

**Vibrant masks reveal feelings**  
 Suicide prevention event shares what is deep inside our hearts  
 page 8



**Staff profiles**  
 Employees help keep tribe running smoothly  
 pages 4-5

**inside**  
 Community Calendar / 3  
 IT Help Desk update / 3  
 Burke Museum exhibit features tribe / 6

October birthdays / 7  
 Flu vaccinations / 10  
 Oakville School District brings in new money / 12



**Tony Medina retired from the Youth Center in September after decades of helping Chehalis youth grow.**

## Thanks for the memories

*Tony Medina, who worked his magic with generations of youth, retires*

By Frazier Myer

After more than two decades working for the Chehalis Tribe's Youth Center program, Manager Tony Medina retired in September.

Medina, a staple for the tribe, finished the summer months before making his departure. He has impacted many generations during his 26 years of service for the tribe's Youth Center. Kids who grew up in his program in the 1990s and 2000s are now adults and part of the leadership group for the tribal government.

Tony has always made it a point of his job to remember children's names and faces. The connection and relationship he builds with each individual is incomparable.

See MEMORIES, page 2



## Shaping the future

*Reed Howard honored for work with K-12 program*

By Frazier Myer

Youth Engagement Specialist Reed Howard of Chehalis Tribe's K-12 program received the August Employee of the month at the ACE awards luncheon on Sept. 20.

Howard was acknowledged for his hard work as he coordinated 30 tribal youth throughout the six-week Summer Youth Worker program.

Howard went above and beyond coordinating the group of youth workers, which was larger than the prior year. He helped place them with numerous departments on the

See FUTURE, page 11



**K-12's Reed Howard, who goes above and beyond for students, was named August Employee of the Month.**





The Chehalis Tribe's Youth Center staff and children gather for a farewell photo to recognize Tony Medina's tenure with the tribe.

## MEMORIES

*From page 1*

The youth program offers activities and opportunities for children in the community. Medina has helped create moments and memories that these children might never have had if the program didn't exist.

In addition to the after-school program, Medina facilitated outings during the holidays and spring break. He took kids on field trips to numerous places, which included the movie theatre, bowling, swimming, trips to the beach, basketball tournaments and many other activities.

Medina also helped during the annual back-to-school event by handing out gift cards and backpacks. Tribal youth would go back to school equipped with everything they need to prepare for a successful school year.

For years, Medina would head the program in providing gifts during Christmas events and at ceremonies for community members who graduated high



Medina participated in many gatherings through the years. He carried a Native American eagle staff during the "Peace and Dignity walk" in 2008.

school. He would tell jokes and had the ability to personalize stories for most of the youth because he played a monumental role in their childhood.

He would always ensure every child was safe, secure and fed a proper meal. Mainly, Medina was known for his witty sense of humor and engagement with participants of the Youth Center program.

In an article published in the July 2019 Chehalis Tribal Newsletter, Medina said in regards to his years with the tribe, "It's not work when you love it."

He also described how the children help him maintain a youthful spirit.

"They always greet me with a smile and give me hugs," Medina said during the interview in July. "I just like interacting with them."



Medina was honored for more than 20 years of service at the 2018 Annual Picnic.

They are always a lot of fun.

He will be missed by the staff he managed, fellow co-workers within the Chehalis tribal government, and of course past and present generations of kids who frequented the Youth Center.

The current staff and group of youth center kids said their final goodbyes by taking a group photo together in honor of his tenure with the Chehalis Tribe.

Now that Medina is retired, he will be able to ride off into the sunset – likely in one of his classic cars or on a Harley-Davidson motorcycle.

**Right:** Medina sits with Explorer of the Week recipients.

**Far right:** Kids heading back to school received gift cards and backpacks handed out by Medina.





# community calendar

## Heritage & Culture

### November Youth Project:

Every Wednesday, Heritage & Culture staff will work with the Youth Center to teach kids a cattail project.

**Nov. 9, 10, 23, 24:** Pendleton Project Days stocking and pillow or a hoodie from 10 a.m.-6 p.m. at the Community Center Library. Open to all Chehalis tribal members. Please contact Heritage & Culture to reserve a spot in the class.

## Events Program, Community Center activities

**Commodities at the Community Center:** Nov. 14 and Dec. 13

**Turkey distribution:** One per household on a first-come, first-served basis. 9 a.m.-7 p.m. Nov. 20 at the Community Center.

**Holiday season is coming up fast:** If you want to hold a family get together at the Community Center, call Community & Culture Specialist Skylar Bracero at

(360) 709-1826 to make your reservations.

**Community Center:** Hours are 7 a.m.-7 p.m. Monday through Friday. If the Community Center closes early, signs will be posted on entry doors. The center has only one entrance and you must sign in at the front desk.

**Swimming pool and exercise room:** Hours are 7 a.m.-7 p.m. Monday through Friday. Children must have an adult present to use the pool and exercise room. Please make sure your waivers are current with Skylar in the Events office.

