



THE CONFEDERATED TRIBES OF THE CHEHALIS RESERVATION, 'PEOPLE OF THE SANDS'

JANUARY 2016

CHEHALIS TRIBAL NEWSLETTER

A FREE PUBLICATION.
FOR MORE TRIBAL
HISTORY, HERITAGE
AND ACTIVITIES, SEE
CHEHALIS.ORG.

WINTER ACTIVITY

Push hard during 8-week
physical fitness challenge

page 4



SANTA BREAKFAST

Kids take pictures
with jolly fellow

page 2

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of the month / 9

Soon there were no places for the people to stand but in the water. The water rose and covered everything. There was no place for them to go.

From the
Chehalis Tribal
'Story of
the Flood'



A portion of Hwy. 12 and Anderson Road near the End of the Trail store is submerged Dec. 10, 2015.

Flood highlights safety needs

Help
protect
yourself
and loved
ones
during
natural
disasters

Contributed by Cal Bray,
Emergency Management

Winter (the coldest season of the year in polar and temperate climates) is when the axis of the Earth in that hemisphere is oriented away from the sun. Winter's arrival also marks the beginning of the rainy season and the increased possibility of flooding on the Chehalis Reservation.

Chehalis Tribal history establishes that we often have dealt with floods.

Low-lying areas in Washington are prone to flooding during the rainy season. Because of its large drainage basin area, the Chehalis River tends to rise and fall slowly over a long period of time.

The most predictable scenario for the Chehalis occurs when rains fall over all of southwestern Washington and all regional rivers and streams rise.

The floods can occur in

See SAFETY, page 10

WHO DO I CALL FOR HELP?

For life-threatening emergencies, call 911. For non-emergency assistance, call Law Enforcement at 360-273-7051. Any calls made to that number after 5 p.m. weekdays or on weekends and holidays will be forwarded to the 911 Dispatch Call Center. Remember officers are busy during emergency declarations and will respond as soon as they are able.

EMERGENCY INFORMATION:
866-623-8883.

Tribe helps firefighters

Equipment donation protects our resources

Contributed by
the Oakville Fire Department

Santa came early to the Oakville Fire Department in the form of a new wildland firefighting unit donated by the Confederated Tribes of the Chehalis Reservation.

The new unit has a 200-gallon tank and a 265 gallons-per-minute pump.

It replaces the much older second-hand unit that was our primary wildland firefighting unit for the past 10 years.

This piece of equipment is

See DONATION, page 3

Christmas cheer abounds

Families gather to celebrate holiday

As if Christmas wasn't fun already, Sunday, Dec. 20, was a day to remember. The Community Center was filled with Christmas spirit as families gathered to celebrate and enjoy all the fun activities provided by the Tribe.

The gym was decorated to put folks in the mood, and there was never a dull moment to celebrate this special holiday.

The event featured food, pictures with Santa, gift cards, bouncy houses, raffles and

See CHRISTMAS, page 12

Elders Bazaar features handcrafted treasures

Tribal community finds gifts galore at festive event

People came to shop for that special gift for their loved ones at the annual Elders Bazaar on Saturday, Dec. 5, at the Lucky Eagle Event Center.

The event was loaded with a variety of vendors to choose from. Many artists displayed their crafts and talents.

Wow, so much to choose from! The warm atmosphere and friendly people helped set a fun and festive tone for many who were heading out to shop for the rest of their presents.

These were no ordinary gifts to purchase. Coastal Salish people artists

added a unique flair to the craftwork they made by hand on materials such as baskets, drums and wood.

The annual Elders Bazaar is a great way to meet new people and funding fun activities the Elders plan each year.

There was food, vendors and raffles throughout the day.

It made a solid start to the Christmas shopping season.

Mark your calendar next year for the return of the Elders Bazaar on the first Saturday of December.

Hope to see you then.



The annual Elders Bazaar on the first Saturday in December is a great place to shop.



Breakfast with Santa creates sweet memories

The Great Wolf Lodge hosted a Breakfast with Santa for Chehalis Tribal members and their families Dec. 19.

Mr. and Mrs. Santa Claus were there to visit and help make special family holiday moments. This is the third year Great Wolf Lodge has invited tribal members to join in the festive activities creating a family tradition.

Santa was seen roaming around the room visiting with children and their families.

The children were a little shy but they did share what they wanted for Christmas. Some were scared, but those precious moments were priceless.

After eating a delicious breakfast provided by Great Wolf Lodge, families gathered to take a picture with Mr. and Mrs. Claus. There wasn't an age limit either – great grandparents, grandparents, adults and children alike made the most of the opportunity to take a photo.

A special treat from Mrs. Claus made an added memory, and the candy canes did not last very long as they were gobbled up quickly by the children.

We cannot forget to thank the hardworking staff who planned this event. Also to the cooks and staff who helped create the delicious meal provided by Great Wolf Lodge.

Thank you all for setting the tone for a memorable experience for the 2015 Christmas season!



