



FIND HISTORY, HERITAGE AND RESOURCES AT CHEHALISTRIBE.ORG

October 2017

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Life matters

Youth find powerful lessons at summit
page 2



Honoring our heritage

Native American Day celebrates culture
page 10

Fair gives valuable health tips

Community finds wellness resources

Contributed by Christina Hicks, Community Wellness Manager

It's always a good idea to learn about the resources available to maintain your health. The Chehalis Tribal Wellness Center held its annual Health Fair on Sept. 13 at the Community Center. We had 50 vendors that participated and 185 people signed in.

Christina Hicks opened the fair with a welcoming prayer. Door prize raffles were held every 15 minutes with items donated by participating vendors. We send out a big

See FAIR, page 7



Calvin Bray tells Elder Joan Martin about the importance of being prepared for an emergency.



Participants in the seventh annual Suicide Prevention Walk take steps for healing, strength and hope.

Message of hope

Walk raises awareness for suicide prevention, offers a chance to heal

Our tribal community joined together to support those touched by suicide at the seventh annual Suicide Prevention Walk on Sept. 17. More than 90 people signed up to participate in the Gathering Room in the Community Center.

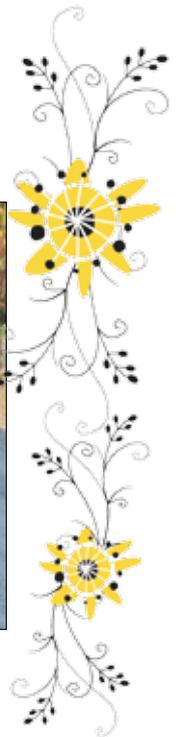
The walk was sponsored by Tsapowum Chehalis Tribal Behavioral Health in honor of Suicide Prevention Awareness Month. It is dedicated to bring awareness to our community, recognize symptoms, offer support, get help and perhaps prevent someone from committing suicide.

See HOPE, page 3



'Our ancestors wanted us to understand and value the sacredness of life.'

- KYLE, A COWICHAN ELDER



We are here for a reason

Summit teaches youth to find strength for the future

Contributed by Caytee Cline, Youth Services Manager with Tsapowum, Chehalis Tribal Behavioral Health

Suicide leaves lasting effects on survivors and communities. In an effort to fight against the negative impacts, Chehalis tribal youth attended the second Intertribal Youth Suicide Prevention Summit in Anacortes on Sept. 25-26 at the Swinomish Casino & Lodge. They had the opportunity to bring awareness to their communities and help one another understand how the desperate act touches all of us.

Youth participated in open conversations surrounding the impacts of suicide in tribal communities. "Why do you choose life?" was a question five of our tribal youth – Rita Burke, Madison Carter, Gaby Arellono, Emily Holmes-Pickernell and Savanna Bush-Bird – were challenged to answer during the two-day summit. Each of the young women walked away from the experience inspired.

"I will use the stuff I learned to help others. I know I matter! The Creator put me here for a reason. The things you step toward are the things you attract," Madison said.

Gaby was asked to be a witness to change during the two days. She stood up in front of 70 plus people and said that she chooses to live for her family and friends and talked about how the summit affected

her. She was given a blanket for sharing.

Emily embraced the experience sharing, "I am so grateful for the opportunity to go to the conference. I learned so much. Hopefully, I can use my newfound knowledge to better the tribe." Emily's reasons she chooses life are family, school and her future.

Rita met new people, and she was excited to see someone she met at summer camp. "I choose life because of my family, my love for drawing and my friends," she said.

Her favorite quote she walked away with is: "You matter. We all matter!" Rita wants to make change happen when she gets older, including bringing Native American education into our public school system.

When I asked Savanna what she learned, she said, "You should keep positive people in your life. Native Americans have the highest risk of doing drugs and alcohol. Everyone who spoke had some similar problems in their native communities." Savanna also echoed what each of the young women felt: "We are leaders and we are strong. The Creator put us on this Earth because we are worthy!"

I know this experience had a profound impact on these young women. I am excited to see the leadership that will continue to grow in each of them. Ranessa Goddard and I want to thank the families for allowing us to take their precious little gifts of life on this journey. It was a privilege.

The activity was funded through the Tsapowum Behavioral Health R.E.D R.o.A.D Suicide Prevention grant.

Chaperones and tribal youth attended the second Intertribal Youth Suicide Prevention Summit. Back row from left: Caytee Kline and Emily Holmes-Pickernell; front row from left: Ranessa Goddard, Madison Carter, Gaby Arellono, Rita Burke and Savanna Bush-Bird.



CHEHALIS TRIBAL NEWSLETTER

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

The 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

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Oakville, WA 98568

Office: 360-709-1726

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CHEHALIS TRIBE'S VISION STATEMENT

To be a thriving, self-sufficient, sovereign people, honoring our past and serving current and future generations.

