

# Klah-Che-Min

ʔacaciɬalbiḡ ɡʔɪ tə xʷəlč yəxʷ ti stultuləkʷ.

A PUBLICATION OF SQUAXIN ISLAND TRIBE

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AUGUST 2005

COMPLIMENTARY

## Canoe Family Greet Tall Ships From All Over the World as They Enter Commencement Bay *Annual Journey is Underway - Destination Lower Elwha S'Klallam*



Thousands upon thousands of people showed up in Tacoma to greet a huge flotilla of tall ships from all over the world as they entered Commencement Bay, and first in line were the members of the Medicine Creek Treaty Tribes Canoe Families through a special invitation from the Mayor.

Each canoe was assigned a certain ship, and as it drew near, the paddlers approached, coming alongside with gifts for the captain.

It was, in some ways, a symbolic reenactment of the historical meetings between the local tribes and the Europeans.

"There will be much emotion today," Puyallup Canoe Family member Connie McCloud told the paddlers while in preparation for the event.

"Keep your heart in prayer."

The day turned out beautifully. The sun was shining and the event went off without a hitch. The ships were magnificent. In the picture to the right, notice how small the dugout canoe looks in comparison to the ship.

This canoe is actually more than 35 feet long! See the small specks on the masts of the ship? Those small specks are people! It really was a sight to behold!

For more pictures of the event, see Page 28 (back page).



The Squaxin Island Canoe Family embarked on its annual canoe journey through Puget Sound on Friday, July 22. This year's destination is the Lower Elwha S'Klallam Tribe near Port Angeles.



The paddlers will be joined by canoes from the other tribes along the way. Stops include Nisqually, Puyallup, Muckleshoot, Suquamish, Port Gamble S'Klallam and Jamestown S'Klallam.

The estimated date of arrival at Lower Elwha S'Klallam is Monday, August 1st. The journey will conclude with six days of celebrating and potlatching there.

Everyone is invited to attend the celebration. If you need a map, email Mary Jones: [majones@pgstnsn.us](mailto:majones@pgstnsn.us).

See everyone at the potlatch!



## SQUAXIN ISLAND TRIBE

10 S.E. Squaxin Lane  
Shelton, WA 98584

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*People of the Water*



# COMMUNITY



## Per Capita Distribution

Per Capita checks are scheduled to be distributed Thursday, August 4th at the Tribal Administration Building 8:00 a.m. to 4:00 p.m.

Due to past problems, checks will no longer be issued to persons other than those whose name appears on the check. A parent or guardian may pick up checks for minor children.

If you are unable to pick up your check in person, your check will be mailed to you. If you would like to have your Per Capita checks mailed as a matter of routine, instead of picking them up personally, please contact Raven at the Administration Building front desk at 360-426-9781.

## Congratulations



### "Dahshooks" (Strong Person)

"Dahshooks (Strong Person)," also known as Becky Napoleon, pictured above with son-in-law Guy Capoean, received her name in June at the Taholah Community Center.

Congratulations Dahshooks!

## TRIBAL NEWS

10 S.E. Squaxin Lane  
Shelton, WA 98584

PHONE: (360) 426-9781  
FAX: (360) 426-6577



Articles and opinions expressed in this publication are not necessarily the opinions of this publication or the Tribal Council.

The Klah-Che-Min encourages Tribal Members to submit letters, articles, photographs and drawings to be considered for publication, but are subject to editing.

*Contributing writers and artists include Squaxin Island community members and staff.*

**Submissions Deadline:**  
15th of each month

### SQUAXIN ISLAND TRIBAL COUNCIL:

- JIM PETERS: *Chairman*
- ANDY WHITENER: *Vice Chairman*
- VINCE HENRY: *Secretary*
- PATTI PUHN: *Treasurer*
- WILL PENN: *First Council Member*
- PETE KRUGER: *Second Council Member*
- CHARLENE KRISE: *Third Council Member*

**Klah-Che-Min Staff:**  
THERESA M. HENDERSON: EXT. #3945  
[thenderson@squaxin.nsn.us](mailto:thenderson@squaxin.nsn.us)



## First Salmon Ceremony

SATURDAY, AUGUST 6TH

Watch for Time

Arcadia Boat Launch Beach

Free and Open to the Public

**Volunteers are needed**

Beginning at 9:00 - 10:00 a.m.

Call Rusty @ 432-3802

OR

email [jkonovsky@squaxin.nsn.us](mailto:jkonovsky@squaxin.nsn.us)

## The Mud Bay Site Belongs to You

You are invited to the site anytime.

It's running usually Mon. – Thurs.

Spend a day and help if you can!

To make it easier for you, please call

Dale Croes' cell: 561-1440

Or Rhonda Foster's cell: 490-5125

- Dale Croes & Rhonda Foster



## Mud Bay

### Power Point Presentation Available Weekly at MLRC

This year you will be able to view a new Power Point presentation of Mud Bay weekly at our MLRC. Students will take the best pictures each week and create a presentation that you can view several times during the week. If you have any questions please contact the museum.



## xelSucid

### Language Center Activities

Barbara Whitener - This summer I am continuing to visit the Squaxin Day Care Center three mornings a week (Mondays, Wednesdays and Fridays). During my visit I tell or read stories in Puget Salish (xelSucid). The stories I use are commonly known traditional stories that have been told throughout the Puget Sound region for many years. The favorites seem to be sQebiyu? (skunk), ?utayil ti sIixic (little silver salmon goes up river), Isi beSZad (lady louse) and sweQiQ (little tree frog). The children are learning some of the words and often ask for the stories by name. They always seem excited to see me.

During the Summer Recreation program in the Squaxin Learning Center, I am integrating some language phrases with the planned activities. Many participants are making cedar flutes and some may come home with the word stubtebela? a word for "whistle" that was provided in past years by Grandma Nellie (raised on Squaxin Island). There have also been presentations regarding healthy eating. "tiXiXdubut Velep." (You folks take care of yourselves.) and "Ia? Ai ?eAed Ii ha?A s?eAed." (You folks should eat good food.) are a couple phrases that were shared.

The Language Center continues to be open half time during the summer. I am available for individual or small group tutoring Monday afternoons, Tuesday most of the day, Wednesday afternoons, Thursday most of the day and Friday mornings. You may want to brush up on your greetings and introductions for the upcoming Canoe Journey and other gatherings. If there is interest, I could start a "story workshop" where participants will learn a few short stories. I have the ability to record CD's of the information you need to study at home. Please call to schedule sessions - 432-3897 or 490-2720. (Barbara Whitener)

## Reminder

Barbara Whitener - Did you know you can study Puget Salish, the ancestral language of the Squaxin Island people, on a computer? The Computer Center in the Squaxin Learning Center has the NEW and IMPROVED Puget Salish 101 on five computers. This program has been purchased through a site license for one year for community use. You can study at your own pace and it's FREE!

Many elders from various tribes throughout the country have indicated the indigenous languages are a path to understanding and experiencing tribal culture. Have a look at [www.nativeyouthmagazine.com](http://www.nativeyouthmagazine.com) a new publication available on the internet. The following quotes were found in that site:

*"If we don't know the language, we probably won't be Indian people anymore. We'd be Americans with nice tans."*  
- Dennis White, Lac Courte Oreilles Band, Chippewa

*"If you don't improve your community, you're going to lose it. You will lose your language, your culture."*  
- Phillip Martin, Choctaw

Squaxin community parents have expressed an interest in having their children learn their ancestors' language. Language recovery in other communities has shown language "nests" works best. That is when families learn language together. Words and phrases are learned that can be used in the home. The ancestral language then becomes relevant to daily life. Another quote (this time from [www.nativeweb.org](http://www.nativeweb.org))

*"The language and the culture, you can't have one without the other. It's like trying to have life without water or life without air. It just can't be done."*  
- Lyle Gwin, Hidatsa language teacher

The Squaxin ancestral language is thousands of years old. Sadly, there are no fluent elders remaining in the Squaxin community. Fortunately, nearby individuals studied with elders who have since passed on and are sharing that information. The dominant Anglo culture is based on economics. Although providing a strong economic plan has become a necessity to provide basic needs, cultural knowledge through the language reinforces the spirit.

The Computer Center is open Monday through Friday from 8:00 a.m. to 4:00 p.m. Puget Salish can be found at stations #1 - #5. Click on the desktop link.

You can also arrange for instruction sessions with Barbara Whitener in the Learning Center. Please call 432-3897 or 490-2720.

## "Attention Johns Family!"

THE JOHNS REUNION

August 13th

11:30 a.m. on the island at Dave's Camp

Potluck style!

See you there!



## Fireworks Meeting

TUESDAY, August 2nd

Meeting with Ray Peters, Executive Director

## Some Thoughts for "The People of the Water"

From Lisa Ewing

"There has been a lot said about the sacredness of our land which is our body; and the values of our culture which is our soul; but water is the blood of our tribes, and if its life-giving flow is stopped or polluted, all else will die and the many thousands of years of communal existence will come to an end."  
- 1978 Frank Tenerio

"Touch the water in the west and you touch everything."  
- 1975 John Gunther



## Who Are These Handsome Protectors of Freedom?



*Robert Johnson*



*Bruce Johnson*

## Squaxin Veterans needed to form Color Guard

The Veterans Memorial Committee is looking for Squaxin veterans - tribal members, community members, and/or staff members - to volunteer to form a Color Guard that will mainly serve in the Squaxin community.