Mr. and Mrs. Claus pose for pictures and entertain children during Great Wolf Lodge's Breakfast with Santa on Dec. 19.

STAFF PROFILES

WSU student has a passion for communication

By Edmund 'Frazer' Myer

My name is Edmund "Frazer" Myer. I'm an undergraduate student at Washington State University and I'm enrolled in The Murrow College of Communication.

I recently was hired as the communications assistant for the Native American Programs at WSU, where I'll help produce stories for the monthly newsletter.

I'm a member of the Chehalis Tribe, a costal tribe near Olympia. I grew up in a small town called Onalaska, Washington, where I graduated high school in 2010. I come from a large family with four brothers and two sisters. My mother is Carla Thomas from Oakville, Washington, who is enrolled Chehalis. My father, Eric Myer, is from Onalaska and is a Cowlitz Tribal member.

I graduated and transferred from Centralia Community College in 2014. It was there that I realized I had a passion for the field of communication. They have a program that allows students to get experience in radio and television production.



Edmund 'Frazer' Myer

I hosted live radio shows, filmed stage plays and called sporting events live on the radio, Internet and television. These experiences have helped me tremendously as I further my studies and pursue my career.

I'm enrolled in two communication courses and two psychology courses at WSU. I plan to graduate in 2017 with an emphasis in broadcast production and a minor in psychology. I hope to study abroad in Cuba this summer. After I graduate, I hope to work in the radio industry as a play-by-play analyst for sporting events. I feel like the radio in a small/medium market calling local sports is an ideal place to start, but I have dreams of one day working in a large market calling games on television for a major television company or a professional sports team.

Learn more at native.wsu.edu/news/december2015/myer.html.

Outreach prevention specialist teaches life skills

By Steven Dorland

Hello, my name is Steven Dorland. I'm a Squaxin Island Tribal member. My roots also run deep within this community. My grandmother was Shirley Lopeman, and Mable (Doodle) Cooper is my great-grandmother. I recently became your outreach prevention specialist with the Behavioral Health Program.

I'll work with youth at the Chehalis Tribal Community Center from 1-4:30 p.m. Tuesdays and



Steven Dorland

Fridays. I also have developed a program called Soaring Together, which helps youth strengthen their life skills and continue on a healthful path. Classes are 3-4:30 p.m. Fridays.

I look forward to getting to know the community. Please **call me at 360-709-1652** or stop by the community center.

Animal control officer plans door-to-door hellos



Brennan Stoelb

The tribe has hired Brennan Stoelb as its new animal control officer.

During the next few weeks, Stoelb will go door to door to introduce himself to you and your pets.

He is interested in hearing suggestions or concerns you have about

the animals that are a part of our community.

For immediate animal concerns, **contact Stoelb at 360-273-7051 or email bstoelb@chehalis tribe.org.**

The Animal Control office is at 30 Niederman Road in Oakville.

DONATION

From page 1

used for grass and brush fires primarily.

With the upgraded pump, it has the ability to be used much more, including everything from vehicle fires to structure fires. It also offers an on-board foam system to make it more versatile.

After the unit was placed in service, the fire department's first call was to an acre grass fire burning into the timber on trust land.

The new equipment handled most of the firefighting duty by itself and we are glad we were able to use this great donation to help protect the natural resources of the Confederated Tribes of the Chehalis Reservation.

A donation of this kind means a great deal to members of the Oakville Fire Department. We would not have been able to make this kind of upgrade on our own.

From our family to yours, a great big thank you from the members of Oakville Fire Department.



Firefighters from the Oakville Fire Department use the new wildland firefighting unit donated by the Confederated Tribes of the Chehalis Reservation.

Submitted by the Oakville Fire Department

HEALTH AND WELLNESS

in brief

New CTWC PRC available

Are you Contract Health Services eligible?
Have you received your new ID card?

This ID card along with a purchase order will help ensure outside providers are billing the Purchased Referred Care Department quickly and accurately.

If you or your family members have not received a card, please contact Deb Shortman at the Chehalis Tribal Wellness Center at 360-709-1689.

Ordering medications

Chehalis Tribal Wellness Center patients: If you need medication pickup, please have your name put on our list by 10:30 a.m. 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.

Disclaimer

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

Mammogram clinic schedule

Women age 40 and older should have a mammogram once a year.

Swedish Mobile Mammography will offer services in the parking lot of the Chehalis Tribal Wellness Center from 9 a.m.-3 p.m. on the following days:

- Wednesday, Feb. 17
- Thursday, March 17
- Tuesday, May 31

Please schedule an appointment with a provider to have a clinical breast exam prior to your mammogram appointment by calling the CTWC at 360-273-5504.

If you have questions about mammogram clinics, contact Christina Hicks, community wellness manager, at 360-709-1741.



Step up to winter challenge

Participants will sweat it out with 150 minutes of moderate activity per week

The Spokane Tribe of Indians invites people to participate in the eight-week Physical Activity Winter Challenge 2016 from Jan. 11-Mar. 7.

