



CHEHALIS TRIBAL NEWSLETTER

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

November 2015

Free

Chehalis Tribe Hosts SPIPA's 13th Annual Inter-Tribal Breast Cancer Awareness Walk

By Christina Hicks, Community Wellness Manager

This year's Inter-Tribal Breast Cancer Awareness walk was held on Saturday, October 17, hosted by the Chehalis Tribe. Opening prayer was done by Chehalis Tribal Elder Bobbie Bush, and Christina Hicks, Chehalis Tribe's NWWP Outreach worker, welcomed everyone. The walk began at the Chehalis Tribal Community center and circled around the block on Secena Road, Niederman, Howanut, Anderson and back to finish at the Chehalis Tribal Community Center.

There were 174 walkers signing in at the event and walkers represented 18 different tribes. Participants were given a BCAW



Participants walked together to raise awareness during the Inter-Tribal Breast Cancer Awareness Walk.

t-shirt. The design was made by Malynn Foster of the Skokomish tribe, who allowed the NWWP program to use the design for flyers and the t-shirts. Thank you to Malynn Foster! Participants were given Breast Cancer cards,

program information, and other incentives.

The prevention staff at Chehalis Tribe prepared the healthy lunch, which was a hit: Spaghetti with

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Happy 20th Anniversary! Lucky Eagle Casino

In the early 1990's, the tribal gaming industry in Washington was still relatively new. But thanks to extraordinary foresight and dedication on the part of our tribal elders and elected officials, we were able to open our wonderful casino in 1995 to benefit all Chehalis Tribal members.

A celebration of this important 20-year milestone was held at the casino on Friday, September 25th. Casino Chief Executive Officer John Setterstrom and Chief Operating Officer Joseph Dupuis served as co-chairs for the evening.

Former Chairman Mel Youckton was the keynote speaker. He shared memories of the trials and tribulations involved in gaining financial backing to move forward on the project, and how the casino has forever changed the financial position of the Tribe. Mel also honored and recognized the Tribal Business Committee and Tribal Gaming Authority for their important roles in acquiring the funding necessary to begin construction.

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Early Learning Program Learn Fire Safety Tips to Protect Themselves and Their Families

On Monday, October 5, the Head Start Program travelled to the Oakville School to participate in the Oakville Fire Department's annual safety day. It was a beautiful, sunny day that brought about a fun filled morning to learn about fire safety.



Early Head Start Program children gathered at the Oakville School to learn about fire safety from the Oakville Fire Department.

The children were very knowledgeable and anxious to learn what to do in case of a fire. It wasn't just about fire though. They also learned about avoiding dangerous safety issues in and around their homes. Among some

of the safety rules were the stop drop and roll drill, never to open a hot door, always get low and crawl under the smoke to escape. Follow a simple evacuation plan if a fire begins in their home. They also learned to never be afraid

of a firefighter, even with all the safety gear on. A couple of the volunteers put on the fire safety gear to enhance their education. Reinforcing that the firefighter was there to help, and there is a human

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The children learned how to get low to avoid the smoke during a house fire.

helper underneath all that gear.

Mr. John Tanzy, ventriloquist, was there with his little animal helpers and taught the children about fire safety. It was also a fun way to laugh and learn about things not to touch. His comedian approach had

the children, adults and firefighters laughing. What a cool way to learn about fire safety.

Afterwards, the children went outside to the Aid Car and Fire Truck and toured the inside of each emergency vehicle. The children were very inquisitive and had fun visiting with the firefighters and hearing information they shared with the children.

This education is very helpful for the children and the Oakville Fire Department in order to stress the safety do's and don'ts of safety in their home.

The Oakville Fire Department feels it is very important for your child to know about the basics of a fire. If you have any questions or you want to bring your child down to the Oakville Fire Department for a tour please call 360-273-6645.



Chehalis Tribal Early Learning Program Visits the Pumpkin Patch!



Throughout the month of October, all seven of our classrooms put on their coats and rubber boots to make their way to local pumpkin patches.

The children had a great time playing in the hay pit, mazes, visiting the animals at the patches, walking the patch to find the perfect pumpkin, and learning how pumpkins grow.

Following our adventures at the patch our little yellow bus made its way to Figaro's pizza for some hot pizza! The children enjoyed a special meal and most importantly got their bellies full.

Our parent and family participation was awesome and always appreciated. This counts towards our In-Kind match. Thank you to all of our families for taking part in the fun and making memories with us.

Early Headstart families enjoying the hay ride at the pumpkin patch.



