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

CHERICAL END HISTORY HERITAGE & DESONDERS AT CHEMA ISTRIBAL

October 2024 FIND HISTORY, HERITAGE & RESOURCES AT CHEHALISTRIBE.ORG

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AWARENESS

PREVENTION



Artwork elevates towers

By Bobbie Bush

The first week of September saw the preparation of the water towers for painting. Confederated Construction Company contracted with R and E Painting and Coating. The business pressure washed and sand blasted the towers as well as painted base coats.

The design for the Water Tower Mural was put out to bid through the Tribal proposal bidding process. Two Tribal members were awarded the design contract, Amanda "Cricket" Jennings and Ryan Burnett, both local Chehalis Tribal artists.

See TOWERS / page 2



The Water Tower Mural brings large-scale, colorful designs to the Chehalis Reservation.

Intertribal Breast Cancer Walk provides hope, support

By Bobbie Bush

The Chehalis Tribe hosted SPIPA's NWWP's 20th annual Intertribal Breast Cancer Awareness Walk on Oct. 12. The gathering included 41 participants, five SPIPA staff members and guests from the Fred Hutchinson Cancer Center, Snowy Johnson and Annavey Skenandore.

Registration began at 10:30 a.m. and the walk started at 11. It was one of the nicest days in October – clear and warmer as the day progressed.

A photo booth was made available for folks who wanted a memento of the event with their loved ones and friends. The walk featured signs displaying breast cancer facts and tips for

prevention.

Lunch from Subway was offered. Also featured were beads, banners, journals and messages. A beautiful T-Shirt was given to all who participated.

Chehalis Tribal Wellness Center has mammogram clinics available from the Native Women's Wellness Program for those who are eligible.

The next mammogram clinic is with Assured Imaging from 9 a.m.-4 p.m. Tuesday, Dec. 3.

To schedule an appointment, call the Chehalis Tribe's Wellness Center at 360-273-5504.

Clinical Breast exams are offered on site. Please consult your medical provider.

See WALK / page 4



The 20th annual walk was held on a sunny day and included dozens of participants.

TOWERS

From page 1

Surfaces were prepared for painting by the Artist Brothers, a company that handles large murals in the state. They painted the Muckleshoot Indian Tribe's Water Tower a few years ago. The original Artist Brothers were Rolf and Peter Goetzinger. After Rolf retired, Orion Goetzinger, Peter's son, stepped up to fill that role with his father.

The main designs for the tower murals came from Amanda and Ryan. The overall design includes pieces from each tribal artist. The lower portion of the towers were from the designs Amanda sent and the upper portion was part of the design Ryan submitted. Designs were merged with the assistance of the artist contractors who did the lift painting.

Orion and Peter braved the lift to perform "death-defying artist's antics."

The mural looks amazing and adds color to our community.



Local Chehalis Tribal artists Amanda "Cricket" Jennings and Ryan Burnett created the eye-catching images.









ELDERS

Intrepid group hits the road

Elders attend luncheon in Coeur D'Alene that features music, food and fellowship

By Bobbie Bush

Chehalis Tribal Elders jumped aboard the bus to Idaho on Oct. 2 to participate in the Coeur D'Alene Tribe's Elders Luncheon the following day.

The bus departed from the Chehalis Reservation around 8:45 a.m. and arrived at the hotel in Coeur D'Alene, Idaho, around 5:30 p.m.

According to Google, the trip should take about five hours and 50 minutes. Luckily, we were able to stop for restroom breaks and lunch at Perkins in Ellensburg, Washington.

Some of the Elders who traveled in their personal vehicles we already there when the bus arrived.

Registration began at 9 a.m. The Coeur D'Alene Tribe gifted Chehalis Elders cute jack-o'lantern backpacks with snacks, lip gloss, a beautiful pen and mini table set. The message on the pen and tablet was, "Sometimes you forget you're awesome, so this is your reminder."

Door prizes were drawn from





the very beginning of the event. People from many Indian Nations were present. Umatilla, Lummi, Warm Springs, Grand Ronde, Nooksack, Swinomish, Puyallup, Muckleshoot and Chehalis were called in the drawings.

