

CHEHALIS TRIBAL NEWSLETTER



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

Bazaar, dinner

Chehalis elders make the most of the season
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Huge contribution

Dan Gleason honored by intertribal court system
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THE gift .OF joy

Tribal community gathers for holiday meal filled with merriment

The Chehalis Tribal Community Center had a packed house as more than 400 people gathered to celebrate Christmas during the annual party on Dec. 16.

Events and Youth Center staff arranged an afternoon of fun for all ages. Upon arrival, everyone entered the raffle drawing for a chance to win a Christmas present.

Community members sat together and socialized during a meal provided by Lucky Eagle Casino & Hotel before the festivities began.

Adults and older children had the opportunity to win more gifts throughout several rounds of bingo, a staple of the annual party. Children and families captured lasting memories by getting a picture taken with Santa.

See PARTY, page 4



Hundreds of community members enjoyed the Chehalis Tribe's holiday party with family and friends.



Christmas season started early at Great Wolf Lodge



Mr. and Mrs. Claus sprinkled a little seasonal magic on families at the annual holiday breakfast at Great Wolf Lodge on Dec. 15.



The Chehalis tribal community embraced the Christmas spirit by holding the annual Breakfast with Santa on Dec. 15 at Great Wolf Lodge.

Santa joined in on a morning meal as he and Mrs. Claus greeted everyone in attendance. They went around the room and visited families as they enjoyed a full breakfast buffet.

Guests had various food options to choose from. The

meal included eggs, bacon, sausage, hash browns, pancakes, fruit, biscuits and gravy and many more delicious offerings.

Toward the end of the meal, Santa went to his chair and children rushed to sit on his lap. Mr. and Mrs. Claus interacted with all of the children and posed for pictures to secure treasured holiday memories.

SANTA PHOTOS ON PAGE 2

Warm holiday memories



Photographs during Breakfast with Santa at Great Wolf Lodge make the Christmas season bright and provide wonderful keepsakes each holiday season!



ELDERS

Gifts made with love

Lucky Eagle Casino & Hotel hosted the 2018 Elders Bazaar in the Events Center on Saturday, Dec. 1. The room was packed with vendors selling while customers browsed items for sale.

THANK YOU

Thank you elders, vendors and customers for coming out to the annual Elders Bazaar. We host the bazaar on the first Saturday of December every year. Hope to see you next year!

– From the Elders Committee

For most, the annual event offers an opportunity to purchase Christmas gifts for loved ones. The enormous variety of items means it's the perfect place to complete holiday shopping for the whole family.

The Elders Bazaar attracts vendors with

an impressive variety of craftwork. It helps give back to local artists and independent business owners in the region. Shoppers are excited to purchase authentic Native American handmade items.

A few customers have frequented the



This year's Elders Bazaar featured handcrafted items for seasonal shopping.

bazaar to shop for Christmas gifts for the past decade. And the same goes for vendors. Some of them have set up shop and made a little extra cash before the holidays for years. For other vendors, this year was the first time selling their handmade goods at the bazaar.

The experience isn't just about buying and selling arts and crafts; it also is about the stories and meaning behind crafts. One perk of attending the event was that customers were able to place a special order for beadwork after an item was sold out.

Many elders donated items that were

raffled off later in the day. Vendors also donated items to enhance opportunities to win a prize.

Elder April Reynolds said raffle tickets sold fairly steadily throughout the day. She had a great time visiting with cousins and old friends while making new ones.

As the day drew to a close and raffle winners' names were announced over the loudspeaker, people made it over to claim their prize. They were seen smiling and visiting as they walked to their vehicle with gifts they purchased or won that day.

Chehalis elders share Christmas dinner

Great Wolf Lodge invited Chehalis tribal elders to a special holiday dinner on Dec. 12. The room was decorated in perfect Christmas style, setting the tone for the evening gathering. Elders and their guests shared a festive meal together.

More than 70 elders shared stories of the past and discussed holiday plans at the heartwarming event.

Great Wolf Lodge General Manager Nadine Miracle and her staff introduced themselves to the elders. The staff recognized Chehalis tribal member Helen Sanders for reaching the age of 91 in December with a birthday gift.

Merry Christmas and Happy New Year!



Dozens of Chehalis tribal elders were treated to an early Christmas dinner at Great Wolf Lodge on Dec. 12. The yearly December event is a great chance for elders to take a break from the hustle and bustle.

From opening presents to entering an exciting raffle to visits with Santa, the Chehalis Tribe's annual Christmas Party on Dec. 16 was a hit.



PARTY

From page 1

For some of the babies, it was the first time seeing Santa. Their reactions are somewhat unpredictable! After taking a photo with Santa, every child received a present. Youth Center staff members Tony Medina, Geo Jack, Talisa Baker and Amanda Jennings handed out the gifts.

Children ages 12 and younger received a wrapped present; ages 13 and older received movie passes and vouchers for the concession stand at the theater.

