



September 2018 ▲ HISTORY, HERITAGE AND RESOURCES AT CHEHALISTRIBE.ORG

The best medicine

Plants provide tasty healing benefits

page 6



Safety Department grows

3 new officers proudly sworn into office

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A walk for hope, help

Chehalis community raises awareness for suicide prevention

After the Chehalis Tribal Health Fair wrapped up on Sept. 18, community members met at the Gathering Room of the Community Center to participate in the annual Suicide Awareness Walk.



The event is sponsored by the Chehalis Tribe Tsapowum Behavioral Health

Department and is in honor of National Suicide Prevention month.

After an opening prayer, tribal member Akasha Slighte shared a heartfelt poem about her brother who died by suicide.

See WALK, page 12



Members of the Chehalis Tribal Public Safety Department provided information at the Health Fair.

Fair promotes good health

Clinic, vendors offer wellness and safety resources with valuable tips

Fifty vendors took part in the 2018 Chehalis Tribal Health Fair on Sept. 18 at the Community Center.

The Health Fair is an event for the tribal community that gives Chehalis Tribal Wellness Center staff an opportunity to explain the services that they offer. Other health specialists from various organizations across the region also took part in the event.

As the tribe continues to

grow, the Wellness Center is growing right along with it. Throughout the afternoon, new staff members took the opportunity to introduce themselves to the community.

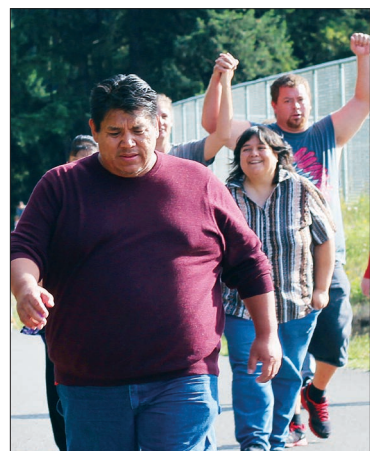
They shared details about new services, which have more to do with chronic diseases and treatment. The clinic has a new hepatitis C program and is making efforts to enhance the diabetes program to better

serve patients.

Chehalis Tribal Wellness Center Director Denise Walker explained that part of helping people with a chronic disease is figuring out what works best for each individual.

Specific treatments might work for some but not others. The department has new providers looking at innovative

See HEALTH FAIR, page 11



Participants in the eighth annual Suicide Awareness Walk take healing steps.



PUBLIC SAFETY

New additions to police, corrections

Officer Burnett looks forward to serving his own tribe

The Chehalis Tribal Public Safety Department welcomed two new police officers to the force on Aug. 22.

Officer Jake Burnett is one of the newest members of the police force to officially take the swearing-in oath. The Chehalis tribal member said he chose this profession because "it's an opportunity to serve my own tribe." He explained it's like being able to work from home.

Burnett expressed interest in the field since he got out of high school. He started initial talks about joining the department with former Chief of Police Ralph Wyman. After testing out how he fit in the construction industry, Burnett decided to fulfill his goal of becoming an officer for the tribe.

He has spent a lot of time preparing to become a certified field officer. These steps include learning laws and policies, field training, gaining a basic understanding of the proper way officers should conduct themselves daily and much more.

Burnett said it's a "pretty rewarding" feeling to be able to serve his tribe and to officially be sworn in after a process that

'It's not a profession that you can ever master.'

- JAKE BURNETT

took nearly a year to complete. He looks forward to protecting a community that he's deeply connected with.

For Burnett, like other officers before him, part of that nearly year-long process of becoming an officer was attending the Federal Law Enforcement Training Center in Artesia, New Mexico.

After 14 weeks of training at the academy, one major piece of knowledge really resonated with him: Law enforcement is always evolving.

"It's not a profession that you can ever master," Burnett said.

As he begins his new career, he wishes to be as beneficial as possible to his department, tribe and community. He looks forward to training and gaining experience. Each day on the job, he learns something new and gets advice from co-workers.

During his free time, Burnett most likely can be found either duck hunting or with his family. He has a 3-year-old daughter, who he loves being with as much as possible.



Officer Jake Burnett officially becomes a tribal officer with a swearing-in ceremony in front of the Tribal Center.



From left: Adam Lower, Blake Teitzel and Jake Burnett become the newest members of the Public Safety Department.

Officer Lower forges a career in law enforcement

Chehalis tribal member Adam Lower has worked for the Public Safety Department since late 2017.

After months of field training and six weeks of academy, Lower was officially sworn in on Aug. 22.

Growing up in Elma, Lower is used to the woods. He describes himself as an outdoorsman and said that he always has had an interest in fishing and hunting.

After gaining experience working for the tribe in the Natural Resources Department, he was brought into the corrections facilities as an emergency hire.

He saw this as an opportunity and a good place to start a career in law enforcement. Lower completed the mandatory field training program required for corrections officers and waited for an opening at the academy.

He attended the Federal Law Enforcement Training Center in Artesia, New Mexico. The main thing he learned from the experience is the importance of knowing policies and procedures.

He understands departments

'It was a good feeling to get the recognition as a certified officer.'

