



CHEHALIS TRIBAL NEWSLETTER

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

October 2015

Free

Program Hosts 5th Annual Suicide Prevention Walk

The Chehalis Tribe hosted its 5th Annual Suicide Prevention Walk on Sunday, September 27 at the Community Center. The walk was sponsored by the Behavioral Health Program in honor of Suicide

Prevention Month. The Lucky Eagle Casino donated a barbecue lunch and graciously expressed their support of the cause. Raffle drawings were held throughout the event and many prizes were donated by other departments, including Family Services, The Wellness Center, Law



Elders, adults and children alike walked together, in memoriam, in support, and to raise awareness during the Suicide Prevention Walk.

Enforcement, The Youth Center, Human Resources and private donations too. Barb Motley, the new Human Resources Director came in early to help set up and pass out the items, bags and water.

Mother Nature was shining down that morning for those who attended this event and we were

blessed with a beautiful, sunny fall day. Before the walk a prayer was offered by Marie Bird and the walkers sure seemed to have speed under their feet as a result of her wonderful words for strength. Elders, adults and children alike walked together, in memoriam, in support, and to raise awareness.

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Loan Program Hosts the "Train the Trainer" Workshop for Native Artists

The Chehalis Tribal Loan Fund hosted a Community Based Certification Training in collaboration with the Taala Fund on September 8-9, 2015 at the Eagles Landing Hotel. This training was provided by First Peoples Fund, out of South Dakota. First Peoples Fund developed their own curriculum, and have trained Native Artists throughout the United States. First Peoples Fund is dedicated to the advancement and well-being of Native American Arts and Culture. This Fund offers grants and grant programs to Native Artists. First Peoples Fund states that, "This workshop is designed to provide a 2-day, hands-on training that will enhance the artist's business skill set and prepare them for their journey toward becoming successful artist entrepreneurs."

Ten people participated in the training, including representatives from the Confederated Tribes of the Chehalis, and the Quinault Indian Nation Taala Fund staff and artists.

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Seattle Supersonics Legends Visit the Chehalis Tribe

Sunday, September 20 was a special day for Elders, Adults and children who attended the Basketball Skills Mini-camp at the Community Center. Fred Brown, Jr. was there to have the kids practice and show off their basketball skills. This event was sponsored by the Youth Center and Education Programs.

Lunch was provided by the Lucky Eagle Casino. An opening prayer was done by Sally Fixico and elders were invited to eat first. Funny, there is usually a line up to eat, but this day that was not the case. There were some special visitors who came to give autograph and photo opportunities.



Youth listen to the instructions of Fred Brown, Jr. during the basketball skills training.

Seattle Supersonics Legends "Downtown" Freddie Brown Sr. and Gary "The Glove" Payton took time out of their busy lives to visit our little corner of the earth.

Not to disappoint either as many came to have their memorabilia signed by their favorite stars,

Continued on Page 2

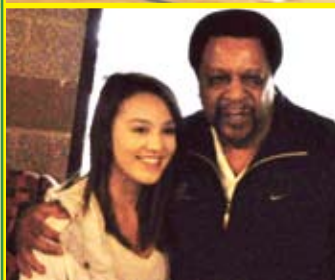
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anything from shoes, shirts, posters and more. The smiles on their faces showed during their photos. The community members shared their favorite memories with Freddie Brown or Gary Payton. It was a good and memorable day meeting the two greatest basketball Seattle Sonics Superstars.



Workshop continued from Page 1

“This program is a great investment in expanding the educational scope of the Education Department, and would benefit everyone involved.” Jesse Gleason, a Chehalis Artist.

Some of the topics covered were Pricing Strategies, Personal Budgets, Break-Even Analysis for Artists, Marketing, Artists Calendar, Preparing for Major Art Shows, and Business Planning. A test was given at the end of the course, with all participants passing.

The participants enjoyed the course. Here are some of their comments:

“The First People’s Fund Train the Trainer course is a valuable Native Art marketing and business resource. This course delivers a foundation for artists to build their professional artistic endeavors on. I look forward to applying many of the arts strategies presented in the course.” Linley

Logan, Tonawanda-Seneca, 1st Nations Iroquois Federation Artist.

