



Honoring our veterans

Dinner pays tribute to service members' sacrifices

Photos, article submitted by Edmund Myer, freelance writer and Chehalis tribal member

Hundreds of veterans and their families filled the Lucky Eagle Casino & Hotel Events Center on Nov. 11 for the Chehalis Tribe's 16th annual Veterans Recognition Dinner to honor those who served in the United States military. Events throughout the evening showed respect and recognition for veterans in the region. The honoring was co-sponsored by both the Chehalis Tribe and the casino. One hundred door prizes and a 45-inch TV were handed out.

See VETERANS, page 4

CHEHALIS TRIBAL VETERANS: Dan "Bones" Gleason, Ted Gleason, Curtis DuPuis, Art Medina, David Bird and Frances Pickernell



Above: Dan "Bones" Gleason, Sr. salutes during the Veterans Recognition Dinner.



Below: Nancy Romero gives Curtis DuPuis a beautiful handmade gift.



Legacy role an honor for elder

Indigenous women connect to provide leadership, strategy

Contributed by Chehalis Tribal Elder Yvonne Peterson

The Evergreen State College Longhouse hosted a dinner on Nov. 11 to honor members selected to be Legacy Leaders.

The Spirit Aligned Leadership Program chose eight indigenous women from the United States and Canada for an inaugural circle of Legacy Leaders. Elder Yvonne Peterson of the Chehalis Tribe is among them. The women will serve a three-year commitment with the balanced goal of empowering and impacting individuals to increase both their personal

See LEGACY, page 3



Chehalis Tribal Elder Yvonne Peterson has been selected to serve as a Legacy Leader.

Members of Chehalis Tribe's Facilities and Infrastructure Department were on hand at the Annual Meeting to provide information.



Meeting sums up business

The Annual Meeting for Chehalis tribal members was held Nov. 4 in the Community Center. The day's agenda was set to update folks on the tribe and business investments for the year.

It is a long day filled with much information. Breakfast, lunch and snacks were provided to tribal members. Raffle items were donated with drawings at break times.

The main gym was filled with wall-to-wall tables. Tribal members came to keep up with current tribal business. Each manager from Chehalis Tribal Enterprises shared successes

and drawbacks of their prospective business:

Lucky Eagle Casino – CEO Lisa Miles

Great Wolf Lodge – General Manager Nadine Miracle

Chehalis Tribal Enterprises – CEO David Burnett

Treasurer's Report – Treasurer Shoni Pannkuk

In the Gathering Room, program directors and staff shared with tribal members information about resources available to assist them. Surveys were available to fill out. This earned an extra raffle ticket to win other prizes from various departments.

New Great Wolf Lodge GM

Nadine Miracle was appointed General Manager of Grand Mound Great Wolf Lodge on Aug. 21. She transferred from the

Pennsylvania Poconos Great Wolf Lodge where she began her employment 10 years ago as a front desk agent. Through

the years, she also served in many other capacities at GWL – director of housekeeping, restaurant manager, director of retail and assistant general manager.

She has a degree in hotel restaurant and tourism business management.

Nadine's husband, David, and their two sons, Cooper and Clay, moved across the country with her.

"Hard work, a smile and a positive attitude will take



Nadine Miracle

you a long way in your career development," Nadine said. She believes in "servant leadership," which means you work for your team to be successful and that you must treat everyone with respect.

Working at Grand Mound is unlike any other place to work because our business is to make people happy.

Nadine also would like Grand Mound GWL to be the employer of choice. "We work hard but have fun while we do it," she said.

The goal of the pack at Grand Mound GWL is to be the destination of choice for family vacations. We want to stay on the forefront of hospitality. Our purpose is to bring joy to families.

Nadine introduced herself to the tribal community at the Annual Meeting in November and at the Health Fair. She also planned to have a table at the Christmas Party on Dec. 17.

Lucky Eagle Casino chief of operations on the job

Contributed by Lisa Miles, CEO of Lucky Eagle Casino & Hotel

JaNessa Bumgarner has been named the new Chief Operating Officer of Lucky Eagle Casino & Hotel effective Dec. 4.

JaNessa has worked at Lucky Eagle for more than 13 years.

She started out bussing tables and quickly advanced through progressively more responsible positions in various departments.

The past three years, JaNessa has served as director of hotel operations, where she played a key role in the hotel merger in 2014 and adapted to the quickly changing atmosphere. JaNessa brings a wealth of experience as Chief Operating Officer.

"I am so excited to have JaNessa in this new role. She has experience working at other renowned properties such as Portland Marriott

Downtown Waterfront, Quinalt Beach Resort & Casino and Great Wolf Lodge. I am confident she will further enhance our future success," said Chief Executive Officer Lisa Miles.