## Fitness with Rikki

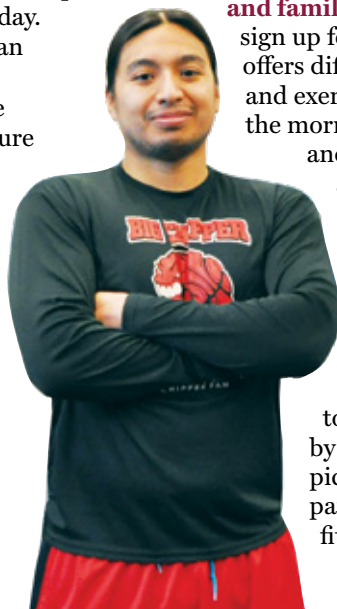
Rikki Sutterlicht is a certified fitness trainer and Chehalis tribal member.

**He works with** Youth Center kids on fitness training Tuesdays

and Thursdays. On Mondays, Wednesdays and Fridays, Rikki works with the older group of kids on strength and conditioning. If your child is interested in getting fit for self needs or sports, come by and talk to Rikki. He's willing to help out any youth who wants to put the work in to get in shape.

**For tribal member adults and families** who want to sign up for Rikki's class, he offers different schedules and exercise routines in the mornings, afternoons and evenings. Rikki also works with Elders on the SAIL (Stay Active and Independent for Life) Program at the Elders Center.

**Stop by the Community Center** to see Rikki and swing by the Events office to pick up paperwork to participate in Rikki's fitness class.



## CONTACTS

### Community Center

**Cheryle Starr:** cstarr@chehalis-tribe.org, 360-709-1524

**Philip Youckton:** pyouckton@chehalis-tribe.org, 360-709-1752

### Events Program

**Skylar Bracero:** sbracero@chehalis-tribe.org, 360-709-1826

**Orinda Goddard:** ogoddard@chehalis-tribe.org

### Heritage & Culture

**Karen Klatush:** kklatush@chehalis-tribe.org, 360-709-1621

**Lynn Hoheisel:** lhoheisel@chehalis-tribe.org, 360-709-1748

## Help Desk portal update

### Information Technology offers exciting new self-service system

The Chehalis Tribe's Information Technology Department has deployed a new self-service feature.

We are delighted tribal employees are using this process already. As a matter of fact, the self-service portal is the preferred method of contacting IT.

Here is what the self-service option can help you with:

**SysAid**

- Showcases the IT services catalog in the self-service portal and allows our users to easily choose required services.

- The portal allows users to submit and track tickets online.

- Keep our users updated on their ticket progress and approvals through automated notifications and allow them to communicate with IT technicians by email.

- Enable users to solve simple and common incidents with little help from IT by accessing solutions in Knowledge Base.

- Reduces walk-ins, calls and duplicate help tickets.

Here is what our users are saying about the system:

**"Convenience and ease of use are key factors for me. This provides a straightforward workflow from ticket creation to resolution."**

– Chehalis Tribe's General Manager Misty Secena

**"The self-service portal gives me a quicker response time and answers to my inquiries."**

– Behavioral Health Administrative Assistant Jody Heller

## ALL NATIVE<sup>+1</sup> MENS BASKETBALL TOURNAMENT

**Nov. 15-17**

**\$350 ENTRY FEE**

**Chehalis Tribal Community Center  
461 Secena Road, Oakville WA 98568**

**TRUE DOUBLE**

**MENS ALL-NATIVE +1 TOKEN**

**1ST-4TH PLACE AWARDS**

**MVP, ALL-STARS, 3-POINT KING**

### CONTACT

**Leroy Boyd:** email lboyd@chehalis-tribe.org or text 360-628-7537 / **Skylar Brocero:** email sbracero@chehalis-tribe.org or text 360-522-0606

**\* Must be paid before first game  
(please make checks payable to Chehalis Tribe)**



# STAFF PROFILES



## Peer counselor gives back to community

*Behavioral Health member Catherine Starr wants to use her story to help people*

Chehalis tribal member Catherine “Cat” Starr is the newest addition to the Behavioral Health department on the Chehalis Reservation.

Starr officially began working as a Peer Counselor for the tribe on Aug. 21. The job allows her to apply previous life experience to help those in need of advice and assistance. Starr’s job duties include providing recovery support to individuals suffering from substance abuse, and supplying guidance and tools to help clients overcome obstacles in their recovery efforts.

Recently, Starr finished training to become a certified Peer Counselor. She learned about cultural sensitivity and how to properly engage with people on



an individual level. The training helped remind her that everyone’s situation is different. Therefore, she realizes she needs

to address each individual case by case.

Also, Starr received formal training on ways to provide assistance to various demographics. She learned effective practices on how to provide counseling to the LGBT population.

While learning her new role, Starr kept in mind that a lot of what was being taught doesn’t exactly apply to those living in Indian Country, a term used for reservation lands.

She understands she will be assisting fellow Native Americans, who have a complex history dating back centuries. Her main takeaway from the training was to develop a code of ethics,

**“I’m using my story to provide hope to other people.”**

– Catherine Starr

which includes “transparency, respect, integrity, reliability and trustworthy,” Starr said.

Many steps in life have brought Starr to this point. She struggled with addiction earlier in life and decided to change her future.

