

CHEHALIS TRIBAL NEWSLETTER

July-August 2022

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Safer, caring communities

National Night Out promotes police-neighbor partnerships

By Jacob Secena

The Chehalis Tribal Public Safety Department celebrated the 2022 National Night Out on Aug. 9 at Legends Field. The public outreach event offers an evening full of entertaining activities and is the perfect time for tribal people to engage with those who serve and protect the community.

Communities throughout the U.S. and Canada take part in National Night Out. The Public Safety Department began participating in the tradition five years ago with the event growing each year.

Many first responders attended the local National Night Out, including Oakville Fire Department, Chehalis Tribal Court, Chehalis Tribal Emergency Management,

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National Night out enhances the relationship between law enforcement and community members through fun, positive interactions.

Youth Worker Nora Ortivez spent the summer assisting at the Elders Center. Teens received valuable training through the Chehalis Tribe's work program.



Teens tackle summer work

Youth explore potential careers in training program

By Frazier Myer

Chehalis tribal teens between the ages of 14 and 18 gained important hands-on experience and earned extra spending money during the 2022 Summer Youth Worker Program. Through July and August, 27 tribal youth worked in

designated tribal departments.

William Secena, who works for the K-12 Education Program, visits tribal students during the school year and helps ensure students are on track with their studies. During the summer, he is responsible for guiding the group of youth workers. He assisted teens in selecting which department they

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NIGHT OUT

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Grays Harbor EMTs and the Chehalis Tribal Wellness Clinic.

Attendees enjoyed snow cones, face painting, bounce houses, water slides, barbecue and creations by balloon artist BaLunatic.

Lt. Alicia Potts has been part of every National Night Out since she started working for the Chehalis Tribe five years ago. She said the event is the department's way of showing community support. The gathering allows the public to engage with officers in non-emergency situations and see a different side of them.

Chehalis Tribal Behavioral Health Department staff demonstrated support for the community by volunteering to set up multiple booths providing resources for youth activities, domestic violence and drug overdose awareness.

Enrolled Chehalis tribal member Ryan Burnett, who has served as a police officer on the Chehalis Reservation for three years, attended the event. Officer Burnett was stationed at one of the bounce houses with patrol officer Rikki Sutterliet.

"Serving my community means a lot to me and I love getting to interact with the kids. They get to see us in a positive way," Officer Burnett said.

The focus of National Night Out is to engage with youth in the community.

"The youth are our future. We can influence, guide, help and just be there for them," Chehalis Tribe General Manager Kevin Bray emphasized.

Bray began his new role a week prior to the event and is looking forward to interacting with the community.

"I love getting to interact with the kids. They get to see us in a positive way."

CHEHALIS TRIBAL OFFICER RYAN BURNETT



Althea Youckton with Vocational Rehabilitation helps youth cool off with shaved ice on one of the hottest summer days during National Night Out. Other activities included bounce house fun and face painting.



Chehalis Tribe's gaming compact approved

Decision paves the way for robust sports betting at Lucky Eagle

On Aug. 9, the Bureau of Indian Affairs published a Federal Register notice stating approval of the updated Class III gaming compact amendments. This is the sixth time the compact has been amended and is the most substantial change since the original compact.

It marks the final step in a long process to update the compact, making the changes effective immediately. Changes include a high-roller area and sports betting.

"This is a great step forward for the Lucky Eagle Casino" said Chehalis Tribe Chairman Harry Pickernell Sr. "We will soon have a sports book in the casino that will allow for wagers on sporting

CHAIRMAN NOTE

events from Seahawks and Mariners games to the Super Bowl and the Final Four."

The tribe spent a year securing the new compact by working with the Washington State gambling Commission, Governor Inslee's office, the National Indian Gaming Commission and the Bureau of Indian Affairs.

The updated compact comes at a pivotal time for Indian gaming. The Washington State Legislature passed a law in 2020 allowing tribes to engage in sports betting in casinos on reservations.

The law was not well received by non-tribal casino companies who were not allowed to have sports wagering.

Maverick Gaming, the largest non-tribal gaming company, sued

the state of Washington over the new law. However, Maverick's lawsuit also challenges the entire notion that the state has the power to negotiate gaming compacts.