Medina explained that he has realized through the years that it can be difficult finding the right gift for older children. The Youth Center decided that gifting teens movie passes gives them the option to see something they're interested in.

The raffle was arranged by age groups. Tickets were drawn throughout the event. Hundreds of presents were given out, and a grand prize drawing was held at the end. Grand prizes included a Paw Patrol bike, Minnie Mouse kitchenette, Hot Wheels Ultimate Garage, a Foosball table, PlayStation Classic and a 50-inch television.



Wishing all tribal members
and employees a very

MERRY CHRISTMAS
& **HAPPY NEW YEAR**

From the Chehalis Tribe

JANUARY BIRTHDAYS



Chris Pickernell: Happy birthday honey, love Erika, Emily and Kaytlin.



Diana Pickernell: Happy birthday from your favorite sister (Frances Pickernell).



**Allistair Youckton-
Legg:** Happy birthday Allistair Steve. We love you!

IRENE ADAMS
ZOE ALBERT
BROOKE ALLEN
RUSS BAKER
FINLEY BECKWITH
DAVID BIRD
SHEILAH BRAY
HOLLIE BROCKMUELLER
JON BROWN
DYLAN BURKE
JAKE BURNETT
CALVIN CAYENNE
JACOB CHRISTJOHN
MEGAN CHRISTJOHN
ALYNN CLANCY
SIDNEY COLE
JENNIFER COOPER
BELLA COUILLARD
EVA DELAMATER
CURTIS DUPUIS II
JAMES DUPUIS
JEREMY FANNING
JOYCE FANNING
ROBYN FIELDS

SAMUEL FLORES
LAURA FRICKE
ALBERTA GILMORE
DANIEL GITCHEL
PATRICIA GITCHEL
DANIEL GLEASON JR.
JAMES GUNNELS
MORGAN HANNA
TRISTAN HANNA
ANNA HILL
CAMERON HJELM-SNELL
ALEXANDER HOHEISEL
WILIEFERD JOE
CHERYL JONES
DARRIN JONES
JUNE JOSEPH
SHIRLEY KAY
MARIAH KLATUSH
NATHANIEL KLATUSH
SHYANN KLATUSH
SUSETTE KLATUSH
ULISES KLATUSH
CRYSTAL MARTINEZ
MAKAYLA MASHBURN
CHEYENNE MARCELLAY
MIYA MCALISTER
DARYL MCCRORY
JOHN MCCRORY
AVERY MC JOE
ANNA MEAS
EZRAH MERRIMAN
MAKAYLA ORTIVEZ
MYA ORTIVEZ
MATHEW OMAN
JAYZEN OWENS
TRACI PARKINSON
RAVENHAWK PENN
ROBERT PHILLIPS
CHRIS PICKERNELL
DIANA PICKERNELL

KATHY PICKERNELL
LAUREN QUILT
NIKOLAS ROMERO
GERALDO SANCHEZ
ZANE SANCHEZ
KAELLEN-JAY SANCHEZ
EDWARD SANCHEZ JR.
JAILEEN SANCHEZ
WYATT SANCHEZ-ALLENBACH
DREAMA SECENA FERGUSON
PATRICK SIMMONS SR.
AKASHA SLIGHTE
BENJAMIN STARR JR.
JAXON STARR
ROY WERTZ
JOSEPH WITTWER
WYATTE WITTWER
LESLYE WYATT
CHEYNE YOUNCKTON
DEREK YOUNCKTON
JOHN YOUNCKTON
MARGIE YOUNCKTON
RODNEY YOUNCKTON
ZOLA YOUNCKTON
CHAYSE YOUNCKTON-BONIFER
ALLISTAIR YOUNCKTON-LEGG



Morgan and Tristan Hanna: Happy 11th birthday to our Wonder Twins! We love you so much, from Mom and Dad.

MORE WISHES

Kirsten Secena: Happy birthday. The world is blessed with you!! Much love and hugs.

Kly Meas III: Happy birthday! You're an amazing young man who is loved so much!! Love Dad and Grandma Anna

Rick Hill: Happy birthday to my baby brother. Much love and hugs. From Anna.

Melanie Hjelm: Happy birthday. You're an amazing mother, daughter, sweetest niece and the best cousin. <3 Anna and family

Eugene Ortiz: Happy birthday!

Bladen Zahner: Happy birthday. <3 u Love, Anna – All from Anna Hill

Laela Baker: Happy birthday! Love you!!! Love Auntie Kenzie, Uncle Skyler and Jack.

Jeremiah Baker: Happy birthday! Love you!!! Love Auntie Kenzie, Uncle Skyler and Jack.

Angie Boyd: Happy birthday! Love, Mac and Jack.

Kimberly Brown Starr: I would like to wish my baby sister a very happy birthday. Love you so much, Norma Daniels and your family.