“I’m using my story to provide hope to other people,” Starr said. “I know what it’s like to deal with addiction. I know what it’s like to build resiliency. In order to build resiliency, you have to take care of yourself and you have to overcome a lot of challenges.”

The methods she used to better herself are cultural beliefs, mental health exercises and self-help care. She said using those tools in life have helped her succeed and overcome a lot of challenges.

Part of Starr’s transformation was enrolling in college. She

started out at Lower Columbia College in Cowlitz County. She earned a direct transfer degree and continued her studies through Central Washington University.

Starr is taking the quarter off from school so she doesn’t have to balance being a full-time student while starting a new job. She plans to finish her schooling at CWU next quarter and hopes to finish requirements for a bachelor degree in social science and eventually secure her master’s.

Starr said “My end goal is to be a social worker.”

She hopes to grow and apply her skill set for her own tribe by providing professional guidance to community members.

She said it means a lot to be able to work for her tribe.

“I feel like this tribe has been here through thick and thin,” Starr said. “Throughout my addiction, I’ve always had resources here. I feel like I can give back to the community as they once gave to me.”

## OTA team member prepares for the future

*Rachelle Ferguson works toward law and justice degree while serving as Paralegal Trainee*

Chehalis tribal member Rachelle Wildflower Ferguson “Wells” is settling into her role as Paralegal Trainee.

Ferguson aspires to be the first paralegal for the tribe. She previously worked at Lucky Eagle Casino & Hotel for 19 years, starting out as a busser in food and beverage. She held several job titles in various areas of the casino. Ferguson worked in table games, dealt poker, was a pit manager and was a part of the casino’s human resources department.

After nearly two decades, she moved to the government side of the tribe and started her position with the Office of Tribal Attorney. This position falls in line with



Ferguson’s field of study. She is in the process of finishing her law and justice degree at Central Washington University.

She said when first starting the job, she was a little nervous. However, everyone put her at ease and made it a smooth transition. Harold Chesnin and Millie Kennedy, two OTA staff members, have really helped her become accustomed to her responsibilities and comfortable in the workplace.

As the paralegal trainee, Ferguson prepares paperwork for cases the OTA is going to address and resolve inside the courtroom. OTA doesn’t represent the general public (Chehalis tribal members) in court cases, which is a common misunderstanding.

Rather, they handle matters pertaining to Chehalis Tribal

Government. OTA represents the Chehalis Tribe in its legal cases and conduct code drafting and implementation.

Recently, OTA headed cases that effect more than just the Chehalis Tribe. Certain cases have taken precedent on a national level. For example, the tribe led the way in passing a law that allows tribes to distill alcohol on reservation trust lands.

This law is applied to all federally recognized tribes. The Chehalis people pushed for this to be approved, so they could move forward with construction of brewery/distillery business Rye and Hops that the tribe plans to operate in Grand Mound in the near future.

Although this took place before Ferguson started with OTA, she looks forward to playing a role in future cases. After she finishes her degree, her goal is to become a lawyer. Eventually, she wants to be the judge for the Chehalis Tribe’s

courthouse.

Right now, she’s learning what paralegal work entails. In addition to filing a wealth of paperwork, she researches case laws and helps prepare attorneys for court. She also assists with paperwork on court summons, orders, motions and affidavits.

Ferguson explained that this job means a lot to her because she is able to learn more about tribal government. In addition to working with OTA staff, she also completes various tasks for the general manager and business committee when needed.

“My biggest thing is just helping out my tribe,” Ferguson said.

While doing everything she can to give back to her people, she is able to gain a wealth of knowledge from her co-workers. Ferguson has used their mentorship to guide her in achieving her educational goals. She also is building relationships with professionals who operate the tribal court.



# Brothers nourish Chehalis elders

*Robert Cayenne enjoys rewarding role with center that also allows more time with family*

Cook Assistant Robert Cayenne and Head Chef Ricki Charles have prepared and served meals at the Elders Center throughout the year.



The two brothers have an extensive background of working in the kitchen.

Cayenne spent part of his childhood growing up on the Chehalis Reservation. He even graduated from the tribe's Head Start program.

"I always just loved cooking," Cayenne said. "I've just been around food my whole life."

He explained that while his

mom was working night shifts, he would take care of and cook for his younger siblings.

He started out in the food and beverage industry as a busser at the Lucky Eagle Casino & Hotel. He worked his way up the ladder from dishwasher to prep cook and spent time in the deli and on the buffet line.

After more than two years on the line, Cayenne was promoted to sous chef. He served in that position the past four years, overseeing Lucky Eagle's buffet and deli. The job demanded more than cooking and prepping. He also was responsible for paper work, menu planning, inventory and ensuring the kitchens functioned properly on a daily basis.

Working for the Elders Center is vastly different from casino life. Cayenne has a consistent schedule and doesn't have to work night shifts, allowing him to spend more time with his family. While at the



**Cook Assistant Robert Cayenne views the Chehalis tribal members he creates food for at the Elders Center as family.**

casino, his shift would sometimes end at 11 p.m.

Now Cayenne can get his children ready for school, spend evenings with them, enjoy after-school activities and have dinner together.

