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Class discovers the power of plants

The Herbal First Aid Remedies class was held at the Elders Center on July 12. More than 25 people came to learn from instructor Elise Krohn.

INSIDE

From licorice sticks to healing salve, find out what instructor Elise Krohn recommends for an herbal first aid kit.

Page 12

Information on how to gather materials to make medicine was already included in the handbook. Elise focused on the

Normally, this would be a five-hour class but Elise squeezed it into just two hours!

Handouts were very informative and people were encouraged to save them in their handbooks to use at home.



Healing items are prepared for inclusion in herbal first aid kits.



Left: Families, friends and local officers build strong relationships during National Night Out.

Below: Animal Control officer Brennan Stoelb entertains youth.

Law enforcement, community gather for National Night Out

Event encourages neighborhoods to become safer, kinder places

The Chehalis tribal community engaged with the Chehalis Tribal Police Department during the 34th annual National Night Out on Aug. 1.

The evening provided a chance for folks to meet and greet officers and learn about the equipment they use to protect our community.

National Night Out is a community-building campaign that promotes police-community partnerships and friendship to make our neighborhoods safer, more caring places to live. The event enhances the relationship between neighbors and law enforcement.

Hamburgers, hotdogs, shaved ice and popcorn were served at the police department's parking lot. A bouncy house

See NIGHT OUT, page 7



Lucky Eagle CEO ready for the future

The Chehalis Tribe officially announced Lisa Miles as the new Chief Executive Officer for Lucky Eagle Casino & Hotel. She has been serving as the interim CEO since February after former CEO John Setterstrom left the casino.

Lisa has a 28-year career in finance and Native American gaming. She worked for Ernst & Young's Chicago office for several years before beginning her gaming career with Bally Entertainment Corporation.

She began her tenure at Lucky Eagle Casino & Hotel as chief financial officer in 1996. Although she left after a couple of years to pursue other opportunities, she returned in 2002 as chief financial officer and remained in that job until she moved into the interim CEO position.

Lisa was mentored by knowledgeable executives



Lisa Miles

"I am humbled and honored to represent the Chehalis Tribe in this new role during this increasingly competitive market." - LISA MILES, LUCKY EAGLE CASINO & HOTEL CEO

throughout her career. The culture at Lucky Eagle Casino & Hotel is what has kept her on board. Team members and the Chehalis Tribe make the job enjoyable. In 2015, Lisa was named Financial Executive of the Year by the Business Examiner for outstanding fiscal leadership and asset management.

"Lisa Miles was the obvious choice for CEO. Her experience, talents and relationships are suited to lead the Lucky Eagle Casino & Hotel. We are confident that she will take the casino in a new direction while maintaining a superior guest experience," said Chehalis Tribe Chairman Harry Pickernell, Sr.

The casino's dedicated staff is what makes this establishment so successful. The company strives to create memorable experiences and

build relationships with guests through its team members.

"We believe that's what makes Lucky Eagle Casino & Hotel different," Lisa said. "We maintain a high level of guest service and a personal connection with our guests that's hard to come by and ultimately why they return. With the commitment of the Chehalis Tribal Business Committee, Executive Team and the Lucky Casino & Hotel staff, we will continue to be a unique and warm environment for our guests."

Lisa indicated the Chehalis Tribe and Lucky Eagle Casino & Hotel value the relationship with our local communities and they value us. Chief Collaboration Officer Rodney Youckton and other Executive Team members lead by example and sit on local nonprofit boards such as Community Youth Services,

the Boys & Girls Club, Big Brothers Big Sisters or United Way. "It's very important for us to embrace the community. In addition to donating our time, we also donate labor or our facilities so these organizations can keep more of their profits for their organization" Lisa said.

"I am humbled and honored to represent the Chehalis Tribe in this new role during this increasingly competitive market. My finance and analytical background will assist to maximize profits to enhance the long-term sustainability of the Chehalis Tribe. It is also my priority as Chief Executive Officer to strengthen and enrich the Chehalis tribal member development initiative. I could not accomplish any of these goals without the help and support of the Chehalis Tribe and all team members at the Lucky Eagle Casino & Hotel. We have come a long way, and I personally extend a huge thank you for the opportunity to lead our 750-member team each and every day," Lisa said.

HR leaders discuss industry trends, safety

Human resources professionals have the important tasks of recruiting and hiring employees, conducting orientation and training, sharing benefits information and retaining workers.

Lucky Eagle Casino & Hotel hosted more than 20 HR professionals from all over the Northwest for a Human Resources Roundtable Summit from July 17-19.

The roundtable event originated in 1996 with many Oregon casino directors meeting to network.

The group evolved into including tribal government and enterprise HR professionals. Through the years, the group connected with neighboring tribes to the



The Human Resources Roundtable Summit brought together industry professionals.

north of here in Washington.

This year's roundtable focused on discussions about HR industry trends, such as pending health care reform

under the current federal administration and training about safety issues in the workplace when faced with emergency situations.