A Color Guard is an opening, a small ceremony that presents the national colors. Color Guard ceremonies are performed in many kinds of meetings and community gatherings including funerals, public events, and special honorings.

The committee is exploring the type of organization. Please consider becoming a member to fill a great and honorable need for the Squaxin community. Contact Joe Seymour, Jr. at (360) 753-5246 or Lynn Scroggins at (360) 432-3952.



## Shelton School District Credit Recovery

Walt Archer - Students first meet with their high school counselor to evaluate credits and decide which classes are needed. Credit retrieval courses can only be taken if previously failed at SHS. The credit retrieval after school program uses Novanet and some pre-developed packets. There is an Activity Bus for getting home.

Novanet will soon be available at the Squaxin Island Tribe Education Department.

Work Experience – 180 hours = .5 credit. You must be employed at a job that takes out payroll taxes. Students fill out applications including paper work describing goals.

Credit Completion – If a student receives a grade of 50-59%, the student can approach the teacher who gave the grade, within the next trimester after receiving the grade, to request the opportunity to complete the work necessary to pass the class. The teacher has the right to decline this request.

Night college courses are available at Olympic College or NW Indian College. Students must be 16 and meet college placement requirements.

Summer classes at South Puget Sound Community College and Olympic College may be taken. Student must obtain a release from the high school and pay for the classes.

Shelton School District Summer School – courses will be available August 8 - 26. Course work includes English, Math and Social Studies. Cost is \$100 (\$50 if qualified for free and reduced lunch).

BYU – courses are correspondence or on-line. There is a cost involved that varies from class to class. Go to [www.elearn.byu.edu](http://www.elearn.byu.edu) or call 1-800-914-8931.

Internet Academy – HYPERLINK “<http://www.iacademy.org>” [www.iacademy.org](http://www.iacademy.org). Summer school \$180 per credit. June 27-August 11. Also school year program.



# TRIBAL ENTERPRISES



## Tribe's Enterprises Sponsor Black Lake Regatta

Jennifer Whitener - On July 9<sup>th</sup> and 10<sup>th</sup> Skookum Creek Tobacco, the Kamilche Trading Post and Little Creek Casino and Resort sponsored the Black Lake Regatta. This was the 2<sup>nd</sup> year that we were involved in sponsoring the Regatta, and once again, this year it was a huge success. The races took place on Black Lake at Evergreen Shores Park and featured limited hydroplanes and the flat bottom boats.



This year the race was the Western Divisionals for the racers who attended. Last year 70 boats raced on the calm waters of Black Lake, this year there were over 90 boats!

For the 2<sup>nd</sup> year, the power canoe racers came out and showed the spectators something they rarely get to see, canoes with motors! The canoe racers were one of the highlights of the races.



"We are looking for a Squaxin Island Tribal member who would be interested in learning how to race these types of canoes for Skookum Creek in the races next year," said

Robert Whitener Jr. "We need to get more tribes and tribal people involved in this sport!"

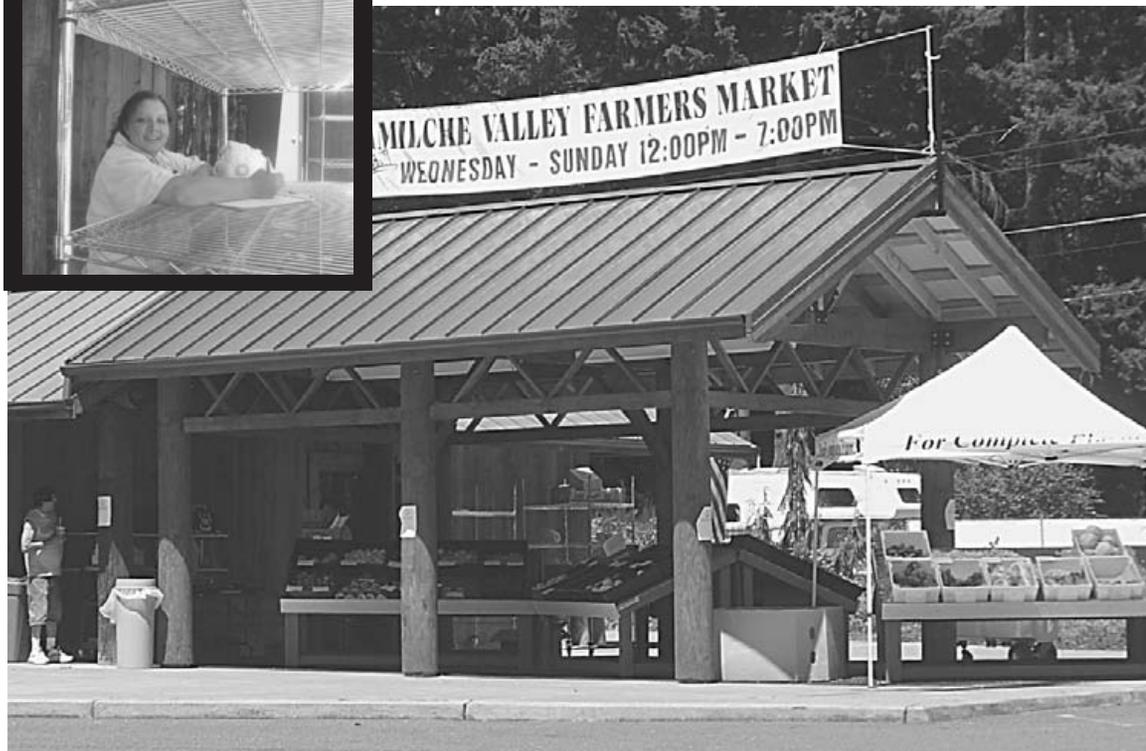
For those of you who attended last year, the beer garden was moved right to the water's edge, so the spectators were much closer to the action! The beer garden doubled in attendance compared to last year. The Brian Green Band entertained spectators and racers alike on Saturday night, and the Complete girls were again promoting the tribe's cigarettes.



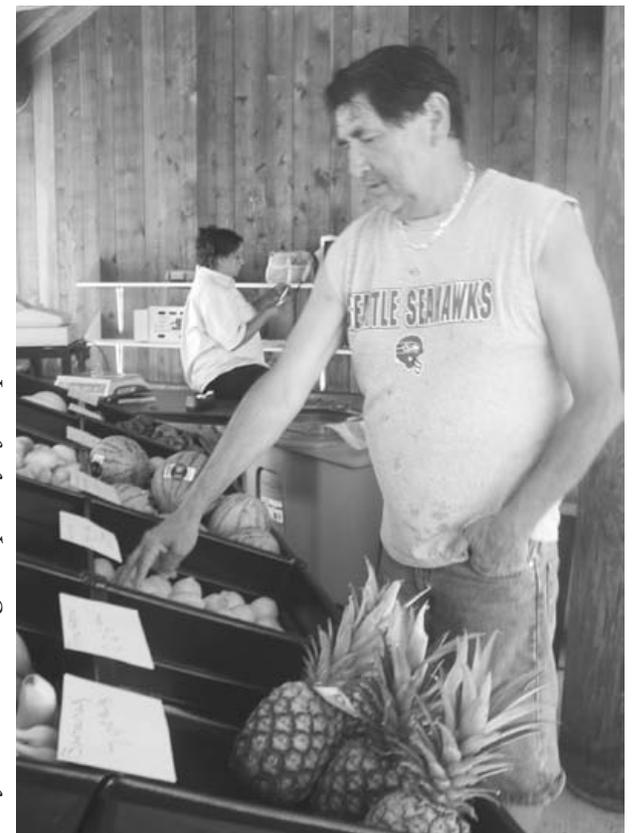
Thanks to everyone who made the races possible this year. It was a lot of hard work, but everything went smoothly and we look forward to next year!

## Farmers Market Now Open

Jennifer Whitener - As most of you know, we recently opened the Kamilche Valley Farmers Market next to the KTP. We have been promoting Yakama fruit and other local produce. The market runs Wednesday through Sunday, noon to 7:00 p.m. We are still looking for crafters and processors, so if you are interested, contact Ron at the store @ (360) 426-5254.



*Toby Lewis checking the quality of the produce*





# SUMMER YOUTH EMPLOYEES



Hi, my name is **Adam Mowitch**, and I am summer youth worker for Natural Resources. I am 14 years old and live on the Skokomish Reservation. I do stuff like marine biology in my job. I would like to learn what it is like to have a real job and to gain experience for the future.



Hello, my name is **Annie-Beth Whitener**. I live in Shelton with my parents and my dog, Abeygail. I go to Shelton High School and will be a junior. I am working at Little Creek Casino Hotel. I just turned 16 on July 4<sup>th</sup>. I hope to gain more work skills, and the rest of the summer I hope to have as much fun as I can.



Hello, my name is **Candace Penn**. I work at the museum for the Squaxin Island Tribe. This is my first year working for the museum, and I am looking forward to my job experience. The job interview really helped me. I think, in the future, I will be much more experienced for when the interview really counts. I wanted to work for the museum because I am already involved in my culture, so this job will advance the skills I already have. I live with my dad, Will Penn, and Connie Whitener. When I'm not working, I enjoy hanging out with friends and playing basketball.