- ADAM LOWER

have various functionalities and that there are a lot of differences within the tribal jail systems.

Lower spent a lot of time becoming familiar with the Chehalis Tribe's corrections facility and building connections with staff leading up to his swearing-in ceremony.

"It was a good feeling to get the recognition as a certified officer," Lower said. "My family is very excited for someone to be in this kind of field."

Lower said it feels good that his family is proud of his chosen career path, and he appreciates the opportunity to make a living working for his tribe.

He spoke highly of fellow members and mentors in the Public Safety Department. "Everyone has been accommodating," Lower said. "Since I started, everyone has been very approachable."

From day one, they have always made sure he was comfortable and had everything he needed to do the job.



Fellow officers watch as officer Blake Teitzel is officially sworn into the department by Chief of Police Kelly Edwards.

Officer Teitzel makes transition from reserves

Blake Teitzel, 27, from Chehalis had his swearing-in in front of the Tribal Center on Aug. 22.

This ceremony officially makes him a member of the Chehalis Tribal Police Department.

He first started his career in law enforcement with the Lewis County Sheriff's Office as a reserve officer for a year and a half. Through connections with Chehalis tribal officers, he learned about opportunities within the tribe's police department.

The experience with Lewis County benefited Teitzel in many ways as he transitioned to working for the tribe.

He explained that while reserve officers don't get paid, their experience helps determine whether law enforcement is a good potential career.

Teitzel took part in a local police academy specifically for reserve officers.

To become an official Chehalis tribal officer, he had to successfully complete three months of training at the Federal Law Enforcement Training Center in Artesia, New Mexico.

The academy provides in-depth training in every aspect of police operation. Teitzel navigated driving and shooting drills and learned what to do in critical moments such as active-shooter situations.

He also learned the laws and procedures that will prepare

'My personal goal is to get more involved.'

- BLAKE TEITZEL

him for conditions police officers encounter daily such as crisis intervention and how to police drug and alcohol activity in the community.

Teitzel said the best part about academy is the friendships he made.

He enjoyed interacting with people who have common career goals – to protect and serve the people in the communities they return to.

Now that he has taken the oath of office, Teitzel can enforce the Tribal Code as he serves the Chehalis community.

"My personal goal is to get more involved," Teitzel said.

He admits his first week in the field was overwhelming, but fellow members of the tribal police department have helped him become accustomed to procedures.

Teitzel must complete his field training before being able to patrol on his own.



**Selena Kearney
Photography**

www.selenakearney.com

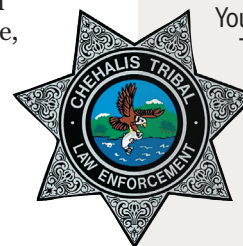
Patrol leads to drug bust

*Drugs, money, gun
found in vehicle*

On Aug. 19, a Chehalis tribal police officer was patrolling the parking lot of a tribal enterprise when he contacted two individuals for suspicious activity involving a vehicle parked in the lot.

A subsequent investigation led to the officer obtaining a search warrant for the vehicle. The result yielded a large amount of heroin and methamphetamine, a loaded handgun and a large amount of cash. The methamphetamine was valued at nearly \$54,000 and the heroin at nearly \$36,000. The case has been referred to the Thurston County prosecutor for charges.

Tribal law enforcement is actively patrolling reservation lands to keep the community a safe place to live and work.



REPORT SUSPICIOUS ACTIVITY IMMEDIATELY

Always call **911** for an emergency.

Non-emergency reports can be made in person at the station at 30 Niederman Road in Oakville or by calling the non-emergency line at **360-273-7051**.

CRIME TIP LINE

You can use the Crime Tip Line by calling **888-646-7402** or by visiting **chehalis-tribe.org** and clicking the Crime Tip Line banner on the left

side of the homepage.

* Anonymous calls are welcome. Incidents reported to the Crime Tip Line will be reviewed the next working day.

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ANNUAL FUNDRAISER



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STAFF PROFILES

Aftercare specialist will serve soon-to-be released inmates

Good day to you all. My name is Bobbie Bush and I am happy to be working for our tribe here at Chehalis.

I am a descendent of an original allottee, Edward Smith (Chehalis), my great-grandfather, and Katherine Tobin (Squaxin), my great-grandmother.

Some of you may know that I worked at Skokomish Tribe for many years and then worked at SPIPA South Puget Intertribal Planning Agency (SPIPA) for many years.

In 1989, I traveled to Skokomish from Northern California. My brother Phil Bush lived up there at that time. My great uncle and aunt, John and Jean Smith, lived up at Skokomish and my Uncle Richard Bush as well.

I was fresh out of drug and alcohol treatment at that time and did not know anything about anything. Now, I have been free from cocaine since Oct. 20, 1988.

Coming home to Washington was the best move of my life. I learned how to smoke salmon from my Uncle Bush. Aunt Leona Miller and Uncle Bruce Miller taught me how to gather cedar, cattails and sweet grass and how to weave baskets. These life skills from our culture help me maintain freedom from cocaine and heal my spirit.

My father was Robert E. Bush (Chehalis). My dad left Washington when he was a teenager because he was getting into trouble and the judge gave him a choice – leave the state, enroll in the army or go to jail. He met my Mom, Susanna Joy Farinsky (Russian/German), in Northern California, and they were married. I was born in San Rafael in 1954.

