



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

Elders relax on Oahu

More than 60 friends take a sunny break
page 2



Spirit runners visit

Group fosters connections between indigenous tribes
page 4

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Members of Accounting welcomed the community to get a look at where they crunch numbers during Tribal Night Out.



The Facilities and Maintenance team cooked up a feast for everyone.

Resources abound

Hundreds of employees and community members took part in the Chehalis Tribe's inaugural Tribal Night Out on the evening of Oct. 4.

The event was created to promote awareness of resources and services the tribe has to offer at each of the numerous departments and programs. It gave people in the community a chance to meet and

interact with staff members.

Participants were given a list of departments so they could keep track of how many they visited and were provided with a map that showed the layout of government buildings on the reservation.

Encouraging awareness

The tribe is focused on urging its members to learn about and utilize

See TRIBAL NIGHT, page 12



Russ Baker promotes what's coming up this season for the Events department.



Tribal members smile and laugh as raffle prizes are handed out at Native American Appreciation Day.

Celebrating our rich heritage

Gathering honors past, future of Native Americans

The Chehalis Tribe celebrated Native American Appreciation Day with a community walk and salmon dinner at the Gathering Room on Sept. 27.

Also known to locals as Chehalis Native American Day, it's a day to honor all Native American people from young

to old, and to set aside time to recognize the ancestors and elders who helped tribes become what they are today.

Before the dinner, guests enjoyed the sunshine with a walk around the baseball fields and Community Center. Events staff handed out raffle tickets to Native Americans as they walked in the door.

Once everyone finished eating, Russ

See GATHERING, page 10

ELDERS

Oahu welcomes tribal members

More than five dozen Chehalis elders converge at beautiful island getaway

During mid-October, more than 60 Chehalis tribal elders enjoyed sun-soaked Waikiki Beach on the Hawaiian island of Oahu.

After settling into their hotel rooms, elders quickly started making the most of the tropical paradise. They marveled at spectacular scenery and awe-inspiring sunsets during their week on the island. For some, it was the first trip to Hawaii.

Elders had a hearty selection of activities to choose from on land and in the water. They went shopping, enjoyed local food and hiked breathtaking tourist spots.

Many elders spent time on the beautiful beaches

surfing, snorkeling, parasailing and more. Some took a sea cruise to get a different view of the island, whereas others chose to relax by the pool and catch up with friends.

One place numerous elders enjoyed visiting was a swap meet with more than 500 vendors. They had a variety of products all reasonably priced. It served as a good place to purchase keepsakes or items for loved ones.

This vacation was a unique opportunity to create lasting memories on a tropical island. Many elders shared their stories and photos with each other and family members when they returned home.



Elders enjoy a week away from home as they vacation with friends, family and fellow tribal members in the tropical paradise of Hawaii.



Gabe Higheagle takes time to teach his Chehalis tribal elders a few tricks during cedar basket-weaving class at the Elders Center.



"It was an awesome class. I would take another one of these classes in a heartbeat."

- ALLEN BUSH

Weaving tradition

A group of 11 elders gathered on Oct. 2 at the Elders Center for a basket-weaving class taught by Chehalis tribal member Gabe Higheagle. For some, this was their first time making a cedar basket. The tradition is carried on from Native American ancestors of the coastal Salish region. Higheagle is patient when teaching others and helps them work at their own pace.

Chehalis Tribal Elder Allen Bush, who recently moved up to the Pacific Northwest from California, was among those trying his hand at basket weaving. Bush has attended many tribal events and cultural classes to engage with his fellow Chehalis people.

"It was an awesome class. I would take another one of these classes in a heartbeat," Bush said.

He also thanked and praised Higheagle for his masterful teaching skills. By the end of the class, participants had a beautifully finished basket to bring home. Some elders shared that they would gift the baskets to a loved one.

Congratulations Allen Bush, Dennis Cayenne and Joyleen McCrory for completing your first basket! A huge thanks goes to instructor Gabe Higheagle for your time and commitment.

STAFF PROFILES

Prevention outreach specialist focuses on empowering youth

Hello, my name is Talisa tepechu-talaxmo Capoeman. I was born and raised in Taholah. I am an enrolled

Quinault tribal member. My mother is Brenda Capoeman of Taholah and my grandparents are Catherine "Tiny" and Rudolph

"Duke" Capoeman. My son, Paul sweq'iq' Wellman, is a decedent of the Chehalis Tribe. His grandmother is Kathleen Jones of Oakville and his great-grandparents are Lizzie Williams and Ernest Beckwith.