Sonny Youckton was one of the first Chehalis door prize winners. Cheryl Jones won three times. Betty Tanner, Rodney Boyd and Allen Bush also took home prizes. The event was filled with

ambiance thanks to music by Eric E. He asked folks to call out years and he would respond with songs that were hits from that time. Years called out included 1967, 1968, 1972 and 1957. Renditions of Credence Clearwater Revival, Elvis, Crosby Stills & Nash and one song by the Impressions were played.

There were two 50/50 raffles to benefit programs. The first 50/50 raffle was for the Older Americans Program and the second was to support the Coeur D'Alene Youth group, which is raising funds to attend the UNITY conference.

Lunch featured roast beef, roast pork, waldorf salad, macaroni and cheese, green salad and mashed potatoes with apple or pumpkin pie for dessert. The apple pie was delicious.

Raffle drawings continued until about 2:30 p.m. Youth workers volunteered to pick up debris, offer beverages and run raffle prizes out to the big group of hopefuls in the audience.

A lot of laughs and fellowship with Elders from all over the West served to make the luncheon an enjoyable event.



Chehalis Tribal Elders traveled to Idaho on Oct. 2 for the exciting annual luncheon.





WALK From page 1

Important scan

Other than skin cancer, breast cancer is the most common cancer among American women. For many women, mammograms are the best way to find breast cancer early when it is easier to treat. Mammograms can find cancer before it is big enough to feel or cause symptoms.

Worried about the cost?

Chehalis Tribal Wellness Center has mammogram clinics for eligible women. Clinical Breast exams are offered on site.

CDC's National Breast and Cervical Cancer Early Detection Program offers free or low-cost mammograms to women who have low incomes and are uninsured or underinsured.

Symptoms

There are different symptoms of breast cancer, and some people have no symptoms at all. Symptoms can include:

■ Any change in the size or shape of the breast.

Pain in any area of the breast.Nipple discharges other than

breast milk (including blood). • A new lump in the breast or

underarm. ■ If you have any signs that worry

you, see your doctor right away.

Risk factors

Main factors that affect your chance of getting breast cancer include:

Being a woman.

■ Being older. Most breast cancers are found in women who are age 50



INFORMATION

For fast facts, resources, tips on how to lower your risk of breast cancer and to see if you qualify for cost assistance, go to cdc. gov/cancer/features/breastcancer.html

or older.

■ Having changes in your BRCA1 or BRCA2 genes.

How to lower your risk

■ Keep a healthy weight and be physically active.

■ Choose not to drink alcohol, or drink alcohol in moderation.

■ If you are taking hormone replacement therapy or birth control pills, make sure to ask your doctor about the risks.

■ Breastfeed your baby, if possible.



A fun photo booth completed the day for participants in the Intertribal Breast Cancer Awareness Walk on Oct. 12.

OCTOBER BIRTHDAYS

CORTNEY BECKWITH ANDREA BORDELON AVA BOYD **ZURI BROWN** JOEL BROWN **TREY BROWN** JACKSON BROWN **RITA BURKE** MADISON CARTER WILLOW CAYENNE WESLEY CHRISTJOHN TABITHA COLSON ANGELA CORTES **TODD DELAMATER** JOSEPH DELAMATER JULIE DUTRA **RAMONA FRICKE TALIYAH FULTON** VIRGINA GARITY LESLEY GILLIE **DYLAN HJELM KAYTLIN HOLMES-PICKERNELL** LEON HOUSE JR. **CANDICE JANSEN** SELENA KEARNEY **JOLI KING** TANYA KINKADE PAULITA KLATUSH **CONNIE KLATUSH** KAREN KLATUSH BRUCE KLATUSH SR. ARYANA KLATUSH **CORRENA KLATUSH** LYDIA KLATUSH-FROMM JANET LARSON WALTER LEWIS **RICKI MARION ELAINE MCCLOUD** TREVOR MCCRORY MARLA MEDINA KADYN MITCHELL **MADDEX MOWITCH** ALYSSA MULLINS ESTRAEA MUSIC-OLNEY AMBER OLIVER **EDWARD OLNEY LEILANI ORTIVEZ**

