



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

Hog wild!

Family makes a name for itself showing pigs
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IT Department spotlight

Behind-the-scenes crew keeps you connected
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CULTURAL RENEWAL

By Fred Shortman

An impressive 120 canoes joined together to celebrate the awakening of culture and to honor the medicine of the tribal people during the Power Paddle to Puyallup Canoe Journey.

High summer temperatures didn't keep crowds away as thousands came to witness the final landing in Puyallup and final protocol from July 28-Aug. 5.

Leading up to the weeklong celebration hosted by the Puyallup Tribe, canoes and pullers traveled individual paths and powered their way through the waters.

Voyage from our land

The Chehalis Canoe Family made history by departing from the Chehalis Reservation, leaving from Percy's Landing on July 11. For the first time in more than 100 years, they traveled down the Chehalis River in river canoes. Upon reaching



Power Paddle to Puyallup Canoe Journey honors traditional teachings



Above: Chehalis Canoe Family dancers lift their paddles during final protocol in Puyallup.
Top left: Chehalis Tribal Royalty Mya Ortivez bows her head at the final landing (by Ernesto Burbank)

See CANOE JOURNEY, page 2

National Night Out fosters community relationships

Chehalis Tribal Public Safety Department officials shared a meal and fun with the community at National Night Out.



Public Safety festivities engage tribal families

The Chehalis Tribal Public Safety Department hosted its second National Night Out in front of the Public Safety building on Aug. 7. The community-building event gives families a chance to interact and enjoy a meal with the people who serve and protect the Chehalis Reservation.

Neighbors gathered to spend time with officials who provide trust and security for the public.

This year marked the 35th annual National Night Out for communities across the country.

Sergeant Jake Dickerson said the tribe plans to offer this event every year from now on and will continue to find ways to expand the night.

See NIGHT OUT, page 12

CANOE JOURNEY

From page 1

deep water, the canoes were exchanged for the 27-foot ocean canoe "Tulaap" in Montesano to continue the journey.

After spending a few nights along the river, the Chehalis Canoe Family headed to the Pacific Ocean and stopped at reservations along the coast. Many tribal members were able to meet at camps along the way to help pull that day or visit and offer support.

The stops provided time to discuss rules of the canoe, share stories of the day and learn from other tribes as they performed songs and dances.

Nightly circles were established to work out the next day's pulls, usually after the skipper's meetings.

The Chehalis Canoe Family's motto, "One Heart, One Mind," helped them work in unison to accomplish their goals.

To help lighten the load, the ground crew played an important part on land and at campsites. Their duties ranged from breaking down and reassembling camp to making arrangements for transportation and meals.

The last stretch

After turning inland, the Chehalis Canoe Family made its way through the Straights of Juan de Fuca until reaching the Puyallup Tribe.

It was a huge accomplishment to travel three weeks and paddle more than 300 miles on the water, part of it on the open ocean, to reach their destination.

Because of numerous activities set up at the final protocol site at Chief Leschi High School, canoe families set up camp a few miles away. This allowed them privacy to practice their performance dance and songs.

After a short break, the celebration began! The Puyallup Tribe did an outstanding job preparing for the huge event.

Thousands of people participated throughout the weeklong celebration, many asking to officially leave the host tribe's territory.

The Puyallup Tribe was well equipped to handle the influx of visitors with dozens of vendors selling food, clothing, jewelry and more.



Left: The Chehalis Canoe Family performs songs and dances during final protocol.

Below: Chehalis tribal elders give thanks to the Puyallup tribe (left) while the host tribe honors our elders by gifting them with blankets.



Final protocol

On the evening of Wednesday, Aug. 1, Master of Ceremonies Mike Edwards announced the invitation for the Chehalis Canoe Family to take the floor.

They shared songs and dances while dressed in tribal regalia and gave gifts to the Puyallup

people and those who came to be a part of the ceremony.

Drums echoed throughout the tent followed by the voices of singers as they proudly followed the dancers. Chairs were available for Chehalis Tribal Elders to comfortably witness the special occasion.

The meaningful moment

would become etched in memories.

Again, thank you to the Puyallup Tribe for hosting such a great event!

To the Chehalis Canoe Family members, you worked hard and represented the Chehalis Tribe with honor and respect. Great job!



Young men perform a traditional dance in front of hundreds in attendance at final protocol for the 2018 Power Paddle to Puyallup Canoe Journey.



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).

TRIBAL CENTER

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Fax: 360-273-5914

CHEHALIS TRIBE'S VISION STATEMENT

To be a thriving, self-sufficient, sovereign people, honoring our past and serving current and future generations.

BUSINESS COMMITTEE

Harry Pickernell Sr.: Chairman
Jessie Goddard: Vice Chairman
Shoni Pannkuk: Treasurer
David Burnett: Secretary
Leroy Boyd Sr.:
Fifth Council Member

NEWSLETTER STAFF

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



INFORMATION TECHNOLOGIES DEPARTMENT STAFF – From left: Fred Shortman, Kamran Naini, Scott Hansen, Star Thomas, Long Liu, Theresa Youckton and Hun Park.