I started at Tsapowum Chehalis Tribal Behavioral Health as the prevention outreach specialist on Oct. 1. I previously worked at the Quinault chemical dependency program at Roger Saux Health Clinic as the prevention specialist for two years. I worked with youth to empower and encourage them to embrace a better future. Prior to that, I went to Grays Harbor Community College for

two years working toward my chemical dependency professional credential.

I am excited to work at the Chehalis Tribe. Everyone has been very welcoming and I can't wait to see what we can make happen! My passion is prevention and empowering native youth to a successful, drug-free future. Honoring those on the Red Road and those supporting family walking this new path holds a special place in my heart. I will plan community events and coordinate with the youth. I would love to meet more people in the community. Please feel free to stop by and see me at the Tsapowum Behavioral Health Building with any questions you might have.

The youth will inherit this nation. Let's stand together in holding them up with honor and pride in who they are and encourage them to walk this world standing tall with their head held high.

CONTACT: Chehalis Tribal Behavioral Health Prevention Outreach Specialist Talisa tepechu-talaxmo Capoeman can be reached at tcapoeman@chehalistribe.org or 360-273-5911, ext. 1874.



Talisa tepechu-talaxmo Capoeman

Security manager joins casino team

Lucky Eagle Casino & Hotel is pleased to announce the appointment of our new security manager, Andrew Kelly. Andrew brings with him more than 17 years of security experience including four years in law enforcement and eight years in the U.S. Army as a military police officer.

Prior to joining the casino, Andrew worked at Spirit



Andrew Kelly

Mountain Casino in Oregon and recently served as manager of international corporate security for The Pokemon Company.

Andrew enjoys giving back to the community and volunteers as a certified K-9 handler for Northwest Bloodhounds Search & Rescue, which helps law enforcement agencies locate lost and missing people.

Lucky Eagle shows support for military at annual Foofaraw

Lucky Eagle Casino & Hotel along with Chehalis tribal members supported the annual Foofaraw Military Appreciation event hosted by the Thurston County Chamber of Commerce on Sept. 7.

In its 56th year, the event recognizes military personnel by hosting a fun-filled day on a private island in the Puget Sound. The event features games, activities, gifts and the traditional lunch of barbecued salmon, baked beans, salads and garlic bread.

This year, Lucky Eagle Casino & Hotel as well as Chehalis tribal members helped serve about 300 military personnel. The

▲▲▲ \$128,000 TOWER OF TVS

Every Saturday and Sunday in November. Enter for your chance to win a 55" 4K UHD TV every 15 minutes from 6-10 p.m. Saturday and 12-4 p.m. Sunday. At the top of each hour, cash prizes ranging from \$500-\$2,500 will be given away in addition to the TV.

casino provided 250 pounds of salmon and cooks to prepare it, including Jeff Perkins, Pam Youckton, Tammy Boyd and Booner Brown.



Allison Carter and Rachelle Ferguson enjoy a barbecued salmon lunch at the 2018 Foofaraw Military Appreciation event.



VINCE NEIL

SATURDAY, DEC. 8. DOORS OPEN AT 7 P.M., CONCERT AT 8. TICKETS START AT \$25. ON SALE NOW

lucky eagle
CASINO & HOTEL

Powerful Spirit Run strengthens unity

Participants stop in Chehalis, share message of preserving tribal culture and values

On Sept. 19, the Chehalis tribal community and Chairman Harry Pickernell Sr. greeted those participating in the Pacific Northwest Spirit Run as they crossed through the region on their run down the Pacific Coast.

The endurance run spans hundreds of miles from the United States and Canada border down to Alcatraz Island in San Francisco, California. The goal is to visit indigenous tribes along the route.

Runners gather to develop potential strategies and share proven solutions for resolving areas of concern. They started on Sept. 1, and the plan was to reach their final destination on Oct. 8. They selected Alcatraz Island in San Francisco to coincide with the Annual Indigenous People's Sunrise Ceremony, which recognizes the protest and occupation of the island from 1969-71.

Once every four years, they trek down the coast. The runners carry a staff made of natural materials gathered from Mother Earth. Whoever accepts one of the staffs takes on the responsibility of caretaker.

Learning from each other

As they entered the reservation, staffs in hand, the Chehalis Canoe Family welcomed them with a song to honor and acknowledge the runners for their commitment and resiliency. The Chehalis tribal community invited the guests for dinner and gave them the opportunity to share their message at the Community Center Gathering Room.

Chehalis Tribal Elder April Reynolds, prayed for the meal and everyone at the gathering. Spirit Runners shared their stories and what the adventure means to them.