I am a mother, grandmother, Chehalis Tribal Elder, basket weaver and storyteller.

I am excited to work for our tribe as the Offender Re-Entry Aftercare Specialist. I will be working with soon-to-be released inmates to ensure access to care and self-improvement opportunities. I am located in the Tsapowum Behavioral Health Department.



Bobbie Bush

Lucky Eagle welcomes facilities director

Lucky Eagle Casino & Hotel is pleased to welcome Darrell Huggins as the newest member of the executive team.

With nearly 25 years of casino experience, Darrell will oversee facilities, environmental services and security operations as Facilities Director.

Darrell is also an accomplished musician and has had the opportunity to play alongside many celebrities through the years including BB King and Cher.

He admits he has a passion for whatever he does and a belief in the addictive strength of positive energy and looks forward to joining the team at Lucky Eagle Casino & Hotel.



Darrell Huggins

Creating meaningful Chehalis behavioral health programs

Hi, my name is Leah Niccolocci (nik-OH-lot-tee). I started as the Tsapowum Behavioral Health Director on May 14. I was born and raised in Tacoma and moved to the Olympia area with my family in 2012.

I've worked in the behavioral health field since 2008, completed my bachelor's degree at The Evergreen State College and obtained my master's degree in counseling psychology at Saint Martin's University.

My best learning has come from life experience, and most importantly, the relationships I've developed over the years.

Prior to coming to work for the Chehalis Tribe, I served the Skokomish Tribe, worked in felony and family drug court systems and spent time working with individuals with chronic mental illness.

I am looking forward to maintaining and creating strong and meaningful behavioral health programs in



Leah Niccolocci

partnership with the behavioral health team and community.

I am happy to be here and feel so very welcome. Please stop by to say hello.

CONTACT

Please contact me at lniccolocci@chehalistribe.org or 360-709-1628.

An advocate for those affected by domestic violence

Greetings Chehalis tribal community. My name is Tana Charley, and I reside within the community. I grew up in Taholah and I am an enrolled Quinault tribal member.

I have an Associate of Arts degree in general education. I went to Washington State University and I'm now in the process of completing my Bachelor of Arts degree from the University of Washington.

My work history includes having the honor to serve children and families that are high risk and high needs.

The services I provide as a Domestic Violence Advocate are safety planning, court assistance, case-related transportation, women's group, education and prevention and someone safe to talk to in confidence.

I am excited to be here as a Domestic Violence Advocate for the Chehalis Tribe.

My door is always open. Please feel free to come see me in the Tsapowum Behavioral Health building.

CONTACT

My 24/7 domestic violence hotline number is 360-789-3627.



Tana Charley

'My best learning has come from life experience, and most importantly, the relationships I've developed over the years.'

- LEAH NICCOLOCCI, TSAPOWUM BEHAVIORAL HEALTH DIRECTOR

WIC IS READY TO HELP



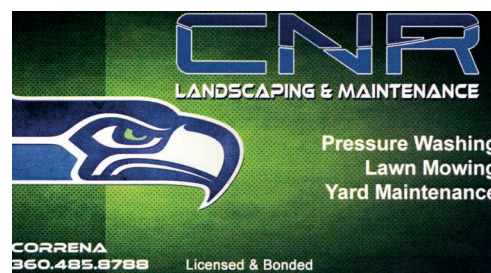
9:30 a.m.-3 p.m. Oct. 4

Women, Infants and Children through SPIPA provides healthful food and nutrition information for you and your child up to age 5 at the Chehalis Tribal Wellness Center

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

LANDSCAPING PROS

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



ADDRESS CHANGE

The Chehalis tribal government and tribal newsletter staff want to ensure tribal members and the community receive mailouts from tribal organizations to stay updated on impnews and events.

■ If your mailing address has changed, please contact administrative assistant Jennifer Youckton at **360-273-5911** or jyouckton@chehalistribe.org. An address change form also is available on the tribal website at chehalistribe.org.

■ Please put in a request to Information Technology (IT) staff by emailing newsletter@chehalistribe.org if you would like to receive our monthly newsletter in the mail or if you are supposed to be receiving it but are not.



NATIVE CREATIVE DEVELOPMENT PROGRAM™ GRANT

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Read more about who we are at evergreen.edu/longhouse

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Longhouse Education & Cultural Center

The Longhouse promotes Indigenous arts and culture at local, national and international levels. We host Native arts sales, exhibitions and performances; provide marketing services to artists; and through residency programs with master artists, we inspire new

ARTIST FUNDING

\$2,000-\$5,000



The Longhouse Education and Cultural Center recognizes the importance of supporting arts at the source – by supporting artists themselves.

evergreen.edu/longhouse/grantprograms

The 2018 grant application is available at the link above. The short application should be submitted by October 10 to be considered.

Questions? Laura Grabhorn grabhorl@evergreen.edu
360 867 6413

NATIVE CULTURE



Winter Storm leads students through the process of crafting powerful medicine to use in the winter months.