Participants enjoyed connecting with one another and were treated to a delicious salmon dinner prepared by Chehalis tribal members.



Chehalis Tribe Chairman Harry Pickernell, Sr. helps celebrate longtime employee Gerrie Sanders during a surprise party.

Employees honored

When employees achieve outstanding results, big or small, it's time to say thank you. The Chehalis Tribe rewarded and recognized two longtime employees recently.

Accounting Department employee Gerrie Sanders basked in her moment of glory on July 12. It was a special surprise for Gerrie, who was hired July 12, 1976. The event was kept a secret, and boy was she surprised when she walked into the main Tribal Center.

Gerrie was greeted by co-workers with a roar of applause and cheers. She received a cake, flowers and cards signed by the Business Committee and other employees.

Dan "Bones" Gleason was



Dan 'Bones' Gleason

honored with a party Aug. 2. He was welcomed with thunderous applause, a cake and a speech from General Manager Misty Secena

to recognize his honorable achievement.

It was a pleasure to give such recognition to two outstanding, dedicated employees who are humble, honorable people who do their work in a timely manner. Congratulations, Gerrie and Bones, on your 41 years of service!

Ancestors laid to rest

*Contributed by Dan Penn,
Tribal Historic
Preservation Officer*

Our community came together on July 15 to take care of ancestral remains that were anonymously returned to the tribe.

An examination of the remains determined that they were indeed Native American and likely were born prior to contact with Europeans.

It is with the help and support of many people in our community that these ancestors could be reinterred in a respectful way. Some of our people helped prepare a meal that attendees shared while others attended to the spiritual work. Community members came to bear witness to the words and works that took place on that day.

The event was the culmination of years of planning that spans beyond my time working for the Tribal Historic Preservation Office.

When it came to the attention of our leaders years

CONTACT US

It is the goal of the Tribal Historic Preservation Office to repatriate the remains of our ancestors from museums and universities so that they can be put to rest. To help in this endeavor, please get in touch with Dan Penn at **360-508-8155** or **dpenn@chehalistribe.org**.

ago that we would need to have a place for our ancestors to rest, it was decided to pursue an agreement with Briarwood Farms to expand the size of the cemetery on the eastern side of Anderson Road.

It was with a great deal of reverence and satisfaction that we were able to fulfill our responsibility as the caretakers of the first people of this land.

Many thanks go out to all those who helped make the event a success.

CHEHALIS TRIBAL LOAN FUND

LUNCHEON FUNDRAISER

11:30 a.m.-2 p.m. Aug. 25

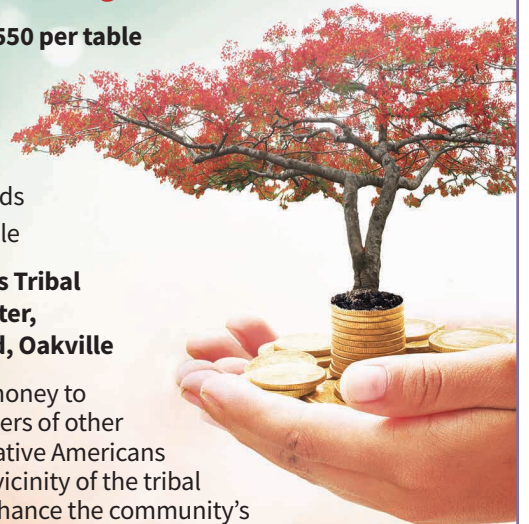
\$55 per ticket/\$550 per table

- Entertainment
- Dessert dash
- Auction
- Traditional foods
- Raise the paddle

**WHERE: Chehalis Tribal Community Center,
461 Secena Road, Oakville**

The CTLF lends money to members, members of other tribes and non-native Americans living within the vicinity of the tribal reservation to enhance the community's economic development, create jobs and build trust.

LEARN MORE BY CALLING 360-709-1831 or 360-709-1631



MEETING NOTICE

The Constitution Committee meets the second (noon) and fourth Monday (5 p.m.) of each month in the Business Committee Room. Meetings are open to all Chehalis tribal members.

COMMITTEE MEMBERS

Virginia Canales	Dianna Pickernell
Helen Sanders	Rachelle Wells
Farley Youckton	Christ Ortivez (alt.)



HEALTH/WELLNESS

Rider conquers the STP

Chehalis tribal member Sheilah Bray completes grueling bike trip

The annual Seattle to Portland extravaganza is a one- or two-day supported bicycle ride from Seattle to Portland.

The STP “is considered one of the 10 biggest recreational bicycle rides in the country, drawing riders from across the nation and from other nations.”

One of our own tribal members has been participating in the event for five years. Sheilah Bray successfully accomplished her goal to reach the finish line in Portland. It takes a lot of determination and dedication to complete the two-day trip.

The ride has been operating since 1979 and is organized by the Cascade Bicycle Club. It is about 200 miles (325 km) in length. Most riders complete the distance in two days; about 10 percent finish the ride in one day.