The tribe has challenged the entire Portland Area Tribes, Urban AI/AN Programs and health boards and the Portland Area Indian Health Service (including service units), to a physical activity challenge to start the new year.

We ask all participants to engage in "moderate-intensity" physical activity for 150 minutes or more per week.

According to the Centers for Disease

SIGN UP

If you are interested, please contact Community Wellness Manager Christina Hicks at the Chehalis Tribal Wellness Center at 360-273-5504, ext. 1741, or chicks@chehalistribe.org.

Control and Prevention, ages 18-64 need at least:

■ Two hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity (such as brisk walking) every week

■ Muscle-strengthening activities two or more days a week that work all major muscle groups – legs, hips, back, abdomen, chest, shoulders and arms
OR

■ One hour and 15 minutes (75 minutes) of vigorous-intensity aerobic activity (such as jogging or running) every week and

■ Muscle-strengthening activities two or more days a week that work all major muscle groups – legs, hips, back, abdomen, chest, shoulders and arms
OR

■ An equivalent mix of moderate- and vigorous-intensity aerobic activity

■ Muscle-strengthening activities two or more days a week that work all major muscle groups – legs, hips, back, abdomen, chest, shoulders and arms

Participants who turn in their weekly physical activity report and do the 150 minutes each week for the entire eight weeks will receive a T-shirt.



Cut back on soda, snacks, sweets for kids' dental health

The Huffington Post states that "carbonated drinks, processed snacks and sweet treats can seriously affect a child's oral health," recommending alternatives that have less sugar and might help

promote oral health.

For example, the article recommends kids eat raw fresh fruits rather than dried fruits, which might result in sugar adhering directly to the tooth's surface.

Dr. Elton recommends

that instead of drinking carbonated and power drinks, try milk and fruit juices. Water is one of the best drinks because it is pure hydration without the sugar.

As we start the year, the Chehalis Dental Clinic

staff would like to invite all tribal members to have a dental exam this year. They can chat about your dental strengths and, perhaps, a few dental needs.

Have a happy, smiling new year.

HEALTH AND WELLNESS

Men: Overlooked victims of domestic violence

Surveys find steady increase of physical abuse by wives or girlfriends

Contributed by Janita Raham, domestic violence advocate

When I say domestic violence, what do you think of?

Chances are you imagine a situation where a woman has been physically assaulted by a man.

The truth is there are thousands of instances where men silently suffer beatings by their girlfriends or wives, but we rarely hear their stories.

Surveys are beginning to confirm what male victims of domestic abuse have been experiencing for some time: a steady increase in instances of physical abuse by their wives or girlfriends.

Men suffer in silence for many reasons, making them less likely to report the abuse.

Men might be embarrassed or think they can handle the abuse. Some victims also fear they will be ridiculed for admitting their female partner is abusing them.

A man who calls the police to report domestic violence is three times more likely to be arrested than the women.

- Every 37.8 seconds, a man in America is abused

- 830,000 men fall victim to domestic violence every year

- One in 10 men in the United States have experienced rape, physical violence, and/or stalking by a partner and report that they have been affected by the incident

- Nearly one in seven men in the country has experienced severe physical violence by an intimate partner.

Although we don't hear much about domestic violence against men, it happens often.

Men might have a difficult time recognizing and identifying abuse in a relationship. You might be experiencing domestic violence if your partner:

- Stalks you or is constantly checking up on you
- Controls your money

HELP IS AVAILABLE

Contact Janita Raham, domestic violence advocate, at 360-789-3627 (24 hours a day, seven days a week) or in the office at 360-709-1874.

If you leave a message, please indicate whether it's safe to call the number back. You also can email jraham@chehalistribe.org.

- Insults you in private or public
- Abuses or threatens to abuse the children or pets
- Physically intimidates you by pushing, hitting or with weapons
- Acts overly jealous
- Forces sex

Domestic violence has long-lasting effects on everyone it touches. Compared to men who have not been abused, male victims are at a higher risk for chronic pain, poor mental and physical pain, limited physical capabilities, trouble sleeping and frequent headaches in later life.

Domestic abuse is a serious issue whether you are a man or woman.

But there is help.

If you or someone you know is a victim of domestic violence, dating violence, sexual assault or stalking, you have someone to talk to.

All services provided by the Tsapowum Chehalis Behavioral Health Domestic Violence Program are free and confidential.

I am here to listen in my office or another place you feel safe.

Services include:

- Someone safe to talk with
- Safety planning
- Court assistance
- Service related transportation
- Education and prevention

This project was supported by Grant No. 2013-TW-AX0040 awarded by the office on Violence Against Women, U.S. Department of Justice. The opinions, findings, conclusions and recommendations expressed in this publication/program/exhibition are those of the author(s) and do not necessarily reflect the views of the Department of Justice, Office on Violence Against Women.

