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## Community thanks chief of police

*Ralph Wyman helped strengthen our tribe*

Chehalis Tribal Law Enforcement Chief of Police Ralph Wyman was honored with a retirement dinner and ceremony Oct. 20 at the Community Center.

Ralph retired on Nov. 1 after 28 years with the Chehalis Tribe and 38 in law enforcement. He was hired Aug. 1, 1989, as a Law Enforcement Officer and DARE Officer.

He took over as the Chief of Police when Bob McBride resigned.

Little did we know then how much Ralph would help the Chehalis Tribe.

See WYMAN, page 2



Ralph Wyman

### ALSO INSIDE

**A letter of appreciation for Wyman's service:** Page 2



Best-dressed winners show off their costumes at the Community Halloween Party on Oct. 28.

## Spine-tingling fun

*Halloween packs in costume contests, party, dancing, haunted house*

*Photos and article by Edmund Myer, Chehalis tribal member*

The Chehalis Tribe celebrated Halloween with numerous events throughout the week and a haunted house on Halloween night.

Dressing up and festivities kicked off with an employee party on Friday, Oct. 27. It was a fun and relaxing opportunity for those who run day-to-day operations for the tribe. Employees let their creativity shine.

The following evening, more than 200 people gathered in the Community Center for the Community Halloween Party complete with a costume contest and dinner. Events Manager Philip Youckton, Events Coordinator Leroy Boyd and many volunteers organized the activities.

The goal of the event was to: "strive for participation and have

See FUN, page 10

### ALSO INSIDE

**Fall at Early Learning:** Page 10



**'We will remember and honor Ralph's dedication to the Chehalis Tribe and surrounding community.'**

**- LIEUTENANT RICK BURNETT**

# Native artists attend training

Contributed by Diana Pickernell,  
CTLF Loan Coordinator

Often, creating art is simpler than navigating the process of marketing and selling your work.

The Chehalis Tribal Loan Fund partnered with the First Nations Development Institute for a native artist training on Oct. 17-18 at Lucky Eagle Casino & Hotel. The training was developed to help native artists develop a business plan, identify their market and price artwork such as basket weaving, carvings, beadwork, drawings, paintings and jewelry.

Eight artists attended the first day and 10 the second day, including people from Port Gamble S'Klallam, Suquamish, Nisqually and Seattle. The majority were Chehalis tribal members.

Diana Pickernell and John Pepion facilitated the two-day course. John is from the Blackfeet Nation and is a well-known artist of contemporary ledger art. Learn more about his work at [johnisaiahpepion.com](http://johnisaiahpepion.com). In her spare time, Diana puts her energy into weaving baskets and designing beadwork. She offered a cedar hat for the recent CTLF fundraiser.

CTLF would like to thank class participants.



## CONTACT US

For more about the CTLF program or if you are interested in becoming a trainer to assist in teaching this course, please contact CTLF Loan Coordinator Diana Pickernell at **360-709-1631**.

**Instructors and artists at the Native Artist Professional Development Training (clockwise from left): Consultant of First Nations Development Ben Sherman; Cheryl Jones; co-facilitator John Pepion, Karen Klatush, Nemah Chobaquak, Margaret Gleason, Laura Wong-Whitebear, Brenda Smith, co-facilitator Diana Pickernell, Charles Latch and William Thoms.**

Contributed by Diana Pickernell

## Chief of police served with honor

A relatively small number of people get the opportunity to put on a police uniform. Even fewer get to see a promotion and fewer reach the rank of chief of police.

Recently retired Chehalis Tribal Law Enforcement Chief of Police Ralph Wyman earned his role through dedication and service to those who have taken the oath to protect and serve.

A chief of police is never off duty, is always expected to have the answer, serves as a guiding hand for the department, is a voice of reason within the community, is passionate about the duties of the job and has the ability to inspire others.

The leadership position is the culmination of a lifetime of holidays and birthdays missed while working a crime scene, anniversaries skipped when services are needed at the station, vacations canceled, countless phone calls and emails, late nights, early mornings, long hours and never-ending days.

When a chief of police decides to retire, it is deserving of respect and honor. Gone are the days of running from call to call, but stored away are countless investigations. A chief of police leaves a legacy marked in each officer's uniform,

each supervisor's report and in the memory of every community member helped. As meetings fade and phone calls diminish, a time of reflection begins on a successful career – one that was impactful, inspiring and influential.

I am honored to write about a man who has had a hand in not only my life but in countless others – a man who has served our tribe and the community that I now serve. Ralph coached me and corrected me when needed. I can honestly and in full faith state that myself and many like me would not be in our current place in life without his influence.

Ralph's retirement leaves me with a mix of joy and sorrow. He has faithfully served the law enforcement community for nearly four decades and the Chehalis Tribe for 28 years. We will remember Ralph's dedication, along with the many others who have had the privilege of serving the people of Indian Country and other local jurisdictions.

Ralph, I pray the favor you have found in this community and within law enforcement only increases in your retirement.

*Thank you,  
Lieutenant Arick Burnett*

## WYMAN

*From page 1*

Challenges he faced included finding resources and money to run a program that was underfunded.

