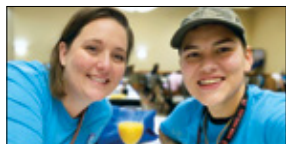


Suicide prevention

Youth share message of hope at summit

page 10



Tribal police additions

Public Safety swears in 4 new team members

pages 4-5

inside

Lucky Eagle Casino news / 3
Summer Youth Workers / 6
Back-to-school event / 7
Health Fair / 8

Plant medicine classes / 9
September birthdays / 11
Elders celebration / 12

'One with the community'

National Night Out fosters strong police-community relationship

By Frazier Myer

Hundreds of community members spent the evening celebrating the 2019 National Night Out hosted by Chehalis Tribe's Public Safety Department on Aug. 6.

The nationwide event is designed as a way for police departments to engage with the communities they serve and protect on a daily basis.

Families gathered outside of the Public Safety building and officers provided a BBQ complete with hot dogs, chips and cake for dessert. The tribal law enforcement and emergency management coordinator provided information and resources available to individuals on the Chehalis Reservation.

The outreach evening was filled with activities and play stations featuring a bounce house, dunk tank, bicycle safety course and face painting were set up for

See NIGHT OUT, page 3



New staff Sam Boyd and Ryan Burnett engage with the tribal community during National Night Out.



Early Head Start teacher Mary Ponton received the Employee of the Year and a \$1,500 check.

Gratitude for wonderful work

Picnic gives thanks to dedicated employees who ensure tribe's success

By Frazier Myer

More than 200 employees and their families gathered at Black Lake's Columbus Park for the annual employee picnic on Aug. 16.

The outing is a way to give back to the hundreds of staff members who handle the daily functions in numerous departments on the

Chehalis Reservation.

Upon arrival, workers received a blanket and were entered into a raffle. Prizes were handed out during the afternoon.

The Lucky Eagle Casino & Hotel Food and Beverage department served a BBQ lunch of steak, hamburgers and hotdogs.

See EMPLOYEES, page 2

EMPLOYEES

From page 1

Some employees brought desserts and were compensated with an extra raffle ticket.

The picnic also is an occasion to honor those who have dedicated decades of their lives working for the tribe.

Those employed 15 or more years for the tribal government were honored for their longevity. Some employees had 30 plus years and a few had more than 40 years of commitment to the tribe. Everyone age 55 and older received a jacket with his or her name on it.

This year, tribal administration introduced a new honor for employees. They highlighted a few staff members for their outstanding performance in the past year. Assistant General Manager Jessie Gleason announced the Employee of the Year, Supervisor of the Year and Director of the Year.

Early Head Start teacher Mary Ponton received the Employee of the Year. She was awarded with Employee of the Month at the January ACE luncheon. Ponton is known for her engagement with students in the tribe's Early Learning program. She has the lowest call-in rate in her department and arrives to work early every day.

Darrin Jones was recognized as Supervisor of the Year for his commitment to the Tribal Gaming Agency (TGA). The department is one of the more recent additions to tribal government and is an essential service that monitors the gaming floor at Lucky Eagle Casino & Hotel. Jones was recently promoted to the director of the department.

Chehalis Tribal Wellness Center Director Denise Walker was honored as Director of the Year for her outstanding performance at the clinic.

Walker oversees one of the largest departments. She received acknowledgement for consistent quality service provided at the CTWC.



Above: The volleyball champs enjoy their victory. **Below left:** Attendees dug in during the watermelon-eating contest. **Below right:** Darrin Jones was honored with Supervisor of the Year and received a check for \$1,250.



Director of the Year

"I am humbled and honored to be selected as the Director of the Year for the Chehalis Tribe. I appreciate all the nominations and kind words and support. I appreciate the leadership here at the Chehalis Tribe and all of the support they give as well as their forward-thinking attitudes that make this a great place to work.

Of course, I also could not do what I do without the staff that I am privileged to work with here at the clinic as well as all of the departments. There is a great team of directors from all of the programs. Each and every one of them contribute in a way that would make them worthy recipients of this award as well.

Thank you all for your continued support."

– Denise Walker

Employee of the Year

"I would like to thank my



Tribal workers age 55 and older received a tribal jacket and were invited to dish up their plates first.

wonderful co-workers that nominated me for Employee of the Month. The love and support they have shown me through good times and bad means the world to me and I could not do the job I do without them.

Everyone has such a great sense of humor, which makes it a great place to work.

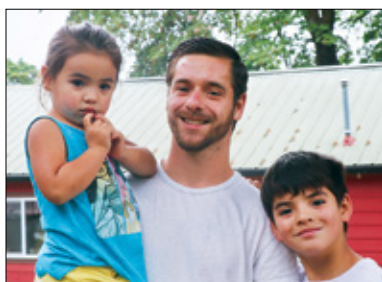
And thank you to the selection committee that chose me as Employee of the Year. What a great honor. I cannot express how

much this means to me.

The kind words from all of the tribal employees who congratulated me has been overwhelming and motivates me to strive to do an even better job as I start my 15th school year with the tribe.