He said the biggest difference between the casino and the Elders Center is that he serves less people now. He explained that on the busiest days at the Lucky Eagle, such as holidays, they would cook

for up to 1,200 people.

The two brothers prepare meals for at most 50 elders that come into the center for lunch and 15 meals for those who receive home delivery.

Cayenne enjoys his job and the compliments he receives from the elders. His favorite part is seeing the smiles on their faces.

"I consider them all as family," Cayenne said. "I love it that I can give back to them."

## Head Chef puts sharp culinary skills to work

*Ricki Charles inspires a new generation*

Elders Center Head Chef Ricki Charles, of the Lower Elwha Klallam Tribe, spent a large part of his childhood on the Chehalis Reservation. He recalls days as a youngster when he attended Head Start.



Similar to his brother, Robert Cayenne, Charles also started out his career in food and beverage at the Lucky Eagle Casino & Hotel as a busser and host. He

described his long journey before he became head chef for the Elders Center.

After high school Charles moved to Medford, Oregon. He started working at Outback Steakhouse prepping for the main cooks. His job duties included chopping vegetables, skewering shrimp, making dressings among



**Head Chef Ricki Charles appreciates the family based atmosphere of the Elders Center. In his role, Charles also serves as a mentor for students in the Summer Youth Workers program. He creates meals alongside his brother, Robert Cayenne.**

other tasks.

Charles studied how people with higher-level skills performed their jobs. He wanted to prove to his bosses that he was able to do more than just help prep. By demonstrating his advanced skills, Charles moved up to kitchen manager. After nearly five years at Outback, he decided to move back

to western Washington.

Upon returning to the casino, Charles started out as a line cook. Serving food helped him become more personable and enhanced his customer service skills.

Charles briefly moved to Gig Harbor, where he worked at Little

**"I want to make sure that they are going home full and going home happy."**

**- Ricki Charles**



Native filmmaker Anna Hoover (Unangax) and videographer Dallas Pinkham (Yakama) interview tribal members Todd Delamater and Anthony T. Youckton Sr. about harvesting eels on the Chehalis River.



## Chehalis tribal life documented

### *Video segments capture fishing, gathering, native language for Burke Museum exhibit*

The Burke Museum of Natural History and Culture celebrated its grand opening in mid-October at its new home on the northwest corner of the University of Washington campus in Seattle.

In a dramatic departure from the typical natural history museum model where exhibits are on one side of the wall and collections and research are on the

other, exhibit galleries mingle with collections, labs and hands-on learning spaces.

Featuring works inspired by 200 years of history, the opening exhibit in the Northwest Native Art Gallery will showcase the Burke's iconic collection – one of the largest in the United States. It shares the rich dynamism of contemporary northwest native art.

As part of the new exhibit, Chehalis Tribal Cultural Resource Specialist William Thoms helped coordinate shooting segments for videos exploring northwest native languages and traditional

foods today.

Native filmmaker Anna Hoover spent two days in the community documenting traditional harvests and interviewing tribal members about the meaning and practice of time-honored ways of gathering.

Tribal fishermen Todd Delamater and Tony Youckton shared their experiences catching eels, while Law Enforcement Office Specialist Glenda Comenout contributed to the video with her knowledge of the annual spring camas dig.

### VISITING THE BURKE MUSEUM

**Address:** 4300 15th Ave. NE Seattle, WA, 98105 (northwest corner of the University of Washington campus)

**Hours:** 10 a.m.-5 p.m. daily (last admission at 4:30 p.m.), 10 a.m.-8 p.m. first Thursday of each month

**Admission:** \$22 adults; \$20 seniors (62 and older); \$14 students (non-UW) and ages 4-17; free for ages 3 and younger, UW students/faculty/staff (limit one ticket per Husky card), everyone on the first Thursday of each month. Visit [burkemuseum.org/visit/discounts](http://burkemuseum.org/visit/discounts) to learn about admission discounts (military, AAA, EBT or SNAP cardholders and more).

**Contact:** 206-543-7907 or [burkemuseum.org](http://burkemuseum.org)

Tribal Historic Preservation Officer Dan Penn supplied his voice to recordings of several upper Chehalis language words that will be included in the video exhibits.

Hoover reflected on the project by saying, "The Chehalis Tribe's contributions to the Burke Museum exhibit videos are priceless and will be available to educate and enlighten all visitors to the new Burke Museum. Qagassakung! (thank you in Unangam Tunuu, my Aleut/Unangax tribe's language)."



**TOWER of TVs GIVEAWAY**

**HOT SEAT DRAWINGS EVERY SATURDAY IN NOVEMBER**

Must be 21 or older and a Star Player.