Foot care for people with diabetes

By Deborah Behre, podiatrist, DMP, Chehalis Tribal Wellness Center

People with diabetes have to take special care of their feet and should have a comprehensive foot exam every year even if they don't have any foot problems. 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 skin soft with a moisturizing lotion, but do not apply in between toes
- Inspect your feet daily for cuts, bruises, blisters or swelling
- Tell your health care provider right away if you do find something wrong with your feet
- Ask your diabetes care team how you should cut your toenails

GET CHECKED

Podiatrist Deborah Behre will be here from 8:30 a.m.-4 p.m. Wednesdays, Jan. 27, Feb. 24 and March 23.

To make an appointment with her, please call the Chehalis Tribal Wellness Center at 360-273-5504 and ask to speak to Michelle Romero, diabetes outreach LPN, or Pat Odiorne, RD, CDE.

- Wear clean and soft socks that fit well
- 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

Harmony Hill


HEALING RETREAT

TRIBAL

CANCER RETREAT:

JOURNEY

TOWARD HEALING



Enjoy Harmony Hill's beautiful campus and guest facilities overlooking Hood Canal and join us for this special retreat for Tribal cancer survivors and their caregivers. (All tribes welcome!)

FEBRUARY 19-21, 2016
IN UNION, WA

JOIN US FOR A SALMON DINNER
THIS RETREAT IS OFFERED FOR FREE.
Participants must be of Tribal heritage with a cancer diagnosis at some time in their life, and over the age of 18. Each participant is limited to one companion.

To apply, please contact us at 360-898-2363 or email us at programs@harmonyhill.org

Only 20 spaces available!



7362 E State Route 106, Union, WA 98592
www.harmonyhill.org • 360-898-2363

HEALTH AND WELLNESS

Substance abuse solutions

Conference offers hope to create healthy communities

Contributed by Tamara Clark, event coordinator, TOGETHER!

The seventh annual Substance Abuse: A Community Response Conference aims to increase awareness of new, proven and/or promising techniques and programs that are being used to address all spectrums of substance abuse from prevention to intervention, treatment and aftercare.

Join us for keynote presentations by Dr. Chan Hellman, a world-renowned researcher on hope, as well as our community's own Liz Davis, who will provide a deeper look at neurobiology, epidemiology, adverse childhood experiences and resiliency. The event also will include a screening of the documentary "Paper Tigers."

Topics such as marijuana policy, recovery, peer education, e-cigarettes, innovative prevention approaches, prevention in tribal communities, and housing and homelessness and their connection to addiction/recovery will be covered.

Highlights of the three keynote speakers and featured plenary:

Hope Research: Dr. Hellman, Ph.D., will give the keynote address on the first day and a follow-up breakout session introducing research regarding hope and the impact it has relating to substance abuse, ACEs and resilience.

Beyond ACEs 101: Davis will give the keynote address the second

MORE DETAILS

The two-day Substance Abuse: A Community Response Conference kicks off at 8:30 a.m. Wednesday, April 27, and runs through 1:30 p.m. Thursday, April 28 at Great Wolf Lodge Conference Center, 20500 Old Hwy 99 SW, Centralia.

For more information, contact Tamara Clark, event coordinator, TOGETHER! at 360-493-2230, ext. 10, or go to thurstontogether.org.

The Tsapowum Chehalis Tribal Behavioral Health Program will sponsor four tribal members for this event. Please contact Christine Semanko, counselor, at 360-709-1701 to sign up.

day covering the neurobiology, epidemiology and resilience related to ACEs and the increase of new research during the past 20 years of using ACEs to reliably predict trouble later in life.

"Paper Tigers": A plenary viewing on the first conference day of this documentary captures pain, danger, beauty and hope of teens struggling with toxic stress in their lives and the educators armed with new science and fresh approaches that are changing their lives for the better.

The conference is planned by TOGETHER! in collaboration with local and statewide partners such as the Thurston County Drug Action Team and the Washington Association for Substance Abuse and Violence Prevention.

Together, we can find solutions.

Chehalis WIC

(Women, Infants, and Children provides healthful food and nutrition information for you and your child up to age 5.

For appointments or questions, contact:

Deb Shortman
360-709-1689

Debbie Gardipee-Reyes
360-462-3227, gardipee@spipa.org

Patty Suskin
360-462-3224

SPIPA main number
360-426-3990

Next WIC date

9-3 p.m. Thursday, Nov. 5
Chehalis Wellness Center

date and times might change

REZ ANIMAL RESOURCES & EDUCATION

\$5 Spay & Neuter Vouchers. Call Today!

This program is only available to Chehalis tribal members or anyone living on the Chehalis reservation.

253-370-6392



REZANIMALS.COM

OUR PROGRAM HAS SPAY / NEUTERED 336 DOGS & CATS ON THE CHEHALIS RESERVATION!

Rez Animal Resources is a small non-profit organization helping animals in the Chehalis, Nisqually, Skokomish, Squaxin Island and Shoalwater Bay Indian Reservations.