I also want to thank the tribal community that has shared their children with me. What a joy to watch them grow from babies to young adults."

– Mary K. Ponton



NIGHT OUT

From page 1

youth.

Sgt. Jake Dickerson explained the purpose of National Night Out is more than a night of crime prevention. In addition to community members meeting officers, it's an opportunity to build trust with those who serve and protect the community they live in.

Building bridges

For the Chehalis Tribe, the event extends beyond police officers. Nearly the entire Public Safety staff attended the event, which includes corrections, court, bailiffs, probation and emergency management.

This is the third summer in a row that the Chehalis Tribe's Public Safety hosted the gathering. Sgt. Dickerson said the department started taking part in National Night Out when it developed a Community Resource Team.

The Chehalis Night Out is different from others across the U.S. because instead of the neighborhood hosting the event for the officers, the department solely sponsors and funds the festivities. Public Safety preps and provides everything such as the meal, raffle prizes and games/activities.

Sgt. Dickerson said they prepared for more than four months leading up to the event. The recent hiring of numerous staff members served as an opportunity for new members of the team to meet the community and have face-to-face interaction.

Here for everyone

Because of the nature of the job, there is a partition between police and the community, according to Sgt. Dickerson. "I like to break down those walls," he said. "I like to see everyone get together and have fun." He would like the community to know that: "we (police) are people, too. We are here to help."

Sgt. Dickerson wants people to understand that the police are not

'It's amazing to see all the people out there having fun and just enjoying their time together.'

**- JEREMIAH BAKER,
SUMMER YOUTH WORKER**

only around when things are going bad. They are here for everyone, even when things are going well. He also wanted to thank everyone who volunteered personal time to make this event successful.

Group effort

Summer Youth Worker Jeremiah Baker volunteered during National Night Out in the dunk tank. Younger kids lined up to take their shot at dunking the target and helped keep Jeremiah cool during the summer evening.

In addition to volunteering, Jeremiah helped with prep work beforehand. He went shopping for various food and handouts and assisted in the planning process.

"It's amazing to see all the people out there having fun and just enjoying their time together," Jeremiah said.

He takes his summer job seriously and doesn't view his involvement as volunteering. He knows being a part of this night is doing all he can to help out.

Public Safety Lt. Arick Burnett also acknowledged all of the help put in by staff members to make the gathering possible. He also recognized the overall purpose, which is community involvement.

"It helps build the community and police department relationship," Lt. Burnett said. "We want to be one with the community."

The department hopes community members feel free to approach police officers for anything, even if it's just general conversation when they see an officer or saying hello in passing.



Participants in the Lucky Eagle Casino & Hotel Kickball Tournament.

Lucky Eagle Casino hosts kickball tournament

Lucky Eagle Casino & Hotel recently hosted a team member kickball tournament at Legends Field at the Chehalis Community Center on August 21. More than 20 team members participated in the event, which was created to generate some friendly competition and camaraderie amongst team members and

departments.

Team members from the slots department, human resources, food & beverage and security participated in the event and endured a little rain in the name of fun. The slots department ended up defending the title they won during last year's inaugural kickball tournament.

ELDERS SUPPORT, SERVICES

Looking forward together



OCTOBER 17

Skokomish Community Center

Intertribal gathering of tribal members, caregivers and service providers

Contact: 360-426-3990 Lunch provided

Public Safety personnel threw a fun National Night Out complete with cake for the Chehalis tribal community.





Tickets start at \$45

DEMETRI MARTIN

SATURDAY,
SEPT. 28

Doors open at 7 p.m.
Concert starts at 8

Jordan Bird (from left), Ryan Burnett, Rebecca Muhlhauser and Alyssa Manu were sworn in to service for the Chehalis Tribe's Public Safety Department during a ceremony on Aug. 27. They all look forward to serving the community.



Tribal police welcomes team members

Officer heads back to his roots on Chehalis Reservation

Chief Kelly Edwards conducted the official swearing-in ceremony on Aug. 27 for four new members of the Chehalis Tribe's Public Safety Department:

Police Officer Ryan Burnett took his oath to become an official member of the Chehalis Tribe's police force.

Burnett is an enrolled member of the Chehalis Tribe, but he started his career in law enforcement with the Quinault Tribe in February 2017.

After serving more than two and half years with that department, he decided to come work for his own tribal community.

Burnett explained that most of his family is from this area and he wanted to be "home and around family."

"It means the whole world to me to be able to work for my own tribe," he said.

His parents are Chuck and Julie Burnett, and his grandmother Nadine Burnett is a prominent member of the Chehalis Tribe.

"My family has been the biggest supporter of my



profession," Burnett said.

He explained that he has five direct family members who also serve in law enforcement.

Burnett began with the Public Safety Department on Aug. 6 and was officially made a full-fledged officer at a swearing-in ceremony during the final week of August.

Because the Chehalis Tribe is located close to the Interstate-5

corridor, the demographic of people is much wider than on the Quinault Reservation.

