



Squaxin Island TRIBAL NEWS

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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:
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Puget Sound Treaty Indian Tribes, Shellfish Growers Reach Pact

NWIFC May 18, 2007) – Puget Sound treaty Indian tribes and commercial shellfish growers have finalized an agreement that will protect and enhance the resource while resolving legal issues from a federal court ruling that re-affirmed treaty-reserved tribal shellfish harvest rights.

The pact resolves lingering legal issues from a 1994 federal court ruling that upheld the tribes' treaty-reserved shellfish harvest rights. The agreement preserves the health of the shellfish industry, recognizes the importance to the tribes of their shellfish harvest rights and provides greater shellfish harvest opportunities for everyone in the state.

"We had a choice, and we chose cooperation," said Billy Frank Jr., chairman of the Northwest Indian Fisheries Commission. "Everyone loses when we turn to the courts to settle natural resource issues. The shellfish resource is too important – to tribal cultures, to the shellfish industry and to everyone who lives in the Puget Sound region – for us to fight over it."

"Shellfish growers and the tribes have developed a fair solution to a difficult problem. This agreement will right an historical wrong and will put more shellfish on the tidelands for everyone," said Bill Taylor, president of Taylor Shellfish Co.

"Shellfish are an important resource in Washington and the fact that everyone came together to reach an agreement underscores their vital role in our economy," said Governor Chris Gregoire.

The settlement brings closure to unresolved issues from Judge Edward Rafeedie's 1994 federal court ruling that upheld 17 tribes' treaty-reserved right to half of the harvestable shellfish in western Washington. The ruling also affirmed the tribes as co-managers of the resource with the State of Washington.

Implementing Rafeedie's ruling, however, proved extremely difficult because the state and federal governments had allowed many of the best tribal shellfish harvest areas to be sold to private owners more than a century ago. Those purchasers were never told that those tidelands might be subject to tribal treaty harvest, and over the years, the commercial shellfish industry flourished in the region. Today, in Mason County alone, the shellfish industry is the second largest private employer.

Chief among several unresolved aspects of Rafeedie's ruling was how tribes were to harvest their share of naturally occurring shellfish on private commercial tidelands. While the ruling prohibited tribes from harvesting shellfish from "staked and cultivated" beds enhanced by private owners, it upheld the tribes' right to half of the naturally occurring shellfish on those tidelands. Accessing those shellfish, however, would be hugely disruptive and cost prohibitive for commercial shellfish growers who had spent many years enhancing those tidelands.

"Fault for creating this controversy lies squarely with the State of Washington and the United States, for selling the tidelands and not objecting to the sale, respectively," Judge Rafeedie said.

Key components of the agreement between shellfish growers and the tribes include:

- The tribes will forgo their treaty right to harvest an estimated \$2 million of shellfish annually from commercial shellfish growers' beds.
- Over the next 10 years growers will provide \$500,000 worth of shellfish enhancement on public tidelands of the state's choosing, adding value to the agreement that benefits all citizens of the state.
- The tribes will be able to access a \$33 million trust, established with \$11 million in state funds and \$22 million in federal funds, to acquire and enhance other tidelands to which they will have exclusive access.

"This is an historic event that reaches closure on a fundamentally important aspect of resource management in our state," said Doug Sutherland, Commissioner of Public Lands. "The parties have worked long and hard to reach this agreement and I am very pleased to see it reach this fair and equitable solution." Congressman Norm Dicks, who was instrumental in securing the federal portion of funding for the settlement, said he is pleased with the results. "I will continue working to get the federal share of the settlement appropriated and will work with the tribes as they develop an enhanced shellfish industry. This settlement also provides our state's commercial shellfish growers with the certainty they have been seeking."

Walking On



Maralee Hopkins

Maralee Jeanne Hopkins, Beloved Squaxin Island tribal member, passed away on Saturday, June 23, at her home in Shelton.

She was 38 and a lifetime Shelton resident. She was born February 25, 1969 in Shelton to Leo and Mary Ann (Haney) Henry. She married Allan Hopkins on June 13, 2003 in Shelton. Previously, she was married to Ron Morken. Their marriage ended in divorce.

She worked as a certified Nursing Assistant for many years at various places in Shelton and as a Black-jack Dealer at Little Creek Casino Resort for a few years. Health problems kept her from working later in her life.

She loved music and enjoyed traveling, camping and playing Bingo.

Her father preceded her in death in 2006.

Surviving are husband Allan Hopkins of Shelton; daughters Shar Henry and Marissa Morken of Shelton; brother Leo "Beau" Henry of Shelton; sisters Debbie, Laura and Lily Henry of California; mother Mary Ann Haney of Shelton; sister-in-law Tonya Henry of Shelton; and nieces and nephews Davina and Tonalee Braese and Beau Michael, Tiana and Terence Henry.

A memorial service was held at 10:00 a.m. on Friday, June 29, at Hope Chapel. Ron and Kathleen Dailey officiated.





Vandals Strike Squaxin Island Tribal Archaeological Site

John Dodge, -The Olympian - For the second time in two years, vandals have struck an archaeology site occupied centuries ago by Squaxin Island tribal ancestors, this time disturbing the site and stealing a tent used by field researchers.

The 700-year-old fish camp and seafood-processing site called Qwu?gwes is in its ninth year as an active archaeological dig involving the tribe, South Puget Sound Community College and Mud Bay property owners Ralph and Karen Munro.

Someone entered the tribal sacred place by boat at high tide Sunday, tunneled into one of the excavation cells, stole one tent and tossed a "no trespassing" sign and a second tent into Eld Inlet. The sign and one canopy were recovered Monday at low tide, but some of the damage is irreversible, said SPSCC anthropology professor Dale Croes.

"It's like a giant jigsaw puzzle that's now missing a piece or two," Croes said. He was unsure whether anything of cultural value was stolen.

News of the vandalism and theft sent a wave of panic through tribal members, who take great pride in this tangible link to their ancestors, said Larry Ross, a cultural resource specialist with the Squaxins.

"It's like a personal invasion," he said. "A lot of times, it's people who don't have a clue what they're doing."

The vandalism could be racially motivated, said Croes, who has worked on a number of American Indian archaeological sites throughout the Northwest.

Thievery and vandalism at active archaeological sites are a common problem nationwide, said state Department of Agriculture archaeologist Scott Williams, who was working at the Mud Bay site along with about 18 college students Tuesday.

In many cases, thefts have been traced to methamphetamine addicts who traffic in stolen artifacts, he said. The Mud Bay site is a treasure trove of early American Indian culture, telling a story of how indigenous people of South Sound gathered, processed and cooked salmon and shellfish centuries before white settlers arrived.

Items recovered include portions of a cedar bark gillnet, ornamental basketry, shell jewelry and arrows, spears and weights made of stone, bone and wood.

"To think that someone would come in and purposely damage the site just overwhelms me," said Munro, former secretary of state and a South Sound history buff.

Vandals also struck the site over the July 4 weekend in 2005.

The college field class works at the site under Croes' supervision from June 25 to Aug. 9. About 2 percent of the site has been excavated. The agreement among the tribe, college and Munros calls for 10 percent of the site to be examined.

Ideas being considered to improve security include installing a security camera and cordoning the site off with a float net to keep boaters away, Munro and Croes said. Whom to call

Anyone with information about the vandalism and theft is asked to call the Thurston County Crime Stoppers Hot Line at 360-493-2222.

Museum

Many of the items found at the Mud Bay archaeological site are on display at the Squaxin Island Museum, which is open to the public from 9 a.m. to 5 p.m. Wednesdays through Saturdays and 1 to 5 p.m. Sundays. For more information, including directions to the museum, go to www.squaxinmuseum.org.



Mud Bay property owner Ralph Munro watches an eagle in flight as he stops by the Squaxin archaeological site Tuesday. The site was a target of vandalism Sunday. (Steve Bloom/The Olympian)





Tribal Youth Cancer Conference a Great Success!

