



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

# CHEHALIS TRIBAL NEWSLETTER

A FREE PUBLICATION / FOR MORE TRIBAL HISTORY, HERITAGE AND ACTIVITIES, SEE CHEHALISTRIBE.ORG / OCTOBER 2016

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## Native American Day honors ancestors

*Memorable feast, fun*

On Sept. 23, the Chehalis Tribe sponsored a dinner in honor of Native American Day in the main gym of the Community Center. Tables were filled with families who gathered to share a meal and each other's company.

Tribal members were invited to take a short walk around Legends Field to commemorate the special event. After a few opening words, everyone was encouraged to sit and dig into a delicious meal.

A traditional dinner was provided with many Native American delicacies: fish cooked the traditional Chehalis way, clam chowder, oyster stew, fried bread and berries and cake for dessert. The cooks spent

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Family and friends celebrate Native American Day.



## Hope and healing

*Walk shows support, raises awareness for suicide prevention*

The Chehalis Tribe hosted its sixth annual Suicide Awareness Walk on Sept. 25 at the Community Center. More than 90 people participated in honor of Suicide Prevention Awareness Month. The walk was sponsored by Tsapowum Chehalis Tribal Behavioral Health.

The community event is dedicated to raising awareness to recognize symptoms, offer support and perhaps prevent someone from committing suicide. This problem is best addressed by open discussions. This takes away the shame and avoidance by talking to each other. The ripple effects throughout the community – especially to family and friends – can be destructive for years to come. We care and are here to help!

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Close to 100 people took part in the Chehalis Tribe's sixth annual Suicide Awareness Walk.



## STAFF PROFILE

### Helping kids succeed in K-12 program

Hello, my name is Angelica Villegas and I work in the K-12 Education Program. I started working for the tribe in March. I am a Nisqually descendent, and I was raised on the Nisqually Reservation.

My community and canoe family are my strength. Culture is the foundation of how and where I have raised my children. I am a



Angelica Villegas

mother of three: Gaby, 12, Chula, 10, and Nino, 3. I graduated from Northwest Indian College-Nisqually with an associate degree. I am a believer in and advocate for indigenous education as a tool of empowerment for our people.

As part of my position, I go into schools to check on students that are signed up for our program. For elementary kids, our visits are mainly to create a relationship so they know

that I care and support their education. I assist them in completing their daily assignments.

At the middle and high school level, I use the school's Skyward program. This allows me to keep children on task by checking on grades and/or missing assignments. Communication and resources are crucial to assist families in creating a successful student. I maintain a good relationship with teachers, which provides the best assistance to students assigned to me. Teachers inform me if a student has missing assignments. This allows me to arrange a time with the student and teacher to get missing schoolwork completed and helps students meet their academic goals.

I look forward to working with families in this community.

#### HOMEWORK CLUB

The Education Department assists our children in the After School Homework Club at the Youth Center from 3-5 p.m. daily.

## Award recognizes innovative artists

*Risk takers have the chance to earn \$25,000 funded by Chihuly Foundation*

Artist Trust is pleased to announce that the 2017 Arts Innovator Award application is now open.

Funded by the Dale and Leslie Chihuly Foundation, the \$25,000 award is given annually to two Washington state artists of any discipline. The exceptional award is the largest available to individual artists in the state.

The award recognizes artists who demonstrate innovation, experiment with new ideas, take risks and push the boundaries in their field. Recipients in 2016 were writer Elissa Washuta and musician Ahamefuele Oluo.

Elissa Washuta, 2016 Arts Innovator Award recipient, said: "When I began writing personal essays, I made a decision to let my work be as weird as it needed to be while knowing that there was a chance I would never reach wide audiences. Thank you, Artist Trust, for valuing my weirdness, for having faith in my risk-taking and for giving me the freedom to do the only creative work I want to do."

The deadline to apply is Nov. 14. The award is

#### READY TO APPLY?

For more information, contact Communications Manager Annie Holden at [annie@artisttrust.org](mailto:annie@artisttrust.org) or call 206-467-8734, ext. 17.

available to individual artists and artist teams with a history of working together as a unit from any creative disciplines who are age 18 or older, Washington state residents and have a minimum of five years in their professional art careers.

A free webinar and office hours will be offered to assist artists with the application process. Guidelines and information can be found at [artisttrust.org](http://artisttrust.org).

The Arts Innovator Award is made possible through a generous gift from The Dale and Leslie Chihuly Foundation. Its mission is to inspire and educate the public regarding all forms of art and to provide support to artists and arts organizations.