Usually, new officers begin their training on the roads and areas they will patrol. But because Burnett is from the reservation, he is already familiar with the routes he will be safeguarding.

He is now participating in mandatory field training but will

'It means the whole world to me to be able to work for my own tribe.'

- RYAN BURNETT

have his own police car and start patrolling by himself near the end of September.

Burnett has a love and passion for baseball. His favorite team is the Anaheim Angels.

He has found various ways to remain a part of the sport. Not only does he play in tournaments during the summer, he also designs baseball gloves. The name of his company is Rhyno Gloves.

This past year, he designed gloves for eight Major League baseball players and had a glove displayed in the Washington Museum of Natural History.

Burnett would like to thank his parents, sisters and grandpa Jim for all of the support they've given him and continue to provide as he starts his career with the Chehalis Tribe.

Ready to make a difference

Jordan Bird was recognized as a member of the Chehalis Tribal Public Safety Department.

Bird has worked for the tribe since 2015 and transitioned to Public Safety in 2018. After more than seven months working in the jail, he attended Police Academy on July 7 for six weeks of training.

'I just want to make them proud and show them that they can do something with their lives.'

- JORDAN BIRD

"It was pretty stressful, but we knew we were going to make it through," Bird said. "You just need to have the right mindset."

He said that beyond the day-to-day stress, the biggest takeaway from his time in New Mexico was meeting a lot of new people. He learned who they are, their backgrounds and culture. He also learned about the communities they will go home and serve.

Bird explained that his interest in law enforcement was sparked when he worked for Facilities. The position gave him plenty of opportunities to work in the Public Safety building. He even helped build some of the offices that he and co-workers now use.

He has always wanted to make a difference in people's lives. Bird was raised on the Chehalis Reservation and said it means a lot for him to work among the people he grew up with. He understands folks don't want to see him back in the jail, but he looks at the positive aspect and how he can help them from there.

Bird said he has family that didn't necessarily go down the right path in life. He wants to shift that course and be a positive role model for everyone.

Bird has two kids with his girlfriend – a boy that's 4 (5 in October) and a newborn girl who is 5 months old.

"I just want to make them proud and show them that they can do something with their lives," he said.

He wants the community to feel free to talk to him about anything. He is happy to explain what they do as corrections officers and share knowledge he has gained at the jail.

Tribal community is the right fit

Corrections Officer Rebecca Muhlhauser was sworn into the department in front of the Public Safety building.

Muhlhauser is another transfer from the Quinault Tribe, where she served for two years. She transferred to this department because it's closer to home and she viewed it as an opportunity for career advancement.

She worked for the tribe for nearly four months prior to her swearing-in ceremony. She embraces being a part of the tribe's Public Safety team and said that officially becoming a member makes her feel like part of the community.

Muhlhauser comes from a tribal background. She's a member of the Navajo Nation and has served on two reservations. She loves working in the Native American environment.

When she was young, Muhlhauser moved away from the Navajo territory. She wasn't exposed to many native cultural activities. This is an opportunity to take part in and learn tribal culture that she didn't get to experience as a child.

"Working for the tribes has been enlightening," Muhlhauser said.

She has a 3-year-old child who is the main reason she decided to pursue a career in law enforcement. As a single mother, Muhlhauser wanted to find something she enjoyed that will keep her financially stable.

"Everything that I do is for my son so that he can have everything he needs in life," Muhlhauser said.

'Working for the tribes has been enlightening.'

- REBECCA MUHLHAUSER

She viewed law enforcement as something she could try out to see where it leads. She ended up enjoying the job and that's why she stayed in the field.

Muhlhauser wants to become familiar with the tribe and build rapport with her co-workers and the community.

Outside of work, she enjoys spending time with her son and two dogs. She said the main activity they enjoy is getting outside and hiking.

Eye on a bright new future

Alyssa Manu officially became a Corrections Officer for the Chehalis Tribe Public Safety Department.

She started with the department in December 2018, but recently finished her schooling and training at the Police Academy in Artesia, New Mexico. She spent six weeks at the Federal Law Enforcement Training Centers.

Her time at the academy was a "huge wake-up call," Manu said. In addition to doing pushups, they were required to run a mile and a half in the 110-degree desert climate. Her desire to be in the law enforcement field helped her conquer the training.

Manu's children are the main motivation in everything that she does. She knew making it through the academy would help lead to better lives for her two children, ages 7 and 9. She enjoys traveling to new places with her husband and children.

'I just love helping people. It feels really good to work in a community that is tight-knit.'

- ALYSSA MANU

Manu will be working in the jail. She has family members who served time in jail or were in legal trouble. She wanted to get into this profession to show her children and younger family members that they can choose a different path.

It's not about shame but rather she views this opportunity as a way to help her family and create a positive trend for loved ones.

"I just love helping people," Manu said.

She wants to learn about all of the resources available to her as a corrections officer and use those to continue helping people.