The official midpoint is in Centralia on the Centralia College campus. Amenities include overnight accommodations, showers, first aid, chiropractic and massage, bicycle repair and storage, food and drink vendors, pancake feed and breakfast to go, live music and a beer garden.

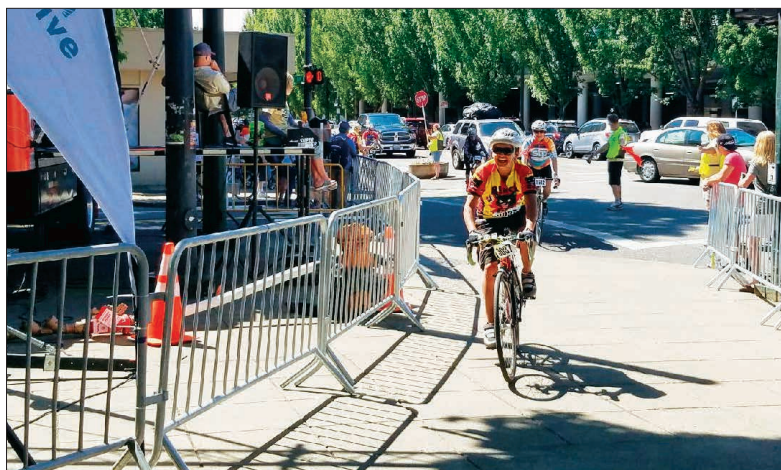
Joining Sheilah was her brother Charles Latch and nephew Charlie Latch III, who is only 11 years old and just learned how to ride a bicycle this year. They kicked off their journey together in Seattle, along with 8,172 other riders.

The STP is not for the faint of heart and can be grueling, but they made small goals each day.

Accomplishing each step helped get Sheila to the final destination in Portland. She said it felt great knowing that she could be part of such a great event.



Chehalis tribal members Sheilah Bray, from left, her nephew Charlie Latch III and her brother Charles Latch all took part in the annual Seattle to Portland bike ride. Sheila completed the 200-mile journey.



Her advice for those seeking to brave the STP is to practice. Her brother worked hard and made it to the halfway point at Centralia College. Her nephew Charlie made it to Auburn, an accomplishment for someone who only recently learned to ride a bicycle.

Sheilah said, “I wouldn’t have been able to complete this course without a little help. I

have a great family who assisted me along the path to the final destination at Holiday Park in Portland. After a hard day of riding, they would pick me up and transport me to their homes for some much-needed food, shower and rest. Their help make me very thankful and grateful for all the family support. I hope to do this again next year!”

events

DR. BEHRE FOOT CLINIC

8 a.m.-noon Aug. 29, Sept. 19: The ChehalisTribal Wellness Center has a podiatrist available for all foot care needs.

MONTHLY LUNCH AND LEARN

Noon-1 p.m. Oct. 18: In the PT Room of the Wellness Center.

DIABETES WELLNESS CLINIC

8 a.m.-4 p.m. Sept. 14: Patients need labs, medicine review, foot/diabetes/physical exams and a uric acid blood test.

MONTHLY COMMUNITY WALK

Noon Sept. 28: Join others for a fun fitness walk. Starts at the Chehalis Tribal Wellness Center.

MAMMOGRAM CLINIC

9 a.m.-3 p.m. Sept. 28, Oct. 19 and Nov. 13: Swedish Women’s Wellness Clinic. Call your health care provider.

FOR MORE INFORMATION

Call Diabetes Licensed Practical Nurse Sandra Dickenson **(360-709-1660)** or Community Wellness Manager Christina Hicks **(360-709-1741)**.

New laws combat distracted driving

Advances in technology have given everyone the opportunity to own a cell phone. Phones provide convenience, a way to keep in contact with family or stay informed of community events and social media engagement.

It can become addictive checking your phone, but you should never use it when behind the wheel of a vehicle.

It is very dangerous and states are adopting laws to protect us and our families and friends on the road.

Many things distract people who drive and can vary from day to day.

In 2015, the National Highway Traffic Safety Administration (NHTSA) documented that distracted driving is dangerous and has claimed 3,477 lives. About 391,000 people have been injured in a motor vehicle involving a distracted driver.

With all of the statistics gathered by the NHTSA, you can see by the numbers that distracted driving is one of the leading causes of accidents.

NHTSA is leading the national effort to save lives by preventing this behavior.

Get the facts, get involved and help keep America's roads safe!

Not only may distracted driving cost the lives of you or your loved ones, police officers will start enforcing the new laws with costly penalties.

Q: What are the penalties?

A: The standard traffic fine of \$136 would nearly double to \$235 on the second distracted-driving citation.

Gov. Jay Inslee accelerated the start date to July 23, instead of January 2019, so the law is now in place.

Q: Is Driving Under the Influence of Electronics (DUIE) a primary offense?

A: Yes, a police officer can pull someone over just for using a handheld device or erratic driving.

Q: Will a ticket raise my insurance rates?