SDPI'S LIFESTYLE BALANCE PROGRAM

This is a 16-week class to help you:

- Learn the facts about healthy eating and being active
- Discover what makes it hard for you to eat healthy and be active; learn how to change these things so they work for you, not against you
- Get the long-term support you need

You are welcome to invite a friend or family member

When: Noon-1 p.m. Tuesdays through May 25

Where: PT Room at the Chehalis Tribal Wellness Center

For more information, contact:

Pat Odiorne RD, CDE
360-709-1884, podiorne@chehalistribe.org

Gloria Jones
360-709-1810, gjones@chehalistribe.org

NOTICE

Information on this flyer, in email or on our website calendar is subject to change without notice. Please refer to this flyer's contacts





CHEHALIS TRIBAL NEWSLETTER

*The Confederated Tribes
of the Chehalis Reservation,
'People of the Sands'*

Articles and opinions expressed are not necessarily the opinions of this publication or the Chehalis Tribal Business Committee.

SUBMISSIONS

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 is 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)

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

NEWSLETTER STAFF

Fred Shortman,
Communications Coordinator
fshortman@chehalistribe.org



Head Start kids select a tree from Tapio's Christmas Tree Farm and carry it to the bus.

Families gather to learn

Thank you to all of Santa's helpers who made the Children's Christmas parties extra special. A big thank you to Philip Youckton, Terry Youckton, Jacinda Legg and Yolanda Edwards for their efforts for Santa.

Head Start children enjoyed making decorations for the Christmas tree they brought back from Tapio's Christmas Tree Farm.

Children listened to stories and walked out in the farm to choose a tree. After it was cut down, they helped carry it back to the Head Start bus.

January's Resource Roundup for Parents will include presentations by Diabetes Prevention, Vocational Rehabilitation, Healthy Families,

LEND A HAND

Volunteers are needed to read stories, rock babies, monitor playground safety, deliver meal carts and ride the bus. Let us know if you are interested by calling 360-273-5514.

Nutrition and more. Families enjoyed visiting with other parents from their children's classroom while dining on chili and cornbread made by the Head Start cooks.

Monthly trips to the library reinforce the importance of reading. Children will take field trips to area businesses this month. One Head Start classroom is studying community helpers.

in brief

Indian wills and estate planning services

Indian Wills and Estate Planning Services are offered to all Chehalis Tribal members who are age 18 and older.

These include wills, powers of attorney, medical directives and living wills.

Legal advisor Jerrie Simmons is available from 8 a.m.-4:30 p.m. three days a week at the Chehalis Tribal Center.

This service is free for Chehalis Tribal members who do not have a will or would like to update their will.

Simmons' 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.

Contact Jerrie Simmons at 360-273-5911 to set up an appointment and obtain the necessary paperwork to get started.

New hours set for community center

The new hours for the Chehalis Tribal Community Center are 7 a.m.-8 p.m.

Fun events at the center:

■ Movie night starts at 5 p.m. every second Wednesday of the month. Dinner is provided. Bring out the whole family and enjoy.

■ Open gym is at noon Wednesdays and Sundays and 5:30 p.m. weeknights.

■ Swimming pool and exercise room hours are 7 a.m.-8 p.m.

■ The Community Center will host an alcohol-free super bowl party at 3 p.m. Feb. 7. Activities include door prizes, food, drinks and the big game on our 70-inch TVs.

For more information, contact Leroy Boyd, events coordinator assistant, at 360-709-1787.

USDA Food Program

If you are interested in signing up for the USDA Food Program, call the South Puget Intertribal Planning Agency Food Distribution Warehouse at 360-438-4216 from 8 a.m.-p.m. Monday through Friday.

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

Distribution dates are Feb. 23, March 29 and April 26.

Pickup is at the Chehalis Tribal Community Center from 9:45 a.m.-1:30 p.m.

Save the date

Celebrate our cancer survivors and cancer caregivers April 15-16 at the Cancer Survivorship Conference (location to be determined).

For more information, call Joan (Joann) Simmons at 360-462-3222.

JANUARY BIRTHDAYS

1

John McCrory

2

Sidney Cole
Geraldo Sanchez
Lauren Quilt

3

Ravenhawk Penn
Morgan Hanna
Tristan Hanna

4

Finley Beckwith
Cheryl Jones
Jayzen Owens
Joe Wilieferd
Leslye Wyatt

5

Brooke Allen
Mariah Klatush
John Youckton

6

Daniel Gleason, Jr.

7

Zoe Albert
Alynn Clancy
Darrin Jones
Wyatte Spence
Zola Youckton

8

Eva Delamater
Kathy Pickernell



ALLLISTAIR YOUCKTON-LEGG: Happy 2nd birthday. We love you!

9

Joyce Fanning
Makayla Mashburn

10

Robyn Fields

11

Curtis DuPuis II
Alberta Gilmore
Anna Hill
Makayla Ortivez

12

Russ Baker
Jon Brown



JEREMY FANNING: Happy 26th birthday, love all the Fannings. We're all so proud of you! JOYCE FANNING: Happy birthday. From your loving family!