The 2007 SPIPA Youth Cancer Education & Awareness Conference was quite a success. Thank you to all the Native Youth in attendance, their Youth Leaders, the outstanding trainers and all others who put in long hours to make this conference such a success. You rock!

A total of 82 Youth from the SPIPA Tribes attended this two day, action-packed conference. The Youth Conference started at 5:00 p.m. on Friday and kept the kids (and trainers) moving until 8:00 p.m. Saturday evening.

The conference started with an inspirational talk by nationally renowned speaker, Chance Rush. Five workshops on cancer were held Friday evening including classes on nutrition, traditional foods, healthy eating. The kids had turns giving their thoughts on cancer prevention and combating cancer in the SPIPA Tribes during our "Video Journaling for Cancer Control" workshop. The last class of the evening separated the girls in one room and boys in another to discuss HPV and cervical cancer for the girls and HPV and testicular cancer for the boys. The night ended with a dance in the Events Center from 10:30 pm until midnight.

Saturday morning classes included workshops on the prevention, treatment and biology of cancer where the kids got to look through the microscope at cancerous cells compared to normal cells. The SPIPA SPINS project Program Coordinator gave a powerful talk on HIV/AIDS.

During lunch Andy Bogart kept the audience entertained (and educated) by hosting an interactive

game that let each person answer cancer related questions on electronic key pads that were automatically tallied on large video screens for the entire audience to see. This was fun for all and a great learning tool.

Then came the "Inflatables". For the next several hours the kids rotated through activities that included an inflatable obstacle course, bungee run and twister game. Other popular activities included relay races, sports training and Rez-aerobics. Youth and adults alike couldn't stop smiling at all the fun we were having.

After the activities all the kids completed the TATU (Teens Against Tobacco Use) training by the American Lung Association. This was a popular set of three workshops that educate the kids on the health affects of non-traditional tobacco use. All the kids are now certified as completing TATU and can now be peer trainers in their community.

We weren't done yet. Three teams of Youth participated in a traditional foods cook-off. Harriet Gouley, Rose Algea, Zelma McCloud and Tony Medina judged traditional foods prepared by our Youth. The team from Chehalis won with an outstanding berry desert.

Throughout the conference kids used their conference passport to journal the food they ate during the two day event. The goal of the food journal was to make the kids aware of their intake of food and how it might coincide with recommendations on food intake.

The conference was capped off with a dinner and honoring for our hard working presenters and conference planners.

The feedback and evaluations of the conference were overwhelmingly positive and enthusiastic. Many want to repeat this conference next year. Many kids mentioned they want to be more involved and some would like to be the trainers next time.

The Youth responded very positively to the conference, here are some results from the conference evaluation:

- 100% agreed: "I am going to try to live a healthy lifestyle to stay well and prevent diseases like cancer."
- 90.5% agreed: "I want to work with other kids at my tribe to help raise awareness about controlling cancer."
- 98.4% agreed: "I know about healthy lifestyle behaviors that prevent cancer."
- 95.1% agreed: "I think I can talk to my friends about cancer prevention and early detection."

The SPIPA Comprehensive Cancer Control Program (CCCP) and the CCCP Youth Committee wish to thank the SPIPA Board of Directors and the five Tribal Councils for their support of this first Youth Cancer Education & Awareness Conference. We could not have provided this opportunity to our future leaders without your guidance.

For further information please contact John Simmons, SPIPA CCCP Program Coordinator at 360-462-3226





SUMMER YOUTH EMPLOYMENT



Squaxin Island Summer Youth Employment Program (SISYEP)

Patti Puhn - When the deadline for applications for the Squaxin Island Summer Youth Program arrived, the Human Resource Department had received 63 applications from Squaxin Island tribal and community youth aged 14 – 21 years, all vying for a six week summer training position. For the most part, the youth were very responsible in completing what was required by the established deadlines. Forty-seven youth were placed in trainee positions, of those 39 are Squaxin Tribal members, three are members of another tribe but live within the Squaxin community and five are descendents. Unfortunately, we were not able to hire some who submitted late applications or were not tribally affiliated due to funding and lack of position availability.

All of the youth applicants were required to complete the application process which included completing an application, followed by an interview; attending an orientation meeting to complete their W-4 and an I-9, and passing a UA prior to being offered a position. The focus of the program remains the same as it has always been: provide the youth an opportunity to gain work experience, develop work ethics and to earn some money.

Past participant in the youth training program, Daniel Kuntz, is mentoring the youth who have been placed in training positions with the Department of Natural Resources. Other youth who have recently participated in the program and have now been hired as employees for the Tribe include: Annie Beth Whitener, who is working in Food and Beverage at Little Creek Casino; Vanessa Algea, who is employed with the Summer Rec Program; Laken Beckett, who is working at Twin Totems; and Shiloh Henderson, who is employed with Health and Human Services. Youth who have participated in the program in the past and chose to use the skills they learned to apply for non-tribal positions this summer include: David York and Summer York.

In this six week program - which started July 9th and runs through August 17th - the youth work 32 hours a week and attend a training session each Wednesday for four hours. Training sessions include developing job search skills like filling out applications, drafting cover letters and resumes, preparing for interviews and each is required to learn their Social Security number before the end of the program. They also received training on preventing sexual harassment in the workplace.

The new counselor from the Squaxin Island Outpatient program, Charlene Abrahamson, is also a part of the training; she is providing activities for the youth to help them develop team building skills and to better understand their own identity, as well as their place in the community.

The director of each department was also invited to speak to the youth about what part each department plays in the big picture of tribal government, what type of positions are hired in each department, as well as requirements-such as schooling and training-that must be completed in order to get these positions. The message most often repeated was the importance of STAYING IN SCHOOL AND GRADUATING!

Something that is pretty popular with the youth participants is the Squaxin Buck. As the youth learn and develop a good work ethic and deposit skills into their skill bank, they are awarded Squaxin Bucks in denominations that range from \$1 to \$100. Showing up early, showing leadership, and being a team player earn bucks for the youth. The youth are then given an opportunity to purchase items in the weekly mini auction or they can choose to save their bucks for the big auction at the end of the program. Items such as school supplies, CD or DVD players, cameras, walkie-talkies, cash, candy, pop, chips etc. will be auctioned.

If you should happen to see one of the youth workers, please take time to ask him/her what he/she is learning and offer encouragement to keep up the great job being done. We as a community can be very proud of the youth of our tribe; they are a great group of young adults.

Many thanks go to the Tribal Council, the Directors and the Budget Commission for providing adequate funding so that positions could be offered to all of the Tribal Youth who were serious about getting a summer job and to the employees who are mentoring our young people.

Pictures and bios for each of the youth employees have also been included in this edition of the Klah-Che-Min.

When all of the orientations, interviews, UA's and mountains of paperwork were complete, all of the youth who completed the process on time were offered positions. The following youth were hired to work:

Child Development Center:

Tasha Hillstrom, Joseph Rivera, Leila Whitener, and Melissa Wood

Education:

Nicole Cooper, Daniel Greig, Brittany McFarlane, Alicia Obi, Tiffany Henderson., Michael West, and Wes Whitener

Executive Services

Jeffrey Blueback, Alan Cooper, Cassidy Gott, and Aleta Poste

Health and Human Services

Willow Henry and Kristy Krise

Housing

Jamie Cruz and Melissa Wood

Information Services

Michael Henderson and Claudia McFarlane

Squaxin Janitorial

Markie Smith

Island Enterprises

Davina Braese

Legal Department

Kasia Krise

Law Enforcement

Deanna Hawks

Little Creek Casino Resort

Madeena Rivera (Human Resources), Adam Mowitch (Hotel), Christina Shea (Hospitality), Star Sparr and (Food and Beverage), and Stuart Mowitch and Dakota Vigil (Facilities)

Maintenance

Gene Cooper and Billy Yocash

Museum, Library & Research Center

Janessa Kruger, Kareena Capoeman, Lachelle Johns, Beau Henry, and Martin Sequak

Natural Resources

Tiffany Henderson, Troy Orozco, Tyler Mierles, Tom Blueback, Brandon Blueback, Miguel Saenz-Garcia, Gene Cooper, and Jaron Heller

Tourism

Kenna Krise



SUMMER YOUTH EMPLOYEES



Miguel J. Saenz-Garcia

Wut's up people of Squaxin? My name is Miguel J. Saenz-Garcia. My parents are Misti and Miguel. I live in a green house on the rez and it's pretty boring, because there is nothing to do. My career goal is to graduate high School and go to college.