2015 Halloween "Trick or Treat"



Staff Profiles: CTWC Nurses and Practitioner

My name is Michelle Romero, LPN and I will be working with our Diabetic Program here at the Wellness Center. You may see my name floating around as “Nancy” but since birth I have been going by Michelle, my middle name.



**Michelle Romero,
LPN, Diabetes
Program**

I grew up in Ritzville, Washington where my family story is wheat farming. I am new to Southwest Washington after living the past 14 years outside of Boulder, Colorado. Outside of family and nursing, my interests are photography and gardening. I have spent the majority of my health career working with the elderly and hospice. However, I was fortunate to experience working with internal medicine, diabetics and other endocrine disorders through Kaiser Permanente in the last year.

Feel free to stop by the Wellness Center or call me directly at 360-709-7660 here in the office. My hours are 8:30 AM until 4:30 PM on Tuesday, Wednesday and Thursday each week, but I will be present for every Diabetic Wellness Check, as well as the monthly Foot Clinics.

I can assist you in scheduling these appointments, address questions or concerns about diabetes or we can just say hello.

My name is Rita Mercer and I am a new nurse practitioner at the Chehalis Tribe Wellness Center. It’s exciting to be here and enjoy getting to know the amazing staff I work with, along with the opportunity to help provide ongoing health care to the Chehalis Tribe community.

A little bit about myself....I was born and raised in Washington State and have lived in Lacey for most of my life. I graduated from Washington State University in Physical Education with a love for sports that goes way back. Early on, I taught elementary school and coached.

Pursuing my passion for anything having to do with medicine and a zest for taking care of people, I attended Pacific Lutheran University and became a nurse. During this time, I also enlisted in the Army National Guard and served as a medic. Prior to coming to the Wellness Center, I worked for Group Health for 18 years—many of those years as an RN, then as a nurse practitioner after completing my Master’s Degree from WSU.

I have been married to Don for 23 years



**Rita Mercer,
Nurse Practitioner**

and have two boys. Andrew is 21 years old and very involved in Special Olympics. Matt is 19 and a freshman at the University of Oregon where he has the opportunity to play baseball.

In my spare time, when the weather permits, I play golf (a humbling activity), love to hike, travel, enjoy watching Andrew at his Special Olympics events, and watching Matt play baseball.

I look forward to being able to help provide ongoing health care for the Chehalis Tribe community for many years to come.

My name is Amanda McCleskey, the clinic’s new nurse.

I grew up in Centralia, WA. I currently live in Olympia. I am married and have one child. I went to WF West High school. I graduated from the Community College of the Air Force with a Physical Therapy Assistant Degree in 2011 and from Centralia College with Registered Nursing degree in June 2015.



**Amanda McCleskey,
Nurse**

Tribal Member Selected as GWL Pack Member of the Month for September 2015

Cammi Wittwer, Sales and Marketing Coordinator for Great Wolf Lodge–Grand Mound, was selected as the Pack Member of the Month for September 2015.

Cammi has been with GWL since 2010, originally as a Server before moving to Executive Administrative Assistant and, since 2013, as the Sales and Marketing Coordinator.

The nomination for Cammi included the following:

Cammi is a sincere hard worker who will do anything to help out her team. She is very knowledgeable and uses that knowledge to lead



and train others. She exhibits core values all the time, has a positive attitude, and focuses on quality and fun for all. She is constantly helping others. Her high performance standards are seen daily by everyone around her. When we were short-staffed, she stepped right in without being asked. For this reason Cammi should be Pack Member of the Month!

Cammi is an absolute asset for the Great Wolf Lodge and we are fortunate to have her as part of the Grand Mound team!

**Cammi Wittwer
September Pack Member of the Month
Great Wolf Lodge-Grand Mound**

Tribal Health and Wellness News

November is National Diabetes Month “Stay on TRACK To Prevent Blindness From Diabetes”

What Is Diabetic Eye Disease? Diabetic eye disease is a group of eye problems people with diabetes may face as a complication of the disease, which can lead to vision loss or blindness. These eye problems include:

■ **Cataract:** Clouding of the lens of the eye.

■ **Glaucoma:** Increase in fluid pressure inside the eye that leads to optic nerve damage and loss of vision.

■ **Diabetic retinopathy:** Damage to the blood vessels in the retina. Diabetic retinopathy is the most common form of diabetic eye disease.

All people with diabetes, types 1 and 2, are at risk. The longer a person has diabetes, the greater the risk for diabetic eye disease. African Americans, American Indians/Alaska Natives, Hispanics/Latinos, and older adults are at higher risk for losing vision or going blind from diabetes.