"Grants had a pivotal impact on my career in the early years. It is a privilege to be able to provide these grants, and through them, Leslie and I hope to make a significant impact on the careers of innovative artists in Washington state," said Dale Chihuly.

## Work on casino expansion

Are you interested in working in the construction field?

Korsmo Construction is looking for workers to begin immediately on the Lucky Eagle Casino & Hotel expansion project.

Chehalis tribal members, community members and supporting Chehalis tribal members are encouraged to apply.

If you are interested in working as a laborer to gain skills in carpentry, hanging sheetrock or any other

construction-related position, please submit an application.

Applications can be picked up in the tribal administration Human Resources offices or at Korsmo's job trailer in the parking lot behind the casino.

You won't be required to join the union or pay union fees. Work could continue into January.

A drug test will be given upon hire.

For questions, please talk to John O'Conner or Daniel Velasco at the job trailer.

### HALLOWEEN PARTY

Noon Saturday, Oct. 29  
Community Center

- COSTUME CONTEST FOR ALL AGES
- HAUNTED HOUSE
- GAMES, FAMILY FUN SCARY DAY
- DINNER WILL BE PROVIDED







## Tribe hosts Centennial Accord meeting

Lucky Eagle Casino & Hotel hosted the 2016 Centennial Accord meeting on Sept. 22.

There was a tremendous turnout from Washington tribes. The events center was filled with tribal dignitaries and government agencies to maintain the government-to-government relationship between tribes and the state of Washington.

There are 29 federally recognized tribes in the state. Each sovereign tribe has an independent relationship with each other and the state. The accord provides the framework for that relationship between the state through its governor and the signatory tribes.

### LEARN MORE

For information, go to [goia.wa.gov](http://goia.wa.gov).

The Governor's Office of Indian Affairs recognizes the importance of sovereignty. It affirms the government-to-government relationship and principles identified in the accord. This promotes and enhances tribal self-sufficiency and assists the state in developing policies consistent with those principles.

To accommodate people with disabilities, the document can be obtained by calling 360-902-8827.



The 2016 Centennial Accord meeting brought together tribal dignitaries and government agencies on Sept. 22 at Lucky Eagle Casino & Hotel.

Group photo provided by Larry's Photography

## Seeking history, stories to address Skokomish claim

The Chehalis Tribe is preparing a report to address the claims of the Skokomish Tribe to the Satsop River Fishery. To do this, we are collecting any information available on the history of the Chehalis Tribe.

This report is in response to the Skokomish Tribe's claim to expand their fishery into the original territory of the Satsop People. The essence of their claim is that they are the true descendants and heirs of the Satsop People. They say the Satsop People were killed off by war and disease and the few people who remained merged with the Skokomish Tribe.

The Skokomish claims all of the Satsop River and into the Chehalis River. They say

they fished up the Chehalis River to at least Grand Mound and down the river to the Pacific Ocean. Their claims are detailed in a report written by Nile Robert Thompson, an anthropologist. Copies of that "The Satsop Fishery - Skokomish Report" can be obtained from the Chehalis Tribal Center.

It is important to record memories, recollections and stories tribal members have about the history of the Chehalis Tribe, particularly involving fishing. If you would like to share this information and would be willing to be interviewed and recorded, please contact Jerrie Simmons at the tribal center at 360-273-5911.

## Tribal Summit Group meets

*More than 30 tribes discuss economic success at gathering*

Chehalis Tribe Vice Chairman Harry Pickernell welcomed the Tribal Summit Group as they began their annual meeting at Lucky Eagle Casino & Hotel on Sept. 15.

Harry commented that Indian tribes have a common goal of sovereignty through economic development and that he appreciates the group's efforts in this pursuit.

Chehalis Tribal Enterprises CEO David Burnett provided a blessing for meeting participants.

Our tribal member store managers Manny Medina

and Chris Klatush as well as CTE Managing Director Chris Richardson attended the meeting on behalf of the Chehalis Tribal End of the Trail Stores.

This nonprofit, nonpolitical trade organization serves tribally owned fuel and convenience stores across the country.

More than 30 Indian tribes from Washington and beyond were represented at the meeting.

The casino offered a traditional lunch of baked salmon, potato salad and fry bread to guests.

The all-day meeting offered presentations and news directly related to operations of gas stations and convenience stores in Indian Country.



# HEALTH/FITNESS

## Ready to help out

Greetings everyone. It's been a while and I wanted to share some updates. I've been busy with my daily schedule transporting patients to their medical appointments and running errands for them.