Everyone in attendance circled up to learn more about one another. Jose Castro, a leader and mentor for the Spirit Runners,



Left: Elder Curtis Dupuis shared two Chehalis Tribal Legends when the Spirit Runners visited on Sept. 19. Above: Chairman Harry Pickernell Sr. attaches a handwoven Chehalis basket necklace to one the staffs.



Tribal members came to witness the moving event of songs and stories along the runners' journey.

INFORMATION

To learn more about the Spirit Runners, please visit **PNWSpiritRun** on Facebook.

introduced himself. He asked everyone to share a few words and provided runners with an opportunity to learn about the Chehalis Tribe in particular.

Honoring tradition

Castro shared his thoughts on how, prior to modern times, Native Americans used running as a method for intertribal communication. He sees the Spirit Run as a way to honor and carry on the tradition that

generations used to exchange information.

Castro recognized the runners and acknowledged their commitment to learning and sharing the tradition. He said their dedication serves to strengthen the unity between Indigenous Nations. They are helping to restore and preserve tribal culture and values and teach future tribal leaders crucial steps in continuing the ways of their Native American ancestors.

Best wishes

The Chehalis Canoe Family sang songs to honor the guests and our Chairman shared gifts with the runners. One notable action during the evening included Pickernell attaching a hand-woven Chehalis-basket necklace to the ancestors staff.

This represented the tribal community's thoughts and best wishes and was to provide strength and symbolic support as they continued through Oregon and down to California.

To close the ceremony, runners wrapped the staffs in a blanket as a way to protect the prayers and good wishes shared that evening.

As they continue their mission of weaving Native American tribes together, the runners will continue to share their stories about what they have learned throughout the courageous endeavor.

Elder Curtis Dupuis told two Chehalis tribal stories that his grandfather and grandmother referred to as "The Mosquito" and "The Brown Bird" to wrap up the evening.

Path to success

Vocational Rehabilitation Program helps tribal members achieve employment objectives

The Chehalis tribal community spent the evening learning about services the Vocational Rehabilitation Program provides during a dinner on Sept. 25 in the Gathering Room.

Program representatives explained general background information and client eligibility requirements. Vocational Rehabilitation serves eligible applicants with disabilities on or around the Chehalis Reservation.

To be eligible for the program, individuals must be enrolled in a federally recognized tribe and live in one of the following counties: Grays Harbor, Thurston, Mason or Lewis. The department strives to empower eligible applicants with disabilities to become self-sufficient and independent through an array of vocational rehabilitation services designed to achieve an employment objective consistent with each individual's unique circumstances.

To ensure participants in the program create a rehabilitation plan, each client and assigned counselor assess the participant's strengths, resources, priorities, abilities, concerns and capabilities to create a plan that is most accommodating and beneficial for the client's specific situation. The plan will identify approved service providers, all costs associated with plans and timeframes and goals that might be necessary for rehabilitation.

Program made a difference

A wonderful example of plans made for each individual and how the program can lead



The Vocational Rehabilitation Program dinner on Sept. 25 provided an opportunity to learn about available resources.

to success is Chehalis tribal member Norma Daniels, who volunteered to be a guest speaker at the dinner.

Daniels explained her trials and tribulations as she struggled with personal issues. She thanked the people of the Vocational Rehabilitation Program for the efforts made to help her get back on her feet, land a steady job and ultimately stay away from things that previously had a negative impact on her life.

Daniels explained that her path to get to where she is at today wasn't an easy one, but the resources offered by the program made it possible to make a successful change in life.

The tribe offers many resources and opportunities to help out in times where certain life situations call for outside assistance.

Lawrence SpottedBird,

director of the Chehalis Tribal Loan Fund (CTLF), shared details about how the program is structured to help tribal members.

After the dinner, everyone in attendance was given a custom bag filled with items such as notebooks, pens and water bottles.

GED CLASSES

The Vocational Rehabilitation Program is offering GED classes at 4:15 p.m. at the Community Center. Contact Erika Pickernell at **360-709-1572** or Frances Pickernell at **360-709-1735**.



Lawrence SpottedBird presents details on the Chehalis Tribal Loan Fund and the type of services provided to individuals seeking financial help.