Ralph's humble approach helped our tribe grow in numerous ways. He was a mentor for many and was accepted as one of our own. His tireless approach, knowledge and resources built up our Public Safety Program. It is difficult to be chief of police, but Ralph persevered for 28 years. We are witnesses to how dedicated he was to making our tribal police force into something special. Ralph did not just grow Law Enforcement, but many other programs such as Tribal Gaming at the Lucky Eagle Casino. He also spurred stronger connections with our neighboring communities and jurisdictions. Ralph sacrificed endless hours to protect, enhance and build a great department in Indian Country. He represented the tribe with honor and we couldn't be prouder!

With heartfelt thanks from the community and many other agencies, we said our goodbyes and wished him luck. We would like to thank Ralph Wyman and his family.



# Tribal members reach academic goals

The fourth annual Higher Education Recognition Dinner was held Oct. 24 at Lucky Eagle Casino & Hotel.

The Chehalis River Room was filled with family and friends who came to see loved ones honored for achieving academic goals. The dinner rewards those who have successfully taken the challenge to earn a degree or their GED.

Having a college degree is a great opportunity to gain an inside edge when pursuing a career. Employees with a high school education may secure jobs with good benefits, but college graduates typically fare better.

An education allows more opportunities for higher-level careers with more robust salaries. It also creates better opportunities to receive promotions and earn raises while developing reasoning and communication skills.

Recipients of grants are encouraged to maintain high GPAs. Experience usually trumps other factors when you are seeking employment.

As a recent college graduate, hiring managers might look to GPA as a metric



**The Oct. 24 Higher Education Recognition Dinner proved a proud moment for students.**

of success.

After you've been in the workforce, your most important credentials will be your accomplishments and experience.

Higher Education Coordinator Racheal Mendez has worked diligently to encourage tribal members to pursue their education.

Twenty-seven tribal members were recognized at the event for receiving their bachelor's degree, associate degree or GED.

Each graduate had his or her name called and was recognized individually. They were then presented with a Pendleton blanket as a gift,

## CONTACT US

If you are interested in pursuing higher education, please contact Higher Education Coordinator Racheal Mendez at **360-709-1698** or **rmendez@chehalistribe.org**.

wrapped with love from Chehalis Tribe Chairman Harry Pickernell, Sr. and Director of Education and Development Mary DuPuis.

## Recipients

Jeanette Boyd, Rene Bracero, Sheilah Bray, Sarra Burnett, Jesse Gleason, Rigoberto Hernandez, Amber Higgins, Christibeth Klatush, Alicia Medina, Edmund Myer, Sasha Penn-Roco, Harold Pickernell, Stephanie Pickernell, Chris Pickernell, Kelsey Potter, Amy Shivers, Daryl Shortman, Jody Smith, Catherine Starr, William Thoms, Theresa Youckton and Farley Youckton. **GED:** Jessica Hill, Sarah Myer, Ryan Pitzenberger, Stormie Sanchez and Ann Marie Youckton.

# Yuzu closes its doors

Lucky Eagle Casino & Hotel's Yuzu Asian Bistro closed on Oct. 29, according to Director of Food & Beverage Andrew Hamilton.

After hearing from casino guests and reviewing financial results, the difficult decision was made to shut down the restaurant. A lack of business did not achieve desired results.

Andrew said the closure is not a reflection on Yuzu team members who went the extra mile and put their hearts and best efforts into making the venture successful. The casino deeply appreciates their loyalty.

Team members will continue their employment in different food and beverage venues at the casino.

Andrew said as Lucky Eagle determines what to do with the space, the desires of guests will be of the utmost importance. The casino will begin by performing market research and evaluating the results.

Andrew said a replacement food and beverage option that will excel in food offerings and quality will be pursued.

## Elders Bazaar

**9 A.M.-5 P.M. SATURDAY, DEC. 2**

**Lucky Eagle Casino & Hotel Event Center**

FOR MORE INFORMATION OR TO RESERVE TABLE SPACE, CONTACT TRUDY MARCELLAY AT 360-888-5808 OR [TMARCELLAY@GREATWOLF.COM](mailto:TMARCELLAY@GREATWOLF.COM)



## OAKVILLE SHAKER CHURCH CHRISTMAS BAZAAR

**9 A.M.-6 P.M. DEC. 3**  
**CHEHALIS TRIBE COMMUNITY CENTER**

Complete your Christmas shopping with all kinds of unique and handcrafted gifts!

**Vendors:** Table fee is a donation of nonperishable food for local food banks plus an item from your table. Doors open at 8 a.m. for vendor setup. See Marla Medina in Planning for a business license.

## CONTACT

**Theresa Youckton, 360-388-0110**  
**Brenna Youckton, 360-520-6100**

# HEALTH/ WELLNESS

## Autumn's great herbal remedies

*Protect yourself and the family during cold, flu season with wonderful plants*

The fall herbal medicine class was held Oct. 2 in the Elders Building. More than 20 people came out to listen, learn and share together. It was another great opportunity spent gathering plants, learning about their healing qualities and making herbal medicine remedies. Instructor Elise Krohn and assistant Erika Warren, herbalist from Quinault, led the class. Elise invited Erika to help young children make projects out of devils club stalks.