IT Department keeps tribe connected, informed, secure

*New positions added
this fall will enhance
service to employees
and the community*

The Chehalis Tribal Information Technologies Department (IT) is comprised of seven staff members who work collaboratively to provide technological services to hundreds of employees for the Confederated Tribes of the Chehalis Reservation.

The IT team is responsible for the networking infrastructure of the Chehalis tribal government and provides comprehensive customer service to the organization.

Working behind the scenes, IT performs essential daily operations of all electronics and makes it possible for employees to do their jobs. Most tribal employees are provided with a work cellphone, and a majority of the tribe's employees have a work station and computer to perform their duties.

The Chehalis Tribe is continuously growing and now has more than 20 separate departments. Every department from Early Learning to Public Safety utilizes IT's services.

For the most part, individuals are aware of some of the more common tasks IT performs such as setting up work stations and installing crucial software or ensuring

RESPONSIBILITIES

- Manage the servers and network for tribal government
- Help desk system
- Tribal announcements
- Installation, programming and setup of infrastructure such as phone system, email and wifi
- Secure tribal data and facilitate the exchange of information on the internet
- Operate tribal website at chehalistribe.org
- Create and distribute monthly newsletter

Contact the help desk:
360-709-1899 or helpdesk@chehalistribe.org

everyone's internet connection is secure and working properly.

In addition to those basic functions, one of the department's essential responsibilities is to ensure that the tribe's network and critical information is protected from potential outside threats such as hackers and malware/ransom ware.

The tribe's constant growth has also led to expansion of the IT staff. This fall, the department is adding new positions and reconstructing to help boost productivity and keep up with demanding

changes that come with expansion. A helpdesk group and helpdesk manager position has been created to meet the needs of staff and the tribal community.

To provide new-age technologies and to better serve the Chehalis tribal community with internet service, IT is working with the Planning Department to potentially start a program for those who are under-served or unserved in regards to internet services.

A survey is being conducted and statistics gathered to ascertain how well the reservation is being served, whether there are internet provider concerns and why some tribal members lack home internet access.

Surveys have been handed out at tribal events and to those older than 18. Residents that live within the reservation boundaries who fill out a survey will be entered into a drawing for a chance to win a \$100 gift card. There will be three winners. Surveys must be returned by Sept. 12, and the drawing will be held Sept. 14.

As times rapidly change, the Chehalis Tribe's IT department will continue to adjust and best accommodate all of its customers. The department also plans to add a new section to the newsletter to better inform tribal employees and the community on technology news and notifications.



2018 YOUTH WORKERS – Top row from left: Steesha McJoe, Elijah Quilt, Destiny Ziady, Cole Fulton, Ashley Ortivez, Kirsten Secena, Aurora Ortivez, Makya Ortivez-Hicks, Jeremiah Baker, Bradley Gitchel, Hunter Ortivez,

Jakeb Hoyle, Madison Carter, Leo Daniels, Kaylena Delgado and Olivia Latch. Bottom row: Avery McJoe, Grace Quilt, Mya Ortivez and Jasmine Klatush. Not pictured: Emily Holmes-Pickernell.

Future is bright for enterprising youth

Youth workers gain valuable job skills

By Jakeb Hoyle

This summer, 22 young tribal members gained work experience with various departments on the Chehalis Reservation through the Youth Worker Program managed by JJ Shortman.

Youth workers learned about the hiring process and what it takes to get a job by applying and interviewing with tribal departments.

Posts ranged from working in accounting, with kids in the Youth Center, as a dental assistant and even helping police in Public Safety.

Workers used this opportunity to take the necessary steps that will prepare them for future success. They learned how to operate within a professional work environment and had their first opportunity for independence and to earn a paycheck.

Throughout the six-week program, each young worker learned about his or her job, discovering whether it could be a potential fit moving ahead. Being enrolled in this program can really jump start careers and help in the long run by providing real-world experience employers are looking for.

Most of the young employees this as an opportunity to help out and learn from everyone

they worked with. Cole Fulton wanted to work with the Public Safety Department to prepare for enlisting in the Navy and used the program as a way to help around the community. Cole has worked with Public Safety the past two summers. He has learned discipline, and his experience even led to him reading tribal policies and procedures.

Destiny Ziady and Kirsten Secena both worked at the Chehalis Tribal Wellness Center previous years and chose to come back. It's an extremely busy post and they both worked hard as assistant nurses to gain work experience for future jobs in the medical field. They agreed this year was the best because

they were able to jump right in thanks to previous training and knowledge.

Aurora Ortivez took on the challenge of working at the Youth Center this summer, scrambling to help kids any way she could. Her goal for the job was "to get to know the kids."

She said there is no such thing as an average day at the Youth Center. It's always different, whether it's field trips or which kids show up each day.

These youth workers are the Chehalis Tribe's future. More than anything, the summer program teaches responsibility and helping out. Everyone showed growth in their jobs, and of course, they all earned a paycheck at the end of the week.

CORRECTION

Contact information for Transportation Planner Bryan Sanders was incorrect on the Highway 12 roundabout construction article on Page 5 of July's Chehalis Tribal Newsletter.