CHEHALIS TRIBAL LOAN FUND

WWW.CTLF.WEEBLY.COM

NATIVE CARVERS SHOWCASE

♦ CARVERS SHOWCASE ♦
♦ MARKETPLACE ♦

Raven and the First Men - by Bill Reid (Haida)

♦ TRADITIONAL FEAST ♦
♦ CARVING CLASSES ♦
♦ ARTISTS BUSINESS TRAINING ♦

DECEMBER 8, 2018
9:00 AM - 4:00 PM
GREAT WOLF LODGE
GRAND MOUND, WA

CONTACT: DIANA @ 360-709-1631 OR E-MAIL: DPICKERNELL@CHEHALIS-TRIBE.ORG

Sheryl Bragg's positive energy led to her being honored as the September Employee of the Month. Far right: Darrin Jones (middle) credits his Supervisor of the Quarter award to the team efforts of Tribal Gaming Agency.



September Employee of the Month

Sheryl Bragg receives high praise for work

In recognition for going above and beyond and excellent collaboration with co-workers and clients, Sheryl Bragg earned the Chehalis Tribe Employee of the Month award for September at a potluck lunch on Oct. 16.

Bragg, Chemical Dependency professional for the Chehalis Tribe's Behavioral Health department, was given high praise in her nomination letter submitted by Director of Behavior Health Leah Niccolocci.

Niccolocci selected Bragg for multiple reasons. Along with having a positive attitude on a daily basis, her dedication and persistent work ethic during a transitional period for her department and ability to adjust her schedule to meet client needs

is what led to her recognition.

Bragg assisted in the restructuring of her department's billing process in September, which reduced billing time by a staggering 90 percent. She also played a key role in the success of Behavioral Health's audit by preparing for the inspection and showing hospitality to auditors as they examined accounts and records from the fiscal year.

The discharge summaries submitted by Bragg were so outstanding that auditors requested to use her writing as exemplary examples for other behavioral health agencies to follow.

Other recognized candidates:

- Rachael Mendez (Higher Education)
- Holli Gomes (Court)
- Courtney Brown (Tribal Gaming Agency)

- Gina Cruz (Early Learning)
- Albert Combs (Maintenance)

Supervisor of the Quarter

Darrin Jones has worked for Chehalis Tribal Gaming Agency since 2010. He was recognized for his long-term commitment by being named Supervisor of the Quarter (July-September) on Oct. 16.

Jones started out with Lucky Eagle Casino & Hotel working in table games. Since transitioning to a career with TGA, he's worked in all areas of the department. He is now in a leadership program and training to be the next director of TGA.

Jones is finishing his training more quickly than expected. In only a few months, he already has completed a majority of what originally was set out to be a four-year program. His nomination letter was submitted by James

Elder but was signed by nine other co-workers who felt Jones deserved the recognition.

The letter highlighted how in his role as supervisor, Jones leads by example and is completely selfless. He goes above and beyond to make his organization stronger. Jones said a short speech after being honored. He continued to show selflessness by speaking about helping out the younger people in his department and explaining that the award is just an indication of the success of TGA as a whole.

Jones has a wealth of knowledge from years of experience working in the casino and shares his expertise with new agents he mentors.

Other recognized candidates:

- Jessica Small (Wellness Center)
- Scott Williams (Public Safety)

CHEHALIS TRIBAL ELDERS BAZAAR

9 A.M.-5 P.M.
SATURDAY, DEC. 1
LUCKY EAGLE
CASINO EVENTS
CENTER

- Unique gifts
- Baked goods, baskets,
- beadwork
- Lunch w/frybread
- Raffle

CONTACT: Trudy Marcellay,
TMarcellay@greatwolf.com

Oakville Shaker Church Christmas Bazaar

9 A.M.-5 P.M. NOV. 25, DEC. 22 & 23
COMMUNITY CENTER

Unique and handcrafted gifts!

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

CONTACT:
Theresa, 360-388-0110
Brenna, 360-520-6100
Winona, 360-628-6416

HEALTH

Soothing salve, balm save the day

Winter Strong helps class harness natural plant medicine

During the last week of September, Tsapowum Chehalis Tribal Behavioral Health hosted another well-attended plant medicine class as part of the R.E.D. RoAD project.

Herbalist Winter Strong shared an abundance of information with the group about how to make healing salve and trauma balm.

The group had an open discussion about certain plants used to make the salves, including arnica, yarrow, calendula, cottonwood, St. John's Wort, and plantain.

Our Chehalis Herbal Garden by the Community Center features many of the plants.

Making Infused Oil

One of the first steps in making medicine out of plants is to infuse them in oil. Winter and Caytee Cline, who heads the R.E.D. RoAD project, filled mason jars with the plants. For fresh plants, fill jar completely; fill halfway with dried plants.

Next, pour organic olive oil over plant until completely covered. Allow plant to sit in the sun for a month or so, wiping condensation in the jar and lid daily.