Hi, my name is **Chickie Rivera**. I work at the Squaxin museum with Liz Yeahquo. I wanted to work here at the museum to learn more about the history of Squaxin and how our people were back in the olden days. I also wanted to work at the museum because I want to learn more about the museum and how it works. I also wanted to learn more working skills for next summer's job. I worked with the canoe journey last year and that was a great experience for me. I had fun watching all those canoes come in to shore in Canada with my mom, Veronica, and my brothers, Ronnie and Joseph. My dad wasn't there, but my dad is Harry Johns. Well that's all I have for today. Thanks for reading.



Hello, my name is **Lachell Johns**. I work at the museum with the summer youth program. I'm the daughter of Terri Capoeman and Wilson Johns. This is my first time working with the summer youth. I think it is a good experience. I want to work at the museum to learn more about the history of Squaxin and how the museum works. I want to learn about more working skills. And I'm waiting for my first pay check. Jokes!



Hi, my name is **Lisa Eaton**. I am the daughter of Lisa and Raymond Eaton. I am Puerto Rican and Native American. I was raised by both sides of my family, and I am interested in my culture. I now live on the Squaxin Island Reservation and am working at Island Enterprises as Secretary for Security.

P.S. I turn 16 on August 8th!



Hello, my name is **Melanie Greenwood** and I'm 18 years old. I go to Shelton High School and I am now working at Squaxin Child Development Center.



My name is **Stuart Mowitch** and I work at Natural Resources. I scrape the docks, clean buckets and sometimes take samples.



# SUMMER YOUTH EMPLOYEES



Sup dog? My name is **David York**. I live in the Skok Valley with my mom, dad and sister. We have three cats and two dogs. After having a bad freshmen year at Shelton High School, I decided to enroll in Choice High School. Besides my parents and sister, I have three older brothers. They have families of their own and I have a fiancé. I am working over at the clinic doing some gardening and some maintenance work. Peace out.



Hi, my name is **Heather Upham**. I am eighteen years old and recently graduated from Taholah High School. I am from Taholah, but I am living with my mom, Tracy Parker, for the summer. She works as a planner here at Squaxin, and she introduced me to the summer youth work program. Now, I am currently working in the Squaxin Island Legal Department and I enjoy it very much. As hobbies, I love to write, draw and do anything that includes spending time with friends and family. This fall, I plan on attending the University of Washington as a freshman. I am not sure exactly what my major will be yet, but I am excited about starting school there, and I anticipate the challenge.



Hi, I'm **Kasia Krise** I work down at Island Enterprises for the 2<sup>nd</sup> year in a row and it's great. Stop by and say hi sometime. Hoyt.



Hey... my name is **Kenna Mae Krise**. I live on the Squaxin Island Reservation. I work in Human Resources with Patti Puhn and Jenna Johnsen. I copy and file papers. What I want to accomplish is a good experience with Human Resources.



Hello, my name is **Nicole Cooper**. My mom and dad are Charlene and Arnold Cooper. I live on the Squaxin Rez. I work down at Island Enterprises/Tobacco Factory/Island Market. My supervisor is Joan Koenig; she has to do a lot of stuff like answering phones, going through papers, and I soon hope to be helping out with the Island Market. Thanks for your time.



My name is **Tyler Burrow** and I work in Natural Resources.



Hey, what's up? My name is **Summer York** and I am a sophomore in high school. I am currently working in the kitchen for Summer Rec. My hobbies are singing, listening to music, shopping, hanging out with my friends, talking on the phone and cooking. My career goals are to go to culinary school to become a chef. I also plan on opening my own restaurant on Hood Canal. I have a boyfriend named Aaron Johnson who is a junior in high school. We plan on getting married after we graduate. I am learning to play the guitar so that my best friend and I can start a band. Well, I guess that's all. I hope to you all sometime in the future. Peace out.



Hello, my name is **Marjorie Penn**. I live with my mom, Vicki Kruger and step-dad, Tully. We have three pets: two dogs and one cat. I have two sisters and six brothers. I'm 17 years old and I go to Choice High School. This is my fourth year working for the Tribe. This year I work in Information Services with Theresa Henderson (aka my supervisor). My hobbies include hanging out with family, playing on the computer, singing and dancing. This summer, I want to learn how to take better pictures.



# SUMMER YOUTH EMPLOYEES



Hi. My name is **Tamika Green**. My parents are Donna Penn, who also works for the Squaxin Tribe at Natural Resources, and my dad Patrick Green, who lives in Auburn. I work with the summer youth. I work at the Squaxin Island Museum. I've worked here before. I like it. It teaches me about our history as a tribal member and how great our culture is. Working with the summer youth will give me opportunities and skills for future jobs. When I graduate next year, I hope to become a Dental Assistant.



Hello, my name is **Tasha Hillstrom**. I enjoy baton twirling and all kinds of band activities, especially marching band. My favorite subjects in school are math and band. For career after college, I plan to be in computer animation. This summer I plan to learn job responsibilities. I work at the Squaxin Child Care Center helping in the kitchen. When I'm not working, I plan on working on my baton skills and hanging out with my friends. I have two sisters and I'm 15 years old. I also enjoy listening to my cousin's and his wife's band. They're really close to being famous. Trumpets Rule!



Hi, my name is **Tiffany Henderson**. I am 15 years old. Next year I will be a sophomore at Shelton High School. I work in Information Services. It's an awesome department. I live with my dad and he works in Information Services; it's pretty cool working around him. In the future, I would like to be a psychologist...it's very interesting how the brain works. I don't why, but it is. I enjoy dancing; it's like the best sport. I am on the 9<sup>th</sup> grade dance team. Out side of school, I like to shop, talk on the phone and go on the computer... oh and dance.



Hey my name is **Vanessa Ann Algea**. I live on the Squaxin Island Reservation with my Grandmother, Rose Algea. I work in Housing and Enrollment with Lisa Peters and Liz Kuntz. My supervisor is Pamela Hillstrom. What I want to accomplish from this job is a good work experience and a better understanding of how things work at the Tribal Center.



Hello, my name is **Sam Kenyon**. I work at Summer Rec. I worked here last year, and I am glad to be back. I hope it is a great year.



My name is **Starlit Sparr** and I'm 15 years old. I live with my grandma on the rez. I work at the Child Development Center where I help out with the little kids.



Hello. My name is **Wes Whitener**. This is my second year and I'm happy to be back. I'm 15 years old and, well, I hope this will be a fun experience. Like last year, I hope I see new faces in the program, so come on down. (LOL)



My name is **Taylor Wily**, and I work in construction. This is the first year I have worked for the Tribe and I kinda like it. It puts money in my pocket, and it gives me working skills. I live on Shelton-Matlock Road. I have two sisters. It's been a good summer so far.



# SUMMER YOUTH EMPLOYEES



Hi my name is **Kristy Krise**. This is my second year working with the museum. I hope to have another successful year. I am looking forward to getting more job experiences from my supervisors, Charlene Krise and Liz Yeaquo. I enjoy basketball, helping my Mom (Rose Krise) and my Dad (Alan Krise) and hanging out with my friends. In the long run, I hope to become an architect.

My name is **Kylee McCracken**. I am 16 years old and a sophomore at Shelton High School. This is my first year working in the Summer Rec program, and I am very excited. I am really looking forward to working with the youth, along with other co-workers. I'm sure I will enjoy the program and will work my hardest to make it a positive experience.

My name is **Jaron Heller**. I'm sixteen years old. This is my third year working as summer youth worker at the Tribe. It is my second year working for Natural Resources. My hobbies include archery and just hanging around outside. I'm very grateful to have the opportunity to work for the Tribe. I plan on using the money to help pay for college.

I'm **Daniel Suskin**, and I'm working with the Summer Rec program. Last year I worked with the program toward the end of summer and really enjoyed it, so I'm back again. I just graduated from Capital High School, and will become a Washington Husky in the fall. I'm looking forward to working with the kids again this year!



Hello as most of you know I'm **Yolanda Silva**. It's my 3<sup>rd</sup> year as a youth worker. I enjoy working as a Receptionist this year. I worked with Summer Rec last year. I enjoy taking care of my son, Esteven; he's four months old. I work at the front desk at the Tribal Center with my cousin, Raven. See around! Hoyt!

Hello, I'm **Morningstar Green**. I am a tribal member. I have worked for summer youth for three years now. The last two summers, I worked at the museum, and now, this year, at Summer Rec. I just hope I have a great experience and hope to see you around.

Hi, my name is **Brandon West**. I have two dogs and one cat. I like sports, mostly basketball and baseball. I like to play many different games.

I am hoping to learn a lot from my job this summer and maybe go into a job much like this in Information Services.

Hello, I'm **Dustin Greenwood**, and I'm a tribal member. My parents are Garner Greenwood and Marcella Johns. I work for Advanced Native Construction this summer and I got to work on the casino remodel.



# SUMMER YOUTH EMPLOYEES



Hi, my name is **Dillon Decicio** and I'm going into ninth grade. I'm also working at Natural Resources this summer.



Hi, I'm **Kendra Blueback**. I wanted to work at the MLRC because I thought it would be cool, and I'd get to see my Aunt Liz a lot more. My mother wanted me to get this job, so I thought it would be pretty cool. When the summer is over, I will have job experience. And for my next job in the future, I will be ready.