Adam Mowich

Hello, my name is Adam Mowitch and I am your Summer Youth hotel guest service person. I am all pumped for work and what not, you know. Well that's pretty much it. I am excited to be here and hope I can be of your service.



Brandon Blueback

Hello, my name is Brandon Blueback. I live on the Squaxin Island rez with my mom, Angie, and father, Tom. I also live with my brother, Taylor Thomas and my little sister, Memi. My hobbies are going on My Space and playing games. My career goals are going to college and getting a good job.



Joseph Rivera

Wud up, my name is Joseph Rivera. I live on Squaxin Island reservation with my three brothers and one sister and mom. This summer I am cooking at the Child Care Center. My goals in life are to be successful.



Michael West

My name is Michael West, I live on Phillips Lake Road. I live with my Mom. I like to draw Native art and paint. I hope to start carving soon. I play basketball every day, learning new tricks; just the other day I dunked it. When I am bored, I eat; I love to eat food. After that, I play basketball or ride my bike. Last year I lived on the rez and I loved it because all my family and friends are out here.



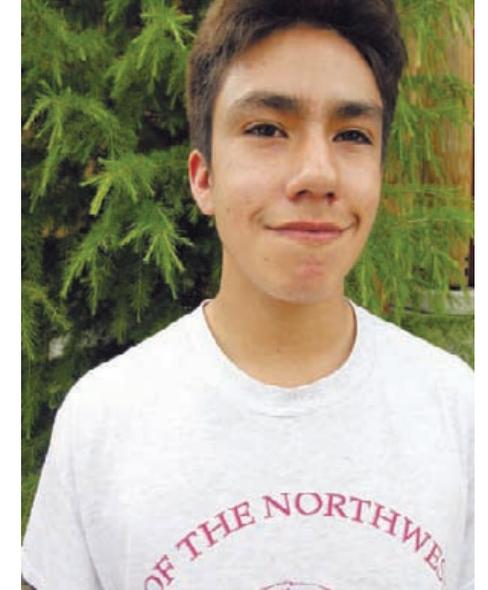
Christina Shea

Hello, my name is Christina Shea. I'm the daughter of Diana Van Hoy. I am the only child of my mother's. I have a nine month-old-daughter; her name is Alea Shea. I'm working at Little Creek Casino Resort as a Laundry Attendant. I wash and dry sheets, towels, and bed spreads. Its a good first job. I will have to learn how to work with people like a team.



Michael Henderson

My name is Michael Henderson and I am 14 years old. I have 4 sisters; their names are Al'e who is 5; Kaytlyn who is 2; Shiloh who is 18 and Tiffany who is turning 17. I have two brothers, Josh and Jacob. This is my first year working for the Tribe. I am currently working in the Information Services department; my boss is Davey Whitener and I think I will enjoy working in this department.



Troy Oroco

My name is Troy. I work at fisheries. I have been filling up sand bags and piling them up. I enjoy being with my family. I like to run, go on hikes, bike ride, take the dogs for walks, go to the store, swim and play board games, wrestle with my friends, watch movies, play on-line games and ride my go-cart, which can ride on pretty much anything-including mud.



SUMMER YOUTH EMPLOYEES



Claudia McFarlane

My name is Claudia McFarlane. I am 15 years old. I have 6 brothers and sisters. I enjoy working in the D. I. S. aka Department of Information Services. I am going to be attending Shelton High School or Chemawa Indian Boarding School, maybe. I also will be doing Running Start, which means I will take college classes to get my Associate degree. When I am done with high school, I will be going to college in California to fulfill my dream of becoming a Vet and working with animals. Then I will see what goes from there.



Cassidy Gott

My name is Cassidy Gott. I am 15 years old; I live near Lake Limerick with my mom and brother and soon I will have a baby sister, Lola Nowell Gott. I work at the front desk as receptionist for Executive Services for the Summer Youth employment program. Some of my hobbies include sewing, writing and gymnastics. Science and English are my most favorite subjects in school. My career goals are still undecided, but I focus on fashion design and a career in forensic science. I'd like to be a crime scene investigator.



Davina Braese

Hey everyone, my name is Davina Braese. This summer I am working for Island Enterprises. I live on the reservation with my mother, Tonya Henry, my two brothers Terence and Beau Henry, and my beautiful baby girl Tonalee. My hobbies are taking care of my baby girl, my little brother and just hanging out with Kenna and her little princess. My goals are to get my GED and continue working for the Tribe. When the summer is over, I plan to live life to the fullest and just have fun.



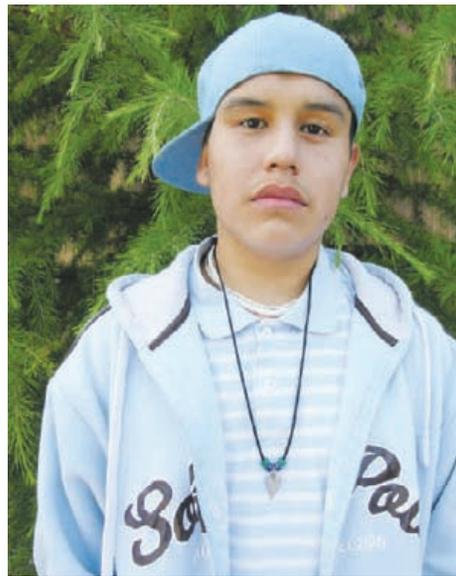
Jaimie Cruz

My name is Jamie Cruz. I am 14 years old. I work with Leslie Johnson. I enjoy watching TV, logging on to "my space". My family is very supportive; my dreams and goals are to get my high school diploma, graduate from an Ivy league school and become a lawyer/business woman. When I retire, I plan to become tribal chairwoman and become a tribal attorney. My dreams and goals are very important to me. My mother is Lea Cruz. I live on the rez. I hope to see you around.



Brittany McFarlane

Hola, My name is Brittany McFarlane, I am 14 years old and this summer I am working in the Summer Rec Program as an Admin. Assistant. I will be working there through out the summer. Hoyt.



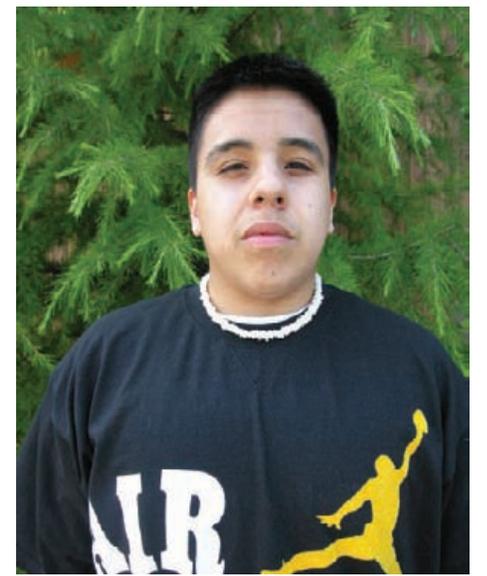
Alan Cooper

My name is Alan Cooper, the twin. I like to go fishing and hunting with my dad and brother. My dad is the Vice Chairman on Tribal Council. I hope to graduate from high school and then go to college. I am working in Executive Services this summer.



Markie Smith

Hi, my name is Markie Smith; I live in Shelton with my parents. I am 15 and go to Shelton High School. I work in Law Enforcement. I like to listen to music. I plan to go to college, but I'm not sure what I want to do when I graduate from college.