His correct email is bryan.sanders@chehalistribe.org. The phone number, 360-709-1767, was correct.

We apologize for the inconvenience.

STAFF PROFILE

Wellness Center welcomes doctor Hang Chau-Glending

Thank you for giving me the opportunity to start my career as a family doctor at the Chehalis Tribal Wellness Clinic. I look forward to meeting everyone and learning more about the community.

I grew up in San Diego and I'm the oldest of four children. My father and mother immigrated from Vietnam and Laos respectively.

I spent my undergraduate years across the country at the University of Pennsylvania and worked in the nonprofit sector before returning to



Hang Chau-Glending

California for medical school at Western University of Health Sciences.

As an osteopathic physician, we spent an additional 250 training hours learning Osteopathic Manipulative Techniques (OMT) as a way to realign the body and support our natural healing mechanisms. I really enjoy OMT, so please ask me about it.

Outside of medicine, I love trying new cuisines, exploring parks and playgrounds with my husband and now 4-year-old son, traveling, journaling and creating communities and opportunities for neighbors to meet.

I am thrilled to be a part of the tribal clinic and I'm grateful for the opportunity to work with such a wonderful group of providers and staff. I have special interests in prenatal care, preventative medicine, OMT and the social components of health and welfare.

HEALTH/WELLNESS



With support from their family, brother and sister Sheilah and Kevin Bray conquered the 202-mile Seattle to Portland Bicycle Classic in mid-July.

Siblings tackle STP ride

Tribal members support each other on strenuous bike trip

Brother and sister Sheilah and Kevin Bray peddled more than 200 miles as part of the 35th annual Group Health Seattle to Portland Bicycle Classic during the weekend of July 15-16.

More than 10,000 people participated in the grueling 202-mile course. The STP is the largest bicycle event in the region. Ten percent of riders tackle the feat of endurance in a single day.

Because the STP is not a race, there's no pressure to compete against others. It's about the journey and personal accomplishment at the end.

The route begins at the University of Washington and traces beautiful backcountry and low-traffic roads down to Portland. Riders and their families celebrate at the finish line at Holladay Park in Portland.

Sheilah has continued to challenge herself to complete the ride in two days. She stayed in shape by practicing throughout the year; more importantly, she conditioned herself to be mentally tough when fatigue sets in.

This year, Kevin took on the rigorous journey with her. Bicyclists endured

JOIN THE FUN

If you would like to train with Sheilah and Kevin Bray for the 2019 Portland to Seattle Bicycle Classic, get in touch with Sheilah at sbray@chehalistribe.org.

temperatures above 90 degrees both days. They were given special towels intended to keep them cool on the road. Along the way, stations were set up for bathroom breaks and to provide water to rehydrate.

Sheilah admitted that the scorching heat and equipment issues made reaching the end difficult.

"I'm grateful that I achieved my goal of crossing the finish line," she said.

She also gives thanks to her family for all of their support leading up to and throughout the STP. After the strenuous days of riding, their family supplied much-needed food, shower and a place to rest.

Sheilah said she's grateful her brother was able to ride alongside her this year. They are planning to tackle next year's bicycle classic and wish to extend an invite for folks to join them.

Land a new job with Vocational Rehabilitation

The goal of the Chehalis Vocational Rehabilitation Program is to provide services to Native American/Alaskan Natives consistent with their individual strengths and abilities. Our clients are provided with informed choices while working to create self-confidence and independence.

The program's ultimate goal is to prepare individuals for sustainable employment.

How do I know if I am eligible for services?

- Provide documented tribal affiliation with a state or federally recognized tribe
- Live within Grays Harbor, Thurston, Lewis and Mason counties

- Have a documented physical, learning, mental health or substance abuse disability

- Barriers to employment
- Be able to benefit from Vocational Rehabilitation services

What is a disability?

Disabilities can be seen or unseen. Disabilities can be a physical, mental or emotional challenge that might impede your ability to work. Here are a few disabilities that qualify you for Vocational Rehabilitation services:

- Visual impairment
- Attention Deficit Hyperactivity Disorder
- Carpel Tunnel Syndrome
- Alcohol and/or drug addiction
- Learning disabilities
- Arthritis

What does the program provide?

- Assists individuals with job preparation, application forms, resume writing, individual vocational counseling and job coaching
- Works with employers, vocational schools, colleges, on-the-job training, job placement and other agencies and programs



CONTACT US

The Chehalis Vocational Rehabilitation Program is at 461 Secena Road, Oakville. For questions, please contact Frances Pickernell at **360-709-1735** or Erika Pickernell at **360-709-1872**.



Class participants make use of bursting summer berries by preserving them as freezer jam. The finished product stays good for a year.

Fresh berry taste from the freezer

Classes capture the taste of summer for long winter months

By Christina Hicks

Community members interested in learning how to make freezer jam attended classes sponsored by the Prevention Outreach Team. Both classes were held at the Community Center Kitchen and were a huge success! We are grateful for all of the participants and look forward to teaching more classes.

Raves for raspberry jam

On July 19, Mary Sanders and assistant Heather Galloway taught the first Raspberry Freezer Jam course.