**65-inch 4K Ultra HDTV AND \$250 Cash Every 15 minutes 7PM - 9:45PM**

**Weekly Grand Prize at 10PM**

**82-inch 4K Ultra HDTV PLUS a Surround Sound System AND \$1,000 Cash**

**NOV. 9**

**5 p.m.: reception/registration**

**6 p.m. event starts**

**CONTACT**

Diana Pickernell at 360-709-1631 or [dpickernell@chehalistribe.org](mailto:dpickernell@chehalistribe.org)



**CTLF**  
CHEHALIS TRIBAL LOAN FUND

**CHEHALIS TRIBAL LOAN ANNUAL FUNDRAISER**

**Traditional Feast**

**Dessert Dash**

**Silent Auction**

**Raise the Paddle**

**Keynote speaker: Swil Kanim**






# OCTOBER BIRTHDAYS



**Kaytlin Pickernell (left):**  
Happy 11th birthday, love Dad, Mom and Emily.

**Kayley Renee Trott (below):**  
Happy birthday to my beautiful daughter!!! Love you kiddo, from Mom and family.

**Kendall Medina (below):** It's your birthday!!!! Happy birthday to you, love Mom! Cheers to another year! Love always, your first Brat.



**Don Secena:**  
Happy birthday brother. The rock in our foundation. We love you, your family.



## MORE WISHES

**Ryder Vigil:** Happy birthday, love your Mom and bros.

**Charles "Duffy" Black and John Shortman:** Happy birthday, from your family.

**Rita Burke:** Happy birthday to our little princess. Love you with all our hearts! From Mom, brothers, Auntie Jodie, Carlos and Uncle Fred.

**Landon Simmons:** Happy birthday, love your Simmons Family.

**Aryana Klatush:** Happy 5th birthday. We love you so much! Love Mom, Dad, Destiny, Tyler, Hollie and Brooklyn.

**Thomas Sanchez:** Happy 11th birthday. We all love you so much!! Love Mom, Tony, Rosa, Eddie, Freddie and Javier.

**Happy 60th birthday** George Sanchez Sr. Happy 11th birthday Anjolya Sanchez. From your family

**Eddie Olney:** Happy 40th birthday little bro! Love you, from your sis.

**Happy birthday** Carmen Shortman, Casey and Gerald Pickernell Jr., love Madyson!



CORTNEY BECKWITH  
CHARLES BLACK  
ANDREA BORDELON-LANNEZ  
AVA BOYD  
JACKSON BROWN  
JOEL BROWN  
TREY BROWN  
RITA BURKE  
MADISON CARTER  
WILLOW CAYENNE  
WESLEY CHRISTJOHN  
TABITHA COLSON  
ANTHONY COMBS  
JOSEPH DELAMATER  
TODD DELAMATER  
RAMONA FRICKE  
TALIYAH FULTON  
VIRGINIA GARITY  
LESLEY GILLIE  
DYLAN HJELM  
KAYTLIN HOLMES-PICKERNELL  
LEON HOUSE JR.

ANGELA JAMES  
CANDICE JANSEN  
SELENA KEARNEY  
JOLI KING  
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  
ELAINE MCCLLOUD  
MARLA MEDINA  
MADDEX MOWITCH  
ALYSSA MULLINS  
ESTRAEA MUSIC-OLNEY  
AMBER OLIVER  
EDWARD OLNEY  
LEILANI ORTIVEZ

DYLAN PALMER  
DAN PENN  
ANDREA PHILLIPS  
CASEY PICKERNELL  
GERALD PICKERNELL JR.  
RYAN PITZENBERGER  
HILLARY POWELL  
DAKOTA QUEZADA-KLATUSH  
KAHLI REYNOLDS  
RAYNA ROMERO  
SCARLETT ROMERO  
LATICEA ROMO  
AMARIA ROSADO  
DELORES ROURKE  
ANJOLYSA SANCHEZ  
EDWARD SANCHEZ  
GEORGE SANCHEZ SR.

JANET SANCHEZ  
STORMIE SANCHEZ  
THOMAS SANCHEZ  
DON SECENA  
WILLIE SECENA  
LANDON SIMMONS  
CARMEN SHORTMAN  
JOHN SHORTMAN SR.  
LANDON SIMMONS

LOI SIUFANUA-BOYD  
TRISTAN SMITH  
ROBERT TEAGUE  
KAYLEY TROTT  
RYDER VIGIL  
TYMSEILA WASHBURN  
BRAIDEN WITTWER  
ARNY YOUCKTON  
CLARENCE YOUCKTON  
KENDALL YOUCKTON-MEDINA



# HEALTH/WELLNESS



## Behind the mask *Suicide prevention event unearths powerful feelings*



*Contributed by Bobbie Bush,  
Chehalis Tribal Elder*

World Suicide Prevention Day is observed on Sept. 10 each year. It has provided acknowledgment and action to prevent suicides through various activities around the world since 2003.

Our Tribal Suicide Prevention Advisory Board – Penny Gleason, Lydia Klatush, Kaleb Merriman, Leah Niccolucci, Caytee Cline and Bobbie Bush – wanted to recognize this important day with our own tribal activities. We met weekly during the year to discuss and decide on our event – a three-part suicide prevention activity on Sept. 10, 12 and 14.

### What the world doesn't see

When renowned comedian and actor Robin Williams died by suicide in 2014 at his home in Sausalito, California, it became very clear to me that we all wear masks.

We put on a mask of happiness when we are sad sometimes. Other times, we put on a mask of “mean eyes” because we have been hurt too many times and need people to stay away and not get too comfortable. And there are times we put on a clown mask to make people laugh so they will not notice the tears in our eyes as we live in immobilizing psychic pain.

