



# CHEHALIS TRIBAL NEWSLETTER

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

September 2015

Free

## Second Annual Parade a Huge Success Uniting Friends, Families, and Programs

The Vocation Rehabilitation Program hosted its annual parade on Friday, August 14. The theme for building the floats this year was Decades, which means anything in the 1920's through the 1980's. Many programs went all out this year with planning, building and dressing their part. The parade started at Howanut Road and ended at the Tribal Center. Of course candy is an added attraction as children and adults were seen along the path picking up the delicious treats.



Everyone was a winner as the children were awarded prizes for participating in the Vocation Rehabilitation Parade.

*From Orinda Goddard, Vocation Rehabilitation Program Director*

When the parade was finished, food was provided by the Lucky Eagle Casino staff. Various programs provided other resources to assist families. It was a well rounded and fun day!

Thank you everyone for a successful summer outreach parade! Rain, shine, thunder and lightning storm... We did it!!! We

all were very impressed with all the floats this year. You all did a lot of hard work on your floats. It really made it very difficult for the judges to decide the winners. Our judges this year were John Setterstrom

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## 2015 Summer Youth Worker Interns

It is easy enough to write an article on the Summer Youth Interns because this has been the most successful year with the youth. The different departments did a brilliant job putting together different tasks for the teenagers so they could learn different positions. The youth employees started off learning how to interview and put together resumes. They ended with a college trip to Portland State University and a trip to the Lloyd Center.

But in order to truly hear how they did lets read some of their words.

**Kelsey Bray:** What I did at my youth internship at the youth center has made me gain some experience with kids. It was a really fun time, sometimes annoying, but mostly positive. I went on field trips with the youth. We went to all sorts of places like Mt. Saint Helens, OMSI, the movies, (etc.). Other days when there was not any field trips scheduled, we had the kids doing Summer Bridge. They did some healthy eating classes, played in the gym or outside, and

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## "PADDLE FOR THE BATTLE"...A DAY FOR HEALING AND SHARING



10 Canoes landed at Twahoh State Park on the Hood Canal in honor for the "Paddle for the Battle" hosted by the Skokomish Tribe.

Photo by Dennis Hurtado

*By Lyn Dennis, Lummi/Tahltan of B.C.*

The "Paddle for the Battle" addresses cancer and through healing, 10 canoes began pulling at Twahoh State Park on the Hood Canal and arrived at Potlatch State Park on August 22. The tide was high and yet the waters were still, as canoes from Quinault, Chehalis, Port Gamble S'Klallam,

Muckleshoot, and Skokomish landed.

All ages, both Native and Non-Native aligned the beach, as Chairman of the Skokomish Tribe, Guy Miller, and tribal members sang a welcome song.

The Quinault Nation's canoe came ashore and sang a traditional song, stating it was an honor song and

they were glad to be here. Emcee Marty Allen, of the Skokomish Tribe, welcomed everyone and introduced Elder Delores "Dorie" Gleason, who is 78 years old and a cancer survivor. She said she got cancer in her 40's and had difficulty getting health care. Those were very hard times for her and she felt alone. She said,

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### The canoes were greeted by the hosting Skokomish Tribe.

"I am happy to be a witness today and we are survivors and I want to thank everyone for being here today."

There were various speakers who wanted to share about their experiences with cancer. Rodney Youckton, a Chehalis Canoe Family member said, "I am very honored to be able to support fighting cancer. It is important to maintain a positive attitude. Look at all the young kids participating. They are our next hope. To have confidence to overcome challenges." He concluded "It is always a blessing to be thankful today."

Roberta Ortiz, a puller and member of the Oglala Sioux Yomba Shoshone Tribe, came from Portland, Oregon. She represents NAYA, the Native American Youth Association. She said, "The biggest part is showing up. I am honored to be on your water and appreciate opening your community."

Lukas Angus, a puller and member of the Nez Perce Tribe, who also traveled from Portland, said he wants to gain knowledge and offer prayers.

John Cayou, Jr., of the Swinomish Tribe said, "When this canoe journey started, to travel community to community like our elders used to do. I want to thank the elders and thank who



### The members of the Chehalis Canoe Family blessed and honored those who are battling cancer.

organized this event. Singing the songs on the water is a blessing."

Gary Petersen, a Skokomish Tribal member, said "We are reclaiming many things, our language, culture and Indian names. My mother had colon cancer and it was terminal. She was only 47-years-old when she passed away. She would have had a better chance if she had the resources we have today. He went onto say that he has been a social worker for the past 40 years and involved with the Indian Child Welfare Act. "We want to make sure our Indian children are raised in our tribal communities. This is a chance for our young people to sing on the water and pull in the canoes."

Walter Jackson, a Quileute Tribal member, said "I would like to thank the Skokomish Tribe and everyone who helped with putting this together. We need to continue to pray for our loved ones fighting this battle." Jackson went onto to say "My daughter, Charlotte is battling cancer. She is fighting it and is determined. I'm thankful to all of you for being here." He also said it was special to see the young ones singing on the beach and encourages them to listen to elders when they speak.

Ed Green, a Skokomish Tribal member and skipper said, "This is a good cause. We've got to live good and healthy and we're going to keep doing this "Paddle for the Battle."

Elsie Allen, a Skokomish Tribal member said, "I am a survivor of cancer. We all love you and we have your back."