DYLAN PALMER

ABIGAIL PALMER DANIEL PENN ANDREA PHILLIPS GERALD PICKERNELL JR. **CASEY PICKERNELL** RYAN PITZENBERGER HILLARY POWELL DAKOTA QUEZADA-**KLATUSH KAHLI REYNOLDS GIANNA ROGERS RAYNA ROMERO** SCARLETT ROMERO LETICEA ROMO **AMARIA ROSADO DELORES ROURKE** EDWARD SANCHEZ GEORGE SANCHEZ SR. ANJOLYSA SANCHEZ TOMAS SANCHEZ **STORMIE SANCHEZ** WILLIAM SECENA DONALD SECENA JOHN SHORTMAN SR. **CARMEN SHORTMAN** LANDON SIMMONS LOI SIUFANUA-BOYD TRISTAN SMITH SKYE STUCKEY **ROBERT TEAGUE KAYLEY TROTT RYDER VIGIL TYMSEILA WASHBURN BRAIDEN WITTWER STEVEN YOUCKTON** ARLAND YOUCKTON **CLARENCE YOUCKTON KENDALL YOUCKTON MEDINA**

NOVEMBER BIRTHDAYS

PRINCE ADAMS **KEVIN ALBERT GERALD ALDRICH** FRANCISCA AYALA-**KLATUSH** JORDAN BAKER **TARYN BAKER** SIMON BAKER JAUNITA BILL-SANCHEZ NATHAN BOYD SYDNEY BROWN **KENNETH BROWN JR. DAPHNE BURKE BOBBIE BUSH COURTNEY BUSHNELL TYSON CANALES TYANNA CANALES JAYLEE CAYENNE** MADELINE COLSON **TANAYAH COMENOUT RACHELL FERGUSON ASHLEY FERN** KATY FOX **CASILDA GARCIA-STARR** PENNY GLEASON **DYLAN GLEASON-WHEELER ORINDA GODDARD MADOLEEN GODDARD** ANTHONY GOMEZ **YVONNE HAUKOM GABRIEL HIGHEAGLE LUCILLE HILL ENRIQUE JIMENEZ** SANCHEZ **ANTONIO JONES BROOKLYN KLATUSH** CHRISTIBETH KLATUSH TAYLEENA KLATUSH ROACHEL LAMBERTH **CYRENA LITTLESUN** ATHENA LOPEZ ARIA LOPEZ **MONIQUE LOPEZ** JOAN MARTIN LISA MCCLOUD MICAH MCNAIR **MAELANI OMAN** ASHLEY ORTIVEZ AURORA ORTIVEZ

SEND IN WISHES!

We would love to feature your messages to family and friends celebrating birthdays and anniversaries. Please send your name, the full name of the person, your wish and a picture (if desired) to **news@ chehalistribe.org.**

TERRY PALMER SHONI PANNKUK VALERIE PICKERNELL DESIRRAY POPE **HEATHER PORTER-HOYLE GRACE QUILT** JOSEPH REVAY SR. LUWANNA SANCHEZ KADE SANCHEZ LINNAEA SANCHEZ SOFIE SEKISHIRO KRISTOPHER SHORTMAN **RACHEL SIMMONS** PAYTON SIMMONS KANE SIMMONS **CARRIE SQUALLY** AMIL STARR MAYNARD STARR ALEXIS STARR-WRIGHT APRIL THOMPSON **KEIRA THRAILKILL** LORI TOVREA **MIA VIGIL RHYAN WHITE** JOURNEY WHITE EAGLE SYVINA WHITE EAGLE-ROSBAUGH KYLAN WITTWER PHOENIX WITTWER CHRISTOPHER YAWN PAMELA YOUCKTON MARCUS YOUCKTON



By Hannah Howe

END OF THE TRAIL STORES

The stores have new menu items coming to their deli this month, so stay tuned. EOT 4 also has a few raffles starting this month. They are raffling a Monster Energy Karaoke/Stereo, Rockstar Cooler and an Xbox. Visit the EOT Instagram or Facebook for more details.