BUSINESS COMMITTEE

Harry Pickernell, Sr.: Chairman

Jessie Goddard: Vice Chairman

Shoni Pannkuk: Treasurer

David Burnett: Secretary

Leroy Boyd, Sr.:

Fifth Council Member

NEWSLETTER STAFF

Fred Shortman, Audra J. Hill and the Information Technology Team



Left: Elders Army, Theresa and Winona Youckton and Elaine McCloud walk together during the Suicide Awareness Walk.

Below: Children tapped into their creative sides to paint rocks during the event.

HOPE

From page 1

Mother Nature blessed the event with a light shower. The cool, crisp morning was a welcome change from hot summer days. Walkers honored those whose lives ended too soon. It was a physical challenge, but each step was a prayer for healing, strength and hope. The tribal community united to support everyone affected by this terrible tragedy – not just locally but worldwide!

Raffles were held throughout the event. Many programs donated T-shirts that were proudly worn during the walk and items to commemorate the day. After a blessing, a delicious meal was shared.

Stories, wisdom

Guest speakers were invited to share information in prevention of the disease. The first speaker was Emma Elliott-Groves, MD, MSW. She has a personal interest in and curiosity about finding knowledge and resources to prevent suicide.

Her presentation detailed what she has learned and interviews with Canadian Cowichan elders about how they have dealt with the epidemic.

To be successful, we must be able to recognize warning signs, find resources to get help and promote life. With these tools, we can assist people in the prevention of suicide. Human emotions are very complex and many things influence our decisions.

Emma's study discovered that historical trauma impacted many lives during the Colonial style of education. Boarding schools removed native children from their families until they turned 18 or 19.

This style of teaching and discipline focused on changing native ways. The absence of the basic core values of native families and cultural learning left many children scarred for life.

Young adults returned to their families hurt, beaten, ashamed of being native and



with low self-esteem. The study factored in emotions of children giving up hope after their experience, which led to other addictions to stop the pain. Boarding schools left native youth with symptoms similar to prisoners of war. The historical trauma negatively impacts future generations.

However, there is hope in preventing suicide. Cowichan elders shared their wisdom about making sure life prevails with Emma.

"You see, our ancestors wanted us to understand and value the sacredness of life. Some of our kids are losing their way because they are losing a connection with our ancestors and our ceremonies," said Kyle, a Cowichan elder.

Emma also mentioned other ways to assist families to prevent and protect against suicide. She discussed how the Cowichan people nurture individual factors to strengthen their outlook on life. They focus on:

- A strong cultural identity
- High levels of support from family and extended family
- Personal, social, cultural and religious beliefs that promote life
- Affection, praise
- Sharing meals together

See HOPE, page 4

Many thanks

Contributed by Ranessa Goddard, Prevention Outreach Specialist

Our program would like to thank guest speaker Emma Elliott-Groves, Cowichan, who shared the results she collected from her community regarding suicide.

We also recognize Akasha Slighte, a Chehalis tribal member who read two poems – one for her brother who has passed on and one for her son, Mateo. She shared coping mechanisms, and we appreciate her bravery in speaking.

Many items were donated for raffle drawings: woven and beaded items from Heritage & Culture; a small refrigerator from the Chehalis Tribal Police Department; native-designed socks from Janita Raham's Domestic Violence Program; beaded items from Ranessa Goddard, Orinda Goddard, Lydia Klatush-Fromm and Karen Klatush; a drum and beaded medallion from prison inmates sent with Rocky Watts; four turkeys from the Events Department; and fruit and vegetable trays courtesy of Lucky Eagle Casino & Hotel. Thank you to Dan "Bones" Gleason for distributing water along the walk. A special thank you goes to Sheryl and Mike Whitlinger for putting up and taking down route signs.

Thank you to all who participated, including cooks, food servers and cleaners.

HELP IS AVAILABLE

Remember this acronym for signs of suicide: IS PATH WARM? This stands for ideation, substance abuse, purposelessness, anxiety, trapped, hopeless, withdrawal, anger, recklessness, mood change. It's a very useful tool in the struggle of handling suicide.

SUICIDE PREVENTION HOTLINE

If you are in crisis or are having difficult or suicidal thoughts, call **800-273 TALK (8255)**, text **NAMI to 741-741** or go to **iasp.info** or **suicide.org**, available 24 hours every day.

HOPE

From page 3

- Hands-on learning, involving young people in everyday family activities
- Reclaiming traditional food practices
- Cultural protective factors also are used at the community level:
 - Community cohesion
 - Traditional healing practices
 - Family models of sobriety
 - Safe spaces that are free of drugs, alcohol and violence
 - Role models outside of the family
 - Emphasis on cultural practices
 - School curriculum that reflects tribal history, stories
 - Engaging in practices of self-determination

Emma shared an important lesson from Jan, a Cowichan elder who reminds us to always remember who we are.

“Our youngsters need to start remembering who their family was. A lot of our youngsters today are lost. They don’t know who their grandparents are, their great-grandparents. Keep your eyes and ears open about your great, great grandparents all through your family line, then you get to yourself. You see you’re belonging to a bigger part of



Chehalis tribal member Akasha Slighte and Emma Elliott-Groves were the guest speakers.

things. That’s when you start growing. You need to know where you’ve been in order to know where you’re going. Many youngsters don’t know their Indian name. They need to know who they are,” Jan said.