Emcee Marty Allen said, "I am thankful to be here today and be a witness. It touches my heart to see people fighting this cancer."

Dennis Jones, a Port Gamble S'Klallam Tribal member said, "I am here for my father. Cancer grabbed my dad and tried to take him down. My dad is here because of prayer. I wouldn't cry about what my dad was facing. I sat with my dad in the kitchen and told him that he taught me never to give up. He's still with us here today after 10 years. And we looked upon everyone who prayed." Jones concluded and said this event is a really great thing.

Anna Brown, a member of the Nisqually Tribe, standing up in front of everyone wearing a red scarf said, "I have lung cancer. I'm hanging in there. I've been through chemotherapy and radiation. I am happy to be here."

### Delores "Dorie" Gleason, shared her struggles after being diagnosed with cancer.



Rose Robinson, a member of the Quinault Nation and Skokomish said, "I'm honored to be here. I lost my mother to colon cancer and she was only 55-years-old. I am honored to see all the survivors."

Lester Dan, a member of the Quinault Nation said, "I lost my wife to cancer. The water is healing and I am glad to be here today."

Bill Kalapa, a Makah Tribal member from Neah Bay said "I'm a cancer survivor. Those were the loneliest years of my life and suffering the after effects. I've been a preacher all my life and I know I can trust God. The flyer for this "Paddle for the Battle" said to come meet with old friends. You've been a wonderful audience and good listeners."

Then a traditional Tuwaduq Potlatch Feast was enjoyed by all, including the famous Hood Canal shrimp, barbecued salmon, elk, and a variety of side dishes. A special thanks to Volunteer Cook: Gussy Blacketer; Shrimp Cook: Cody Andrews; Harvesters: Tim LeClair/shrimp; Ed Green/elk and fish; Fish Processing: Mark Warren; Fish Cooks: Kevin and Norma Cagey.

This is a fundraiser to help cancer patients. A special thanks to the Squaxin Island Tribe and S.P.I.P.A., the South Puget Inter-tribal Planning Agency for donations of food and gifts. The raffle had a number of donations, from Native artwork to sweatshirts, firewood and more.

Hosted by the Skokomish Tribe, appreciation goes to the "Paddle for the Battle" Planning Committee: Chair: Rita Andrews; Vice-Chair: Ed Green; Treasurer: Darlyn Warren; Secretary: Heidi Brown, and others included: Shanoah Cloud; Jody Rosier; Joseph Vukich; Eleanor Smith; Annette Smith; Lila Vigil; Kimberly Miller; and Jake Smith.

The "Paddle for the Battle" was a special day of healing for all.

## Interns continued from Page 1

they went swimming. Just recently the biggest 'project' of the internship was for the parade. Kennedy and I were both assigned the task of decorating the youth van with memories of photos at the youth center. We had to work on it all day because they waited until last minute to tell us. But all in all it was a fun summer working with the little kids and really seeing their personalities from day to day.

**Chayse Bonifer:** Accounting is a fun and educational opportunity. With a friendly environment, it is easy to enjoy working at the office. I was able to learn how to use very interesting computer programs like Excel. Also I learned how to work with P.U.D. I helped with paying peoples' bills by writing the receipts. I would then enter the amount, name and other essentials into the computer.

Then I did a double check of all the money in the morning from the day before. Working with friends and family was nice too, because they all were kind to me and taught me well. It is a



**2015 Summer Youth Interns. Pictured back row (L-R) are Jakeb Hoyle, Sean Allen, Jordan Bray, Sam Starr-Wright, Kelsey Bray. Third row (L-R) are Emily Ortivez, Chavez Secena, Elijah Quilt, Baily Fern. Second row (L-R) are Chayse Bonifer, Farley Youckton II, Arielle Burnett, Desirray Klatush. Front Row (L-R) are Shyann Ortivez, Savanna Bird, Kenedy Adams. Not pictured is Duanne Gleason.** Photo Provided by Jodie Smith

good job for asking questions, and the employees always made sure I understood the purpose of each of our actions. Then I had to step out of my

comfort zone and work up front at the desk, but I quickly saw that the people were kind and easy to work with. They did need a little bit of organizing, so I alphabetized the files for this year, cleaned walls and the sliding doors that had been stamped, and also some dishes. Accounting got even better when they said I was going to construct their parade float. Knowing that I would enjoy this, I immediately starting figuring it out. I searched the internet, then we voted on which decade we would do. I bought the supplies and decorated my mom's car. All in all the accounting position was a fun and educational process that I would hope to do again next year.

**Arielle Burnett:** This summer I worked at the Office of Tribal Attorneys and the Planning Department. I started out in OTA and they had me retype Chehalis tribal documents that hadn't been put in electronic form. Some documents were only one page, while others were around 15 pages. After

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# Chehalis Stream Team – Learning About Our Waterways



**Sean Allen and Farley Youckton, II looking for fish to identify**

Over the summer the Chehalis Tribe's Natural Resources Department was home to the second year of the Chehalis Tribal Stream Team. For six weeks, five youth workers spent time learning about the Chehalis River and conducting water quality testing. This summer the Stream Team included Bailey Fern, Farley Youckton, II, Sean Adams, Sean Allen and Dewey Gleason. The youth were led by Dewey, who was on the Stream Team last summer and acted as a team lead. Jason Gillie, the FFR specialist, supervised the Stream Team, but the Natural Resources staff all worked with the teens on different projects.