Manu grew up in Thurston County and went to Rochester High School. She knows many of the locals but wants to find ways to become actively involved with the family oriented Chehalis Tribe.

She plans to volunteer at events whenever possible.

"It feels really good to work in a community that is tight-knit," Manu said.

YOUTH



Provided by Erika Pickernell

The Chehalis Tribe's next generation gained real-world experience in the six-week Summer Youth Worker program. During the first few days,

the youth were placed into their designated tribal departments and visited top-notch technology organizations in Seattle.

Kids prepare for a bright future

Summer program teaches strong work ethic, professionalism

By Frazier Myer, contributions from Summer Youth Worker Johnny Secena

Thirty Chehalis tribal youngsters gained valuable experience as they participated in the 2019 Summer Youth Workers program for six weeks in July and August.

The enrolled tribal members delved into the inner workings of the Chehalis Tribe. The youth worked in various departments such as Public Safety, Elders Center, Fisheries, Wellness Center, Marriot Hotel and many more.

The program teaches a strong work ethic, allowing youth to view the functions of tribal government. It also is an opportunity to earn extra spending money during school break.

Part of the real-world experience came during job interviews for departments youth expressed an interest in. Prior to the process, all 30 youth workers took a field trip to Seattle to visit world-class



facilities such as Amazon and Microsoft. While at Microsoft headquarters, they took in the full gaming experience complete with X-Box One games, PC games and virtual-reality stations.

Next up, the youth toured Amazon's headquarters and learned how professionals run the company. The highlight of the trip was visiting the Amazon Spheres – two huge glass dome conservatories.

Kirsten Secena, 17, a senior at Rochester High School, was amazed with the Amazon building.

"I've never seen a building like that," Kirsten said. "I wish we had more time there."



Avery McJoe and Facilities staff repainted the Chehalis Tribal Wellness Center during one of the hot summer weeks.

'They give you more of a broad perspective of what college you want to go to and experience somewhat of what college campuses are like.'

- AVERY MCJOE, DISCUSSING THE BENEFITS OF COLLEGE TOURS

Kirsten is a Running-Start student with a heavy interest in majoring in biology. She said she wants to become a physical therapist and also expressed an interest in sports medicine.

This is Kirsten's third summer in a row working with professionals at the Chehalis Tribal Wellness Center. She feels the experience will benefit her in the near future. She had the opportunity to work in the

pharmacy this year.

Aurora Ortivez, 16, is a tribal member who lives and attends school near the Canadian border in Ferndale. This summer, she stayed with close relatives to learn more about her tribe and earn extra cash. She also worked at the Wellness Center on the dental side of the building.

She provided assistance to the

See WORKERS, page 7

Students go to school in style

Tribal departments join forces to offer jam-packed event heralding a new year

By Fred Shortman

To help tribal families prepare for the 2019-20 school year, the K-12 and Youth Center programs hosted an exciting back-to-school event on Aug. 5.

The two programs, which focus on the Chehalis Tribe's youth, shared numerous resources with students to help each child achieve their academic goals.

This year, the event was held on the same day as the Health Fair in a new location outside of the Community Center.

The spot provided shade during the sunny day. Parents gathered and visited while children enjoyed the fun activities and playground equipment.

The K-12 Education program and Youth Center staff greeted families as they signed in. K-12 Education staff encouraged parents to sign up their child to receive assistance, such as tutoring and help with homework throughout the school year. This resource ensures academic goals are met and maintained.

Youth Center staff handed out gift cards for school supplies and equipped each child with a backpack.

They also informed those in attendance about various activities offered at the center for children after school.

After signing up, youngsters ran to check out the fun activities. With smiles all around, they enjoyed blow-up bouncy toys.

They even challenged themselves physically by attempting to get to the top of a rock climbing wall provided by Pacific Entertainment Company.

Our Chehalis Tribal Police set up a bicycle safety course in the parking lot of the Community Center that served as an opportunity for children to learn how to safely operate their bicycles when traveling on the road.



Top: Youngsters climb a rock wall at the back-to-school event.

Left: Children were given a backpack and supplies to ensure success.

Below: K-12 staff handed out gift cards and shared resources available through their program.

WORKERS

From page 6

staff that takes care of community members' teeth by scheduling appointments and taking X-rays. However, Aurora didn't work on their teeth, which she said: "I'm grateful for."

Aurora learned a great deal from her time at the clinic. She said she had to learn how to speak formally in a business setting and how to carry herself in a professional manner.

The youth program helped teach the necessary steps to achieving career success.

Participants explored college campuses and spent the night down in Oregon. The group loaded up for the long bus ride down to Corvallis and Eugene to check out the major universities. The youth visited libraries, classrooms and gyms to get a feel for college life.

Highlights of the trip included viewing the Native American Longhouse at Oregon State University and discovering resources available at the Native American Center on the University of Oregon campus.

The journey was an eye-opening experience and served as a chance to realize all of the opportunities off of the reservation.

Avery McJoe, 17, said he thought the tours were helpful and will play into his decision making as he's about to start his senior year at Rochester High School.