Stuart Mowich

Hello, I am Stuart Mowitch your every day crazy Indian and I work at the hotel in facility maintenance. It's great and a lot of good experience to learn there if you are a hands-on guy like myself. Well that's all to say really, stop at the casino and visit sometime. Hoyt.



SUMMER YOUTH EMPLOYEES



Koreena Capoeman

Hi, my name is Koreena Capoeman. I am 14 years old. I live with my mom, Terri Capoeman. I have 6 sisters and 3 brothers. I graduated from Wa He Lute Indian School. I went there 6 years, and my whole life is about that school. I have one dog named Baby. I'm working at the museum. This is my first year working. I don't know what my goals are for the summer.



Tasha Hillstrom

Hi, I'm Tasha Hillstrom and I'm working at the Squaxin Child Care Center with the kids. I've been working with the youth program at the Child Care Center for the past three summers. I live in Shelton with my parents and I have two sisters, Holly and Sheena and a brother-in-law, Steve. My educational goals are to graduate and go to community college, then the Art Institute in order to start my own business in photography. When I am not working, I plan on going to band camp, Color Guard camp, visit my sister and take more pictures.



Alisha Obi

My name is Alicia Obi. I live on the Squaxin Island reservation with my Aunt Connie and Uncle Astro. My hobbies include "My Space," food, family, friends and my job. My favorite subjects in school are math and science. My career goal is to become a Crime Scene Investigator. This summer in my job as Cook's Assistant in the Summer Rec program, I hope to learn how to cook; I already know how to use the microwave. This summer when I am not working, I plan to go to Longview a lot.



Tiffany Valdez

Aye, my name is Tiffany Valdez. I am a member of the Squaxin community. I love to dance and cook. That is why I am a Cook's Assistant. I hope to graduate high school and go off to college one day to get my master's degree and own a restaurant, then be a dancer by the time I am 30 years old. (The two people that say it won't happen, you're not going to be laughing when I am a millionaire. Kay)



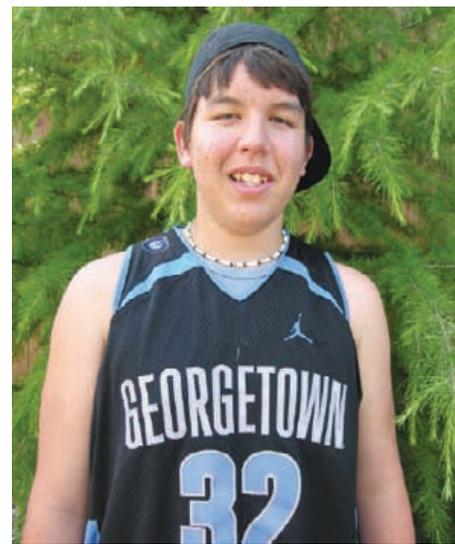
Beau Michael Henry

Hi, my name is Beau Michael Henry, and I am from the Squaxin Island Tribe. I live on the rez. I am part of the Johns and Henry families. My mom is Tonya Henry and my dad is Leo Henry. I am working at the Museum Library and Research Center. This is my first year in the Summer Youth Employment Program.

Enrollment Committee

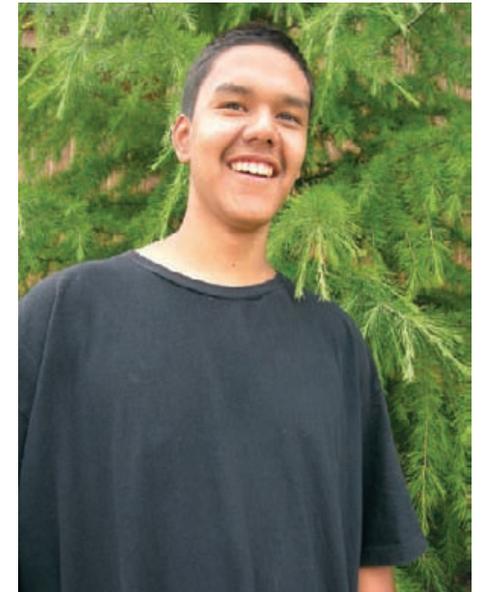
At the June 28, 2007 Tribal Council Meeting, the Council approved the creation of an Enrollment Committee. This committee will consist of seven members; one from each of the seven bands. These members will be required to attend training and will need to have a strong commitment to this committee.

Anyone interested in serving on this committee can submit a letter of interest to either Ruby Fuller or Melissa Puhn at the Tribal Administration Building by August 10th. Any questions please call (360) 426-9781.



Thomas Blueback III

Hello, my name is Thomas Blueback III. I'm from the Squaxin Island Tribe. I like the job I am in; I work at DNR (the Department of Natural Resources.) It is a fun job. The things I like to do are play football, go fishing and cook and that's about it.



Jefferey Blueback

My name is Jefferey Blueback. I like to play basketball and baseball. My favorite subject in school is math. My career goal is to become a basketball or football player. I am working in Executive Services this summer.



SUMMER YOUTH EMPLOYEES



Nicole Cooper

My name is Nicole Cooper. I live on the Squaxin Reservation with my parents, Arnold and Charlene Cooper. My dad is the Council Vice Chairman – I am really happy for him. (Do a good job, Dad!) I am 17 years old, and will turn 18 on August 25. I plan on getting my GED and a job at the casino. I want to save money to go to powwows and sun dances and to travel and go camping. I will be working with the Summer Rec program this summer. I enjoy working with kids a lot; it will help me in the future when I have kids of my own. I would like to thank all the people who have been there for me at work and outside of work. My plans for this summer are to spend more time with my family.



Martin Sequak

My name is Martin Sequak. I live on the Squaxin Island Reservation. I live with Paula Henry. I like to skateboard and hang out with friends. My favorite subject in school is Math. I plan on becoming an Auto Mechanic when I am older. I would like to become a more people friendly person from working with the Squaxin Island Tribe. I am a young, responsible adult. And besides working the Summer Youth Employment Program, I would like to go on the Canoe Journey.



Janessa Kruger

Hello, my name is Janessa Kruger. I am a member of Squaxin Island Tribe. I was born in Olympia, then moved to Canada and have recently moved back to live with my Aunt Vicky and Uncle Tully Kruger. I enjoy reading and doing outdoor activities such as bike riding, hiking, swimming, skiing, and anything else that is fun. I'll try anything once. I love spending time with my friends and family. Summer is my favorite time of the year because you are free from school and are able to do more of the things you love. I am 17 years old and am currently working at the museum. This next coming school year, I will be a senior in High School. Graduation of 08!



Wes Whitener

My name is Wesley Kyle Whitener. I was named after my great uncle Wes. I currently live in Shelton on a hill. My family consists of my mother, father, and my sister. I have a cat named Tiger Lily, a dog named Petey and 2 turtles named Ethel and Slagathor. I like to play video-games, go on the computer and watch movies downtown Shelton. My favorite subjects in school are Science and History. My career goal is to either be a radio DJ or a fire fighter. I hope to gain more social experience from working with the summer youth program; this will help me in my career by being more open toward people. The skills I already have that will be useful while working is that I already know most of the kids at Summer Rec and I am fun to be around. My plan for the summer youth program is to have fun.



Tiffany Henderson

I am Tiffany Henderson. I am 16. I am now a senior at SHS. My dad is Michael Henderson and I really look up to him. My favorite thing to do is dance. It's amazing. After High School, I want to go to college at Western Wasington University and major in psychology.





Building Native Communities

Office of Housing - Financial Skills for Families is the latest addition to the workshops being offered by the Office of Housing. The class was held on June 18, 28, July 9 and 12.

The class was presented by Office of Housing staff as well guest presenters: Angel Keating-Credit Counselor and Mia Vermillion-Countrywide Home Loans. The curriculum for this class covered the following topics:

- Building A Healthy Economy
- Developing a Spending Plan
- Working with Savings and Checking Accounts
- Understanding Credit and Your Credit Report
- Accessing Credit

We would like to congratulate the 6 participants who completed all 4 sessions of the class and received their certificate.