A: Likely yes because distracted-driving citations will be reported on a motorist's record for use by the insurance industry, which testified in favor of the law.

How can you prevent distractions while driving?

1. Use your cell phone for emergency situations only.
2. If you are drowsy, pull off the road.
3. Limit the number of passengers, as well as the level of activity inside the car.
4. Avoid eating while driving.
5. Do your multitasking outside of the car.



LEARN MORE

Check out the National Highway Traffic Safety Administration's website at nhtsa.gov/risky-driving/distracted-driving or go to traffic.findlaw.com/traffic-tickets/distracted-driving.html.

Contact PRC program for doctor refferals

This is a reminder that a referral from your primary care provider to a specialty provider or facility does not guarantee payment of the

specialty visit. Although your provider at the Chehalis Tribal Wellness Center might send you to a specialist, they are not issuing a purchase order at the time of

referral. It is your responsibility to contact the Purchased/Referred Care program to obtain a purchase order for your outside visit.

The reason we don't issue a purchase order number at the time of the referral is because we can't issue one until we know the visit date. Some specialty providers require they make the appointment directly with the patient and not through our staff. Also, if you require after hour or weekend emergency services, you have 72 hours to call the PRC office to inform them of your emergency visit.

The PRC program was formally known as the Contract Health Services Program.

CONTACT US

Call the Chehalis Tribal Wellness Center at **360-273-5504** and talk to PRC staff if you have any questions.

WIC THROUGH SPIA

Women, Infants and Children provides healthful food and nutrition information for you and your child up to age 5.

NEXT DATE
9:30 a.m.-3:30 p.m.
Sept. 7 at the Chehalis Tribal Wellness Center

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

CHEHALIS TRIBAL HEALTH FAIR

10 A.M.-3 P.M. WEDNESDAY, SEPT. 13
CHEHALIS TRIBAL COMMUNITY CENTER GYM

HIGHLIGHTS

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

CONTACT
Christina Hicks at 360-709-1741, chicks@chehalis-tribe.org

CONTACT
Christina Hicks at 360-709-1741, chicks@chehalis-tribe.org

Medical transportation

The Chehalis Tribal Wellness Clinic has one staff member – Community Outreach Coordinator Mary Secena – who is available to provide medical transportation to eligible patients of the CTWC. To request a ride to a medical appointment, you must call the clinic or come into the clinic and fill out a transportation request slip, give it to Community Wellness Manager Christina Hicks for approval and also read and sign the Transportation Guidelines Acknowledgement form.

Here are some of the requirements:

- If there is an available vehicle in the home or someone eligible to drive, transportation services will not be approved.
- If you are on Washington State Medicaid, you need to request a ride from Paratransit services at 800-846-5438. They pick you up from your house and take you to your appointment and back to your house. Please call the Paratransit office from 7 a.m.-7 p.m. Monday through Friday at least two business days before your medical appointment.
- The community outreach coordinator will be available for transports to routine medical appointments only.

CONTACT US

If you would like to know more about the transportation guidelines or need help calling Paratransit services, please come into the clinic or call Community Wellness Manager Christina Hicks at **360-709-1741** or Community Outreach Coordinator Mary Secena at **360-709-1758**.

- Patients must have a pre-scheduled appointment with date and time approved by Contract Health Services. A referral from CTWC must be included.
- Transportation appointments will be scheduled between 8 a.m.-1 p.m. Monday through Friday and are based on availability of the transport schedule.
- Even though a direct referral is provided, it does not guarantee the community outreach coordinator will be available to provide transportation.
- Transportation will not be provided for any other type of medical appointments or procedures.
- Transportation will be provided off the reservation to Olympia, Lacey, Centralia or Chehalis.

Resilience Dinner reminds us of crucial connections

Contributed by Ranessa Goddard, Tsapowum Prevention Outreach Specialist

This year's Tsapowum Resilience Dinner at the Community Center Gathering Room on July 26 was another great success.

Guest speaker Rudy Nix discussed how to use culture to help heal our community.

He encouraged taking part in weaving, beading, painting, carving, talking circles, gathering and hunting.

These are tools we are all gifted with and should share with each other.

Rudy is a Haida native and former professional boxer.

He now works with native youth in juvenile rehabilitation centers.

He discussed how to find ways to bounce back from hardships.

"We need to strive toward returning to what we have been taught by our elders. These are core values and our families should share stories with our children and also teach them how to clean and cook fish," Rudy said. "Let's all come together and help each other because everyone struggles with what life throws at us. Don't limit yourself to just

when there is a funeral or celebration. Help is needed when somebody is having difficulty with their children or difficulty with using drugs or alcohol. A community can all come together and help those in need. We should care for and love each other and not put each other down."

Tsapowum is a rehabilitation center in Oakville that specializes in the treatment of mental health, substance, drug and alcohol abuse.

Thank you

This dinner would not have been so successful with the help of many people.