You also can make infused oil on the stove by placing plant material in a double boiler and covering it with extra virgin olive oil so the oil is about $\frac{1}{4}$ - $\frac{1}{2}$ inch over the plant material. Heat very gently to hasten extraction and help remove water. Keep the temperature low so it does not boil.

When making oils, turn the double boiler on and off as needed. Allow the oil to infuse for several hours. You can leave it for several days, occasionally bringing the oil to a warm temperature and stirring it.



Instructor Winter Strong addresses questions and concerns about plant medicines as class participants learned how to make healing salve and trauma balm with natural ingredients.



To finish, strain the oil with muslin or cheese cloth. Compost leaf material and pour oil into a glass jar for storage. If any water remains in the oil, it will fall to the bottom of the jar.

Preparing Herbal Salve

Use equal parts of any of these infused oils (Calendula, Plantain and Yarrow).

1 Measure the volume of infused oil (or combined oils) in a measuring cup.

CHECK IT OUT

Classes are sponsored by the R.E.D. RoAD Project. Contact Caytee Cline at **360-709-1818** or visit her in the Behavioral Health Department.

FOR MORE INFORMATION

and instructions to make Cottonwood Oil and Trauma Balm, visit the Behavioral Health section at **chehalis.tribe.org**.

2 For every 5 ounces of oil, use 1 ounce of beeswax by weight. Cut or grate the measured beeswax so it melts more quickly.

3 Combine oil and beeswax in a double boiler. Make sure to heat slowly. Try not to overheat the oil because it will burn and damage the fragile plant constituents.

4 As soon as the beeswax has melted,

test the firmness of the salve by taking a spoonful and placing it in the refrigerator to expedite setup. The consistency of the salve should not be so soft that it will melt in the sun or so hard that it is difficult to apply. Adjust the hardness if necessary by adding more oil or beeswax.

5 Pour the mixture into salve containers and add a few drops of essential oil if desired. Essential oils are added at the last possible minute because they are so volatile and will evaporate quickly. Stir in 1-4 drops per ounce with a chopstick.

6 Cover salves with lids immediately. Let cool and label.

Salve containers

These can be purchased through mail-order suppliers, bottle distributors or local herb shops.

Tins or brown glass jars work best because they protect salve from the sun.

See CLASS, page 8

PLANTS USED TO MAKE INFUSED OIL



Arnica

This perennial grows in mountain woods and pastures and can also be located in our bountiful Chehalis Herbal Garden. Flowers are harvested when in full bloom. Arnica is effective in ointments and salves for bruises, sprains and muscle pain. Arnica improves local blood supply and speeds healing.



Calendula

You can find this plant in the Chehalis Herbal Garden. The petals of the flower can be eaten fresh or used as a soothing medicine for skin ailments. Anti-inflammatory and astringent properties in the flower make it useful for cuts, scrapes, abrasions, burns and other topical ailments. You can add fresh petals to salads, soups and casseroles. Tea is a good way to use the flower by steeping one tablespoon in a cup of boiling water for five-10 minutes and strain. Internally, calendula is useful for healing ulcers in the mouth, stomach and small intestine.



Yarrow

This perennial grows all over our area (yards, fields, sandy soil) and in the Chehalis Herbal Garden. Yarrow has been called "medicine for the wounded" because it arrests bleeding and cools pain and inflammation. All parts of the plant are used (leaves, flowers and roots). The white flowers are most commonly used in tea for colds, fever and infections. Yarrow is harvested in spring to summer when the plant looks vibrant. You can bundle then hang dry or dry in a basket or paper bags.



St. John's Wort

Look for this plant on sunny prairies and open sites. It has become a noxious weed in our country. The flower appears around summer solstice from June 20-25. Gather flower tops on a dry day and prepare infused oil or dry in baskets or paper bags to use in salves or tea. It is used to relieve depression and anxiety. It also has significant antiviral properties and alleviates inflammation and nerve pain.



Plantain

Also called frog leaf and Indian band-aid plant, plantain has been used as a first-aid remedy for sealing wounds and drawing out infections. It grows in yards, driveways and walkways and can be found almost anywhere. Leaves picked fresh can be made into a healing oil or salve. To dry leaves, pick them in spring to early summer, bundle with rubber bands and hang them. Plant can be used in tea or to wash wounds or soak irritated skin.



Cottonwood bud

The cottonwood tree is also called Populus or peoples' tree. They grow in river valleys, open woodlands and flood plains. The bark, buds and leaves are used. We use the buds to make salve because they contain a resin high in medicine used to treat a variety of ailments including baldness, sore throats, rheumatism, coughs, tuberculosis and stomach troubles. Buds can be harvested in winter or early spring.