Come join in on the fun and attend the next Building Native Communities workshop which will be held in October. Watch for details in the near future!!!

Call Lisa Peters @ 432-3871 to reserve your spot for the class. Hope to see you there!!



Cassie Colbert, Elizabeth Campbell, Latoya Johns and CheVonne Obi



Santana Mesplie-Sanchez, Cassie Colbert



Upcoming Events

One-On-One Credit Counseling

with a Certified Housing Counselor
Administration Bldg. 2nd Floor
Monday, August 13, 2007
By appointment only
4:30, 5:30, 6:30

Pathways Home

First Time Homebuyer Workshop

Administration Bldg. 2nd Floor
September 11, 13, 18, 20
4:00-7:00

If you have any questions about the scheduled classes or would like to attend one, please contact Lisa Peters @ 432-3871.

The OOH asks that you call to reserves a seat if you plan to attend a workshop.

Do You Know What's On Your Credit Report???

The Office of Housing now has a Certified Housing Counselor that comes in monthly to assist Tribal members with credit problems or questions.

The OOH has the ability to pull a FREE credit report from all 3 credit reporting agencies, which will also reflect credit scores from each.

The Counselor will then evaluate your report with you and offer assistance with any questions regarding your credit.

If you are interested in obtaining your credit reports and receiving a free consultation, please call Lisa Peters @ 432-3871 to schedule an appointment.



Above:
Janita Johnson, Kim James, Kurt Poste, Fleet Johns

Left:
Diane Stymacks- OOH, Occupancy Specialist,
Lisa Peters – OOH, Housing Counselor

School Shopping

To most kids, summer is just getting started but, sadly, the days are dwindling down to a precious few and parents are already on the back-to-school trajectory. Though they may hate to hear it, the fact is that about 55 million students will be heading back-to-school in a few weeks.

What most of them perceive as a personal tragedy of the highest order also amounts to a tidal wave of spending, which many parents can't afford.

For larger families, or those without a savings cushion, those expenses can put a big dent in the budget and woefully inflate credit card balances.

Here are some tips from the professional money managers:

- Create a budget. Start by taking a thorough inventory of what you already have and then develop a budget for what you still need. Then, list each item in priority, from most important to least important. A prioritized shopping list can be easily trimmed by cutting from the bottom. Be sure to factor in often-overlooked expenses such as extra-curricular activity uniforms, field trips, and immunizations. Also, be sure to check your child's school dress code policies before purchasing any clothing.

- Save on school supplies. Shopping the "back-to-school" section at an expensive retailer may be convenient but comparing prices with lower priced outlets and office supply stores could save you money. Each teacher will have his or her own requirements, so have your supply list in hand prior to making any purchases to eliminate non-essential expenses.

- Involve your children. While back-to-school shopping can be painful financially, it offers the opportunity for parents to teach their kids a valuable lesson about budgeting, credit, and wants and needs. To make the most of the experience, sit down with your children and decide on a budget. Teach them to comparison-shop and point out that if they get the expensive jeans, they will have to cut back in other areas.

- Pay cash. "Finally, avoid putting back-to-school purchases on a credit card -- the price is just too high," "For example, if you spend \$400 on an 18 percent interest rate credit card during your child's first year of high school and make only the minimum monthly payments (4 percent of the balance), he may get his high school degree before you finally pay off the balance



COMMUNITY



Happy Birthday

Arron Edgley	8/1	Mathew Cooper	8/16	Angelo Rivera	8/29
Nathan Shelton	8/1	Rachel Johns-Edwards	8/16	Joseph Furtado	8/29
Jeremie Walls, Jr.	8/1	Kevin Spezza	8/16	Cathy Campbell	8/30
Darlene Wood	8/3	Virginia Farron	8/17	Debra Henry	8/30
Tyrone Seymour	8/4	Irvin Fletcher	8/17	Loreta Krise	8/30
Lawton Case	8/4	Roy Perez	8/17	Euphamie Whitener	8/30
Leighton Case	8/4	Anthony James	8/18	Ruben Vasquez	8/30
Kelly Jones	8/4	Melissa Miller	8/18	Loretta Krise	8/31
Christopher Brown	8/5	Dionna Airel Purdy King	8/20		
Josh Miller	8/5	Kayla Johnson	8/20		
Lois Cuch	8/6	Greg Glover	8/22		
David Johns	8/7	Jessica Johns	8/22		
Bob Koshiway, Jr.	8/7	Rene Larios	8/22		
Lisa Frodert	8/8	Eva Charles	8/23		
Chasity Masoner	8/9	Jeremiah Obi-Rivera	8/23		
Nikieta Fox	8/9	Bryce Penn	8/24		
Juliet James	8/9	Victoria Sanchez	8/24		
Larry Melton	8/9	Nicole Cooper	8/25		
David Peters, Jr.	8/9	Mitch Carrington	8/25		
Marilyn McFadden	8/11	Eden VanCleave	8/26		
Alex Garcia	8/12	Meghan Brandt	8/27		
Brandon Campbell	8/13	Kaytlyn Henderson	8/27		
Chucky Wilbur	8/14	Rhonda Foster	8/28		
Elena James	8/14	Eathon Caasi	8/28		
Lewellyn Parker	8/15	Lindsey Harrell	8/29		

Tribal Council Resolutions

07-39: Adopts a new revision to the Comprehensive Emergency Management Plan which addresses tribal operations during emergencies and disasters on the reservation and to tribal assets

07-54: Authorizes tribal staff to enter into agreement subsequent implementation the Squaxin Island Tribal Consolidated Services Plan for WA State Department of Social and Health Services (DSHS) grants and contracts

07-55: Enrolls Johnathan Seymour

07-56: Enrolls Takoda Noelani Tahkeal

07-57: Authorizes Rhonda Foster and Kevin Lyon to serve as the Squaxin Island representatives on a task force consisting of tribal representatives, state Congresspersons, state agency staff and other stakeholders who will devise legislation concerning human remains, graves and cemeteries for introduction in the next session of the Washington State Legislature

07-58: Agrees to enter into a contract with Advanced Home Exteriors, Inc d/b/a Advanced Native Construction to provide the residential remodel of siding in tribal housing



You're Invited!

Skookum Creek Tobacco Community BBQ

Come join us at Skookum Creek Tobacco to show off our latest and greatest machine, the 100's Box Machine!

Friday, August 24th
3:00 p.m. to 6:00 p.m.

What's Happening

		1	2	3	4
				AA Meeting 7:30	
5 Squaxin Indian Bible Church 11:00 a.m.	6	7 Criminal/Civil Court Church 7:30	8	9 Council Mtg.	10 1st Salmon Ceremony Arcadia noon
12 Squaxin Indian Bible Church 11:00 a.m.	13	14 Church 7:30	15	16	17 Family Court AA Meeting 7:30
19 Squaxin Indian Bible Church 11:00 a.m.	20	21 Criminal/Civil Court Church 7:30	22	23 Council Mtg.	24 Community BBQ Skookum Creek Tobacco 3:00
26 Squaxin Indian Bible Church 11:00 a.m.	27	28 Criminal/Civil Court Church 7:30	29	30	31 AA Meeting 7:30



SUMMER YOUTH EMPLOYEES



Kenna Krise

Hello Everyone! For people who don't know me, my name is Kenna Krise. I am one of the daughters of Alan and Rose Krise. I live on the Squaxin Reservation. I have two sisters, Kasia and Kristy; one brother, A.J.; and 2 lovely nephews, TJ and Johnathan. I also have one beautiful daughter, Larissa. This is my 3rd summer working in the Summer Youth program. This summer I am working with Liz Kuntz in Housing. It's very fun. After this summer job is over, I plan on taking my baby girl on a trip to meet her daddy's family. Take care and have fun and stop by and say, "hi".