Each of the Stream Team youth earned their boating education certification. Then they all took turns operating a jet boat, air boat, and prop boat on Mayfield Lake. Next, the youth took turns kayaking from Adna to the Oakville boat launch and measured the river water temperature, dissolved oxygen level, and pH. Over the summer, the youth entered their data and charted the average water temperature of the Chehalis River. They found the average temperature to be between 68 and 69, which is higher than normal, and can negatively impact salmon populations.

While the Stream Team was in the tribal waterways, they also learned to identify different juvenile fish, and they surveyed the streams that feed into the Chehalis. The youth found that some of the tributaries to the Chehalis were much cooler than the river itself. In addition to learning about the water and the fish, the Stream Team learned how to operate the Tribe's drone. They were able to fly the drone and take pictures of different parts of the reservation and the river. Each youth learned to tag adult fish, and how to use radio tracking to track the fish. Besides testing the river and creeks, the youth also tested the Tribe's monitoring wells for groundwater

quality. And don't worry, they got some fishing in too – fly fishing and night fishing!

Towards the end of their time on the Stream Team, the youth presented the data they had gathered to the Business Committee. Although they were nervous to speak in front of them, the teens all did a great job sharing what they had learned. The Stream Team project was funded by a BIA Tribal Youth Initiative Program grant. This is the second year the Tribe has received this grant for the Stream Team, and we are all excited to see the youth continue to learn about their river and the fish is supports.



**Farley and Sean releasing a juvenile fish after identifying it.**

# Tribal Health and Wellness News

## If You Have Diabetes, Take Care of Yourself by Getting a Flu Shot

If you have diabetes, getting the flu can give you more than aches and pains. It can mean being sicker for a longer time. You might have to go to the hospital. It is even possible to die from the flu. This is because when you have diabetes, your body's flu-fighting system may not be as strong.

### What is the Flu?

■ The flu is an illness that spreads from person to person. It is different than a cold. The flu may give you:

- Headaches and/or body aches
- A 100 degree Fahrenheit or high fever
- A cough and/or a stuffy nose
- Chills
- Tiredness
- Nausea, vomiting, and/or diarrhea

### Get a Flu Shot Every Year

The types of flu change from year to year. To protect yourself, get a flu shot every year. The fall season is the best time to get your flu shot.

### You Won't Get the Flu From a Flu Shot

The flu shot does not contain a "live" flu virus, so it cannot give you the flu. Some people may get flu-like symptoms for a few days after the shot, but this is not the flu.

You may still catch the flu later, even if you had a flu shot. But the shot will help because you won't get as sick. You will be less likely to go to the hospital.

### Your Family Needs Flu Shots, Too

The flu spreads very quickly from person to person, so all family members need flu shots. Anyone over the age of 6 months can get one. Ask your family members to get their flu shots. It will help keep them from getting sick. They will be protecting you and other family and community members who have diabetes and other health conditions.

Contact your health care provider about getting a flu shot.



Produced by the IHS Division of Diabetes Treatment and Prevention.  
www.diabetes.ihs.gov



## Mammogram Clinic

**Thursday, September 10, and**

**Thursday, October 22**

**9:00 AM to 3:00 PM**

At the Chehalis Tribal Wellness Center  
(Assured Imaging will be here inside the clinic)

Incentives

Breast care information


Drawing for a Pendleton blanket

Please call the clinic at 360-273-5504 to schedule your appointment.

If you have any questions regarding your eligibility please contact:

Christina Hicks, N.W.W.P. Outreach Worker at  
360-273-5504 EXT. 1741

*"Every Woman counts, tell your sisters, daughters, mothers, and friends to have a mammogram done yearly"*



## Diabetes Clinic

**September 22 and October 28,**  
**8:30 AM to 4:00 PM**  
**Chehalis Tribal Wellness Center**

The Chehalis Tribal Wellness Center will be holding their Diabetes Wellness Clinics on the following dates:

This day will focus on the care of the diabetic patient. We will have healthy snacks available, diabetes information, diabetes meter exchange if you are in need of an update meter.

Patients will have labs done, see their health care provider, and see the Registered Nutritionist. Check to see when your last Diabetes eye exam, Diabetes foot exam, and Dental exam were, review your immunizations, your medications, and also screen for Depression and Tobacco use.



If you are a Diabetic and have not been seen for your regular Diabetes care we want to see you. We will be having a Diabetes clinic every month, and plan to see all our diabetic patients.

If you want to schedule your Diabetes Appointment Please call Pat Odiorne, RD, CDE or Christina Hicks, Community Wellness Manager at 360-273-5504.



All Diabetic Patients who schedule an appointment and complete all screenings during their visit will receive a special incentive! And be put in for a raffle at end of day!

## Staff Profile: Referral Coordinator CTWC

Hi, my name is Lori Smith. I am the new Referral Coordinator for the Chehalis Tribal Wellness Center. I am an enrolled member of The Confederated Salish & Kootenai Tribes of the Flathead Nation (Montana). Together my husband and



**Lori Smith**  
**Referral Coordinator**  
**Chehalis Tribal**  
**Wellness Center**

I have 6 children and 11 grandchildren which keeps us pretty busy with all the sports activities the kids have going on ☺.