Dylan Burke: Happy birthday. We are so proud of you, love Mom, sister, brothers and family!

Jeremy Fanning: Happy birthday to my son, love Mom and brothers.

Cameron Snell: Happy birthday from your family!

Court system honors Dan 'Bones' Gleason for work

Former chairman of NICS was with organization from its start in the 1980s

The Northwest Intertribal Court System (NICS) recognized Dan "Bones" Gleason for his contribution to the organization as chairman for 16 years on Nov. 20.

This intertribal operation was founded by a number of tribes, including the Chehalis Tribe. Its main function is to give assistance to tribes with judicial courts by providing judges, attorneys and other types of legal assistance.

NICS Director Daniel Kamkoff and fellow board members came to the Chehalis Tribe to personally honor Gleason.

Kamkoff presented the tribe with a certificate of appreciation for being one of its founding members and helping with the

development stages of the court system. Gleason was presented with a separate certificate for his tenure as chairman of NICS.

Gleason was also gifted a wood carving as part of the gratitude the organization showed that afternoon.

"We are honored to have worked with Dan for all these years," Kamkoff said.

As NICS Chairman, Gleason headed all of the quarterly meetings, brought knowledgeable insight to the table and is known to be "extremely reliable" Kamkoff explained.

Gleason said he's been involved with NICS since it first started in the early 80s. He described how when he was vice chairman, he used to attend meetings with former Chehalis Tribe Chairman Percy Youckton.

After frequenting meetings and getting more involved as a delegate, Gleason eventually was elected as chairman of the organization. A main focus of



Daniel Kamkoff (left) presents a certificate to Dan "Bones" Gleason for his years of service to the Northwest Intertribal Court System.

NICS is to ensure that all tribes are treated equally, regardless of size or financial status.

Gleason decided to step down this November because traveling to meetings isn't as easy as it always has been.

Sometimes, the commitment to NICS required that he drive up past Seattle to the Tulalip Reservation.

Gleason thanks NICS for all of the help it has given through the years.

He said the organization

essentially helped the tribe with a majority of court matters, and he expresses his gratitude for everything NICS has done to help develop the tribe's court system into what it is today.

Kamkoff explained that there is transition taking place with the Chehalis Tribe; it is now operating independently from NICS.

"We are glad to have participated in the work and effort with this tribe to develop its court," Kamkoff said.

Natural Helpers provide cultural teachings

5 tribal members awarded for important service to communities

The Tulalip Tribes hosted the American Indian Health Commission's (AIHC) sixth annual Maternal, Infant and Early Childhood Health and Home Visiting Summit on Nov. 14.

Braiding Tradition, Culture and Prevention to Support Healthy Seven Generations: Healthy Babies, Healthy Moms, Healthy Families. Five individuals were honored as 2018 Natural Helper recipients, nominated from four tribes as those who carry and provide traditional cultural teaching and practices within their tribal communities. Every year, AIHC invites Natural Helper Award recipients to join the event for a lunchtime ceremony. Awards are a token of AIHC's appreciation and to acknowledge



2018 Natural Helpers – Front center: Danita Washington, Lummi. Top row from left: Christina Hicks, Chehalis; Tony Johnson, Shoalwater Bay; Ron Tso, Lummi; and Lillian Henry Price, Tulalip Tribes.

the importance of cultural continuity in realizing the vision of Healthy Seven Generations.

Natural Helpers are individuals acknowledged by their communities as those who perpetuate cultural and traditional knowledge and

inspire us to fulfill the vision of Healthy Native Families for Seven Generations.

Natural Helpers make a positive impact on the health of people in their communities by contributing to the well-being of mothers, babies, fathers,

children and families. They make it their personal mission to make connections to pass on their cultural knowledge and traditional teachings. They are noted for helping others in their journey forward to complete health and well-being.

Five Tribal and Urban Indian Community Natural Helpers were nominated and chosen for the special gifts and contributions they bring to their communities. Thank you to the 2018 Natural Helper Award recipients: Danita Washington and Ron Tso, Lummi Nation; Christina Hicks, Chehalis Tribe; Tony Johnson (Chinook), Shoalwater Bay Tribe; and Lillian Henry Price, Tulalip Tribes.

The event is supported in partnership with AIHC and the state Department of Child, Youth and Families, the state Department of Health and the generous contributions of the Tulalip Tribes.

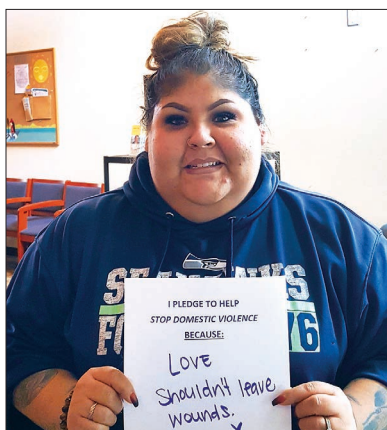
Scarlett Romero puts patients first

The 2018 November Employee of the Month is Scarlett Romero. She was selected for her commitment to the workplace and making the Chehalis Tribal Wellness Center feel welcoming as she greets guests at the front desk.