Sweet side of medicine

Elderberry Syrup and Sage-Infused Honey soothe the soul and sicknesses this season

Tsapowum Chehalis Tribal Behavioral Health R.E.D. RoAD Project

On Aug. 27, the Chehalis Tribal Behavioral Tsapowum held a medicinal plants class in the Gathering Room.

Skokomish tribal member and herbalist Winter Strong taught separate classes on how to make medicinal herbal Elderberry Syrup and Sage-Infused Honey.

The purpose of these natural remedies is to keep individuals healthy in the upcoming winter months.

Winter has taught courses in natural medicine for 14 years. She shared several books that are available to assist you on your path of becoming an herbalist. The books provide a lot of information if you wish to learn more about

making natural medicines.

"Food Plants of Coastal First Peoples"

by Nancy J. Turner, Royal BC Museum

"Ethnobotany of Western Washington: The Knowledge and Use of Indigenous Plants by Native Americans" by Erna Gunther, University of Washington Press

Medicinal syrups are an old-fashioned way to harness the medicine of plants. Winter provided handouts and also described the ingredients used for the Elderberry Syrup and Sage-Infused Honey.

It's a great way to deliver alcohol-free medicine to people who are sensitive to certain medications and good for picky little ones in our families.

The ingredients are an important part of stretching the shelf life. Honey doesn't preserve as effectively as sugar because you have to mix it with



the strong tea (decoction) to make the syrup. It dilutes the honey and makes it very thin, lessening the preservative qualities.

Also, heating honey beyond 110 degrees destroys the good benefits.

Sugar is best to preserve medicinal syrups. Organic cane sugar is preferred and can be found in bulk at Costco for \$9.99 for 10 pounds.

Be careful when choosing sugar that you select pure cane sugar instead of one derived from beets.

Elderberries can be

See MEDICINE, page 7



SAGE-INFUSED HONEY

During the first part of class, participants learned practical usage for sage infused with honey. The ingredient can be used for sore throats and is also good on chicken. The sage used to infuse the honey is not white sage used in smudging; it's actually culinary sage, which is located in our herbal garden by the Community Center.

You will need to infuse the honey with dried, cut up sage to extract the healing properties of the herb. It normally takes a month to infuse for best results. Leaving the honey in a window or outside in the sun in a clean, dry jar (half-pint and pint mason jars work well) is the best way to infuse. The honey can be stored at room temperature and will last more than a year.



MEDICINE

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purchased from Mountain Rose Herbs online or Radiance Herbs & Massage in Olympia.

For infusing, make sure to use raw honey, which is unfiltered and 100 percent pure. It also contains the proper amount of pollen in it.

When taking herbal medicines, one does not always want to drink tea; syrup is another way to get the plant medicine into the body. The saying goes, "A spoonful of sugar makes the medicine go down in a most delightful way." Many children agree!

The class was sponsored by the R.E.D. RoAD Project.

ELDERBERRY SYRUP

When using fresh elderberries, you must freeze first. Freezing helps to break down cell walls, and allows the berries to release more of its medicine into the syrup.

DOSAGE

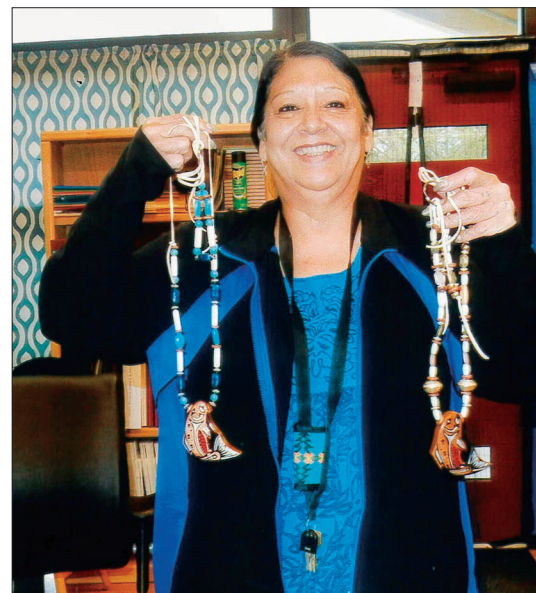
1 tablespoon adults
1 teaspoon children

INGREDIENTS

1 cup frozen or ½ cup dried elderberries
3 cups water
2 cups sugar or honey

DIRECTIONS

Place the berries in a pot with water and cover. Bring to a boil. Once boiling, reduce heat and simmer on low for 30-45 minutes. Strain berries with a fine mesh strainer. Combine the strong tea (decoction) and the sugar or honey together in a pot, heat to dissolve the sugar. Allow to cool, refrigerate. Enjoy within two months.



Clockwise from left: Norma Daniels and Karen Klatush sew up a storm. Joyleen McCrory displays giveaway items made by the Heritage & Culture Program. Lynn Hoheisel weaves cedar.

Preserving our heritage

The Chehalis Tribe's Heritage & Culture Program strives to keep the Native American traditional way of life alive.

In addition to sharing knowledge and practicing and teaching ancient methods, the program organizes and stores historic documents about the ancestry of the Chehalis tribal people.