I would like to thank Derwin Goddard for cooking the fish; Melody Dady, CD Counselor, for making banana pudding cups and baked beans; Jake Dickerson and his wife for helping prepare and serve food as well as clean up; Caytee Cline, Youth Services Manager, for helping prep, serve and clean; Orinda Goddard for making potato salad; and Penny Gleason for helping to set up and clean up.

Most of all, I would like to thank those who attended the dinner.

I really appreciate your support.

USDA food program ready to serve

Many people have misconceptions about the food offered by the South Puget Intertribal Planning Agency's USDA Food Distribution Program.

It's not just about the cheese nowadays, though we do still offer that!

There are more frozen meats such as bison, pork chops and ham and delicious in-season fruits being offered now than ever before.

Tribal community members can get an application from

Debra Shortman at the Chehalis Tribal Wellness Center.

To sign up, call the warehouse at 360-438-4216 from 8 a.m.-4 p.m. Monday through Friday.

Upcoming distribution dates:

- Sept. 14
- Oct. 11
- Nov. 13
- Dec. 12

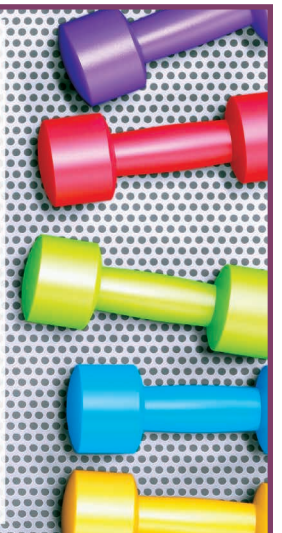
Pickup is at the Chehalis Tribal Community Center from 9:45 a.m.-1:30 p.m.

GET FIT FOR FREE

TRAINER RIKKI SUTTERLICHT is offering group strength training and conditioning classes Monday-Friday

- 6-7 a.m., 7-8 a.m., 3-4 p.m., 4-5 p.m., 5-6 p.m. at the Community Center gym
- 11:15-11:45 a.m. at the Elders Center (elders only)
- 12-1:30 p.m. open gym

Contact Rikki at 360-464-0664



CHEHALIS TRIBAL NEWSLETTER

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

The articles and opinions expressed are not necessarily those of this publication or the Chehalis Tribal Business Committee.

SUBMISSIONS

The Chehalis Tribal Newsletter encourages tribal members to submit letters, articles, photographs 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

Main line: 360-273-5911
Address: 420 Howanut Road
Oakville, WA 98568
Office: 360-709-1726
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, Audra J. Hill and the Information Technology Team

NIGHT OUT

From page 1

and KC the Safety Dog kept little ones entertained.

Attendees were offered a tour of police cars and other equipment used to protect our community and its resources.

The parking lot was full of activities for

all ages to enjoy.

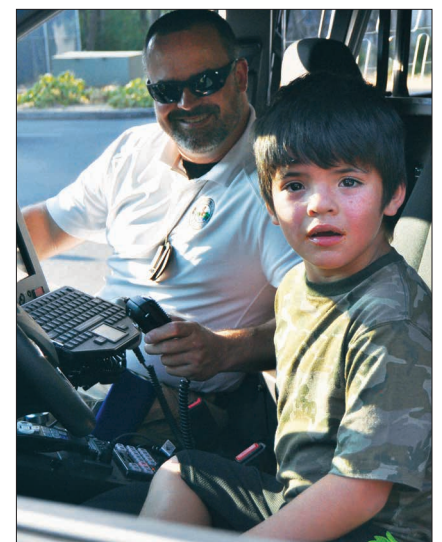
A tour of the Public Safety Building was given, and the building also was available for those who wanted to go inside to keep cool.

Even though it was warm, our small community came out to share a meal, learn about resources and get to know our tribal police officers.

Everyone had a great time!



The 34th annual National Night Out brought community members and the Chehalis Tribal Police Department together to build goodwill and a sense of shared community. Attendees were able to explore law enforcement vehicles and have a meal together.



FAMILY



Chehalis youth get an opportunity to learn video production from Grammy-winning artist Star Nayera.

Youth videos send message

Photos and article contributed by Ranessa Goddard, Prevention Outreach Specialist

The Tsapowum Prevention program invited Star Nayera to produce a film with Chehalis tribal community youth. Star is a Grammy award-winning Native American recording artist and three-time Native American Music Awards winner.

Star visited the Chehalis Reservation July 14 -15 and filmed at the Youth Center and Lucky Eagle Casino & Hotel.

One video the youth made focused on an anti-smoking message. Another video is about how evil is all around in the form of drugs and alcohol and the effects it has on families and communities.

After copies are returned from Star, they will be available on the Chehalis Tribe's website.

The kids had fun planning skits and working with each other to bring their visions to life.

Star will be back this month for another day and a half to film a "Culture is Prevention" video. Watch for flyers! Information should be available at least a week before she comes back.