Alexander Hoheisel
Ezrah Merriman
Kaelen-Jay Sanchez
Chayse Youckton-Bonifer
Allistair Youckton-Legg

13

Jeremy Fanning
Joseph Wittwer

15

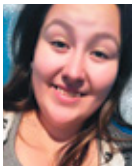
Sheilah Bray
Dylan Burke



MARGIE
YOUCKTON
Happy
birthday
Youckton!
From Anna
Banana



DEREK
YOUCKTON
Happy
birthday.
We love you.



MAKAYLA
ORTIVEZ
Happy
birthday.
Much love.



DIANA
PICKERNELL
Happy
birthday
princess.

17

Daryl McCrory
Diana Pickernell

18

Irene Adams
Roy Wertz

19

Jacob Christjohn
Mya Ortivez

20

David Bird
Patricia Gitchel
Shyann Klatush
Anna Meas

21

Nathaniel Klatush
Suzette Klatush
Traci Parkinson
Jaxon Starr
Edward Sanchez, Jr.
Benjamin Starr, Jr.
Rodney Youckton

22

Hollie Brockmueller
Calvin P. Cayenne
Jennifer Cooper
Ulises Klatush
Miya McAlister
Dreama Secena Ferguson

23

Chris Pickernell
Ashley Rosado
Patrick Simmons, Sr

24

Jake Burnett
Bella Couillard
Daniel Gitchel

25

Jaileen Sanchez

26

Mimi Cayenne
Megan Christjohn
James DuPuis
Laura Fricke
Margie Youckton

27

Cameron Hjelm-Snell
Robert Phillips
Nikolas Romero
Cheyne Youckton
Derek Youckton

More wishes

AVERY MCJOE: Happy birthday. We love you.

CALVIN P. CAYENNE: Happy birthday. From Mom, Don and Dyani J

DAVID BIRD: Happy birthday to my "lil" brother David Lee. Have a fabulous day. Love you bunches.

FRANK BOYD: Have a GREAT Birthday. Frankie.

HEATHER EILEEN DANIELS: Happy 21st birthday Heather Eileen Daniels. Hope your day is as wonderful as you. Love you bunches, Jenni, Savanna, Jordan, Jonnie and Liam J

28

James Gunnels
Shirley Kay
Crystal Martinez

29

Akasha Slighte

30

Avery McJoe



JAXON, SHYANN, SUZETTE AND HOLLIE: Happy birthday to our beautiful grandbabies. Lots of love and hugs from Grama and Papa.



BROOKE ALLEN AND RODNEY YOUCKTON: Happy birthday. We love you.

STUDENTS/FAMILY OF THE MONTH

Faith Hoheisel

**For grades 9-12
River Ridge High School
11th grade**

Faith Hoheisel is the December student of the month. She is the daughter of Jacob Hoheisel and Kristie McIntyre and attends River Ridge High School. Faith has put up great numbers in her junior year. She recently transferred from Yelm High School but this has not had any effect on her studies. In fact,



'I would like to help children and be there for them when it seems no one else is.'

one of the things she has liked about the transfer is the staff at River Ridge and their ability to facilitate her move and allow her to have continued success.

Faith attributes her overall success to giving it all she has.

"I think that as long as you always give 100 percent, you will always be happy with the results," she said.

What more is there to give? She definitely has given it her all and has advised other students that you have to keep going. Giving up is not an option.

Faith has been a part of the athletic culture that usually comes with high school and has participated in basketball and fast pitch. She also has been involved in the future farmers of America, where she has

enjoyed livestock judging.

After this portion of her education comes to an end, Faith plans to attend Washington State University to get her degree in social work.

"I would like to help children and be there for them when it seems no one else is," she said.

This is a noble profession for someone so young. Faith said her reason for wanting to help people in need can be attributed to her mother. "My mom has supported me through it all. I wouldn't be me today without her," she said.

Mya Ortivez

**For grades 6-8
Oakville Middle School
Seventh grade**

Mya Ortivez is the daughter of Shawn and Crystal Ortivez and is a seventh-grade student at Oakville Middle School. Mya has posted a GPA of 3.71 during the school year. While she is a fantastic student, her favorite activities are built around the social



aspect of school.

"I like hanging out with my friends and finding new fun things to do," she said.

This can be tough in a small town but she has been able

to build quite a social network and keeps her education moving forward at the same time.

The qualities for success have been

her ability to follow directions and the leadership of her teachers. She is able to keep her school work in tip-top shape and help other students that might have a harder time catching on. Mya is always focused in class and stays prepared for anything that comes her way.

Not only does she have a firm understanding of the classroom but she also is a year-round athlete. By being a part of the basketball, volleyball and fast-pitch teams at

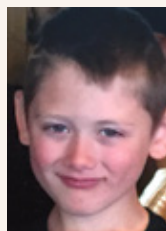
school, she shows a discipline that sets her apart from others her age. With the help of her Auntie Alyssa Charles, she has been able to keep her eyes on the prize and create a discipline for greatness. This discipline is something she will take with her to the next level of education.