Finding strength through cultural reintroduction can be very helpful in making decisions. You never know where your path in life will take you. New experiences give a person a sense of caring, purpose and responsibility.



Kevin Albert and his daughter Zoe enjoyed taking a stroll during the Suicide Awareness walk.

Chehalis tribal member Akasha Slighte described how the loss of her brother left her and her family in shock when he committed suicide. She still struggles with his act.

Akasha also shared with the audience what keeps her moving forward to heal. She said her son inspires her to continue on. She read several poems she has written or discovered that give her strength and wisdom each day.

Afterward, Charlene Abrahamson thanked everyone who came to the Suicide Prevention Walk. She said she appreciated those who took time out of their busy lives to show love and support to those who have lost someone to the deadly disease.

Charlene said to remember that there are many contributing factors that we can miss when dealing with this type of tragedy.

What’s important is to love and support each other and learn to recognize the warning signs of someone who is contemplating suicide. You are not alone and help is available.

Talk to anyone on Charlene’s program staff or call the National Suicide Prevention Lifeline.

CORRECTION



The NNABA Advertisement dates were correct, but the wrong photo was used. It has been corrected on the website.



Elders' Support & Services

Looking Forward Together

You are invited to an intertribal gathering of Tribal members, caregivers, programs and service providers



Thursday, October 26, 2017
Squaxin Island Community Kitchen

Schedule of Events

1:30-4 p.m. Planners and tribal program staff

- Presentations from federal and state resource partners
- Intertribal planning exercises on elders support and services

4-5 p.m. Tribal Resource Fair

5-6 p.m. Community dinner

6-7:30 p.m. Elders and caregivers

- Information on elder support and services including assisting eligible American Indian, Alaska Native and Native Hawaiian elders with benefits through Medicare Part D, the low-income subsidy, Medicare savings or Medicare prevention benefits and screenings.
- Intertribal traditional activities

Register by calling 360-426-3990

Don't forget to vaccinate your pet for a free license

More than 80 pets on the Chehalis Reservation received a license for 2016-2017! That means all of those pets had an up-to-date rabies vaccine or saw the vet and received a rabies vaccine for the first time.

Good Neighbor Vet-Mobile Clinic will be at the Community Center from 10 a.m.-noon on Nov. 11. Pets that are vaccinated for rabies that day will get a free license!

Vaccinating your pets not only keeps them healthy but also effects the overall health of pets and people in our community. Also, a license on your pet's collar assists in identifying who the pet belong to and makes it easier to return them home.

According to Animal Control Ordinances, every pet on the reservation must

CONTACT US

To license your pet or for questions, contact Animal Control Officer Brennan Stoelb at **360-709-1602**.

Good Neighbor Vet-Mobile Clinic can be reached at **888-234-1350** or **goodneighborvet.com**.

Sample services: an exam is \$20, nail trim \$10-\$15 and vaccine for one pet is \$28 with deep discounts for multiple pets.

be licensed, which need to be renewed each year. To receive a license, pets must be vaccinated against rabies. Elders age 50 and older may get a lifetime license for their pets.

VETERANS DAY DINNER

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

It's time to start planning our 16th annual Veterans Day Dinner. Our Chehalis tribal community has been hosting this event for many, many years. 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.

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

CONTACT:
NANCY ROMERO,
360-870-0141



COMMUNITY HALLOWEEN PARTY

5 p.m. Saturday, Oct. 28

- ALL-AGES COSTUME CONTEST & DINNER AT 5 P.M. IN THE GYM, DANCE AT 7 P.M. IN THE GATHERING ROOM
- GAMES, FAMILY FUN & SCARES

HAUNTED HOUSE

**5 p.m. Tuesday Oct. 31
Youth Center Gym**

- TABLE DECORATING CONTEST: Come in early to decorate a table (bring your supplies) and hand out candy at 5 p.m. Door prizes. Sign up at the front desk. For more details, call Makayla Ortivez at 360-273-9674.

American Indian/Alaska Native Cancer Gathering



At this gathering, you will:

- Learn new ways to cope with stress
- Explore how traditional foods support your wellness
- Enjoy traditional crafts
- Find community and connection with other American Indian/Alaska Native cancer survivors and their families



Harmony Hill

HEALING RETREAT

Monday,
October 23, 2017
10 a.m. to 4 p.m.

This one-day gathering is for cancer survivors with American Indian/Alaska Native heritage and their families.

Cost: FREE
Includes a delicious traditional lunch!

Location:
Harmony Hill
7362 E State Route 106
Union, WA 98592



Register
harmonyhill.org/cancer/onedaycancerretreats

Or Contact:
Victoria Ridgeway
360.898.2363 ext 26
programs@harmonyhill.org

HEALTH/WELLNESS

Autumn remedies protect the body

Nutrient-packed fall berries are good for the heart

Powerhouse plants huckleberry, hawthorn and rosehips were featured in a natural remedies class taught by Elise Krohn on Sept. 19.