If you have diabetes, it's important to keep your health on **TRACK**:

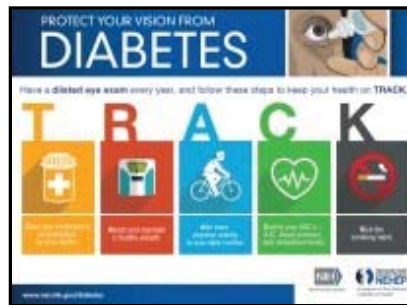
Take your medications as prescribed by your doctor.

Reach and maintain a healthy weight.

Add physical activity to your day.

Control your ABC's—A1C, blood pressure, and cholesterol levels.

Kick the smoking habit.



People with diabetes should get a comprehensive dilated eye exam at least once a year. A dilated eye exam is when an eye care professional puts drops in the eyes to dilate, or widen, the pupils in order to examine the back of the eyes for signs of disease.

Diabetic eye disease often has no warning signs, but it can be detected and treated early, before noticeable vision loss occurs.

With early detection, timely treatment, and appropriate follow-up, the risk of severe vision loss from diabetic retinopathy can be reduced by 95 percent.

Additional resources and materials can be found on the NEHEP Diabetic Eye Disease Program Web page at <https://www.nei.nih.gov/nehep/programs/diabeticeyedisease>.

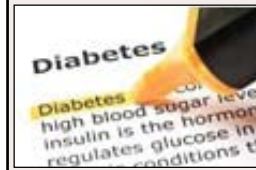
Diabetic retinopathy is the leading cause of blindness in the United States, but early detection, timely treatment, and appropriate follow-up can reduce your risk of vision loss by as much as 95 percent.

Learn more: <http://go.usa.gov/d8fp>

The Chehalis Tribal Diabetes Program is here to help. If you would like to learn more about Diabetes and complications from Diabetes, please contact:

Michelle Romero, Diabetes Outreach LPN at 360-273-5504 EXT 1660,
Pat Odiorne, RD, CDE at 360-273-5504 EXT 1884 or your health care provider.

Diabetes Clinic



November 19 and
December 17
8:00 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 a new meter.

Patients will have:

■ Labs

■ Vitals

■ See their health care provider

■ See their registered dietitian

■ Review your last eye exam, diabetes foot exam, and dental exam

■ Immunizations and medications

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.

To schedule your diabetes appointment please call Michelle Romero, Diabetes Outreach LPN at 360-709-1660 or the clinic front desk at 360-273-5504.

All diabetic patients who schedule an appointment and complete all screenings during their visit will receive a special gift!



WIC Program

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



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

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

Parents Advised To Provide Early Care For Children's Baby Teeth

The Urbana/Champaign (IL) News-Gazette (8/19) recommends children start receiving dental care very early, stating that many parents may not realize how important it is to care for baby teeth.

According to the article, dentists recommend children visit the dentist when their first tooth appears, and no later than their first birthday, adding that one Illinois dentist said this helps establish a positive relationship between the child and the dentist. Caring for baby teeth is important because the teeth not only help children chew, but also help form a path for permanent teeth to follow, according to the American Academy of Pediatric Dentistry. In addition, the article reports that the American Dental Association advises parents to schedule a morning visit for their child and avoid using dental visits as a reward or punishment.

Any questions or to schedule an appointment contact the Chehalis Tribal Dental Clinic at 360-709-1659.

Article Submitted by the Chehalis Tribal Dental Clinic

Chehalis Tribal Wellness Center Podiatrist Schedule

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

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



Employees wore **PINK** for Breast and Cervical Awareness Day.

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.

Mammogram Schedule

Wednesday, February 17, 2016
9:00 AM to 3:00 PM

Thursday, March 17, 2016
9:00 AM to 3:00 PM

Tuesday, May 31, 2016
9:00 AM to 3:00 PM

If you have questions about Mammogram clinics please contact Christina Hicks, Community Wellness Manager at 360-709-1741

Medication Prescriptions Changes

Chehalis Tribal Wellness Center Patients
 Kirk's CHS has changed their name to Geneva Woods. Medication from Geneva Woods (CHS) is now being delivered from Seattle.

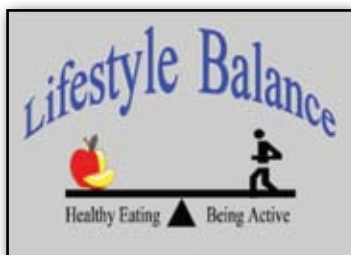
If you are needing medication pick up, please have your name put on our pickup list NO later than 10:30 AM, Monday through Friday.

