

## Tribe Investigates Oakland Bay Bacteria

**Emmett O'Connell, NWIFC**

The Squaxin Island Tribe is building two miniature models of Oakland Bay to understand persistent pollution in a vital Puget Sound shellfish growing area.

The Tribe is trying to learn more about harmful bacteria from failing septic systems and livestock manure that may become trapped on top of tideland sediments in upper Oakland Bay. "We think that instead of dying off like they usually do, the bacteria are surviving and amplifying the pollution, particularly during the summer months," said John Konovsky, environmental program manager for the Squaxin Island Tribe.

"In a lab, we can recreate similar environmental conditions and track what the bacteria are doing more precisely," he said.

Fecal coliform bacteria come from human and animal waste, and can't usually survive long in saltwater. But if the bacteria become trapped on nutrient-rich sediment particles, they may undergo a physiological reaction that enables their survival, John said.

Tribal researchers are collecting polluted sediment from the bay for use in two 40 gallon aquariums. Twenty-four cups filled with sediment from the tidelands will be subject to conditions similar to the bay. Twice a day, water levels in the aquariums will rise and fall like the tides in Oakland Bay. The "tide" will gradually expose one set of cups, then the other.

"By recreating every aspect of the bay that would impact the bacteria, down to the temperature, sunlight and water quality, we hope we can get a better idea of how well these bacteria survive," John said. "You can only get this close a look in a laboratory, you'd never be able to track detail like this in the field."

In recent years, pollution has peaked in Oakland Bay during the summer, which is contrary to its normal cycle. "Usually, in marine areas like Oakland Bay, pollution peaks in the winter when rain washes it into the bay," John said. "This summer peak indicates something different is going on here."

The uppermost portion of Oakland Bay remains restricted for shellfish harvest in the summer. "We need to reverse the trend now," said Andy Whitener, natural resources director for the tribe. "More harvest closures in Oakland Bay would be disastrous for tribal harvesters and would devastate the shellfish industry, a vital part of the local economy." "Tribal members always have depended on shellfish as a source of nutrition, for income and as a way of life," Andy said. "Our treaty right to harvest shellfish depends on healthy shellfish, so we need to track down and solve this pollution problem."



**John Konovsky and Joe Puhn examine sediments in Oakland Bay to learn more about harmful bacteria.**

### Attention Bagley Family

I (Gloria Hill) apologize for cancelling the Bagley Family Reunion.

There are so many things going on I haven't had time to plan. We will definitely have our Bagley Family Reunion in 2011.

Any questions/comments?

You can reach me at 360-229-6324 or [kiat58@yahoo.com](mailto:kiat58@yahoo.com)







## First Salmon Ceremony

August 11th  
beginning at noon  
at Arcadia Boat Launch Beach



PER CAPITA CHECKS  
WILL BE DISTRIBUTED AT THE  
ADMINISTRATION BUILDING  
ON THURSDAY, AUGUST 5TH  
FROM 8:00 AM UNTIL 3:30 PM.

PLEASE CONTACT JOANNE DECICIO  
IF YOU WOULD LIKE TO HAVE YOUR  
CHECK MAILED, OR TO UPDATE YOUR  
MAILING ADDRESS,  
360-432-3942.



## Call for Art Olympia City Hall Interior

The City of Olympia is seeking to purchase original studio art, 2-dimensional or low relief wall mounted art, for permanent installation, created and submitted by experienced artists who reside or create their work in a studio within 30 miles of the new City Hall in Olympia. Works of art will be considered for four (4) specific walls inside the new City Hall.

TOTAL BUDGET: Up to \$35,000 total (for 4 locations)  
DEADLINE: 5 p.m., Monday, October 11, 2010

### ELIGIBILITY:

Experienced artists who reside or create their work in a studio within 30 miles of the new City Hall in Olympia.

### SELECTION CRITERIA

In addition to artwork meeting the Expected Outcomes of the Project as outlined above, the following criteria will be used for the selection process:

- 1) Strong aesthetic quality of work submitted:
    - a) Evidence of artistic ability;
    - b) Originality or uniqueness of vision.
  - 2) Technical competency and craftsmanship:
    - a) Working techniques and craftsmanship meet the highest standards;
    - b) Use of archival materials.
  - 3) Ability of the artwork to fit the scale of one or more of the pre-determined art exhibition areas. This could include a single work, a diptych or triptych, suite or other configuration of individual works. (Selected artwork should be provided with sufficient means to evenly distribute the weight of the piece, not to exceed 25 lbs per wall anchor. Total weight of each piece should not exceed 200lbs.)
  - 4) Evidence of a professional track record and/or exhibition record.
- Final selection determination will also include the ability to balance the project budget among the four individual project locations. Artists should bear in mind that the audiences will be broad-based and of all ages, including children, and artwork should be appropriate for display in public buildings. Artwork that is religious, political or sexual in nature will not be considered.

MORE DETAILS AT: <http://olympiawa.gov/-/media/Files/Parks/PublicArt/Interior%20Prospectus%20FINAL%20712.ashx>

### **Special Thanks to Tyson Kruger**

Special thanks to Tyson Kruger who is always kind and thoughtful. He held an ice cream social for kids in all classrooms, checks on us periodically, and personally invites us to IEI BBQs. You are appreciated!  
- All staff at the Child Development Center



# SUMMER YOUTH EMPLOYEES



**Brittany McFarlane**



Hi, my name is Brittany McFarlane. My parents are Misti and Miguel Saenz-Garcia.

I just finished 11th grade, and am working as a Summer Rec program assistant. I want to be a pediatrician. I'm looking forward to working with the kids this summer. You can stop by and visit me any time at Summer Rec.

**Alicia Obi**



Hi, I'm Alicia Obi. I'm a member of the Bagley and Napoleon families. My mom is Elizabeth Obi.

I just finished 10th grade, and I'm working in housekeeping at LCCR. I like working with the community and getting to know more workers. I excited to be working with you! Thank you.

**Ally Rivera**



Hi, I'm Alexandra Rivera. I'm a summer youth trainee with the health clinic. I'm a member of the Cooper family. My parents are Tony and Sonya Rivera. I just completed 10th grade. I'm looking forward to the responsibility of making it to work on time and seeing you.

**Beau Henry**



Hi, I'm Beau Henry. I'm a member of the Johns and Henry families. My parents are Tonya and Leo Henry.

I'm working with hotel facilities, and look forward to doing the job correctly.

**Miguel Saenz-Garcia**



Hi, I'm Miguel Saenz-Garcia. My parents are Misti and Miguel Saenz-Garcia. I just finished 11th grade, and received my GED before the school year was over. I am working in Natural Resources as a utilities/fish technician. I'm excited to learn something new this year. Have a good day. I look forward to working with you guys.



**Kassidy Whitener**



Hi, my name is Kassidy Whitener. My parents are Melissa Whitener and Lenny Hawks. I just finished 10th grade, and am working at Summer Rec. I love working with kids, and hope to in the future. I'm excited to have an official job, and learn about all the kids and their personalities. I look forward to working with all of you.

**Josh Coble**



Hi, I'm Josh Coble. My parents are Geri Bell and John Coble. I just finished 10th grade, and I'm looking froward to working this summer. Thanks!



**Markie Smith**



Hi, I'm Markie Smith. My parents are Bob and Pam Smith. I just graduated from Shelton High School, and am working at the Squaxin Island Child Development Center. I'm excited to be around the kids more and get to know them better. I look forward to working here full time.

**Michael Henderson**



Hi, I'm Michael Henderson. My parents are Theresa Henderson and Mike Henderson. I just finished 11th grade, I plan to go to The Evergreen state College and get a degree in biology. I'm working for Natural Resources, and excited to learn anything that will benefit me in the future. I'm looking forward to the work.

**Casey Fletcher**



Hi, I'm Casey Fletcher. I'm a member of the Whitener and Fletcher families.