JaNessa graduated from Centralia College and completed her hospitality degree at the University of Nevada in Las Vegas. She enjoys visiting Portland, watching movies, reading, traveling and spending time with friends and family. Mostly, she enjoys spending time with her 3-year-old daughter and dressing her up as an adorable little pineapple and Amelia Earhart.

"Thank you everyone for the kind words and encouragement. I'm very honored to be selected for this position. This is an incredible opportunity, and one that I'm fortunate to share with family, the Chehalis Tribe and Lucky Eagle Casino & Hotel. Again, thank you to everyone who has helped me along the way. I'm lucky to be surrounded by such a supportive community," JaNessa said.



JaNessa Bumgarner



LEGACY

From page 1

and public sustainability.

Legacy Leaders are connected knowers, co-creators empowered to identify their values, inherent purpose and experiences in self-determined ways for the sake of their people, communities and the sustainability of meaning of the worlds they hold up.

“Legacy Leaders are found among the elder women who have stood up for generations of our peoples by living and creating effective practices that braid the symbolic dimensions of indigenous ancestral wisdom and cultures into the contemporary life of our families, communities and nations. We seek to honor and empower the authentic character, knowledge and trajectory of our living elder women – a source of leadership and strategy for our future generations,” said Katsi Cook, Director of the Spirit Aligned Leadership Program.

The inaugural circle of women will meet twice a year to strategize on ways to inspire and impact a larger, more public audience across interrelated focus areas.

Commitment to culture

Yvonne Peterson “Too Nee Mu Sh,” from an essay she submitted as part of the selection process said, “When I think of my village at Oakville, WA – Oak-a-ville tribal people say... I think of the ‘50s, ‘60s, ‘70s) Chehalis did not have money. We experienced poverty, social/economic deprivation and the consequences of limited resources. We held bingo night, craft sales, raffles and wrote grants to sponsor cultural family events on the reservation.

Hazel Pete, besides serving on the Chehalis Business Committee, was elected to the local PTA and traveled to Spokane for a state meeting. The people to pay her way raised cash... The Chehalis are resourceful, hard working, have an ability to find humor



Legacy Leaders will work to promote tribal values and culture.

Photos contributed by Melissa Ponder/Evergreen Longhouse

in daily events and an ability to reframe situations, optimistic, willing to help others, have faith/spirituality, social supports and they have an ability to face fear and the unknown. These are the ways I think of my people.

The Chehalis, like other tribes, were confronted early on with survival. White man diseases were decimating the few Chehalis families remaining on the reservation in the early 1900s. Boarding school for some of our children meant the difference between living and dying. Tuberculosis was a disease that forced Harriet and Frank Pete to send their children to boarding school.

Colonization and assimilation was the reality over a 50-year period and continues today. Our tribe was resourceful and it made a difference that we worked alongside white people in the few jobs that were available. But unemployment and under-employment was what Chehalis men faced. Our land is prairie land and our rivers are free-running and healthy, so we could always feed our families. We had indigenous food and animals on the land, timber for firewood and canoes to get to town. Hard times for many generations.

Today, we weigh decisions about economic development in terms of how will it benefit the people? How will it allow the Chehalis to reclaim cultural arts, traditions, language and protocols lost to the Chehalis? Actually, our people say ... the cultural traditions have been sleeping and now we are waking them up!

I could be talking about the women – Nora Naranjo Morse, Lillian Pitt, Charlene Krise – receiving honors when I say about myself: I model hard work, perseverance and a steadfast commitment to reclaiming cultural art traditions. I persevere through all the times people, teachers, agencies and government officials have said “no.” I persevere through times when laws and policies were meant to hold the Chehalis Tribe back. I persevere through the illogic of public schools to assimilate tribal people into “white” people.

Today, my daughters, grandchildren and great grandchild live in rapidly changing times. My husband and I voice concern and model for them that they have the obligation to provide for each other and for the needs of future generations. They have the significant responsibility to make plans, give voice to the vision and provide

‘I model hard work, perseverance and a steadfast commitment to reclaiming cultural art traditions.’

– YVONNE PETERSON

the political/social/spiritual groundwork for the seventh generation from now. They know this because we talk about it. They know within their lifetime, their action and “stand” is important.

This opportunity to join the Spirit Aligned Leadership Program for three years is a timely experience for taking care of myself by joining a group of extraordinary women to share the past, our present and talk about the future.

Friendships will be a major outcome. I’m looking forward to the belly laughs. I think laughing is actually a demonstration of the hysteria that must be part of our lives: pain, hurts, sorrow, unmet expectations, hopes, dreams, family, the world around us.

So, to choose to live, we are able to do the possible – see the irony, the paradox and the joy, see the humor in it all and then we laugh. If we acknowledge, “they have our butts against the wall again...,” we laugh because the wall is stone and in fact Mother Earth. We have a force greater than ourselves behind us.”