On Tuesdays and Fridays, I pick up medications at Safeway and deliver to the homebound and take other medications to the clinic for pickup. Please know I can only pick up

medications for you if you have put your name on the list at the clinic for me to get them.

Each day around 11:30-noon, I deliver homebound elder meals and visit for a few minutes to make sure they are OK and have everything they need.

It's a pleasure to see them every day and listen to their stories or concerns.

If you need your medicine picked up, please call the clinic to let them know. Your name will be placed on the medication pickup list for Safeway. I can then pick your medications up on my scheduled days. If the doctor wants you to start your medications sooner and you have no way to pick them up, I will make a special trip.

If you need transportation to your doctor's appointment, please see the front desk at the clinic to fill out a request form. If approved, I can put it on my calendar. The preference is for your appointments to be between 8:30 and 10 a.m. because I need to be back to deliver elder meals.

Thank you!

Mary Secena, Community Outreach, 360-709-1758



**MARY SECENA**  
Community Outreach Corner



Fifty vendors offered information and services to the community at the Chehalis Tribal Wellness Center's annual health fair on Sept. 20. Participants left the event with helpful information about maintaining their health as well as goodies.

## Health fair is a success

*Contributed by Christina Hicks,  
CTWC Community Wellness Manager*

The Chehalis Tribal Wellness Center held its annual health fair Sept. 20 at the Community Center. It was a well-attended event with 50 vendors offering information and services. The fair was the perfect time for the 185 people who signed in to visit and learn about the resources available in maintaining your health.

Christina Hicks opened the event with a prayer and welcomed everyone. Door prize raffles were held every 15 minutes. Participating vendors and tribal programs donated the prizes. We extend a huge thank you to all those that donated. The Special Diabetes Program for Indians sponsored a healthy lunch that was provided by Lucky Eagle Casino & Hotel.

### Vendors

Brain Injury Alliance of Washington, TOGETHER!, The Department of Veteran Affairs-Health Plan Management, Summit Pacific Medical Center, Salish Cancer Center and Alzheimer's Association. Susan G. Komen Puget Sound also participated. The program's representative took a photo that was tweeted around the world. Other popular vendors were Totally Therapeutic Massage and Rehab, which provided chair massages, and Heal &



Toes Reflexology, which took care of tired feet.

### Gratitude

We would like to thank all those who came out to the health fair. Participants took home a lot of beneficial health information and free goodies.

See you next year!





**Special Diabetes Program for Indians staff Pat Odiorne and Gloria Jones are wrapped with Pendleton blankets at the program's farewell luncheon.**

# Community Grant takes over for SDPI

## *Wellness Center marks program's end, looks to future diabetes care*

*Contributed by Pat Odiorne, Registered Dietician with the Chehalis Tribal Wellness Center*

A luncheon for participants and supporters of the Special Diabetes Program for Indians was held at the Community Center on Sept. 15.

The grant ended Sept. 29. Congress established the SDPI grant programs in 1997. The \$150 million annual grant

program provided funds for diabetes treatment and prevention to tribal health programs across the United States.

The main purpose of the Community Grant is to continue diabetes support for the tribal community. It will provide medical care and self-management education to individuals already diagnosed with diabetes.

The Community Grant will take on the activities of the Diabetes Prevention Program, which have included screening for pre-diabetes and providing healthy lifestyle education.

The goal is to see a continual decline of diabetes within the Chehalis tribal community.

The dinner provided a time for participants and supporters to enjoy a tasty meal and receive thanks from Chehalis Tribal Wellness Center staff for participating in the program during the past 11 years.

Registered Dietician Pat Odiorne shared a 2004 video "Message of Hope," which discussed how to prevent diabetes.

From 2005-16, participants in the local program demonstrated that healthy eating and physical activity

can net big results. Fifty-eight percent of participants with type 2 diabetes were able to use those lifestyle changes to get blood sugar levels back to normal and put their diabetes in remission.

Please remember that as a Native American, you are at risk for developing diabetes. Be sure to get your blood sugar checked a minimum of once per year.

If you have diabetes in your family, getting checked more often (twice yearly) is recommended. Always know what your blood sugar numbers are.

## Discuss SPIPA projects

Join in "Looking Forward Together: A Harvest Gathering of Health and Wellness." The intertribal event will allow participants to share ideas, resources, needs and lessons to guide future South Puget Intertribal Planning Agency consortium-based projects.