I'm working in the kitchen as a cook's assistant, and am looking forward to learning how to cook better!

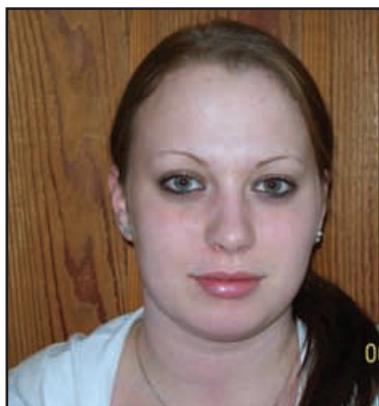
I just completed 11th grade, and look forward to being a senior!



# SUMMER YOUTH EMPLOYEES



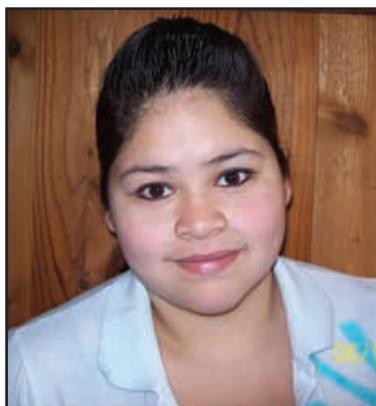
**Christina Shea**



Hi, I'm Christina Shea. My mother is Diana Van Hoy, and my grandmother is Thelma Shea.

I am getting my GED and have just two more tests to complete. I'm bussing tables at Little Creek Casino Resort. I hope to work a lot around other people and new environments and gain tools to be successful. See you later.

**Tasheena Sanchez**



Hi, my name is Tasheena Sanchez. I'm related to the Coopers and the Henrys. My dad is Levi Sanchez, and my mom is Carmen Algea. I just finished 11th grade. I'm not sure what I'm going to do, but I know I'm going to college. I'm working as a receptionist at the Tribal Center. I like working with people I've never met before. I hope you all enjoy the summer!

**Deanna Hawks**



Hello, my name is Deanna Hawks. This will be be third year working with the MLRC staff. I enjoy working here; its nice and organized. I like to learn about people and help our Canoe Family get ready for our yearly journey to celebrate with our fellow families along the water.

My parents are Christopher Furtado and Beverly Jean Hawks. The have both showed me that if you really like doing things, go chase it. So that's what I've been doing - following my aunties in the museum - because its something that interests me.

Working at the museum has taught me a lot of things, including how to have great customer service skills. Its also a blessing to be able to work with amazing staff like Charlene, Liz, Jeremiah, Mandy, Leslie and Ruth. They have all helped me along my way of who I am today. : )



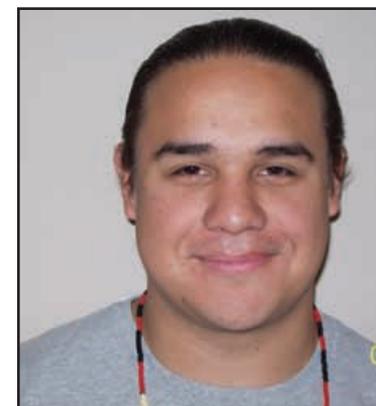
**Derrick Wily**



Hi, I'm Derrick Wily. I'm a member of the Krise family. My mom is Teresa Krise and my father is Sale Wily.

I just completed my Junior year, and am working as a fisheries technician trainee. I hope this job will help me get another job with the Tribe. I look forward to working here this summer.

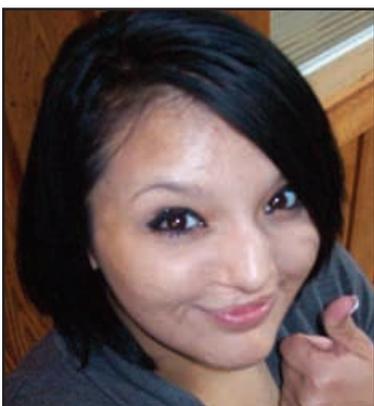
**Greg Lehman**



Hi, I'm Greg Lehman. I am a Squaxin Island tribal member. My mother is Margaret Pickernell, my grandmother is Emma Jean Valle, and my great-grandmother was Hazel Bagley.

I'm a Junior at Choice High School. My interests are drumming, singing, carving and art. I enjoy attending all cultural events. I am one of the drum group's lead singers. I look forward to working with Jeremiah George and Charlene Krise at the museum for the summer, and all the new things they will be able to teach me in regard to our native culture.

**Tiffany Valderas**



Hi, I'm Tiffany Valderas. My mom is Jamie Lewis. I have my GED, and am working at LCCR as a waitress. I hope to gain new job skills.

I am a somebody! : )

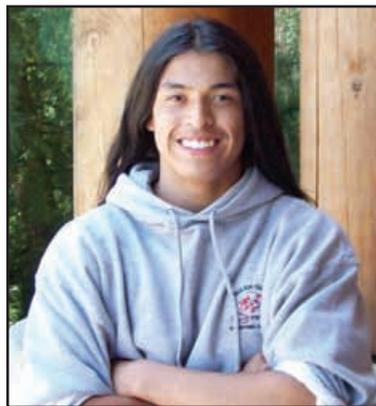
**Trisha Blueback**



Hi, I'm Trisha Blueback. I come from the Blueback family. My parents are Stella Yocash and Wilson Blueback.

I will be a senior this fall, and I am working at Little Creek Casino Resort, and I think this job is going to be a good experience. I'm so excited to learn new things. I'm ready for what they have in store for me!

**Mario Rivera**



Hi, I'm Mario Rivera. I just finished 10th grade. My parents are Marcella and Abel Castro. I am working in maintenance, and am looking forward to learning how to operate all the different machines for landscaping.

I'll look forward to working with you. See ya!!!

**Justin Saenz-Garcia**



Hi, I'm Justin Saenz-Garcia. My parents are Misti and Miguel Saenz-Garcia.

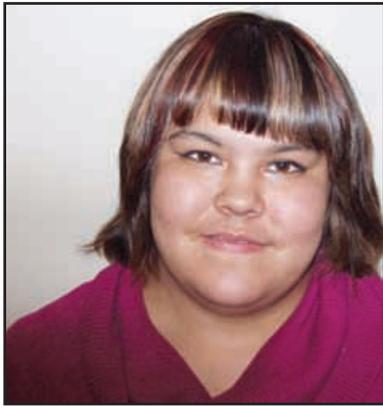
I'm working for Natural Resources, and am looking forward to getting the job done!



# SUMMER YOUTH EMPLOYEES



**Willow Henry**



Hi, I'm Willow Henry. I'm the daughter of Marvin Henry and Kathy Hurley.

I just completed 11th grade, and am working as a cultural preservation apprentice. This job ties into my future plans by helping me build experience. I'm excited about using my cultural skills. See you around!!

**Jaimie Cruz**



Hi, I'm Jaimie Cruz. I am a member of the Krise family. My mother is Lea Cruz.

I'm working in the Legal Department as an office assistant. I just finished 11th grade, and hope to become a lawyer some day. I love learning about the way our tribe operates. Hope to see you down at Legal!

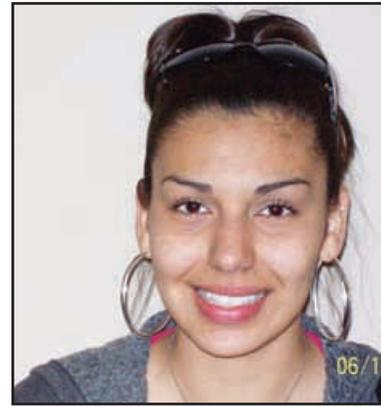
**George Johnson**



Hi, I'm George Johnson. I'm an Alaskan Native. My dad is Norman Johnson.

I'm looking forward to working with the kids this summer and learning some new games. See you around.