Director Cheryle Starr, Community Services Manager Joyleen McCrory and the rest of the Heritage & Culture staff are in the Community Center and available Monday through Friday during normal business hours.

Lynn Hoheisel is the Heritage Coordinator. She is responsible for conducting research, interviewing and gathering and compiling information. Lynn can assist tribal members who wish to trace a family tree and also preserves vital moments in time by digitizing old photos so they are backed up in a safe place.

The program keeps records of significant documents and information provided at general council and annual meetings. For years, they have archived the tribal newsletter, stories from other publications and photographs from the past and present.

The mission of the department is more than



BUSINESS HOURS

- 12:30-4:30 p.m. Monday through Friday
- 9:30 a.m.-6 p.m. Tuesday, Wednesday and Thursday
- 4-6 p.m. on Wednesdays only is Youth Cultural Arts & Crafts

The program also holds classes for special projects on Sundays. Keep an eye out for notifications on mail-outs and fliers with details on dates, time and type of projects.

cultural preservation – it also is to provide documented history for the generations that will follow.

Karen Klatush and Margret Gleason-Wheeler are the other

two members of the program. Along with Joyleen and Lynn, they offer various other cultural activities.

The projects they have include arts and crafts, sewing, beading, weaving and preparing traditional foods.

If you have a project you would like help with, program staff members can assist you anytime during business hours.

Sports photo request

We want to set up a sports photo wall at the Community Center and we need the tribal community's help to do so.

Please email photos to Lynn Hoheisel at lhoheisel@chehalis-tribe.org. She also can be reached at 360-709-1748.

If you do not have the digital copy of the photo or do not wish to give away the original, bring your photo to the Community Center and a member of the Heritage & Culture Program will make a copy.

We are requesting photos of past and present Chehalis tribal teams that have competed throughout each generation. If you know the story behind the photograph, please provide a brief description.



OBITUARIES

Beatrice 'Mema' A. Starr (Christensen)

1946-2018

Beatrice "Mema" Angeline Starr (Christensen). Beatrice, one of 13 children, was born March 25, 1946, in Oakville to Violet and Benjamin Starr. Beatrice passed away July 22 at home.

Beatrice was a member of the Chehalis Tribe as a respected elder.

She was married to the late David Christensen. They had two children, Lillian and David, both of Grays Harbor. She also is survived by two special granddaughters, Shelby of California and Bethany of Grays Harbor. In addition to her children and grandchildren, she is survived by her sisters Starla and Lolly Starr and brothers Amil Starr Sr., Lee Starr Sr. and Benjamin Starr Jr.

She loved her children and granddaughters so much. She traveled a lot with her daughter and granddaughters. Her favorite places were Hawaii and California. Anywhere they found a good place to eat and make memories is where she wanted to be.

Beatrice was a free spirit with a heart of gold and loved all who came into her path.

From Lilly and David E. Christensen:

My mama was one of God's angels that we were fortunate enough to have her grace our lives. She loved with all her heart and wore it on her sleeve. She had a heart of gold. She loved her family so much that she'd sacrifice her own happiness and/or well-being for them. She didn't have the word "no" in her vocabulary. She loved to live. Suffering couldn't stop her; instead, she embraced it. She viewed it as a challenge to live a better life through it. She was a quiet member of the community. No matter where she lived, she always called Oakville her home.

She loved to travel and explore. Sometimes, we would travel hundreds of miles for one of her favorite meals. Main Street was her favorite place to eat. She made an impression everywhere we went. Food was an excuse to drive three states away to have a great steak and a piece of fish. She always had a smile on her face except for when she thought she was alone. Then, she let her pain show on her face.



There was a lot. Her body gave out before her soul did. She was spunky and fun. I never met anyone with more life and love for life than her.

Her grandchildren were her world. We made several trips to California just to say hi to Shelby. Bethany was fortunate

to live with her. They spent almost every second together until they couldn't any more.

I want to say thank you to everyone in this community. We often take for granted where we live and forget that outside of here life isn't as forgiving as it is here. The community is family and family is the community. I wouldn't have survived this without my cousins Cheryle, Maynard, Kim, Amil, Amanda (AJ), Domnor and Trey; my Aunty TC; and Wayne and Maria Barr. Thank you to all the pallbearers and the amazing cooks who did a wonderful job and everyone who did what they could to help my family who lost our matriarch and the giver of life. My heart goes out to all of you. We are so blessed to have a community such as ours.

From David E. Christensen:

*"I awake each morning to start a new day,
but the pain of losing you never goes away.
I go about the things I have to do.
And as the hours pass, I think again of you.
I want to call you and just hear your voice,
then I remember that I have no choice.
For you are not there and now my heart cries
just to see you again to tell you goodbye.
To say Mama I love you and I always will.
And hope that much of you in me you've instilled.
The day that you left, I just didn't know
that you were going where I couldn't go.
And now all my memories of you are so dear."
But gosh, how I miss you and wish you were here.
Who now can hear me when I need to cry?
It so hard to tell you "Mama goodbye."
Someday I know all will be well.
And I'll see you again with stories to tell.
Of how you were missed and how we have grown,
and how good it is to finally be home.
Until then my memories of you I'll keep near.
And I'll pass them on to those who are dear.
I miss you Mama."*

- Poem by
Claudia Lee



See OBITUARIES,
page 9

Kenneth Delbert Brown Sr.