Elise shared information on the herbal medicines that build heart strength and balance blood sugar. Autumn is the perfect season to harvest nutrient-filled berries from the plants. Each participant learned how to make heart-strengthening tea and rosehip jam.

Hawthorn berry is important for immune function and has chromium, which enhances the function of insulin. This berry also supports cardiovascular health – antioxidants in hawthorn strengthen blood vessels, heal damaged vessel walls and help arteries become more pliable. Many people like to make hawthorn jelly from the berry, but the seeds are not edible. Tea can be made from the flower and leaves, which can be harvest in the spring.

Huckleberries can be found simply by wandering around the woods. We are lucky in the Northwest because we have 12 species of huckleberries that grow from the coast to the high mountains. Huckleberries are one of the most important foods to the Salish people and one of the healthiest. Berries and leaves are high in antioxidants. They protect the body from the effects of high blood sugar, such as diabetic retinopathies, kidney damage and poor tissue healing.

Rosehips are so loaded with nutrients that they are considered a super food. They contain vitamins A, B complex, C, E and K and minerals such as, calcium, silica, iron and phosphorous. Rosehips help strengthen our heart and blood vessels, aid in gut health and have been linked to cancer prevention. The most common use of rosehips has been for the prevention and treatment of colds and flu.



Hawthorn



Huckleberries



Rosehips

Garden in the works

The new Community Herbal Garden is ready to be planted.

It promises to be an exciting adventure to witness the new growth and medicines we can produce ourselves.

The garden is located by the Community Center.

Community input is an important factor.

Natural remedies class participants were asked how they would like the garden designed, what kind of medicines should be planted and how the garden should be used.

Regular breast exam is an important health tool

October is National Breast Cancer Awareness Month, and it's a good time to promote breast self-awareness.

Except for skin cancer, breast cancer is the most common type in women, but it can be successfully treated. Screening tests can find cancer early when it's most treatable.

Susan G. Komen for the Cure recommends that you:

Know your risk:

- Talk to family to learn about your health history.
- Talk to your provider about your personal risk of breast cancer.

Get screened:

- Ask your doctor which screening tests are right for you if you are at a higher risk.
- Have a mammogram every year starting at age 40 if you are at average risk.
- Have a clinical breast exam at least every

three years starting at 20, and every year starting at 40.

Know what is normal for you
See your health care provider right away if you notice any of these breast changes:

- Lump, hard knot or thickening
- Swelling, warmth, redness or darkening
- Change in the size or shape of the breast
- Dimpling or puckering of the skin
- Itchy, scaly sore or rash on the nipple
- Pulling in of your nipple or other parts of the breast
- Nipple discharge that starts suddenly

■ New pain in one spot that doesn't go away

Make healthy lifestyle choices:

- Maintain a healthy weight.
- Add exercise into your routine.
- Limit alcohol intake.



CONTACT US

The Chehalis Tribal Wellness Center has women's health provider Rita Mercer and outreach worker Christina Hicks from the South Puget Intertribal Planning Agency's Native Women's Wellness Program ready to help. Call **360-273-5504** for an appointment. The next Mammogram Clinic is 9 a.m.-3 p.m. Nov. 13 at the Wellness Center.

Get more information at komenpugetsound.org.



Vendors shared information and services with the community at the Chehalis Tribal Wellness Center's annual Health Fair on Sept. 13.

FAIR

From page 1

thank you to all those who contributed.

The Special Diabetes Program for Indians Community-Directed Program provided a healthy lunch courtesy of Lucky Eagle Casino & Hotel.

Brain Injury Alliance of Washington, TOGETHER!, Department of Veteran Affairs – Health Plan Management, Alzheimer's Association, Innovative Sleep Centers, Great Wolf Lodge, Clarus Eye Centre, Bright Star Care of South Puget Sound, DSHS Mobile Unit, Foot and Ankle Surgical Associates and tribal programs! Other popular vendors were Totally Therapeutic Massage and Rehab, which offered chair massages and Heal & Toes Reflexology, which catered to tired feet.

We would like to thank all those who came out to the fair. They received all kinds of free health information and goodies!



Fatal vision goggles demonstrate how dangerous it is to drive while drunk or texting.

PRIZE WINNERS

These are just some of the big winners from the Chehalis Tribal Wellness Center's annual Health Fair.

Hope to see you next year!

- \$50 gift certificate for Lucky Eagle Casino & Hotel's Craft House: Tim Newby
- \$40 gift certificate for Lucky Eagle's Yuzu: Fred Shortman
- \$55 gift certificate for Lucky Eagle's Fire Kitchen Buffet: Janet Stegall
- Sunglasses valued at \$174 from Clarus Eye Centre: Jennifer Revay
- \$25 Shell gas cards: Levi Sanchez, Rikki Sutterlic, Jennifer Johnson and Roger Shortman
- Bluetooth headphone from Innovative Sleep Center: Marvin Youckton
- Fitbit Zip: Rae Morris and Karen Klatush
- Fitbit Charge 2: Long "Lee" Liu, Trisha Jones and Sasha Starr

Work history essential for a disability claim

Contributed by Kirk Larson, Social Security Washington Public Affairs Specialist

In Washington, more than 178 thousand people are receiving disability payments. Nationally, there are more than 8.75 million. That makes Social Security disability benefits something you should learn about and understand.