“My experience from the ‘Train the Trainer’ was that the artists definitely had passion and pride regarding their artwork. It blew me away on how much thought they put into their work, not to mention countless hours. The stories shared by the artists will be cherished by me, and the love for our Native culture. The First Nations trainers gave great guidance and recommendations based on their own personal experience, which assisted



Participants taking notes during class. A test was given at the end of the course, with all participants passing.

the classroom environment. It was great to see the business side of the course, and give Artists the tools to market their products. If you are a Native Artist, and have not taken this course, I highly recommend it!” Edcelena James, Loan Officer, the Taala Fund.

“Resources are so important for beginning and experienced artists. It’s not an easy task for many artists to start a business as a way to provide for their families. This class is essential to lead toward that path. This class will encourage and assist artists to achieve their goals and objectives.” Fred Shortman, Chehalis Artist.

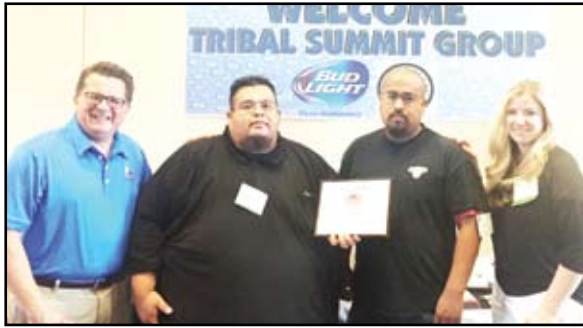
If you are a Native Artist, and would like to learn more about the business aspect, we highly recommend this course. Please contact CTLF staff. Remember, there are many forms of Native art, including pottery, wood carving, beading, weaving, painting, sewing, and more.

Enterprise Continue to Be Active in Inter-Tribal C-Store Summit Group

The End of the Trail Stores are founding members of an inter-tribal trade association of Tribally-owned convenience stores and fueling stations. The Tribal C-Store Summit Group is a non-profit, non-political association. The Group began in 2009 when several Washington Tribes met to discuss and share common issues and best practices.

Since then, over 30 Tribes, mostly from Washington State, are active Group members who meet three times annually for educational seminars, industry news, exclusive member promotions and networking. The Group receives its funding from member dues and sponsorships from over a dozen regional and national vendors who support the Group's mission.

"We learn a lot from the Summit Group's educational seminars but also gain invaluable insight from other Tribal store managers during our meetings," says Manny Medina. In the picture above, the representatives from the Chehalis Tribe store management are presented with their annual certificate of membership from the Group's Executive Director.



Pictured (L-R) are Chris Richardson, CTE Managing Director; Manny Medina, Senior EOT Store Manager; Chris Klatush, EOT 2 Store Manager; Katie Bohocky, Tribal Summit Group Executive Director.

Chris Klatush adds, "I learn more about solving store issues during the Summit Group's meetings than any other training or source because I'm comparing notes with industry leaders from merchandising to human resources to security."

At the recent annual meeting on September 17, 2015, Chris Richardson was re-elected to the Summit Group's Board. "Our store managers need to be on the top of their industry, which is a

high-volume, low margin marketplace with a very demanding customer base in which convenience, value and service make the difference between mediocre and superior results. Our EOT Stores employ from the community with over 50 percent dedicated tribal members, their spouses and other Indians living in our community. The stores generate important taxes from cigarettes, fuel and in-store sales that support the Tribal Government to provide services to its members. As such, the quality peer support of other operators working in Indian Country provided at these meetings is priceless," explained Chris Richardson.

Tribal Summit Group's Mission:

To encourage economic success in Indian Country by uniting tribes in the sharing of best practices, building effective relationships with our partners and leveraging the strength of our members.

Visit the Group's web site:

www.summitgroup.com

Construction Is Completed On Community Center Playground Equipment

Construction has been completed on a 64 x 64 covered playground shelter with cedar beams and overhead lighting behind the Community Center. To plan this project, staff met with employees of the Youth Program as well as youth themselves. Great effort was made to incorporate elements children wanted into the design.



with a sitting area, barbecue, and drinking fountain. This new playground will be protected from the elements year round.

Thank you to Tony Medina, JJ Shortman and all of the staff over in Youth Services for their involvement

with the planning process. Thank you to Bones for blessing the playground on September 18.

Features of this area include rubberized fall material, swings, climbing toy with monkey bars, a slide, and tether ball poles along

Children who attend the youth center after school have been enjoying it daily!

COMMUNITY HALLOWEEN PARTY

**Saturday, October 31
at noon**

**Haunted House opens
at 2:00 PM**

**Best Costume Contests
Cake Walk
Food, Fun and Prizes!!!**

Please watch flyer for more information or contact Phillip at 360-709-1752 or Leroy Boyd at 360-709-1787

HALLOWEEN October 31

Bring you super heroes, princesses, witches, ghost, goblins and pumpkins to

TRUNK or TREAT,
and bring your decorated car to
COMPETE!