Six stations were set up for participants; one was set aside for creating a low-sugar option. Each group was given instructions to make the jam. Mary provided assistance and answered questions.

Students made 80 pints of jam. Participants were rewarded for their hard work with three jars of jam each to take home.

Remaining jars were given out to community members, to their surprise and delight.

The group learned about the importance of eating five portions of fresh fruits and veggies each day and that eating healthier can help prevent cancers and improve your overall health. Summer is the perfect time to start canning your own jam, fruits and vegetables.

Marvelous marionberries

On July 20, participants from the Events Department and Heritage & Cultural Program learned how to make Marionberry Freezer Jam. They made three batches that evening, producing a total of 42 jars. Everyone who attended took home three jars of jam.

Four jars were donated to the Events Department to be distributed at community events. The rest was given to the Chehalis Canoe Family for their giveaway at the 2018 Power Paddle to Puyallup Canoe Journey.

This activity was sponsored by a cancer grant from SPIPA/CDC

RASPBERRY FREEZER JAM

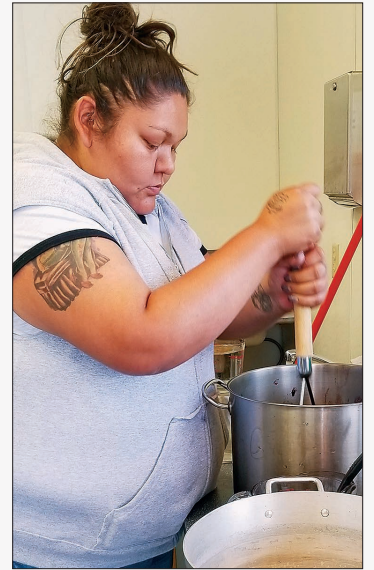
Makes 15 pints

INGREDIENTS

1½ flats of fresh raspberries
6 cups sugar
6 cups water per 8 boxes of pectin (1.75 powdered box Sure-Jell recommended)
14 sanitized pint jars (with 14 lids and bands to seal)
Canning funnel for filling jars
Mashing utensil for berries

DIRECTIONS

Start by sanitizing jars (dishwasher/hot water bath). Place jars on counter after sanitized to prepare for filling.
Wash berries with cold water. Put them in a large bowl and mash, leaving some lumps.
Add 6 cups of sugar and stir for a few minutes.
Put 6 cups of water in a pot on stovetop on medium heat.
Add 8 boxes of pectin to the pot of water, whisk together.
When pectin is thick and bubbling, pour into bowl of mashed berries.



Stir together for at least 3 minutes.

Fill jars using funnel leaving ½-inch space at top of jar. Wipe rim of jar after filling. Place lid on jar and tighten with band.

Write month and year on lids with permanent marker.

Leave on counter for 24 hours for settling/thickening, then place in freezer.

Jam will stay good in the freezer for a year.



Class participants were given three jars each of freezer jam to take home.

WIC IS READY TO HELP



9:30 a.m.-3 p.m. Sept. 6

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

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

Wellness Center adds caregivers, services

By Denise Walker, Chehalis Tribal Wellness Center Health Director

I would like to take this time to update you on Chehalis Tribal Wellness Center changes and additions. My door is always open if you would like to discuss any of these with me:

■ We now have urgent care Monday through Friday. Our medical providers rotate working the schedule. This is reserved for new urgent medical conditions or injuries rather than chronic or already existing issues. We ask you to make an appointment for non-urgent medical concerns so adequate time can be given for your provider to spend with you. Urgent care will be a quick appointment to address only your injury or urgent medical need.

■ We are testing extended hours to determine whether they are feasible and the times are being utilized. We are starting medical and dental appointments at 7 a.m. Wednesday mornings, and you can schedule an appointment until 5 p.m. Wednesday evening. Providers will rotate the extended shift. The pharmacy will be open until 6 p.m. Wednesdays.

■ The Wellness Center welcomed two family providers to our growing health care team. Dr. Bryce Parent started in March and Dr. Hang Chau-Glendenning started on July 23. Both doctors are eager to bring children into their practice and be able to treat the whole family.

■ We are in the process of putting together a program to

EVENTS

Dr. Behre foot clinic: The Chehalis Tribal Wellness Center has podiatrist Dr. Deborah Behre available for all foot care needs. 8 a.m.-noon Sept. 17; 1-4 p.m. Sept. 5.

Community Walk: Join others for a fun fitness walk. Starts at the Chehalis Tribal Wellness Center. Noon Sept. 20.

Mammogram Clinic: Swedish Women's Wellness Clinic. Call your health care provider to schedule. 9 a.m.-3 p.m. Sept. 27.