**Krystal Koenig**



Hi, I'm Krystal Koenig. I'm a member of the Blueback family. My parents are Rose Boggs and Greg Koenig.

I'm working with Island Enterprises, Inc. I just finished 11th grade, and I understand you have to have a good education to get a good job - or any job.

I'm looking forward to gaining communications skills.

Thanks. I look forward to seeing you!

**Jessica Cruz**



Hi, for those of you who don't know me, my name is Jessica Cruz. I am 16 years old. My parents are Leanora Cruz and Timo Cruz-Chemal. My grandparents are Evelyn and Buddy Miller.

I'm very involved with my culture, and love working with people. I'm working at the museum as a trainee. It's my first year working with Summer Youth, and I'm glad I got this job. It's a wonderful experience showing and teaching our people our culture and way of life. I'm so happy I get to work here with family and friends.

**Victoria Sanchez**



Hello, my name is Victoria Sanchez. I am a Squaxin Island tribal member. I am 17 years old. This is my first year working at the MLRC. My parents are Carmen Algea and Levi Sanchez. I am looking forward to a good time this summer with the MLRC staff.



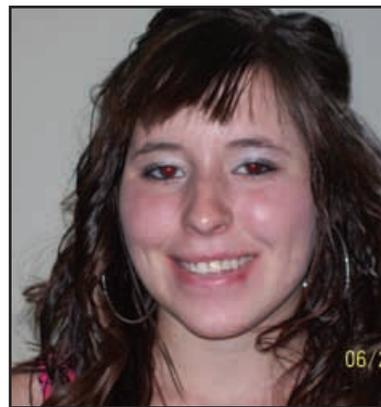
**Haley Peters**



Hi, I'm Haley Peters. I'm from the Peters family, and my parents are Jim and Lisa Peters.

I just finished 10th grade at Capital High School. I'm working at the childcare center with the infants in the Salmon Room. I'm excited to be able to work with all the kids and get to know them. I'm really enjoying working here, and look forward to seeing you around this summer.

**Abreyanna Lezon-Ferreira**



Hi, I'm Abreyanna Lezon-Ferreira. I'm part of the Bagley family. My parents are Rebecca & Gary Lezon-Ferreira, but I'm living with Rickie Ramage and her family. I just completed 10th grade at Nampa High School in Idaho. I hope this work experience will help me in the future when I join the Air Force. I hope to see you around and hope you all have a wonderful summer!

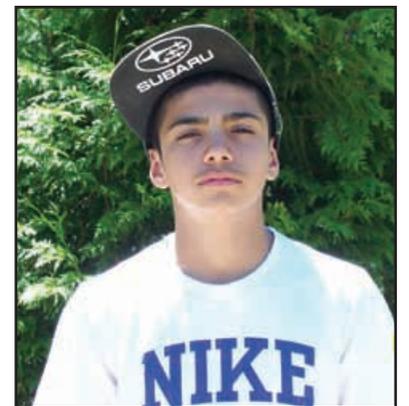
**Tiffany Sizemore**



Hi, everybody! I'm Tiffany. I'm happy to be working at Natural Resources again this summer and look forward to seeing all of you!



**Stepping Stones  
Shawn Lincoln**



Hi, I'm Shawn Lincoln. My mom is Janette Sigo. I just completed 6th grade. I'm looking forward to learning how to work with other people. See you later



# STEPPING STONES



**Shashoney Fenton**



Hi, I'm Shashoney Fenton. My mom is Elizabeth Fenton and my grandmother is Teresa Davis. I just finished 8th grade and am looking forward to gaining job skills for the future. I also look forward to learning more about our culture. See you later alligators!

**Mathew Nelson**



Hello, I'm Mathew Nelson. My mom is Juana Perry and my grandma is Paula Henry. My aunts are Jamie and Dodie and my uncle is Matt.

I just completed 6th grade, and I'm hoping to gain job skills for the future. See you around - I hope I get to meet all of you.

**Donovan Henry**



Hi, I'm Donovan Henry. I'm from the Henry family. My mom is Theresa Sanchez.

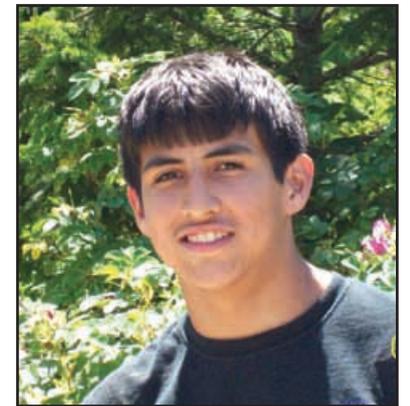
I just finished 7th grade, and I'm looking forward to gaining job experience. I hope I can do this every summer.

**Layne Behling**



Hi, I'm Layne Behling. I am a member of the Elam family. My dad is Dave Elam. I just finished 8th grade, and am looking forward to gaining work skills. See you around.

**Douglas McFarlane**



Hi, my name is Douglas McFarlane. I enjoy working with the Stepping Stones Program. We learn a lot of new things every year.



**Jenica Nerney**



Hi, I'm Jenica Nerney. I'm related to the Brownfields and Bloomfields. My mom is Monica Brownfield.

I just completed 9th grade, and this job will help me explore my possibilities. I'm excited to learn job skills and gain work experience. When life gives you Skittle, throw them at people and say, "Taste the rainbow!"

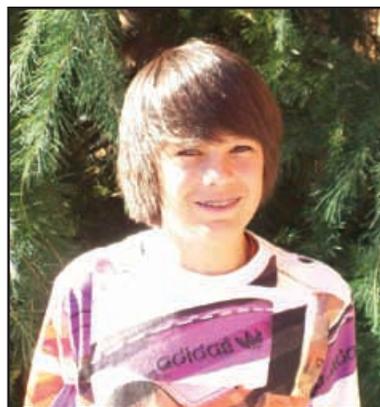
Bye!

**Antone Hawks**



Hi, I'm Antone Hawks. My mom is Bev Hawks. I'm going into 8th grade. I look forward to working this summer.

**Marcus Johns**



Hi, I'm Marcus Johns. My parents are Judy and Del Johns. I just finished 8th grade, and I think this will help me with future jobs.

**Jeffrey Nerney**



Hi, I'm Jeffrey Nerney. My parents are Monica and Larry Nerney. I am going to be a sophomore next year. I enjoyed making drums this summer. I will see you at work. Have a great day.

**Tenaya Johnson**



Hi, I'm Tenaya Johnson. I am a member of the Bagley family. My grandmother is Janette Sigo. I am excited about being a freshman next year. I am also enjoying working in the Stepping Stones program this summer.





# STEPPING STONES MENTORS



**Donna Baker**



Hi, I'm Donna Baker. I've worked with Stepping Stones for several years, and we always have fun.

**Nikki Seymour**



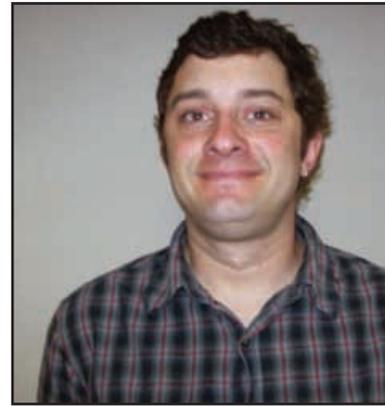
Hi, my name is Nikki Seymour. I have two baby boys. My oldest is Syncere who is three years old. My baby is Hayden who is nine months. My mother is Lizzie Perez. My family and I are from the Squaxin Island Tribe. We live here on the Rez. I love being with my kids in my free time.

**Chasity Villeneuve**



Hi, I'm Chasity Villeneuve. I am employed as a Stepping Stones Mentor, and I enjoyed working with the kids this summer.

**Josh King**



Hi, I'm Josh King, a Stepping Stones Mentor this summer. I'm not a tribal member, but am a community member. My parents are Ann and Larry King. I look forward to meeting all of you over the summer.