Romero has numerous responsibilities as the tribal clinic's receptionist. She helps keep everything in order. Romero is a quiet person but she lets her actions speak for her. Her supervisors praise how devoted she is to her job.

She makes every effort to ensure patients are provided with proper services – just one example of tasks she completes behind the scenes. Romero also takes on part of the scheduling duties to arrange appointments.

Romero is caring in nature, always stands up for patients' rights and will speak on behalf of the patient if she thinks



Scarlett Romero, receptionist at the Chehalis Tribal Wellness Center, was selected as the November Employee of the Month.

something is wrong. Also, Romero understands how important confidentiality is with her position. She takes that aspect of her job seriously.

Recently, the Wellness Center started operating additional

OTHER CANDIDATES

The following employees were nominated for November Employee of the Month were John Williams (Wellness), Sean Draper (TGA surveillance), Liz Garcia (Early Learning) and Shawn Ortez (Fisheries).

hours. Romero and others adjusted their schedules to suit the hour changes. She maintains a positive attitude and is willing to work early or stay late as long as patients are taken care of.

Romero shows off her creative side when she plays a big role in decorating the Wellness Center building during the holidays. She even spends her own time and money to make homemade decorations and food.

A heartfelt thank you

As you all know, my family lost our father a few months ago.

I would like to take this time to once again thank the tribal community. We appreciate all the love and support from our family, friends and our community.

Thank you for still being here through this difficult time of year.

This hasn't been an easy battle for me; I fight myself almost every day. I'm still here so that means I'm winning. Some days are easier than others.

I know I'm right where I'm supposed to be in life. I will continue to fight this battle every day of my life.

**Much love,
Norma Jean Daniels**

New Lucky Eagle loyalty program

Lucky Star Rewards, Lucky Eagle Casino & Hotel's new loyalty program, features a number of new player benefits.

It is positioned to be the richest rewards program in the Pacific Northwest.

The program features four tiers and offers far greater value to players at all tier levels. This includes 50 percent off dining for any guest who pays for their meal using their points, regardless of tier level.

Additionally, guests earn 3x points every day (except for Gold Star guests, who earn at a rate of 4x points daily). Guests also may convert points and free play offers to cash at the slot machine or the cage.

Another key feature of the new program is the fact that the renewal period has been changed from 6 months to 12 months.

Lucky Eagle will be the only casino in the market to have an annual renewal period, allowing guests to maintain their benefits longer.

Achieving each tier status also is easier than ever before as points to qualify for tiers have been reduced.

Exclusive perks for Chehalis tribal members

As was mentioned at the November general counsel meeting, Chehalis tribal members will receive a 50 percent discount on dining without having to use points when they present their tribal enrollment card. This discount will be available any day and at any venue.

The only restrictions for the discount are that it cannot be combined with any other discount and is not valid for catering or banquets.

Another new benefit for Chehalis tribal members that starts in 2019 is the ability to buy event tickets before the general public. Starting in February, Chehalis tribal members will have an exclusive first chance to purchase tickets for all concerts and special events.

Sidewalk Deli closure

The Sidewalk Deli will be closing around mid-January for renovation. We are excited about the changes and the new look.

The project is expected to be completed in April 20.

Hot Seat Drawings
Tuesdays, January 8, 15, 22 & 29

\$500 Cash Winner
every 15 minutes 2^{PM} - 5:45^{PM}

Then at 6^{PM} someone will win
\$5,000 CASH!

Must be a Star Player and 21 years or older.
Visit the Lucky Star Rewards Center for details.

HEALTH/WELLNESS

Surviving the common cold

We are all familiar with the awful realization that a cold is imminent. A sore throat and runny nose are usually the first signs, followed by coughing and sneezing.

Viruses cause colds and can spread from infected people to others through the air and close personal contact. You also can get infected through contact with feces or respiratory secretions from an infected person. This can happen when you shake hands with someone who has a cold or touch a surface such as a doorknob, that has respiratory viruses on it, then touch your eyes, mouth or nose.

Adults have an average of two-three colds per year, and children have even more.

Most people get colds in the winter and spring, but it is possible to get a cold any time of the year.

Symptoms usually include

Those suffering from a cold can typically expect to have a sore throat, runny nose, coughing, sneezing, headaches and body aches.

Most people recover within about seven-10 days. Antibiotics are not needed. In fact, a visit to the clinic is not typically needed either.

Keep yourself safe

You can help reduce your risk of getting a cold:

- Wash hands often with soap and water.

Wash them for 20 seconds, and help young children do the same. If soap and water are not available, use an alcohol-based hand sanitizer. Viruses that cause colds can live on hands. Regular handwashing helps protect you from getting sick.