Star Nayera leads kids through filmmaking



Yummy food for the road

■ Use your WIC checks to try a variety of fruits and vegetables in season: berries, melons, cucumber, zucchini and more.

■ Freeze grapes with peeled and cut up kiwis for a refreshing treat.

■ Bringing sandwiches and wraps can save you time and money.

■ Try your own trail mix with pretzels, cereals, nuts, dried fruit and more.

■ Peanut butter and jelly or peanut butter and banana sandwiches travel without refrigeration.

■ Apples provide a crunchy, sweet treat!

■ Make ahead muffins- or sliced quick breads. Pumpkin and banana are popular.

■ Snap peas provide a nice crunch.

■ Watermelon on sticks is perfect for road trips.

■ Baby carrots and string cheese also are a yummy and filling choice.

Planning ahead is key to eating healthier, especially on the go.

Invest in a cooler to fill up with fresh fruits, vegetables and water each time you head out.

Stay hydrated by keeping water bottles or infused water in the refrigerator ready to grab and go.



GET STARTED

To schedule an appointment for SPIPA WIC, leave a message at **360-462-3224**.

Breastfeeding sets baby on right path

Nursing offers ease for mom, important immunity protection for little one

Evidence shows that breastfed babies have considerable protection from colds, flu and other viruses.

When they do become ill, relief can come directly from their mother's milk.

In honor of national breastfeeding month, we chat with mom Marti Peterson, who shares a special bond nursing her son.

Q: Why do you breastfeed?

A: Breastmilk is always ready to feed my baby.

It is the perfect temperature. No waiting around to mix anything in the day or night!

I love how breastmilk changes depending on the baby's needs.

A mother's breast milk is custom made for her baby based on the baby's age and needs at the time.

For example, breastmilk made by a mother of a premature baby has different concentrations of various substances to suit her baby's special needs.

And, when weaning, a mother's breastmilk increases the concentration of immune protective factors to give her baby a final dose of immune protection before weaning is complete.

Alss, breastmilk is free. Nothing to buy! With formula at \$25 a can, I can spend money on a lot of other things for my family.

Q: What breastfeeding advice do you have?

A: Stick with it. It can be hard in the beginning, but it gets so much easier as you go on.

Be patient. Stressing out

"Breast milk is best for my baby."

- MARTI PETERSON



Marti Peterson (enrolled Colville, grew up at Skokomish) and her son, Mason. Marti's little guy recently turned 1. Both mom and baby continue to enjoy the breastfeeding experience.

CONTACT US

For more breastfeeding tips and support, contact Women, Infants and Children at SPIPA South Puget Intertribal Planning Agency. You can reach Debbie Gardipee-Reyes at **360-462-3227 or gardipee@spipa.org**, Patty Suskin at **360-462-3224** or Debra Shortman at **360-709-1689**.

just makes it harder.

Don't be scared to feed your baby in public. I was afraid to breastfeed in public at first and stayed home a lot.

When Mason got older, I got more comfortable breastfeeding him in public. He did not want to be covered, but no one said anything to me.

Tribal Leadership Academy hones skills

Lynda.com is a leading online learning platform that has helped many individuals achieve personal and professional learning goals.

Participants in the Tribal Leadership Academy via lynda.com Learning Pathways will:

- Increase technology utilization and leadership skills.

- Develop strong peer networks.

- Exhibit an increased capacity to lead work groups.

- Experience increased awareness of unique culture and traditions relevant to working Indian country.

Costs and commitments

The Tribal Leadership Academy is facilitated by South Puget Intertribal Planning Agency. There is no individual enrollment cost to participate.

SPIPA offers learning and mentoring incentives of \$125 per person for a seven-hour pathway completion and

CONTACT US

For Tribal Leadership Academy application, contact Planning/Development Director Tamara Fulwyler at **360-462-3226 or tfulwyler@spipa.org**.

\$250 per person for a 10+-hour pathway completion.

Participants must

- Be working for a SPIPA Consortium Tribal government program, or enterprise.

- Complete an academy application form.

- Provide a written recommendation from his/her supervisor.

- Partner with a tribal elder to provide cultural mentorship.

- Have a Timberland Regional Library card (free at trl.org)

Avoid costly identity theft

Identity theft often starts with a Social Security number. Once a thief has a valid number, he or she can open or reactivate credit card accounts in your name, apply for federal or state benefits or make changes in your financial accounts. Take steps to protect yourself:

Always go directly to socialsecurity.gov: If you get an email asking for your SSN, do not reply. The Social Security Administration will never ask you to provide your number by email.

Safeguard your SSN:

Treat it as confidential information and avoid giving it out unnecessarily. Keep your card in a safe place with other important documents.

Shred unneeded papers:

Don't just throw away

CONTACT US

Read our "Identity Theft And Your Social Security Number" at socialsecurity.gov/pubs/10064.html.

If you have been a victim of identity theft, contact the Federal Trade Commission at **877-438-4338** or go to **consumer.gov/idtheft**.

paperwork that includes your name, Social Security number or other personal information on it.