**Alex (Missy) Cooper-Lewis**



Hello, my name is Alexandria Cooper-Lewis (Missy). I'm a Squaxin Island tribal member. My father is Arnold Cooper Sr. My mother is Kathy Marie Lewis from Quinault. Rest in peace Mom. I have three kids, Dorian (6), Keona (2) and Hala (6 months). I am very excited about working with the Stepping Stones program. I feel I have a lot of wisdom and knowledge to share. Currently I am working on my path to running my own business that includes teaching, so this is a stepping stone for myself. I feel very blessed with this opportunity to work with the "young adults."



## Stepping Stones Participants Not Pictured

- Larain Algea
- Clara Capoeman
- Elana Capoeman
- Kestle Coley
- Jon Fry
- Elijah Krise
- Julito Krise
- Winter White

**Vanessa Tom**



Hello, I am Vanessa Tom. I am the granddaughter of Rose Davis. You all know me. I am working for Stepping Stones this year. I'm happy I tried something new. LOL. You all have a GREAT summer and hope to see you around.

**Kenna Bolanos-Acosta**



Hi, my name is Kenna Bolanos-Acosta. My parents are Rose and Alan Krise. I have two beautiful babies, Larissa and Camilo Krise. This is my second year working with Stepping Stones as a Mentor. Have a good summer and see you around.

**Holly Henry**



Hi, I'm Holly Henry. I'm the sister of Geri Bell and the granddaughter of Theresa Nason. I've been in Stepping Stones for awhile now. I'm an assistant for Patti Puhn. I look forward to helping the kids out this year.



**Michael Ogden, Makah 2010**



# Drive Hammered, Get Nailed

**Largest Summer Mobilization Ever**

**Headed to Mason County Roadways, August 12 – September 6**

Mason County - Between August 12 and September 6 extra DUI patrols will travel Mason County roadways in search of impaired drivers.

This Drive Hammered, Get Nailed will be the largest summer DUI enforcement campaign ever with 178 agencies participating throughout the state.

Participating locally in the Drive Hammered, Get Nailed campaign are the Shelton and **Squaxin Island** Police Departments, the Mason County Sheriff's Office and the Washington State Patrol.

It is important because during the summer months - July through September - Washington experiences the greatest number of alcohol or drug impaired driver-involved traffic deaths (31 percent of the total impaired driving deaths occurred during the summer months between 2000 and 2009). And Labor Day weekend is one of Washington's deadliest holidays, averaging more than seven deaths each year.

Impaired driving is the leading factor in traffic deaths in Washington. Last year, impaired drivers contributed to the deaths of more than half of the 491 people who died on Washington's roadways. The 264 impaired driver-involved deaths in 2009 represent a decrease of nine fatalities compared to the previous five-year average of 273.

How many people in Washington died in collisions involving an alcohol or drug impaired driver?

2005	285
2006	301
2007	272
2008	255
2009	264

"Impaired driving continues to be the number one factor contributing to traffic deaths both nationally and in Washington, and is therefore the top priority for traffic safety professionals across the country. Every life lost at the hands of an impaired driver is preventable which makes each tragic death even more painful to the families and friends who suffer the loss of a loved one," said Lowell Porter, Director of the Washington Traffic Safety Commission.

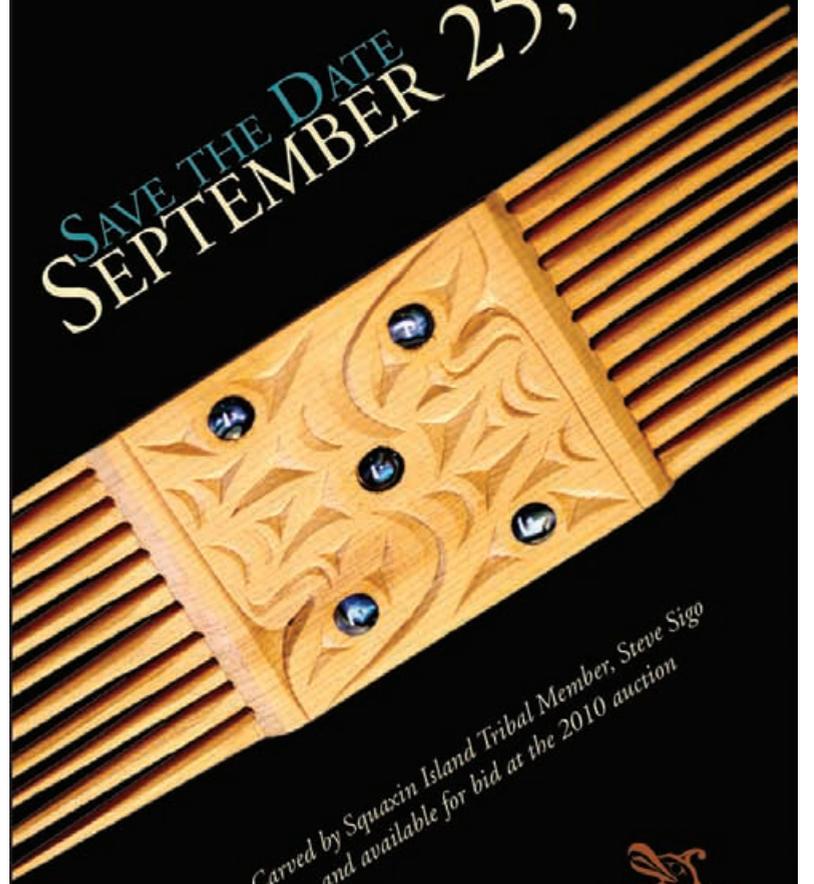
Although this emphasis patrol is occurring during the summer, law enforcement statewide conducts extra DUI enforcement throughout the year. The Washington Traffic Safety Commission funds grants for the extra patrols called X52, which is a part of Washington's Strategic Highway Safety Plan, also known as Target Zero. The goal of Target Zero is to eliminate all traffic deaths and serious injuries in Washington by 2030.

For additional information about the Washington Traffic Safety Commission, visit [www.wtsc.wa.gov](http://www.wtsc.wa.gov)



# Mark Your Calendars!!!

SAVE THE DATE  
SEPTEMBER 25, 2010



Carved by Squaxin Island Tribal Member, Steve Sigo and available for bid at the 2010 auction