Trick-or-Treat from car to car in the Community Center parking lot!

Trunks open 3:00 to 5:00 PM

for trick-or-treaters

(After the Community Halloween Party)

**BEST DECORATED TRUNK
COMPETITION!**

**Sign-up to park and decorate your vehicle
for a chance to win GREAT PRIZES**

Vehicle sign-up at the Front Desk of the Tribal Center, or by email or text to Jstegall@chehalis tribe.org / 360-508-9027

Tribal Health and Wellness News

Annual Health Fair Brings Vendors and People Together Finding Ways To Become Healthier



One of the busy tables was the Heal & Toes Therapeutic Reflexology, who gave out free samples during the Health Fair.

By Christina Hicks, CTWC Community Wellness Manager

The Chehalis Tribal Health Fair was held on Tuesday, September 15 from 10:00 AM to 3:00 PM at the Chehalis Tribal Community Center Gym. It was a great day with 150 people walking through the doors and leaving with a lot of good health information and goodies.

This year we had 47 vendors participate with information ranging from Molina Health Care, Together!, Chehalis Community Services Office, DSHS, Alzheimer's Association, Lewis-Mason-Thurston Area Agency on Aging, Olympic AAA, DSHS Developmental Disabilities Administration, Washington State Division of



Vendors were available to share their resources with participants during the annual Chehalis Tribal Health Fair.

Child Support, Oakville Timberland Library, Various SPIPA programs, Rochester Chiropractic Center, Big Brothers Big Sisters of SW Washington, SHIBA, Salish Integrative Oncology Care Center.

Various Chehalis Tribal programs included the SDPI program which offered blood sugar screening; Healthy Families Project; the Clinic had information about eligibility guidelines, registration packets, and assisted clients to sign up for the ACA; Chehalis Tribal Housing Authority; Dental Clinic; and the NWWP offered information about the Breast and Cervical screening program.



Information and resources are an important factor in learning about what is offered by the vendors.

Some of the highlights were the Chehalis Tribal Behavioral Health Tsapowum, which had "Goggles" that simulated a person who was drunk at various stages. Another busy table was the Heal & Toes Therapeutic Reflexology, free samples of reflexology sessions on the feet.

There was a free "Healthy Lunch," with lots of door prize raffles throughout the day.

Thanks to the many programs that sponsored the items, including The Lucky Eagle Casino. Thank you to all who participated and helped out. A special shout out to Philip Youckton, Leroy Boyd and to the clinic staff who also helped out to make this annual event a success.

NWWP's 13th Annual Inter-Tribal Breast Cancer Awareness Walk



Hosted by Chehalis Tribe

Saturday, October 17

10:00 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

Photo Booth - Fun, Fun! Show your Support!

Door Prize Raffle (Lots of Good Stuff)

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 the CTWC**

360-709-1741 or

chicks@chehalistribe.org



Medication Prescriptions Changes

Chehalis Tribal Wellness Center Patients

Medication from Geneva Woods (CHS) is now being delivered from Seattle. If you are needing medication pick up, please have your name put on our pickup list NO later than 10:30 AM, Monday through Friday.

Picking up from the pharmacy in Lacey will no longer be available, since medication are coming from the Seattle location. We are working on pick up alternatives in the Olympia area.

Kirk's CHS has changed their name to Geneva Woods, You can call refills into **360-493-8614** or **360-456-5475**. (Additional phone number added from previous flyer).

If you have any questions, please call the clinic at 360-273-5504.



Womens Wellness 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"*

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 will be here on

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

and

**Monday, November 30
from 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



Diabetes Clinic

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

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, see the Registered Nutritionist. Check to
see when your last Diabetes eye exam, Diabetes foot exam, Dental
exam, review your immunizations, review 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 or the clinic front desk to schedule your
appointment.

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

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

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)**

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.

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.



Programs Relocated to New Office Building

The new office building is now complete across the parking lot from the Tribal Center. The Planning and Office of Tribal Attorney (OTA) have relocated their office to this new office space.

If you wish to contact the Planning Department personnel you can call **360-709-1813** or go to the website (Chehalistribe.org) for applications for the following:

- Business Licensing
- Grant Writing
- Transportation Planning
- Permitting
 - Current Approved Vendors List
 - Business License Application
 - Planning Permit
- Interactive Map

Any questions, feel free to stop by the new office.