The class focused on creating herbal remedies to prepare for the cold and flu season. One of the best ways to support immune health is self-care. When we are tired and worn down, our defenses are hindered and we become more susceptible to germs.

Keeping the following guidelines in mind can make a world of difference:

■ **Get enough rest:** Sleep helps your body cleanse and rejuvenate on a daily basis. Without it, your immune system is less able to fight off microbes.

■ **Minimize stress:** One of the best ways to avoid getting sick is to keep stress in check. Research shows the nervous and immune systems are intimately connected and communicate with each other.

■ **Eat well:** Sugar directly depresses immunity. Junk food and fast food is full of preservatives, additives and poor-quality fats that put an extra load on your eliminative organs and create fertile ground for microbes. Choose



**Participants prepare immune boosters to battle the cold season ahead during the October herbal medicine class.**

### COPIES AVAILABLE

If you would like to pick up an herbal remedies sheet, please contact Caytee Cline, Behavioral Health Youth Services Manager, at **360-709-1818**.

foods high in vitamins, minerals and antioxidants including fruits, vegetables, fish and shellfish.

■ **Drink enough water:** Water helps flush waste products from your body and keeps tissues and organs hydrated so they can function well. Keeping the lining in your lungs and sinuses hydrated boosts immunity.

Elise discussed plants that are easily available throughout the Northwest

that help alleviate some of the symptoms if you self-care and use their healing properties. She shared information about plants such as echinacea, elderberry, devils club, garlic, ginger, horsetail, Indian tea, licorice, licorice fern, mullein, osha root, sage, western red cedar buds and leaves and wild cherry.

Elise said the goal of the natural remedies classes is to teach about harvesting time, techniques and healing properties.

Erika brought devil's club to the class. She said it is known as a warrior plant. Its healing properties are similar to ginseng. It is a tall, spiny shrub that thrives in the wet undergrowth of cedar, Douglas fir and hemlock.

The plant has a very slow

See REMEDIES, page 6

## Medicine garden starts to take shape

*High school students work on project*

It was a cool, brisk fall morning Oct. 9 at the Community Center when construction began on the Chehalis community's herbal medicine garden. A GRuB team brought the muscles.

When the vans pulled in, youth volunteers scampered out and excitedly said they were prepared for a full day of work.

The students from Olympia High School earned credits in the GRuB School program where they learn about growing food and creating sustainable food systems.

After a blessing, everyone took turns introducing themselves. It was a unique approach as they shared how they were feeling and what animal they wished to draw strength from that day.

They split into teams to work with the dirt. Some of the young adults helped put together the cedar for the raised garden beds while others headed to the community center. They pulled weeds and other shrubs to make room for berry plants.

As the beds were finished, workers loaded up wheelbarrows with soil to prepare for the plants.

They took a much-needed break for lunch and then went back to finish the project.

The sun came out and in the early afternoon, an eagle passed overhead. This was a huge blessing as they continued to work on assigned tasks.

After coming together for a group photo, workers joined

See GARDEN, page 6





# Walking for breast cancer awareness, search for a cure

Contributed by Christina Hicks,  
Community Wellness Manager

The Native Women's Wellness Program held its 15th annual Breast Cancer Awareness Walk to increase awareness of the disease on Oct. 21. The event was in honor of National Breast Cancer Awareness Month and was hosted by the Skokomish Nation in Shelton. It was held inside their new community center to avoid the rain.

We had 59 participants walk 21 laps around the gym for a total of a mile! All ages had fun and broke out in dance at times while listening to music. Each adult participant received a pair of Pendleton gloves and a T-shirt, and youth received a Pendleton headband.

Patient Navigators from Chehalis, Shoalwater and Squaxin Island were on hand to help out with registration and the walk. Skokomish tribal member and breast cancer champion Kimberly Miller was our guest speaker. She shared the importance of screening and self care of our bodies in the traditional way. She also advocated having open discussions with providers and asking as many questions as you



**Breast cancer champion Kimberly Miller was honored with a Pendleton blanket.**

feel necessary. Kimberly was given a Pendleton blanket for her wonderful contribution.

We then honored the Cancer Champions with a Pendleton scarf. Afterward, raffles were held for folks to pick out their own prizes! We ended the day with a filling soup and sandwich lunch.

Thank you to the Skokomish Nation for hosting this year's walk.

## PROUD TO WEAR PINK



**Chehalis tribal employees show their support for National Breast Cancer Awareness Month and the continuing fight for a cure.**

# Skip sugar-filled Sunny Delight

You might think Sunny Delight is a healthy beverage to give your child instead of water or milk, but it is not juice. Sunny D is made of sugar and water just like soda and Kool-Aid. One serving contains 19 grams of sugar.

The ingredients label reveals Sunny Delight is comprised of water, corn syrup and 2 percent or less of orange, tangerine, apple, lime, grapefruit and pear juices.