Beautify your yard

Chehalis tribal member business offers services to those who need work done around their homes

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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).



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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



Clockwise from left: Chehalis Tribe veterans bring in the colors to start the ceremony. Elaine Miles, MC Jake Dickerson and Nancy Romero provided some of the evening's highlights. Madoleen Goddard sings the National Anthem.

VETERANS

From page 1

The ceremony started with the Posting of Colors by tribal veterans and the Pledge of Allegiance led by Chehalis Tribal Royalty.

After 10-year-old Madoleen Goddard sang the National Anthem, Chehalis Tribe Chairman Harry Pickernell Sr. welcomed everyone.

Veteran's Day Committee Chairwoman Nancy Romero and numerous volunteers worked hard to bring this showing of gratitude to fruition. Nancy said this wouldn't be possible "without the hearts and dedication of volunteers."

Jake Dickerson, Chehalis Tribal Community Resource Officer and member of the Chehalis Tribal Law Enforcement Program for 21 years, volunteered as master of ceremonies. He also wanted to acknowledge the generous amount of help they received from volunteers. "A lot of people put their own personal time into it," Jake said.

Chehalis tribal community members helped prepare the free salmon dinner. Shawn Ortiz, Hector Canales and Tony Youckton prepared and donated more than 25 salmon.

The Chehalis Canoe Family joined the Song Birds Coastal Salish to provide entertainment during dinner with traditional coastal Salish songs.

The keynote speaker was Elaine Miles, who is of Cayuse/Nez Perce ancestry. She was born in Pendleton, Oregon, and lived on the Umatilla Indian Reservation in eastern Oregon until age 3. Her family then moved to Renton, Washington, where her father was a Boeing machinist. She learned many traditional skills in her youth – storytelling, beading, pottery and weaving. She also is a prize-winning traditional dancer. As one of the first Native American actresses, Elaine might be more commonly known for her



role as Lucy in the film "Smoke Signals" in which she plays in the scene with the car riding backward and her character Marilyn Whirlwind in the television series "Northern Exposure." Everyone enjoyed listening to her personal experiences as the single mother of a marine.

Phil Krimbel (Jug) of Montesano served four years in the United States Air Force and has attended the event for more than eight years. Krimbel said his favorite part is the pleasure of meeting other members of the military. "It kind of makes your day," he said.

At the end of the evening, Tamara Marlowe sang "America the Beautiful," tribal veterans performed the Retiring of Colors and Marie Bird led the closing prayer.

Chairman Harry Pickernell Sr. gave all the guests dog tags to remember the appreciation event.

A resource for veterans

Contributed by Kirk Larson Social Security Washington Public Affairs Specialist

Supporting veterans and active duty members of the military is a key part of Social Security's mission. Our disability program has helped countless wounded warriors and their loved ones.

For those who return home with injuries, Social Security is a resource they can turn to for disability benefits.

Social Security's website for wounded warriors has answers to many questions and provides other useful information about disability benefits, including how veterans can receive expedited processing of disability claims. Benefits available through Social Security are different from those available from the Department of Veterans Affairs; they require a separate application.

Even active duty military personnel who continue to receive pay while in a hospital or on medical leave should consider applying for disability benefits if they're unable to work because of a disabling condition.

SOCIAL SECURITY HELP

Go to [socialsecurity.gov/woundedwarriors](https://www.socialsecurity.gov/woundedwarriors) or [social security.gov/people/veterans](https://www.socialsecurity.gov/people/veterans).



Participants learn the proper techniques to build fishing poles.

Class teaches art of rod building

The Heritage & Culture Program sponsored a fishing pole building class Oct. 12-13. The course was held in the Fisheries Building where 10 participants worked to gain the necessary knowledge and experience to build a fishing rod. This is a train-the-trainer class, and they will be required to help teach 30 others.

Instructors John Doumit and Doug Martin of JD Instructional Services patiently demonstrated all stages of construction. All supplies were provided and instructions were crucial to create a beautiful fishing pole. It takes a lot of focus

SIGN UP

Interested in attending a fishing pole building class? Contact Lynn Hoheisel at **360-709-1748**. Classes are filling up fast. Watch for flyers and check Facebook.

and time to construct it properly.

It was amazing to watch students work. Making a fishing pole has many aspects that one might overlook. Paying attention to small details is crucial in the final construction of the

rod. If it isn't done right, a fishing trip might end earlier than you want.

From novices to expert fishermen, it is a time-honored tradition to head out to the water. As class wrapped up, participants planned to go test their handmade fishing rods. It makes your heart soar knowing you will catch fish with a pole built with your own hands. What a treat to spend a day yelling "Fish on!" and hopefully landing a beautiful fish for dinner.