I have previous experience working in a health clinic; I spent many years working at the Skokomish Health Center. I am very excited for the new opportunity to serve the Chehalis community and look forward to working with and meeting everyone.

# Chehalis Tribal Wellness Center Has a Podiatrist Available

Diabetic patients should have their feet checked by a Podiatrist at least once a year, even if you don't have any foot problems.

## Foot care tips for people with diabetes:

People with diabetes have to take special care of their feet. You should have a comprehensive foot exam every year. Some things you can do to keep your feet healthy:

- Wash your feet in warm water daily.
- Dry your feet well, especially between the toes.
- Keep the skin soft, with a moisturizing lotion, but do not apply in between the toes.
- Inspect your feet daily for cuts, bruises, blisters, or swelling. Tell your health care provider right away if you find something wrong.
- Ask your diabetes care team how you should cut your toenails.

- Wear clean, soft socks that fit you.
- Keep your feet warm and dry. Always wear shoes that fit.
- Never walk barefoot indoors or outdoors.
- Examine your shoes daily for cracks, pebbles, nails, or anything that could hurt your feet.

Podiatrist Deborah Behre, DMP will be here on

**Monday, September 21  
from 8:30 AM to 4:00 PM**

**Monday, October 26  
from 8:30 AM to 4:00 PM**

**Monday, November 30  
8:30 AM to 4:00 PM**

If you would like to make an appointment to see her please call the CTWC at 360-273-5504 and ask to speak to Pat Odiorne or Christina Hicks.

### TIPS FOR GOOD FOOT CARE

Check your feet and toes daily for cuts, bruises, or swelling

Wear shoes and socks that fit well

Use skin lotion to avoid dry feet (but not between your toes)

Exercise every day for at least 20 to 30 minutes

Wash and dry your feet every day. Use warm (not hot) water and mild soap

File your toenails straight across

See your doctor right away if you hurt your feet

Don't go barefoot - ever!

Provided as a free educational service by www.learningaboutdiabetes.org  
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## Back-To-School Dental Care Advice For Parents

Here are some dental care tips as the school year gets underway.

1. Adequate home care: As always, brushing and flossing are important for kids, but for youth under 7 years of age, the parent or guardian should also be doing the brushing at least once each day. Make it a habit...once in the morning and once at night. You can decide when is best. Perhaps getting the kids to brush before breakfast will save time so that they can catch the bus.
2. Healthy diets and choosing fruits, vegetables, and water for children's lunches.
3. Trauma prevention can ensure that children's teeth stay healthy when they get back to school. The advice: ensure that kids use mouth protection when playing sports. The Chehalis Tribal Dental Clinic can help by making custom mouth guards for youth in school sports programs.

We suggest a "back-to-school checklist" calling for regular dental exams, good dental hygiene habits at home, plenty of healthy snacks, and properly fitted mouth guards for student athletes.



## Medication Prescriptions Changes

The Chehalis Tribal Wellness Center is no longer picking up medications from Safeway in Centralia. If you wish to continue to receive your medications from there, you will have to pick them up yourself. We now utilize Kirk's CHS Pharmacy in Lacey, as they deliver medications to the clinic during the week.

If you want your medication delivered, please contact Kirk's CHS Pharmacy to have your medications transferred over to them at **360-493-8614**.

**NOTE:** Narcotics can not be delivered. If you have any questions or concerns, please call the clinic at 360-273-5504.

### NOTICE!

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

## NWWP's 13<sup>th</sup> Annual Inter-Tribal Breast Cancer Awareness Walk

Hosted by Chehalis Tribe

**Saturday, October 17**

**10:30 AM to 2:30 PM**

Community Center ~ Gathering Room ~

Registration will start at 10:00 AM  
Opening Prayer – Welcome at 10:30 AM  
Walk will start at 10:45 AM  
Lunch starts at Noon  
Cancer Survivor Speaker at 12:45 PM  
Honoring Breast Cancer Survivors  
Door Prize Raffle

All walkers will get a T-shirt (while supplies last)



**Looking for Volunteers to help with the walk!**

For more information about the walk please contact:

**Christina Hicks,  
Community Wellness  
Manager at CTWC  
phone: 360-709-1741**



# September is Childhood Obesity Awareness Month

Submitted by SPIPA WIC Staff

Your child is watching and learning from you. Obesity has serious health consequences. Childhood obesity puts kids at risk for health problems that were once seen only in adults such as type 2 diabetes, high blood pressure, and heart disease.

Children's eating patterns and food preferences are established in early life and are greatly affected by parenting styles. The epidemic of type 2 diabetes, which includes AI/AN communities, is associated with decreasing levels of physical activity and an increasing prevalence of obesity. Promoting physical activity and healthy eating is a critical part of the prevention and management of type 2 diabetes.

Here are some nutrition and fitness tips to choose from to keep your child at a healthy weight:

Healthy eating guidelines include :

- Choose healthy drinks.
  - Make water the first choice for drinks.
  - Choose sugar-free drinks.
- Eat three meals a day, including breakfast.
- Keep snacks small and healthy.
- Eat a variety of foods from all the food groups.
- Expose children to a variety of healthy foods at an early age.
- Eat healthy amounts of food.
- Eat five or more fruits and vegetables a day.
- Eat more whole-grains.
- Eat fewer high-fat foods.
- Eat less fast food.
- Pay attention to body messages for hunger and fullness.
- Importance of family meals.
  - Handle refusals to eat in healthy ways.
  - Avoid overfeeding and food rewards/punishments.