The event is for:

- Tribal community members from Chehalis, Nisqually, Shoalwater Bay, Skokomish and Squaxin Island who receive or need health and wellness program services. This includes elders, Healthy Family Program participants, WIC

families participants, Tribal TANF families, EFAP and Weatherization clients, Native Women's Wellness Program patients and other reservation-based services.

- Caregivers for tribal members who need or receive health and wellness services.

- Service providers for tribal members.

The gathering is 9:30 a.m.-2:30 p.m. Oct. 26 at the Squaxin Island Community Kitchen. Child care and lunch will be provided. Registration is limited. Call 360-426-3990 now to secure a seat.

## Protect kids' teeth in sports

*Submitted by the Chehalis Tribal Dental Clinic*

Now that our children are back in school, they are also participating in all kinds of sports.

Football, soccer, basketball and volleyball are fall and winter sports that many of us enjoy watching and our youth have a great time playing.

Mouth injuries are common among athletes that participate in contact sports.

To reduce the risk of suffering from these injuries,

consider having your child wear a sports mouth guard.

A mouth guard helps absorb the impact of a ball, elbow, etc. lessening the impact to the mouth and teeth.

The boil-and-wear type of guard is available at sporting good stores. Amazon also has many varieties to choose from.

Our dental clinic can make custom sports mouth guards.

If you have questions, contact the Chehalis Tribal Dental Clinic at 360-709-1659.

## in brief

### Diabetes clinic

Care of diabetic patients will be the focus from 8 a.m.-4 p.m. Oct. 19 at the Chehalis Tribal Wellness Center.

We will have healthy snacks, diabetes information and a diabetes meter exchange.

Patients will:

- Have labs done and get vitals taken.
- See their health care provider and the registered dietician.
- Renew dilated diabetes eye exams, foot exams, dental exams, immunizations and medications.

If you are diabetic and have not been seen for your regular diabetes care, we want to see you.

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

To schedule an appointment, call the clinic front desk at 360-273-5504.

### USDA Food Program

To sign up for the USDA Food Distribution Program, call the South Puget Intertribal Planning Agency Food Distribution Warehouse at 360-438-4216 from 8 a.m.-4 p.m. Monday through Friday.

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

Chehalis Tribal community members can pick up an application from Deb Shortman at the Chehalis Tribal Wellness Center.

Distribution dates are Oct. 20, Nov. 22 and Dec. 20. Pickup is at the Chehalis Tribal Community Center from 9:30 a.m.-1:30 p.m.

### Podiatrist visits

Podiatrist Deborah Behre will be at the Chehalis Tribal Wellness Center from 8:30 a.m.-4 p.m. Nov. 15 and Dec. 13.

To make an appointment, please call 360-273-5504 and ask to speak to Outreach Specialist Gloria Jones or Diabetes Nurse Sandra Dickenson.

### Womens' wellness

Women can schedule their annual exams for Oct. 27 at the Chehalis Tribal Wellness Center. Clinic providers will handle Women Health Exams only from 8 a.m.-4:30 p.m. Assured Imaging also will perform mammograms from 9 a.m.-3 p.m.

To schedule your exam and/or mammogram, call the Chehalis Tribal Wellness Center at 360-273-5504 or call Community Wellness

Manager Christina Hicks at 360-709-1741.

### Blood sugar meter

The Diabetes Program for the Chehalis Tribal Wellness Center is giving out free True Metrix blood glucose meters to all clinic patients diagnosed with diabetes.

The True Metrix meter is being supplied to replace the True Result meter.

Call Diabetes Nurse Sandra Dickenson at 360-273-5504 to arrange to come in.

She will give instructions on operating the meter and provide a prescription for the strips.

### Disclaimer

Information displayed on flyers, in email or on our website calendar is subject to change without notice.

## FISHING LICENSE RENEWAL

CHEHALIS TRIBAL FISHING LICENSES EXPIRE **OCT. 31**. PLEASE PAY YOUR FISHING FEES AT THE ACCOUNTING OFFICE. FIRST-TIME LICENSE FEE IS \$35; RENEWAL FEES ARE \$5

**DUE BEFORE OCT. 31.**



## WIC through SPIPA

Checks to buy food, health education, breastfeeding help, services referral

**NEXT DATE:** 9 a.m.-3 p.m. Nov. 3 at the Chehalis Tribal Wellness Center



### WIC SERVICES ELIGIBILITY

- Getting food stamps/basic foods
- Pregnant or have a child under the age of 5
- Dad, grandparent, foster family or other caregiver of children
- Under the age of 5
- On Medicaid or TANF