When you select a sweet drink for your child, check the label and choose only 100 percent juice. Limit the amount of juice your child drinks and promote water instead.

The American Academy of Pediatrics recommends the following guidelines:

- Breast milk is the only nutrient to feed babies until age 4-6 months.

- Solid foods can be introduced to infants after age 4-6 months.

- Give your baby practice drinking water and milk from a cup without a top starting at 6 months. By their first birthday, children often are able to use a cup with no top.

- Small amounts of fruit juice (100 percent juice with no added sweeteners) can be used as part of a meal or snack and should be offered in a cup only after age 1.

- To avoid cavities, do not allow your child or infant to sip juice throughout the day. Offer plain water instead and milk at mealtimes.

- Consider offering whole fruits instead of juice. Besides cavities, too much juice might cause diarrhea, obesity and picky eating because children fill up on it.



## SUGGESTIONS

**Dilute juice:** Make it mostly water with a few drops of 100 percent juice.

**Offer water:** If your water is not so good, consider a water filter on your tap. You also can add lemon, cucumber or orange slices as well as your own infusions.

Consider drinking water as an investment in good health for your entire family.

### 100 PERCENT JUICE RECOMMENDATIONS (MAXIMUM):

**Younger than 1:** none

**Ages 1-6:** 2 ounces (¼ cup)-4 ounces (½ cup) a day

**Ages 7-18:** 8-12 ounces a day



## REMEDIES

From page 4

growth pattern, and proper harvesting techniques should be used to keep it healthy. Devil's club is found protecting areas that are vulnerable.

Heavy gloves are essential when working with the plant because the spines are painful. She cautioned that the flowers and berries should be avoided as well as the thorns. It is a community plant with

aromatic roots. The bark is traditionally used for treating colds, coughs, tuberculosis and fever. Devil's club encourages lung tissue to work in a more efficient way as well as treating various other ailments. After the spines are removed, you can chew the bark or make a tea out of it. If you do get sick, drink ½ to 1 cup up to three times a day to help alleviate some of the symptoms. Stalks don't go waste either. After peeling off the bark, it can

be used to make drum sticks when they are cured. The kids made beads out of the stalks.

Elise asked a volunteer to share why culture is so important. Dan "Bones" Gleason offered his story of what he learned when he was younger. He remembers an elder told him to drink Indian tea to help him stay healthy.

Dan continues to drink a cup of the tea every day. He said some of his friends in Quinault provide it. It is

important to him to maintain his health.

Volunteers cleaned and prepared fresh plants that would be used to make tea. They were asked to mix equal parts elderflower, peppermint, yarrow, mullein, one half part of licorice and elderberry to make the tea. Elise said the concoction helps fight infection, is a cooling anti-inflammatory and will ease the discomfort of colds, cough and flu.



Students from Olympia High School worked on the Chehalis community's herbal medicine garden on Oct. 9 at the Community Center.

## GARDEN

From page 4

hands to chant the GRuB song.

Together, their voices were loud and proud as they yelled

G...R...U...B...Go GRuB! Grow!

It was exciting to watch their energy as they finished up the garden.

Thank you so much Grub for the help! The work was

greatly appreciated.

Some of the first plants were put into the soil two weeks later, and more will continue to be planted throughout fall and spring.

The garden is sponsored

by the Tsapowum Behavioral Health's R.E.D. RoAD Suicide Prevention Program.

The Chehalis medicine garden is an exciting step forward in producing plants to make herbal medicines.

## CHEHALIS TRIBAL CHRISTMAS PARTY



**NOON SUNDAY, DEC. 17  
COMMUNITY CENTER**

**Make lasting memories at  
our annual festive tradition  
with family and friends**

- Raffle
- Dinner
- Photos

## WIC THROUGH SPIA



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.  
Dec. 7 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

# NOVEMBER BIRTHDAYS

1

Madoleen Goddard-Boyd  
Luwanna Sanchez  
Mia Vigil

2

Courtney Brown  
Katy Fox  
Lucy Hill  
Athena Lopez  
Christopher Yawn  
Pam Youckton

3

Natalie Sanchez

4

Gerald Aldrich  
Daphne Burke  
Enrique Jimenez Sanchez  
Joseph Revay, Sr.  
Kane Simmons

5

Keira Thrailkill  
Kenneth "Booner" Brown, Jr.  
Payton Simmons

6

April Thompson

7

Francisa Ayala-Klatush  
Sidney Brown  
Lori Tovrea

8

Heather Hoyle  
Elijah Palmer



**TARYN BAKER:** Happy 7th birthday, love, Mom, Dad, JJ and LaeLa!



**COURTNEY BROWN:** Happy birthday! A special day for a special lady, from your family.

10

Casilda Garcia-Starr  
Amil Starr, Jr.

12

Tyanna Canales  
Grace Quilt  
Carrie Squally

13

Nathan Boyd  
Madeline Colson  
Ashley Ortiz  
Aurora Ortiz  
Terry Palmer  
Lorilee Pickernell

14

Kevin Albert  
Sofie Sekishiro

15

Taryn Baker  
Tayleena Klatush

16

Jaylee Cayenne  
Anthony Gomez  
Benjamin Johns, Jr.