Sign-up sheets are available for classes offered by the Heritage & Culture Program!

Elders Bazaar a big success

The Elders Bazaar was held on Dec. 2 at the Lucky Eagle Casino & Hotel Events Center. Many vendors came to offer their crafts to hopeful buyers. The event provides the perfect chance to find a unique gift for someone special on your list. The room was packed with vendors who spent time discussing their items with buyers.

"I absolutely look forward to each year for the Chehalis Elders Bazaar! When I see our elders bustling around, it reminds me of growing up with Maggie and Johnny Benn, Nancy Secena, Lillian and Leonard Young, Elsie

Simmons, Lillian Heck and my mom (Hattie Pikutark) rustling and bustling around taking care of the kitchen and our visitors," said Chehalis Tribal Elder and vendor Elaine MCloud.

Elders provided a variety of food to select from for those who wanted to take a break. They also had a raffle going throughout the day. Vendors donated many of the items. Great job to all of those who gave their time to ensure another successful bazaar.

The gift-buying extravaganza is always on the first Saturday of December.

Hope to see you next year!



CONTACT US

If you'd like to secure a table for next year, contact Elders Bazaar Coordinator Trudy Marcellay at **360-888-5808**.

Customers look through vendors' items at the annual Elders Bazaar on Dec. 2.

HEALTH/ WELLNESS

Traditional foods nourish us

Class participants prepare healthy treat

Food is a gift. From autumn fish runs to spring camas prairies to summer huckleberry meadows, seasonal foods connect us with the land. Imagine walking through the grocery store with your great grandparents. What would they recognize as food?

We are blessed to have food-rich land outside our doors. Wild foods are the most nutritious and flavorful we can find.

During the traditional foods class Nov. 14, we shared a

meal that was blessed by many hands.

Kimberly Miller, a Skokomish tribal member, brought elk meat and soup with salmon and camas to share.

Cooking is a time to offer respect to the plants and animals that gave their lives to nourish us. It also is an opportunity to honor our culture and the people with whom we share food.

As a group, we made wild berry crisp and discussed other delicious foods.

Instructor and native foods specialist Elise Krohn provided recipes.



The November traditional foods class offered recipes and guidance on using wild foods to create smart meals and snacks.

Wild Berry Crisp

This tasty dessert boasts antioxidant-rich fruit and is topped with heart-healthy oats and nuts. It can go straight from the freezer to the oven.

INGREDIENTS

Filling:

6-8 cups of berries (strawberry, huckleberry, blackberry, blueberry or a combination)
 ½ cup of honey, maple syrup, xylitol or sugar
 2 tablespoons corn starch or ¼ cup all-purpose flour
 1 teaspoon lemon zest or two teaspoons lemon juice

Topping:

½ cup all purpose flour or barley flour
 1½ cups rolled oats
 ½ cup chopped walnuts
 ½ cup chopped hazelnuts
 2 tablespoons butter
 ½ cup honey, maple syrup, rice syrup or sugar
 1/8 teaspoon sea salt
 ½ teaspoon cinnamon

Preparation: Preheat oven to 375 degrees. Mix the filling ingredients and spread evenly in a 9- by 12-inch baking pan. Roast flour, oats and chopped nuts by stirring them in a dry skillet over medium heat until they are heated through and are just beginning to brown. Remove from heat and place in a bowl. Heat butter and honey, then pour over the dry mix. Add salt and cinnamon. Mix well and drop evenly over the berries. Bake for 30-40 minutes or until the berries bubble and the topping is crisp.

Cook time: 1 hour. Serves: 8-10

Contributed by Elise Krohn

Salish Snack Mix

To stay strong and keep our energy high, we need foods that are rich in diverse nutrients including vitamins, minerals, protein, carbohydrates and good-quality fats. This snack mix is similar to pemmican, a food that is eaten during physically demanding times including traveling, hunting or gathering. You don't need to eat much to feel satiated – about ¼ cup is a nice portion size. Many of these ingredients can be purchased in bulk, and you can cater the recipe to your own specific flavor preferences. Nuts are healthier when they are eaten raw, but their unique and delicious flavor comes out when they are roasted.



INGREDIENTS

Dried fruit: blueberries, cranberries, salal, currants, plums, raisins; you can try all kinds of combinations

Nuts: hazelnuts, walnuts, almonds

Seeds: pumpkin, sunflower

Preparation: If you choose to roast the nuts, place them on a cookie sheet in the oven at 300 degrees. Watch them carefully and remove them once they start to brown and smell roasted. Blend all ingredients together. Store in a cool, dry place. You also can sprinkle this mix on salad or add it to hot cereal.

Contributed by Elise Krohn

Quick Salmon Chowder

This hearty chowder is sure to be a crowd pleaser and can be made quickly with canned or smoked salmon.