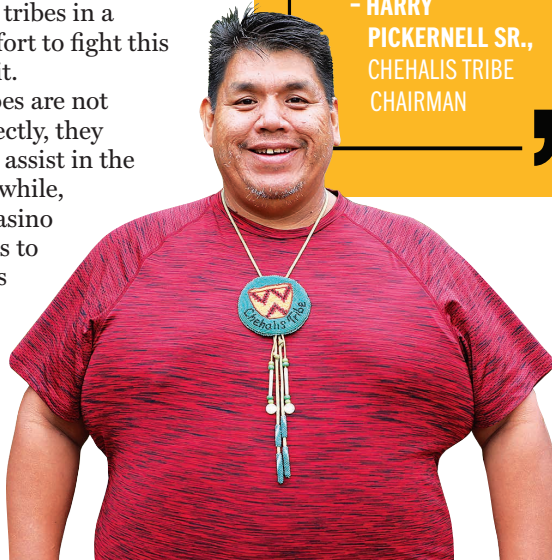
The Chehalis Tribal Business Committee and Office of Tribal Attorney have joined a coalition of Washington tribes in a coordinated effort to fight this baseless lawsuit.

Though tribes are not being sued directly, they are still able to assist in the lawsuit. Meanwhile, Lucky Eagle Casino is making plans to open the sports book soon.

**Harry Pickernell Sr.,
Chehalis Tribe
Chairman**

“
This is a great step forward for the Lucky Eagle Casino.
”

**- HARRY PICKERNELL SR.,
CHEHALIS TRIBE
CHAIRMAN**



SAVE THE DATE!

Chehalis Tribal Member Appreciation Day

Friday, Sept. 23

Please watch your mail for your postcard invitation with details

lucky eagle
CASINO & HOTEL

REZ ANIMAL
Resources & Education

DONATE NOW

Help for pets

Our nonprofit agency Rez Animal serves the Chehalis, Nisqually, Shoalwater Bay, Squaxin Island and Skokomish tribal communities

THANKS TO DONATIONS, WE OFFER:

- Animal rescue
- Spay/neuter services
- Adoption
- Emergency vet care

253-370-6392, rezanimals.com



Youth soak up summer fun

By Frazier Myer

Children enjoyed their vacation from school with daily activities at the Chehalis Tribal Youth Center during the 2022 summer youth program.

Youth had a great time together at the Community Center playing basketball and games, swimming, tapping into creativity with arts and crafts and much more. Highlights of the summer included field trips and getting to explore off the Chehalis Reservation.

Youngsters visited Billy Frank Jr. Nisqually National Wildlife Refuge, DEFY jump gym in Tacoma, Pe Ell Rainbow Falls on the Chehalis River, Ocean Shores, Par 4 Sports, Mount St. Helens and Northwest Trek.

Summer Youth Worker Adrian Hjelm-Snell, who enjoyed working at the Youth Center last year, decided to spend another engaging summer with the children. He said it's a natural fit and he enjoys his time with the kiddos. Hjelm-Snell played thrilling games of kickball with children in the program and helped staff during field trips.

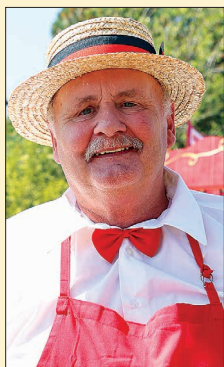
Along with most of the youth, Hjelm-Snell said his favorite part of the summer was visiting DEFY, a 30,000-square-foot building with 35 trampolines for guests to test the limits of gravity. From a freestyle course to the zip line to dodge ball and foam pits, DEFY let the children test their skills in a high-energy romp!

The summer ended with the annual back-to-school event. Chehalis tribal members enrolled in K-12 received everything they needed to prepare for the 2022-23 school year. Youth were equipped with backpacks and received gift vouchers to shop for school supplies and new outfits.



The Youth Center kept kids engaged this summer with activities such as arts and crafts, sports, swimming, games and exciting trips around Puget Sound.

Photos by Youth Worker Coby Higheagle



Moments to celebrate

On Aug. 30, the Chehalis Tribe brought summer to an end with vibrant events. The Chehalis Tribal Government and Lucky Eagle Casino & Hotel staff started the festivities with a circus-themed parade. Next, youth enjoyed a free carnival and received supplies at the annual back-to-school celebration.