CTWC events

DR. BEHRE FOOT CLINIC

8 a.m.-noon
Nov. 13; 1-4 p.m.
Nov. 28: The Chehalis Tribal Wellness Center's podiatrist meets foot care needs.

DIABETES CLINIC

5-7 p.m. Aug. 7: Patients need labs, medicine review, foot/diabetes/physical exams and a uric acid blood test.

COMMUNITY WALK

Noon Nov. 15: Join others for a fun fitness walk. Starts at the Chehalis Tribal Wellness Center.

MAMMOGRAM CLINIC

9 a.m.-3 p.m.
Nov. 13: Swedish Women's Wellness Clinic. Call your health care provider to schedule.

FOR MORE INFORMATION

Call Sandra Dickenson at **360-709-1660** or Christina Hicks at **360-709-1741**.

CLASS

From page 7

Make sure to get a jar with a secure lid. A salve that has melted in the sun and leaked inside of a backpack or elsewhere is a mess to clean up!

Get creative

Many herbs can be used for salves. Most

essential oils are antiseptic and safe for topical application.

You also can add tinctures of non-lipid soluble plants to herbal oils and heat off alcohol and water.

Possible additions

■ Lavender essential oil smells euphoric and is wonderful for burns and skin irritations.

■ Tea tree essential oil is antiseptic, drying and healing.

■ Rose geranium essential oil is balancing to the skin and has antifungal properties.

■ Vitamin E is a preservative that is helpful for skin regeneration.

■ Tincture of benzoin can be added to herbal oils or salves as a preservative.

Medicare explained

By Kirk Larson, Social Security Washington Public Affairs Specialist

Social Security and Medicare have a few things in common. Both programs help safeguard millions of Americans as well as improve the quality of life for our family and friends.

Medicare is our country's health insurance program for people age 65 or older. The program helps with the cost of health care, but it doesn't cover all medical expenses or the cost of most long-term care. If you choose to have original Medicare coverage, you can buy a Medicare supplement policy (called Medigap) from a private insurance company to cover some of the costs that Medicare does not.

Medicare has four parts:

■ Medicare Part A

(hospital insurance) helps pay for inpatient care in a hospital or skilled nursing facility (following a hospital stay). Part A also pays for some home health care and hospice care.

■ **Medicare Part B** (medical insurance) helps pay for services from doctors and other health care providers, outpatient care, home health care, durable medical equipment and some preventive services.

■ Medicare Part C

(Medicare Advantage) includes all benefits and services covered under Part A and Part B. Some plans include Medicare prescription drug coverage (Medicare Part D) and other extra benefits and services.

LEARN MORE

You can learn more about Medicare, including how to apply for Medicare and get a replacement Medicare card, at socialsecurity.gov/benefits/medicare.

Medicare's different parts are explained in our publication at socialsecurity.gov/pubs/EN-05-10043.pdf.

■ Medicare Part D

(Medicare prescription drug coverage) helps cover the cost of prescription drugs. Some people with limited resources and income might be able to get extra help with costs related to a Medicare prescription drug plan, estimated to be worth about \$4,900 per year. You must meet resources and income requirement.

If you can't afford to pay your Medicare premiums and other medical costs, you may be able to get help from your state. States offer programs for people eligible for or entitled to Medicare who have low income. Some programs might pay for Medicare premiums and some pay Medicare deductibles and coinsurance. To qualify, you must have Medicare Part A and have limited income and resources.

Classes can help you see signs, save a life

QPR stands for Question, Persuade, Refer. QPR is an emergency response to someone in a suicide crisis.

The chain of survival from a life-threatening medical crisis, early recognition of warning signs, intervention and professional assessment and care can save lives.

QPR Gatekeeper training, a 60-minute to two-hour training, is for the general public and teaches participants warning signs for suicide and the three-step QPR method.

It is available in classroom settings from a certified QPR instructor.

In September, Tsapowum Chehalis Tribal Behavioral Health's R.E.D. RoAD Project hosted training for tribal staff.

TRAINING

For more information and dates of training, please contact Caytee Cline at **360-709-1818** or visit her in the Behavioral Health Department.

Seventeen people attended. One attendee recommended the training for all staff that interact with the community through the Wellness Center, Education & Development, Administration, Law Enforcement, Elders Center, Social Services, etc.

Behavioral Health and the R.E.D. RoAD project will host more trainings in the future.

WIC THROUGH SPIPA

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

NEXT DATE: 9:30 a.m.-3 p.m. Nov. 1 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 US

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 |

USDA FOOD PROGRAM



The South Puget Intertribal Planning Agency's program offers a wonderful assortment of food to fill your freezer, refrigerator and cupboards. The next dates are Nov. 15 and Dec. 14 from 9:45 a.m.-1:30 p.m. at the Chehalis Tribal Community Center.