1941-2018

Kenneth Delbert Brown Sr., 77, a resident of Oakville, died on Aug. 11 at University Medical Center in Seattle. Kenneth was born on May 19, 1941, in Rochester to Wesley Jack and Gladys Grace (Beckwith) Brown. He was raised in Oakville and California.

He worked as a logger, was president of CITE Construction and retired from Weyerhaeuser in 2007 after more than 20 years with the company. He was a volunteer firefighter with the Oakville Fire Department for 20 years.

In his younger years, he liked to fish, hunt, cut wood and play baseball. He coached Little League Baseball for many years. Later, he would watch sports on television, but he especially loved watching wrestling.

Surviving relatives include daughters Carmen Brown, Norma Jean Daniels and Kimberly Brown-Starr, all of Oakville; son Kenneth "Bonner" Brown Jr. of Oakville; sisters June Jones of Kingston, Betty Fulton of Kingston, Nadine Burnett of Oakville, Beverly Bishop of Oakville and Marilyn Johnson of Rochester; brother Don Brown of Arcata, California; 11 grandchildren; and four great-grandchildren.

In addition to his parents, he was preceded by a sister, Norma Jean Brown, in 1961 and a brother, Alfred Brown, in 2007.

A funeral service was held for Kenneth on Saturday, Aug. 18, at the Chehalis Tribal Community Center in Oakville.

He will be remembered as a good man.



Roberta Darling Combs

1944-2018

Chehalis Tribal Elder Roberta Darling Combs was born on June 2, 1944, and died on Aug. 20, 2018. She is survived by her husband, Albert "AB" Combs; sister Rachel Combs; brothers Levi L. Sanchez, George Sanchez Sr. and Edward Sanchez Sr.; sons Anthony "Chobe" Combs, Albert Combs Jr., George Sanchez, Jr. and Willie Joe; and many grandchildren and great grandchildren.

Acknowledgements

The family wishes to acknowledge and let everyone know their deep appreciation for the many expressions of love, concern and kindness shown to them during this hour of bereavement. May God bless and keep you!

- The Combs Family



Protect yourself: Don't be fooled by false ads

By Kirk Larson, Social Security
Washington Public Affairs Specialist

Online and otherwise, there's a lot of information out there, and sometimes it's difficult to tell what sources are credible. With millions of people relying on Social Security, scammers target audiences who are looking for program and benefit information.

The law that addresses misleading Social Security and Medicare advertising prohibits people or non-government businesses from using words or



emblems that mislead others. Their advertising can't lead people to believe that they represent, are somehow affiliated with, or endorsed or approved by

Social Security or the Centers for Medicare & Medicaid Services (Medicare).

People are often misled by advertisers who use the terms "Social Security" or "Medicare". Often, these companies offer Social Security services for a fee, even though the same services are available directly from Social Security free of charge. These services include getting:

- A corrected Social Security card showing a person's married name
- A Social Security card to replace a lost card

- A Social Security Statement
- A Social Security number for a child

If you receive misleading information about Social Security, send the complete ad, including the envelope, to:

Office of the Inspector
General Fraud Hotline
Social Security
Administration

P.O. Box 17768

Baltimore, MD 21235

You can also report Social Security fraud to the Office of the Inspector General at oig.ssa.gov/report.

OBITUARIES

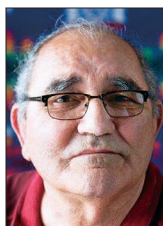
From page 8

Larry E. Pressnall

1945-2018

Larry E. Pressnall was born April 14, 1945, in Portland, Oregon, to Milton L.V. Pressnall and Doris Davis Pressnall. He crossed over Aug. 31, 2018.

Larry grew up in Parkrose and graduated high school there in 1963. During these years, he was active with Portland Youth for Christ singing with the Original Continentals. He was a decorated Vietnam veteran serving in both the Army and the Navy.



For 18 years, he owned Pressnall's Four Corners Autobody in Salem, Oregon, and was an award-winning show car painter. During those years, he advocated for fair insurance laws pertaining to custom cars.

As a council member of the MHRC, he provided leadership for the Portland Roadster Show.

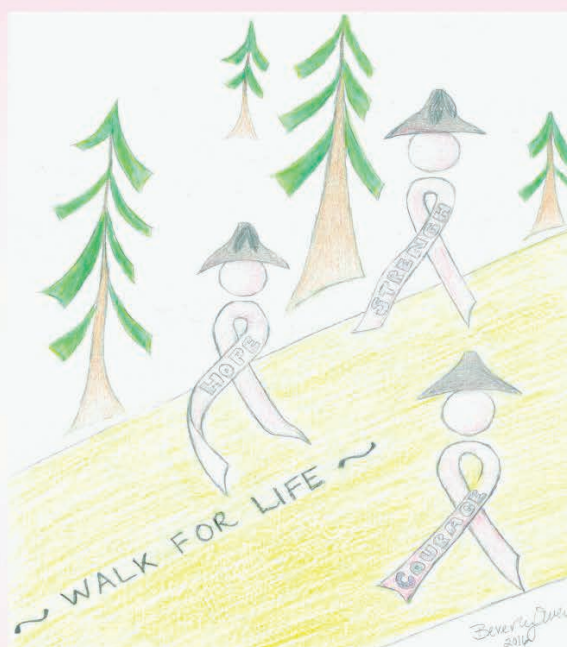
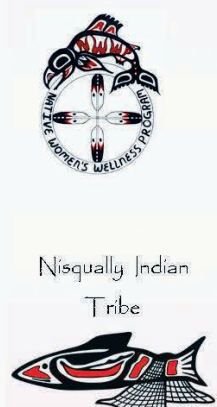
For health reasons, Larry left the autobody business to answer a calling to help fellow Native Americans dealing with addiction problems at the Native American Rehabilitation Association for Portland.