"They give you more of a broad perspective of what college you want to go to and experience somewhat of what college campuses are like," Avery said.

At the moment, he's unsure whether he wants to go to college right after high school. He has a wide range of interests, including studying entrepreneurship, business management and finances. He also is interested in learning more about specialized trades, especially automotive and mechanic work.

Avery worked for the Facilities Department this summer, mainly with staff member Albert Combs, who is responsible for maintenance on tribal vehicles.

This is Avery's third year with the summer program. He previously worked for Public Safety and the Department of Natural Resources, but this year was his favorite. He gained a wealth of experience in the mechanical and automotive field. He also helped out in other areas of the department and was involved in repainting the Wellness Center.

Ultimately, he said he enjoyed the whole experience and opportunity to work for the tribe.

HEALTH



Fair encourages community wellness

Agencies offer support, resources to maintain safe environment and meet health needs

By Frazier Myer

The community learned about various resources and available options that will help improve their physical condition at the 2019 Health Fair hosted by Chehalis Tribal Wellness Center on Aug. 14.

Those in attendance were entered into a raffle drawing before they explored the Community Center Gym and visited with numerous health vendors and providers.

The tribal community met with a range of agencies such as health insurance providers, various representatives that assist senior citizens, groups that help prevent and treat cancer and much more.

For more than 40 years, South Puget Intertribal Planning Agency (SPIPA) program has provided services to five regional tribes: Chehalis, Nisqually, Skokomish, Squaxin Island and Shoalwater Bay.

SPIPA services include foster care, screening and prevention of cancer, WIC assistance and food programs to help low-income families maintain a healthy lifestyle. They also help tribal members find employment.

Deidra Essman, representative from the Comprehensive Cancer Control program for SPIPA, provides information on cancer screenings and specific vaccines that help prevent cancer.

"Most of the tribal communities are effected by cancer in some shape or form," Essman said.

She advises to not hesitate to get a screening and to take advantage of what's available.

"It's better to know," Essman said. "The sooner, the better."

If cancer is caught early, the individual has an increased likelihood of survival. Certain cancers are irreversible once they reach a higher stage. The easiest method for tribal members to



The 2019 Health Fair, hosted by the Chehalis Tribal Wellness Center, served as an opportunity for the tribal community to learn about the various resources that will help them lead healthier lifestyles.



receive assistance is by contacting the tribe's patient navigator. For the Chehalis Tribe, that person is Christina Hicks at 360-273-5504.

Hicks arranged the event and invited all of the agencies in attendance.

Jenna Bowman, a Tulalip tribal member and representative from Seattle Cancer Care Alliance (SCCA), talked with those who visited her booth about what resources the organization provides. Services range from immunotherapy to genetic research.

"If you have a question about

cancer, we can find an answer at Seattle Cancer Care," Bowman said.

Bowman's program was established to focus on specifically indigenous health issues. They also have a smoking cessation program to assist those who are quitting cigarettes or other forms of tobacco.

She explained that statistically, the indigenous population has the highest rate of death from smoking.

She wanted to emphasize that unlike other conditions, lung cancer is a preventable disease.



"The minute you decide to quit smoking, you're increasing chances of living longer," Bowman said.

She hopes to help lower the number of deaths by sharing information about reasons not to smoke as well as providing treatment methods for those who might already be affected by tobacco-related illnesses.

Bowman said the first step is to make sure you are ready to quit. She explained that her job isn't to tell individuals to quit but rather

See FAIR, page 10

Healing through connection to nature

Plant medicine classes nourish the mind, body and spirit

By Caytee Cline

Connection is described as a relationship in which a person, thing or idea is linked. The classes hosted by the R.E.D Road Suicide Prevention program have provided just that – a connection to traditional ways, others and plants. All of the relationships created in the plant medicine classes have provided healing for many attendees. Throughout spring and summer, we have come together to learn traditional knowledge from Traditional Plant Medicine Specialist Winter Strong.

We began spring with a spring detox series that concentrated on dandelion, cleavers and nettles. These plants detox the mind and body and offer clarity. Later in April, we spent time with the nettle, discovering how it can help us achieve balance. If someone is feeling worn down, nettle tea is a good remedy. Some of Winter's other recipes:

BASIC NETTLE SAUTE

This is a standby in our house because it is quick, easy and delicious. You can easily modify it to your taste by adding different spices or toppings. Chard, kale or dandelion greens also work well.

INGREDIENTS

- 1 small bag of nettle**
- 2 tablespoons olive oil**
- 1 small onion, chopped**
- 2 cloves garlic, chopped**
- 2 tablespoons balsamic vinegar or lemon juice**
- Salt and pepper to taste**
- Optional: bacon**
- Optional: ½ cup feta cheese**

Gather fresh greens, wash and chop into small pieces with scissors. In a medium-size saute pan with a lid, brown bacon and saute onions and garlic in olive oil until onions are

translucent. Add nettles and vinegar or lemon juice. Cover for a couple of minutes then stir. Saute until greens are tender – about 5 minutes. Add salt and pepper to taste. Sprinkle with fresh feta and serve.