Joyleen McCrory  
Wayne Ortiz

17

Joan Martin  
Lisa McCloud  
Rachell Wells

18

Maynard Starr

20

Randy Cornwell

21

Chris Richardson

22

Orinda Goddard  
Monique Lopez  
Marcus Youckton

23

Dylan Gleason-Wheeler  
Rachel Simmons  
Ryan White

24

Prince Adams  
Penny Gleason



**PAYTON MARIE:** Happy birthday. We love you to the moon and back, Kia, Auntie and Simmons family.



**LORILEE PICKERNELL:** Happy birthday. You're the best mom, grandma and great grandma. We love you, your family!

Christibeth Klatush  
Michah McNair  
Desirray Pope

25

Jordan Baker  
Yvonne Phillips-Haukom  
Valerie Pickernell

26

Tyson Canales

27

Gabe Higheagle

## MORE WISHES

**DAPHNE BURKE:** Happy birthday to my sister. Love Jodie, Cedes, Tony and Carlos.

**LUCY HILL:** It's been a short 29 years ago that God blessed me with the most beautiful girl in the whole wide world. Happy birthday Babi Doll. You are the best daughter ever! I love you with all my heart and soul, love your Mom.

**BOONER BROWN:** Happy birthday, from your family, friends and cousins.

**BOBBY BUSH:** Happy birthday, from your friends and family.

**KEVIN ALBERT JR.:** Happy birthday. I am proud to have you as my son. Love you, Mom!

**THANK YOU:** I would like to thank everyone for their prayers and good wishes while I was in the hospital. I am home now and doing well. From Bev Bishop.

Antonio Jones  
Roachel Lambreth  
Cyrena Littlesun  
Shoni Pannkuk

28

Jaunita Bill-Sanchez  
Kristopher Shortman

29

Bobbie Bush  
Alexis Starr-Wright

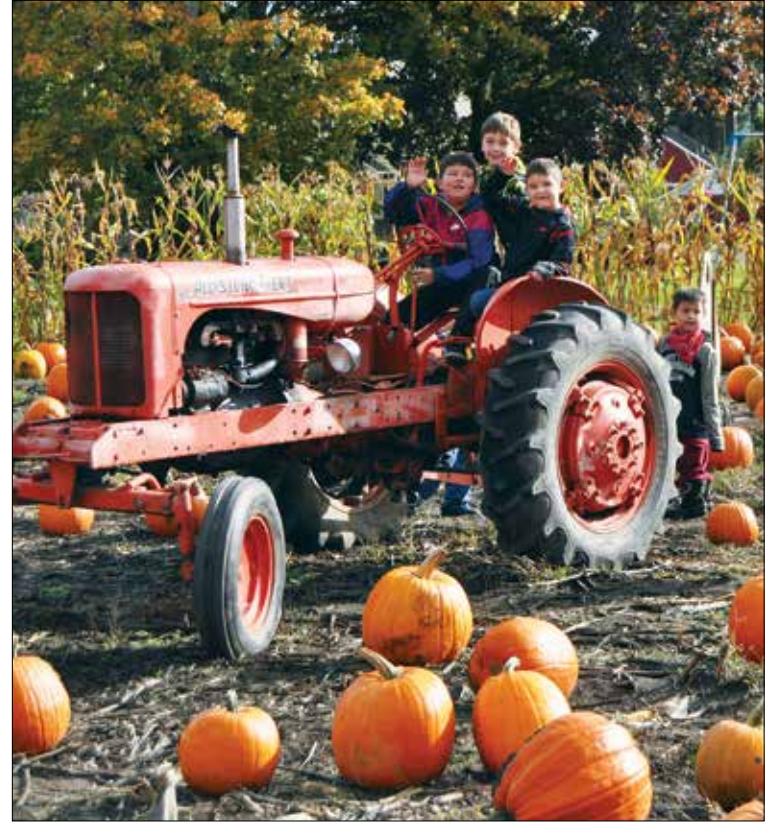
30

Ashley Fern



# FAMILY

It was smiles as far as the eye could see when the Youth Center and K-12 staff took kids to stretch their legs and select the right pumpkin to take home at The Pumpkin Patch farm in Centralia.



## Perfect pick

*Kids get gorgeous gourds at Centralia farm*

**Y**outh Center and K-12 program staff traveled with families and their children to pick gorgeous gourds at The Pumpkin Patch in Centralia on Oct. 13.

The annual excursion is a favorite autumnal activity that gets folks in a festive mood. Thankfully, the weather cooperated during the trip. It was an overcast day but the rain held off.

Children came dressed in clothes they could easily

scamper around the pumpkin patch in to select a special pumpkin to carve or paint. Each child was assigned a chaperon for safety.

Little ones let out screams of joy as they played on tractors, hammed it up during photo opportunities at the straw pit and played around plywood cutouts scattered throughout the farm.