Hello. My name is **Nikki Seymour**. This is my first year working at the museum. My mom is Lizzie Perez. I wanted to work at the museum because I wanted to learn more about my culture and history. I also heard that it was a cool job, and I wanted to work with the Canoe Family on the Canoe Journey. That was a great experience for me. I think working with the Canoe Family and the museum will give me skills for other future jobs.



Hello, my name is **Shiloh Henderson**. I am 16 years old, and I will be a Junior next year at Shelton High School. At school, I am involved in the ASB. In the future I want to attend the University of Washington and become a School Teacher. This summer I am working at the clinic with Patty Suskin and BJ Peters.



Hello people. I'm **Madeena Rivera**. I am the daughter of Marcella Castro and granddaughter of Rose Algea. Again this summer, I've been hired as a summer youth employee with the Squaxin Island Public Safety Department. When I'm not working, I like to hang out with my little brothers at home and help my wonderful mom out with anything that I possibly can. Well, I'm going to cut this one short, so everyone take care and be safe! Hoyt!



\* *Photos are  
by Marjorie Penn*

## For Sale

Miscellaneous - desk, bookshelves,  
lots of X-Mas decorations  
(Nativity set, outdoor lights,  
candycane arbor, etc.)  
Electric Stove  
Washer and Dryer Set  
Metal Black Bunk Bed  
Gun Cabinet  
52" Color tv  
Small Blazer, Jimmy tires and rims  
Rims for small blazer or Jimmy  
Medium size cargo trailer

\$10 - \$40  
\$110 (Good condition)  
\$180 (Excellent condition)  
\$50 (Twin size)  
\$90 (Wood w/ etched glass)  
\$150 (Needs minor color adjustment)  
\$225  
\$300  
\$1,300 (Rarely used, perfect condition, white w/ eagle graphics)

**Call 360-432-9634**



# YOUTH LEADERSHIP



Top: Vanessa Algea; Right: Madeena Rivera; Bottom Left: Victoria Sanchez



like to send a big thank you to Chief Rhoades for his time and cooperation in joining us in an event like this. It really does mean a lot to us, and we appreciate him taking the time to listen, learn and speak with us. He made this a great experience for us. We had a lot of fun and a great experience with all the respect and leadership you showed us, and we are grateful for that. With our appreciation, we'd like to say thank you to the wonderful Chief of Police Robbin Rhoades! You're awesome.

We would also like to thank Grand Ronde Tribe for hosting the Native Youth Leadership and Culture Camp. Thank you to Jaimie and Bob for putting the conference together. We would be honored to visit you again.

Peace.



Madeena Rivera, Vanessa Algea and Victoria Sanchez - On June 28th - 30th, the Native Youth Leadership and Culture Conference Camp was held in Grand Ronde, Oregon. The Youth Council had two participants, along with one youth volunteer and one chaperone. The attendees were the Squaxin Island Chief of Police, Robbin Rhoades (chaperone), Madeena Rivera (Youth Council President), Victoria Sanchez (Youth Council Secretary) and Vanessa Algea (volunteer).

During the three days and two nights of this leadership camp, we learned a lot of new things, met new people from other tribes and saw a lot of things that we don't see very often around here.

There were many Native Americans that attended this leadership camp from different places and other states.

Everything that happened there was mostly related to the ways of the Native American people. There were teepees that were set up by hand and elders who told stories about the past. Young people stood up and spoke in front of everyone about the things that they want to learn and the things they want to see happen for the future comparing it to what's happening today in our culture.

This camp gave us knowledge about how we should care for ourselves and each other as leaders who do not forget about our culture.

At first we had fears that we were not going to be able to attend this leadership camp . . . we needed an adult to chaperone us.

The three youth who attended this leadership camp would





# HEALTH & HUMAN SERVICES



In this photo, Paula Henry had her feet checked by our contract podiatrist, Molina Kocchar, on June 7th.

## Got Diabetes? Check your feet EVERY day to prevent problems.

If you cannot see the bottoms of your feet, please have someone check for you or use a mirror. Most amputations can be avoided by noticing changes in your feet and taking care of any problems quickly. In addition to checking daily, all people with Diabetes need to have their feet checked every year by a foot doctor, or podiatrist. Dr Molina Kochhar will be back to check more feet on Tuesday, September 13th. If you need more information on what to look for when checking your own feet, or want an appointment with Dr Kochhar, Call Patty Suskin, Diabetes Coordinator, at (360) 432-3929.

**Squaxin Island  
Community Members,**  
If you have any questions about  
HIV/AIDS,  
please contact at the SPIPA office:  
Jutta Reidiger  
Phone: (360)426-3990  
Email: reidiger@spipa.org  
OR  
Michael Maxell  
Phone: (360)426-3990  
Email: maxwell@spipa.org



## Kudos to the Healthy Habits group!

Thank you for taking charge of your own health! The Healthy Habits Group meets every Tuesday in the Tribal Center Lunch Room from noon to 1:00 p.m. The holiday weekend did not stop these participants on Tuesday, July 5th from making their health a priority!

Anyone is welcome to join anytime! Attend when you can. Meetings, travel and more happens and prevents everyone from attending all the sessions. We understand! So come when you can! For information, call Patty Suskin, Diabetes Coordinator, at (360)432-3929 or stop by the clinic.

*L-R: Melanie Vigue, Pam Hillstrom, Elaine Moore, and Penni Giles,  
part of Healthy Habits Group at July 5th meeting*



Front row: Tiana Henry; Back Row, L-R: Ruth Whitener, Leila Whitener, Carolyn Hoosier and Bertha and Harry Fletcher.

## Scrapbooking Fun

We had scrapbooking fun on June 30th, preserving those special memories! The Scrapbooking Workshop was coordinated by Ruth Whitener and was held in the Elder's Building. Attendees included JeNene Miller, Sharon Johns, Bertha Fletcher, Carolyn Hoosier, Ann Parker and Merline Lewis. Thank you, Ruth, for offering this workshop, and to Leila Whitener for assisting! Ruth plans to offer other scrapbooking workshops in the future, so let her know if you are interested!



## Join us for Thursday Walks!

Thank you to those pictured for walking on Thursdays. The group above walked together on Thursday, June 30. It is a great way to chat with community members and get some exercise, too!

Come join us on our Thursday Walks! You set the pace. It is not a race. Enjoy short stroll around the REZ. We leave from the Elder's Building about 12:30 or 12:40 p.m. - right after lunch!

Thank you, Carolyn Hoosier, Bertha Fletcher and Harry Fletcher for being our "regulars" on the Thursday walks. This photo was taken on July 7th near some of the new homes under construction on the Rez. Thank you also to Ditto (in Carolyn's arms) for joining in. Everyone is welcome to meet us at the Elder's building for a brief walk. For more information, contact Patty Suskin, Diabetes Coordinator at (360)432-3929.



## CHOOSE TO LIVE!

New FREE Patient Resource: "Choose to Live: Your Diabetes Survival Guide"

The American Diabetes Association and the American College of Cardiology have created a new resource called "Choose to Live: Your Diabetes Survival Guide," a 32-page booklet that covers the "need to know" information about diabetes. The guide includes self-management tools for tracking important tests and goals, meal planning tips, and practical advice for managing all parts of diabetes care.

To receive a free copy, call  
1-800-DIABETES  
1-800(342-2383)

or  
send an e-mail request with mailing  
address to AskADA@diabetes.org.

The guide can also be downloaded at  
<http://www.diabetes.org/uedocuments/ChooseGuide.pdf>

Contact Patty Suskin, Diabetes Coordinator  
for additional information at (360)432-3929

## Get Screened for Diabetes and Pre-Diabetes

*You can live a longer life!*

Every 25 seconds, someone in the U.S. is diagnosed with diabetes. Millions more have the disease and don't know it. Blood sugars out of control can cause problems with kidneys, heart, blood pressure, stroke and more. Make an appointment to get screened for diabetes today! You can reduce your likelihood of these problems.

If you are age 45 or older, ask your doctor to screen you at least every 3 years for diabetes and pre-diabetes. Studies have proved that lifestyle changes such as eating healthier and increasing your activity can stop the progression of diabetes by 58%.

If you are under age 45 and overweight, Be screened for diabetes if you have any of the following:

1. High blood pressure
2. Low HDL cholesterol (below 35) (this is "good" cholesterol)
3. High triglycerides (over 150 mg/dl)
4. Family history of diabetes
5. Native American, African-American, Latino, Asian-Pacific Islander
6. Women who had gestational diabetes during pregnancy or gave birth to a child more than 9 pounds
7. Physically inactive



# HEALTH & HUMAN SERVICES

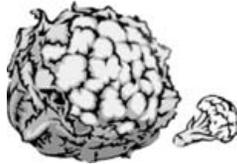


## A New Twist on Tacos

Tacos can be a quick meal or snack. Stock your kitchen with canned beans to help make tacos in a hurry. Here are some ideas for a bit of variety in your tacos or burritos, and some healthy ideas you may like to try... why not pick something from the list for a change of pace?