- Avoid touching your eyes, nose and mouth with unwashed hands. Viruses that cause colds can enter your body this way and make you sick.

- Stay away from people who are sick. Sick people can spread viruses that cause the common cold through close contact with others.

Don't spread it

If you have a cold, you should follow these tips to help prevent spreading it to other people:

- Stay at home while you are sick.

- Avoid close contact with others, such as hugging, kissing or shaking hands.

- Move away from people before coughing or sneezing.

- Cough and sneeze into a tissue then throw it away, or cough and sneeze into your upper shirt sleeve,

GET A FLU SHOT

The Chehalis Tribal Wellness Center has plenty of flu vaccine. Call 360-273-5504 for an appointment.

completely covering your mouth and nose

- Wash your hands after coughing, sneezing or blowing your nose

- Disinfect frequently touched surfaces and objects such as toys and doorknobs.

There is no vaccine to protect you against the common cold.

Ways to feel better

There is no cure for a cold, but to feel better:

- Get a lot of rest and drink plenty of fluids.

- Over-the-counter medicines might help ease symptoms but will not make your cold go away any faster. Always read the label and use medications as directed. Talk with your provider or a nurse at the clinic before giving your child nonprescription cold medicines because some medicines contain ingredients that are not recommended for children.

- Natural remedies might help boost the immune system and/or help with symptoms of a cold. Some natural options are dandelion root, ginger, turmeric, cayenne, green tea and zinc.

- Antibiotics will not help you recover from a cold caused by a respiratory virus. They do not work against viruses and they may make it harder for your body to fight future bacterial infections if you take them unnecessarily.

When to see a provider

You should call the clinic if you or your child has one or more of these conditions:

- Symptoms that last more than 10 days

- Symptoms that are severe or unusual

- If your child is younger than 3 months old and has a fever or is lethargic

You also should call the clinic right away if you are at high risk for serious flu complications and get flu symptoms such as fever, chills and muscle or body aches. People at high risk for flu complications include kids younger than 5, ages 65 and older, pregnant women and people with medical conditions such as asthma, diabetes and heart disease.



CTWC events

DR. BEHRE FOOT CLINIC

8 a.m.-noon Jan. 10, Feb. 5, March 5; 1-4 p.m. Jan. 28, Feb. 25, March 18: The Chehalis Tribal Wellness Center's podiatrist meets your foot care needs.

DIABETES CLINIC

Stay tuned for 2019 dates.

COMMUNITY WALK

Noon Jan. 16: Join others for a fun fitness walk. Starts at the Chehalis Tribal Wellness Center.

MAMMOGRAM CLINICS

9 a.m.-3 p.m. March 25, June 27, Sept. 27: Swedish Women's Wellness Clinic.
9 a.m.-3 p.m. May 28, Nov. 13: Assured Imaging. Call your health care provider to schedule.

POSITIVE PARENTING

5-7 p.m. Jan. 9-Feb. 27: Positive Indian Parenting class is a curriculum developed by the National Indian Child Welfare Association that provides practical and culturally specific training for American Indian and Alaska Native parents. Location to be determined.

HEALTHY FAMILIES

Home Visiting Program: Contact Beth Klatush at 360-709-1627 or bklatush@chehalis tribe.org.

ELDERS CAREGIVER SUPPORT PROGRAM

Feb. 26: One-day informational conference at the Gathering Room. Contact Christina Hicks at 360-709-1741.

Screenings can help catch diabetes early

Annual exam is an important part of protecting yourself

Contributed by medical providers at Chehalis Tribal Wellness Center

The Chehalis Tribal Wellness Center has been coordinating annual events around diabetes for several years.

The purpose of the event is to raise awareness about diabetes and provide an opportunity for folks to ask questions and learn more about what diabetes is and how it can affect health. Lunch & Learn sessions hosted by the clinic also provide good information.

Individuals with diabetes might not be aware of or feel severe symptoms of the disease for years.

This is because our bodies try to bring us back to balance and our pancreatic cells are working hard to keep our blood sugars under control so we cannot detect those changes in our blood work.

Common symptoms

As blood sugar level rises above normal, people might notice increased thirst or increased urination and possible early neuropathy (numbness/tingling of your extremities). Occasionally, diabetes is diagnosed when you feel so bad that you end up in the hospital from weakness, nausea and significant weight loss. People can have diabetes for a long time without any

symptoms so we encourage you to come to the clinic to be tested!

Type 1 and type 2 diabetes

A majority of Native American patients with diabetes have type 2.

Type 1 is an autoimmune disease where your own body attacks your pancreatic beta cells, which releases insulin and causes sudden loss of normal blood sugar control.

Type 2 diabetes is a progression of insulin resistance or gradual loss of normal blood sugar control.

Increased body fat – especially around the mid-section, diets rich in refined sugars and processed carbohydrates and a decrease in physical activity can worsen insulin resistance until pancreatic beta cells fatigue.