INGREDIENTS

3 slices of bacon, diced
 ½ medium yellow onion, diced
 1 clove garlic, diced
 3 green onions, chopped
 3 red potatoes, diced
 3-4 cups low sodium chicken stock
 12-ounce jar canned sockeye salmon (can also use smoked salmon)
 1 cob of corn, shucked (or substitute 1 cup frozen corn)

Preparation: In a large soup pot, sauté bacon until just crisp, about three minutes. Add onions, garlic and green onions and continue cooking until onions turn translucent in color. Add in potatoes and chicken stock; bring to a boil for a few minutes. Lower the heat, keeping soup at a simmer for 10 minutes. Add salmon and corn and cook an additional 8-10 minutes. Serve hot.

Cooking time: 30 minutes.
 Serves 6

Contributed by Louie Ungaro, Muckleshoot Tribe

in brief

CTWC events

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

Diabetes Clinic: With all three providers from 8 a.m.-4 p.m. Jan. 18. Diabetes patients need to have labs, medicine review, physical, URCA, foot exam and diabetes eye exam done yearly. This is a one-hour appointment. Make an appointment by calling 360-273-5504.

Monthly Community Walk: Join others for a fun fitness walk. The walk will begin at noon Jan. 18, 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 Jan. 17. Pickup is at the Chehalis Tribal Community Center from 9:45 a.m.-1:30 p.m.

Diabetes eye health addressed

Specialist says yearly exams are important

Contributed by Christina Hicks

Dr. Jane Myung, a retina specialist at Clarus Eye Centre, gave a PowerPoint presentation on diabetes eye care in honor of National Diabetes Awareness Month at 5 p.m. Nov. 21 at the Chehalis Tribal Wellness Center.

Dr. Myung specializes in the care of all vitreoretinal diseases including age-related macular degeneration, ocular complications of diabetes, retinal vascular disorders and the repair of retinal tears and retinal detachments.

Even though it was a small group, everyone who attended the presentation has diabetes.

Dr. Myung explained the importance of having a yearly dilated eye exam. She also

CONTACT US

If you are a diabetic patient at the Chehalis Tribal Wellness Center and haven't had your annual diabetes eye exam, please contact your health care provider or Diabetes Licensed Practical Nurse Sandra Dickenson at **360-709-1660** for a referral.

talked about diabetic eye complications and treatments. The presentation spurred many questions from attendees.

Clarus Eye Centre gave free incentives to the group. The SDPI-CD Program provided a healthy meal of navy bean soup, wheat rolls and fruit. They also offered incentives for diabetic patients and a raffle for those who attended.

7 tips to fight off a cold, flu

1. Cough or sneeze into your elbow.

2. Wash hands often, especially after blowing your nose or coughing. Proper hand washing uses warm water, soap and scrubbing for at least 20 seconds.

3. Disinfect common surfaces such as countertops, phones, computer keyboards, faucets and doorknobs often. Viruses can survive on surfaces for several hours.

4. Eat a balanced diet with a lot of fruits and vegetables; get plenty of rest and exercise to keep your immune system in

good shape.

5. Know the difference between cold and flu. The flu generally comes on strong with severe symptoms including fever, sore throat, chills, body aches, cough, runny or stuffy nose, diarrhea, vomiting, headache and fatigue. A cold might have the same symptoms but they will not be as severe and do not usually last as long.

6. Everyone 6 months and older should get a flu shot.

7. Help protect infants by getting people around them vaccinated against the flu.

Clinic offers hearing test device

The Chehalis Tribal Wellness Clinic has a new otoacoustic emissions hearing screener. The device can be used on patients of all ages to detect hearing irregularities. It will give health care providers more accurate results than previous screening tools.

The OAE screener sends sound into the ear and reports what the ear is hearing through cochlear vibrations.

All nursing staff are being trained to use the device and look forward to providing this service to the community.

Thank you, Denise Walker

WIC THROUGH SPIPA

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

NEXT DATE: 9 a.m.-3 p.m. Jan. 4 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 house	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

FAMILY

Clinic protects pets

Story and photos contributed
by Animal Control Officer
Brennan Stoelb

It was a busy morning at the Chehalis Tribal Community Center when 39 dogs and one cat came to the Nov. 11 Vaccination Clinic!

Good Neighbor Vet arrived in their van just before 10 a.m. Within a few minutes, they were set up and the veterinarians were ready to see their first patients.

Rez Animal Resources & Education provided funding for each pet to receive an exam and one vaccination. Collars, leashes, pet food and other goodies were given away. Also, each pet received a 2017-18 Chehalis Tribal Pet License!

Thank you to everyone who attended the clinic and to Good Neighbor Vet for coming to the community. A big thank you to Rez Animal for funding vaccines and attending the event!