Fall 2015

Lyceum HUM 281 A 3403
Wednesdays 1:00-1:50 PM
WA Hall 103

The Centralia College is encouraging students to sign up for the Native Americans Heritage Presentation on November 25. It will be hosted in the Lyceum HUM 281 A 3403.

If you are interested in attending contact
Shelley K. Bannish MA
 Director of Student Life & Involvement
 Centralia College
 600 Centralia College Blvd.
 Centralia, WA 98531
 360-736-9391 EXT. 224
sbannish@centralia.edu



**You can help
 her stay strong
 and healthy.**



You can help your children stay strong and show them ways to lead happy, healthy lives:

- **Get enough sleep.**
- **Be physically active every day.**
- **Eat healthy foods.**
- **Be happy and laugh often.**
- **Connect to nature and Spirit.**



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

FREE LEGAL ADVICE CLINIC

**For low-income community members of
 the five Tribes SPIPA serves**



**Do you have a non-criminal
 legal problem?**



An attorney from the Northwest Justice Project will be coming to the South Puget Intertribal Planning Agency's (SPIPA) Squaxin Island Office the first Thursday of each month, unless noted otherwise, to provide free legal consultations to eligible tribal members on civil legal matters.


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.

- **WHEN:** First THURSDAY of every month from 10:00 AM – 3:00 PM
- **WHERE:** SPIPA's office at Squaxin Island Tribe, 3104 S.E. Old Olympic HWY; Shelton, WA 98584

PLEASE BRING ALL PAPERWORK RELATED TO YOUR LEGAL PROBLEM. NO APPOINTMENT IS NECESSARY. WE WILL BRIEFLY SCREEN YOU FOR INCOME ELIGIBILITY.

If you prefer to schedule an appointment or for more information please call Janel Riley at 1-888-201-1012, ext.0920.





DSHS

THE MOBILE CSO IS COMING

Tuesday, October 20
10:00 AM to 2:00 PM
at J&J Solutions Foundation
103 E Pine ST, Oakville

AT THIS EVENT, YOU CAN APPLY FOR:

- Cash Assistance
- Basic Food Assistance
- Medical Assistance

You can also drop off paperwork, complete an Eligibility Review, Mid-Certification Review or make changes to an existing case.



Chehalis Tribe's 14th Annual Veterans Dinner

Wednesday, November 11
At the Lucky Eagle Casino Events center
Doors open at 5:00 PM

This is open to all Veterans in the area plus 1 guest. Tribal elders are invited to the Celebration and must sign up at the Elders center for seating.

Tribal Member Veterans please be sure to contact Nancy Romero as we are honoring our own heroes!

*Hope to see you there!
Thank you for your
dedication and service!*

Bring your cameras and smiles and come meet Elaine Miles! Any questions feel free to call Nancy Romero at 360-870-0141.

Meet and Greet!



Elaine Miles will be the Veterans guest speaker this year. She has graciously accepted to come out a day early to meet and greet with the tribal Elders on

**Tuesday, November 10
12:00 Noon at the Elder Center**

She will be available to meet and greet the Chehalis community later that evening starting at 5:00 PM in the community center.

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 due before October 31.**

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

Fishing and Hunting Surveys Available

There is a 2015 Chehalis Tribal Fishing and Hunting Interest Survey available. It would be greatly appreciated if all the Chehalis tribal members filled them out and them returned by the end of October.

It is a great way to understand and develop strategies to assist the desires of the tribal members. They can pick them up at our Tribal Fisheries office.

Your cooperation is greatly appreciated. I will be available at the Annual Meeting. Fish and Wildlife Biologist, Richard Burrows

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

For power outages call:

**Grays Harbor PUD: 1-888-541-5923
Thurston County: 1-888-225-5773**

Chehalis Tribal Loan Fund October News

Wanted: Chehalis Tribal member to sit on the Chehalis Tribal Loan Fund Board. Please send a letter of interest to Julie Burnett, Executive Director at: jburnett@chehalistribe.org

We offer many classes on Budgeting/Saving/Opening a Bank account/Small Businesses. Please contact us if you would like to schedule a class.