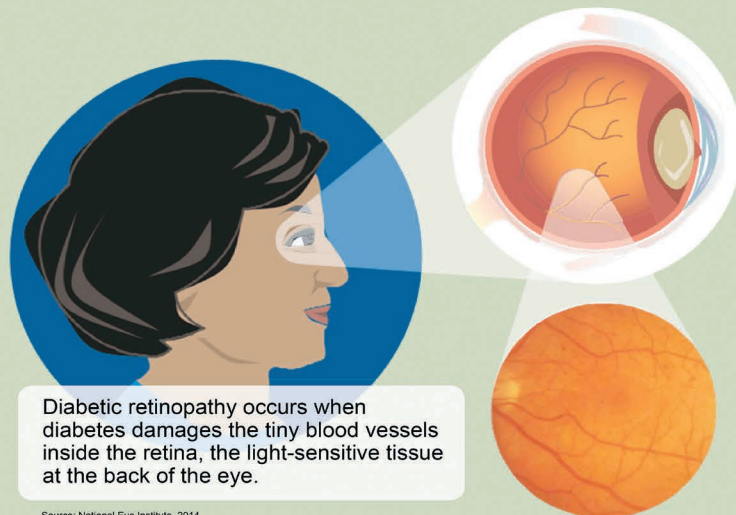
screen and treat for Hepatitis C within our clinic. We will screen all patients starting at age 18 and children who might be high risk. With new medications, we can offer the treatment in pill form with reduced side effects and an almost 100 percent cure rate.

■ Some staff members have become SAIL (Stay Active and Independent for Life) instructors. We will start classes in October at the Elders Center. There also will be a presentation at the Health Fair on Sept. 18 at the Community Center. The class teaches balance and strength to elders. We also are starting a falls/injury prevention program to reduce falls and risk of falls for elders. If you or anyone you know is falling, give us a call. We will provide an assessment to help lower your risk. This can be done confidentially in your home.

LEARN THE FACTS

About

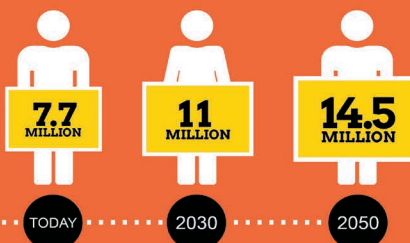
DIABETIC RETINOPATHY



Source: National Eye Institute, 2014

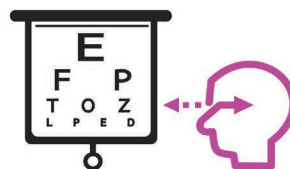
A GROWING ISSUE

Diabetic retinopathy is the leading cause of blindness in working-age adults ages 20-74.



NO EARLY SYMPTOMS

However, over time, diabetic retinopathy can get worse and cause vision loss or blindness.



WHO IS AT RISK?



All people with diabetes—both type 1 and type 2—are at risk.



95%

REDUCED RISK OF VISION LOSS

Early detection, timely treatment, and appropriate follow-up care can reduce the risk of severe vision loss by 95 percent.



YOU CAN PROTECT YOUR VISION.

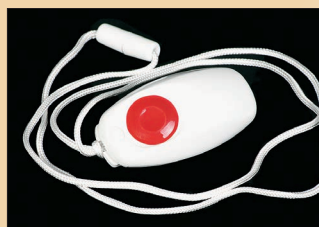
Get a comprehensive dilated eye exam at least once a year if you have diabetes.

Don't forget to—

- T** Take your medications.
- R** Reach and maintain a healthy weight.
- A** Add physical activity to your daily routine.
- C** Control your blood sugar, blood pressure, and cholesterol.
- K** Kick the smoking habit.

LIFELINE ALERT SYSTEM

If you are a Chehalis Tribal Elder who is at risk for falls and would like to be screened for eligibility for a Lifeline Alert System, please make an appointment with your health care provider at the Chehalis Tribal Wellness Center.



MORE INFORMATION: To discuss eligibility, contact Christina Hicks at 360-709-1741 or chicks@chehalisTribal.org.

LEARN MORE AT:
www.nei.nih.gov/diabetes



'Breastfeeding is a family tradition.'

- JESSICA CRUZ, SQUAXIN ISLAND NEW MOM

Nursing gives your baby a healthy start

Mom shares her journey in honor of Breastfeeding Awareness Month

Jessica knew she was going to breastfeed before Daniel "Blaze" was born.

Her family, as Native Americans, have chosen to nurse for generations. She also had the support of her husband, Danny. Moms who breastfeed give their babies the best nutrition.

Jessica was glad she received information from family and Women, Infants and Children (WIC) on what to expect.

Blaze was born via c-section, but that didn't stop Jessica from breastfeeding right after birth.

Q: What do you enjoy about breastfeeding?

A: Breastfeeding is a great way to bond with my son. It gives me confidence about being a new mom. I'm proud to see him growing so well from breast milk!

Q: Some new moms feel like breastfeeding takes a lot of time. What do you say about that?

A: Breastfeeding actually saves time. Cleaning bottles and mixing formula takes a lot of time. It saves money, too. Breastfeeding is definitely the best choice for me and Blaze.

Q: What breastfeeding tips do you have for pregnant moms?

A: Find out about breastfeeding before the baby arrives. It helped me to know I might get a little sore at first. I knew to keep trying and it was easier as the baby and I figured it out. Take care of yourself and you'll be able to produce plenty of milk.

CONTACT US

For breastfeeding tips and support, reach out to WIC at SPIPA. Contact Debbie Gardipee-Reyes at **360-462-3227** or **gardipee@spipa.org** or Patty Suskin at **360-462-3224**.