Healthy physical activity guidelines include:

- Be physically active one hour or more every day.
- Engage in two hours or less of screen (sitting) time each day.
- Develop enjoyable lifetime fitness activities.

Choose one new healthy habit to start, then add others as you can.

Source: I H S Diabetes Best Practices Youth & Type 2 Diabetes Prevention & Treatment. Revised April 2011

## 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 at 360-709-1689  
 Debbie Gardipee-Reyes 360-462-3227  
 or [gardipee@spipa.org](mailto:gardipee@spipa.org)  
 Patty 360-462-3224 or SPIPA main number:  
 360-426-3990

First Thursday  
 each month  
 9:00 AM — 3:00 PM  
 at the Chehalis  
 Wellness Center  
 (dates and times  
 may change)

## ATTENTION All CHS/PRC Patients!



Have you been referred for medical care? Are you receiving medical bills in the mail?

If so please bring them to the Chehalis Tribal Wellness Center so the Purchased Referred Care Department can process and pay them.

## New CTWC PRC Available

Are you Contract Health Eligible? Have you received your new ID card? This ID card along with a Purchase Order will help to ensure outside providers are billing the Purchased Referred Care Department quickly and accurately.

If you or your family members have not received their card, please see

Deb Shortman at the Chehalis Tribal Wellness Center.



Greetings,

The 2015 Native American Student Day at the University of Washington (Seattle) application is now live.

### Native American Student Day

When: October 9<sup>th</sup>, 2015 (Friday)

Where: [wəlabʔaltx<sup>w</sup> – Intellectual House](#)

Time: Registration/Resource Fair opens at 8am

Program begins at 8.45am

Program ends at 5pm

There are a few changes to note for this year's conference.

1. Travel support is available for students coming in chaperoned groups (details can be found under **Travel Support** on the NASD webpage listed above). Proposals must be received by September 18<sup>th</sup>.
2. A **Group Registration** form is available for chaperoned groups. Students not in groups will sign up via the **Individual Registration**.
3. Native American Student Day is available for grades 9-12. Travel support however will prioritize Juniors and Seniors.

I look forward to seeing at Native American Student Day. Jim

**Jim La Roche (Lower Brule Sioux: Kul Wicasa)**  
**Admissions Counselor**  
**Multicultural Outreach & Recruitment**

Office of Minority Affairs & Diversity  
 University of Washington  
 1410 NE Campus Parkway  
 Seattle, WA 98195 Box 355845  
[laroche@uw.edu](mailto:laroche@uw.edu) 206.685.3022



<http://depts.washington.edu/reach/>

# School Bus Traffic Safety Tips to Protect Your Family

For twenty three million students nationwide, the school day begins and ends with a trip on a school bus. The greatest risk is not riding the bus, but approaching or leaving the bus. Before children go back to school or start school for the first time, it is essential that adults and children know traffic safety rules.

## Drivers

- When backing out of a driveway or leaving a garage, watch out for children walking or bicycling to school.
- When driving in neighborhoods with school zones, watch out for young people who may be thinking about getting to school, but may not be thinking of getting there safely.
- Slow down. Watch for children walking in the street, especially if there are no sidewalks in neighborhood.
- Slow down. Watch for children playing and congregating near bus stops.
- Be alert. Children arriving late for the bus may dart into the street with out looking for traffic.
- Learn and obey the school bus laws in your state. Learn the “flashing signal light system” that school bus drivers use to alert motorists of pending actions:
  - **Yellow flashing lights** indicate that the bus is preparing to stop to load or unload children. Motorists should slow down and prepare to stop their vehicles.
  - **Red flashing lights** and extended stop arms indicate that the bus has stopped, and that children are getting on or off. Motorists must stop their cars and wait until the red lights stop flashing, the extended stop sign is withdrawn, and the bus begins moving before they can start driving again.

## Children

- Get to the bus stop at least five minutes before the bus is scheduled to arrive.
- When the bus approaches, stand at least three giant steps (6 feet) away from the curb, and line up away from the street.
- Wait until the bus stops, the door opens, and the driver says that it’s okay before stepping onto the bus.
- If you have to cross the street in front of the bus, walk on the sidewalk or along the side of the road to a point at least five giant steps (10 feet) ahead of the bus before you cross. Be sure that the bus driver can see you, and you can see the bus driver.
- Use the handrails to avoid falls. When exiting the bus, be careful that clothing with drawstrings, and book bags with straps don’t get caught in the handrails or doors.
- Never walk behind the bus.
- Walk at least three giant steps away from the side of the bus.
- If you drop something near the bus, tell the bus driver. Never try to pick it up because the driver may not be able to see you.

## Parents

- Teach children to follow these common sense practices to make school bus transportation safer.