### CONTACT

Debbie Gardipee-Reyes, 360-462-3227 or Patty Suskin, 360-462-3224

For Chehalis: Debra Shortman, 360-709-1689

**Many working families are on WIC. Is your income within the following guidelines?**

People in your household	Maximum annual income	Maximum monthly income
2	\$29,471	\$2,456
3	\$37,167	\$3,098
4	\$44,863	\$3,739
5	\$52,559	\$4,380

## CNR landscaping and maintenance

**CHEHALIS TRIBAL MEMBER BUSINESS OFFERS SERVICES TO FOLKS WHO NEED WORK DONE AROUND THEIR HOMES**

**\* Licensed and bonded \***

CORRENA SECENA, 360-485-8788, RAY SECENA, 360-709-9904





## WALK

From page 1

### Brave story

Paula Henry from the Squaxin Island Tribe shared a personal story about her daughter who committed suicide about a year ago. It was an honest, touching and healing experience for those who came to witness that day. Paula also shared her personal struggles with alcohol addiction. Dealing with that was a challenge, but she persevered.

Paula's daughter had struggled with drugs and spent many years in rehabilitation centers to overcome her addiction. After her daughter left the rehabilitation center, she continued to work toward getting better. She had thoughts of suicide at a young age. These thoughts continued into adulthood. Paula's daughter did not openly talk about her intention and the signs went unrecognized. She proceeded even though her family told her she was loved dearly.

Paula's message about suicide is that it's a result of mental illness. She advised family and friends to not blame themselves. Paula has learned that if someone says suicide is the only option, let him or her know it is not. Always listen to people who tell you the world would be better off without them in it. You must meet this head on.

"Encourage them to understand who will be affected with this sort of action. There are others who will be left behind to deal with the problems of suicide," she said.

Paula said blame does not help. In some cases, there are no signs leading up to a suicide.

### Never give up

The second speaker was Vaughn Eaglebear. He gave Paula a hands up for bravely telling her story. He said it takes a lot of courage to share a personal, tragic story about suicide.

He thanked the Chehalis Tribe and said the evergreen state must have been named after our beautiful land. Where he grew up, there weren't any trees.



The sixth annual Suicide Awareness Walk was a huge success.

### RESOURCES

Learn more at [nami.org](http://nami.org). Search for "Suicide Prevention Awareness Month."

If you're contemplating suicide, call the hotline at 800-273-TALK or go to [iasp-pain.org](http://iasp-pain.org) or [suicide.org](http://suicide.org).

Contact the Tsapowum Chehalis Tribal Behavioral Health Services at 360-709-1733.

Vaughn said the suicide awareness walk is a wonderful way to bring attention to the issue and that walking is a healthy way to live. Taking a walk often is a simple and effective method of self-care. Vaughn has always been a wellness advocate. Wellness can help tackle obesity, diabetes and alcohol and drug addiction.

Vaughn admitted he is a

known comedian, but that originally was not his intention. He worked in social services. His career in comedy took off after writing and singing the song "John Wayne's Teeth" in the movie "Smoke Signals." At first, he thought it wasn't very flattering, but the song garnered attention and led to an unexpected platform to discuss important topics. He was invited to different colleges to talk and found he was a natural and gifted speaker. Vaughn didn't know where that path would lead, but he was honored to have the opportunity. He eventually gave up his job to pursue a career in comedy.

When he was a child, Vaughn was raised in poverty. He was taught that Native children "Don't talk, don't trust and become numb." He never dreamed life would take him in this direction, and he is grateful



Raffle winner Charlene Krise happily accepts her gift.

to share his story.

According to the National Alliance on Mental Illness, suicide is the third leading cause of death among young people. Vaughn talked about how teens face domestic violence and alcohol and drug use, which can greatly affect how they feel about themselves and their future. He brings data with him when he discusses these issues because sometimes people don't believe the gravity of the problem.

While in high school, he learned Natives were persecuted throughout history. He urged parents to encourage their children to strive for their dreams and goals. Vaughn said parents should teach kids to speak up, not be silent, discover their voice and never give up on their dreams. There are no secrets if people talk about things. You matter and people care about you!

### Suicide prevention

National Suicide Prevention Awareness Month helps promote awareness around the issues of suicide prevention, how you can help and how to talk about suicide without increasing the risk of harm.

Suicidal thoughts can affect anyone regardless of age, gender or background. Suicidal thoughts and suicide occur too frequently, but should not be considered common and can indicate more serious issues. In many cases, friends and families affected by suicide are left in the dark, feeling shame or stigma that prevents talking openly about issues.