## WATER SOUNDS NATIVE ART AUCTION

All proceeds benefit the Squaxin Island Museum Library and Research Center

Event begins at 4:30



# CANOE JOURNEY 2010



Photos by Tully Kruger, Theresa Henderson, Margaret Pickernell and Dale Croes

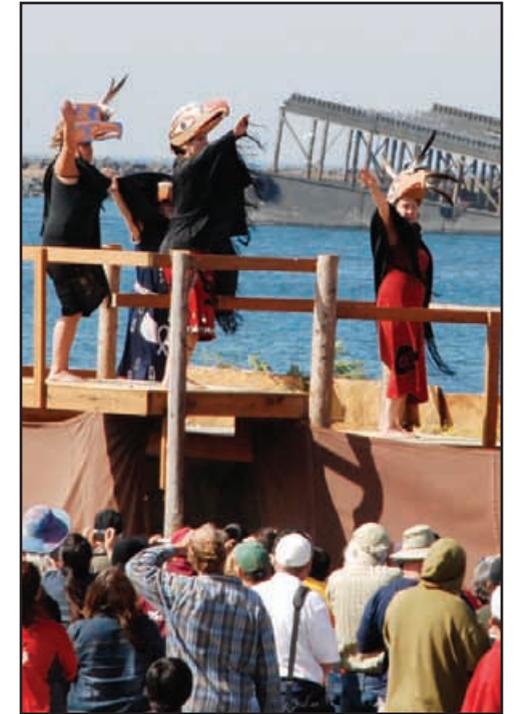




# PADDLE TO MAKAH



Photos by Tully Kruger, Theresa Henderson, Margaret Pickernell and Dale Croes





# CANOE JOURNEY 2010



Photos by Tully Kruger, Theresa Henderson, Margaret Pickernell and Dale Croes

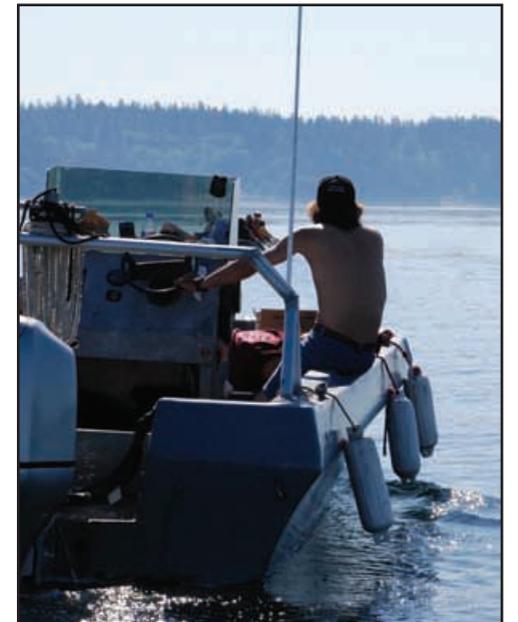




# PADDLE TO MAKAH



*Photos by Tully Kruger, Theresa Henderson, Margaret Pickernell and Dale Croes*





# CANOE JOURNEY 2010



*Photos by Tully Kruger, Theresa Henderson, Margaret Pickernell and Dale Croes*





# PADDLE TO MAKAH



*Photos by Tully Kruger, Theresa Henderson, Margaret Pickernell and Dale Croes*





## How to Save on Back to School Clothes Shopping

Shopping for back-to-school clothes can easily lead to overspending, making parents dread the end of summer as much as children do. So, this year, try some changes to get your kids ready in style without emptying your bank account.

### Set a Budget

Without knowing what you can afford to spend you're much more likely to over do it. Balance your checkbook, take a look at your current income and regular expenditures, and set a budget for back-to-school clothes.

### Take Inventory

Look through your kids' wardrobe and write down their needs. Ask questions like: Does it fit? Is it too worn? Can it be mended? Does she wear it? Do shoes have holes or need laces? Also, examine gloves, coats, and scarves since the cold will arrive soon.

### Prioritize

Prioritize what must be purchased soon, and what will be needed once it gets cooler, or sports and other activities begin. Put the "urgent" items at the top of the list. Treat this list like a contract and only purchase what is on it. Try having your kids sign it too, so that they understand this process. Also, kids' eyes for brands and trends bulge bigger every year, and it's up to you to keep that bulge from translating into a hole in your wallet. It's okay to say no! When they've "got to have it" ask yourself if they need it, already have it, and if they'll really wear it? This will help you weed out impulse buys you'll never see them wear again.

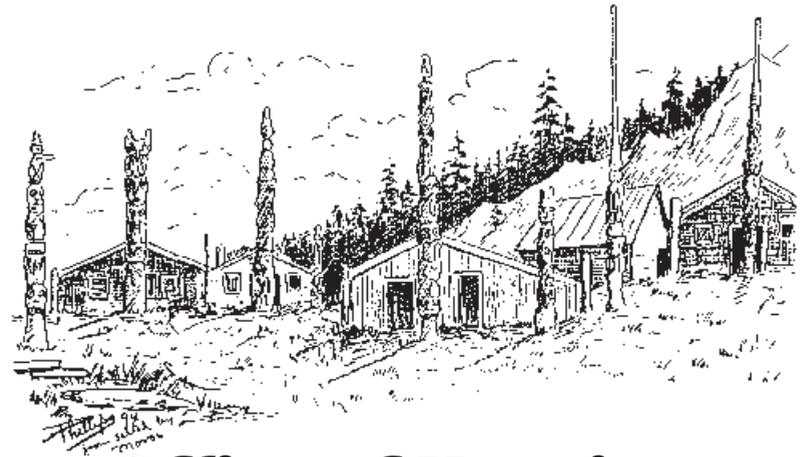
### Take Your Time

Back-to-school shopping is too often a mad dash through every mall in one exhausting weekend, but there is no reason to get everything all at once. Start with those "urgent" items and then schedule when to get the rest. Spreading spending out helps you stick to your budget, and decreases stressful shopping headaches. Plus, you'll take better advantage of sales!

### Shop Sales Only

Shop online and in store sales, and pick clothes that are versatile so your kids will get more wear out of them. Some good online coupon sites include: retailmenot.com, couponcraze.com (see the clearance section), and keycode.com. Try zappos.com for sales and clearances on clothing and shoes of all types. Ebay can be a jackpot for deals on gently worn clothing too, especially if you find a "lot," but make sure to read the details! Shipping costs, return fees and restrictions, and the time spent looking online can quickly outweigh the benefit of saving a little gas, so remember that online shopping works best if you know your child's size and taste exactly.

When hoofing it, zone in on sales and clearance racks at different stores. There are great treasures particularly at the end of each season. Before you go shopping, check wowcoupons.com and see if there are printable coupons you can take with you!



## Office of Housing Upcoming Events

### **Housing Fair**

Friday, August 20th 2:30 – 6:00  
Squaxin Gym

### **Tools for Success**

August 30, September 13, 27  
Admin. Bldg – 2nd Floor Conf. Room  
4:30 - 7:00

Understanding Your Credit Report  
(By appointment only)

Please watch for more information in the near future about upcoming classes!  
If you have any questions about the scheduled classes or would like to attend,  
please call Lisa Peters @ 432-3871.

### Shop Recycled

Consignment, discount, and second-hand stores are where sales exist every day! You will be surprised at the brands and quality places like Marshall's and Goodwill carry if you're willing to look. If you have little ones, consider shopping at garage sales too.

Kids want comfort, trends, and clothes that shout their personality, and they might cringe at the idea of buying gently worn or sale items, so make sure they understand that by saving more they actually get more clothes, and they will look just as stylish-if not more so! Besides, anything new on the rack now will generally be on sale by September's end anyway.

### Stow the Plastic

Using credit cards for in-store shopping makes it easy to overlook how much you're spending. Instead, try setting aside some cash from your budget to last for the shopping trip, and let your kids know that once that green is gone, the shopping spree is done. This can help them understand how much their clothes are worth too.



## Financial Security: Consumer Credit

Credit can be a successful financial management tool. Using credit allows you flexibility in managing your budget to purchase goods and services when they are needed the most, not when you have the cash on-hand to pay for them. You are offered credit because people trust you to repay them within a stated period of time. Consumer credit takes many forms, including installment loans, credit cards, department store revolving charge accounts, home equity loans and other kinds of time payment plans. Wise consumers keep credit use at a safe, manageable level, but this is difficult because reading contracts can be confusing and calculating the actual cost or finance charges requires knowledge and math skills.

### It is important to remember:

- Budget your credit spending carefully.
- Shop around for the lowest total finance charges.
- You should establish a debt limit and stick to it.
- Credit contracts should be read carefully and questions answered before you sign.
- Do not depend heavily on credit to pay for day-to-day living expenses.
- Pay your bills on time to insure you can continue to use credit.
- Credit is best used for items where their value will outlast the installment payments.
- Buying on credit nearly always costs more than buying the same item with cash.

### Credit management strategies can be used to:

- Avoid the overuse of credit.
- Lower the total amount of debt.
- Shorten the term of debt.
- Reduce interest and finance charges paid for the use of credit.

Periodically, get a copy of your credit report and check it for accuracy and completeness. This is especially important before making large purchases where you plan to use credit, such as for a car loan or a mortgage. In many cases credit reports have minor inaccuracies that need to be corrected. Sometimes there are errors that might result in your being turned down for a loan.