WINTER STRONG'S WHITE BEAN, KALE & SAUSAGE SOUP

This soup will hit the spot in your spring detox regiment. The recipe utilizes nettle, but you can use kale or chard as an alternative.

INGREDIENTS

- 2 tablespoons extra-virgin olive oil**
- 1 small onion**
- 3-4 cloves of garlic**
- 3 tablespoons of rosemary, chopped**
- 1 32-ounce box low-sodium chicken stock or water**
- 1 bunch nettles, kale or chard (washed and chopped)**

- 1 15-ounce can of white beans**
- 6-8 ounces of sausage**

If you are using ground sausage, cook it in a medium-size saute pan until fully cooked. Drain fat and reserve meat. If you are using whole precooked sausage, cut them into small slices. In a soup pot on medium heat, warm the olive oil.

Add onion and garlic and cook about 5 minutes. Add chicken broth, rosemary, sausage and nettle, kale or chard. Bring to a simmer and cook for 10 minutes, then add the beans. Simmer an additional 5 minutes and serve.

Cook time: 30 minutes
Serves: 4-6

In May, we practiced self-care. Focusing on your mind, body and spirit is essential. Maintaining your physical and mental health makes you more resilient and able to weather the hard times while enjoying the good ones! We blended Stress-Less and Soul Soother Tea and made bath tea.

SOUL SOOTHER TEA

INGREDIENTS

Equal parts oatstraw and chamomile with a dash of rose



An herbal first aid kit can help boost your health this fall and winter.



MORE INFORMATION

To learn about classes or to get access to Elderberry Syrup, teas and salves made in class, contact Caytee Cline in the Behavioral Health department at **360-709-1818**.

DOSAGE

Use 1 tablespoon per cup and steep 10-15 minutes

STRESS-LESS TEA

INGREDIENTS

Equal parts lemon balm and chamomile with a dash of holy basil and lavender

DOSAGE

Use 1 tablespoon per cup and steep 10-15 minutes

In June, we learned how to process hawthorn and the benefits the plant has on our heart health.

We kicked the summer off in July by gathering plants from the community herbal garden (located

by the Community Center). We used several of the plants collected during our two-class series to make herbal first aid kits. Winter guided the class through the importance of having a traditional first aid healing herbal kit in your home. The kits contained medicine to help aid in mental and physical health as we prepare for the fall and winter seasons.

Winter shared the importance of preparing our bodies for the seasonal transition of fall. Keeping our bodies strong aids in our overall mental health. Class participants learned about the elderberry plant and how to make Elderberry Syrup. For the first time, Winter introduced Fire Cider. The tasty combination of vinegar infused with herbs is an especially pleasant and easy way to boost natural health processes, stimulate digestion and warm your body on cold days. The Fire Cider will take about two months to fully infuse (it will be available in class when it is ready).

Elderberry Syrup, along with teas and salves are available to tribal and community members to access outside of class.

USDA food program

The SPIPA's program offers an assortment of food to fill your freezer, refrigerator and cupboards. The next date is Oct. XY from 9:45 a.m.-1:30 p.m. at the Chehalis Tribal Community Center.

SIGN UP: Call Debra Shortman at **360-709-1689** or **360-438-4216** from 8 a.m.-4 p.m. Monday through Friday

Chehalis tribal youth participated in the 2019 Youth Suicide Prevention Summit, where they discussed the impact of suicide in tribal communities.



Summit tackles suicide prevention

Event shares message of hope, love and support

By Caytee Cline

The Chehalis Tribe with the American Indian Health Commission for Washington state co-hosted I Choose Life: Embrace Your Sacredness 2019 Youth Suicide Prevention Summit in August.

The goal of the summit was to create space to share hope and love through understanding and development of cultural protection

and skill building. The R.E.D. Road Suicide Prevention program provided support for the gathering at Great Wolf Lodge.

Twenty-five Chehalis tribal youth were among the 225 youngsters who participated.

Chehalis Tribe Chairman Harry Pickernell Sr. offered an inspiring welcome to kick off the summit. During the two-day event, participants had conversations about the impact of suicide in tribal communities and ways to fight it. It was amazing to watch youth step out of their comfort zones, learn

new skills and interact with others.

Chehalis tribal member Kash Slighte volunteered. Kash presented topics that support LGBTQ youth.

"This youth summit helped meet all the youth where they're at. Each person added value to themselves, the class and the overall experience. I appreciated and am honored with such an invitation," Kash said. "We have a beautiful future. Shout out and a huge thank you to the youth who participated and for the programs who worked together to make this happen."

Show opens up dialogue

"13 Reasons Why" is a fictional drama series developed for Netflix that tackles tough, real-life issues experienced by teens and young people, including sexual assault, substance abuse, bullying, suicide, gun violence and more. Season 3 has just been released. The show delves into challenges faced by our youth and serves as an important reminder to check in with the ones we love.



them or getting in trouble. Show them you can remain calm and not overreact. If they're not comfortable coming to you, help them identify another helpful adult (and don't take it personally).