Jessica Cruz (Squaxin Island) nurses her son Daniel "Blaze." Jessica is happy she made the choice to breastfeed.



Stay hydrated, eat at least three meals a day and don't forget to eat breakfast. If you start working out, eat more calories and drink more water. Mother's Milk tea helped me relax and produce more milk.

Keep trying and don't get discouraged! You'll get it.



A training session at the Chehalis Tribal Wellness Center detailed how to curb commercial tobacco use in Indian country.

Tobacco cessation training

By Christina Hicks

The Chehalis Tribal Wellness Center hosted tribal tobacco cessation training at the Community Center's Gathering Room on July 17-18.

The two-day training was provided by the Northwest Portland Area Indian Health Board and made possible by WEAVE-NW Grant. Twelve participants from all over the Pacific Northwest attended. Ample time was provided for questions and discussion about tobacco in Indian country.

Topics included unhealthy behaviors, chronic diseases, consequences of commercial tobacco, tobacco dependence and treatment, tobacco and culture, intervention essentials, using the 5 As (Ask, Advise, Assess, Assist and Arrange) and e-cigarettes.

YOU CAN QUIT

For more information, call the Quit Line at **800-QUIT-NOW (800-784-8669)** or go to **quitline.com**.

Presenters were Antoinette Aguirre, Kerri Lopez, David Gonzales, Ryan Sealy and Eric Vinson.

Do you want to quit smoking? Ask for help! The Chehalis Tribal Wellness Center is in the process of trying to get a tobacco cessation program started.

For help kicking the habit, come to the clinic to discuss a plan to quit and Nicotine Replacement Therapy (NRT), which we have available in our pharmacy with a prescription.

HEALTH FAIR

10 A.M.-3 P.M. WEDNESDAY, SEPT. 18
CHEHALIS TRIBAL COMMUNITY CENTER GYM



HIGHLIGHTS

- Tribal, state program vendors
- Information
- Lunch at noon

CONTACT

Christina Hicks
at 360-709-1741, **chicks@chehalistribe.org**.

EVENTS

Family finds success showing pigs

Brother, sister work hard to bring home the bacon at county fair

By Frazier Myer

Chehalis tribal members Kamryn Couillard, 17, and Bella Couillard, 12, showed their pigs earlier this month at the Thurston County Fair, demonstrating how hard work pays off.

Kamryn has always loved animals and liked learning about agriculture. He found his niche as a member of the FFA at Rochester High School. Kamryn started to become interested in raising pigs a few years ago, but originally, he had an interest in cows. After a little convincing, he decided to get a pig upon realizing that raising a cow might be too much to start out with.

The first year Kamryn showed, he started out with a \$75 hog (piglet) and has progressed since then. This year, he paid \$175 for his piglet, which he raised for months. Weighing in at 241 pounds, the 6-month-old gilt (female) sold at auction for \$2.50 per pound.

Kamryn explained that a lot goes into raising a pig, or any livestock for that matter. One key component to having a quality pig ready for show is to ensure it makes weight. For this pig to qualify for its division, it needed to be at least 225 pounds. Additionally, the pig needs to exercise to have all the right features judges are looking for.

"This judge today, he liked the long and tall ones (pigs)," Kamryn said. "They like the long ones for the bacon."

Judges look for several different things when pigs are shown. They assess the animal's health and how well the pig is maintained, such as hair clipping and proper cleaning.

The presentation aspect is crucial. Part of the judging is based on how well the person showing the pig can control and guide it. A big part of success

depends on how much time one spends with the animal and the connection they make.

What started with raising and showing one pig has now developed into so much more for Kamryn. He started breeding pigs and is building a name for himself at the local FFA and at the Thurston County Fair. This year, all of the FFA students at Rochester bought piglets from Kamryn.

Kamryn has even inspired his little sister to start showing pigs. This year, he sold Bella a piglet at a discounted rate. He is happy to share his knowledge and a few tricks he's learned along the way.

When speaking about the bond he's created through teaching his sister about pigs, Kamryn said, "I love it. I love helping her."

He said that when they're at



Bella Couillard trots out her Yorkshire/blue butt pig Blue (above) and her brother Kamryn Couillard (left) shows his 3½-year-old sow at the Thurston County Fair in Lacey on Aug. 3.

home, like all siblings, there are times when they don't get along. But showing at the fair brings them together by sharing a common interest.

Bella views showing pigs as something fun to do and a way to work with her brother. At age 12, Bella has quickly learned that sometimes it's more about responsibility and a sense of accomplishment.

As a member of the Rochester 4-H Club, Bella showed a pig for her second year. She said she felt calmer and more patient this time around, which produced better results. She received a championship ribbon for her pig at the 2018 Thurston County

Fair. She sold her pig to the top bidder for \$2.50 per pound – the same price paid for her brother's gilt.

Bella has found it extremely beneficial to have support from friends and family. The most heartening part of showing pigs might be the connections she's made with her big brother.

"We talk more often because we have to work together," Bella said. She explained that raising and showing pigs with her brother is like having a job that you get to do with one of your friends. She wants to continue following in her brother's footsteps and eventually start breeding her own pigs.