If you have recently been denied credit, employment, insurance or rental housing based on information contained in your credit report, you are entitled to a copy free of charge from the company that issued the report on which the credit denial was based.

### Credit Reporting Agencies:

- Equifax, 1-800-685-1111
- Experian, 1-888-397-3742
- Trans Union, 1-800-916-8800.

Source: *eXtension.org*

## Health Fair 2010



## Kiket An Island of Cooperation

### Jul 6th, 2010, NWIFC, Being Frank

The Swinomish Tribe is sharing part of its traditional tribal lands with the public, thanks to an innovative partnership.

The tribe and the state Parks and Recreation Commission have purchased Kiket Island and will manage it together as part of Deception Pass State Park.

The 100-acre island in Similk Bay always has been part of Swinomish tribal lands. For thousands of years before the treaties were signed, the Swinomish people used the island and its tidelands to hunt, fish, gather shellfish and hold cultural ceremonies.

In the late 1800s, Kiket Island was allotted to an individual tribal member. In the 1950s, it was sold out of tribal ownership, but remained within the boundaries of the tribe's reservation

About 50 years ago, Seattle City Light and Snohomish County Public Utility District planned to build a nuclear power plant on Kiket Island. Lucky for us, folks had enough sense to throw out that idea after considering what the effects would be on the environment.

It's rare to find a place like Kiket Island in Puget Sound. To be honest, these small private islands are usually lined with bulkheads and dotted with million-dollar homes. The state and tribe will make sure the island's old-growth forest, undeveloped shoreline and rich tidelands will be protected and preserved for future generations. Tribal members will continue to be able to exercise their treaty shellfish harvest right.

Working together to protect habitat that is so important to fish, shellfish and wildlife – that's exactly the kind of cooperation we need to recover wild salmon, clean up Puget Sound and tackle the many other challenges facing our environment.

It's why the Kiket Island partnership is such good news. The more cooperative solutions like this that we can find to help heal Puget Sound, the closer we are to getting it done.

Billy Frank Jr. is the chairman of the Northwest Indian Fisheries Commission.

### For more information, contact:

Tony Meyer or Emmett O'Connell, NWIFC, (360) 438-1180



# HEALTH CLINIC



## Meal Entrees

- Mon., 2 : Teriyaki Beef with Broccoli  
 Tues., 3: Soup & Sandwich  
 Wed., 4: Ham & Scalloped potatoes  
 Thurs., 5: Build Your Own Sandwich
- Mon., 9: French Dip Sandwiches  
 Tues., 10: Soup & Sandwich  
 Wed., 11: BBQ Chicken  
 Thurs., 12: Pork Chops
- Mon., 16: BBQ Beef  
 Tues., 17: Soup & Sandwich  
 Wed., 18: Oyster Stew & Grilled Cheese  
 Thurs., 19: Pizza
- Mon. 23: Tacos  
 Tues. 24: Soup & Sandwich  
 Wed., 25: Shrimp Fettuccini  
 Thurs., 26: Tuna casserole
- Mon., 30: Chicken Pot Pie  
 Tues., 31: Soup & Sandwich

*Menu Subject to Change*

## Need Food? Check these out..

### WIC @ SPIPA

Provides healthy foods and nutrition information for you and your child up to age 5  
 Please bring: your child, medical coupons or paystub & identification  
**Monday, August 2, 9 a.m. to 4 p.m.**  
**Monday, Sept. 13, 9 a.m. to 4 p.m.**

Contact Debbie Gardipee-Reyes:  
 462-3227

*Dates subject to change*

### USDA FOODS AT SPIPA

**Monday, August 9th 10 a.m. to noon**  
**Tuesday, Sept. 7th 10 a.m. to noon**

Contact Shirley or Bonita at  
 438-4216 or 438-4235

*Dates subject to change*

### FOOD BANK

At Health Promotions Building  
 If you need access to the food bank at any time once a week, just stop by.  
 If possible, Wednesday is the best day.  
 If you would like to be on call list for fresh produce or bread, let me know.  
 Contact Melissa Grant: (360)432-3926

## Upcoming Health Events

### Brief Community Walk

Every Thursday at 12:40 p.m.  
 Meet at Elder's Building after Lunch

### Free Diabetes Screening

at Health Promotions  
 Tuesday through Friday  
 Contact Melissa Grant for details

### Want a garden in your yard?

Are you low income?  
 Contact Patty Suskin  
 to get on the waiting list to have a garden placed in your yard – for FREE.

### Free Pilates classes

Community members welcome  
 Mondays and Wednesdays  
 4:00 - 5:00 p.m. at Health Promotions

### Smart Shopping/ Food Label Reading Workshops

Contact Patty to schedule a family & friends session

### Diabetes Support and Education

Monday, August 16th  
 Elders Building  
 Right after lunch (12:45) p.m.  
 Guest speaker: Dr. Karen Anderson

### Health Promotions Programs

We have exercise videos in the building across from clinic  
 Work out alone, with us or schedule a time for a group

### Our Nationally Recognized Lifestyle Balance Program

If you are ready to lose weight, we can provide support.  
 If you are Native American and over 18, see if you qualify to participate.

### Community Health Walk

Thursday, August 19th  
 Meet at Elder's Building at 12:40 for a 20 minute walk around the REZ  
 If you cannot make it to our walk, report your 20 minutes of fitness to Melissa.  
 All SPIPA tribes will be taking a walk in their area at the same time for diabetes prevention!  
 The tribe with the most walkers each month wins the walking stick.  
 We won it in October ... can we get it back in August?

Contact Melissa Grant (360)432-3926  
 Patty Suskin (360)432-3929



**DSHS State Financial Worker  
 (Terri Butler)  
 in the Clinic**

**Tuesday & Friday  
 8:30 am to 4:30 pm**

**No need to go downtown to see if you qualify.**

**Call her on her direct line for more information:**

**(360) 432-3920**

### Diabetes Support & Education

Everyone is welcome—those with Diabetes or not.

Bring your questions and meet Dr. Karen Anderson MD, new at the clinic

Come for a few minutes or the whole time

**Monday, August 16th, 2010**

Right after Elder's Lunch at Elder's building

12:45 to 2:00 pm

Optional walk at end

You can take charge of your diabetes and live a long, healthy life

Questions? Contact Patty Suskin, Diabetes Coordinator at (360) 432-3929



**Monday,  
 August 2nd is  
 WIC DAY at  
 SPIPA**

### WIC

**(Women, Infants, and Children)**

provides healthy foods & nutrition information for you and your child up to age 5.

### Please bring:

Your child,  
 Medical coupons or paystub and Identification

**Call Debbie Gardipee-Reyes at  
 SPIPA 360 462-3227**



## Outdoor Activity of the Month

### McLane Nature Trail for walking

Consider taking your family and friends to this pleasant trail for a leisurely walk in nature

#### WHAT

Wetland nature trail

#### WHERE

Capitol State forest of Delphi Road (see directions below)

#### SIZE

About 1.5-mile loop trail around 10-acre beaver pond

#### TIME

About an hour

#### DIFFICULTY

Trail is mostly flat. Part of it is wheelchair accessible.

#### FEATURES

Two interpretive trail loops. One is 1.5 miles long and runs up in to the forest; the other is flat, about a half-mile. Boardwalks take visitors out in an active beaver pond and wetland. The trail also crosses a salmon spawning stream.

#### ACTIVITIES

Nature walks, birding and wildlife observation.

#### HOURS

Day-use only

#### HOW TO GET THERE

- Take HWY 101 South toward Olympia.
- Exit at "Mud Bay Road/Evergreen State College."
- Turn RIGHT off the ramp onto 2nd Avenue.
- Go about .4 miles and make a LEFT on McKenzie.
- Go about 4.2 miles on McKenzie to the end.
- Turn RIGHT on Delphi Road.
- Go on Delphi Road for 2.0 miles to the entrance to McLane Nature Trail on the RIGHT.
- Take the road to the end where you will find the trailhead & parking lot.

