, he wants to be a basketball player.



### 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.**

**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!

## GREETINGS FROM CHEHALIS TRIBAL EARLY LEARNING PROGRAMS!

Chehalis Tribal Early Learning Programs had a fun-filled October with all of our classes going to the pumpkin patch, visits from Pat Odiome from the clinic to engage in healthy food experiences with the children and another successful Parent Meeting. We also celebrated Halloween with our annual Tribal Trick or Treat. Thank you to all the departments for supporting our program.

Our October Parent Meeting was all about the importance of reading to your child, and how reading together helps prepare them for kindergarten. Debbie from the Oakville Timberland Library donated her time to be our guest speaker.

Debbie came with reusable bags filled with resources on new library hours, a library card application, age appropriate books to read to and with your child, and information on the Love, Talk, Play campaign that the Oakville Timberland

Library is involved in.

Parents wanted to know if any child can get a library card and YES they can! If you haven't been to the library in over a year, you will just be issued a new library card. Debbie also said anytime you want to visit the library with your child, you can go in and request for a story time and one of the librarians will happily sit and read any kind of story your child would love to hear.

The Oakville Timberland Library is located in Oakville across the street from the Oakville City Park at 204 Main Street, Oakville, WA 98557. Phone: 360-273-5305. Please stop by and use this wonderful, free community resource for you or your family. Thank you to our families for coming to our October Parent Meeting and always striving to help our program succeed!

From all of us at Early Learning, we wish you and your family a very happy holiday season!

### Upcoming Events at Early Learning:

**Head Start Conferences**  
Monday, November 17 through Thursday,  
November 20

½ day classes - Head Start only. Bus will be doing pick up only. Parents need to pick children up at noon! Child care open to those who are enrolled in Child Care.

### NOVEMBER CLOSURES:

**Wednesday, November 26<sup>th</sup>: EHS & HS**  
Child care is open

**Thursday, November 27<sup>th</sup>**  
EHS/HS & Child Care CLOSED  
HAPPY THANKSGIVING!

**Thursday, November 28**  
EHS/HS & Child Care CLOSED

## Youth in Action for the Rochester Football "B" Division Team



Pictured are (L-R) Eddie Klatush #30, Adrian Snell #08, Tristan Smith #32. Not in photo is Tyler Klatush #2

Photo submitted by Jaimie Smith

A few of our youth played for the Rochester B Division Football team. We are so proud of the effort and dedication you all put in to your first football season.

Even on the hardest days, you didn't quit. You only pushed yourselves harder. We loved watching you boys play all season, win after win, making it all the way to the division championship game.

Second place is an amazing accomplishment! Congratulations boys!

## Resources to Assist Your Family

None of us have to keep that claw at our throat in such a strong community. Seek out those who are safe and supportive. Perhaps in seeking out the leaders in the community, you can find a way to gather and discuss events, share and make some goals for healing.

For more information go to <http://www.nimh.nih.gov/health/publications/helping-children-and-adolescents-cope-with-violence-and-disasters-parents-trifold/index.shtml>

Further Resources

**Tsapowum Chehalis Tribal Behavioral Health can be reached at 360-709-1733.**

- National Center for PTSD Website: <http://www.ptsd.va.gov>
- The National Child Traumatic Stress Network Website: <http://www.nctsn.org>
- Substance Abuse and Mental Health Services Administration, Disaster Distress Helpline Phone: 1-800-985-5990 Website: <http://www.disasterdistress.samhsa.gov>
- U.S. Department of Justice, Office for Victims of Crime Website: <http://www.ovc.gov/help/index.html>

## CHEHALIS TRIBAL LOAN FUND NEWS

### Program Offers Classes to Strengthen Your Finances

### December 3, 2014

**Credit or Financially challenged?** Come meet with Credit Counselors from *Newrizons Credit Union*.

- What is a credit score?
- What do you do to make it better or WORSE?
- How can I get ahead of my bills?
- How can I stop collection calls? Payroll garnishments?
- Save for a new home? Car? College?

#### What to bring:

List of everything you owe, copies of bills.  
Year to date pay stubs

#### Times:

9:00 AM - 12:00 Noon  
Or 1:00 PM - 4:00 PM

Each individual session will last between **60-90** minutes. Lunch provided.  
We can take 3 individuals per class time.

**Please sign up for a session by December 1, 2014**

### December 17, 2014

Customer Service: Role playing for dealing with every type of customer

Do you work in Retail? Do you have cranky or rude customers? How do you respond to those? Come to this session to develop professional customer service tactics.

Noon - 1:00 PM, lunch provided.

### January 8, 2015

Noon-1:00 PM, lunch provided

**Opening a savings or checking account** with local banker from Umpqua Bank. Saving for something in the New Year!

*Coming in January or February 2015: How to buy a home.*

**If at all possible, please sign up for classes ahead of time with CTLF staff, filling out the attached registration form. Let us know if you would like us to provide a specific topic for future trainings. Thank you!**

For more information contact:

Julie Burnett, 360-709-1831, [jburnett@chehalisribe.org](mailto:jburnett@chehalisribe.org)  
Diana Pickernell, 360-709-1631, [dpickernell@chehalisribe.org](mailto:dpickernell@chehalisribe.org)

\* Or Current Resident

FirstName LastName  
 Street Address  
 City, ST Zip

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# 2014 Halloween Party

Patch, we had a super turn out for the Halloween party, which was hosted at the Community Center on Thursday, October 29. A record number of youth and parents attended this annual event. The youth center had planned some fun activities for families to play that day. Children enjoyed a wide variety of activities as the cake walk, art festivities, and the haystack dig, as well as the costume contest, and dinner provided by the Casino.

All this with the staff from the Education Program, Youth Center, the Event staff, and last but not least, our Youth council. To finish off the Halloween festivities the youth center hosted a trick-or-treat night was the trick or treat night. A vast assortment of trick-or-treaters showed up at the youth center, with at least 225 ghost and goblins coming through to receive their treat.



## 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](mailto:trudymarcellay@comcast.net)