# Arise, Shine

## Native Men's & Women's Conference

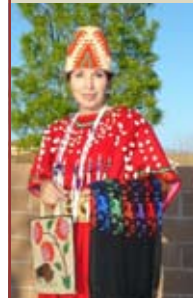
Isaiah 60:1-3

**Friday**  
6:30pm Registration  
7:00pm Singspiration  
**Saturday**  
8:00am Breakfast, workshops  
7:00pm Hattie Kauffman  
**Sunday**  
8:30am Breakfast  
10:00am Worship & Testimony  
11:00am Service with Brian Cladoosby

November 6-8  
**2015**

Muckleshoot Pentecostal Church  
39731 Auburn Enumclaw Rd SE  
Auburn, WA 98092

### Special Speakers:



Hattie Kauffman, of the Nez Perce Tribe, Former NBC, ABC news commentator & host of Good Morning America. Hattie also reported for 48 Hours, Street Stories, Sunday Morning, CBS Radio, CBS Special Reports, the Early Show, and CBS Evening News.



Brian Cladoosby, Swinomish Tribal Chair and National Congress of American Indians President. Brian has served on the Swinomish Indian Senate, the governing body of the Swinomish Indian Tribal Community, since 1985.



Traditional Dress & Instruments of worship welcomed

	<u>Men</u>	<u>Women</u>
<b>Worship done by</b>	Pastor Kenny Williams, Muckleshoot	Wanda Sampson, Yakama Ann Masten, Quinault
<b>Workshop Speakers Include:</b>	Truman Santiago, Ote-Missouria Doug James, Lummi Aaron Williams, Coughatta	Arlene Olney, Yakama Stella Morrison, Yakama

Hosted by Pentecostal Church and Firestarters Ministries [www.firestarters-ministries.org](http://www.firestarters-ministries.org)  
For more information contact Pat Walker, Creek 253-380-4347

## 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:** Changed to the first of each month (printed monthly).

Tribal Center (360) 273-5911  
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**Chehalis Tribe's Vision Statement**  
*To be a thriving, self-sufficient,  
sovereign people, honoring our past  
and serving current  
and future generations*

**Business Committee**  
Don Secena, Chairman  
Harry Pickernell, Sr., Vice Chairman  
Farley Youckton, Treasurer  
Cheryle Starr, Secretary  
Dan Gleason, Sr., 5th Council Member


**Chehalis Tribal Newsletter Staff:**  
Fred Shortman,  
Communications  
Coordinator



# Happy Birthday to Tribal Members Born in September


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

Happy Birthday  
Roger Shortman




Love Your Family!

Happy Birthday  
Roberta Secena  
The best momma,  
gramma, and GG in the  
world!



From your children, grandchildren  
and great grandchildren

Happy 19<sup>th</sup> Birthday  
to a  
wonderful  
Son,  
Brother and  
Dad!!



We love you bunches  
Mom, Jonnie, Savanna and Liam

Happy Birthday  
Auntie Chris  
Have a great day!

Love always Jenni,  
Jonnie, Jordan, Savanna  
and Liam

Happy Birthday  
Nancy Romero  
Love Your Family

Happy Birthday  
Terry Youckton  
From all of us!!

Happy Birthday  
Vanessa Youckton  
Karlea Youckton  
Malia Acacia  
We Love You!!!

Happy Birthday  
Sylvia Cayenne



You Are  
The  
Best!!  
Love Your  
Family

Happy Anniversary  
Jessie & Derwin  
We Love You!!!



HAPPY HAPPY BIRTHDAY  
TO OUR TWINS  
SASHA & DUSTIN



WE LOVE YOU BUNCHES  
FROM MOM & DAD <3<3<3  
AND THE REST OF THE  
FAMILY <3 <3 <3





# Children Learn Rules of the Road at Bike Rodeo

By Mike Mcnair, Community Resource Officer



Children await their turn to enjoy the bike rodeo course at the Community Center.

During the Back-to-School event our Chehalis Tribal Law Enforcement put on a bike rodeo. The bike rodeo emphasized hand and arm signals for bicycle safety for any child who participated. About 60 children participated in the bike rodeo. They also received a flyer in order to teach the children about the "Rules of the Road."

There were 21 Bikes and Helmets raffled off. These were donated by Public Safety, Youth Center and Planning. There are plans to make

this a annual event, so watch for flyers. Many thanks to all the helpers that assisted in making this bike rodeo such a success: Sergeant Kelly Edwards, Jason Dickerson, Alexa Strawder, and Sheldon Pruett.

For more information on bicycle safety, visit the National Highway Traffic Safety Administration (NHTSA) web site at:

[www.nhtsa.dot.gov](http://www.nhtsa.dot.gov)



Volunteers display the safety techniques to ensure their safe travel to the next station.

*There is faith in their eyes,  
Love in their eyes,  
Love in their touch,  
Kindness in their gestures.  
Thrill with them at life's big and small  
moments...hold them close.*



*From small beginnings...come great things.*

Call this toll-free number if you suspect that a child or vulnerable adult is being abused or neglected. The Operator will connect you with the right DSHS office to make your report.

Washington State Department of Social and Health Services

**Toll Free 1-866-End Harm (1-866-363-4276)**

You may also call Chehalis Tribal Law Enforcement at 360-273-7051

Protect Services Office hours are 8:00 AM to 4:30 PM in the Social Services Building.

**If you are call about immediate life-threatening emergency call 9-1-1!**



## Foster Care Licensing Program

Are you interested in becoming an emergency, short term or long term home for youth in need?