#### ALTERNATE ROUTE

Go south on Highway 101 and Exit at "Mudbay Road/Evergreen State College." Turn LEFT off the ramp and go up the hill. Just at the crest of the hill, turn RIGHT onto Delphi Road. Follow Delphi Road south a little more than 3 miles, turn RIGHT at the sign to McLane Nature Trail, and go to the parking lot at the end of the road.



HISTORY: McLane Creek Nature Trail was logged in the early part of the 20th century, but now the area is designated for recreational use. The creek was named after the William McLane family.




**Time to enjoy fresh summer fruits & vegetables!**  
**Three ways to get fresh fruits & vegetables for FREE!**

- 1. Women, Infants & Children (WIC) Program at SPIPA**  
Monthly checks now include vouchers for you to choose fresh fruits & vegetables at your grocery store.
- 2. WIC clients can get \$20 of Farmer's Market Checks during the summer months while supplies last. Must be used by end of October. ( see locations of Farmer's Markets on page XX)**

Contact Debbie-Gardipee-Reyes at SPIPA for more info about WIC & Farmer's Market (360)462-3227

- 3. Ask for fresh fruits & veggies with your USDA Foods order.**  
Contact Shirley or Bonita at the Nisqually Warehouse at (360) 438-4216 or (360) 438-4235 for more info about USDA Foods

## Health Fair 2010





## Farmer's Market Locations

### Shelton

3rd Street and Franklin  
(behind Post Office)  
Saturday, 9 a.. to 2 p.m.  
June – September, 2010

### Rochester/Grand Mound Farmers Market

9937 Highway 12 SW  
Saturday, 9 a.m. to 1 p.m.  
June 19 – October 16, 2010

### Community Farmers Market-Chehalis

Corner of Boistfort & Market Street  
(downtown)  
Tuesday, 12-5 p.m.  
June-October

### Lacey Community Market

7th Ave off College Street SE  
(Huntamer Park)  
Only Second Sat of Month  
from July-Sept 10 a.m. to 4 p.m.

### Lewis County Farmers Market Centralia

Pine Street btwn Tower & Railroad Av-  
enues  
Friday 9 a.m. - 3 p.m.  
July 10- thru Sept

### Tumwater Farmers Market

7007 Capitol Blvd.  
(corner of Capitol Blvd & Israel Rd)  
June - Oct 11-2  
Wednesday only

### Olympia Farmers Market

700 N Capitol Way  
10-3 Thursday - Sunday  
June - October

## How the Farmer's Market Nutrition Program Works:

- Washington Department of Health authorizes growers, farmers markets and farm stores to accept FMNP checks.
- The program operates June through September.
- Participating WIC clinics distribute packets of \$2 checks to eligible clients across the state June through Sept.
- Clients currently enrolled in the WIC program in the following categories are eligible for FMNP checks:
  - Pregnant women,
  - Breastfeeding women,
  - Postpartum women,
  - Children from age 1 up to the 5th birthday
- Checks are redeemable for fresh fruits and vegetables at approved farmers markets June through October 31.

## Tribal Council Resolutions

**10-60:** Authorizes submission of a DOJ grant application to the COPS CHP grant program

**10-61:** Approves a change to the Rent Collection Policy so that after a tenant's account becomes two months overdue a Notice of Termination will be personally served

**10-62:** Acknowledges the Technical Assistance Project to be the Transit Implementation Plan

**10-63:** Agrees to enter into contract with Native Land Development LLC to complete Part 2 Phase III of the Slocum Ridge Multifamily Housing Project

**10-64:** Authorizes an increase in net gaming revenues to be distributed by Little Creek Casino Resort Hotel

**10-65:** Authorizes the Legal Department to seek reimbursement for fees and costs associated with the Appeal to the Hearing Examiner in regard to Mason County's decision to issue a commercial building permit for Crab Fresh with inadequate information and a concern that a permit could impact coho runs

**10-66:** Amends the Workers Compensation Plan

**10-67:** Agrees to enter int contract with De Lage Landed Financial Services, Inc. to provide copier equipment services

**10-68:** Amends the Kanji & Katzen, PLLC contract to allow representation in the case of Automative United Trades Organization v. State of Washington, et al., Grays Harbor Superior Court, No. 10-2-00599-1 in defense of the motor vehicle fuel compact

**10-69:** Enrolls Tyler Morlock

**10-70:** Enrolls Anthony Focier, jr.

**10-71:** Enrolls Jazmin James

**10-72:** Enrolls Jennine and Joelene Tamm and Daniel Snyder

**10-73:** Supports submittal of a grant proposal for the operation and enhancement of the existing transit services from April 2011 through March 202 to include the change from deviated fixed route to demand-response service, increase hours of service and initiate a vanpool

**10-74:** Authorizes the Department of Community Development to submit, with the WA State Department of Commerce, a Weatherization Project contract

**10-75:** Certifies that Tribal Council had an opportunity to review the Indian Housing Plan for the tribal housing program and authorizes its submission to the Department of Housing and Urban Development



**COME ENJOY THE POOL!**

- Increase your swim skills, coordination & lung strength.
- Increase your muscle strength.
- Become a strong diver!
- Lose weight by stimulating your system.

Swimming works out ALL of the body's major muscles!

You can burn up to 250 calories by walking for 30 minutes in water up to your chest, which for many burns more calories than walking 30 minutes on a treadmill.

Water activity is good at ANY age.

**Open Swim**

**Water Aerobics & Swim Lessons**

Swimming is a great cardiovascular exercise, because you are moving against the water's resistance, which is over ten times that of air!

You can even rent the pool for pool parties!

For more information,

## Pool Hours

- Mon.: 6-8 a.m. Morning lap swim; **3-6 p.m. Open swim**; 6-8 p.m. Swim lessons
- Tues.: 4:30-5:20 p.m. 1st Water Aerobics; 5:30-6:20 p.m. 2nd Water Aerobics
- Wed.: 6-8 a.m. Morning lap swim; **3-6 p.m. Open swim**; 6-8 p.m. Swim lessons
- Thurs.: 4:30-5:20 p.m. 1st Water Aerobics; 5:30-6:20 p.m. 2nd Water Aerobics
- Fri.: 6-8 a.m. Morning lap swim; **5-8 p.m. Open swim**
- Sat.: 1-4 p.m. **Open Swim**
- Sun.: Closed



## Rose Brownfield

About 27 elders traveled to Spirit Mountain Casino on July 8th to attend the Grand Ronde Tribe's Elder host luncheon. On Thursday night we all had dinner at their buffet and Friday was the host luncheon.

My name was pulled from basket for a "raffle" gift. I became their "Queen for the Day," and joining me was the "King," Warren Brainard, Chief of Lower Umpqua & Suislaw. We were awarded beautiful fleece blankets, a beautiful walking stick, and a glasses case. I also got a large luggage carrier. Both of us sat a few minutes on stage for pictures. Several of our elders also won gifts.

After the luncheon we stayed for bingo. On Saturday as we left, we were treated to breakfast at Grande Ronde Center and another raffle; we came home with many gifts.

Then we drove past their veterans memorial and took group pictures. Everyone had a wonderful time.