Good Neighbor Vet is a

CONTACT US

If you need to license your pet, please contact Animal Control at **360-709-1602**. Rez Animal Resources & Education is a nonprofit animal organization that can assist in getting pets vaccinated and spayed or neutered. Call **253-370-6392** or go to **rezanimals.com**.

For pet medical assistance, contact Ford's Prairie Vet at **360-736-0212** or Scatter Creek Vet at **360-273-5908**.

mobile vaccination clinic that provides low-cost exams, vaccinations, microchipping and preventative medication. The mobile clinic is at the Chehalis Petsense the second and fourth Saturday of each month from 9:30-11 a.m. No appointment is needed.



Dozens of community members brought their companion animals to the mobile Vaccination Clinic at the Community Center on Nov. 11.

Thank you for your support during a difficult time

Editor's note: The following letter is appearing in original form with no editing by Chehalis Tribal Newsletter staff.

A message from June Tiny Jones to the Chehalis tribal community:

On November 8th, Tiny Jones (Chehalis Tribal Elder),

laid to rest her beloved husband Gerald "Jake" Jones. During his life, Jake inspired so many. He was a leader and an educator, a mentor and a friend. A person who lived with passion and purpose. He was a voice of reason, comfort, and, sometimes, dissent when it was needed the most.

To: Chehalis Tribe and Tribal Elders

You have shown much love to me and my family during the loss of my husband, Jake Jones.

My family and I can't thank you enough for all the support from the Chehalis Tribe. It means so much that

many of you attended Jake's funeral. It shows the love we have for one another. It made me cry tears of humility and appreciation when the tribe closed its doors the day he passed. We love you too and God bless you all.

*June (Tiny) Jones
And family*

Help kids in our community by becoming a foster parent

If you'd like to become a valued provider, we are here to guide your path

*Contributed by Foster Care Coordinator
Melanie Hjelm*

What is foster care? Do I want to be a foster parent? What are the steps I need to take to foster a child?

There might be multiple questions that come to mind when you think of what foster care is and what you need to do to become a licensed foster parent in your community.

Good news! I am here to answer questions you have about foster care. I will guide you through the steps you need to take to get licensed and to become a valued foster parent.

There are three types of foster care licenses to choose from:

General license: You provide care for children from weeks, months to a year or more; it just depends upon the birth family's needs and situation.

Respite care: You provide care for other foster care providers so they can take a break from the responsibilities of day-to-day care giving.

Emergency license: You receive children when they are in need of



CONTACT US

If you would like to become a foster parent or just have questions, come see me in my office. My doors are open to you. Please contact me at mhjelm@chehalistribe.org or 360-709-1632.

immediate placement and there are no available homes for them to be placed in at that time. You care for the children in your home for a short period until another home is found.

Happy holidays!

5 steps to get a flawless floss

Use this guide to learn how to properly floss your teeth every day:

1: Break off 18 inches of floss and wind most of it around your middle finger. Wind remaining floss around the same finger of the opposite hand. This finger takes up dirty floss.

2: Hold floss tightly between your thumbs and forefingers.

3: Guide floss between your teeth using a gentle rubbing motion. Never snap floss into the gums.

4: When the floss reaches the gum line, curve

it into a C shape against one tooth. Gently slide it into the space between the gum and the tooth.

5: Hold floss tightly against the tooth. Gently rub the side of the tooth, moving floss away from the gum with up and down motions. Floss all teeth, including the back of your last tooth.

Talk to your dentist about oral care products that will be most effective for you.

Look for items that show the ADA Seal of Acceptance.



A letter to the chief

Editor's note: The following letter is being rerun at the request of the author. It is appearing in original form with no editing by Chehalis Tribal Newsletter staff.

Few people ever get an opportunity to set foot in a police uniform. Even less get to see a promotion and fewer still ever reach the rank of Chief of Police. This rank marks a life's achievement. A symbol of dedication and service to those who have taken the Oath to Protect and Serve. A culmination of a life time of holidays and birthdays missed due to being on a scene, anniversaries skipped as they where needed at the station, vacations canceled, countless phone calls and emails, late nights, early mornings, long hours, and never ending days.

A Chief of Police is never off duty and always expected to have the answer. A guiding hand for his department, a voice of reason within the community, passionate about their duties and the ability to inspire and uphold others.

When a Chief of Police decides the time for retirement has come their way, it is a capstone to a life lived in dedication; deserving of respect and honor. A life marked by service. Gone are the days of running call to call, but stored away are the countless investigations. The only thing left by a Chief of Police is their Legacy which is marked in each officers uniform, each supervisors report, and in the memory of every community member helped. As the meetings fade and the number of phone calls diminish, a time of reflection on a life well-lived a life that was impactful, inspiring, influential, and truly world changing begins.