Loans available:

- Business
- Debt Consolidation
- Consumer Loan up to \$1000.00
- Home Improvement

USDA Food Program

**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.

Distribution Dates

**October 22
November 19**

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



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

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
Harry Pickernell, Sr., Vice Chairman
Farley Youckton, Treasurer
Cheryle Starr, Secretary
Dan Gleason, Sr., 5th Council Member

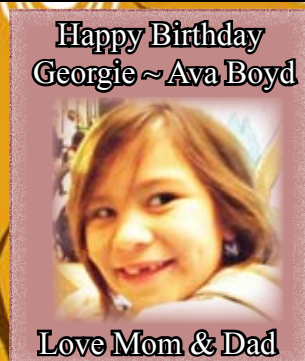
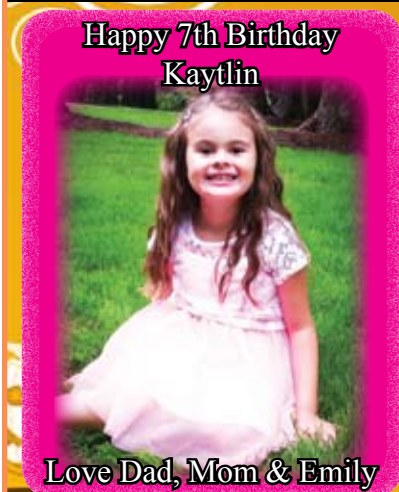
Chehalis Tribal Newsletter Staff:

Fred Shortman,
Communications
Coordinator

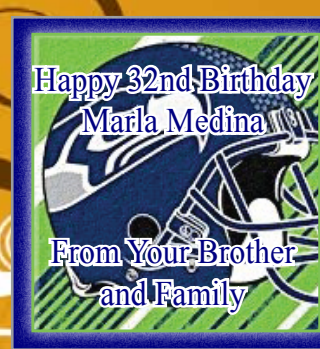
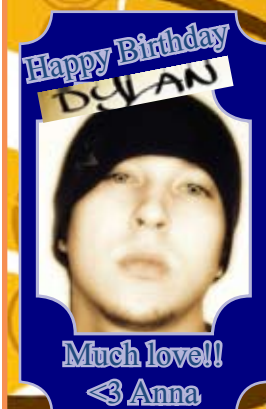
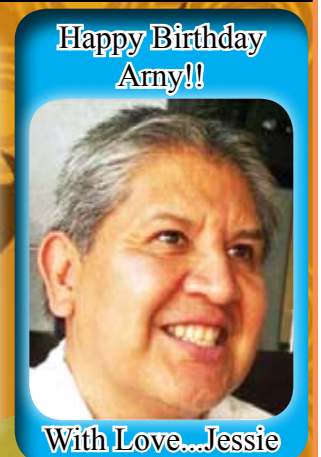
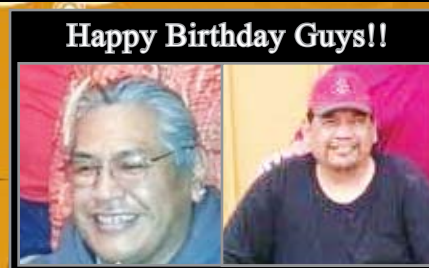


Happy Birthday to Tribal Members Born in October

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|--|--|---|--|---|
| HAPPY HALLOWEEN | | | | 1 Wesley Chrisjohn Carmen Shortman Beverly Peterson Thomas Sanchez | 2 Jackson Brown Edward Olney Kayley Trott | 3 Leon House Joli King |
| 4 Angela Cortez Maddex Mowitch Dan Penn | 5 Loi Siuffanua-Boyd | 6 Taliyah Fulton Dylan Hjelm Tanya Kinkade John Shortman, Sr. | 7 | 8 | 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. Army Youckton | 15 Amaria Rosado | 16 Cortney Beckwith Virginia Garity Kendall Medina George Sanchez, Sr. Ryder Vigil | 17 Kaytlin Pickernell Hillary Powell Anjolysa Sanchez |
| 18 Rickie Marion Scarlett Romero Rayna Romero | 19 Alyssa Baylor Joseph Delamater Estraea Music-Olney 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 Phillips Willie Secena | 29 Alicia Safar | 30 Elaine McCloud Braiden Wittwer | 31 Bruce Klatush, Sr. Dale Klatush, Jr. Ramona Marvin |



Happy Birthday to my
beautiful daughter
~ Kayley Renee ~
Love your family!!!!



Happy Birthday



GERRI SANDERS

Happy Birthday Auntie!!