Mya wants to attend a college but will not be hasty in her decision. A good student of the world likes to keep her options open, and Mya is definitely that.

Dominic Delgado

**For kindergarden-grade 5
Rochester Primary School
Second grade**

Dominic Delgado is the son of Erin and Richey Delgado and is a second grader at Rochester Elementary School. Dominic has shown great strides in his classes on all levels including math and a reading level much higher than his class. The series that interests Dominic the most is the Black Lagoon.



Dominic is a fan of the Spider-Man series of superheroes for no other reason than because he is cool. If you ask what power Dom would like, he would tell you the ability to freeze things with his mind. For what reason, you ask? For the same reason he likes Spider-Man, because it's cool (no pun intended).

When Dominic grows up, he would like to be a first baseman in Major League Baseball. He plans to keep up his grades.

After college, keep a lookout for his jersey, Delgado No. 1.

Family of the semester: Will and Misty Secena

We would like to recognize a family that has been a shining example showing the importance of education and parental involvement for children in our program.

The family of Will, Misty, Kirsten, Kylee and, the newest addition, Kaelyn, has all the makings of wonderful household.

As individuals, Will and Misty have shared accomplishments in education.

Misty received her Bachelor of Arts degree in business management and Will has an Associate of Arts degree in information technology.

When asked what their greatest accomplishment in life has been, without a second thought, they said "our children."

Some of their time is filled with "Netflix and chill," however, Misty said they make it a point to spend time doing things together.

Whether it is cooking a Sunday



dinner or just going out as a family to take care of business, they do it together.

Kirsten and Kylee always have posted great marks in school. Kirsten is a regular on the honor role, and as soon as they give Kylee a GPA, I'm sure it will be a battle of who gets the better grades

for those two ladies with Kaelyn waiting to beat the high bar set by her sisters.

Will and Misty are working on their eighth year of marriage and have been together for 16 years.

The key to being such strong parents and leaders of this amazing family is giving their children a place to be everything they want to be and express themselves any way they want without fear of being judged.

They understand that to be great, it can be as easy as just being there for their kids' ups and downs and setting a good example for their children to follow.

Will would like to one day take his family to Japan and Misty would like to take the family on a road trip to the great places this country has to offer.

It is not a matter of if they do these things but rather what will happen first. They are truly an inspiring family and an amazing group of people.

Contributed by J. William Gleason

IMPROVEMENTS
TO PREDICT FLOODING

Proposed actions by Mark White, Department of Natural Resources director, after the recent flood:

“Install flood monitors so that we can better predict road closures and flooding levels. These would be ultrasonic sensors that will read water levels every five minutes and electronically transmit the data so that tribal government and tribal business managers can see real-time flooding and predictions of road closures as a flood comes.”

Three things this would accomplish:

Better data of localized flooding to create improved models for predictions.

Create a live feed flood inundation map to monitor what roads have water on them and at what depth.

Operate businesses more efficiently during a flood and be able to keep them open longer with a safety margin and reopen as soon as possible.

The process for this already has been initiated.

FLOOD STAGES

According to Thurston County’s Flood Preparedness information for the Chehalis River at Grand Mound gauge:

Flood stage is about 12.5 feet: The Chehalis River will flood several roads in Independence Valley including James Road, Independence Road and Moon Road. Floodwaters also will cover nearby farmlands and low-lying roads.

Moderate flood stage is about 15.5 feet: The Chehalis River will flood several roads in Independence Valley with swiftly moving water including James, Independence, Moon, Howanut and possibly Anderson Roads. Floodwaters could inundate nearby farmland. Some residential structures might be threatened

Major flood stage is about 17.5 feet: The Chehalis River will cause major flooding, inundating roads and farmland in Independence Valley. Deep and swift floodwaters likely will cover State Route 12, cutting off access to the Chehalis Reservation. Flooding will occur all along the river including headwaters, tributaries and other streams within and near the Chehalis River Basin.



The flood relief bridge on South Bank Road was completed in 2013 to help alleviate flooding issues.

SAFETY

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different ways, depending on where the hardest rains fall in the basin. Sometimes the headwaters flood and other times the tributaries in one area or another become flooded. The Black River, which converges with the Chehalis on the Reservation, also rises and floods, however there are no flood-monitoring gauges on it.

One example of how each flood event differs from another is the recent flood with heavy rain in Lewis, Grays Harbor and Thurston counties, as well as in other counties throughout western Washington. The floodwaters were rising at a fairly steady rate when they had an unforeseen increase. Determining when possible flooding would occur on local roads also was complicated because of the river’s flood gauge near Centralia became stuck at one level for a few hours.

Because of these varying factors, Reservation residents are urged to keep an eye on the river levels and monitor local media reports even if the rain has stopped and all other local rivers have receded.