CONFEDERATED CONSTRUCTION

CCC has been working on a few projects on the Chehalis Reservation, including the new Behavioral Health Center, Briarwood Farms demolition, Howanut Road repairs and the Well 3 upgrade. All of these projects should be completed by the end of 2024.

TALKING CEDAR RESTAURANT

Talking Cedar Restaurant's October specials include prawn cocktail appetizer, pig in the garden and pumpkin marinara gnocchi entrees and carrot cake dessert.

TALKING CEDAR BREWERY & DISTILLERY

Talking Cedar Distillery has released its new spirits and the Brewery released its Chehalis Light in the Talking Cedar Restaurant storefront.

OAKSRIDGE GOLF COURSE

We are in the fall season but our course is still open. Come out and golf a round or two!

We are hiring

Visit chehalistribalenterprises.com for current career opportunities.

TEAM MEMBER HIGHLIGHT

Meet Chris Secena! Chris has been working for Chehalis Tribal Enterprises since 2020. He has been at Talking Cedar since the opening and is a restaurant host. Chris always brings a great attitude to work and treats everyone who walks in the door like family. He has extensive knowledge of our Brewery and Distillery and shares information with anyone who asks. Thank you for all you do for Chehalis

Tribal Enterprises and Talking Cedar. We really appreciate all of your hard work and dedication to the Tribe.

> FOLLOW US ON SOCIAL MEDIA

SAFETY





The Chehalis Tribal Public Safety and Emergency Management team educated community members on how to be ready for emergencies.

Emergency prep

By Bobbie Bush

The Chehalis Tribal Public Safety and Emergency Management Meet and Greet was held from 11 a.m.-2 p.m. Sept. 19. Chehalis Tribal and community members learned about valuable resources to prepare and protect themselves from disasters and other hazards.

Emergency Management Manager Clinton Davis and Emergency Management Coordinator Cal Bray offered displays of emergency food and water systems, handouts for emergency water sanitation, a really cool pet first aid kit and a portable homemade commode.

The suggestion is to have at least a 72-hour emergency supply of water and food for all members of your household. Clint said a three-week supply would be optimum.

Public Safety Administration Coordinator Mary Sanders estimated that 55 Tribal and community members stopped by to gain important information. Officer Jake Dickerson and other Public Safety staff prepared a barbecue hot dog and hamburger lunch.



HOW TO ACCESS WATER FROM YOUR HOME'S HOT WATER HEATER

Your home's water heater could provide you with 30-80 gallons of water for drinking, cooking, and hygiene. (Note: tankless heaters do not provide this option.) Follow the steps outlined below.

1. Locate your water heater. Typically, water heaters are in the basement or garage of free-standing homes and in closets of apartments and manufactured homes.

2. Determine what type of water heater you have. Most water heaters are powered by electricity or natural gas. Natural gas water heaters typically have a vent on the top, a pilot light and a gas line at the bottom.

3. Turn off your water heater's power source. This step is crucial to ensuring your safety. You may want to keep a flash light, safety goggles, gloves and a screwdriver in a location that is easily accessible.

■ Electric water heaters: Shut off your water heater's power by flipping the correct switch on your electrical panel. (Consider taking the time to identify the correct circuit breaker beforehand.)

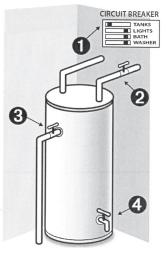
■ Natural gas water heaters: Locate the on/off switch on the water heater and turn the knob to the pilot setting — do not turn it completely off.

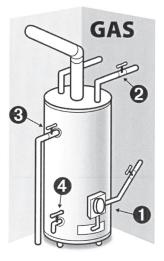
4. Turn off your water heater's water supply. Locate the water shut-off valve (typically located on the top of the water heater) and turn it clockwise until it stops.