<3 Anna

Happy Birthday Joseph "Little Pepper" Delamater From Mom & Butchie

HAPPY BIRTHDAY MADISON G. CARTER



FROM THE GANG, AND UNCLE DON AND AUNTY MARY AND FAMILY

HAPPY BIRTHDAY DON



AND MANY MANY MORE LOVE YOU MARY AND FAMILY

Happy Birthday Chairman



Happy Birthday KK



Happy Birthday

Charles "Duffy" Black John Shortman, Sr.

From Your Family!

Happy Birthday Kendall



Love You!!!

Happy Birthday Army



Love You!!!

Native Families Gather to Help Each Other Understand Parenting



Parents discuss developing a positive parenting style in raising their children.

On Monday, September 20 parents gathered together to learn about some positive practices at the Community Center. Not only was a delicious home cooked meal of barbecue ribs, corn on the cob, and mashed potatoes served, but parents gained skills with other families who are raising their children. Children are such a precious resources, teaching them young in order to have a happy family and to keep peace in your home.

As we well know, raising children is a challenge on its own. There is no book to teach us about

parenting, and they learn as they go. Every year, millions of adults begin a task that is long, difficult, sometimes scary — but always rewarding. They become parents.

Developing a parenting style is important. The dream for all parents is to raise a well rounded child into adulthood. How can you give your kids the power to feel confident and able to make decisions, yet keep them from feeling better than everyone else? This class will continue to teach young parents how to accomplish this great adventure of building your children to adulthood. Trial and error is the key to learning, so support their decisions as they learn but be their safety net. They need to see that you are in charge — but are trusting them to make decisions.

During the class, we discussed realistic situations and each family shared how they would react to their children's behavior. These examples were positive and many agreed with each other how they would deal with these situation.



SPIPA Healthy Families Project Presents:

Positive Indian Parenting



What is the Healthy Families Project all about? It is a great program that provides the following services:

- Parenting skill development through positive native parenting practices and resources
- Support and assistance in accessing prenatal care for pregnant women
- Provide developmental guidance and parent-child interaction support.
- Provision of home visits for prenatal through 5 years.
- Developmental and observational screening of the child, caregiver, and family including home safety, developmental concerns, pre/post-natal depression in mothers, domestic violence and family social support
- Referral and linkages to other health, developmental, mental health, community and educational supports for the child, caregiver and family as appropriate.

For more information contact
Beth Klatush at 360-709-1627

or email:

bklatush@chehalistribe.org



Weekly Meetings - Gathering Room

9/21/15

Lessons of the Storyteller

9/28/15

Lessons of the Cradleboard

10/5/15

Harmony in Child Rearing

10/12/15

Traditional Behavior Management

10/19/15

Lessons of Mother Nature

10/26/15

Praise in Traditional Parenting

11/2/15

Choices in Parenting

"Ask Aunties" Play Group

October 28

From 5:00 - 7:00 PM

Community Centers - CTWC PT Room

Meal provided, Everyone welcome. No reservations needed

Chehalis Tribe Students of the Month

By J. William Gleason

Kaytlin Pickernell (K-5)



With her first year of school underway, Kaytlin Pickernell is well on her way to being an example of a great student. As a kindergartner at Rochester Elementary, Kaytlin has made quite an impression in school.

Her favorite thing about school in this first month is her teacher. Ms. Simmons has challenged Kaytlin with plenty of homework and she has enjoyed all of it. Stating, "I listen to my teacher and she helps me if I need it." This is also the advice she would give to fellow students. Just listen and it's all pretty easy.

Now that she has moved from Head Start to the big leagues, Kaytlin would like to take to the field and give soccer a try. She is very active at the Youth Center and can run forever (an advantage of being young).

After Kaytlin has mastered the K-12 structure, she would like to become an artist using canvas and brush as her tools to greatness. Her inspiration for art is her Grandmother Kathy Pickernell says, "She is a good artist. She makes a lot of pretty jewelry. If you have seen any of Kaytlin's work, you can see she will be a natural."

Honorable Mention



Chavez Secena

This year we are looking to give an honorable mention to our students who have shown a great improvement to themselves academically. Chavez has shown a vast improvement in his GPA, moving it up nearly two full grade points. This is worthy of recognition and praise.

When asked what has changed from the previous year to the present to generate such success he responded, "the encouragement to do the work." This was quite a transition for Chavez in that he has made the switch from Junior High to High School, while some might feel the pressure, Mr. Secena has thrived.