Monitor credit: Each of the three major credit reporting services provide a free credit report each year. Go to annualcreditreport.com/cra/index.jsp.

Children make tweet little memories together

Youth make homes for birds, meet owls from Heaven's Sake rescue

Chehalis tribal youth were thinking about our feathered friends at the Community Center on July 17.

In the morning, children were invited to build their own birdhouses to take home. The packages were opened with excitement and the fun began! Staff members were happy to assist when needed, but most youth read the instructions and built the houses on their own.

Birdhouse kits were provided by the Chehalis Tribal Police Department and The Youth Center.

After the adorable houses were built and the glue was allowed to dry, kids let their creativity shine as they started to paint. Some youth had precisely painted walls while others let paint colors blend together.

In the afternoon, For Heaven's Sake Wildlife Rescue from Rochester brought five rescued owls for



an educational presentation. Children learned an important lesson that, unlike most wild animals that the rescue cares for, the owls could not be released back into the wild because of their injuries.

A big thank you goes to our youth, Community Center and police staff and For Heaven's Sake Wildlife Rescue!

The children had a wonderful time using their imaginations, and the owls left a lasting impression.



Chehalis tribal youth certainly gave a hoot as they created adorable birdhouses and learned about rescued owls from Heaven's Sake Wildlife Rescue.



**CHEHALIS TRIBAL
HEAD START PROGRAM**

**APPLICATIONS FOR 2017-18
OPENINGS FOR AGES 3-5 ONLY!**

- Monday-Thursday center-based classes
 - Qualified early childhood staff
 - Monthly family fun events
- Employment and volunteer opportunities
 - Bus services provided

Pick up a packet at 420 Howanut Road, Oakville, or call 360-273-5514.

FOSTER A CHILD

YOU ARE NEEDED AS A FOSTER PARENT!

Please open your heart and home to a tribal child. The Chehalis Tribal Social Services program has a great need for foster homes in our community. There are many types of foster homes, and you can choose the one you would like to be licensed for:

- General foster care
- Relative care
- Respite care
- Emergency placement
- Therapeutic foster home

MORE INFORMATION: Melanie Hjelm
360-709-1632, mhjelm@chehalistribe.org

AUGUST BIRTHDAYS

1

Amiyah McElvian
Dawson Slighte

2

Allen Bush

3

Geraldine Youckton

4

Ron Fanning
Faith Hoheisel
Makya Ortivez-Hicks
Monica Sanchez
Dalton Youckton

5

Alvin Boyd
Paul Gibson

6

Sylvanna Bracero
Jenee Burnett

7

Adrian Brown
Lon Burgess
Kyle Fanning
William Heck
Lee Starr
Sheena Youckton

8

Thomas Blacketer
Jordan Bray
Ares Wittwer

9

Leo Sanchez

10

Sarah Myer
Riley Smith

11

Kaiden Delgado
Amanda Jennings
Gerald Pickernell III

12

Kayleen Fulton



KYLE AND RON FANNING: Happy birthday sons. We love you, Mom and Dad!

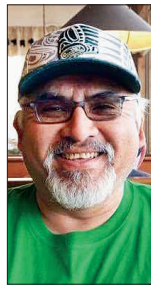


SALLY PIKUTARK: Happy birthday. "May your day be blessed!" From your friends and family.

Shayleen Fulton
Sally Pickutark
Joseph Sanchez
Anthony Youckton

13

Adrian Hjelm-Snell



WAYNE BARR: Happy birthday to my loving husband, love your wife Maria and family.

L'Ree Minthorne

14

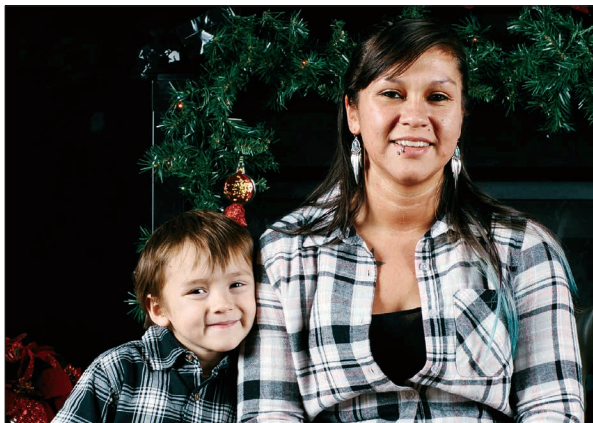
Starla Starr

15

Mark Colson
Ashley Wittwer

17

Douglas Boyd
Johnny Bumgarner
James Cayenne II
Mila Rogers
Lataya Tanner



AMANDA JENNINGS: Happy birthday, love your friends and family.

18

Anthony Joe

19

Andrea McGough
Manny Medina

21

Wilfredo Rosado

22

Ryan Burnett
Cynthia Yawn

23

Ostynn Farrier
Anthony Youckton Jr.