Social Security disability benefits replace part of your income when you become disabled and are unable to work. Federal law requires a strict definition of disability for Social Security benefits.

Most people focus on the medical severity of their condition when filing for disability benefits, providing medical records. Because Social Security defines severity in

LEARN MORE

For details about how we evaluate your work, go to [socialsecurity.gov/disability/step4and5.htm](https://www.socialsecurity.gov/disability/step4and5.htm).

terms of being unable to work, we also need complete work history information. Examples of specific details:

- Main tasks
- Tools, machinery and equipment you used
- Knowledge, skills and abilities your work required
- Objects you had to lift and carry and how much they weighed
- How much you had to sit, stand, walk, climb, stoop, crouch, crawl and balance
- Environmental conditions of your workplace

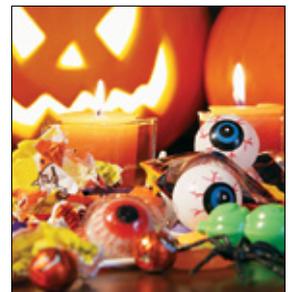
Choose your candy wisely

Contributed by the Chehalis Tribal Dentist Office

Chewy, sour and hard candies are among the "worst Halloween candy" for teeth, according to Reader's Digest.

Candy is harmful to teeth because as oral bacteria eat sugar, acid is created as a byproduct, said Dr. Matthew Messina, a spokesperson for the American Dental Association. The acid can then dissolve tooth enamel.

Chewy candies are especially bad because they stick to teeth, and Dr. Messina notes that sour candies contain



both sugar and acid.

Reader's Digest also includes hard candies on the list because they linger in the mouth longer. Chocolate tops the list of best bets. Dr. Messina explained that chocolate washes off teeth more easily than other candy options.

Choose best Medicare plan to fit your needs

Contributed by Kirk Larson,
Social Security Washington
Public Affairs Specialist

Medicare is the federal health insurance program for ages 65 or older, younger people with disabilities, and people with permanent kidney failure. The different parts of Medicare help cover specific services. The Social Security Administration encourages those with Medicare and their families to review drug and health plan coverage options for 2018. More benefits, choices and lower costs are available. The Medicare Open Enrollment Period ends Dec. 7.

Medicare has four parts to keep you covered:

Part A

Hospital insurance helps cover inpatient hospital care, skilled nursing care, hospice care, and home health care. Most people get Medicare Part A premium-free because it is earned by working and paying Social Security taxes.

Part B

Medical insurance helps cover services from doctors and other outpatient health care providers, outpatient care, home health care, durable medical equipment and some preventive services. Most people pay a monthly premium

CONTACT US

Find the best plan in your area at medicare.gov/find-a-plan. For help, contact the Statewide Health Insurance Benefits Advisors. SHIBA is part of the Washington State Insurance Commissioner's consumer protection services designed to help answer health care questions. Get free, unbiased assistance by calling **800-562-6900** or visiting insurance.wa.gov. Go to medicare.gov or socialsecurity.gov.

for Part B. Some high-income individuals pay more than the standard premium. If you don't enroll in Medicare Part B during your initial enrollment period and decide to do so later, coverage might be delayed and you might have to pay a higher monthly premium for as long as you have Part B.

Part C

Medicare advantage allows you to receive all of your health care services through a provider organization. This plan offers all benefits and services covered under Part A and Part B, usually including



Medicare prescription drug coverage. It might include extra benefits and services for extra costs. You must have Part A and Part B to enroll in Part C. Monthly premiums vary depending on the state you live in, private insurer and whether you select a health maintenance organization or a preferred provider organization.

Part D

Medicare prescription drug coverage helps cover prescription costs. Many people pay a premium for Part D. People with low income and resources might qualify for extra help to pay the premium and deductible. If you don't enroll in a Medicare drug plan when you're first eligible, you might pay a late enrollment penalty if you join a plan later. You'll have to pay the penalty for as long as you have Medicare prescription drug coverage. To see whether you qualify, go to socialsecurity.gov/prescriptionhelp.

New card to better protect your identity

You asked, and we listened. New Medicare cards without Social Security numbers will be mailed out between April 2018 and April 2019. This step is to help keep information more secure and protect your identity. You'll receive a new Medicare number that will be used only for Medicare coverage. The card won't change your coverage or benefits.

■ If your address needs to be corrected, contact Social Security at ssa.gov/myaccount or call 800-772-1213. TTY users can call 800-325-0778.

■ Beware of anyone who contacts you about a new Medicare card. We'll never ask you to give us personal or private information to receive a new Medicare number and card.

LEARN MORE

To get additional help, go to medicare.gov/pubs/pdf/12002-new-medicare-card-flyer.pdf.