Tribal leaders graduate

Cohort built strength, confidence in program

By Denise Mino

During the final week of June, the Chehalis Tribe graduated its first cohort of leaders after a training offered to managers and directors in Tribal Government.

Designed and developed by Human Resources, the Leadership Essentials training series wove together best practices in leadership within the framework of sovereign tribal governance to develop strong, confident leaders.

Participants in the pilot program were selected based on interest and availability to actively take part in the six-week program. Topics of the course included leadership theories and practical application, employee life cycle, discipline, crucial conversations, employee engagement and appreciation, feedback and coaching. Presenters discussed sovereignty and the structure of the Chehalis Tribal Government.

Human Resources Learning and Development's Denise Mino created the course with input from leaders throughout the organization. Mino said it

was a way to bring customized leadership training to the Chehalis Tribe. Participants were open to learning and the coaching process.

As part of the course, each participant developed a series of Specific, Measurable, Achievable, Relevant and Time-Bound (SMART) goals. Everyone met their goals. At the graduation celebration on June 29, leader participants spoke about how they identified learning goals, what they did to accomplish them and how they see themselves leading teams and programs after the course.

"I would recommend this program for anyone. It is not only a teaching on how to become a leader, but it is a blueprint to being a good person," said Jedediah Starr with Tribal Gaming Agency.

Human Resources is looking forward to offering this leadership training series again in the future.

The first cohort was made up of eight leaders: Melody Dady (Behavioral Health), Jake Dickerson (Public Safety), Garth Hamilton (Financial Services), Amy Loudermilk (Planning), Shawn Ortvez (Natural Resources) Jedediah Starr (TGA), Meghan Walker (Clinic) and Philip Youckton (Culture & Community).

WINNER OF AMERICA'S GOT TALENT

TERRY FATOR™

WHO'S THE DUMMY NOW?

SATURDAY
OCTOBER 29

lucky eagle
CASINO & HOTEL




Must be 21 or older.
See a Rewards Representative for tickets and details.

HEALTH/WELLNESS



How much milk?

Babies' stomachs are small. They don't need much milk. The beads in the picture above show the size of baby's stomach.

Small bead: The tiny stomach of a newborn can hold ½ tablespoon-1 tablespoon at a feeding.

Medium bead: Stomach of 3-day-old baby can hold 1 ½-2 tablespoons at a feeding.

Large bead: Stomach of a 10-day-old baby can hold 2-2 ½ ounces at a feeding.

Tips for a successful nursing journey

Breastfeeding offers important protection

The American Academy of Pediatrics recommends exclusive breastfeeding of infants for the first six months.

Evidence shows that breastfed babies have impressive protection from colds, flu and other viruses. When they do become ill, relief can come from their mom's milk. Research finds nursing is linked to decreased rates of lower respiratory tract infections, severe diarrhea, ear infections and obesity.

The following tips can help create successful nursing:

Breastfeed early and often

When a baby begins breastfeeding in the first hour after birth, mom's breasts begin making more milk. It also helps babies begin to breastfeed while they are naturally alert and ready to learn.

Nurse 8-12 times per day

This ensures baby is getting enough calories and tells mom's body to make a lot of milk. The more the baby suckles at the breast, the more milk a mom makes.

Avoid bottles, pacifiers

Babies use their tongues differently when breastfeeding

than when they take a bottle or pacifier. Babies need time to learn how to breastfeed before offering other nipples.

Is baby getting enough?

Mothers can be sure babies are getting enough when:

- Breasts soften during feeding
- Baby nurses 8-12 times every 24 hours, including night feedings
- Baby awakens on his own to feed
- Mom can hear her baby

swallowing in a rhythmic way while nursing

- Baby seems satisfied and content after feeding
- Baby has plenty of wet and dirty diapers:

At least 5-6 wet and 3 soiled diapers per day in the first 3-5 days of life

At least 6 or more wet and 3-4 soiled diapers per day by days 5-7

Less than 4 soiled diapers by day 4 is an indication baby is not getting enough to eat.

WOMEN, INFANTS AND CHILDREN INFORMATION

WIC foods meet the special nutritional needs of pregnant, breastfeeding and postpartum moms; infants; and children up to age 5. WIC supports successful, long-term breastfeeding.