Youth Center Manager Tony Medina told the children that his

program would be paying for the pumpkins. Tony also reminded all the kids that while they could pick any pumpkin they wanted, they had to carry it themselves to the designated area.

Markers were available to tag pumpkins to avoid confusion.

After posing for a group photo, children headed off to enjoy a hay ride together. It's such a treat to travel around the farm and learn about what other fun things it offers. Smiles were priceless

as children returned to the staging area.

Everyone enjoyed pizza at Figaro's after the exciting trip. While they ate, youngsters chatted about the Community Halloween party and shared design ideas for their pumpkins. Some planned to make scary jack-o-lanterns while others leaned toward sweet or cute. The possibilities were endless.

A big thank you goes out to the Youth Center and K-12 Department staff for all of the work you do!



## Young students excel

Rochester Primary School does something special to recognize children who are doing a great job and setting a good example every week.

It's a wonderful reward system that encourages growth in learning.

Award recognition ceremonies through the month recognize students' efforts.

During October, four tribal youth were recognized for excellent manners.

Youth Center Manager Tony Medina attended the ceremony to congratulate students personally. Well done!



**Explorer of the Week recipients from left: Kaiden Delgado, Shyloh Kinkaide, Marivella Mendez and Taren Baker. Youth Center Manager Tony Medina is also pictured.**

Contributed by Tanya Kinkade, Chehalis tribal member parent



# Operation Santa helps make wishes come true

*You can brighten the holidays for local families*

The holidays will be here soon, and the private nonprofit organization ROOF Community Services needs your support to bring the magic of Christmas to Rochester children.

The Santa Store is stocked with new clothing and toys for newborns to age 12. Eligible parents select one new clothing item and one new toy for each child in their family. Volunteers are available to wrap gifts.

Operation Santa Adoption matches eligible children with groups, families or businesses that would like to purchase gifts for all of the children in a household. We provide to the donor group the basic information about age, gender and special wishes of the children. Gifts may be delivered to the family (if the family agrees) or brought to ROOF. Families who have been adopted will pick up their gifts on Dec. 16, Operation Santa day.

How you can help:

#### ■ Adopt a family:

Complete our form (see box for information) and returning it to ROOF as soon as possible but no later than Dec. 4. We will match you with a family and notify you quickly.

■ **Purchase any new clothing, toys and gift items** for newborns through age 12 and bring them unwrapped to ROOF beginning Nov. 30 and



#### FILL OUT A FORM

Go to **roofcommunityservices.org**. Click on Operation Santa Adoption. You may complete the form on your computer and email it to [kmcnelly@roofcommunityservices.org](mailto:kmcnelly@roofcommunityservices.org). You also can print it out, complete the form and mail it to ROOF Community Services, **P.O. Box 312 Rochester, WA 98579**; fax it to **360-273-1009**; or bring it into the office at **10140 U.S. Highway 12, Rochester**.

no later than Dec. 14.

■ **Make a financial contribution:** Mail or deliver a check to ROOF or visit our website to make a contribution using PayPal. Please indicate whether you wish your contribution to be used for Operation Santa or allow us to decide where funds can best be spent for the work we do year round.

Donations are tax deductible.

The Board of Directors, staff and volunteers of ROOF Community Services thank you and wish you much happiness throughout the upcoming holiday season!



Kids munch on popcorn while watching "Hocus Pocus."

## Witchy movie entertains

The 1993 movie "Hocus Pocus" starring Bette Midler, Kathy Najimy and Sarah Jessica Parker was the perfect seasonal flick for Movie Night on Oct. 18 at the Community Center.

Tribal and community members gathered to watch the comedy about a coven of evil witches. The story

brought fits of laughter to the audience. Plus there were awesome door prizes. Tribal Elder Annie Jones blessed the food before it was served. Pizza, popcorn, cookies and cupcakes were on the menu.

Thanks to program staff and volunteers for your contribution. Please join us again in January!



## Breakfast with Santa

Great Wolf Lodge® invites all Tribal members to have breakfast with Santa!

Come and enjoy the fun. Bring your family and your camera to take photos with Santa and Mrs. Claus.

Date: Saturday, December 23, 2017

Time: 8:00 a.m. - 11:00 a.m.

Location: Great Wolf Lodge Conference Center

**Snowland**  
GREAT WOLF LODGE



Bring the magic of Christmas to children through Operation Santa.



# Busy Early Learning fall

*Students get into the seasonal spirit with pumpkin patch visits, costumes and candy*

During October, Early Learning Head Start and Early Head Start students and their parents donned coats and rubber boots for field trips to local pumpkin patches.

It's always enjoyable watching kids search for the perfect pumpkin to proudly display on front porches.

Everyone ate fresh-baked doughnuts and took tractor rides around the farm.

We appreciate Hunter Family Farm and Lattin's Cider Mill & Farm for accommodating our students.

## Festival

Our Fall Festival was Oct. 12. Families got their faces painted, fished for creepy crawlers and nabbed candy. Our Parent Committee started a recipe-sharing table. Chehalis Tribal Law Enforcement Sgt. Jake Dickerson talked with parents and kids about Halloween safety.