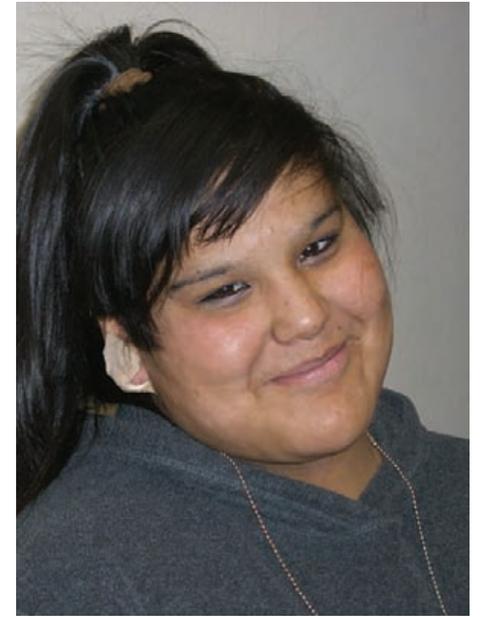
Kasia Krise

Hi, I'm Kasia Krise. I live here on the rez and I am now the mother of two, Tyrone Joseph Seymour and Johnathan Draven Seymour. I'm very happy to be working for the Legal Department this year. See you all around. Hoyt.



Daniel Grieg

My name is Daniel Edward Grieg, Dan for short. I'm 16 years old and live in Shelton. My parents are divorced, so I live with my mom and my step-dad, my brother and sister, and our two cats. My dad lives down the road; there I had a dog that passed away overnight on July 8th from bone cancer. I was born April 24, 1991 in Seattle and moved to Shelton a few years later. I have been living here since. My hobbies are hunting, dirt biking, golf and pet care. In my spare time, I study wild animals, both for interest and for hunting purposes. After high school, I plan to move to Alaska to attend the University of Alaska and get my Bachelor's degree in law enforcement. I am working in the Summer Rec program this summer.



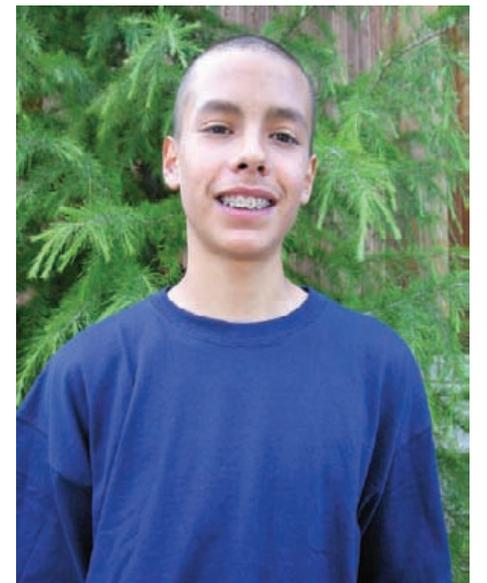
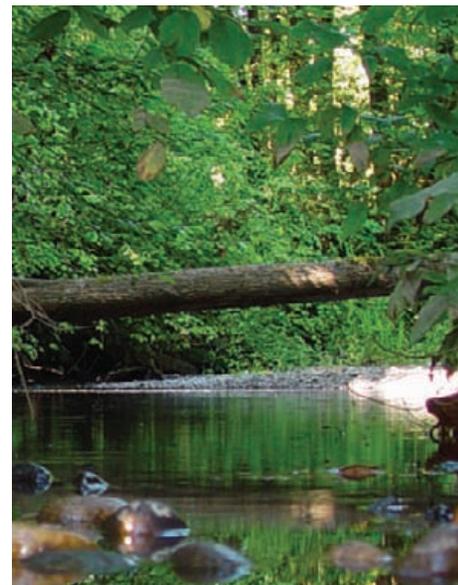
Deanna Hawks

Hello, my name is Deanna Hawks. I live on the Squaxin Island Reservation with my mother and five brothers. I've got 2 dogs named Shadow and Kenny. My hobbies are rez ball, volleyball and sleeping. When I'm done with school, I want to go to college for 6 or 7 years and graduate. My career goal in life is to become an EMT, first responder, or paramedic. The reason is because I want to try and save lives because I am tired of deaths.



Lachelle Johns

Hello, my name is Lachell Johns. I'm the daughter of Terri Capoeman and Wilson Johns. I have 5 sisters and one brother. I'm working at the tribe's museum. I live on the Squaxin Island rez with my dad and sister. I'm hoping to get to go on the whole journey this year. It has been 2 - 3 years. Well, I like my job. I'm learning about our history. Well, that's all. Hoyt.



Kody Vigil

Hi I am Kody Vigil. I was raised in Shelton all my life. My auntie Alexsii Vigil lets me live at her house on the rez, but most my family lives on Skok. I'm in 11th grade and I work in the facilities department at the Casino.



SUMMER YOUTH EMPLOYEES



Willow Henry

Hi, my name is Willow Henry. I live here on the Squaxin Reservation with my dad, Marvin Sr.; 2 older brothers, Cameron and Marvin, Jr.; and my sister-in-law, Shannon. I have 5 dogs, 2 pit bulls, 2 labs and a German Shepherd mix. My sister, Melissa Grant, works with youth at Summer Rec. I am working with Health Promotions with Patty Suskin. As you might know, later on in life, I plan to be a doctor. In my spare time, I like to fish, hunt and go tubing with my dad and older brother. I also like to make jewelry with my mom, Kathy Hurley.



Jaron Heller

I live over in McCleary with my parents and my sister and her boyfriend. This summer I plan to work as hard as I can and as much as I can, so that I'll be able to attend St. Martin's University and still afford to drive there. In addition to that, I also plan to help out with the youth group I belong to, hang out with my friends and relax since that is what summer is for.



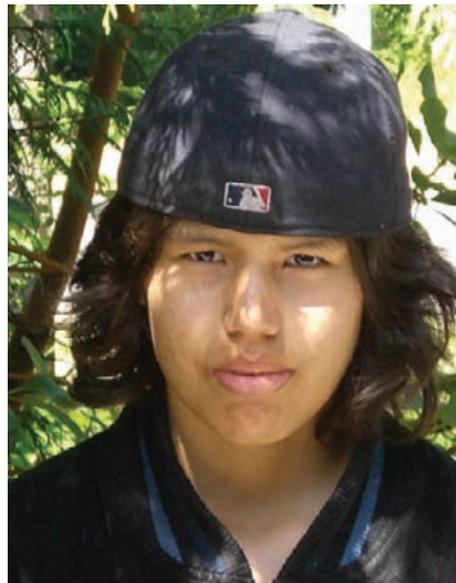
Tyler Mireles

My name is Tyler Mireles. My parents are Teresa Ford and Tony Mireles. I live in a two story house on Squaxin Island rez with my mom and sister. I have two ugly pets: a cat and a crazy dog: Bandit and Buddy. I'm glad that I got a job in Natural Resources; I hope to succeed. I want to learn more about our Tribe. On my off time, I enjoy basketball and fishing and digging. I also like working at all 5 of my Grandma's fireworks stands. When I grow up, I plan to graduate in business and then go to Alaska and crab fish. I turn 15 in September.



Star Sparr

Hello, my name is Starlit Sparr and I am a Skokomish tribal member. I have just recently graduated from Olympic College with my GED. I will be spending the summer at LCCR working in the Food and Beverage Department. I'm getting a lot of hands on experience in a variety of positions. I love the atmosphere and the people I work with. It's not often you get to work in such a family oriented establishment! Hopefully by the end of the summer I will be able to work in a more permanent capacity.



Gene Cooper

My name is Gene Cooper and some people call me Joker, because I trick people. My Dad told me he is going to take me hunting more. I really care about my Mom and Dad so much. I like to carve and draw. I am working in maintenance this summer.



Sylvan Learning Center

Shirley Miller - The telling of tales, both true and tall, is an art that has been practiced beside campfires since time began. Families on outings, youngsters at camp, adventurers wearied by the toils of the trek – all know the thrill of the harrowing escape, the magical transformation, the last minute rescue from certain death. Such is the stuff of storytelling.