"To make this year a great one I had to understand it was okay to ask for help. While

Jasmine Klatush (6-8)

For the Junior High school, we would like to congratulate RMS' 8th grade student Jasmine Klatush. For the month of September she has posted an impressive 3.95 GPA. This is common for Jasmine who very often has high marks in education. She is also a very dedicated and talented athlete. It should come as no surprise that Jasmine's favorite part of school is sports. She is involved with Volleyball, Basketball and is also on Rochester's select team, the Chargers. If that wasn't enough, she has given serious thought to joining the track team as well. She is clearly a standout at the top of her class and game.

She attributes her success to her ability to pick up things quickly and adapt to any situation on the field and at the desk. When asked for advice to offer to the younger generation she replied, "You have to stay focused on the goal and stay away from distraction. If there is something that motivates you, use it every chance you can"

After high school, with possible encouragement by her father Chris, Jasmine is looking to attend the University of Michigan. While she isn't going to limit herself to what she would like to study now, she is interested in the idea of philanthropy. She chose to explain her goal with this statement, "All I know is I want to help people." This may be inspired by her most important hero, her Mother Pam. Jasmine says, "She is always able to help when she is needed and is my biggest cheerleader. To describe her in one word... patient."



it wasn't easy, I had to learn to not be afraid to speak up when I needed something." This is sound advice for any student at any grade level. Chavez has found that his favorite part of the new school is the teaching staff. "They are always available to assist me and offer more opportunities than I knew I had"

In the past Chavez has dabbled in sports and this year he is looking to get involved in the high school track team. After his run at RHS he hopes

Roberta Youckton (9-12)



Please help me in congratulating OHS's own Roberta Youckton, an 11th grader who has posted a great 3.81 average for the month of September. Roberta has shown great attention to her classes and is showing it on paper.

When speaking to her teachers they had this to say. "Berbs (Roberta) is a great student. She is someone who thinks before she speaks and that amount of restraint at her age is rare and when she speaks she means it." And "a delight to have in class, seeing a student take the knowledge we give them and apply it is why we are teachers. Roberta makes me happy I am a teacher every day." Learning something new every day is something Roberta takes pride in and also what she likes best about school.

Her advice to fellow classmates and the upcoming generation is to study, work hard and always pay attention. These are the tools that have made her a success and they are free. However, the most important tool is punctuality. Missing school can make it much harder to accomplish what Roberta has and being on time is how she makes it look so easy.

After she has completed her time at OHS, Roberta hopes to find a technical school to attend for mechanics. She will keep her options open when looking for a reputable college to accomplish this goal.

For all that she has accomplished so far, she says she owes it to her parents and siblings. "In a time of need all of them have helped me get through it all and have supported me and my decisions." Let's all give a big hand to Roberta and encourage her for a bright future.

to become a computer technician by studying at ITT tech.

When asked who he would say are his heroes are he simply smiled and said, "My Parents and Grandparents. They were there for me when times were tough. Not just for school but for every issue I had with growing up. They taught me to focus on my goals and pay no attention to negativity or negative people." Keep an eye on his continued progression to greatness. He is becoming better with every passing day.



Guest Speaker, Roger Fernandez, Lower Elwa, shared a few stories with the audience at the Suicide Prevention Awareness.

The purpose of this event is to bring awareness to the problem of suicide within our communities and to provide potentially lifesaving insight and resources to community members. It is also a time to remember those lost to suicide. The best thing is to bring attention to the cause is to talk to each other and to learn how to recognize the warning signs of someone who is in need of help.

We were lucky to have two speakers grace us with their presence this year. Before the meal, we heard from storyteller Roger Fernandez, a member of the Lower Elwha Band of the S'Klallam Indians. He shared a few stories with us. The first was a Cherokee legend about little Rabbit who sang a song that was in his heart, even when no one wanted to listen to him. The other animals realized that no matter what they did to Rabbit, they could not silence the song that was coming from his heart. As a group we discussed why Roger had chosen to tell that story. We decided that the moral was that if something comes from our heart, no one can take it away from us. We also understood from the story that when trying to solve a problem, we must listen to everyone in the community for their input, even the smallest members.