Community members listen as speakers share their stories.





An expansion completed at the Public Safety Department has added more offices and jail beds.

## Public Safety and jail expansion wraps up

This summer has been busy at the Public Safety building. An expansion to add to the men's section of the tribal jail and create new office areas has been under way.

For the staff of the Public Safety Department, the expansion has added three additional offices and a break room, giving the Chehalis Tribe's correction officers and police some needed administrative space.

For the jail, the expansion has added six three-tiered bunks in a dormitory-style enclosure, along with a new shower space. This is a gain of 12 beds at the jail for

men. The jail now has room to serve 46 people, up from 34 beds for men and women. A cover was added to the outside yard so inmates can use that space during our rainy season.

The contractor for the jail expansion was Schwiesow Construction, which worked with the Planning Department, Facilities Department, Public Safety and Tribal Corrections staff to make sure the project was completed on time and pass Bureau of Indian Affairs inspections.

Thank you to everyone for your hard work on the expansion project.

## Bishop, Brown families grateful

This is a thank you to the Chehalis Tribe and Lucky Eagle Casino for supporting the Bishop and Brown families during a time of sorrow and tragedy. We would like to recognize Dolly, Nancy and her husband, Ray, who brought food for the funeral for Bill Bishop. It

was greatly appreciated, along with their attendance.

We are so thankful to our tribe for its support and willingness to help during times like this.

Heartfelt thanks!

– From the Bishop and Brown Family

## VETERANS DAY DINNER

**5 P.M. FRIDAY, NOV. 11, LUCKY EAGLE CASINO & HOTEL EVENTS CENTER**

It's time to start planning for our 15th annual Veterans Day Dinner. Our Chehalis tribal community has been hosting this event for many, many moons. We are always looking for volunteers to assist and honor our veterans each year.

The Veterans Day Committee has open meetings every Tuesday from 2-3:30 p.m.

The dinner is open to all veterans in the area plus a guest. Tribal elders are invited to the celebration and must sign up at the Elders Center for seating.

We hope to see you there. Thank you for your dedication and service!

### CONTACT:

NANCY ROMERO,  
360-870-0141



## HOLIDAY NATIVE ARTS FAIR

**WORK BY DOZENS OF NATIVE ARTISTS**

**11 A.M.-5 P.M. FRIDAY AND SATURDAY, DEC. 9-10**

**at the Evergreen State College Longhouse,  
2700 Evergreen Parkway, Olympia**

FOR MORE INFORMATION OR TO RESERVE A \$75 VENDOR BOOTH, CONTACT LAURA GRABHORN AT GRABHORL@EVERGREEN.EDU OR OR 360-867-6413





Native American Day brought the Chehalis tribal community together to celebrate native heritage.

## DAY

From page 1

hours preparing their specialties.

Master of Ceremonies Philip Youckton talked about how the meal is to celebrate our ancestors. We honor their commitment in preserving our culture and setting the foundation of what we are today. On Native American Day, we remember there are many things we continue to strive toward.

The Chehalis Canoe Family volunteered to share a few traditional coastal Salish songs. It was announced that there is a drum group every Tuesday in the gathering room for those interested in discovering more about the canoe family. Songs are learned and shared through oral tradition fashion.

Because many tribes do not recognize Columbus Day, Native American Day is dedicated to celebrating our heritage, history and contributions to our society. This is a time to feast and share fun activities and ceremonies in our community. We also encourage youth to learn about our native culture. In our way of life, it's important to learn about language, plants, trees, tribal history and a wide assortment of what Mother Earth provides us for future generations. We must all do things in a positive way for those who will follow.

The Heritage & Culture Program, Fisheries Department, Tribal Events Department staff and volunteers all contributed to make this a memorable day. Thank you to everyone!



The day reminds us to encourage youth to learn about our culture.

*'Treat the Earth well. It was not given to you by your parents, it was loaned to you by your children. We do not inherit the Earth from our ancestors, we borrow it from our children.'*

- ANCIENT INDIAN PROVERB

## CHEHALIS TRIBAL NEWSLETTER

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

Articles and opinions expressed are not necessarily those 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 (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,  
Audra J. Hill and the Information Technology Team



# FAMILY

## Early Learning kicks off new year

Early Learning welcomed back our children and families with a Family Fishing Day at the pond by the Fisheries Department on Sept. 16. Everyone had so much fun catching trout and bass.