### Filling ideas (protein sources):

- Chicken
- Elk
- Eggs
- Salmon
- Pork
- Pinto beans
- Black beans
- Kidney beans
- Shredded cheese
- Refried beans



*Have you tried these sliced, or chopped, or shredded cooked or raw - you choose!*

*Many vegetables are high in fiber and vitamins.*

- Tomato
- Onion (try green, red or sweet!)
- Bell peppers
- Broccoli
- Lettuce
- Spinach
- Corn
- Carrots
- Potatoes
- Leftover cooked vegetables
- Salsa
- Cabbage
- Sprouts
- Zucchini

*How about a different type of tortilla?*

- Whole Wheat
- Tomato
- Spinach
- Corn

**These are just a few ideas. Be creative and try your own combinations! Some examples of building a taco from these suggestions:**

- Elk, spinach, salsa, cheese, black beans, refried beans in a whole wheat tortilla
- Eggs, potato, tomatoes, pinto beans, onion in a spinach tortilla
- Shredded chicken, salsa, chopped broccoli, cheese, kidney beans, in a corn tortilla
- Pork, cabbage, black beans, shredded carrots, sour cream, salsa in a corn tortilla

## MEAL PROGRAM MENU

A salad bar will be available at each meal, as well as fresh fruit or fruit salad. Beverages available each meal: 2% milk, fat free milk, crystal light, water, coffee, tea, hot chocolate. Sandwiches are available on request instead of the entrée listed. Want seconds? - Just ask or help yourself! Free to seniors 55 and older and \$3 for all others.

Food Group	Monday	Wednesday	Thursday
Meat/Meat Alternate Vegetable Starch	1 Roast Turkey Mixed Vegetables Mashed Potatoes	3 Elders Dinner at LCCR	4 Beef Tacos Corn/Taco Fixings Rice, Refried Beans
Meat/Meat Alternate Vegetable Starch	8 Tuna Melt Four Bean Salad Wheat Bread	10 Pork Roast Broccoli Scalloped Potatoes	11 Chicken Roll-ups String Beans, Salad Bar Orzo
Meat/Meat Alternate Vegetable Starch	15 Sandwich Bar Salad Bar, Barley Soup Assorted Breads	17 Ham & Scrambled Eggs Veggies and Fruit Waffles	18 BBQ Chicken Coleslaw Red Potatoes
Meat/Meat Alternate Vegetable Starch	22 Elk Roast Brussel Sprouts Mashed Potatoes	24 Sour Cream Chicken Steamed Vegetables Wheat Rolls	25 Chicken Fried Steak Peas Mashed Potatoes
Meat/Meat Alternate Vegetable Starch	29 Venison Pot Pie Steamed Carrots Biscuits	31 Spaghetti Steamed Vegetables French Bread	





## Outdoor Activity of the Month

*Learn the forest of the Centennial Demonstration trail*

### WHERE

Six miles south of U.S. Highway 101, the Centennial Demonstration Forest Trail is off of Delphi Road in the Capitol State Forest. Its a shorter version of its neighbor, the McLane Creek Nature Trail.

### TO DO

Hike through the tunnel of untouched vegetation on the 0.75-mile loop. The serene environment offers a perfect getaway from noise surrounding the city. Escape during the half-hour walk, embracing the sounds of rain dripping off millions of leaves or hearing the songs of birds echoing from tree to tree.

### TO SEE

Forest fact signs are placed along the trail to make sure the hikers get a piece of forest knowledge along with a gorgeous view. Rain or shine, the trail beams with bright shades of green and brown in every direction. In various parts of the hilly terrain, the vegetation is so thick, the sky is no longer visible. This trail offers a cool getaway from the hot summer sun.

### HIKE DETAILS

The Centennial Demonstration Forest path is a narrow, bark-chip trail going up and down small hills. The trail crosses natural creeks trickling down the hillside. Kick back and enjoy the sights and sounds of the Capitol Forest on one of the trail's two benches. There is no restroom on the Centennial Demonstration Forest Trail, but farther down the road at the McLane Creek Nature Trail, a restroom is available. This trail would also be enjoyable for dogs -- just make sure they stay on a leash.

### EQUIPMENT

A water bottle is recommended because there is no place to get water along the way. Hiking or fitness shoes also are needed because this is a trail, not a paved path.

### DIRECTIONS

Take Hwy 101 south toward Olympia. Take the Mud Bay Road Exit and turn left, take the freeway overpass and drive up the hill. Turn right onto Delphi Road. Follow Delphi for approximately six miles. Take a right onto McLane Creek and Centennial Demonstration Forest Road. There will be a sign. Park in the first parking lot for the Centennial Demonstration Forest Trail.

### SAFETY AND RULES

The trail is narrow and will have roots and rocks poking out of the ground in various areas. Watch out for some unmarked hazards, such as fallen trees that might be next to or blocking parts of the trail. Bug repellent also is recommended. Drive with caution. Keep speed under 25 mph. No littering. Stay on the path and do not go onto closed trails. Respect the rights of others on the trail.

### PARKING

Parking is available next to the trailhead. The Centennial Demonstration Forest Trail parking lot is the first parking area on the right side of the road. Parking is limited, so if possible, try to car pool.



### INFORMATION

More information can be found on the Washington State Department of Natural Resources Web site or by calling 800-527-3305, ext. 111. Also, refer to the City of Olympia Regional Trail Guide information regarding this trail and many others.

Join us for a

## Walk at the Nisqually Refuge

Thursday, August 11th

Depart from Elder's Building at 9 am



## Back in time for Elder's Lunch

Sign up with Patty Suskin (360)432-3929

or BJ Peters (360)432-3884





## The Supermarket Tour

**Shiloh Henderson** - On July 11th, there was an opportunity for community members to accompany Patty Suskin to the supermarket to get more information on the food they are eating. Patty wanted to teach people about the nutrition labels on foods and what they mean in their everyday food selections. For this particular trip there were four people attending. So we all set off to Fred Meyer.

Our first stop was at the breads. We learned that breads do not have much saturated fat in them and can be a food source of fiber, but some breads have very little fiber. **Look for breads that have at least 3 grams of fiber per slice for good health.** Patty showed us that the Food and Drug Administration (FDA) has recommendations on the labels based on 2,000 calories in a day. For 2,000 calories a day, the FDA recommends for example, that we eat less than 65 grams of fat and 25 to 35 grams of fiber each day.

When reading a food label, she tells us, the first thing you should be looking for is the serving size. **The serving size tells you what the Nutrition Facts Label is talking about.** If you eat more than the serving size, you will need to increase the calories and other information from the serving size listed. If you eat less than the serving size, you will want to decrease the calories from the list.

We continued on in the store and stopped by the milk. There has been misleading labeling on the milk companies' end. In fact, 2 % milk is not 2% fat as is understood by most people. The percent refers to the weight of the product, not the calories. **We calculated out the percent of fat in 2% milk and it turned out to be 36% of the calories; same with 1%, except that its 18% of the calories from fat.** We were told that the best milk for you to drink is fat free. It has fewer calories, less fat, the same nutrients and

the same carbohydrate. However, if you are used to drinking whole or 2% milk, it may be hard to change. You can mix different milks together until you get used to the healthier milk. Everyone is encouraged to switch to a lower percent milk because it is healthier in the long run.

The next few stops were by the yogurt, cereal, and frozen food sections. Yogurt gives us calcium. Patty tells us that many teenagers are not getting enough calcium. Drinking milk is another good source of calcium. **Patty wanted us to try eating cereals with higher fiber contents in them because fiber is important for good health and preventing several health problems. She suggested adding some high fiber cereal to our regular cereal or yogurt.** This will also increase the amount of fiber we are obtaining.

We ended the supermarket part of our tour by picking out some fruits and vegetables that we had not yet tried. This included apricots, grape tomatoes and English cucumbers. Our tour concluded at the tribal center where we had food tasting. BJ prepared sweet potatoes with apples, 4 bean salad and Swiss chard. There were also fresh veggies such as jicama and snap peas for us to try. People who worked in the building were welcome to come and taste any of the food, and they did.

**The next Supermarket Tour will be Wednesday, September 28, 2005. Let Patty know if you are interested. (360)432-3929**





## Reading Food Labels

### Three steps for success

**1. Start with the serving size.** The top two lines on the Nutrition Facts panel are the place to start your nutrition investigation. Here you'll find the Serving Size (in common household measures and as weight in grams) as well as the Servings Per Container. Now, measure the amount you usually eat and compare it to the serving size listed on the label. If your usual portion is twice the serving on the Nutrition Facts panel, you need to double the numbers for calories, fat and all the nutrients listed on the label.

**2. Check out the calorie content carefully.** Calories do count. Maintaining a healthy weight is about balancing the calories you consume from foods and beverages with the physical activity that you do. Calories are listed as total Calories and as Calories from Fat – for the portion size listed. Since moderately active adults need about 2,000 calories per day, aim for about 500 calories per meal – with a couple of smart snacks at 250 calories each. When one serving of a single food item has over 400 calories per serving, it is high in calories.

**3. Make decisions using % Daily Value (DV) for nutrients.** The % Daily Value column provides a quick check on the nutrition value of any food or beverage choice. Percent Daily Value (% DV) is based on 2,000 calories – about right for moderately active adults. Your needs may vary with your activity level. For all nutrients on food labels, 5% or less Daily Value is low and 20% or more Daily Value is high. Look for low DV on calories, fat, saturated fat, cholesterol, sodium, and sugars. Look for high DV on fiber, protein, minerals, and vitamins.