You can call refills into
360-493-8614 or 360-456-5475.

If you have any questions, 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.



The Diabetes Prevention Program's Lifestyle Change Program
 Classes will begin

December 2nd, 2015 through May 25th, 2016



Points of Contact:
 Pat Odiorne RD, CDE — POdiorne@ChehalisTribe.org or 360-709-1884
 Christina Hicks — Chicks@ChehalisTribe.org or 360-709-1741
 Gloria Jones — GJones@ChehalisTribe.org or 360-709-1810

Chehalis Tribal Elders Holiday Bazaar



Saturday, Dec 5,
9:00 AM – 5:00 PM
at the Casino Event Center

Contact: Nancy Romero
360-870-9141 or
email: nromero@chehalistribe.org

Lucky Eagle Casino Event Center
12888 188th Avenue SW
Rochester WA 98568

THERE WILL BE OVER 70 VENDORS TO START
YOUR CHRISTMAS SHOPPING. FOOD, RAFFLES
AND MUCH MORE!

Vendors reserve your space
Limited Space,
First come, First served!



Breakfast with Santa

Great Wolf Lodge invites all Chehalis Tribal
Members to have Breakfast with Santa!

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

Saturday, December 19
Time: 8:00 to 11:00 AM
Place: Chehalis Ballroom



OLIVE CREST
Strong Families, Safe Kids

Employment Opportunity

fostering
together
Our Community. Our Children

POSITION TITLE: FOSTERING TOGETHER OUTREACH LIAISON -

Serving the Native American Community

HOURS: Part-time, 10 hours a week

COMPENSATION: \$15.80 an hour. Primarily work from home with a flexible work schedule. Mileage is reimbursed at .51 cents a mile and a \$12.50 a month cell phone allowance is also provided.

LOCATION: Must live in one of the following counties: Clallam, Jefferson, Mason, Kitsap, Grays Harbor, Thurston, Pierce, Pacific, Lewis, Wahkiakum, Cowlitz, Skamania or Clark.

HOW TO APPLY: Application link is found at the bottom of our Career page under Pacific Northwest at www.olivecrest.org or email cover letter and resume to hr-pnw@olivecrest.org.

SUMMARY OF WORK PERFORMED:

Provide outreach for foster parent recruitment, retention services and support strategies focusing on Native American foster families. Assist Fostering Together with the establishment of positive relationships with Tribes, tribal leaders and community stakeholders as well as ensuring that all media and marketing materials are culturally sensitive. Consult with the Fostering Together staff on culturally appropriate best practices.

REQUIRED QUALIFICATIONS:

1. Must have 3 years + working with a Tribal Government; a tribal member is preferred but not required.
2. Ability to drive to communities within specified regions.
3. Willing to work evenings and weekends in order to meet with families and attend events.
4. Valid driver's license and proof of insurance, personal computer and internet access and cell phone
5. Have knowledge and/or experience of the foster care system.
6. Have friendly demeanor, professional presentation, good boundaries, availability, willing to "go the extra mile."
7. Must be comfortable speaking to small and large groups and be team oriented.

A philosophy of support for abused children in line with the values, mission and treatment philosophy of Olive Crest. Must have a management philosophy that respects the value of people and seeks to maximize their potential in the work place.

ABOUT OLIVE CREST ~ Since 1973, Olive Crest has transformed the lives of over 70,000 abused, neglected, and at-risk children and their families. We work tirelessly to meet the individual needs of kids in crisis by providing safe homes, counseling, and education for both youth and parents. Our many innovative programs reflect our conviction that strengthening the family is one of the most powerful ways to help heal children. With unwavering compassion, the Olive Crest family maintains a lifelong commitment to the youth and families we serve even after they have graduated from our programs.

ABOUT FOSTERING TOGETHER ~ Fostering Together is dedicated to finding and supporting foster families in Western Washington. Developed in partnership between the state of Washington and Olive Crest – a national leader in transforming the lives of at-risk children since 1973 – the program aims to ensure safe, loving foster families are available to meet the diverse needs of abused and neglected youth. At Fostering Together, we strive to increase the number of foster families across Western Washington, help families with the licensing process, and provide ongoing support to ensure their success. All our services are free. No matter where you are in the process or what agency you are working with, Fostering Together is here for you. Call us at 1-866-958-KIDS or visit www.fosteringtogether.org for more information.