The result of this fatigue is a decrease in insulin production and an increase in blood sugar. Sugar levels rise from normal ranges to intolerant ranges and finally diabetic ranges.

Diabetes affects on body

Because diabetes changes the composition of blood, it affects every organ in the body. Diabetes is now the No. 1 cause of kidney failure creating the need for dialysis to survive.

Diabetic neuropathy commonly affects legs and feet but also can present itself as gastroparesis (slowed digestion), erectile dysfunction, chronic diarrhea/constipation, rapid fluctuations in blood pressure or decreased ability to empty your bladder.

Diabetes also is the No. 1 leading cause of blindness in the United States.

Finally, the leading causes of death from diabetes are heart attacks and strokes.

Prevention methods

What we put into our bodies plays the largest role, but we can't underestimate the need to keep our bodies moving.

Each body will do its best to work with what it's given (adequate nutrition or lack thereof).

Make sure to have an

annual exam and allow your provider to do recommended screenings so we can catch diabetes very early.

The earlier we catch it, the better the chances of limiting its negative effects or possibly even reversing it with enough good nutrition and physical activity.

How to get tested

We can screen for diabetes in a number of ways including a hemoglobin A1c level, which gives us an indication of your average blood sugar during the past three months.

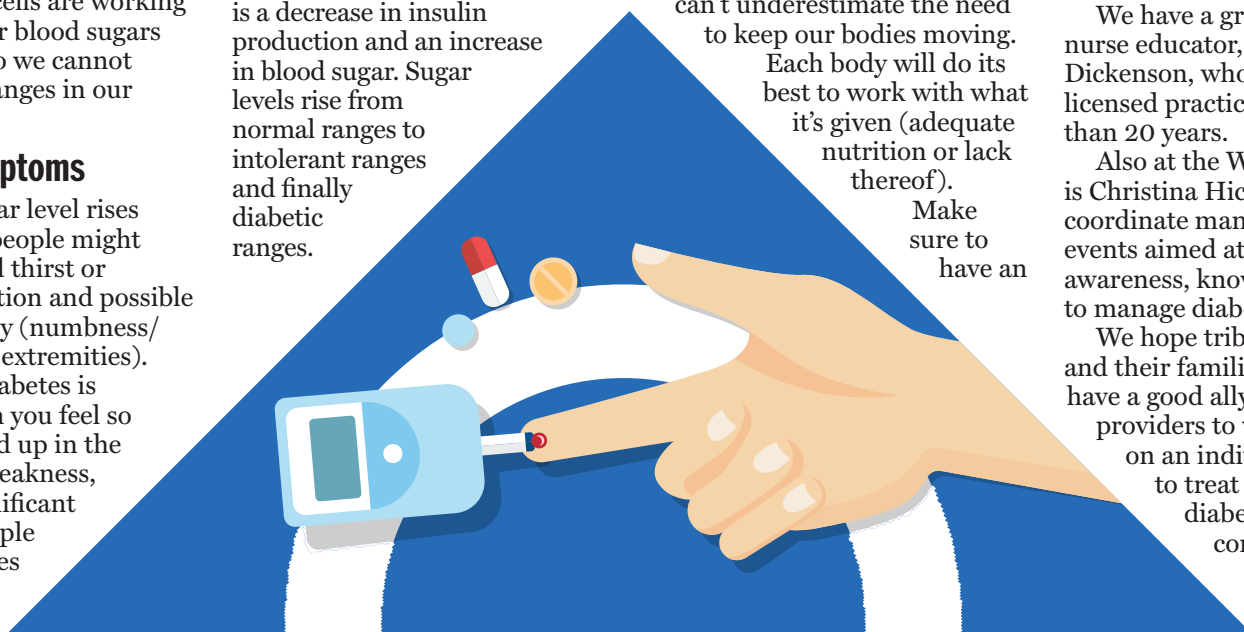
Other options are a finger stick blood sugar test (you might have seen these at several health fairs) or a glucose tolerance test that many of our pregnant patients and moms are encouraged to have during pregnancy.

Tribe offers resources

We have a great diabetic nurse educator, Sandra Dickenson, who has been a licensed practical nurse for more than 20 years.

Also at the Wellness Center is Christina Hicks, who helps coordinate many of our diabetic events aimed at increasing awareness, knowledge and tools to manage diabetes.

We hope tribal members and their families feel like they have a good ally in our clinic providers to work with them on an individualized plan to treat and/or prevent diabetes and its many complications.



WIC THROUGH SPIPA



CHECKS TO BUY FOOD, HEALTH EDUCATION, BREASTFEEDING HELP, SERVICES REFERRAL

NEXT DATE: 9:30 a.m.-3 p.m.
Jan. 3 at the Wellness Center

CONTACT US: Debbie Gardipee-Reyes, 360-462-3227 or Patty Suskin, 360-462-3224

Chehalis: Debra Shortman, 360-709-1689

USDA FOOD PROGRAM



The SPIPA's program offers an assortment of food to fill your freezer, refrigerator and cupboards. The next date is Jan. 17 from 9:45 a.m.-1:30 p.m. at the Chehalis Tribal Community Center.