“In terms of archetypes, the mask can be representative of your own face or it can also be representative of something that you put between



yourself and the world – the way you represent yourself but not necessarily your true self. Often, as we create a work of art or a poem, we tap into those unconscious places and are often surprised by how much we can learn from ourselves,” said writer and storyteller Marv Klassen-Landis.

### Tapping into our feelings

The Chehalis Tribe's Suicide Prevention Day event kicked off from 5-7 p.m. Tuesday in the Community Center Gathering Room. We met with 46 people who signed in for the

See MASKS, page 9



The Tribal Suicide Prevention Advisory Board put together a three-part event in honor of World Suicide Prevention Day in September. Participants shared stories of loss and healing and also created masks to bring their inner feelings to the outside.



“Often, as we create a work of art or a poem, we tap into those unconscious places and are often surprised by how much we can learn from ourselves.”

– Writer and storyteller Marv Klassen-Landis



## MASKS

From page 8

Expression Masks workshop.

Thirty-two plaster masks were created. We sealed the masks the next day then met again from 5 to 7 p.m. Thursday in the same room where 21 people decorated their expression masks. Finally, we met one more time from 5 to 7 p.m. Saturday when 36 people signed in.

As we think about the loss of suicide in our tribal community, what deep feelings emerge? If you had only 10 or 12 words to describe your feelings, such as loss, grief, trauma or anger, what would you write or say? Are those the only feeling words you would use? Are there other powerful words that help describe your experience?

Some of us used these powerful feelings in expression and completion of our masks. The outside of the mask represented the facade or image we share with the world, our friends, co-workers and families; the inside revealed hidden feelings in the heart.

## Surviving loss

Our keynote speaker on Saturday was Elaine McCloud, who described her experience after her sister died by suicide many years ago. Elaine said she always had a vision for her life with her sister and would visualize them sharing stories about their families and children as they grew up and got older. Elaine also said her brother struggled, too, and had planned to take his own life but stopped when he realized that his mother would have had two children die by suicide if he completed the attempt. He was able to stop and change his thinking. Elaine shared beautiful pictures of her family and a wonderful collage of her sister's

>>>>>

### RESOURCES

Grays Harbor Crisis Clinic:  
**360-532-4357**

Thurston County Crisis Team:  
**360-586-2800**

Cascade Mental Health:  
**360-330-9044**

National Suicide Prevention Lifeline at **800-273-8255**

Crisis text line at **741741** (text **HOPE**)

Tsopowum Behavioral Health  
**360-709-1733**

### FOR YOUTH

Youth talk, text or chat line –  
TEXT **teen2teen** to 839863

We R Native (**wernative.org**)  
for native teens and young  
adults text messaging service  
(text **NATIVE** to **97779**)

photos with the group.

## Sharing stories

At the end of the evening, participants shared their stories. They discussed surviving their sadness over the loss of a family member. It was so important to finish this way and be brave talking about these powerful feelings in a group setting. The experience was very emotional. Thank you to the beautiful participants who came and created. Thank you to our volunteers – Roxanne for the chili, Dylan for the yummy cookies, Janet for the scrumptious cupcakes and Lydia for the frybread! It was a great meal and sharing time.

Thanks to the Suicide Prevention Board members who made it happen. Thanks to Penny for always helping with the facility set up and tear down.

## in brief

### New clinic hours

The Chehalis Tribal Wellness Center now has urgent care services available starting at 8 a.m.

If you have an urgent care need, hours are 8 a.m.-noon and 1-4 p.m. Monday-Friday; 8 a.m.-noon and 2:30-4 p.m. Wednesdays.

For more information, call 360-273-5504.

### In-home assistance

Do you feel like your cleaning, laundry and cooking has become more difficult? Could you use someone to come by once or twice a week to help?

A program is set up to do just that!

To qualify you must:

- Be a Chehalis tribal member
- Live on the reservation
- Have no alternate source of care or assistance (based on

individual needs)

■ Be age 18 or older and have a documented mental or physical disability

Please sign up at the Elders Center, Chehalis Tribal Wellness Center or Social Services front area with your name, address and phone number.

You will be contacted to arrange a brief assessment.

### Prioritize foot care

Podiatrist Dr. Deborah Behre will be available from 8 a.m.-noon Nov. 7 and Dec. 12 and 1-4 p.m. Nov. 19 at the Chehalis Tribal Wellness Center to manage your foot care needs.

Call the clinic at 360-273-5504 to schedule an appointment.

For additional questions, call Diabetes LPN Sandra Dickenson at 360-709-1660 or Community Wellness Manager Christina Hicks at 360-709-1741.

## USDA Food Program

The South Puget Intertribal Planning Agency's program offers an assortment of food to fill your freezer, refrigerator and cupboards. The next date is Nov. 14 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.