He became known as Mr. Redroad through his teachings; and as a fire tender, he brought the fire circle ceremony to those he worked with.

Larry is survived by his wife of more than 42 years, Louise Wevra Pressnall; son William of Salem; daughters Carrie Pressnall Ehmke (and husband Chris), Lana Cosman (and husband Ernie) and Pam Whelan (and husband Tony Sadelmyer); and grandchildren Jordan Ehmke, Jenna Ehmke, Jacee Ehmke, Miranda Cosman and Lauren Coseman.

SPIPA's NWWP BREAST CANCER AWARENESS WALK

HOSTED BY THE NISQUALLY INDIAN TRIBE



National Breast and Cervical
Cancer Early Detection Program

susan g.
komen
FOR THE
cure

OCTOBER 13, 2018 10:30AM-2:00PM
At The Nisqually Youth & Community Center

Please join us for lunch, speakers, door prizes and free t-shirts!

For more information please contact your local patient navigator.

In Nisqually: Raylene 360-453-5313, Shoalwater Bay: Tanya, Chehalis: Christina,
Squaxin Island: Traci and Skokomish: Nydesta



OCTOBER BIRTHDAYS



CINDY ANDY (above): Happy birthday, love your family.

ELAINE McCLOUD (left): Happy birthday. May your day be blessed, from your family!

CINDY ANDY
CORTNEY BECKWITH
CHARLES BLACK
ANDREA BORDELON-LANNEZ
AVA BOYD
JACKSON BROWN
JOEL BROWN
TREY BROWN
RITA BURKE
MADISON CARTER
WESLEY CHRISTJOHN
TABITHA COLSON
ANTHONY COMBS
JOSEPH DELAMATER
TODD DELAMATER
RAMONA FRICKE
TALIYAH FULTON
VIRGINIA GARITY
LESLEY GILLIE
DYLAN HJELM
LEON HOUSE
ANGELA JAMES
CANDICE JANSEN
SELENA KEARNEY
JOLI KING



ARNY YOUNCKTON: Happy birthday. We Love you, from your family.

TANYA KINKADE
ARYANA KLATUSH
BRUCE KLATUSH SR.
CONNIE KLATUSH
CORRENA KLATUSH
DALE KLATUSH JR.
PAULITA KLATUSH
KAREN KLATUSH
LYDIA KLATUSH-FROMM
WALTER LEWIS
RICKIE MARION
MARLA MEDINA

MORE WISHES

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.

CARMEN SHORTMAN and **CHEYENNE** and **CASEY PICKERNELL**: Happy birthday from your family!

TODD DELAMATER: "Birthday shout out to my favorite fisherman. I wish you nothing but the best because that's all you deserve. Happy birthday. I love you babe. All my love, Talisa.

MARLA MEDINA: Happy

35th birthday from your family!

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

JOSEPH and **TODD DELAMATER**: Happy birthday to my son and brother from your family!!

MICHEAL, SCARLETT and **RAYNA ROMERO**: Happy birthday to my son and twin daughters. Mom loves you!!

RITA BURKE: Happy birthday! Love you, from your family.

MADDEX MOWITCH
ALYSSA MULLINS
ESTRAEA MUSIC-OLNEY
AMBER OLIVER
EDWARD OLNEY
DYLAN PALMER

DAN PENN
ANDREA PHILLIPS
CASEY PICKERNELL
GERALD PICKERNELL JR.
KAYTLIN PICKERNELL
RYAN PITZENBERGER



KAYTLIN PICKERNELL: Happy 10th birthday. Finally double digits! Love Dad, Mom and Emily.

HILLARY POWELL
DAKOTA QUEZADA-KLATUSH
KAHLI REYNOLDS
RAYNA ROMERO

See BIRTHDAYS, page 11





DALE KLATUSH JR. and BRUCE KLATUSH SR.: Happy birthday to my "Halloween Brothers" and sister Karen from the Klatush family. Love you always! "Family is not an important thing. It's everything."

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



KAREN KLATUSH: Happy 56th birthday to our Mom!!! May it be your best one yet. With all the love we can give you, from your kids and grandkids.



LOI SIUFANUA-BOYD: Happy birthday to my son from Mom, Dad and family. Have an awesome birthday and many, many more!