We would like to thank the grounds crew for prepping the area and the Fisheries Department for stocking the pond, greeting our families with kindness and collaborating with Early Learning to make this a great day. After fishing, we invited participants to have a cheeseburger to celebrate the school year.

### BOO!

Tribal Trick or Treat starts at 9 a.m. Oct. 31. Parents and guardians are encouraged to walk with their little ones as we visit the tribal departments.

them on nutrition with information and fun activities. We appreciate Pat's support of our program and her love for the kids. We will miss her but know she will keep us in her heart and visit when she can. Best wishes on your retirement!



### Back deck

Early Learning has a new back deck and ramp to allow our kitchen carts to go back and forth from classroom to kitchen without disrupting our children. Big thanks to the Facilities Department for your hard work to get this deck completed quickly and excellent craftsmanship! Please stop by and check it out.

### Special thanks

Each month for the past couple of years, Pat Odiorne has visited our little ones at Early Learning to educate



Early Learning students thank Pat Odiorne for her support.



ABOVE: Family Fishing Day at the pond near the Fisheries Department was a great way to welcome folks back to Early Learning.

LEFT: The Facilities Department added a back deck and ramp to Early Learning.



Head Start children play an educational food game.

## Kids eat from a healthy plate

Head Start kids learned what makes up a healthy lunch plate in September.

Registered Dietician Pat Odiorne from the Chehalis Tribal Wellness Center brought food models and the "Healthy Plate" to play an educational game with the children.

Pat pulled plastic food from her basket and the kids identified the food and placed it in the correct place on the plate. The red corner was designated for fruit, green for

vegetables, purple for protein (meat, chicken, fish) and brown for grains (bread, cereal, rice and pasta).

Children ate their lunch on a paper plate with the same colors and food groups. As they were served their lunch, children were able to choose by the food group color where each item should be placed on the plate.

Kids were given a new plate for their dinner at home and to share what they learned with their families.



## STUDENTS OF THE MONTH

### Malikah McNair

**Fifth grade**  
**Grand Mound Elementary**

Malikah is the daughter of Mike McNair and Glenda & Shannon Comenout. She has one brother, a cat and a dog. She enjoys sharing game



night with her family. Math, reading and writing are Malikah's favorite subjects. She feels she is a successful student because she pays attention and does her work to earn good grades. Her advice for other students is to pay attention.

Her friends call her Mikah. She likes to play with her pals, read and attend dance classes.

When Malikah graduates from high school, she plans to attend St. Cloud State University to become a teacher.

If she was chairman of the tribe, Malikah would give all kids candy, make sure schools hand out more homework and make high school five years.

### Alexis Starr-Wright

**Sixth grade**  
**Oakville Middle School**

Alexis, daughter of Sasha Starr and Sam Wright, is earning a 3.14 GPA. Her friends call her Lexi. Alexis has two brothers and three dogs. She likes going places or hanging out with her family.

Math is Alexis' favorite subject. She



thinks school is fun and she's happy to see her friends. She says she is a successful student because she does her work in class and turns in her homework. Her advice is to stay focused and do your work.

Alexis plays on a fast-pitch softball team in Centralia. She is looking forward

to playing for her high school's fast-pitch team. She likes to be with her friends and go to the youth center.

Alexis wants to attend the University of Washington to play softball and study to be an engineer or teacher.

If she was chairman of the Chehalis Tribe, Alexis would build batting cages for all of the tribal people to use, have free sports programs and create a homeless shelter.

### Avery McJoe

**Ninth grade**  
**Rochester High School**

Avery, son of Vanessa and James McJoe, is holding a 3.05 GPA. He has two brothers, three sisters and a cat. He likes to travel with his family.

Avery enjoys sports and is planning



to play basketball and baseball this year for his school. Avery feels he is a successful student because he keeps up on his grades and goes to ninth grade academy (an after-school program).

His advice for other students is to keep your missing

assignments to fewer than three.

During Avery's spare time, he likes to draw. After he graduates, Avery wants to find a good job and attend the University of Washington to get a bachelor in arts.

If Avery was chairman of the tribe, he would give more tribal discounts.

*Contributed by Chehalis Tribe K-12 Program*

## People, pets can dress to impress at resource fair

*Contributed by Animal Control Officer Brennan Stoelb*

We have a fantastic day planned for Pet Resource Fair on Oct. 22 in the Gathering Room of the Community Center!