He also told a story about "Little Nettle." Roger mentioned that back then, coastal people didn't experience the level of disease that we do today due to their natural healthy lifestyle and eating what nature provided for its people. Roger explained the many benefits that the plant can provide. This story was about a



Guest speaker, Caroline Antone, Tohono O'odham Nation shared her heartfelt account of her own life.

dream that came to an Elder about the nettle plant. In the story there were warriors that came by canoe to pillage the coastal tribes. When the warriors would arrive everyone would hide in fear. The Elder dreamed that they should all use the nettle plant, through eating, as a medicine and making items for strength. The next time the warriors came elders, adults and children stood shoulder to shoulder on the shore singing their song of strength based upon their use of the nettle. The warriors came in and approached the shores where the people stood. However, when they saw that the people were not afraid anymore, they realized they could not succeed and they turned their canoes around and retreated. One thing we can take away from the story is that together as a nation, we are stronger. We are never alone to handle what life can throw at us. Through this he clarified that the community can come together and must. He noted you cannot just hire a chemical dependency person or a mental health person and then expect them to take care of it all – we still must work together to care for one another.

Before lunch a prayer was offered by Diana Pickernell to protect and to give each other strength and in gratitude for the people who assist others. As we all ate our lunch and reflected on Roger's wonderful stories, we listened to the second speaker of the afternoon, Caroline Antone, from Arizona and a member of the Tohono O'odham Nation. She shared heartfelt accounts of her own life and experiences with addiction, depression, both abuse as a child and domestic abuse in adulthood, culminating her own suicidal thoughts that resulted from these experiences and the corresponding addiction. She explained how the things that happened to her during her childhood affected her in her adulthood and as a parent to her own children. She led a life of addiction trying to run away from these childhood traumatic events. Her alcoholism and severe depression lead her to eventually giving up her legal rights to her children, knowing that she was not able to provide a safe and stable home for them. After this, she felt so lost, that she became suicidal, and was trying to end her life using her alcoholism, drug addiction and by allowing herself to continue to be physically abused by her partners.

These ordeals landed her in the hospital several times, then she started accepting help from a counselor. Through therapy she realized that she wanted to survive! It was a lot of work, but as she went through sharing her history

Each step was a prayer for many who participated in the suicide prevention walk.



she began to heal from the traumas leading her to the destructive behavior. However, she also learned that she could have done better with someone from the same background and experiences. Therefore, she started her education and eventually she became a part of a developing program for those women, with the belief that being able to share and talk about your story was important to healing.

After we all heard Caroline's story and message, Charlene Abrahamson, Director of Tsapowum, Chehalis Tribal Behavioral Health, offered the microphone to anyone who would like to share any stories, thoughts or reflections. Some people who attended from the Squaxin Island Tribe, Paula Henry and Dodie Nelson, who six weeks ago lost their daughter and sister respectively to suicide spoke to the room. It was not easy for them, as they were still very emotionally raw and reeling from their loss. We were all very grateful to them for being able and willing to share their experience and heart with us and what they learned. Their strength and ability to share while still suffering was their gift and blessing to those in attendance, as they wanted to do what they could to prevent others from going through the same pain. One of the main things they noted was how honesty, listening and being heard are powerful tools. They were wrapped in a blanket by the community as a small thanks.

A suicidal person may not ask for help, but that doesn't mean that help isn't wanted. Most people who commit suicide don't want to die—they just want to stop hurting. Suicide prevention starts with recognizing the warning signs and taking them seriously. If you think a friend or family member is considering suicide, you might be afraid to bring up the subject. But talking openly about suicidal thoughts and feelings can save a life.

~ Suicide Hotline ~

If you are having suicidal thoughts please read **Suicide Help** or call **1-800-273-TALK** in the U.S.! To find a suicide help line outside the U.S., visit **IASP** or **Suicide.org**.

Heritage and Culture Program News

Sewing Club



Sewing is part of our tribe's history. These are the ladies in the 1939 Chehalis Sewing Club.

The sewing club is part of the past history of our Tribe and we have brought it back! With great success, we now have a new classroom, complete with sewing machines, materials, and many patterns that you can try.

Our schedules can be adjusted, so that workers can come here on days off or in evenings. If you ever want to do sewing/weaving, just call us and we will try to accommodate your schedule. This gives everyone a chance to enjoy the projects/activities offered here.

We are looking for teaching instructors in beading, weaving, carving, or any other arts and crafts that you can teach here. Contact Joyleen McCrory in the Community Center or call 360-709-1748 for more information.

We are open to any suggestions that you have, so we can bring more projects/activities to our people to learn.

Watch for Advertisements - Watch for fliers, and newspaper articles on the upcoming projects/activities! Sign ups will be available or call us to sign up for them. For more information contact Lynn Hoheisel at the Community Center in the Heritage Room at **360-709-1748**.