5. Let air into your water heater. You can do this by opening the relief valve (flip the handle so that it sticks straight up or out) located on the side of the tank or by turning on hot water spigots in the main living area or upstairs in your home. This will help release water from your water heater.

6. Locate the drain valve at the bottom of your water heater and release water from your tank as needed. Place a container under the drain valve spigot to capture the water and turn the spigot or screw of your water heater's drain valve to the left. Be careful because the water may be very hot. Wear gloves and safety glasses for your protection. Turn the spigot or screw to the right to stop the flow of water. Repeat this process as needed until the tank is drained of water.

ELECTRIC







Graduate Research Traineeship: RIVERS, WATERSHEDS, & COMMUNITIES

Join us! We are recruiting American Indian / Alaska Native MSc & PhD students!

Become a trained STEM professional equipped to tackle challenges in the **Columbia River Basin** *in collaboration with communities* to ensure **sustainable human and ecosystem health!**

Our Tribal Partners



Columbia River Inter-Tribal Fish Commission



Nez Perce Tribe Natural Resources Dept



WSU Center for Native American Research and Collaboration

APPLICATIONS DUE NOV 8, 2024

A program for you

- Professional development: opportunity to work with Tribes, agencies, organizations, and communities (internships, research projects, and more)
- **Student-centered mentoring** from within WSU and outside (such as mentorship from Tribal members)
- **\$34,000 stipend** & paid tuition & fees for 1 year
- Opportunity to earn a Community Engagement **certificate** (ScienCE)
- **Collaborate with communities** to do research that makes meaningful change
- Learn to skillfully integrate Traditional Ecological Knowledge, western scientific information, policy, and community interests and values





Learn more and apply! Visit https:// nrt-rwc.wsu.edu

HEALTH/WELLNESS Deep passion for improving health

Patty Suskin's commitment to Native families will be missed

For more than 20 years, Patty Suskin made a lasting impact on Native families through her dedication to health and wellness.

As a registered dietitian nutritionist and diabetes care and education specialist, she played a key role in improving nutrition, supporting breastfeeding mothers and promoting diabetes prevention. Her work strengthened the bonds of community and wellbeing across the region.

Patty made the decision to step away from her roles to be closer to her family and grandchildren, despite being deeply beloved by the communities she served. Her passion for improving the health of Native families was evident in everything she did.

While we will miss her leadership, we fully support Patty in following her heart. She deserves this next chapter surrounded by those she loves most.

Patty worked closely with SPIPA's Women, Infants and Children (WIC) program, providing essential nutrition education and breastfeeding support. Her efforts empowered families to make informed choices, improving the health of mothers and children.

In addition, Patty served as the Diabetes



Coordinator for the Squaxin Island Tribe. She offered personalized support to those managing or at risk for diabetes, encouraging healthier lifestyles and long-term wellness.

Patty was a passionate advocate for physical activity, inspiring both her co-workers and the community to stay active. During the COVID-19 pandemic, she quickly adapted to virtual consultations, ensuring families remained supported through uncertain times.

Her commitment to health, compassion and cultural sensitivity has left a lasting legacy in the lives of the families she served. We wish her all the best as she takes this well-earned time to be with her family.



Build strong relationships one meal at a time

Making family meals a priority in your home can bring everyone together.

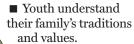
Work toward offering three meals about the same time each day. Invite everyone in your home to share the meal together in a designated spot that's free of distractions.

Benefits of eating together

- Youth do better in school.
- Kids have fewer behavioral problems.
- Teenagers are less apt to use alcohol or drugs.

■ Children and teens say they like having time to talk to the adults in their lives.

Communication between adults and kids improves.



■ Traditions are created around food and meals.

Eat together

Plan a meal with your entire family on most days. If your

family is not used to eating together, start with one or two family meals each week. Gradually increase until your family is eating one meal together every day.

BET

Develop healthy eating habits

■ Cook one meal for the family. Kids and adults eat the same food.

■ Serve normal size servings to yourself and offer child-size servings to your child.