SIGN UP

Debra Shortman, **360-709-1689** or call the warehouse at **360-438-4216** from 8 a.m.-

STUDENTS OF THE MONTH

Dallas Youckton

**Second grade
Rochester Primary School**

Dallas Youckton's favorite class subject is science because he gets to make stuff. "Strength" would be his superpower because it is cool, and his favorite dinosaur is the Tyrannosaurus Rex because it is the strongest.



He enjoys basketball because you get to run a lot while playing, and the only change he would make to his school is longer recesses. If he had a million dollars, Dallas would buy a million toys. He wants to be a ninja when he grows up!

Dallas likes to play Fortnite on his Xbox because it's an exciting action version of hide and seek. His favorite person is his cousin, Ezra, because he is the best cousin and is nice to him.

NOMINATIONS

To nominate your child, please contact K-12 Program Counselor Makayla Ortivez at 360-709-1785 or fpickernell@chehalistribe.org. Tell us the reason your child should be considered. Deadline is the last Friday of each month.

Alexis Starr-Wright

**Eighth grade
Oakville Middle School**

Alexis Starr-Wright has a GPA of 3.67. Her favorite subject is history because she gets to learn about people from the past. Her favorite dinosaur is the Tyrannosaurus Rex because it has big teeth.



If she could have a superpower, Alexis would choose invisibility so she could sneak up and scare people. If she were chairwoman, she would add more sports programs for younger kids and maybe a batting cage or two.

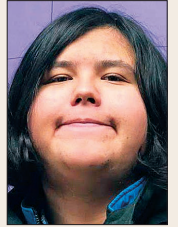
Alexis has been involved in fast-pitch softball since she was 8. It is her favorite sport, and her usual position is pitcher.

Her favorite person is her brother Samuel because he is always there for her.

Nathan Wittwer

**12th grade
Oakville High School**

Nathan Wittwer has a GPA of 3.38. His favorite class is science because it's easy for him and allows for extra time to socialize.



His favorite dinosaur is a roc, a legendary bird of prey that he thinks is perfect. Nathan would like to have the superpower to heal so he could help people get rid of diseases. He enjoys reading and playing video games. His favorite video game is the Legend of Zelda.

If Wittwer could make one change to his school, he would update the technology. If he were chairman, he would start a revolution.

When asked what kind, Wittwer said to leave that one blank and we will all have to wait until he is chairman to find out.

His favorite person is his brother, Braiden, because he is the funniest and most talented person and the only one he listens to.

FROM THE EDUCATION DEPARTMENT

Congratulations on your success in school! Keep up the good work. As a reward for your commitment to school and personal growth, each student of the month will receive a \$25 gift card.

Students of the Month is contributed by the Chehalis Tribe K-12 Program

GATHERING

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Baker and Philip Youckton started the drawing and handing out prizes. Those entered in the drawing had a chance to go home with various items such as a waffle maker, concert tickets, gift cards, cedar woven baskets and more.

The following day, Sept. 28, was the

official holiday. The tribe celebrated it with a day off for government employees.

Lucky Eagle Casino & Hotel showed appreciation by holding a one-day promotion for Chehalis tribal members. Each tribal member age 21 and older received \$20 in free play, a \$20 food voucher and the choice between a Mariners or Seahawks coffee tumbler.



Raffle prizes, a delicious meal and a little exercise together were some of the highlights of Native American Appreciation Day on Sept. 27.



NOVEMBER BIRTHDAYS

PRINCE ADAMS
 KEVIN ALBERT
 GERALD ALDRICH
 JORDAN BAKER
 TARYN BAKER
 MADOLEEN GODDARD-BOYD
 COURTNEY BROWN
 KENNETH "BOONER" BROWN JR.
 SIDNEY BROWN
 NATHAN BOYD
 DAPHNE BURKE
 BOBBIE BUSH
 TYANNA CANALES
 TYSON CANALES
 JAYLEE CAYENNE
 MADELINE COLSON
 RANDY CORNWELL
 ASHLEY FERN
 KATY FOX
 PENNY GLEASON
 ORINDA GODDARD
 ANTHONY GOMEZ
 YVONNE PHILLIPS-HAUKOM
 LUCY HILL
 GABE HIGHEAGLE
 HEATHER HOYLE
 BENJAMIN JOHNS JR.
 ANTONIO JONES
 BROOKLYNN KLATUSH
 FRANCISA AYALA-KLATUSH
 CHRISTIBETH KLATUSH
 TAYLEENA KLATUSH
 ROACHEL LAMBRETH
 CYRENA LITTLESUN
 ATHENA LOPEZ
 MONIQUE LOPEZ
 JOAN MARTIN
 LISA MCCLOUD
 JOYLEEN MCCRORY



MORE WISHES

MADOLEEN GODDARD-BOYD: Happy birthday! We love you and pray for many more blessings, love your family.