We consider applicants for all positions without regard to race, color, religion, gender, national origin, age, marital status, the presence of a non-job-related medical condition or handicap, or any other legally protected status

Native American Traffic Safety Videos Available

To Traffic Safety Educational Materials Contacts, Video and Photo Shoot Talent, Tribal Traffic Safety Advisory Board, Tribal Police Departments, and Other Friends ~

The traffic safety videos, which so many of you helped develop, are now available for viewing, reposting, and sharing through social media. The Tribal Traffic Safety Advisory Board has a goal — we'd love to see traffic safety videos on every Tribe's website! Please consider taking these steps:

- Ask your webmaster to post the five videos in the motif of his or her choosing—canoeing or horses. Or post all 10!
- If, after two or three weeks, you don't see the videos on your Tribe's website, check in with your webmaster. Is help needed?
- If your Tribe has a Facebook page, ask the appropriate person to post the videos on the Tribe's page.
- Post the videos on your personal Facebook page.
- Share the videos via other social media such as Twitter or Instagram.
- If this is all Greek to you, ask a son or daughter or niece or nephew for help.

The 10 videos, which are housed on YouTube, can be accessed directly and individually from the Links tab on this page: <http://wtsc.wa.gov/programs-priorities/tribes/>.

That webpage also offers a Quick View PDF of the corresponding posters and rack cards.

This link will take you to all tribal videos on the website, some of which are posted on Vimeo: <http://wtsc.wa.gov/category/tribal/>.

Reminder: These videos are about the top five factors contributing to Native Americans dying in traffic crashes in Washington. In order:

- 1) Lack of seat belt use
- 2) Pedestrian safety
- 3) Impaired driving
- 4) Speeding
- 5) Car seats



WASHINGTON
Traffic Safety
COMMISSION

Help save lives with a post!

Centralia College at the Community Center

Starts: Monday, January 4, 2016

English 101: Code 5344
Math 98; Code 6142 Physical
Fitness: Code 6127 Weight
Training: Code 6126

If you are planning on attending these classes, there is processes in order to qualify. A copy of the flyer is available at Racheal Mendez office.

Please feel free to contact Racheal Mendez at the Community Center, email: rmendez@chehalistribe.org or 360-709-1698

Chehalis Tribal Members

Indian Wills and Estate Planning Services

Indian Wills and Estate Planning Services are now being offered to all Chehalis Tribal Members who are 18 years and older. These include Wills, Powers of Attorney, Medical Directives, or Living Wills.

Jerrie Simmons is now available at the Chehalis Tribal Center three days a week from 8:00 AM to 4:30 PM.

This service is without cost to Chehalis Tribal members who currently do not have a Will or would like to update a current Will. Her position is for legal questions, not part of the Office of Tribal Attorney. If you have a legal question, she can point you in the right direction on where and who to contact if she can't help you.

For more information please contact Jerrie Simmons, Legal Advisor 360-273-5911 to set up an appointment and get the paperwork needed to get started.

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

November 19
December 17

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 November

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Madoleen Goddard-Boyd Luwanna Sanchez Mia Vigil	2 Courtney House Lucille Hill Athena Lopez Katy Fox Christopher Yawn Pam Youckton	3	4 Gerald Aldrich Daphne Burke Joseph Revay, Sr. Kane Simmons	5 Kenneth "Booner" Brown, Jr. Payton Simmons	6 Tracy Stroup April Thompson	7 Lori Tovrea
8 Heather Hoyle Marguerite Robles	9	10 Casilda Garcia-Starr Amil Starr, Jr.	11	12 Tyanna Canales Grace Quilt Carrie Squally	13 Nathan Boyd Madeline Colson Aurora Ortiz Ashley Ortiz Terry Palmer Lorilee Pickernell	14 Kevin Albert Sofie Sekishiro
15 Taryn Baker Tayleena Klatush	16 Anthony Gomez Benjamin Johns, Jr. Jaylee Cayenne Joyleen McCrory Wayne Ortiz	17 Joan Martin Lisa McCloud Rachell Wells	18 Maynard Starr	19	20 Randy Cornwell	21 Chris Richardson
22 Orinda Goddard Benjamin Johns, Jr. Monique Lopez Marcus Youckton	23 Dylan Gleason-Wheeler Rachel Simmons Ryan White	24 Christibeth Klatush Penny Gleason Prince Adams Michah McNair Desirray Pope	25 Yvonne Phillips-Haukom Valerie Pickernell	26 Tyson Canales 	27 Gabe Higheagle Antonio Jones Roachel Lambreth Shoni Revay	28 Kristopher Shortman
29 Bobbie Bush Alexis Starr-Wright	30 Ashley Fern					