I am honored I get to write a letter 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 which I am now honored to serve. A guiding hand to me. A man to coach me when needed and correct me as well. I can honestly and in full faith state that me and many like me would not be in their current place in life without his influence.

It is with a mix of joy and sorrow that I get to announce the retirement of Chief of Police Ralph Wyman. He has faithfully served the Law Enforcement community for nearly four decades and has served the Chehalis Tribe for 28 years. We will remember and honor Ralph's dedication to the Chehalis Tribe and surrounding community, along with many others that 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*

Early Learning enjoys fall feast

Friends and families gather to share Thanksgiving dinner, make memories

Chehalis Tribal Early Learning hosted a Thanksgiving feast on Nov. 16 at the Community Center. The dinner was filled with community togetherness and fabulous food.

This year was particularly special because many elders, community members, parents and staff from several Chehalis tribal departments lent a hand to ensure the evening's success.

The kitchen was buzzing with activity and it was amazing to see so much generosity and kindness at work! The overall enjoyment of the evening was

demonstrated by the smiles on attendees' faces.

Such an undertaking is reminiscent of gatherings past in which people would work together to cook a large meal from scratch and take pleasure in the fruits of their labor with family, friends and neighbors from communities near and far. It is an important part of who we are. When there is a need, the community provides.

Our program would like to thank everyone for the donations, resources and time given to this wonderful dinner. We truly appreciate all of the hard work that made this event possible.



Many community members and tribal departments contributed to make Chehalis Tribal Early Learning's Thanksgiving celebration on Nov. 16 a delicious success.



DECEMBER BIRTHDAYS

BIG CHANGES ON BIRTHDAYS PAGE!

The Chehalis Tribal Newsletter is changing how we feature birthdays by printing the list a month early.

Because of this, the January 2018 newsletter will feature two months of birthdays.

If you have a birthday submission for January or February, please email your photo to fshortman@chehalistribe.org.

This change will greatly enhance birthday page contributions and highlight community members and wishes from loved ones in a more timely manner.

1
Joshua Chum
Ruben Chum
Justin Karl
Derrick Klatush
Natasha Moore
Raven Thrailkill

2
Victoria Flores
Aaron Youckton

3
Hunter Ortivez
Madyson Pickernell

4
Leah Secena
Alexa Strawder

5
Nancy Black
Zachary Hofstetter
Andrea Robertson

MICHAEL SIMMONS: Happy birthday from your Mother, sister, brothers and nieces and nephews.



JEREMIAH JONES-BAKER and LAELA BAKER: Happy 14th birthday to our handsome JJ and happy 12th birthday to our sweet Laela, love, Sissy, Dad and Mom.

6
James Seymour

7
Nathan Patterson
Jacob Secena
Kirsten Secena
Jerry Youckton

8
Marie Bird
Samuel Starr-Wright

9
Monica Lopez

10
Alyssa Fern
Jason Lyons
Rebecca Youckton-Legg

11
Phillip Bush
Randi Robertson
Roberta Youckton

12
Mary Weber

Lauren Youckton

13
Kaileen Bray
Jasmine Esparza-Klatush
Melanie Hjelm
Crystal Jones
Adam Medina
Rebecca Potter

14
Chase Beckwith
Anthony Olney
Eugene Ortivez

15
Libby Penn

16
Loren Klatush
Kindra Youckton

18
Juliet Kramer

19
Jeana Nyland
Anthony Soeby
Mia Soeby



DYANI CAYENNE: A big shout-out to you! We would like to wish you a happy birthday! It's hard to believe you are going to be 11 on Dec. 30. Love you, Grandpa Don and Grandma Mary and all of your family.

MORE WISHES

REBECCA YOUCKTON-LEGG: I want to wish you a very happy birthday, love your Gramma and family.

KLY MEAS III: Happy birthday to my No. 1 Da Turd, love Gramma Anna Hill.

JASON LYONS: Happy 40th birthday. Have a marvelous day. Love you always, Paula and NormaRaye.

JASMINE KLATUSH and SAMUEL STARR: Happy birthday to you both, with lots of love, huggz

and kisses from moms and dads, Gramma and Papa and the rest of the family.

KONER BURNETT: Happy birthday. May your day be as awesome as you are! Love Mom, Grandma, aunties and uncles!