SEPTEMBER BIRTHDAYS



CORI ABELL
SEAN ADAMS
ALYSSA ALBERT
SKYLER BAKER
AUTUM BECKWITH
JIMMY BURNETT
ANGELICIA CANALES
DARREL CAYENNE
DEBRA CAYENNE
DENNIS CAYENNE
GERALD CAYENNE
JAMES CAYENNE II
MINETTA CAYENNE
OPHELIA CAYENNE
SYLVIA CAYENNE
SHANIN CLANCY
MASON COMBS
NORITA COMEAUX
JOAQUINA COTY
LINDA DANIELS
KAREN DAVIS
JASON GILLIE
NATHAN GOMEZ
DAVID GUNNELS
GARY GUNNELS
DASHAWN HERNANDEZ
BILLIE HIGHEAGLE
JULIA HIGHEAGLE

TONIA HIGHEAGLE
GEORGE "GEO" JACK
ALLEN JONES
KATHY JONES
DUSTIN KLATUSH
EDDIE KLATUSH
EUGENE KLATUSH
CHARLES LATCH III
WHITNEY LEWIS
RUBEN LOPEZ
TRUDY MARCELLAY
MALIKAH MCNAIR
JASON MEDINA
JULIE MILLER
KAYLA NYREEN
CHRIS ORTIVEZ
JUDE ORTIVEZ
ANIYAH ORTIVEZ-HICKS
ETHAN OWENS
BILLY PALMER
JAMES PICKERNELL
WALTER PICKERNELL-

See BIRTHDAYS, page 11

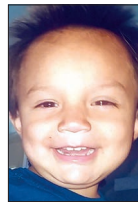
ROGER SHORTMAN: Happy birthday to my husband! I love you very much, Margaret.



ROBERTA SECENA: Happy birthday Mom, Grama, GG Grama. We all love you so much!



THERESA YOUNCKTON: Happy birthday. We love you! From your family.



KAYSEN BRAY-SANCHEZ: Happy 2nd birthday Kaysen! Love Mommy.



JUDE BUN: Happy 4th birthday from Mom and Dad.



TRUDY MARCELLAY: Happy birthday from your family.



DIANE STAR WILSON: Happy 8th birthday from your Mom, Dad and all of your family!

MORE WISHES

SKYLER BAKER: Happy birthday! Love you, Mackenzie and Jack.

GEORGE "GEO" JACK: Happy birthday Geo Jack. Have a great day! Love Mom, brothers, sisters and family.

DENNIS CAYENNE, SYLVIA CAYENNE, JAKE TANNER: Happy birthday. Have a great day! From sister, Mom and family.

CHRIS ORTIVEZ, JORDAN BIRD: Happy birthday. Love you so much, Jenni and family.

SAM WRIGHT: Happy 41st birthday from Samuel Lamont, Lexie Rose, Jaxon Amil and BB Momma.

NANCY ROMERO: Happy You Day Aunt Nancy! We

love you lots, your family.

CHARLIE LATCH: Happy 12th birthday, love Dad.

SASHA AND DUSTIN KALTUSH: Happy birth to our twins. We love you bunches from Mom, Dad and the rest of the family <3 <3 <3

MARISSA DANIELS: Happy birthday. We love you! From Grandma Linda and your whole family.

SEAN SHORTMAN: Happy birthday from your family and friends.

LINDA DANIELS: Happy birthday from your family and friends.

BETTE TANNER: Happy birthday from your loved ones!



ELI SNELL: Big, happy 35th birthday from your wife and boys.



SYLVIA CAYENNE: Happy birthday. You make the world a better place! From your children, grandchildren, great grandchildren and all of your cousins.



ANGELICIA "TURTLE" CASH: Happy birthday Turtle Cash. Stay blessed! Love your Brother Cash and Mum.

ANGELICIA "TURTLE" CASH: Happy 9th birthday to our Turtle Ca\$h. Love and hugs from your favorites.

BIRTHDAYS

From page 10

DANIELS

TIMOTHY POLING

KELSEY POTTER

NICK PURCELL

DANTE QUILT

ELIJAH QUILT

CODY REVAY

RUTH ROGERS

MICHAEL ROMERO

NANCY ROMERO

RICHARD ROMO JR.

DESTINY SANCHEZ-ALLENBACH

FREDDIE SANCHEZ JR.

GEORGE SANCHEZ JR.

BRYAN SECENA-SANDERS

JOHN SECENA

KAELYN SECENA

ROGER SHORTMAN

SEAN SHORTMAN

JASON SLIGHT JR.

ELI SNELL

ANDREW STARR

SASHA STARR

BETTE "SHEENA" TANNER

JAKE TANNER

ROXANNE THOMPSON

ROBERT VIGIL

CAMMI WITTEW

ETHAN WITTEW

SAMUEL WRIGHT

KARLEA YOUCKTON

VANESSA YOUCKTON

THERESA YOUCKTON



Clockwise from left: Chehalis tribal employees play volleyball, Events staff hand out T-shirts and Brennan Stoelb is awarded Employee of the Month at the Employee Picnic.