BIRTHDAYS

From page 10

SCARLETT ROMERO

LATICEA ROMO

AMARIA ROSADO

DELORES ROURKE

ALICIA SAFAR

ANJOLYSA SANCHEZ

EDWARD SANCHEZ

GEORGE SANCHEZ SR.

JANET SANCHEZ

STORMIE SANCHEZ

THOMAS SANCHEZ

DON SECENA

WILLIE SECENA



LONDON SIMMONS

LOI SIUFANUA-BOYD

CARMEN SHORTMAN

JOHN SHORTMAN SR.

TRISTAN SMITH

ELAINE SUTTERLIC-MCCLLOUD

ROBERT TEAGUE

KAYLEY TROTT

RYDER VIGIL

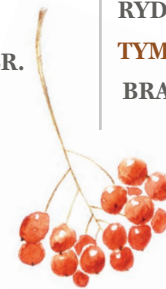
TYMSEILA WASHBURN

BRAIDEN WITTWER

ARNY YOUNCKTON

CLARENCE YOUNCKTON

KENDALL YOUNCKTON-MEDINA



DON SECENA: Happy birthday from Mary, Dyani and the family. Have an awesome birthday and many more :)



HEALTH FAIR

From page 1

ways to approach medicine.

Walker encourages health checkups and recommends that if someone notices a health issue or if something doesn't feel right to get checked right away.

She used the analogy of comparing the human body to a vehicle. People shouldn't wait for it to break down to a point where it isn't fixable or is extremely costly to repair. She said when it comes to the body and staying healthy, it's all about prevention. Monitoring your

LEARN MORE

For more information on quitting tobacco products and free resources, go to lung.org.

health is crucial.

"Let us catch it (a health issue) here before it becomes a huge problem," she said.

Some vendors had representatives that informed the public about the benefits of being proactive by doing things such as keeping a healthy diet and practicing good oral care.



From suicide prevention information to proper back alignment, the annual Chehalis Tribal Health Fair supplied visitors with a wealth of wellness materials on Sept. 18.

And other vendors provided details and a possible resource for pre-existing conditions.

Specialized fields ranged from Lasik eye surgery to assistance with quitting tobacco products.

Molly Ryan from the American Lung Association was invited to the event by Christina Hicks to share educational resources with the tribal community.

She discussed the health issues that come along with smoking, such as lung cancer and asthma, and gave helpful tips to quit smoking.

"Deciding to quit smoking or using tobacco products is a very

individualized decision," Ryan said. The decision must come from within the person who wants to or is trying to quit.

She encourages anyone who would like someone they care about to quit smoking to have a talk with him or her. Sometimes the best motivator is family and friends who want loved ones to live a healthy life and be around as long as possible.

According to the American Cancer Society, there is estimated to be more than 150,000 deaths caused by lung cancer in 2018. Lung cancer is the leading cause of death among all of the cancers.

CHEHALIS TRIBAL NEWSLETTER

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

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

SUBMISSIONS

We encourage tribal members to submit letters, articles, photos 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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Audra J. Hill and the
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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

chehalistribe.org

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**The Chehalis
Tribal Newsletter
is a publication of
the Confederated
Tribes of the
Chehalis
Reservation**



Nearly 40 people took part in the eighth annual Suicide Awareness Walk to support those touched by suicide.

WALK

From page 1

Suicide Prevention Youth Support Services Coordinator Caytee Cline then led the walk.

The group of nearly 40 people walked around the ball fields and Community Center. As each of them went at their own pace, they separated into groups and kids from the Youth Center came out to join them in their steps to recognize a serious movement.

In 2017, the Centers for Disease Control and Prevention released information on a study conducted on rates of deaths from suicide.

The study showed that in the state of Washington, suicide rates were 19 percent higher between 2014-2016 than the two-year period from 1999-2001.

SUICIDE IS PREVENTABLE AND HELP, RESOURCES ARE AVAILABLE

Suicidal thoughts often is an indication of a mental health issue. Tsapowum Behavioral Health Department can help. Please schedule an appointment for mental health counseling or chemical dependency by calling **360-709-1733** from 8 a.m.-4:30 p.m. Monday through Friday.

■ **Call 911** if you or someone you know is in immediate danger.

■ Call the National Suicide Prevention Lifeline at **800-273-TALK (8255)**.

■ Chat online at suicidepreventionlifeline.org.

■ **Text start to 741741** to chat

via text.

■ Talk to trusted elders, healers, friends, family, clergy or health professionals.

OTHER RESOURCES

■ **For youth:** oregonyouthline.org, **877-968-8491** or **text teen2teen to 839863**.

Volunteers answers calls, texts, chats and emails from peers from 4-10 p.m. every day.

■ **Trevor Project:** thetrevorproject.org/chat or **866-488-7386**. Crisis intervention and suicide prevention services for LGBTQ youth ages 13-24. The

helpline is a 24-hour service.

■ **Contact** Youth Services Manager Caytee Cline at **360-709-1818**.

Here is a five-step action plan to support someone with signs and symptoms of a mental illness or emotional crisis:

1. Assess for risk of suicide or harm.
2. Listen nonjudgmentally.
3. Give reassurance, information.
4. Encourage appropriate professional help.
5. Encourage self-help and other support strategies.