■ Let everyone decide how much they will eat.

- Taste new foods together.
- Don't force anyone to eat.

Sit together

- Eat at the table or counter.
- Turn off the television.
- Don't text or talk on phones.
 Share family traditions, foods and stories.

Keep it simple

■ Meals don't need to be fancy.

Choose MyPlate.gov

- Make quick and easy
- sandwiches, soups and salads.

 Plan to have leftovers. Cook
- enough to serve at two meals.

 Children like to eat what the

■ Children like to eat what they help to cook.



Ravens Chasing the Moon

Beautiful tribal mural dedicated in Olympia

By Bobbie Bush

About 50 people gathered to witness the dedication of a striking mural in Olympia at 4 p.m. Sept. 21.

Cowlitz Tribe's Drum Group welcomed those waiting outside the building at 225 State Ave. E.

After the performance, artists and apprentices responsible for creating the vibrant and culturally significant design titled "Ravens Chasing the Moon" were introduced.

"More than a mural, this artwork broadens the cultural language of artistic storytelling here in the heart of our community. Cowlitz Tribal artist Sarah Folden worked with

Chehalis Tribal artist Jenee Redecker to paint this iconic image in the contemporary Coast Salish tradition. Sarah and Jenee also brought on several Indigenous youth apprentices."

After the songs and introductions, the large group went inside the building. Water and chocolate snacks were available.

It was amazing to see the

The impressive mural at 225 State Ave. E. in Olympia was dedicated on Sept. 21.

young artists, talk to the Cowlitz folks and visit with Rainbow **Community Arts Representative** Anna Schlect.

I look forward to more amazing creations from the individual artists and collective art supported by the Rainbow Community Arts nonprofit group.

- Reprinted from the Dedication of Mural Program

Volunteers needed

Dec. 6 Great Wolf Lodge

We're looking for people to assist with our Brick by Brick Dinner and Auction! Your support makes a huge difference.

We need help with

⇒ Set up crew

- => Registration desk
- \Rightarrow Silent auction monitors \Rightarrow Guest assistance
- \Rightarrow Raffle ticket sales
- ⇒ Assign bid paddles



Contact Tamra Marlowe at 360-922-9170 or tmarlowe@chehalistribe.org if interested

WIC services thr<mark>ough SPIPA</mark>





NEXT DATE: Nov. 14

DO YOU OUALIFY?:

Find out if you qualify for WIC at doh.wa.gov/youand-vour-familv/ wic/wic-eligibility

CONTACT:

wicnutrition@ spipa.org or 360-426-3990

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

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Tribal members are encouraged to submit birthday and anniversary wishes, letters, articles, photos 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/staff.

NEWSLETTER STAFF

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TRIBAL CENTER

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VISION STATEMENT

To be a thriving, self-sufficient, sovereign people, honoring our

past and serving current and future generations.



Chairman: Dustin Klatush Vice Chairman: Leroy Boyd Treasurer: Sheilah Bray Secretary: Charlotte Lopez Fifth Council Member: Rachelle Wells-Ferguson

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



Chehalis Behavioral Health Center Weekly project update: Oct. 18, 2024



Current activities

Install base course for parking lot Framing in roof cricket Interior wall framing Exterior wall framing and sheathing Pull wire for lighting at CLT panels Electrical R/I for EV chargers and generator

Upcoming activities

Install roof hatch Set hollow metal frames Install WRBs and flashings Electrical R/I at exterior walls Plumbing R/I at walls GWB top down





PEASE CONSTRUCTION TEAM MEMBERS

Tano Bailon, Steve Kathman, Jacob Phipps, Ross Fields, Hans Wolfe Connor Fields, Frank Deyette, Shawn Meehan, Rex Turner, Casey Baker

SUBCONTRACTORS ON SITE

Confederated Construction, PEP Electric, MC Pipemasters, TRS Mechanical John Lupo

SPECIAL REMINDERS/ EVENTS

Safety requirements: Boots, hard hats, safety glasses, high visibility work gear