Employees honored for service

Chehalis Tribal employees and their family members enjoyed an afternoon filled with activities at Columbus Park for the 2018 Employee Picnic on Aug. 17. This year, they had plenty of competitions, allowing employees to show off their volleyball, horseshoe and corn hole skills.

The picnic is a place where new employees from departments can meet and longtime employees are recognized for their service. During sign-in, as children were already rushing down to the lake for a swim, the Events Department handed out raffle tickets and T-shirts to employees.

Festivities began with the volleyball tournament. After a few games, Chehalis Tribal Elder Dan "Bones" Gleason prayed for the food and everyone in attendance and invited elders to dish up their lunch first. As people sat down for their meal, it was announced that an Employee of the Month winner would be announced in addition to recognizing longtime employees for their years of service.

The tribe kicked off the Employee of the Month in July. After the selection process, the list was narrowed down to six nominees: Brennan Stoelb (Public Safety), Sheilah Bray (Accounting), Steve Tomblason (Public Safety), Marla Medina (Planning), Talisa Baker (Youth Center) and John McGee (Wellness).

The director from each department shared a few words about nominated candidates. They spoke about the dedication each employee has shown and efforts made to go above and beyond. Events Manager Philip Youckton announced Animal Control Officer Brennan Stoelb as July's employee



of the month for his service in the field and commitment to engaging the tribal community.

Chief of Police Kelly Edwards shared a few words about why Stoelb earned the recognition.

"Brennan is definitely a go-to person. He has a very strong passion for what he does," Chief Edwards said.

Along with his daily duties, Stoelb helps out the community. Chief Edwards recognized the commitment he demonstrates and said it is appreciated by everyone.

Stoelb has been working with

the tribe since December 2015, and said, "It has been a privilege to be able to work for the tribe and to get to know the people, and of course the animals, in the community."

To honor Stoelb for his excellence, the tribe gave him a gift certificate, an employee of the month T-shirt, dinner for two at Lucky Eagle Casino's steakhouse, an employee of the month parking space and his picture and name up in the Chehalis tribal hall of fame at the Community Center.

The Chehalis Tribe plans on continuing this honor every month, and the 12 recipients of the Employee of the Month are automatically entered into eligibility for Employee of the Year. Throughout the year, the tribe also will name Supervisor of the Quarter, Supervisor of the Year and Director of the Year winners.

Tribal employees can nominate candidates. Submissions need to be turned in to Human Resources by the end of each month.

PREPARE FOR WILDFIRES

With precipitation far below average, dry weather during June and July and a high number of wildfires, fire danger is a big concern in the region. The forecast for wildfire potential is expected to be above normal for the Northwest through September, according to the National Interagency Fire Center. For tips to help reduce your home's risk of wildfires, [go to chehalis-tribe.org](http://go.to/chehalis-tribe.org).



Right: Public Safety officers gather to help with raffle prizes during National Night Out.

Far right: Youth play it safe while navigating an obstacle course in the Public Safety parking lot.



NIGHT OUT

From page 1

A new addition to the festivities this year was “Safety Town,” implemented to familiarize youth with traffic safety procedures.

The Public Safety Department knows that with the improvements on Anderson Road, such as the sidewalk and crosswalk, it’s important to ensure everyone stays safe while enjoying new tribal amenities.

Although National Night Out is intended to emphasize safety, it also is about embracing one another’s company.

Dickerson said his biggest takeaway from the event is “seeing everyone have fun.”



A motorized police car is the perfect ride for a little hero in the making.

There were plenty of areas set up for children to play throughout the evening.

They rode bicycles through Safety Town, jumped in the bounce house and competed in an inflatable arcade game.

Youth excitedly lined up for a chance to cool off a couple



Tribal youth compete in an inflatable arcade game.

members of the Public Safety Department.

They showed off their throwing arms by hitting the target on the dunk tank. Sgt. Jake Dickerson and Corrections Officer Brandon Cash didn’t seem to mind taking a dip in the water on what was one of the hottest days of the summer.



Kids lined up for the chance to dunk officers.



Elders are first in line to make a dinner plate.

in brief

Submit artwork

Great Wolf Lodge is requesting Chehalis tribal artists submit their artwork for sale. Pieces will be displayed and for sale at various outlets throughout the lodge. GWL will purchase some of the smaller projects and ask that larger artwork be displayed for consignment.

This is a great opportunity to showcase your talent!

All prints must be framed, and other finished items should be ready for display and sale.

Information: Trudy Marcellay at 360-888-5808.

Calling tribal artists

The Seattle Children’s Museum, the region’s pioneer in coupling museum experiences with early childhood education, seeks several individual artists from Washington state tribes to provide artifacts and artwork for an upcoming permanent exhibit. Seeking graphic artists, designers, woodcarvers and potentially textile artists and weavers, proficient in Coast Salish styles. Emerging and student artists are encouraged to apply.

Requirements: artist resume, statement of interest, artist portfolio and examples of work.

Deadline: Friday, Aug. 31
Online submissions

only: Please send to thechildrensmuseum.org/artistsubmit