In an exciting, story-centric summer program hosted by the Tu Ha' Buts Learning Center, students of various ages have worked together to celebrate the ancient art of storytelling in folk tales and fables. "This has been the perfect springboard for creative expression!" reported Jo-Rene. "The kids were great," added Melora, "and we had wonderful assistance from the Tu Ha' Buts personnel!"

A joint project of Sylvan Learning Center in Olympia and the Tu Ha' Buts Learning Center of the Squaxin Island Tribe, this program has been spearheaded by Kim Cooper, Lisa Evans and Walt Archer of the Squaxin Island Education Department, Jo-Rene and Melora, Directors of Education at Sylvan Learning Center, and Jamie, a member of the Sylvan teaching team at the Squaxin Island site.



SUMMER YOUTH EMPLOYEES



Kristy Krise

My name is Kristy Krise, and I live on the Squaxin Island Reservation. I have a household of 8 – not including me. I have 2 nephews and 1 niece that are incredible babies. I also have a brother, - named A.J., and 2 sisters, Kasia and Kenna. My mom is an amazing mom who likes to bead. My dad is supportive of anything I do. My hobbies are playing basketball and hanging out with my friends. My favorite subjects in school are math and art. My academic goals are to go to college. I hope to learn how to be a better worker so that when I get on my own two feet, it will help me not be so shy. I already have filing skills and have been a cashier, janitor and a tour guide.



Leila Whitener

Hi, my name is Leila Whitener. This coming school year, I will be a junior at Shelton High School. This summer I am working at the Child Care Center. I plan on participating in the foreign exchange program and will be going to Australia in January. I enjoy lying in the sun, traveling and having a good time with my friends.



Madeena Rivera

Hi, my name's Madeena. I am a tribal member. My mom is Marcella Castro and my Grandmother is Rose Algea. This year will be my 4th year working with the Tribe. The past 3 years, I worked with the Public Safety Department. I enjoyed all the experience and gained a lot of the knowledge and skills. This year I'm a Summer Youth Worker at the casino in Human Resources and I'll be assisting the HR department. I'm looking forward to working in a new environment.



Melissa Wood

Hello. My name is Melissa Wood. I am seventeen years old and a recent graduate of Shelton High School. I live on the Squaxin Reservation with my mother Donna Wood and father Allen Wood. Some of my many hobbies include beading and dancing (performing arts). In school, I enjoy Psychology, English and Art. During the summer and the following fall, I will be attending Olympic College in general studies. I have yet to decide on a major. I am excited to work with the Summer Youth Employment Program this summer. I enjoyed it so much last year, I wanted to come back. I am working part time with Leslie Johnson in Tourism and part time at the Child Development Center.