## A Trip to Grand Ronde



*The King and Queen of Grand Ronde Tribe's "Honor the Elders Day"*





## Happy Birthday

Jonathan Arzate	01						
Barbara Kennedy	01	Marilyn Mcfadden	11	Mitchell Carrington	25		
Jeremie Walls	01	Arron Edgley	12	Nicole Cooper	25		
Catherine Tuller	03	Lola Bonin	13	Eden Van Cleave	26		
Darlene Wood	03	Brandon Campbell	13	Meghan Brandt	27		
Kelly Jones	04	Elena James	14	Kaytlyn Henderson	27		
Leighton Case	04	Naraiah Gray	15	Rhonda Foster	28		
Lawton Case	04	Zachary Sanchez	15	Terasa Pinney	28		
Tyrone Seymour	04	Llewellyn Parker	15	Eathon Caasi	28		
Norman Price	04	Kevin Spezza	16	Joseph Furtado	29		
Christopher Brown	05	Matthew Cooper	16	Angelo Rivera	29		
Jill Kenyon	06	Rachel Edwards-Johns	16	Lindsey Harrell	29		
David Johns	07	Irvin Fletcher	17	Taylor Porad	30		
Robert Koshiway	07	Magdelano Perez	17	Debra Sayers	30		
Lisa Eaton	08	Virginia Farron	17	Euphamie Whitener	30		
River Korndorfer	08	Hannah Forcier	18	Ruben Vasquez	30		
Lettie Machado-Olivo	08	Dionna Purdy King	20	Loreta Krise	30		
Margaret Pickernell	08	Rene Salgado	22				
Roy Perez	08	Jessica Johns	22				
Ashley Smith	08	Greg Glover	22				
Juliet Galos	09	Aidan Sizemore	22				
Nikieta Fox	09	Jeremiah Obi-Rivera	23				
Chasity Masoner	09	Julio Castillo	23				
David Peters, Jr.	09	Bryce Penn	24				
Leroy Melton	09	Victoria Sanchez	24				

## What's Happening

1	2	3	4	5	6	7
			Family Court	<b>Per Capitas</b> Council Mtg. AA Meeting 7:30		
8	9	10	11	12	13	14
		Criminal/Civil Court	<b>1st Salmon Ceremony</b> Noon @ Arcadia	AA Meeting 7:30		
15	16	17	18	19	20	21
				Council Mtg. AA Meeting 7:30	<b>Housing Fair</b> 2:30- 6:00 Gym;l	
22	23	24	25	26	27	28
		Criminal/Civil Court		AA Meeting 7:30	<b>Korsmo BBQ</b> Noon @ Admin	
29	30	31				



## Farewell to Les Holliday

The Tu Ha' Buts Learning Center is saying good-bye to Les Holliday after two years of dedicated work with our kids. Les has been a Sylvan teacher and worked as a reading specialist in our summer recreation program.

We know that our Sylvan students will miss Les' smiling face around The Learning Center. We all came to count on his good nature and positive impact on the students' learning. Les worked to boost the confidence of each and every student and his passion for teaching always shined through.

The McCleary School District is fortunate to have Les as their new school counselor/principal. We wish Les all the success in the world on his new journey, and can't tell him enough how much he will be missed. Les' last day was July 29, 2010.



## Happy 6th Birthday Christopher E. Brown



Love, Mom, Dad, Sisters  
and Brother Nathaniel

## Church Services

### Squaxin Bible Study

Tuesdays @ 6:30 p.m., 30 Ho-Mamish Court  
Pastors Ron and Kathy Dailey

### Shaker Prayers and Services

Rose and Mike Davis are available  
for Shaker prayers and services  
Please call 877-0820

## Kamilche Valley Farmers Market

Hi, my name is Jose. I am doing fruits and vegetables here at Little Creek Casino Resort behind KTP. I bring fresh vegetables and fruit from Washington farmers to you. I have been doing this for 17 years.

**In season now:** Cherries and apricots!  
**Coming Soon:** Plums, nectarines, peaches,  
corn, green beans and more!

Stay tuned for updates! : )

**Come visit daily from 9 a.m. to 7 p.m.**

For more info., call 360-509-8505  
or  
email [josesfruitstand@yahoo.com](mailto:josesfruitstand@yahoo.com)



## Memorial

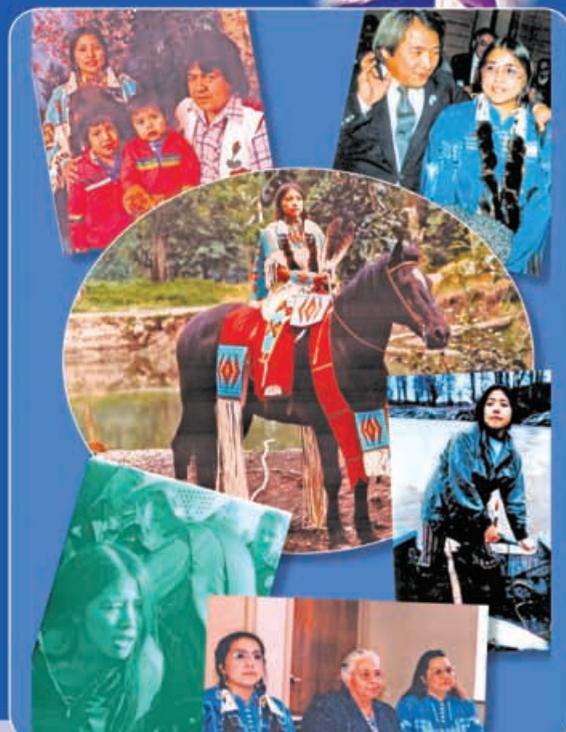
### Alison Kay Bridges Gottfriedson

1951 - 2009

Memorial to be held on  
Saturday August 7, 2010  
at the Wa He Lut  
Indian School located at  
11110 Conine Ave. Southeast,  
Olympia, WA 98513

Beginning at noon.

Exit #114 of I-5



## IT'S A GIRL!!!



Congratulations to Cameron and Annie-Beth  
Henry on the birth of their beautiful baby girl!!  
We are all so proud of you guys, thanks for  
giving us a beautiful addition to the family!!

*\*Bailie Barbara Henry\**

Born July 20th at 6:32am at St. Peters Hospital  
Weighing 9 lbs 11.3 oz and 21 inches long

Love,  
Melissa and Family, Dad/Papa, Willow,  
Marvin and Shannon, Mom and John  
and all the rest of the family, we are all  
so proud of you guys!!!

## Congratulations to Daniel Napoleon and Tuesday Kennedy

Your beautiful baby boy  
was born Tuesday, July 27th  
weighing in at 7 pounds, 13 ounces!!!  
Love, Mom



**PAUL RODGERS  
IN CONCERT**

**Saturday, October 9th, 2010 • 8pm**  
*Tickets on sale now! \$65/\$60/\$50*

**LITTLE CREEK  
CASINO • RESORT™**

For tickets visit the box office or purchase online at  
**www.little-creek.com or call 360-432-7300**

Must be 21 and over. For skyboxes call 360-432-7300  
 PAULRODGERS.COM

You are cordially invited to the 3rd annual

**“Kennedy Creek Salmon Splash”**

a “fun” fundraising event  
 on  
**Sunday, August 22, 2010**  
**3:00 p.m. ~ 6:00 p.m.**  
 held at the  
**Kennedy Creek Salmon Trail**

**with live music and food**

\$35.00/person ticket includes appetizers, shellfish, beverages, and dessert  
 All Splash proceeds directly support the Kennedy Creek Salmon Trail Education Program  
 Every \$35 raised at Splash will support 10 student visitors  
**Parking will be at the Kennedy Creek Salmon Trail Lot**

Sponsored by:  
 Mason Conservation District      South Puget Sound Salmon Enhancement Group  
 Taylor Shellfish United

Please RSVP to SPSSEG by August 19, 2010  
 Detach and return this form, along with your payment, to the address below.  
 Visit our website at [www.spsseg.org](http://www.spsseg.org) for more information.

---

Name: \_\_\_\_\_ # tickets \_\_\_\_\_  
 Address: \_\_\_\_\_ total \$ \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_  
 Phone: \_\_\_\_\_  
 I cannot attend but please accept my donation of \$ \_\_\_\_\_

Please make checks payable to SPSSEG  
 6700 Martin Way East, Suite 112 Olympia, WA 98516  
 360-412-0808

*Return Service Requested*

**PEOPLE OF THE WATER**  
 10 S.E. Squaxin Lane  
 Shelton, WA 98584

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