24

James Gunnels
Joseph Sanchez
Misty Secena
William Thoms



BRADLEY GITCHELL: Happy birthday. We love you, Mom, brother and family.

MORE WISHES

LATAYA TANNER:
Happy birthday from
Gramma, Papa and
family.

MANNY MEDINA:
Happy birthday from
Dad, Marla and family.

25

Henrietta Boyd
Jovonni Jimenez Sanchez
Victoria Parent
Rose Williams
Preston Youckton

26

Wayne Barr
Elizabeth Fulton
Hakan Phillips

28

Nyah McCrory

29

Merle Benda
Owen Youckton

30

Kly Meas
Natalie Pickernell

31

Mike Brown
Bradley Gitchell

Instructor Elise Krohn reveals a bounty of both broad and narrow plantain leaves at the baseball field during an herbal plants class on July 12.



PLANTS

From page 1

fantastic healing properties of herbal medicines used in making first aid kits. She also discussed some of the plants the class would use to create the kits.

Plantain powerhouse

The class took a walk to the edge of the baseball field where broad and narrow leaf plantain was growing. It's amazing to know how commonly plantain grows here. The experience was helpful to properly identify the plant. Plantain is commonly referred to as the frog leaf and Indian band-aid plant. Leaf veins are parallel with strong white fibers.

This plant is amazing! It has a miraculous healing and a rich history of use throughout the world. The leaves have long been used as a first aid remedy for sealing wounds and drawing out infection. They can be crushed, steamed or boiled to make a poultice, or the whole leaf can be used. It is very safe when used as a medicine for healing various illnesses. No side effects or drug interactions have been reported.

Elise shared a story she learned from Johnston Charles, an elder from the Lower Elwa Tribe who remembers his parents using

frog leaf as a healing medicine when he was young. He shared the story of his brother Gordon who had a nasty boil on his leg that would not heal and a red line moving up his leg. His parents took him to Cushman Hospital and said the doctor recommended his leg should be amputated. His father said no, he would take care of it.

As soon as they returned home, he placed a plantain poultice on the sore. He dipped the leaf into boiling water and changed the poultice a couple times a day. The boil quickly healed without leaving a sore. Plantain can be magic for drawing out infections, bites and stings.

Yarrow: a medicine chest

This plant is also referred to as "squirrel's tail" because of its feathery leaves. The flat-shaped, flowery heads have many white five-petal buds

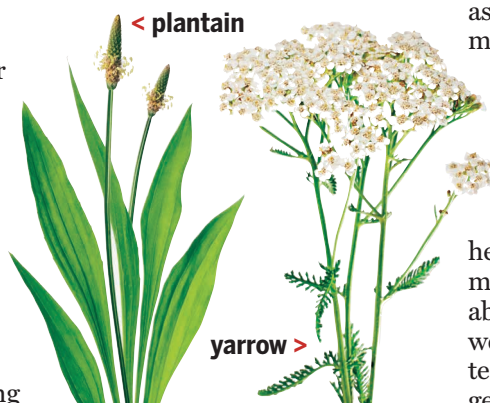
clustered on a single stalk. Yarrow is found all around the globe in fields, yards and sandy soils. It is called the warrior plant because it's a medicine chest within itself.

Once you learn how to properly use its healing properties, the plant can ease health complaints. It can help stop bleeding, fight infection, reduce fevers, coat inflammations, promote better circulation and much more! Harvest yarrow in the spring or summer.

Elise continued crafting herbal first aid remedies. Volunteers came forward to assist making items to go into each kit. Elise encouraged using them during this year's Canoe Journey. The ingredients are suggested to have available with your regular first aid kits. It's best to be prepared for everything.

Charlene Abrahamson spoke of fulfilling a dream to assist tribal and community members to become familiar with the healthy opportunities plants provide.

These classes are a way to encourage people to find a natural way of healing through plants. As more people gain knowledge about Mother Nature's bounty, we can continue to pass those teachings down to the next generations.



HERBAL FIRST AID KIT



BLACK TEA: For sunburns, boil and place on burn, let dry and reapply.

BUG SPRAY: This one is self-explanatory, bugs are everywhere.

CHAMOMILE TEA BAGS: For indigestion, anxiety or restlessness.

ECHINACEA TINCTURE: Used as an immune stimulant and antiviral against cold and flu.

VITAMIN C AND ELECTROLYTE PACKETS: Dissolve in water for fatigue, dehydration or immune supplement when you feel like you're getting sick.

GINGER CAPSULES: Combat nausea, upset stomach or motion sickness.

HEALING SALVE: Heal scrapes, bruises, burns, irritated skin, eczema and chapped lips. Herbs speed up tissue regeneration, prevent infection and reduce inflammation.

LAVENDER ESSENTIAL OIL: Sooth nerves during trauma, ease headaches, heal burns, fight topical infection and speed up healing.

LICORICE STICKS: Wonder herb that can treat many ailments simultaneously. Suck on the sticks for sore throats and coughing. It also speeds the healing of canker sores and other mouth sores.