Good Neighbor's Mobile Vet Clinic will be at the Community Center from 10 a.m.-noon. They will provide complimentary vet exams and vaccinations. For the first 40 Chehalis Tribal members that sign up at the clinic, their pets will receive a free rabies vaccination, so come early. Good Neighbor will have additional vaccinations and services available, such as Parvo

vaccine, pet micro-chipping and flea medication. Additional vaccines and services will be at the pet owner's expense, but are provided by Good Neighbor Vet at a reduced rate.

After your pet has had a vet check-up and is up to date on rabies vaccine, visit my table to get a Chehalis Tribal Pet License for free. Pet licenses will help your pet get home if it is lost, as well as confirm vaccination. Licenses are valid for one year and will need to be renewed.

Head into the Gathering Room to visit with local organizations. Rez Animal

Resources, Concern For Animals, South Sound Freedom Fences, dog trainer Sara Gingrich, Wolf Haven and Northwest Spay and Neuter will be at the event. A mobile pet groomer will be on site to provide free pet baths.

Dress up yourself and your pet in a Halloween costume for a chance to win prizes. You will get your picture taken and judges will vote for three categories: Best Cat Costume, Best Dog Costume and

Best Person Costume. Judging will be based off the pictures and take place after the event. Prizes for winners will be rewarded the following week.

Lunch will be served around 11 a.m. All pets attending the fair must be on a leash or in a kennel. Rabies vaccines are good for one to three years. If you are unsure whether your pet needs a vaccine, bring them to the fair. Even if your pet has all vaccines, please join us for a fun day.





# OCTOBER BIRTHDAYS

1

Wesley Chrisjohn  
Thomas Sanchez  
Carmen Shortman

2

Jackson Brown  
Edward Olney  
Kayley Trott

3

Leon House  
Joli King  
Paulita Klatush

4

Angela James  
Maddex Mowitch  
Dan Penn

5

Loi Siuffanua-Boyd

6

Taliyah Fulton  
Dylan Hjelm  
Tanya Kinkade  
John Shortman, Sr.

8

Delkores Rourke

10

Rita Burke  
Candice Jansen

11

Todd Delamater  
Latticea Romo  
Don Secena

12

Charles Black



**KAREN KLATUSH:** Happy birthday KK. May your day be blessed! From your family.



**CINDY ANDY:** Happy birthday. Love your family.



**KAYTLIN PICKERNELL:** Happy 8th birthday Kaytlin. Love Dad, Mom and Emily.



**ELAINE MCLOUD:** Happy birthday. May your day be blessed! From your family.



**LOI SIUFFANUA-BOYD:** Happy birthday to my son From Mom, Dad and family.

Lesley Gillie  
Correna Klatush

13

Cindy Andy  
Andrea Bordelon-Lannez  
Madison Carter

14

Tabitha Colson  
Walter Lewis  
Marla Medina  
Casey Pickernell  
Gerald Pickernell, Jr.  
Arny Youckton

15

Amaria Rosado

16

Cortney Beckwith  
Virginia Garity  
Aryana Klatush  
George Sanchez, Sr.  
Ryder Vigil  
Kendall Youckton-Medina

17

Kaytlin Pickernell  
Hillary Powell

Anjolysa Sanchez

18

Rickie Marion  
Rayna Romero  
Scarlett Romero

19

Alyssa Baylor  
Joseph Delamater  
Estraea Music-Olney  
Amber Oliver  
Robert Teague

20

Trey Brown

22

Selena Kearney  
Tristan Smith  
Tymseila Washburn

23

Joel Brown  
Lydia Klatush-Fromm  
Stormie Sanchez

24

Ava Boyd  
Anthony Combs  
Karen Klatush

26

Connie Klatush  
Dakota Quezada-Klatush  
Janet Sanchez  
Clarence Youckton

27

Ryan Pitzenberger

28

Andrea Phillips  
Willie Secena

## More wishes

**BRUCE SR. AND DALE JR. KLATUSH:** Happy birthday to our brothers. From your family!

**CHEYENNE AND CASEY PICKERNELL:** Happy Birthday. From your family.

**JOHN SHORTMAN SR.:** Happy birthday. From your friends and family.

**CHARLES "DUFFY" BLACK:** Happy birthday. From your family.

**RITA BURKE:** Happy birthday to my niece. Love you! From your Washington family – Jodie, Cedec, Tony and Carlos.

29

Alicia Safar

30

Elaine McCloud  
Braiden Wittwer

31

Bruce Klatush, Sr.  
Dale Klatush, Jr.  
Ramona Marvin



**DON SECENA:** Happy birthday. From Mary, Dyani and the family. Have an awesome birthday and many, many more!