#### What will you do for a healthier YOU?

- I will read at least one new food label every time I shop for groceries.
- I will read the Nutrition Facts panel on packaged snacks and beverages.
- I will choose items with 20% DV for vitamins, minerals, and fiber.
- I will \_\_\_\_\_

*Submitted by Patty Suskin, Diabetes Coordinator, Courtesy of Eat Right Montana*



## Upcoming Health Events

### BRIEF WALK

Every Thursday at 12:40  
Meet at the Elder's Building

### MAMMOGRAM & WOMEN'S HEALTH

August 25, September 22  
Call Rose Algea @ 360-432-3930

### YOUTH DIABETES PREVENTION ACTIVITIES

Summer Youth Program, Twice a Week  
Wacky Nutrition Scientist & Pals  
Vegetable & Fruit Tasting  
Physical Activity

### DIABETES SUPPORT GROUP

Next meeting August 29th  
1:00 - 2:00 p.m.  
Walk at 12:45, Talk 1:00 - 2:00 p.m.  
Clinic lower level conference room

### HEALTHY HABITS FOR LIFE

Take charge of your health!  
Tuesdays noon to 1:00 p.m.  
Tribal Center Lunch Room

### RECIPE TASTING AT COMMODITIES

Monday, August 8<sup>th</sup>

### WALK TO NISQUALLY MEDICINE TREE

Thursday, August 11th  
Meet at 9:00 a.m. at Elders Building  
Back in time for Elders lunch

### KITCHEN CREATIONS

Hands-on recipe preparation-  
We'll make stirfry!  
Wednesday, August 31<sup>st</sup> 10:30 am to 1 p.m.  
Tribal Center Lunch Room  
Limited to 11 participants

### FOOT EXAM MORNING FOR PEOPLE WITH DIABETES

Tuesday, September 13  
9:00 a.m. to noon at the clinic  
Appointments for people without Diabetes will be on a space-available basis

### SUPERMARKET TOUR/ NUTRITION FACTS LABEL READING WORKSHOP

Wednesday, September 28<sup>th</sup>  
Meet at Elder's Building at 1 p.m.  
We will go to Fred Meyer in Shelton then return to the Tribal Center Lunchroom to taste a recipe at 3:00 p.m.

### QUESTIONS OR TO RSVP

Contact Patty Suskin,  
Diabetes Coordinator  
at 360-432-3929  
or BJ Peters at 432-3884.



## Congratulations Winners



**Rose Blueback**  
May Women's Health



**Pam Hillstrom**  
May Mammogram



**Nancy Moore**  
June Women's Health



**Janice Leach**  
June Mammogram

## Recipe Tasting at Commodities!



On Monday, July 11th, BJ Peters, Health Promotion Assistant, and Shiloh Henderson, Summer Youth worker with Health & Human Services, provided samples of 4-Bean salad, jicama and snap peas. They also provided the 4-bean salad recipe and other written nutrition information for participants to take home. In this photo, Shiloh and BJ assist Sam Penn and Loretta Case with the samples and information available. Look for them again at commodities on Monday, August 8th with different samples!

## Emergency Room Guidelines

An emergency may be defined as "a threat to the loss of life and/or limb." Because the Emergency Room is the most expensive way of obtaining medical care and Contract Health Services does have limited funding, it is important that you use the Squaxin Island Health Clinic whenever possible.

If the Clinic is closed, both Shelton Family Medicine (426-2653) in Shelton and Westcare Clinic (357-9392) in Olympia have extended business hours. Shelton Family Medicine is open Monday through Thursday from 8:00 a.m. until 8:00 p.m., Fridays from 8:00 a.m. until 5:00 p.m. and Saturday from 8:30 a.m. until 5:00 p.m.

Westcare Clinic is open Monday through Friday from 8:00 a.m. until 8:00 p.m. and Saturday and Sunday from 9:00 a.m. until 5:00 p.m. Either of these offices can advise you on how to handle a medical problem.

Below are some situations in which you might need to go to a clinic or emergency room. Please note that this is not a complete list, and is only meant to provide you with a few examples.

### GO TO A CLINIC

- Ear ache
- Cough
- Ingrown finger/toenail
- Bronchitis
- Minor cuts & burns
- Headache
- Colds

### EMERGENCY ROOM

- Amputation
- Heart attack
- Profuse bleeding
- Coughing & vomiting blood
- Sexual assault
- Acute asthma attack

***If you find yourself in an emergency situation, please use Mason General Hospital or St. Peter Hospital. The Tribe has a 15% discount with these facilities.***



## The Wacky Nutrition Scientist and Summer Rec with Youth

The Wacky Nutrition Scientist, (Patty Suskin) and pals from the HHS department (BJ Peters, Shiloh Henderson and Dave York) are visiting the youth at the Summer Rec program twice a week. Activities for Diabetes Prevention include activities such as snake tag and other tag games, hop scotch, double dutch jump rope and more. In addition, they are providing healthy food tastings with surveys about eating vegetables and fruits. The foods for tasting and the surveys are part of the Basic Food and Nutrition Education Program (BFNEP) grant. We will make parfaits again this year as well as smoothies! See you there!



On Tuesday, July 12th (pictures below), the Wacky Nutrition Scientist (Patty) and pals (BJ, Shiloh and Dave) bring carrots, broccoli, jicama and bell peppers for the youth to taste. In the third picture, BJ and Summer Rec worker, Kylee, help the youth to the samples. In the middle photo, Shiloh takes a survey with Claudia. In this first photo, Patty explains that women with a waist of 35 inches or over and men with a waist of 40 inches or over are at risk for diabetes. The youth enjoy checking their waist measurements as Patty encourages the kids to continue to be active and eat vegetables and fruits every day. Language coordinator, Barbara Whitener, looks on as Patty takes the measurements. Barbara assisted the youth in learning the word for carrot and a phrase for taking good care of yourself. See you at the Summer Rec Program in August!





## Home Ownership Dreams Can Come True!

### *Tribal 184 Loans:*

These loans are offered to any Native American enrolled in a tribe, and can be used for purchases both on and off reservation lands. These are for owner occupants only.

This loan can be used for the following:

Buy an existing home, including duplex and fourplex units.

Buy and rehab an existing home (rehab costs are financed in and paid as work is completed).

Build a new home, on a one-third close, with any cost for the land and improvements included and paid as work is completed. Duplex and fourplex units can also be built.

Put a new manufactured home on land, as long as there will be a permanent foundation that meets FHA guidelines.

Buy an existing manufactured home, as long as it is on a permanent foundation, which meets FHA guidelines.

Refinance loans, including remodeling, adding foundations, cash out, etc.

If you are interested in finding out more information on Section 184, please contact Lisa Peters at 432-3871

## Cut Cooling Costs

Warm weather is here and hot weather will be here in the near future. Saving energy and lowering your energy bill is important for all families.

During the hot weather you can cut your cooling costs and lower your energy bills by following a few simple tips.

Open windows and use portable or ceiling fans instead of operating your air conditioner.

Use a fan with your window air conditioner to spread the cool air through your home.

Use a programmable thermometer with your air conditioner to adjust the setting at night or when no one is at home.

Don't place lamps or TVs near your air conditioning thermostat. The heat from these appliances will cause the air conditioner to run longer.

You can save as much as 10% a year on your heating and cooling bills by simply turning your thermostat back 10 to 15 percent for eight hours. You can do this automatically without sacrificing comfort by installing an automatic setback or programmable thermostat.

Using a programmable thermostat, you can adjust the times you turn on the heating or air conditioning according to a pre-set schedule. As a result you don't operate the equipment as much when you are asleep or when the house or part of the house is not occupied. (These thermostats are not meant to be used with heat pumps) Programmable thermostats can store and repeat multiple daily settings (six or more temperature settings per day) that you can manually override without affecting the rest of the daily or weekly program. When shopping for a programmable thermostat, be sure to look for the ENERGY STAR label.

*Article from: The NEBLINE*

## Tips for a Safe Kitchen

Kitchens are one of the busiest and most dangerous rooms in the house. Summer is a great time to teach kids about safety in the kitchen.

Here are some tips to keep you and your family safe in the kitchen:

Keep stove tops clean. Grease and food can catch on fire. If a grease fire starts, use the pan's lid to smother the fire. **DO NOT** use water on grease fires.

Store knives in a safe place away from children's reach.

Cut food on a clean cutting board and when cutting foods, cut away from you. Wear closed-toed shoes to protect against a dropped knife.

Keep the kitchen clean. Wipe up spilled beverages, grease or food immediately. This prevents falls and discourages insects and rodents that can carry disease.

Wash hands before, during and after cooking to prevent the spread of germs. Change the dishcloth and dishtowels daily.

Dry your hands completely before operating an electrical appliance. Unplug the appliance when not in use.

Use an oven mitt or hot pad when removing food items from the oven or microwave oven. Most burns occur on hands.

Store household cleaners, disinfectants and insecticides in original containers away from food and children to prevent poisoning.

Keep dish towels and curtains away from the stove to prevent them from catching fire.

Wear short sleeves or roll long sleeves while cooking.

Remove the lid from a pan by lifting the lid away from you so the steam does not burn you.

Turn the pan handles away from the front of the stove, but not over another burner.

Use a step stool or sturdy chair for reaching high shelves.