Jordan Baker: Happy birthday to my nephew from the Sanchez family.

REST IN PEACE CLINTON W. MORDHORST: Happy birthday from the Sanchez family.

LUCY HILL: Happy birthday to the Most Beautiful Girl in the World. She is the best mom and wonderful daughter, loving sister and amazing friend. I love you so much!! Love Falisity, Taren and Mamma.

DAPHNE BURKE: Happy birthday to my sister from your family!

MICHAH MCNAIR
 ASHLEY ORTIVEZ
 AURORA ORTIVEZ
 WAYNE ORTIVEZ
 ELIJAH PALMER
 TERRY PALMER
 SHONI PANNUK
 VALERIE PICKERNELL
 DESIRRAY POPE
 GRACE QUILT

JOSEPH REVAY SR.
 CHRIS RICHARDSON
 ENRIQUE JIMENEZ SANCHEZ
 JAUNITA BILL-SANCHEZ
 LUWANNA SANCHEZ
 NATALIE SANCHEZ
 SOFIE SEKISHIRO
 KANE SIMMONS
 KRISTOPHER SHORTMAN



LINNAEA ARANDA SANCHEZ (left): Happy FIRST birthday! Mommy, Daddy, Vince and Kaysen love you!

PAYTON SIMMONS (far left): We wish you a very happy, happy birthday from your family.

Congratulations!



ALLEN BUSH: Congratulations to my brother on completing your first basket! He made it in one lesson with Gabe Higheagle at the Elders Center. I am very proud of him. He gifted me the basket because it was his first one, and it made me cry with joy. From your sis, Bobbie Bush.

PAYTON SIMMONS
 RACHEL SIMMONS
 AMIL STARR JR.
 MAYNARD STARR
 CASILDA GARCIA-STARR
 CARRIE SQUALLY
 APRIL THOMPSON
 KEIRA THRAILKILL
 LORI TOVREA

MIA VIGIL
 RACHELL WELLS
 DYLAN GLEASON-WHEELER
 RYAN WHITE
 ALEXIS STARR-WRIGHT
 CHRISTOPHER YAWN
 MARCUS YOUCKTON
 PAM YOUCKTON

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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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

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TRIBAL NIGHT

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available resources. Some members are unaware of certain assistance available to them.

Individuals might think that to receive help with certain expenditures, he or she must be a client of Social Services, but that's not the case. For example, Social Services offers vouchers and fuel cards that all tribal members are eligible to receive.

At the Tribal Center, community members checked in with Accounting and the front desk of Administration. This was a good time for tribal members who moved in the previous year to update their address to receive all necessary documents from the tribe.

People who visited the Wellness Center were able to update their registration information, meet new providers and learn about programs the Wellness Center offers.

Heavy-duty planning

Christina Hicks is the community wellness resource manager and a member of the community resource team. She said planning for Tribal Night Out event took months.

The team is tasked with reviewing the schedule of events to make sure activities don't conflict with one another, find



The Wellness Center staff (above) continues to grow, and Tribal Night Out gave community members the chance to meet new health providers and services that are now available.



better outreach methods and help departments collaborate in hosting events.

The evening took a tremendous amount of work to make it successful. The Facilities department played a major role by providing the meal for the immense group that gathered at the Community Center for dinner.

Staff members from Social



Services brought soups to contribute, Behavioral Health provided plates and silverware and other departments helped out in some fashion. Many department staff members volunteered their time and were committed to making the evening go as smoothly as possible.

Before dishing up dinner, participants who visited five or

more departments received a raffle ticket to be entered in the drawing for door prizes.

Many departments provided prizes for the raffle drawing. Business Administration, which includes General Manager Misty Secena and Assistant General Manager Jesse Gleason, donated two \$50 gift cards. The Youth Center donated a \$50 gift card as well. Other raffle prizes included multiple \$25 Shell fuel cards, Burger Claim gift cards provided by Chehalis Tribal Enterprises and many more.

Christina thanked all the programs and departments that helped make this event possible and showed her gratitude to the community for their participation. Ultimately, turnout was larger than expected making Tribal Night Out a successful event.