CHEHALIS DATE: Oct. 13

CONTACT: Call Debra Shortman at **360-709-1689**, go to

wicnutrition@spipa.org. SPIPA main number: **360-426-3990**.

SEE IF YOU QUALIFY FOR WIC: Go to doh.wa.gov/you-and-your-family/wic/wic-eligibility.

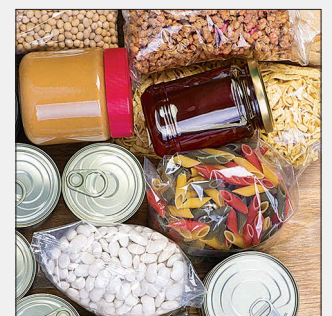


USDA food pickup available

9:45 A.M.-1:30 P.M. OCT. 20
THE COMMUNITY CENTER

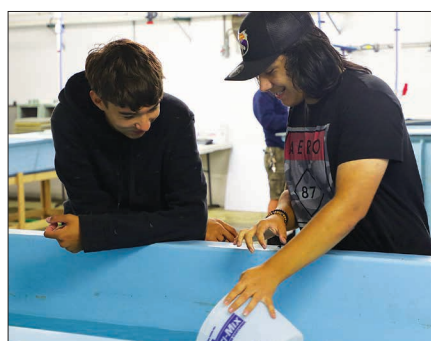
SPIPA's program offers food to help fill up your freezer, fridge and cupboards!

CALL: Debra Shortman
at 360-709-1689





A large group of teens participated in the Summer Youth Worker Program during July and August. They learned job skills and gained confidence.



Clockwise from above: Koner Burnett and DJ Hansen spent time at the Fish Hatchery, Kylee Secena and Coby Higheagle performed IT duties, Alexis Starr-Wright assisted at Head Start and Charles Latch worked in Facilities & Maintenance this summer.



SUMMER YOUTH WORKERS

Kayleena Delgado (Accounting)

Falisy Bumgartner (Archives/
Historical Preservation)

Walter Pickernell-Daniels
(Department of Natural
Resources)

Koner Burnett (Department
of Natural Resources)

Damious J. Hansen "DJ"
(Department of Natural
Resources)

Artie Romero (Department
of Natural Resources)

Adam Penn (Elders Center)

Nora Ortivez (Elders Center)

Tristan Smith (Facilities)

Charles Latch III (Facilities)

Laela Baker (Facilities)

Shayden Baker (Facilities)

Tom Hayden (Head Start)

Alexis Starr-Wright (Head Start)

Riley Smith (Head Start)

Remy Garrtey (Head Start)

Keziah Gleason (Head Start)

Taylenna Klatush (Heritage &
Culture)

Haezen Charles (Housing)

Jordan Lopez (Housing)

Coby Higheagle (Information
Technology)

Kylee Secena (Information
Technology)

Jeremiah Baker (Public Safety)

Dominic Delgado (Youth Center)

Mei-Lien Tanner (Youth Center)

Adrian Hjelm-Snell (Youth
Center)

Kly Meas III (Youth Center)

WORK

From page 1

would work at and checked in periodically throughout the seven-week program.

"I love working with the youth workers ... The program is great," Secena said.

He explained that it provides valuable opportunities to tribal teens and opens doors for the future. It gives students a chance to gain in-depth understanding of specific careers to see whether they might be a good fit in adulthood.

William is happy to see the number of teens that signed up

this year. The program offers training that many youth outside of the tribal community don't have.

Secena was a youth worker when he was younger and described how much it has changed. When he was a teenager, the program paid \$4.20 an hour and their jobs were mainly cleaning and other manual labor. Now, the program offers a variety of job options with numerous departments. Secena's daughter, Kylee, worked for the Information Technology department this summer. Fellow youth worker Coby Higheagle also spent the summer months

with the IT team.

Kylee and Coby assisted with wiring projects to prepare for expansion and new buildings within the Tribal Government. They also helped gather material for the communications program by attending Youth Center field trips. Additionally, they took photos of fellow youth workers and spoke with others about their experience.

Laela Baker and Shayden Baker worked for Facilities & Maintenance. Although they are close in age, Laela is Shayden's niece. She said the best part of the summer was being able to work with her uncle.