## Don't Be A Victim Of Loan Fraud - Protect Yourself from Predatory Lenders

Buying or refinancing your home may be one of the most important and complex financial decisions you'll ever make. Many lenders, appraisers, and real estate professionals stand ready to help you get a nice home and a great loan. However, you need to understand the home buying process to be a smart consumer. Every year, misinformed homebuyers, often first-time purchasers or seniors, become victims of predatory lending or loan fraud. *Don't let this happen to you!*

### 11 Tips On Being A Smart Consumer

1. Before you buy a home, attend a homeownership education course offered by the U.S. Department of Housing and Urban Development (HUD)-approved, non-profit counseling agencies.
2. Interview several real estate professionals (agents), and ask for and check references before you select one to help you buy or sell a home.
3. Get information about the prices of other homes in the neighborhood. Don't be fooled into paying too much.
4. Hire a properly qualified and licensed home inspector to carefully inspect the



# YOUR MONEY



property before you are obligated to buy. Determine whether you or the seller is going to be responsible for paying for the repairs. If you have to pay for the repairs, determine whether or not you can afford to make them.

5. Shop for a lender and compare costs. Be suspicious if anyone tries to steer you to just one lender.
6. Do NOT let anyone persuade you to make a false statement on your loan application, such as overstating your income, the source of your down payment, failing to disclose the nature and amount of your debts, or even how long you have been employed. When you apply for a mortgage loan, every piece of information that you submit must be accurate and complete. Lying on a mortgage application is fraud and may result in criminal penalties.
7. Do NOT let anyone convince you to borrow more money than you know you can afford to repay. If you get behind on your payments, you risk losing your house and all of the money you put into your property.
8. Never sign a blank document or a document containing blanks. If information is inserted by someone else after you have signed, you may still be bound to the terms of the contract. Insert "N/A" (i.e., not applicable) or cross through any blanks.
9. Read everything carefully and ask questions. Do not sign anything that you don't understand. Before signing, have your contract and loan agreement reviewed by an attorney skilled in real estate law, consult with a trusted real estate professional or ask for help from a housing counselor with a HUD-approved agency. If you cannot afford an attorney, take your documents to the HUD-approved housing counseling agency near you to find out if they will review the documents or can refer you to an attorney who will help you for free or at low cost.
10. Be suspicious when the cost of a home improvement goes up if you don't accept the contractor's financing.

11. Be honest about your intention to occupy the house. Stating that you plan to live there when, in fact, you are not (because you intend to rent the house to someone else or fix it up and resell it) violates federal law and is a crime.

## What is Predatory Lending?

In communities across America, people are losing their homes and their investments because of predatory lenders, appraisers, mortgage brokers and home improvement contractors who:

- Sell properties for much more than they are worth using false appraisals.
- Encourage borrowers to lie about their income, expenses, or cash available for down payments in order to get a loan.
- Knowingly lend more money than a borrower can afford to repay.
- Charge high interest rates to borrowers based on their race or national origin and not on their credit history.
- Charge fees for unnecessary or nonexistent products and services.
- Pressure borrowers to accept higher-risk loans such as balloon loans, interest only payments, and steep pre-payment penalties.
- Target vulnerable borrowers to cash-out refinances offers when they know borrowers are in need of cash due to medical, unemployment or debt problems.
- "Strip" homeowners' equity from their homes by convincing them to refinance again and again when there is no benefit to the borrower.
- Use high pressure sales tactics to sell home improvements and then finance them at high interest rates.



## What Tactics Do Predators Use?

- A lender or investor tells you that they are your only chance of getting a loan or owning a home. You should be able to take your time to shop around and compare prices and houses.
- The house you are buying costs a lot more than other homes in the neighborhood, but isn't any bigger or better.
- You are asked to sign a sales contract or loan documents that are blank or that contain information which is not true.
- You are told that the Federal Housing Administration insurance protects you against property defects or loan fraud - it does not.
- The cost or loan terms at closing are not what you agreed to.
- You are told that refinancing can solve your credit or money problems.
- You are told that you can only get a good deal on a home improvement if you finance it with a particular lender.

Remember:

If a deal to buy, repair or refinance a house sounds too good to be true, it usually is!

Housing counselors working at HUD-approved agencies can help you be a smart consumer. To find a counselor near you, call (800) 569-4287 or go to HUD's housing counselors list online.

## A Special Thank You

I would like to thank both the Squaxin Island and Skokomish Education departments.

First, at TLC, I would like to thank Kim, Mark, Lisa and Walt for all their support with my college education. Thank you for the gifts: a pair of cedar "frog" earrings and the Sacajawea coin. I appreciate all of their help and guidance.

I would also like to thank Gordon Nelson, Joy Gonyea, Carol DittBenner and LaMetta LaClair for their support while working at Oakland Bay Junior High School. I thank you all for the gifts: a Pendleton Blanket and a \$100 gift certificate to Barns & Nobles. It was great working with all these people.

- Ruth Whitener



### A Special Thank You!

#### *Squaxin Island Childcare Center*

I would like to express a deep gratitude to Jim Kindle. He is running an outstanding childcare facility. I appreciate the dedication of ALL the employees at the Squaxin Island Childcare facility, and want you all to know that I am grateful to have somewhere safe for my granddaughter, Nokomis Butterfly Faye Decicio, to be. A special thank you to Angelina too!

With love and gratitude

- Joanne Faye Decicio

"Nokomis's Grandma-Ma"

### Corrections

Missy Cooper was incorrectly identified in last month's Klah-Che-Min as Elizabeth Cooper. Congratulations Missy and apologies Missy and Elizabeth!

In June's Klah-Che-Min Doug Johns was incorrectly identified as Dave Johns. Apologies Doug and Dave! Nice work constructing the Farmers Market Doug!



### Crabby Old Woman

Submitted by Loretta Case

What do you see, nurses?  
What do you see?  
What are you thinking  
When you're looking at me?

A crabby old woman,  
not very wise,  
Uncertain of habit,  
With faraway eyes?  
Who dribbles her food  
And makes no reply  
When you say in a loud voice,  
"I do wish you'd try!"  
Who seems not to notice  
The things that you do,  
And forever is losing  
A stocking or shoe?  
Who, resisting or not,  
Lets you do as you will,  
With bathing and feeding,  
The long day to fill?  
Is that what you're thinking?  
Is that what you see?  
Then open your eyes, nurse,  
You're not looking at me.  
I'll tell you who I am  
As I sit here so still,  
As I do at your bidding,  
As I eat at your will.

I'm a small child of ten  
With a father and mother,  
Brothers and sisters  
Who love one another.  
A young girl of sixteen  
With wings on her feet  
Dreaming that soon now  
A lover she'll meet.  
A bride at twenty,  
My heart gives a leap,  
Remembering the vows  
That I promised to keep  
At twenty-five now,  
I have young of my own,  
Who need me to guide  
And secure a happy home.

A woman of thirty,  
My young now growing fast,  
Bound to each other  
With ties that should last.  
At forty, my young sons  
Have grown and are gone,  
But my man is beside me  
To see I don't mourn.  
At fifty once more,  
Babies play around my knees,  
Again we know children  
My loved one and me.

Dark days are upon me,  
My husband is dead,  
I look at the future,  
I shudder with dread.

For my young are all rearing  
Young of their own,  
And I think of the years  
And the love that I've known.  
I'm now an old woman  
And nature is cruel;  
'Tis jest to make old age  
Look like a fool.  
The body, it crumbles,  
Grace and vigor depart,  
There is now a stone  
Where I once had a heart.

But inside this old carcass  
A young girl still dwells,  
And now and again,  
My battered heart swells.  
I remember the joys,  
I remember the pain,  
And I'm loving and living life over again.  
I think of the years  
All too few, gone too fast,  
And accept the stark fact  
That nothing can last.  
So open your eyes, people,  
Open and see,  
Not a crabby old woman;  
Look closer . . . see me!!!



### Tribal Council Resolutions

**05-57:** Authorizes SPIPA to administer the FY05 Family Violence Prevention Grant on behalf of the Tribe

**05-58:** Enrolls Alonzo Grant

**05-59:** Enrolls Dylan Hyder

**05-60:** Agrees to participate as one of four study sites in the Washington Indian Gaming Association's study of Indian gaming

**05-61:** Approves the adoption of the United States Food and Drug Administration 2001 Model Food Code by the Squaxin Island Gaming Enterprise for use in its Little Creek Casino Resort and also approves the gaming enterprise's enrollment in the United States Food and Drug Administration's Program Standards and authorizes publication of the Tribe's name in the National Registry

**05-62:** Approves and supports the watershed education efforts and teaching of Squaxin Island Tribal history, the Tribe's relationship to shellfish historically and contemporary shellfish culture and shellfish management to students grades 4 through 12 by the Thurston Conservation District's South Sound GREEN Program

**05-63:** Approves a contract between the Tribe and Kanji & Katzen, PLLC (attorneys) for continued litigation support and negotiation in the ongoing shellfish litigation

**HARSTENE ISLAND  
LAND FOR SALE**  
5.1 acres for sale on the salt water  
Low to mid-bank  
200 feet of waterfront  
Yates Road  
Tax Parcel # 22136-75-00010  
Lot #1  
Call Bud Kerr 1-360-807-20091  
Price \$125, 000

### A Special Thank You

#### *A Great Big Thank You*

#### *to Carolyn Hoosier and Penni Giles*

I thanked you both verbally, but wanted you both to know, it was deeply appreciated, the time to make a button blanket for Chasity Decicio. The kindness you showed meant a lot to us! Thank you so much - Chass passed her GED tests quickly and your time and effort allowed Chasity to participate in the Shelton high School graduation celebration for Native Americans with her own button blanket! She has taken good care of it. Thank you both so much!