**Have a wonderful
Birthday
Shoni Baloni**

**Much Love
Anna**

**Happy Birthday
Twins**



**Happy Birthday
Richardson**



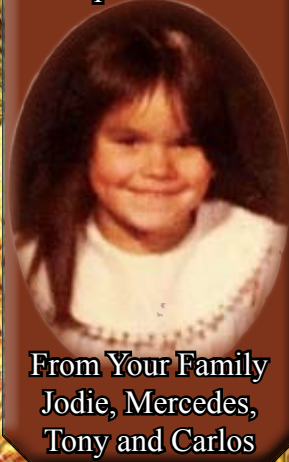
**Happy Birthday To
the Most Beautiful
Girl in the Whole
Wide World
Babii Doll**

**Much Love Mom,
Joe, Prince Kly**



**I love you mommy!!
Love Falisity & Taren**

**Happy Birthday
Daphne Burke**



**From Your Family
Jodie, Mercedes,
Tony and Carlos**

**Happy
Birthday**



Amil Jr



**HOPE YOU ALL
ENJOYED YOUR DAY!
Lots of Love & Huggz
From all you Family
333**

Alexis



**Happy
Birthday
Payton
Simmons**

**Your family
loves you!**

**Happy Birthday
Courtney**



**Happy Birthday
Carrie**



**Love
Mack Jones**

Happy Birthday Twins



**Happy
Birthday Taryn**



**Love Auntie
Mackenzie**

Anniversary continued from Page 1

Tribal members who served on the Business Committee in the property's formative years were presented with a 20th Anniversary plaque honoring their contributions. Former TGA Commissioners were also recognized.

1986- 1988

Chairman – Percy Youckton Presented posthumously to family
Secretary – Gladys Brown Presented posthumously to family
Treasure – Virginia Canales
5th Council – Sheena Tanner

1992 -1994

Chairman – Magdalena Medina Presented posthumously to family
Vice Chair – David Youckton
Secretary – Joan Martin
Treasure – Ray Canales
5th Council – Sylvia Cayenne

1994 – 1996

Chairman – Mel Youckton
Vice Chair – David Youckton
Secretary – Joan Martin
Treasure – Trudy Marcellay
5th Council – Sylvia Cayenne

Planning News ~ Community Health Assessment Grant ~ *By Janet Stegall*

The Chehalis Tribe has received sub-contract funding from the Northwest Area Indian Health board to conduct a Chehalis Tribal Community Health Assessment. The assessment will focus on all health issues chronically faced by the tribal community, as well as other health trends within the community, and then explore ways to combat negative health issues and boost healthier lifestyles.

In the coming month, representatives from the Planning Department will be gathering data from community members to better understand the state of health of the Chehalis community. The

information gathered will allow the Tribe to be able to develop health and lifestyle programs within the Chehalis Tribal Wellness Center and other departments of the tribe, aimed at improving the health and lifestyle of the tribal community.

The Planning Department welcomes volunteers for the in-depth health survey. A \$25.00 value incentive will be given to all participants. If you'd like to participate, contact Jenee Penn, Janet Stegall or Amy Loudermilk in the Chehalis Tribal Planning Department, now located across the parking lot from the Tribal Center.



ASK AUNTIE PLAY GROUP

Wednesdays
November 17
December 9
5:00 - 7:00 PM
at the Clinic PT Room

DISCUSSION TOPIC:
Picky Eating (nutrition)

For More Information Please Contact
Beth Klatush at 360-709-1627
or bklatush@chehalis tribe.org





Holiday Bazaar!

December 12
9:00 AM - 5:00 PM
In the Community Center

Food, Jewelry, Crafts, and other vendors with various items. Come check it out for some great gift ideas!

461 Secena Road, Oakville, WA 98568

Contact information for Vendors:
Winona Youckton 360-628-6416
Theresa Youckton 360-388-0110
tyouckton@chehalis tribe.org



NATIVE AMERICAN AWARENESS MONTH **American Indian Heritage Month - Honoring American Indians and Their Contributions to U.S. History**

November is American Indian and Alaska Native Heritage Month. Heritage Month is a time to celebrate the rich and diverse cultures, traditions, and histories and to acknowledge the important contributions of Native people. Heritage Month is also an opportune time to educate the general public about tribes, to raise a general awareness about the unique challenges Native people have faced both historically and in the present, and the ways in which tribal citizens have worked to conquer these challenges.

This provides a platform for Native Americans to share their history, culture, traditions, music, crafts, dance, and concepts of life. The month also seeks to recognize Native American contributions

and to ensure cross-cultural, educational dialogue between the "First Americans."