MELANIE HJELM: Happy birthday beautiful. Much love!!! Auntie lova, lova, lova you. I hope your birthday is as wonderful as you are! Happy birthday cuz, <3

20
Jonah Brown
Glenda Comenout
Justin Irizary

21
Craig Burns
Michael Simmons

22
Allison Goldman
Jeremiah Jones-Baker
Braden Yawn

23
Shania McCloud

24
Laela Baker
Shawn Goddard
Elijah Revay

25
John Bird

Ashton Boyd
Ella Camp
Kim Starr
Bladen Zahner

26
Yvette Fulton
Helen Sanders

27
Rachel Cortes
Richard Hill
Katelyn McCloud
Kly Meas III

28
Edmund Myer

29
Koner Burnett
Lana Cosman

30
Dyani Cayenne
Roseabell McAllister
Joshua Sanchez

31
Lance Burgess
Cayden Klatush
Keira Rosado



ROSEABELL MCALLISTER: Happy birthday from your family on the Rez! Jodie, Fred, Carlos, Daphne, Dylan and Rita.

Is it Medicare or Medicaid?

*Contributed by Kirk Larson Social Security
Washington Public Affairs Specialist*

Many people have a difficult time understanding the difference between Medicare and Medicaid. Medicare is the national healthcare program for ages 65 or older and the disabled. You pay for some Medicare expenses by paying the Medicare tax while you work. The Centers for Medicare & Medicaid Services is the agency in charge of both Medicare and Medicaid, but you sign up for Medicare A (Hospital) and Medicare B (Medical) through Social Security.

If you're already receiving Social Security retirement benefits when you reach age 65 or are in the 25th month of receiving disability checks, we will enroll you automatically.

Medicare Part C (Medicare Advantage) and Part D (Prescription Drug) plans are available for purchase in the insurance marketplace. Social Security administers a program called Extra Help to help people with low income and low resources pay for premiums, co-pays, and co-insurance costs for Part D plans.

Each state runs their own Medicaid program under guidance from the Centers for Medicare & Medicaid Services. Medicaid offers care for the most vulnerable among us. While it does not require paying taxes while working, it does have guidelines about how much income and resources you can have to qualify. Medicaid provides coverage for older people, people with disabilities, and some families with children. Each state has its own eligibility rules and decides which services to cover. The names of the Medicaid program might vary from state to state.

SOCIAL SECURITY HELP

The Centers for Medicare & Medicaid Services publishes Medicare and You at [medicare.gov/medicare-and-you/medicare-and-you.html](https://www.medicare.gov/medicare-and-you/medicare-and-you.html). It is a user's manual for Medicare. You can apply for Medicare at [socialsecurity.gov/medicare](https://www.socialsecurity.gov/medicare). Read about each state's Medicaid program at [medicaid.gov/medicaid/by-state/by-state.html](https://www.medicaid.gov/medicaid/by-state/by-state.html). You can find each state's Medicaid contact information at [medicaid.gov/about-us/contact-us/contact-state-page.html](https://www.medicaid.gov/about-us/contact-us/contact-state-page.html).

STUDENTS OF THE MONTH

Amara Penn

**Fourth grade
Grand Mound Elementary**

Amara Penn is in the fourth grade at Grand Mound Elementary. She is the daughter of Jenée Burnett and Dan Penn and has one brother and one sister. She enjoys going places with her family.

She says the best part about school is lunch. She feels she is a successful student because of her special



abilities in reading and math. Her advice to others is to listen to the teacher and pay attention 24/7.

Outside of school, she likes reading, coloring, eating and playing soccer.

When Amara graduates high school, she wants to go to Harvard or the University of Washington to be a veterinarian.

If Amara were Chehalis Tribe chairwoman, she would be nice to everyone and kids would only have homework two days a week.

Rita Burke

**Seventh grade
Rochester Middle School**

Rita Burke is in the seventh grade at Rochester Middle School and has a 3.52 GPA. She is the daughter of Daphne Smith Burke and has four brothers, one sister and three cats.

Rita likes hanging out with friends and playing in band. She is a successful student because she turns in her homework and pays attention. Her advice for other students is to stay in school to be successful.



Rita is the seventh grade Associated Student Body representative for her class. She enjoys playing the trumpet in her school's band and fast pitch. When she lived in Alaska, Rita was in karate and gymnastics and on a swim team. Rita likes to sleep, eat and visit her friend Dyani.

When she graduates high school, Rita will attend Central Washington University to become a band director.

If she were chairwoman of the tribe, Rita would build a teen center so they have a place to go where the little kids can't bug them.

Cameron Snell

**10th grade
Oakville High School**

Cameron Snell is in the 10th grade at Oakville High School and has a 3.81 GPA. He is the son of Eli and Melanie Snell and has three brothers. Cameron likes to out to dinner and the movies with his family.

He likes to see his friends on a



daily basis. Cameron feels he is successful because he pays attention and finishes his work. His advice for other students is to do your work and turn it in on time.

Cameron likes to play video games with friends.

After he graduates high school, Cameron wants to attend college to study business.

If Cameron were chairman of the tribe, he would improve the tribe's infrastructure.

Contributed by the Chehalis Tribe K-12 Program