- Joanne Decicio and family

### New Employee



#### **Janna Johnsen**

#### *Human Resources Staffing Assistant*

Hello, my name is Janna Johnsen. It has been my privilege to work for the Squaxin Island Tribe as a Human Resources Staffing Assistant since early June, and it has been a great experience. Before joining the staff here, I was a substitute teacher. I substituted in all grades K through 8, but my favorites were grades K through 3. After substituting for several years, I decided it was time for a change.

I have two children, a 23 year-old son and a 21 year-old daughter. Ryan just graduated from CWU and Kari will be a senior at UP. Since neither of them is living at home anymore, it is quiet at our place in the country. It has been exciting to meet new people and to work in your beautiful Tribal Center.

### Welcome John Edward Krise III



Born to John and Shayla Krise  
March 23rd

to become the treasure of proud  
grandparents John and Gloria Krise



### Happy First Birthday Christopher Eugene



**We love you!**

**Love always Mom & Dad  
Linsey and Gary Brown**



# OH SUMMER!





### Squaxin Island Child Development Center Celebrates One Year Anniversary!!

On Saturday, August 13 from 10am – 2pm the Squaxin Island Child Development Center will celebrate it's one (1) year anniversary with it's 1<sup>st</sup> Ever "Summer Blast"! Festivities will include an Inflatable Jumper, Touch Tanks, Toddler Driving School, Dunk Tank, Prizes, Food, and more! Also KRXY Roxy 94.5 will join us for the afternoon and be giving away special prizes!!

More importantly though we will celebrate and congratulate our 1<sup>st</sup> Preschool Graduates! These former preschoolers who will now be kindergartners will be in the spotlight the whole afternoon! Special Guests, Awards, and their very own Graduation Ceremony will take place at 12:00 noon.

For more information call the Center at (360) 426-1390!! We will see you there!

### So You Smoked Pot

And now your kid is trying it, and you feel like you can't say anything...like you'd be the world's biggest hypocrite if you did. Get over it. Smoking pot can cause serious negative health effects and could lead to other risky behaviors.

YOU are the parent. It is up to you to set the rules if you expect your kid to live drug-free, no matter how hypocritical it makes you feel.

Get Past the Fear — Take Action!

It is a critical time for your family once you suspect - or know - that your son or daughter is using drugs or alcohol. The longer you wait, the harder it will be to deal with your child's drug use. Fortunately, there are ways to prevent the situation from getting worse.

*Do you suspect your teen is using?*

**Learn the signs and symptoms of drug use.**

*You've found out your teen is using drugs. What should you do?*

**Take action.**

1st Annual "Summer Blast"

### Squaxin Island Child Development Center




Come celebrate with Family and Friends our One Year Anniversary and Congratulate our 1st ever Preschool Graduates!

- Inflatable Jumper,
- Dunk Tank,
- Touch Tanks,
- KRXY Roxy 94.5,
- Preschool Graduation,
- Toddler Driving School,
- Raffles, Food, and More!!

For more information call Jim Kindle  
Phone #: 360.426.1390

**Date: Saturday, August 13, 2005**  
**Time: 10:00am—2:00pm**



LEARNING FOR LIFE!



# COMMUNITY



## Happy Birthday

Arron Edgley	8/1	Virginia Farron	8/17
Darla Whitener	8/1	Irvin Fletcher	8/17
Nathan Shelton	8/1	Roy Perez	8/17
Jeremie Walls, Jr.	8/1	Anthony James	8/18
Darlene Wood	8/3	Melissa Miller	8/18
Tyrone Seymour	8/4	Ariel Choate-Krise	8/20
Lawton Case	8/4	Kayla Johnson	8/20
Leighton Case	8/4	Greg Glover	8/22
Kelly Jones	8/4	Jessica Johns	8/22
Christopher Brown	8/5	Rene Larios	8/22
Josh Miller	8/5	Eva Charles	8/23
Lois Cuch	8/6	Nicole Cooper	8/24
David Johns	8/7	Victoria Sanchez	8/24
Bob Koshiway, Jr.	8/7	Mitch Carrington	8/25
Lisa Frodert	8/8	Eden VanCleave	8/26
Chasity Parish	8/9	Meghan Brandt	8/27
Nikieta Fox	8/9	Rhonda Foster	8/28
Juliet James	8/9	Lindsey Harrell	8/29
Larry Melton	8/9	Angelo Rivera	8/29
David Peters, Jr.	8/9	Joseph Furtado	8/29
Marilyn McFadden	8/11	Cathy Campbell	8/30
Alex Garcia	8/12	Debra Henry	8/30
Chucky Wilbur	8/14	Loreta Krise	8/30
Elena James	8/14	Euphamie Whitener	8/30
Lewellyn Parker	8/15	Ruben Vasquez	8/30
Mathew Cooper	8/16	Loretta Krise	8/31
Rachel Johns-Edwards	8/16		



**Happy Belate Birthday**  
**Violet Rose**  
**Love,**  
**Mom, Sisters and Brothers**

**Happy Belated Birthday**  
**Lester**  
**Love,**  
**Mom, Sisters and Brothers**

**Happy Belated Birthday**  
**Elena & Clara**  
**Love,**  
**Mom, Sisters and Brothers**

**Happy Belated Birthday**  
**Elijah**  
**Love,**  
**Mom, Gramma, Aunties and Uncles**

**Happy Belated Birthday**  
**Moody**  
**Love, Mom**  
**and the Rest of the Family**

**Happy Birthday Roy**  
**Love,**  
**Mom, Winter, Michael,**  
**Sisters and Brothers**

**Happy Birthday Tyrone**  
**Love,**  
**Mom, Sisters, Brothers**  
**and the Rest of the Family**

**Happy Birthday Alex Brown**  
**Love,**  
**Gramma Lizzy, Auntie Terri,**  
**Mom, Dad**  
**and the Rest of the Family**

## What's Happening

	1	2	3	4	5	6
		Church 7:30	Drum practice 6:00 p.m., MLRC	Brief Walk After Lunch	AA Meeting 7:30	First Salmon Ceremony
7	8	Church 7:30	Drum practice 6:00 p.m., MLRC	Brief Walk After Lunch	AA Meeting 7:30	13 Bible Book Club 10:30 Mary Johns Room Food/Transportation
14	15	Court Church 7:30	Drum practice 6:00 p.m., MLRC	Brief Walk After Lunch	AA Meeting 7:30	20 Bible Book Club 10:30 Mary Johns Room Food/Transportation
21	22	Church 7:30	Drum practice 6:00 p.m., MLRC	Brief Walk After Lunch	AA Meeting 7:30	27 Bible Book Club 10:30 Mary Johns Room Food/Transportation
28	29	Court Church 7:30	Drum practice 6:00 p.m., MLRC			



# COMMUNITY



**Happy Birthday "Sweet 16" Lisa!**  
**We love You!**  
**Love Grandma, Grandpa**  
**Auntie Ton and the Kids**

**Happy Birthday Dionna King!**  
**Love Auntie Em,**  
**Uncle Andy, Wes & Leila**

**To My Baby Girl**  
**"Sweet 16"**



**Happy Late 20th Birthday**  
**Sonia R. Silva**  
**Love,**  
**Yolanda, Raven and the Kids**

**Happy Late Birthday**  
**Viola Thomas**  
**Love,**  
**Yolanda, Raven and the Kids**

**Happy Reunion Marlene**



**Glad to have you back!**  
 Even though you came with a package  
 (Alexander Raymond Charles Henry Castellane)!  
 I'm so happy to have you here!  
 Love, as Always - Aunt Barb

## So Proud of All of You!



**Marvin,**  
**I'm so proud of you Bro!**  
**Love Barb!**

*Pictured are Marvin Henry, Cameron Henry, Sue Henry, Willow Henry and Victoria Sanchez*



**Vinny & Margaret,**  
**Great Job! It was fun hanging**  
**out with you.**

**I'm so proud of you kids**  
**Love, Mom**

*Sorry I missed you Joanne and Dump!*



**Levi,**  
**I'm so proud of you, Nephew!**  
**Hope you all made**  
**mucho dinero!**

**Love Aunt Barb!**

*Pictured are Marlene Henry, Theresa Sanchez and Levi Sanchez*

**Happy 23rd Birthday Chass!**  
**We Love you a Lot and We're Proud of You!**  
**Mom, Dad, Dillon, Nokomis and Your Whole Family!**



*Astrid Poste, 12; and Chass Decicio, 13; October 1995, ready for Halloween*



*Chasity & Nokomis July 29th, 2004 in Seattle*



*Astrid Poste, 17; Tomi Giles, 15; and Chasity Decicio, 18; on Chass's 18th birthday, August 9, 2000*

Life may get hard, and the road will be long, but if you take life as lessons learned, it does get easier. If you keep family by your side and the Lord in your heart, to help you carry life's burdens, then the road you travel won't seem so long.

You are a Johns woman!

You have the strength to accomplish anything!

I love you sweetness!

Happy Sweet 16th Birthday!

May all your birthday wishes come true

Love Always!

Your Mami and Brothers