FISHING LICENSE FEE DUE

CHEHALIS TRIBAL FISHING LICENSES **EXPIRE OCT. 31**. PLEASE PAY YOUR FEE AT THE ACCOUNTING OFFICE.

- **First-time license fee is \$35**
- **Renewal fees are \$5 until Oct. 31 (\$35 after)**
- **The first helper permit is free, additional helper permits are \$5**



Questions? Contact Hope Rieden, Biologist for the Department of Fish and Wildlife, at 360-709-1857 or hrieden@chehalistribe.org.

WIC THROUGH SPIPA

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



NEXT DATE

9:30 a.m.-3:30 p.m.
Nov. 2 at the Chehalis Tribal Wellness Center

CONTACT

Debbie Gardipee-Reyes, 360-462-3227 or **Patty Suskin**, 360-462-3224; Chehalis: **Debra Shortman**, 360-709-1689

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 Siufanua-Boyd

6

Taliyah Fulton
Dylan Hjelm
Tanya Kinkade
John Shortman, Sr.

8

Delores Rourke

10

Rita Burke
Candice Jansen

11

Todd Delamater
Laticea Romo
Don Secena

12

Charles Black
Lesley Gillie
Correna Klatush

13

Cindy Andy
Andrea Bordelon-Lannez
Madison Carter

14

Tabitha Colson



ELAINE MCCLLOUD: Happy birthday. May your day be blessed, from your family.



LOI SIUFANUA-BOYD: Happy birthday to my son, from Mom, Dad and family.



DON SECENA: Have an awesome birthday! :) From Mary, Dyani and the family.



KAYTLIN PICKERNELL: Happy 9th birthday, love Dad, Mom and Emily.



RITA BURKE: Happy birthday. Love you, Jodie, Cedec, Tony, Carlos, Fred, Mom and brothers.

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

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

20

Trey Brown

22

Selena Kearney

Tristan Smith
Tymseila Washburn

23

Joel Brown
Lydia Klatush-Fromm
Dylan Palmer
Kahli Reynolds
Stormie Sanchez

24

Ava Boyd
Anthony Combs
Karen Klatush

26

Connie Klatush
Dakota Quezada-Klatush
Janet Sanchez
Landon Simmons
Clarence Youckton

27

Ryan Pitzenberger
Edward Sanchez

28

Andrea Phillips
Willie Secena

29

Alicia Safar

MORE WISHES

CINDY ANDY: Happy birthday, love your family.

TREY BROWN: Happy 21st birthday. We love you and are so proud of you, love Mom, Dad, Candace, AJ, Mila, Norma, Jeremiah, Jerrod and Kevin.

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

CHEYENNE AND CASEY PICKERNELL: Happy birthday, from your family.

CHARLES "DUFFY" BLACK AND JOHN SHORTMAN: Happy birthday. You guys are awesome brothers, from your family.

ARNY YOUCKTON: Happy birthday. We love you, from your family.

30

Elaine McCloud
Braiden Wittwer

31

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



KAREN KLATUSH: Happy birthday Mama. We love you so much, all your kids and grandkids.

FAMILY



Above: The Chehalis Canoe Family blessed Native American Day with drumming and singing. Below: Elders treat themselves to a delicious feast.

Community honors rich heritage

Families gather for Native American Day

The Events and Heritage & Culture programs invited everyone to celebrate Native American Day and Walk at the Gathering Room on Sept. 21. It was a day set aside to honor our past, present and future generations of tribal people. It was a great day to gather and share a bountiful feast with family.

It was a great way to honor, recognize and appreciate the rich cultural heritage we have inherited from our ancestors. The Chehalis Canoe Family began the event with drumming and singing a blessing.

Everyone was invited to walk together, each step symbolizing a prayer as they traveled across the reservation.

When the walkers returned, elders were invited to eat first in our time-honored tradition.

Everyone loaded up on goodies cooked for the celebration. Fish was provided by the Fisheries Department. Potato salad and cupcakes were provided by the Events team; other desserts were provided by the Heritage & Culture crew. Drinks were courtesy of the End of the Trail 2 Gas Station.



HISTORY CORNER

Lucky Eagle Casino & Hotel is developing a history corner by Fire Kitchen Buffet. Contact Lydia Klatush-Fromm at lklatushfromm@chehalistribe.org or 360-709-1659 to offer ideas.

A raffle featured handcrafted items from tribal members and employees. Many items were donated by the Heritage & Culture Department.

Crafters spent the bulk of September preparing for the event. They attended classes and weekly gatherings. The items were beautifully made

and followed in the cultural teaching methods of many people who shared their talent. Other raffle items included tickets donated by Lucky Eagle Casino & Hotel for an upcoming concert and MMA cage-fighting event.

Thanks again to Heritage & Culture Program staff, the Chehalis Canoe Family, Winona Youckton and Cindy Andy for their songs and blessings and everyone else who contributed their time. Your work is greatly appreciated by the community!