Please contact either Frances Pickernell at 360-709-1745 or Melanie Hjelm at 360-709-1632



## 10th Annual Dancing in the Square Powwow

Pioneer Square  
Downtown Portland  
~September 25~  
12:00 - 7:00 PM

This event is **FREE** and open to the public. **A Drug Free, Alcohol Free, Commercial Tobacco Free, and Violence Free event.**



Vendors and Educational Booths:  
For more information, please contact Candice Jimenez at 503-416-3264 or [cjimenez@npaiih.org](mailto:cjimenez@npaiih.org)

## USDA Food Program

### Distribution Dates

September 24

October 22

November 19

Pickup is at the Community Center from 9:45 AM to 1:30 PM

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 Our staff will be happy to assist you in applying for this program.



## Division of Child Support



Eric Stender, Support Enforcement Officer - Tribal Liaison, 360-664-6971 [stender@dshs.wa.gov](mailto:stender@dshs.wa.gov)

NOT SURE HOW TO GET STARTED? HAVE QUESTIONS? NEED HELP FILLING OUT PAPERWORK?

**JUST SHOW UP BETWEEN 1:00 - 3:00 PM EVERY SECOND WEDNESDAY OF THE MONTH**

CHEHALIS TRIBAL SOCIAL SERVICES CONFERENCE ROOM

### Interns continued from page 3



#### **Jakeb Hoyle running down the escaped prisoners in the VR Parade.**

I finished all the documents, my supervisor sent them to the court house and they asked if I could put in margins and footers on all of the papers. I finished that job rather quickly, but in between all that, I got to sit in on an official meeting and hear what goes on behind the scenes. While some may say it was boring, I found working for OTA very interesting. When OTA couldn't find any more work for me to do, I was sent to work at the Planning Department.

While working at Planning, I learned how to make business licenses and send them out to the clients. I also got to sit in on a meeting the department had, and worked on the float for the VR Parade. I learned how to use all the equipment in the Planning Department, so time really flew by in there. At the end of the day, I enjoyed being in OTA and Planning, as they helped me learn life skills and learn about the field I want to go into.

**Shyann Ortivez:** Working at the Head Start was a great experience. I worked with the babies and although they cried I had a great time. We went for walks every morning. I would get a little bored during their nap times but after naps we would eat and then play in the classroom. At times there would be one baby that would not go to sleep, or they would sleep for twenty to thirty minutes and then end up waking the rest of the babies up. It wasn't easy, but I would not change this work experience. I am glad I was able to work during the summer, because it will help me sooner or later in life.

**Jakeb Hoyle:** While I was working at law enforcement we did three main things: I took the driving courses, I typed, and I also did a lot of outside stuff. The driving course involved the performance test and the timed course. While typing I copied a BIA Handbook and did a bit of

labeling and filing. Some of the outside stuff I did were things like washing some of the police vehicles, delivering mail, and painting.

During the driving course we did two things: The performance and the timed courses. The performance course was a bit slower because you had to take your time on stuff like turning around and parallel parking, but you always have to watch out for the cones because you can only hit 4 cones. Now the timed course was a bit faster. We had to take turns going 40-60 mph, and this time if you hit a cone your time goes up.

While typing I had to focus on three main things: Digitizing a BIA Handbook, labeling, and filing. While copying the handbook I had to make sure that I had everything perfectly spaced. Labeling and filing however was a bit easier. All I had to do was replace a few numbers, print the labels out and put them on folders with the corresponding numbers. After that I had to arrange each folder in the correct filing cabinet.

Last the stuff I did outside: Washing cars, delivering mail, and painting. Washing cars was pretty easy of a job until I had to wash the van, or some of the bigger police cars. Delivering mail was the easiest of the three jobs. I had to walk to the Tribal Center and well.... deliver mail. However painting was the hardest of the three because I had to paint the shed, trying to reach places way over my head.

**Kenedy Adams:** This summer was a fun and long summer. I worked at the youth center with some enthusiastic and mellow co-workers. We went on many field trips such as the movies, Mt. St. Helens, Ocean Shores and more. I had started out being a stranger to some kids, but eventually took a liking to me. I hope to come back next year. My supervisor was a great one. I would slack off a bit but I'd bounce back to work pretty fast.

The most memorable part of this summer was going to the Northwest Trek. I had my own little group for the first time!! I was a little worried that I was going to lose one. I didn't, and they had fun. Overall this summer was a fun, memorable, and tiring one. Hope to come back next year!

**Duane Gleason:** Over the course of this time I spent as a youth worker I was put as team leader for the five other youth workers in the Department of Natural Resources. I learned what it is like to be a supervisor over a group

of employees, which also came with multiple responsibilities. One of the responsibilities learned was having to terminate a worker for a lack of accountability which was not as simple as I once thought. This was a difficult decision but it had to be done. Another responsibility was to keep the schedule for all the workers organized and on task, as well as always keeping them busy.

But as a youth worker I learned things as well which may possibly be useful in life depending on how I decide to plan my future and which career I choose to go into. But I learned about part of the fish anatomy, how to tell if the fish is male or female, and how to not hurt the fish when we tagged them. I learned more about gular tagging which is where we place a tag in the fish's stomach, we are not interfering with the feeding process cause usually when we gular tag the fish they have not eaten and have an empty stomach. I learned about P.I.T. tagging (passive integration transponder) which is where we place a tag about the size of a grain of rice in the dorsal sinus which is at the base of the dorsal fin, this does not hurt the fish cause it as an unused cavity in the fish's body, but on juveniles (preadolescent fish) we place in the pyloric caeca which is just right on the under belly of the fish which also is an unused part of the body of the fish.