Teachers offered a Halloween-themed necklace-making center and a coloring contest for all ages. More than 35 parents and guardians



**Early Learning cuties don their Halloween duds to seek out candy from tribal departments.**

attended, making it a success!

Congratulations to coloring contest winners Leon House Jr., Coletton Youckton and Gohan Vasquez Valentine.

## Trick-or-treat visits

On Oct. 31, Early Learning children turned into ghosts, goblins and princesses during our annual trick-or-treat extravaganza. Students visited

tribal departments for fun scares and yummy candy.

We are always so thankful for the support shown by tribal departments. Staff members are very kind to spend time handing out candy to our children.

Classroom parties followed trick or treating at Early Learning when toys, candy and laughter were shared.

## FUN

*From page 1*

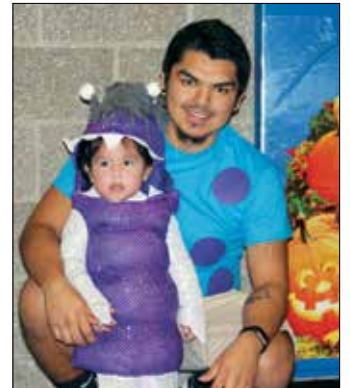
people involved," Philip said. Everyone shared smiles while contestants showcased their costumes. From a ninja to movie character Miss Trunchbull, all ages came dressed to impress.

Participants were split into categories based on age, and judges selected a best costume winner for each group. Those voted best dressed won a gift card.

After dinner and the costume contest, the party moved to the Gathering Room where youngsters enjoyed an evening of dancing. Even some adults couldn't pass up the opportunity to bust a move!

"It was cool to see everyone dance," Philip said.

The celebration concluded on Halloween night with a haunted house and table decorating contest at the Community Center. Again, several hundred people attended and walked away with a yummy bag of candy.



**All ages let their sassiness shine at the Community Halloween Party.**

# Tribal departments update phone systems

The Chehalis Department of Public Safety is updating its telephone system. This is to better serve the Chehalis Reservation and increase the quality of service received when people call.

When you call 360-273-7051 and no personnel are available to accept your call, you will now be transferred to an automated menu to connect to different divisions. An option to hear a complete directory also will be made available.

Calls have been lost during transfers to lines that have changed.

The new automated system allows callers to direct their own calls.

If you would like a direct police response or wish to pass information to a police officer, please call 9-1-1. And the Police Department crime tip line can be reached at 888-646-7407.

## Wellness Center calls

During business hours,

Chehalis Tribal Wellness Center receptionists will still answer calls.

However, if we are assisting other patients or are closed, an automated menu will come up to assist in transferring you to other departments such as pharmacy, dental and eligibility.

You are welcome to leave a voicemail and we will call you back as soon as possible.

Thank you for your understanding as we make this transition!



# Emergency prep can save the day

*Contributed by Calvin Bray, Emergency Management Coordinator for the Chehalis Tribe*

An emergency or disaster can impact you and your family in more ways than you might realize.

I recently spoke with a former employee of Lucky Eagle Casino & Hotel who grew up in Puerto Rico, and most of his family still lives there. He had gone down to attend the funeral of one of his parents the weekend before Hurricane Maria hit the island.

He described the terrible conditions in the storm's aftermath, how his brother narrowly escaped his house carrying only his keys, wallet and one other item before watching the roof get torn off of his home. His sister's family was stuck in her home for days after the storm because of all the downed trees, standing water, power poles and power lines that littered the surrounding streets.

He also spoke about having no cell phone service and not being able to

immediately contact his employers here. He had to take turns with family members standing in lines for nine or more hours just to get essentials such as water, food and fuel for cars and generators.

One of his uncles had also recently passed away, and

among his belongings he found a portable radio with working batteries. The radio helped them find out what was happening from the only radio station still operating in the region. As a result of all of this, he was stuck in Puerto Rico for about a month and was lucky to get a return flight here.

These are compelling reasons why being prepared is so important. Whether it's hurricanes, wildfires or earthquakes, disasters can have long-lasting effects on communities.

A lunch presentation was held Oct. 16 in a vacant tribal rental home with assistance from Chehalis Tribal Housing Director James Guitierrez. The Housing Department provided some of the refreshments.

Educational exhibits were explained by the Tribal Emergency Management and Public Safety Program. Specific steps were shown for how you and your family can become better prepared.

Demonstrations included:

■ **Getting emergency kits** together for home, vehicle and children by Sgt. Jake Dickerson. He explained that who would be using the kit and under what circumstances required different items to



**Calvin Bray shares water storage tips as part of an emergency preparation demonstration.**

be included in each.

■ **Lt. Arick Burnett** discussed the importance of having an emergency food supply. He showed types of foods available for long-term storage and use. He spoke about the differences in ready-to-eat meals and freeze-dried food versus canned food. He also explained issues with special dietary needs and balanced nutrition.

■ **I demonstrated** different ways to store emergency water, such as large water storage containers. I shared how to bottle water using clean 2-liter soda bottles and treating water if it comes from a well. Also, I explained the importance of using and replacing supplies before they expire.