Listen, listen, listen. It's hard to be a teen, and it's different than when you were a teen. Remember how big things seemed when you were a teen and give your teens that courtesy.

For parents

Don't be afraid to bring up the show with your teen. Don't assume by virtue of their age, grade or friends that they haven't seen the show already or talked about it. Even if they're not willing to talk about themselves, maybe they'll open up about friends or situations they have seen.

Don't be afraid to talk about suicide. When we don't talk about suicide and other tough stuff, we continue the shame and stigma that keeps people suffering alone.

Many teens won't come to their parents for fear of overwhelming

For youth

If you have watched the series, please bring it up with a trusted adult. There are heavy topics in the show. Ask questions and share your thoughts.

Warning signs

- Talking about feeling trapped or in unbearable pain
- Giving away possessions
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly



RESOURCES

Grays Harbor Crisis Clinic:

360-532-4357

Thurston County Crisis Team:

360-586-2800

Cascade Mental Health:

360-330-9044

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

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

Tsawapum Behavioral Health **360-709-1733**

YOUTH RESOURCES

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

We R Native (**wernative.org**)

for native teens and young adults text messaging service (text **NATIVE** to **97779**)

- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings

FAIR

From page 8

her role is to let them know that life matters and to value being alive.

The next step is to make a plan and find a support system. At SCCA, they provide counseling and always have staff available to talk to who can share approaches to quitting. They also provide nicotine replacement therapies such as patches and gum to assist with the process.

Bowman sees many benefits to health fairs, especially for tribal people. Native American communities don't usually talk about health concerns. Health fairs help put to rest the stigma behind poor health. Having discussions and introducing treatments and preventions help erase the shame behind speaking to a professional about health concerns.

Another issue that isn't focused on as much is the threat of wildfires and how the smoke from these fires can cause damage to the body. Wildfires also can threaten houses and property.

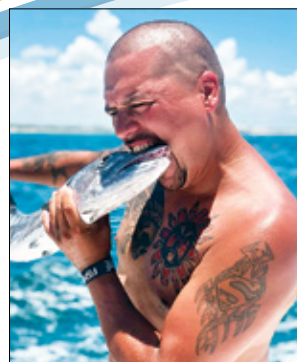
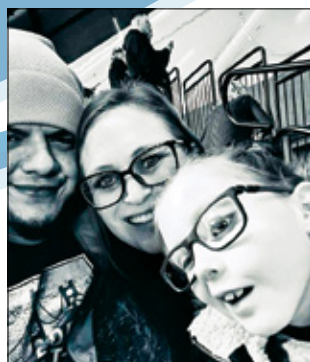
Danny Manning, prevention team leader for the northwest fire prevention unit, travels to many events to teach communities about the danger of wildfires and to create awareness. He introduces people to a program titled "Ready-Set-Go," a plan that families use to prepare for wildfires and evacuate. Part of the program is creating a fire defensive zone around the house and using materials that are fire-resistant, such as metal gutters instead of plastic.

In the coastal northwest region, people tend to have little concern about wildfire threat because of the moist climate.

However, Manning said his team was recently dispatched to the northwest. He said climate change and dryer summers are to blame for the rising number of wildfires in recent years.

Manny said that ultimately, his goal is to "help build relationships between the northwest fire management team and the tribes in Washington."

SEPTEMBER BIRTHDAYS

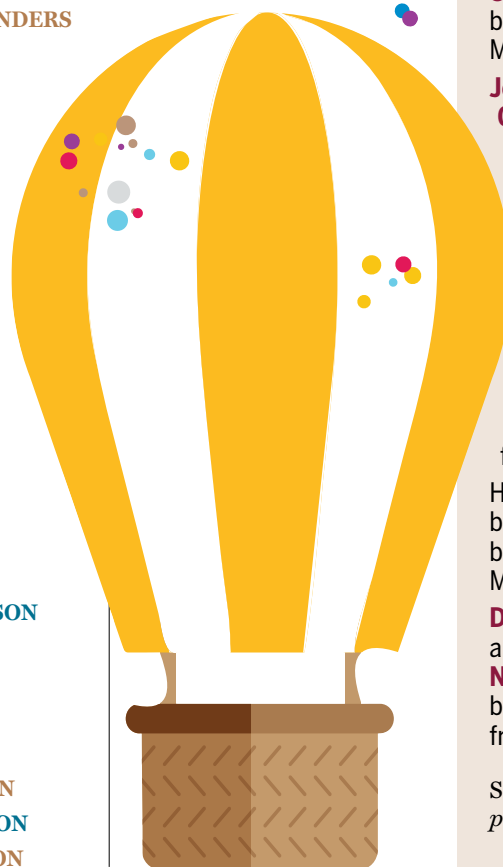


From left – **Otti Farrier:** I want to wish my son a very happy birthday from Mom. **Clover:** Happy birthday to our angel face. We love you more than anything, love Mom and Dad. **Dustin Klatush:** Happy birthday!! Love you so much, Beth, Des, Ty, Hollie, Ary and Brookie.