## WIC THROUGH SPIPA



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

**NEXT DATE:** 9:30 a.m.-3 p.m.  
Nov. 14 at the Wellness Center

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

## Walk & Roll Wednesdays

Join us as Chehalis  
Tribal Wellness Center  
staff walk at noon from  
the clinic to Lucky Eagle  
Casino & Hotel

**SIGN UP AT THE ELDERS CENTER,  
COMMUNITY CENTER, WELLNESS  
CENTER OR TRIBAL CENTER, OR EMAIL  
SDICKENSON@CHEHALISTRIBES.ORG**

\* Sponsored by the  
Special Diabetes  
Program for Indians





# Protect yourself, family with a flu shot

## *Vaccination is key to surviving season*

Influenza season is here. The contagious respiratory disease can lead to serious illness. Each year, thousands of healthy adults and children visit a doctor or are hospitalized from complications. Flu is unpredictable and can be severe.

The Centers for Disease Control recommends everyone age 6 months and older get an annual flu vaccine.

Being protected can reduce doctor's visits, hospitalizations, missed work and school and help prevent the spread of flu. Vaccination protects women during and after pregnancy and can protect the baby for several months after birth.

## How to tell if it's the flu

It can be challenging to tell whether you have the flu based on symptoms alone.

Flu symptoms can include:

- Fever or feeling feverish
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Fatigue

Some people might have vomiting and diarrhea, though this is more common in children than adults. Many people do not have a fever. The only way to know for certain if your illness is caused by the flu virus is to have a specific flu test from your doctor.

## Everyone needs a shot

Because influenza viruses continually change, it is important to have an annual flu vaccination.

Each year, a new vaccine is developed to fight the specific viruses that research indicates are most likely to cause illness during the upcoming season.

It takes up to two weeks for protection to develop after vaccination. Protection can last about a year.

**Certain people have a greater need to get vaccinated every year:**

- Ages 50 and older
- People of any age with certain chronic medical conditions such as lung or heart

disease or diabetes

- Children younger than age 5, but especially those younger than 2
- Pregnant women
- Nursing home residents
- It is extremely important for caregivers to get an annual flu vaccination to help protect the health of those for whom they provide care.

## If you feel sick

While vaccination is the surest way to prevent the flu, there are other simple steps that can help prevent the spread of flu and other germs that make people sick.

- Stay home from work or school if you have flu symptoms
- Cover your mouth and nose with a tissue when you



cough or sneeze.

- If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.
- Put used tissues in the waste basket.
- Wash hands with soap and water after coughing or sneezing.
- If soap and water are not available, use an alcohol-based hand cleaner.

■ If you are sick, stay home. Anyone who is sick with the flu should stay home from work, school and other public places except to seek medical care or for other necessities. Most people will get over the flu at home with rest and fluids.

Medicines to relieve fever and aches can help. Antiviral drugs can reduce symptoms, shorten the duration of the illness and can prevent serious complications such as pneumonia.

However, do not give aspirin

to anyone age 18 or younger. Children who have the flu and take aspirin can get a severe illness called Reye Syndrome.

## Seek medical help

Some people should seek prompt treatment (within 48 hours of illness onset) if they develop symptoms of flu-like illness.

**The people at risk for complications are:**

- Children or adults with a disability, such as cerebral palsy, muscular dystrophy or developmental disability
  - Children younger than 2
  - Those younger than 19 who are receiving long-term aspirin therapy
  - Women who are pregnant
  - Ages 50 and older
  - People of any age who have a chronic medical condition such as asthma, neuromuscular disease, diabetes, heart disease or chronic respiratory disease
  - People with suppressed immune systems such as those with HIV or who take medicines that weaken the immune system
- Important:** Anyone who becomes sick with a flu-like illness should seek medical treatment if symptoms are very severe, quickly worsen or improve but return.

## What to watch for

Some people become very ill with the flu and need emergency medical care. If you or a child in your household becomes sick and exhibits any of these warning signs, seek emergency medical care immediately.

### For children

- Fast or trouble breathing
- Bluish skin color
- Not drinking enough fluids (if you notice fewer wet diapers or fewer trips to urinate than normal)
- Not waking up or not interacting normally
- Being so irritable they do not want to be held
- Fever with a rash

### For adults

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting



## 7 TIPS TO STAY HEALTHY

- 1 Cough or sneeze into your elbow
- 2 Wash hand often, especially after blowing your nose or coughing. Proper hand washing uses warm water, soap and scrubbing for at least 20 seconds.
- 3 Disinfect common surfaces often. Include countertops, telephones, computer keyboards, faucets and doorknobs. Viruses can survive on surfaces for several hours.
- 4 Eat a balanced diet with fruits and vegetables; get plenty of rest and exercise to keep your immune system in good shape.
- 5 Know the difference between cold and flu. The flu comes on strong with severe symptoms including fever, sore throat, chills, body aches, cough, runny or stuffy nose, diarrhea, vomiting, headache and fatigue. A cold usually isn't as severe and doesn't last as long.
- 6 Everyone 6 months and older should get a flu shot.
- 7 The best way to protect infants less than 6 months is to have those around them get vaccinated.

## GET YOUR SHOT

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



## CHEF

From page 5

Creek Casino in food and beverages, which he said was very similar to the setting at Lucky Eagle Casino.

Eventually, he moved back to Thurston County and started working for Great Wolf Lodge. He learned how to roll sushi and make sushi rice. Charles worked for many chefs, picking up professional techniques and styles of cooking and prepping. It was the motivation he needed. His experiences with other chefs left a lasting impression.