SIGN UP: Call Debra Shortman at 360-709-1689 or 360-438-4216 from 8 a.m.-4 p.m. Monday through Friday

Social Security important for women

Contributed by Kirk Larson, Social Security Washington Public Affairs Specialist

Social Security plays an especially important role in providing economic security for women. In the 21st century, more women work, pay Social Security taxes, and earn credit toward monthly retirement income than at any other time in our nation's history. In fact, about 59 percent of people getting Social Security payments are women. But, women face greater economic challenges in retirement:

- They tend to live longer than men. A woman who is 65 years old today can expect to live until about 87, while a 65-year-old man can expect to live until about 84.

- Women often have lower lifetime earnings than men.

- They might reach retirement with smaller pensions and other assets than men.

Social Security offers a basic level of protection to all women. When you work, you pay taxes into Social Security, providing for your own benefits. And your spouse's earnings can give you Social Security coverage as well. Women who don't work are often covered through their spouses' work. When their spouses retire, become disabled or die, women can receive benefits. There are also options of filing on a divorced spouse's record.

If you're a worker age 18 or older, you can get a Social Security Statement online. Your statement is a valuable tool to help you plan a secure financial future, and we recommend that you look at it each year. Your statement provides a record of your earnings. To create an account online and review your statement, go to socialsecurity.gov/myaccount.

If your spouse dies, you can get widow's benefits if you're age 60 or older. If you have a disability, you can get widow's benefits as early as age 50. Your benefit amount will depend on your age and on the amount your deceased spouse was entitled to at the time of death.

You might be eligible for widow's benefits and Medicare before age 65 if you have a disability and are entitled to benefits. You also may be eligible for benefits if you are caring for a child who is younger than 16.

Our "People Like Me" website at socialsecurity.gov/people/women has valuable resources for people of all ages.

DELAY SOLID FOODS

WIC WANTS YOUR BABY TO GET THE BEST START ON LIFE!

- Wait until 5-6 months to feed your baby solid foods. Early introduction to solids promotes overfeeding, obesity, choking/aspiration and food allergies.

- Research shows feeding solid foods early does not help babies sleep through the night.



*Tribal member price For Sale - \$105,000**



Mobile Kitchen

Very extensive high-quality mobile kitchen buildout and equipment

Professionally custom built mobile kitchen complete with:

- Plumbing system/ Electrical system
- Hood system
- Fire suppression system
- Stainless steel walls
- LP gas system
- Generator
- Stainless cabinets

Refrigeration:

- Sandwich prep table
- Food storage
- 2 door freezer

Cooking equipment:

- Griddle
- Steamer
- Fryer
- 4 burner stovetop
- Oven

Staging equipment:

- Steam table

2007 International DuraStar 4300

Conventional cab and chassis with 20' box
International DT466/Maxxforce DT, 7.6L L6 Diesel
Complete stereo and sound system, automatic transmission, Lift-Gate, Air Ride suspension
Mileage: 131,130

Appraisal Value: \$125,400

* Special tribal member rate available through February 2019

Contact
(360) 273.2000
Ask for Kevin Bray

Very Good Condition
food truck chassis, cab, and all its equipment show very minimal use, wear and tear.
Truck and equipment sold AS IS
no warranty provided.

Exterior wrap/paint and Lucky Eagle designations & logos will be removed before delivery

EDUCATION

Focus on native history

Evergreen teachers Yvonne and Gary Peterson recognized

Yvonne and Gary Peterson were honored at the Indigenous Health & Education Summit at the Evergreen Longhouse on Nov. 15.

The event was sponsored by Evergreen's Native Student Alliance and provided those in attendance with information on traditional foods, plant medicine and technologies.

Keynote speakers were Dr. Michael Yellow Bird and Brian Yazzie. Yellow Bird talked about mindfulness and brain functioning. Yazzie is a renowned international Chef, who integrates traditional indigenous foods into mainstream cuisine.

The Peterson couple received the recognition for their contributions to native student education throughout the many years they have taught at Evergreen State College – a whopping 35 years for Chehalis tribal member Yvonne and 21 for Gary (Skokomish).

The Petersons' teaching approach is based off life experiences and is centered on the student. The arts-based classes are integrative and cover a wide range of topics to enable Native American students to understand their history through a "River of Culture model" and non-Natives to learn a history that wasn't taught in public school.

Three of Yvonne and Gary's current students presented them with the blanket. Former student Maury Sanchez, who is a member of the Nisqually Canoe Family and a powerful singer, honored Yvonne and Gary with a love song he wrote.

"We are honored and humbled to be recognized for our work," Yvonne said. Yet, there is still much to do.