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
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-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
JAMES SECENA-FERGUSON
JOHN SECENA
KAELYN SECENA
ROGER SHORTMAN
SEAN SHORTMAN
TAMZIN SECENA-FERGUSON
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 YOUNCKTON
THERESA YOUNCKTON
VANESSA YOUNCKTON



MORE WISHES

Happy birthday: Dennis Cayenne, Sylvia Cayenne and Jake Tanner. Have a great day! From your sister, Mom and family.

Happy birthday from Janice Latch: To my great grandson Phillip Bray Gonzalez and grandson Charles Phillip Latch III.

Skyler Baker: Happy birthday. Love you, Mackenzie and Jack!

Jordan Bird and Chris Ortiz: Happy birthday. Love you so much, Jenni and Family

Jude Bun: Happy 4th birthday from Mom and Dad.

Angelica 'Turtle' Cash: Happy 9th birthday, love and hugs from your favorites.

Happy birthday. Stay blessed, love your brother Cash and Mum!

Darrel Jack Cayenne and Debra Gail Nelson: Happy birthday to the twins from your family.

Happy birthday to the twins from your family.

See **WISHES**, page 12



Roberta Secena: Happy 80th birthday Mom. We love you so much! From your children and family. Happy birthday Mom, Grama, GG Grama. We all love you so much!

CHEHALIS TRIBAL NEWSLETTER

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

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

SUBMISSIONS

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

NEWSLETTER STAFF

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

TRIBAL CENTER

Main line: 360-273-5911
Address: 420 Howanut Road
Oakville, WA 98568
Office: 360-709-1726
Fax: 360-273-5914

VISION STATEMENT

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



BUSINESS COMMITTEE

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

chehalistribe.org

© copyright 2019

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

12

WISHES

From page 11

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

Linda Daniels: Happy birthday from your family and friends.

Marissa Daniels: Happy birthday. We love you! Grandma Linda and your whole family.

Shanin Greywolf Clancy: Happy birthday, love your family.

Jason Gillie: Happy birthday, love Mom!

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

Dustin Klatush and Sasha Starr: Happy birthday to our twins. We love you bunches. From Mom, Dad and the rest of the family <3 <3 <3

Charlie Latch: Happy 12th birthday, love Dad.

Trudy Marcellay: Happy birthday from your family!

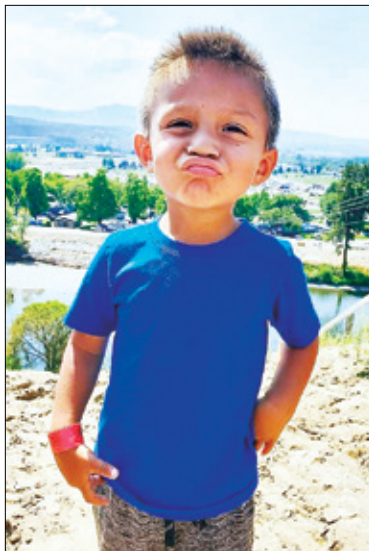
Chris Ortivez: Happy birthday to my sister. Love you so much, from your family!

Nancy Romero: Happy You Day Aunt Nancy! We love you lots, your family.

Sean Shortman: Happy birthday from your family and friends.

Eli Snell: Big, happy 35th birthday from your wife and your boys!

Bette Tanner: Happy birthday from your loved ones!



Kaysen: Happy second birthday, love Mommy!

Robert Vigil: Happy birthday to my son, love your mom and brothers.

Diane Star Wilson: Happy 8th birthday, love Mom, Dad and all of your family!

Sam Wright: Happy birthday to my lil' brother, love your sis and family.

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

Terry Youckton: Happy birthday! We love you, from your family.

Roger Shortman: Happy birthday to my husband! I love you very much, Margaret

Elders mark another year around the sun

Birthday dinner brings together honored guests

The Elders Birthday Dinner honored Chehalis tribal elders born in July and August at the Elders Center on Aug. 21.

The monthly dinner is made possible by Elders cooks and volunteers. Menus were available for honored guests to select what they wished to eat – a choice between halibut or rack of lamb. Their main course was served with shrimp and salad. For dessert, chocolate cake and cheesecake were on the menu.

Tribal youth shared their

hospitality and showed respect for the elders by volunteering to serve and assist during the celebration. As elders took their seats, the excited and smiling youth took meal orders and brought elders their food.

After the meal, those with a July or August birthday were recognized as elders joined together and sang Happy Birthday.

"This is a great event!" said Chehalis Tribal Elder Allen Bush. "I am so grateful to celebrate my birthday with my fellow elders. We are very lucky to have such a great tribal program that offers this celebration. Thank you very much."



Allen Bush and fellow elders celebrated their birthday month during a special dinner on Aug. 21. The dinner provided an opportunity to recognize the elders with birthdays in July and August.