Everyone is encouraged to continue learning about Native American history. Our culture has helped to preserve what and who we are today.

VISIT US!

The Heritage & Culture Program welcomes Chehalis tribal members, their children and spouses that live in the community to gather, teach, learn and share. Join our staff to weave, bead or sew. The program has a wide array of supplies. Our staff is happy to help! Contact Lynn Hoheisel at 360-709-1748 or Joyleen McCrory at 360-709-1873.

UPCOMING EVENTS

Community Halloween Party: 5 p.m. Oct. 28

Haunted House: 5 p.m. Oct. 31

Photo days: Both will be at the Community Center library. **Elder portrait days:** 9 a.m.-4:15 p.m. Nov. 7-8 (15-minute sessions per elder).

Family portrait days: Nov. 5 and 11-12 (30-minute sessions per family). Call 360-709-1748 to sign up.

Ideas and decorating committee meeting: 5 p.m. Nov. 14

Community Christmas Party: Dec. 17

Program helps survivors find their voice

Domestic Violence Awareness Month turns 30

By Charlene Abrahamson,
Director of Behavioral Health

What is domestic violence?

Domestic violence is the willful intimidation as part of a systematic pattern of power and control perpetrated by one intimate partner against another. Frequency and severity of domestic violence can vary dramatically, but the constant of domestic violence is one partner's consistent efforts to maintain power and control over the other.

What does it include?

It's important to note that domestic violence doesn't always manifest in one specific way. Physical and sexual assaults, or threats to commit them, are the most apparent forms of domestic violence and are usually what makes others aware of the problem.

But regular use of other abusive behaviors by the abuser – when reinforced by one or more acts of physical violence – make up a larger scope of abuse. Although physical assaults might occur only occasionally, they instill fear of future violent attacks and allow the abuser to control the victims' life and circumstances.

A lack of physical violence doesn't mean the abuser is any less dangerous to the victim, nor does it mean the victim is any less trapped. Emotional and psychological abuse can often be just as extreme as physical violence.

When to share

In 2014, I included an article for the newsletter and I am including it again. Telling our stories is arguably the most healing undertaking to begin a path toward a life free of this violence. From individual healing, the community also begins to heal.

I do not always talk about my own story with recovery in many facets of my life. As a counselor, part of

your training includes not disclosing your own personal struggles.

For the most part, I agree with this because never should an individual seeking support feel as though they have to take care of their support person. Nor should it be an ego type of one-upmanship about your own story being more difficult.

I mention these because I have seen this occur and have educated many trainees along the way. There's a reason this is a component of learning to be a counselor. One thing I have taught those I've supervised along the way is to ask, "What's the purpose?"

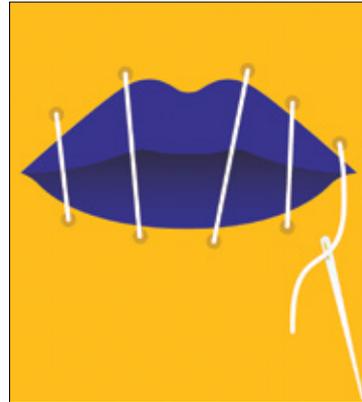
If the purpose of telling your story is because it always gets a reaction, or it's a great story, or I like the sound of my own voice or simply not listening, then I encourage healers to stop and listen to their clients.

If the purpose is it helps a person tell their story, or breaks through some resistance or it demonstrates hope, then be quick and succinct and see whether it's successful. If not, stop. In my case, it is a very sparing tool. Also, as natives, we can often guess at each other's stories and be very accurate in what we likely experienced growing up. My purpose is hopefully a message of hope and commitment to native communities constantly changing for the better.

Personal story

Like the statistics you can find through the National Coalition Against Domestic Violence and other sources here, I saw violence long before age 15. I was assaulted as a toddler. As a teen, I was in a violent relationship. It was, and is, surprising to me that men did not step in to help nor acknowledge it, even when it was in the room next to them.

As I look back, I can see that I felt alone, hopeless, that no one else would have me, that I was in love and that's



how I saw love demonstrated with some family growing up, that I was stupid and had nowhere else to go.

I finally told a friend who lived hundreds of miles away, and she was in one of the relationships I saw modeled as normal. In fact, when I tried to intervene for her, her former partner threatened me. She was out of the relationship by then, thankfully, and knew what to do.

Her advice seemed a little paranoid, but she was exactly right. She made me memorize contact information for her and destroyed her letter, calling from where I could not be seen or overheard, and she bought me a plane ticket.

My dear friend was not paranoid or wrong. He was so watchful, he would have found her letter and details. He left for the day and I went to the airport, taking only what I could bring. I have no idea how long I would have been stuck if not for her, or even if I would be here because he did like weapons.

Take care of yourself

Through the years, many friends and family have said, "Oh, you're so fancy," that I cannot be in recovery, have ever been an addict or have been in any abusive situations. Usually, this is a way to try and demean you and get you to either use again or not confront them about changing.