**Desirray Klatush:** I learned many things this summer while working the summer. Working at the clinic was an amazing and wonderful experience! I've gained a lot of confidence. I learned how to put chart information in the computer and how to utilize the computer system. I would love to work there again. The people there are really amazing. I would like to thank them for allowing me to experience all of this.



**Chayse Youckton-Bonifer dressed as Austin Powers during the VR Parade.**

# Back to School Bash Kicks Off the 2015-2016 School Year



On a beautiful summer day in August the Youth Services program held their annual Back to School Bash for the upcoming 2015-2016 school year. The team members from the youth center were on hand to give gift cards and backpacks for new and returning students, while the Education Department made available gift cards to assist with the many supplies needed for education. This gave the community and the youth a chance to get to know the staff who has made its priority number one to help the future of our tribe succeed in any way possible.

Tony Medina spoke with many of the attendees about what they could expect from the Youth Center in the upcoming year and opportunities on how the community could volunteer in his ever growing department.

The members of the Education Specialist Team met with many parents to explain how they would assist with student needs and much more. With 164 students signing up at this event it will be a fun year for them, but they are always up to the task. Rachel Mendez and the higher education department had representatives from local colleges on hand with information about continuing education after high school for those who might be interested.

To battle the heat, that reached up into the mid 90's, Merry Makers were on hand with water slides, misting stations and a jousting arena. However, the biggest hit was the rock wall. Kids young and old, tall and small tested their ability in three levels of difficulty and all day you could hear the bell sounding a successful climb. There was a lot of help on hand from the Chehalis Tribal senior class hoping to complete their community service requirements and helped out with the BBQ lunch provided by the Lucky Eagle Casino.



**The Education Department staff handed out gift cards and shared the program efforts for each child to become a successful student.**

To cap the day off, community outreach officer Mike McNair held a bike rodeo. This gave the children a crash course (no pun intended) in bicycle safety and raffled off many bikes and gear to promote safety and an activity driven lifestyle.

In the end, the day was a tremendous success for the departments and the community. As we do many times a year, the community came out in support of the event and spent time with one another. We always come together to share a moment and a meal with our friends and family. If you are interested in offering a special skill you have with our youth, please contact Tony Medina at 360-273-9674.

If you have questions about your student's education you may contact any of the following- Jodie Smith 360-709-1897, Nate Floth 360-709-1878, Jesse Gleason 360-709-1759 or JJ Shortman 360-709-1749.

For your higher education needs of any kind you may contact Rachel Mendez at 360-709-1698.

Please remember, if you haven't signed your child up for education services or filled out the necessary paperwork for the youth center you may do so at any time. However, the sooner the better.

**Children having fun in the sun during the Back-to-School Bash at the Community Center.**

Photos by Emily Ortivez

\* Or current resident

**Parade continued from Page 1**

(Casino), Carol Cordova (Skokomish VR Director), Michelle Sorlie (Lewis County Public Health) and Ollie Obi (Quinault Tribe).

Our winners for this year was:

**Best Float**

- Planning Department 1940's ~ 1<sup>st</sup> place
- Enterprises 1960's ~ 2<sup>nd</sup> place
- Hotel 1950's ~ 3<sup>rd</sup> Place

**Best Dressed**

- Rodney Youckton (Enterprise) 1960's ~ 1<sup>st</sup> place
- Garth Hamilton (Accounting) 1960's ~ 2<sup>nd</sup> place
- All of Law Enforcement 1920's ~ 3<sup>rd</sup> place

**Youth Awards**

- Daryl "Bubbah" Boyd ~ 1<sup>st</sup> place
- Kylee Secena ~ 2<sup>nd</sup> place
- Falisty Bumgarner ~ 3<sup>rd</sup> place

**Heartfelt Thanks!** Thank you to all the departments that participated: Accounting, Law Enforcement, Planning, Clinic, Behavioral Health, Youth Center, Education Program, Human Resources, Loan Department, Chehalis Royalty, Lucky Eagle Human Resources, Lucky Eagle Marketing, Lucky Eagle, Chehalis Tribal Enterprises and all the youth that walked in the parade! Our community loves this parade and looks forward to it every year. Special Thank You to Social Services for the donating the BBQ lunch and Chehalis Tribal Enterprises for donating beverages. It was good food and thank you all for standing in the rain to help eat the food as well! We had 30 raffle prizes donated for our raffle. There was over 200 people that stayed for this event. Thank you to local programs for coming out and providing resources to our community. We had Molina, Gravity, Reliable, PAVE, Resource Center, Teen, Timberland, REZ Based GHC, Parent 2 Parent, Department of Vocational Rehabilitation State office, CISPUS Center, and Lewis County Public & Health & Social Services. Big Thank you to Heather Hoyle, Francis Pickernell, Vanessa Castle, Pam Youckton, Tammy Boyd, Ollie Obi, Philip Youckton, Leroy Boyd, Samuel Starr-Wright and Meja Handlen. Now, on to making sure we all can come up with a great theme for next year's parade...and hope for no thunder and lightning storms!! Thank you all again for making this a successful event!