What started at the turn of the 21st century as an effort to gain a day of recognition for the significant contributions Native Americans made to the establishment and growth of the U.S. has resulted in a whole month being designated for that purpose.

Websites

www.nativeamericanheritagemonth.gov/about
www.bia.gov/DocumentLibrary/HeritageMonth

Ways to Celebrate Native American Heritage Month

The following are just a few suggested ways to

commemorate the month. Challenge yourself to read and learn about the history of Native Americans during American Indian Heritage Month, read biographies of famous American Indians, learn more about your tribe and culture, and find stats and facts about other tribes and reservations. There is so much more to learn. Read a book about American Indian History.

Other Suggestions

- Attend a basket weaving, sewing, beading, carving, painting or language class.
- Start researching your family tree.
- Learn about natural uses of plants and their healing properties.
- Learn more about your tribal history.

Chehalis Tribe Students of the Month *By J. William Gleason*

Malikah McNair (K-5)



Our K-5 Student of the month is Malikah McNair. Malikah McNair is a 4th grade student at Grand Mound Elementary school.

This year she has made quite the improvement in her academic journey. Her favorite subjects in class are Math and Writing. "When I moved here I was a bit behind the other kids in my class and my teachers have helped me not only catch up, but I'm doing better than a lot of the others in my grade." She has shown just how much she loves school by advancing a full grade in her reading. What makes Malikah an outstanding student is her ability to focus on the lessons being taught. "I used to talk a lot more in class, but I don't really do that anymore. I have been able to learn more by listening." Sometimes the simplest realizations are the most important.

If she could have a superpower she said something surprising, kindness. Not to fly or to be invisible, but to be kind. Her reasoning was sound, "I would want everyone to be kind and for everyone to have at least one friend if they didn't have one." This thoughtful statement may come from her involvement with the Chehalis Canoe Family, something she has been a part of since the age of five. This culturally strong group she is a part of allows her to visit many new places and make new friends who obviously have had a positive influence on her.

While her adulthood is far away Malikah wants to be a teacher. "Everyone deserves to learn and you will have a better life if you learn something new every day." She intends to keep her education close to home because of the importance of family and to stay close to her biggest hero, her mother. When I asked Malikah why her mother was her hero she said, without hesitation, "My mom does everything she can for me. She helps me through problems and helps me with life."

Kirsten Secena(6-8)

This is going to be Kirsten's last year at Rochester Junior High School and she has been honored by being voted student of the month all three years. Because of this we had to start asking different questions to keep the material fresh. For her 8th grade year what would be something she would be looking forward to that she might have not attempted before. She responded "I think I may try the knowledge bowl." This is similar to the debate team in many schools and based on Kirsten's GPA, she will have no problem holding her own in this arena. Even as she answers questions she is confident in her answers and chooses her words wisely.

Her advice has never changed, because it is what makes her a successful student, "As long as you pay attention to what you are being taught and remember that you have a due date for your tasks, you can be successful." But continuing on her ability she said, "Don't forget to use the tools they give you. We are lucky enough to be able to check our grades and find our missing work on line, so there is no excuse for not getting your work turned in." Also, "Remember to keep the lines of communication open with your teachers. They are there to help you and they want all their students to learn."

Kirsten continues towards her goal of graduating from UCLA with a degree in exploratory medicine. With this she hopes heal as many as she can. When asked where she would like to work when she meets her goal, she said simply, "Help heal people in the United States, thinking globally, but heal locally.

Where does the inspiration come from? She always has her mother and father on her mind, but has admiration for the on the court work ethic of Kobe Bryant. "He always gives everything he has to his career. There isn't time to make excuses. All you can do is understand your mistakes and work as hard as you can to correct them."



Arielle Burnett (9-12)

Arielle Burnett is a senior at Hoquiam High School who has posted an impressive 4.0 GPA in her final year of high school.



Over the past four years, Arielle has put up some impressive numbers in the class room and in three sports. The most important thing about school for this future leader is knowledge and social interaction. "I like learning new things and hanging out with my friends." The social component is equal to the education because you will have to be around people all your life. You might want to know how to do that. What makes Ms. Burnett a successful student? Accountability, "I am responsible, I get my homework done and I listen to what the teachers say and do all I can to retain that information."

When you think of advice to give to the underclassmen, often students give you answers based on school need. However, there is one piece of advice that some students seem to forget and Arielle was sure to point out. "Have fun! Time flies as you get older." This is a girl wise beyond her years. This wisdom has made Arielle the president of the Family, Career and Community Leaders of America (FCCLA). This is a national Career and Technical Student Organization that provides personal growth, leadership development, and career preparation opportunities for students in Family and Consumer Sciences education. While presiding over this, she is also a full time athlete playing soccer, basketball and softball and also being placed on select teams for her skill and ability in softball.