One overlooked source of water that can be used in case of emergencies is found in your home's water heater. Follow these steps to secure drinkable water:

**1.** Determine what type of water heater you have: Most water heaters are powered by electricity or natural gas, which typically has a vent on the top, a pilot light and a gas line at the bottom.

**2:** Turn off the water heater's power source: This step is crucial to ensure your safety.

■ Electric water heaters: Shut off the water heater's power by flipping the correct switch on your electrical panel.

■ Natural gas water heaters: Locate the on/off switch and turn the knob to the pilot setting. Do not turn it completely off.

■ Turn off the water heater's water supply: Locate the water shut-off valve (typically on the top of the water heater) and turn it clockwise until it stops.

■ Let air into the water heater: You can do this by opening the relief valve. Flip the handle so that it sticks straight up or out.

■ Locate the drain valve at the bottom of the water heater and release water from the tank as needed with a container under the drain valve spigot to capture the water. Be careful because the water might be very hot.

## 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

**Main line:** 360-273-5911

**Address:** 420 Howanut Road  
Oakville, WA 98568

**Office:** 360-709-1726

**Fax:** 360-273-5914

### 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

## in brief

### Tribal waste facility renovated

Work on the Chehalis waste facility was completed in early October to give it a much-needed facelift. The changes will reduce the workload when bringing in your house and yard waste. Only tribal members are allowed to use the dump, so make sure to bring your tribal identification. Some waste is not accepted at the site. Please check with the attendant.

The facility is open every day excluding holidays. Hours are 7:30-4 p.m. weekdays and 8 a.m.-4 p.m. on weekends. Contact Facilities Manager Ray Secena at 360-709-9004.

### End of the Trail 2 gets a revamp

Chehalis Tribal Enterprises started remodeling the inside of the End of the Trail 2 (EOT 2) convenience store on Oct. 30 with a plan to wrap up this month. Outside fuel pumps will not be affected. Construction plans include long overdue refurbishing and improvements to bathrooms, coffee and soda fountain counters and hot case and hot dog roller counters. Register areas will get new countertops, the entire store will get new flooring and a walk-in beer "cave" will be installed.

For more information, contact Manny Medina or Chris Klatush at 360-273-1058.

### Wellness Center events

**Podiatry clinic:** Dr. Deborah Behre will be at the Chehalis Tribal Wellness Center from 1-4:30 p.m. Dec. 6, 8 a.m.-noon Dec. 19 and Jan. 9, 1-4 p.m. Jan. 17.

**Monthly Community Walk:** Join others for a fun fitness walk. The walk will begin at noon Dec. 21. at the clinic. If you walk, please sign a sign-up sheet at various tribal office locations.

**Mammogram Clinic:** Service is with Swedish from 9 a.m.-3 p.m. March 27.

### 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 date is Dec. 12. Pickup is at the Chehalis Tribal Community Center from 9:45 a.m.-1:30 p.m.

## STUDENTS OF THE MONTH

### Leticea Romo

**Third grade  
Fort Stevens  
Elementary School**

My name is Leticea Romo. I am 9 years old and go to school at Fort Stevens Elementary School in Yelm. My parents are April and Richard Romo and I have one brother. We like to watch movies and play games.

I love to learn, so I enjoy all of my classes. I think following directions



and not fooling around in class is what makes you a successful student. Always try your hardest and never give up is what I tell other students. I like to be with my family. On nice days, I enjoy riding my bike. I also like to build things with Legos.

After high school, I would like to go to University of Southern California to study art. If I were Chehalis Tribe chairwoman, I would be creative and add more totem poles.

### Haezen Cayenne

**Seventh grade  
Oakville Middle School**

My name is Haezen Cayenne; my friends call me "Nut." I am 12 years old and in the seventh grade at Oakville Middle School. My parents are Minetta Cayenne and Jeremy Klatush and I have two brothers and four sisters. Our family likes to spend time together and have fun!

I like everything about school. Paying attention, listening and turning work in on time is what makes me a



successful student. Do what is asked of you and turn work in on time is what I would tell my peers to do. I like to play outside with my friends and the dogs. I am good at math and playing football.

My plans after high school are to go to college and get a job. I will get there by being on time, respectful and nice. In addition, good grades and paying attention in school will help!

I want to attend a trade school and get a job in construction. If I were the tribal chairman, I would build a skate park.

### Nathan Wittwer

**11th grade  
Oakville High School**

My name is Nathan Wittwer and I am in the 11th grade at Oakville High School. My GPA is 3.28. My parents are Sharon Francis and Wakiza Wittwer and I have two sisters and five brothers.

The most important thing to do at school is to stay focused. My favorite



thing there is the food!

My advice to others would be do not buy a used camera from Goodwill. In my spare time, I enjoy sleeping, eating and playing video games.

I want to attend The Evergreen State College to study art and become a graphic designer. I also would like to load and unload big ships.

If I were chairman of the tribe, I would put a Goodwill on the reservation.

*Contributed by the Chehalis Tribe K-12 Program*