I am lucky that I was able to have such an amazing friend to eventually get out of an abusive relationship and to be well into recovery before my

YOU ARE NOT ALONE

Janita Raham, Domestic Violence Advocate can be reached at **360-709-1874**, **360-789-3627** (cell) and **bbrittain@chehlistribe.org**. If you prefer, or it's more convenient, you can call the National Domestic Violence Hotline at **800-799-SAFE** or go to **thehotline.org**. For more information on this article, go to **ncadvvoices.org/2016/10/04/quick-guide-what-is-domestic-violence**.

kids arrived.

One important lesson is also not to take things personally. People come with many hurts and are often scared. I remember this when things are said in anger. I would rather keep the door open than keep any grudge or take something to heart.

In working with adolescents, they would often ask me why I would dress nice, protect others, do healthy things such as hiking and so on. I would tell them that I took pride in working with and for them. So I will always model what I learned from my grandmothers and what I knew they could also accomplish. I'm probably a little more relaxed than my grandmothers, who would want me to pull out the ironing board more often.

So that's part of my story, which might have had a few different twists if I had the same resources around that are available today. Our society appears to have learned to keep less secrets and offer more resources.

You can come to our Domestic Violence Program and work with Janita Raham, or access mental health and chemical dependency services. Don't keep secrets that should not be kept, don't protect abusers and seek out the support you deserve.

in brief

Community Swap Meet

The Community Swap meet Aug. 26-27 helped our tribal community make money selling crafts, food, household items and clothing. Thank you to the Tribal Business Committee for allowing us to use the Bomb Alley land.

This event was a fundraiser to promote employment development. Lydia Klatush-Fromm was the contact person. She did an amazing job organizing and making the weekend successful!

Mentor Artist Fellowships

The Native Arts and Cultures Foundation is seeking applications for its Mentor Artist Fellowships. The fellowship is a regional artist award focused in the Northwest, Southwest and Upper Midwest areas of the United States. It is open to American Indian and Alaska Native artists with at least 10 years of experience who want to mentor an emerging American Indian or Alaska Native artist apprentice for a one-year period in either the traditional arts or contemporary visual arts fields.

Eligible applicants must be at least a five-year resident of, and enrolled in an American Indian tribe or Alaska Native corporation.

Deadline to apply is 5 p.m. Nov. 6.

The monetary award is \$30,000 — \$20,000 to the mentor, \$5,000 for the joint art project and \$5,000 for the apprentice's participation expenses. The mentoring period is July 1, 2018, through June 30, 2019. A completed joint mentor/apprentice art project is required at the fellowship's end.

Awards will be announced in the spring.

Go to nativeartsandcultures.org/programs/fundingopportunities for an application.

Food program ready to serve

The South Puget Intertribal Planning Agency's USDA Food Distribution Program offers frozen meats such as bison, pork chops and ham and delicious in-season fruits.

Tribal community members can get an application from Debra Shortman at the Chehalis Tribal Wellness Center. To sign up, call the warehouse at 360-438-4216 from 8 a.m.-4 p.m. Monday through Friday. The next distribution dates are Nov. 13 and Dec. 12.

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

STUDENTS OF THE MONTH

Leo Daniels

**10th grade
Oakville High School**

My name is Leo C. Daniels; my friends call me Leo the Lion! I am 15 and attend the 10th grade at Oakville High School. My current GPA is 3.61.

I live here on the reservation with my Grandma Linda Daniels. I have one brother and two sisters. We have three cats and three dogs. I enjoy playing basketball with my friends.

The thing I like most about school



is hanging out with my friends. Focusing and listening to the teacher has made me a better student. That is what I would tell my fellow students. In my free time, I enjoy hanging out with my friends and playing video games.

After high school, I would love to become a chef! The Evergreen State College is where I plan to study after graduation.

If I were the tribal chairperson, I would help elders out more and help them get what they need for their homes.

John Secena

**Eighth grade
Rochester Middle School**

Hello, my name is John Secena. I attend the eighth grade at Rochester Middle School. My parents are Sam and Leah Secena. I have one brother, one sister and two dogs.

In my spare time, I like to hang out.



I think school is fun. Turning in work on time is what has made me a successful student. For my peers, I would recommend turning assignments in on time and participating in class.

I enjoy playing the drums. One of my hobbies is taking pictures and editing them.

After high school, I would like to go to music school, but I have yet to decide where to go.

Chloe Lopez

**Fourth grade
Oakville Grade School**

My name is Chloe Lopez and I am 9. I am in fourth grade and I attend Oakville Grade School. My parents are Monique and Brandon. I live with my three brothers and have a sister on the way! We also have two birds.

I enjoy fun activities with my family and helping mom around the house.

My favorite thing about school is



lunchtime! Listening to the teacher and being kind helps me out. For other students, I would tell them to turn their work in on time.

When I am not in school, I like to play with my brothers and outside with my friends. I really enjoy playing with our birds.

After I finish school, I would like to become a veterinarian. I have not decided where I want to go to college yet.

If I were the tribal chairperson, I would help elders out more.

Contributed by the Chehalis Tribe K-12 Program