While there have been many colleges that have interested Arielle, the choice has been narrowed down to Lower Columbia College. This will give her a chance to play the sport she loves and work toward her goal of a degree. In what you ask...only time will tell. There is no reason to rush such a big decision. Most importantly, she wants to learn how to live life on her own and as we all know, that can be one of the hardest things to do but with the way Arielle handles her education, she will excel at anything she sets her mind to.

~ Honorable Mention ~



Johnny Secena has shown great advances in his educational journey. His GPA has been steadily increasing for the past year and would like to thank Jodie Smith for all her help in

all subjects with emphasis on Math.

His ultimate goal is to one day take his education and become an astrophysicist. Keep up the good work Johnny.

Honorable Mention
Johnny Secena, Rochester Middle School

2015 Community Halloween Party

Activities



Saturday, October 31 was a night to remember for the community hosted at the Community Center. It was a fun day, with delicious candy, creepy decorations, and adorable costumes to get into the Halloween Spirit!

Many community members came to the Community Center. Spectacular costumes were worn by all ages. There were cute, scary, and superheroes that could be found participating in what the fun activities offered that day.

Cake Walk – No better way to get some exercise and earn a tasty treat from the ghoulish zombie. Music could be heard and when it stopped, there was a mad scramble to find that lucky winning spot. Squeals of delight rang out from the contestants after she announced the winners.

Needle in a Hay Stack – It was a fun game as children were seen digging through the hay to find a pencil. Winners were seen looking through the wagon provided by the Youth Center picking out their prize.

Costume Contest – Children and adults alike got into the Halloween spirit as they paraded their costumes in the community center. All, from cute, superheroes and of course scary costumes, were graded by the judges. Everyone came out a winner!

Haunted House – Brought back by popular demand...many volunteers dreamed up fun ways to provide an adrenaline rush and scare the heebie-jeebies out of unsuspecting participants. The screams echoed throughout the Community Center hallway from those that dared to meander through the maze of darkened hallways of doom.

The volunteers had just as much entertainment leaping out from around a corner, or sneaking up behind them in their costume. It was a safe, scary and fun activity for the kids as they moved through a haunted house filled with ghouls, zombies, haunting moans, scary laughter and other frights.

It was a huge turnout and everyone had fun! Many children were overheard talking about looking forward to their evening of trick or treating in their local communities. Yes, it was a great evening and family fun for all. Thank you to all the program employees, and community volunteers who decorated and participated in the haunted house!

Costume Contest



Awareness walk continued from Page 1

carrots and zucchini in the sauce; two different salads, a kale super salad and an Asian sesame cashew salad, combined with veggie and fruit trays. Thank you to Pat Odiorne for all your hard work.

After lunch we had local Chehalis Tribal member, Allison Carter, share her experience of breast cancer. She talked about the importance of getting your regular women's health exams, including mammograms. She said if it wasn't for the outreach worker bugging her, she wouldn't have found her lump, and it was found early enough to start treating her breast cancer. Allison stressed the importance of getting your screenings. Cindy Andy, a Chehalis Tribal Elder and Breast Cancer Survivor also got up and talked about the importance of getting your exams. She also encouraged women to ask questions of their providers, if they don't understand what they are saying, and get second opinions if they need to. A couple of other women from the Shoalwater Bay and Squaxin Island Tribes shared their story on their breast cancer experience, encouraging other women to get their screenings.

Christina then introduced the representative from Susan G. Komen Puget Sound, Robyn Sneeringer, MPH, Director of Grants, Education and Advocacy. Robyn came down to help out and participated in the walk.

We then asked all Breast Cancer survivors to come up to the front of the room and they were all wrapped with a blanket and given a gift. We also asked all cancer survivors to come up and they were wrapped with a blanket and given a gift.

The day ended with door prize raffles. Thank you to Shoalwater Bay Tribe for all your donations, the Lucky Eagle Casino, and to the various personal donations that all went towards the great prizes!

The event also had a Pink Photo booth, which everyone really enjoyed. Thank you goes out to Jen Olson who staffed that booth. Thank you to all the NWWP program staff: Joan Simmons, Jen Olson, Tanya Brown (Shoalwater Bay), Kim Weber (Skokomish), Traci Lopeman (Squaxin Island), Raylene McCloud (Nisqually) and Suzzanne Adams (Quinalt) for all your help. Ollie and Daryl need a special thank you for monitoring the walkers, giving rides, and handing out bottles of water.