ELDERS



SWEET HARVEST

Elders, grandchildren spend a beautiful day picking blueberries

The Chehalis Tribal Elders Program held another successful event on Aug. 6 at the Black River Blues Blueberry Farm in Rochester.

The blueberry farm was reserved exclusively for community tribal elders who used the opportunity to invite their grandkids for a morning and afternoon of blueberry picking.

The antioxidant-packed berries are used in many ways, such as an ingredient for baked goods, canned for jams, a healthy and fresh meal option, frozen for later use and much more.

Participants were allowed to harvest their own 1-gallon bucket of the delicious dark fruit. They also took home a flat of already-picked blueberries and a jar of raw honey from the company.

The event encourages bonding with fellow elders and grandkids under the warm sun while harvesting blueberries in a traditional way as our ancestors did.





More than 40 Chehalis tribal elders visited the In the Circle with Our Knowledge Keepers resource fair on Aug. 2.

Resource fair for our knowledge keepers

Gathering give elders a wealth of information

By Christina Hicks

On the morning and early afternoon of Aug. 2, the Wellness Program held a dementia and Alzheimer's event called In the Circle with Our Knowledge Keepers.

The purpose of the gathering was to educate elders on these two very important health topics and more. It was made possible by contributions from the Alzheimer's Association, Washington State University, Institute for Research and Education to Advance Community Health and the Agencies on Aging (AOA) Unpaid Family Caregiver grant.

Statewide Health Insurance Benefits Advisors (SHEBA) provided information on Medicare and Medicaid programs for Native Americans and elders. Certified intuitive eating coach, registered dietitian and nutritionist Cathy Visser shared nutrition information.

Forty-one elders who identified as being age 50 or older were in attendance to learn more about dementia and Alzheimer's. Multiple vendors set up stations in the Community Center gym with resources.

Upon entering the event, elders completed a survey and received a passport to mark off as they visited different tables in the gym.

Stations included:

- Height and weight
- Blood pressure

GET IN TOUCH

For help on your wellness journey, call Community Wellness Manager Christina Hicks at **360-709-1741**.

- Grip strength
- Timed up and go
- Number symbol coding task
- Physical activity survey
- Mind and diet survey
- Education video

Once participants completed the passport, they were given another survey to complete to get a \$50 gift card and raffle ticket. Elders also received a bag with a key finder (courtesy of SPIPA) and head fan (courtesy of Indian Child Welfare elders services).

The elders had positive feedback about the resource fair. They said it was a great event and very informative.

"Thank you to all the volunteers, which included summer youth workers, who really enjoyed helping on this event," said Christina Hicks.

“Thank you to all the volunteers, which included summer youth workers, who really enjoyed helping on this event.”
- CHRISTINA HICKS



TWO SHOWS

4 & 8 PM
SUNDAY,
NOV. 6

No purchase necessary. Must be age 21 or older to participate. Please see a rewards representative for full details.

lucky eagle
CASINO & HOTEL



Thanks for your dedication, energy!

Chehalis Tribe shows gratitude for employees with rousing picnic

The Chehalis Tribal Government showed appreciation for its staff during the annual Employee Picnic on Aug. 19 at Columbus Park in Olympia.

The get-together offers time away from work for employees to engage with each other and introduce their family members to fellow co-workers.

Those who have a long tenure with the tribe are recognized for their years of service during the event. Deb Shortman has the current longest time of employment with the Chehalis Tribe. She has been with the Wellness Center for 43 years.

Chris Ortez comes in next with 36. Ray Secena, Darrin Jones, Charlotte Lopez, Amil and Cheryl Starr all have more than 30 years of service with tribal government.

Cheryl explained that she and others who boast more than 30 years of tribal employment started out at the old Bingo Hall before Lucky Eagle Casino was built in 1995.

Chehalis Tribe Chairman Harry Pickernell Sr. has worked for the tribe for 28 years. He spoke at the picnic and asked all those in attendance to thank Events staff for hosting the festivities each year.

Everyone was entered into a raffle drawing that included prizes such as a Bluetooth speaker, Keurig coffee maker, camping equipment and a paid day off from work.

Lucky Eagle Casino Food and Beverage staff catered a lunch of delicious barbecued hot dogs, hamburgers, chicken and steak for tribal employees and their families.