In addition to assuring that those he cooks for are satisfied, Charles said he aspires to be the type of chef who influences others to become cooks.

He already has started to motivate young tribal members by allowing them to work alongside him in the kitchen. For the past two summers, Chehalis tribal youth workers have helped prepare meals for the elders during the six-week program. He makes an effort to be a positive influence on the next generation,

especially to those in his family.

Like his brother, Charles enjoys having a consistent schedule and the fact that he gets to spend more time with his children. He has children that vary in ages, and he guides and steers them in the right direction.

Charles said the most noticeable difference between his work at the Elders Center from previous chef jobs is: "this is more family based."

Five days a week, Charles visits with the same group of people and checks in to see how they're doing. He grew up around most of the elders. Though he's not related, they are ancestors of the friends he grew up with.

"Now that I'm an adult, I see them (elders) more as friends," Charles said. "I want to make sure that they are going home full and going home happy."

He knows the purpose of the Elders' Center, and strives to make it feel like "home" for them when they come visit. He wants them to make the most out of their time together and enjoy each other's company, while indulging in a delicious meal.

## FUTURE

From page 1

reservation, finding the right fit for everyone. Because of the number of students in the program, this task was more difficult than previous years.

He made a constant effort to build relationships with each youth worker. He checked in on a regular basis to make sure they were being

productive and acquiring skills they could apply in the future.

Howard adjusted his work schedule to go on trips with the youth. He assisted them on a trip to Seattle, where they visited Amazon and Microsoft headquarters. He also chaperoned during a trip to explore the campus of Oregon State University in Corvallis and the University of Oregon in Eugene.

### JOIN THE CENSUS TEAM

**\$15-16.50 PER HOUR!**

Grays Harbor County is hiring for temporary jobs. Chehalis tribal members are encouraged to join to ensure we are being counted. It's a great opportunity for good pay, flexible hours, weekly pay and training!

**To apply:**

**2020census.gov/en/jobs or 855-562-2020**



## CONSTRUCTION WORKERS WANTED

**LABORERS**

**PLUMBER**

**DRYWALL INSTALLER**

**CERTIFIED FORKLIFT OPERATOR**



Korsmo Construction is seeking motivated tribal and community members to work on Rye and Hops, a brewery/distillery and restaurant project – in Grand Mound! Come to Chehalis Tribal Enterprises to fill out an application today!



**CHEHALIS TRIBAL ENTERPRISES**  
18120 Anderson Road, Oakville, WA 98568 • 360-273-1251



**CONTACT** For more information, get in touch with **Mackenzie Jones** at 360-273-1251, [mjones@chehalistribe.com](mailto:mjones@chehalistribe.com)

**Big & Rich**  
WITH COWBOY TROY

**SUNDAY  
NOVEMBER 17**  
Doors 5PM ★ Concert 6PM

**TICKETS START AT  
\$45 FOR STAR PLAYERS**  
at the Lucky Star Rewards Center

**AGE 21 AND OLDER**



# 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, photographs and drawings to be considered for publication in the newsletter (materials are subject to editing). Contributing writers, artists and photographers include Chehalis tribal community members and staff.

### NEWSLETTER STAFF

Frazier Myer, Fred Shortman,  
Audra J. Hill and the  
Information Technology Team

### TRIBAL CENTER

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**Office:** 360-709-1726  
**Fax:** 360-273-5914

### 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  
**Sheilah Bray:** Treasurer  
**David Burnett:** Secretary  
**Leroy Boyd Sr.:**  
Fifth Council Member

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

12

# Students benefit greatly from funds

## *OSD puts influx of funds to excellent use*

We wanted to take a moment to thank the Chehalis Nation for another opportunity to partner with you in raising and educating your students. We are excited to continue another amazing year in Oakville with our students.

During the 2018-19 school year, the Oakville School District brought in more than \$725,000 of new money into Oakville. A big thank you to the Confederated Tribes of the Chehalis Reservation and Grays Harbor Foundation!

*Thank you,  
Rich Staley*



### HIGHLIGHTS

**Chehalis Tribal Donation:** \$30,000. Paid for athletics, closed-circuit TV system, CTE equipment.

**Community Eligibility Provision Grant:** \$65,000. Paid for free student breakfast and lunches.

**Rural Education Achievement Program:** \$26,891. Paid for 100 Chromebooks for students.

**Urgent Repair Grant:** \$180,100. Paid for elementary office, security upgrades and hallway updates.

**Grays Harbor Foundation Donation:** \$98,000. Paid for YMCA/Oakville preschool.

**American Disabilities Equal Access Grant:** \$32,666. Paid for new parking lot, accessible parking spot, pads on athletic fields.

**Fresh Fruits and Veggies Program:** \$12,500. Paid for fruit and vegetables for K-5 students daily.

**Healthy Kids Grant:** \$29,399. Paid for updated water fountains, ice machines, new oven in kitchen.



**Oakville School District secured more than \$725,000 in donations to fund everything from preschool to upgraded security to repairs, access and healthy meals.**