The Petersons have three Skokomish students and two Chehalis students in their program. This year's slogan is "Teachings of the Tree People, Culture Matters."

They welcome students and encourage anyone interested in a college degree to contact them at petersoy@evergreen.edu to make arrangements.

"We venture out into the world from a platform, and that platform is provided by family, siblings, stories from our grandparents, photo albums and reminiscing about family events. What if you never had that?"

– ANN WHEAT (ARIZONA LOST BOYS CENTER)



Yvonne Peterson shows off "Louie Gong," a Pendleton blanket that she and her husband, Gary Peterson, were given at the Indigenous Health & Education Summit to honor their native teaching.

WORKSHOP

Gary and Yvonne will take part in a three-day workshop on the "River of Culture" model. This follows the National Indian Child Welfare Association (NICWA) meeting on April 3-4 in Albuquerque, New Mexico.

Social workers, teachers, federal employees, elected tribal leaders and others attend NICWA's conference.

Parenting Inside Out improves parenting skills

Program encourages participants to prepare for their next journey

Contributed by Bobbie Bush, Chehalis Tribe's Offender Re-Entry Aftercare Specialist

People who are incarcerated at the Chehalis Tribal Jail are offered classes through the Chehalis Tribe's Offender Re-Entry Program. Several opportunities and resources exist for people housed in the jail to use their time to build personal skills and capacities for success.

The programs include GED/college prep classes, financial literacy classes, chemical dependency classes, relational life skills classes, cultural arts classes and Parenting Inside Out classes.

The Chehalis Tribe Vocational Rehabilitation Program also offers services. The opportunities are provided in the hope that those who participate will build the capacity within themselves to stay out of jail.

I facilitate the Parenting Inside Out classes, which is a program developed at Oregon State University. It was researched, measured, tested and certified to be effective in breaking the cycle of incarceration that is prominently seen among the Native American population.

During classes, participants actively engage in cognitive-behavioral parent management skills sessions. The sessions help participants prepare for the journey of their children and themselves with "Destination

Adulthood" in mind.

The classes are constructivist in nature and subsequent sessions build on the skills and knowledge learned in previous classes. It is a socially interactive program designed to engage participants from the very first class in the process of becoming better parents. Participants receive a certificate of completion after 12 sessions.

Topics include:

- Effective speaking and listening skills
- Effective problem solving skills
- Bonding through play and reading
- The child's job and the parent's job
- Nurturing your child's temperament
- More to help enhance

parent-child relationships

This is a very challenging job to say the least, but it is one of the most personally rewarding experiences of my professional career, along with my time spent working at Head Start. I loved working at Head Start as the nutritional specialist and cook and later as a family resource specialist – again working with folks who are in need of support for the betterment of themselves and, most importantly, their families.

My work in the Chehalis Tribal Jail is challenging because of the environment, but it is even more rewarding. If I can help one Indian person learn how to be a better parent and have more success in his or her life, my prayers will be answered through this work.

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.



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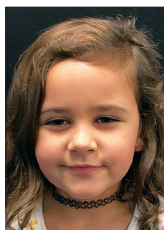
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**The Chehalis
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Chehalis
Reservation**

STUDENTS OF THE MONTH

Frankie Brown

**Second grade
Oakville
Elementary School**



Frankie Brown said she loves recess. If she had the opportunity to improve her school, she would change math and have less homework. When she grows up, Frankie wants to be a veterinarian!

Her favorite dinosaur is the tyrannosaurus rex. If she could choose to have one superpower, she would like it to be lava so she could unfreeze people.

Frankie would buy a car if she had a million dollars, specifically a Ford Expedition. If she were chairwoman, she would have people clean her room.

When asked who her favorite person is, she said her whole family because they take her out to eat and play sports.

Jakeb Hoyle

**12th grade
Adna High School**



Jakeb Hoyle has a 3.75 GPA. He would not want to be chairman. If he had a superpower, he would be able to fly so he could travel the world.

When asked what his favorite dinosaur is, Jakeb said a crocodile because they are still around today! His favorite class is either calculus or chemistry. With a million dollars, Jakeb would invest it to build up more money and contribute funds to help improve the arts and band programs.

He is unsure what he wants to be when he grows up, but Jakeb enjoys marching band and jazz band because it allows him to play the saxophone and hang out with all of his friends. Jakeb's favorite person is his grandpa.

Eddie Klatush

**Seventh grade
Oakville Middle
School**



Eddie Klatush holds a 3.4 GPA. His favorite class is woodshop.

If he could improve something about his school, he would get the water pipes fixed so the drinking fountains work.

As chairman, Eddie would start more sports programs for the kids. The tyrannosaurus rex is his favorite dinosaur because of his dominance.

Eddie's goal is to grow up to be a basketball player in the NBA. With a million dollars, he would buy his family a better house and pay for some bills and food.

His favorite person is his dad because he is always there for him and talks with him.