The Employee Picnic brings together co-workers and families for food, activities, prizes and time together outside of work. Events staff received a special shout-out for their planning and execution of the event.



Deb Shortman (right) was honored for her 43 years with the tribe.



Bobby Jones prepares to serve during sand volleyball.



Ronnie Rosbaugh and Rod Bergman



Kevin Bray and Sheilah Bray



Anna Hill and Misty Secena



Kendal Archer with his daughter

SEPTEMBER BIRTHDAYS

CORI ABELL
 SEAN ADAMS
 ALYSSA ALBERT
 DESTINY SANCHEZ-ALLENBACH
 SKYLAR BAKER
 AUTUM BECKWITH
 JIMMY BURNETT
 KAIRI BURNETT
 ANGELICA CANALES
 DARREL CAYENNE
 DEBRA CAYENNE
 DENNIS CAYENNE
 GERALD CAYENNE
 JAMES CAYENNE
 MINETTA CAYENNE
 SYLVIA CAYENNE
 MASON COMBS
 NORITA COMEAUX
 JOAQUINA COTY
 WALTER PICKERNELL-DANIELS
 SHANIN FALK
 JAMES SECENA-FERGUSON
 TAMZIN SECENA-FERGUSON
 JASON GILLIE
 NATHAN GOMEZ
 DAVID GUNNELS
 GARY GUNNELS
 DASHAWN HERNANDEZ
 ANIYAH ORTIVEZ-HICKS
 BILLIE HIGHEAGLE
 JULIA HIGHEAGLE
 TONIA HIGHEAGLE
 LEGEND JESPERSEN
 GEORGE JACK
 ALLEN JONES
 KATHLEEN JONES
 EDDIE KLATUSH
 EUGENE KLATUSH
 DUSTIN KLATUSH
 CHARLES LATCH
 RUEBEN LOPEZ
 GERTRUDE DUPUIS
 MARCELLAY



Jude Ortiz: Happy 5th birthday to our Jude Bun! Love Mom and Dad!



James and Tamzin Secena-Ferguson: Happy 5th birthday to twins James and Tamzin!

MALIKAH MCNAIR
 JASON MEDINA
 JULIE MILLER
 CHRISTINE ORTIVEZ
 JUDE ORTIVEZ
 ETHAN OWENS
 WILLIAM PALMER
 NICHOLAS PURCELL
 TIMOTHY POLING
 DANTE QUILT
 ELIJAH QUILT
 MICHAEL ROMERO
 RICHARD ROMO JR.
 RUTH ROGERS
 NANCY ROMERO
 CODY REVAY



Eli Snell: Happy 39th birthday! The boys and I love you and appreciate you so much!

FREDDIE SANCHEZ
 KAYSEN BRAY-SANCHEZ
 GEORGE SANCHEZ
 JOHN SECENA
 KAELYN SECENA
 ROGER SHORTMAN
 SEAN SHORTMAN
 JASON SLIGHTE
 ELI SNELL
 SASHA STARR
 KELSEY SWANSON
 BETTY TANNER
 JAKE TANNER
 ROXANNE THOMSON
 KAREN THRAILKILL
 ROBERT VIGIL
 CAMMI WITTWER
 SAMUEL WRIGHT
 KARLEA YOUNCKTON
 THERESA YOUNCKTON
 VANESSA YOUNCKTON



Dustin Klatush and family

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.

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VISION STATEMENT

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



BUSINESS COMMITTEE

Chairman: Harry Pickernell Sr.

Vice Chairman:

LeRoy Boyd Sr.

Treasurer: Sheilah Bray

Secretary: David Burnett

Fifth Council Member:

Jason Gillie

chehalistribe.org

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Supportive walk for crime victims

Family Services Coordinator Amy Mendoza held a Victims of Crime Awareness Walk on July 22.

Mendoza explained that this topic is important to the community as most tribal members are victims of crime, whether it is firsthand or generational.

She said participation was "absolutely amazing" and exceeded expectations. She also would like to express how thankful she is for the wonderful support provided by the tribe's Social Services department. Mendoza is already looking ahead to the second Victims of Crime Walk next year.

Chehalis community members showed their support for victims of crime on July 22.