The Chehalis Tribal Emergency Management team continues developing plans to assist and protect our Tribal residents. Fortunately, most homes have been built above the flood plain though there might be periods where



Floodwaters surround the Black River Bridge on Howanut Road in the Chehalis Valley during the last flood.

you find yourself confined on our little island. In such instances, make sure you have enough emergency supplies to last the duration of the emergency. Other natural disasters such as earthquakes, volcano eruptions, fires and snow impact everyone in our region. Each household can make their own preparations in the event of a flood or other emergencies by assembling an emergency supply kit.

Stay put until the water recedes. It is highly recommended not to drive through the water. The saying, “Don’t

drown, turn around” is a good tip for all to remember. It jeopardizes your life and those of the people that come to rescue you if you become stranded.

Road closed signs are there for a reason. Please do not drive around them. Besides placing yourself in direct peril, driving through floodwater causes damage to your vehicle that might not be immediate and can lead to costly repairs. You also might have to pay a traffic fine of \$423 for something that could have been avoided.

RECOMMENDED ITEMS FOR EMERGENCY SUPPLY KIT

- Water: One gallon of water per person per day for at least three days, for drinking and sanitation
- Food: At least a three-day supply of nonperishable food
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- First aid kit
- Whistle, in case you need to signal for help
- Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Manual can opener for food
- Cell phone with chargers, inverter or solar charger
- Unique family needs (supplies for infants, pets, prescriptions, documents, etc.)



Heavy rain caused the Chehalis River to flood, cutting off the Chehalis Reservation and closing roads during the recent flood. Moon Road is the lowest point and closes first. This photo shows Hwy. 12 and Moon Road on Dec. 10, 2015.

FAMILY

Parent-child bond nurtured

Families participating in the Healthy Families Project have seen:

- 10 percent increase in prenatal care
- 90 percent increase in screening for postpartum depression for mothers
- 15 percent increase in breastfeeding
- 13 percent increase in reading to their children
- 12 percent increase in well-child visits

The Healthy Families Project connects native families with a family home visitor in your community.

- Parent/child activity and learning ideas
- Infant/Childhood development screening and information
- Connections with local early child and family resources
- Monthly group connections for families
- Positive Indian Parenting classes

Schedule:

From 5-7 p.m. at the Chehalis Tribal Wellness Center's physical therapy room

Jan. 13: Traditional Parenting
Jan. 20: Lessons of the Storyteller
Jan. 27: Lessons of the Cradleboard
Feb. 3: Harmony in Child Rearing

GET STARTED

For more information, contact the South Puget Intertribal Planning Agency's Healthy Families Project at 360-426-3990.

Feb. 10: Traditional Behavior Management
Feb. 17: Lessons of Mother Nature
Feb. 24: Praise in Traditional Parenting
March 2: Choices in Parenting

For more information on classes, contact Beth Klatush at 360-709-1627 or bklatush@chehalistribe.org.



CHEHALIS TRIBAL COMMUNITY EMERGENCY Q&A

Q : When will an emergency be declared?

A : Emergency declarations can be issued by members of the Business Committee or by those the committee has authorized to do so, such as the tribal general manager, the director of public safety or the emergency manager, among others. Activities during emergencies include monitoring river levels, power outages and adverse weather conditions. Any of these things could contribute to an elevated level of emergency.

Q : When do I call the emergency phone line?

A : Any time you are concerned about adverse weather, power outages or other emergency situations. To report an outage or for detailed outage information call:

Grays Harbor PUD: 888-541-5923
 Puget Sound Energy Thurston County: 888-225-5773. You also can download an outage mobile phone app from the PSE website.

Q : What happens once the emergency is declared?

A : The emergency line will be updated with information regarding the situation.

Q : Can I go to the Hotel?

A : The Hotel has been designated as a safe center during times of emergency. Its primary use will be for at-risk tribal community members individuals who are not able to be safe in their own residences and/or are unable to have their needs met in the community center.

Ask Aunties Play Group schedule

Jan. 26 / Feb. 23 / March 22 / April 26 / May 24

Time: From 5-7 p.m. Tuesdays
Where: Chehalis Tribal Wellness Center's physical therapy room
Also: Dinner will be provided

For more information, contact
 Beth Klatush
 360-709-1627
bklatush@chehalistribe.org

NOTICE

Information on this flyer, in email or on our website calendar is subject to change without notice. Please refer to this flyer's contacts





Families share and create new memories during the annual community Christmas celebration hosted by the Chehalis Tribe.

CHRISTMAS

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bingo. The activities made every moment exciting for families that could make it to our reservation to celebrate Christmas.

Families greeted each other with smiles and hugs.

Children enjoyed unwrapping Christmas gifts from the tribe.

One after another, they ran to accept a special gift after hearing their name on the loud speaker. Their eyes lit up as they excitedly unwrapped and shared the surprise with their family. They later played with their toys as families sat down to enjoy bingo.

A special thanks to all of the elves that planned, wrapped and volunteered their time to make this a wonderful celebration.

It was a gift of love from employees, the community and all of those who helped make the day a success.

Again, thank you. It is so greatly appreciated how the tribe helps create awesome memories for its people.