Sylvan Learning Center, Continued

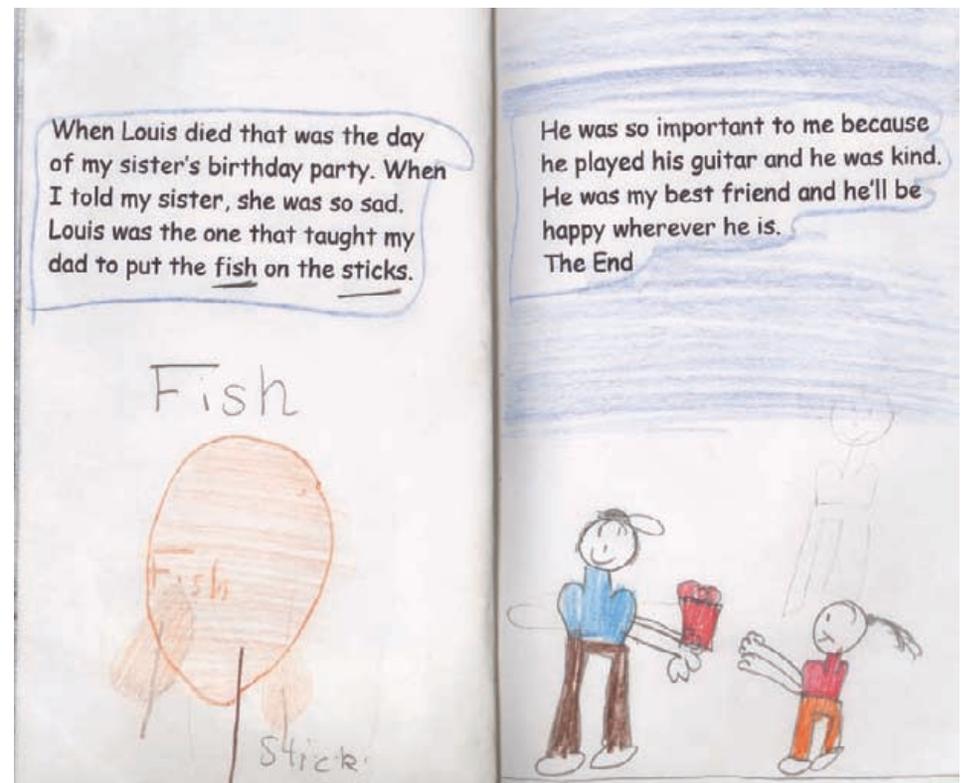
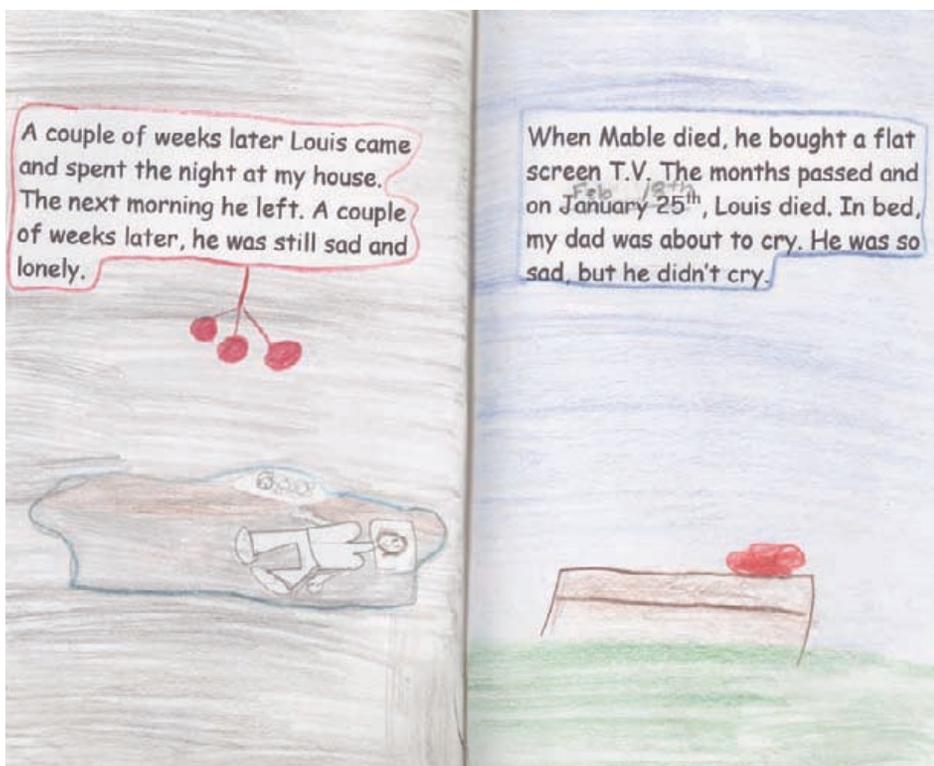
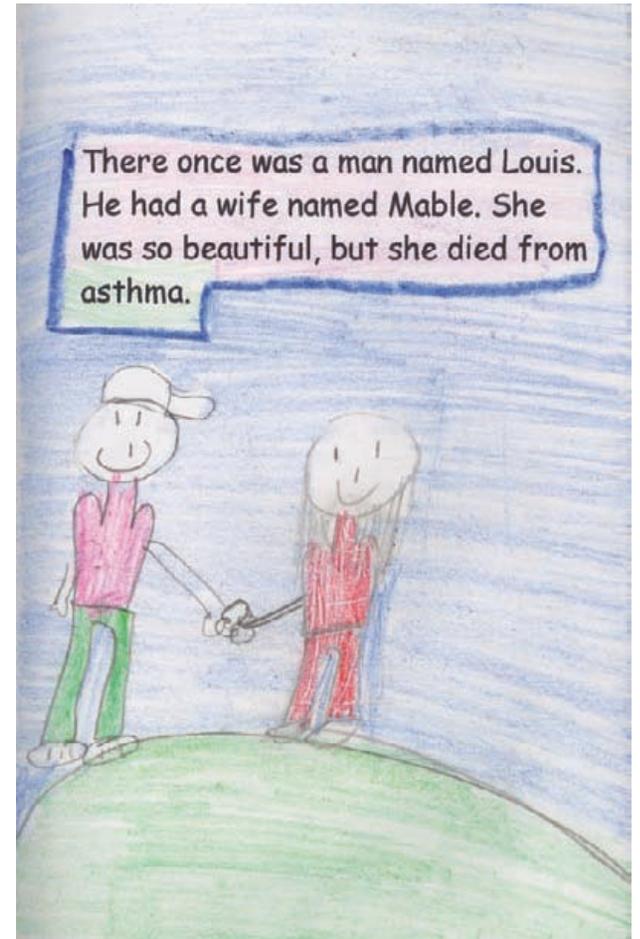
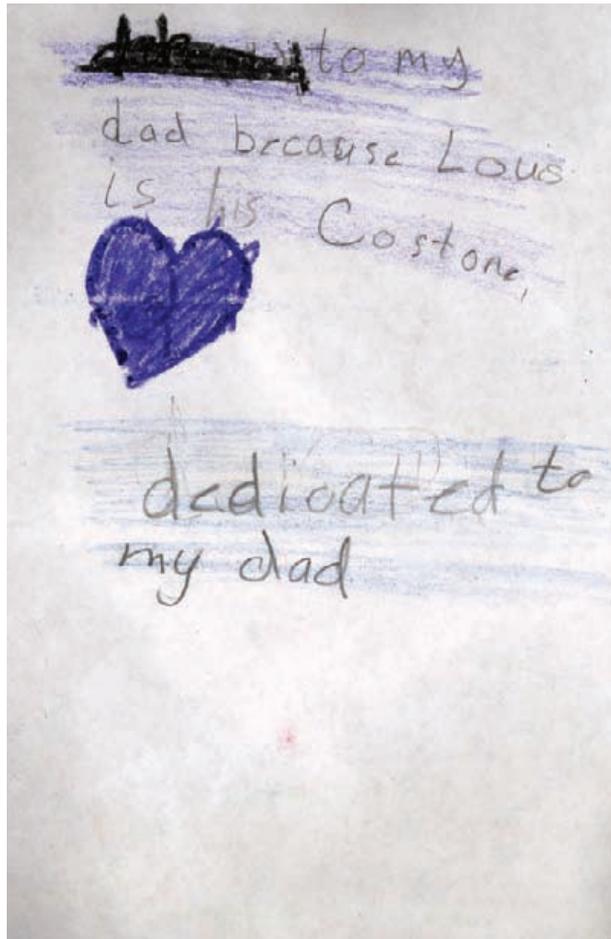
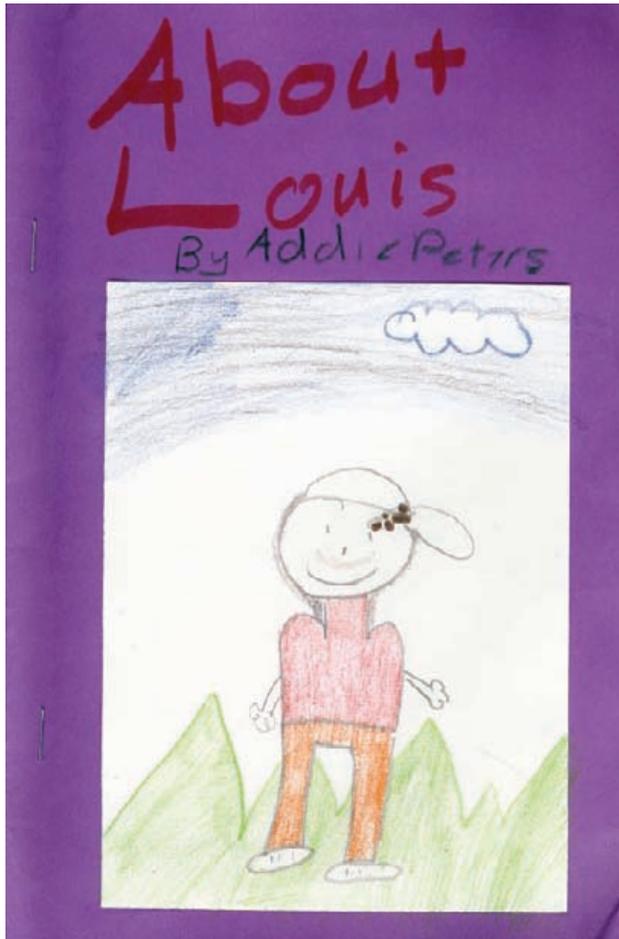
Throughout this experience, campers were guided to identify and analyze the defining characteristics of fable and folk tales. They brainstormed ways to retell a classic story and some acted on encouragement to invent stories of their own. Students created puppets, designed murals and crafted collages. They were even given the go ahead to write and produce their own theatrical plays! The experience concluded in a festival of story-telling, as projects were shared with the entire group of campers and the support team.

“This was a fantastic opportunity,” observed Jo-Rene. “To watch students build language and literacy skills in multi-age learning teams was so rewarding. The educators had as much fun as the campers! What a great group! We feel gratified to have shared this experience with the Tu Ha’ Buts Learning Center staff and members of the Squaxin Island Tribe.”

Educators associated with Sylvan Learning Center in Olympia bring instruction to students at the Tu Ha’ Buts Learning Center throughout the year, in after-school learning sessions. With the support of the Squaxin Island Education Department, skills in reading, math and algebra are strengthened using Sylvan’s specialized teaching



A Beautiful Love Story by Addie Peters . . .





Fantasia Twirlers Win Regional

The Fantasia Twirling Corps sent 16 members to compete in the Western Regional competition June 23-24 in Hayward, California. These twirlers were 4-16 years of age. They competed in different age groups for the twirling events. Both of our Teams won their Regional Divisions and are the 2007 Western Regional Champions: Wining the Primary Dance Twirl Team category are team members: Trey Hernandez, 7, Danielle Smithson, 8, Katiana & Kirsandra Welsheimer, both 6. Team members who won the Juvenile Small A Class Show Corps division include (This is the Squaxin Island Tribe team): Tae'lor Johnson, 8, Tenaya Johnson, 10, Kennadi Johnson,12, Marissa Sigo, 13, Christine Smith, 9, Erickah Bartczak,10, Tabitha Goodman, 10, & Katiana & Kirsandra Welsheimer ,6.

Competing for Individual programs at the regional level were: Tenaya Johnson, Marissa Sigo, and Tabitha Goodman & Erickah Bartczak. All of our twirlers placed in their age group divisions

Competing in the Open Competition for Beginner and Intermediate athletes were our Team members: Lillian Sigo 5, Tae'lor Johnson 8, Christine Smith 9, Kennadi Johnson 12. Wining first place awards for their solo events: Tenaya Johnson, Marissa Sigo & Erickah Bartczak. Winning first place awards for the foundation events: Tenaya Johnson, Tabitha Goodman & Marissa Sigo.

Competing for Regional Pairs Solo Were Tenaya Johnson, Marissa Sigo, Erickah Bartczak and Tabitha Goodman. Tenaya and Marissa received second place and Erickah and Tabitha got third.

Fantasia Twirling Corps will be hosting a baton camp at the East Olympia studio on Aug 15-17. For more information contact Coach Judy @ 459-2518.

If you are interested in fall classes please contact Coach Judy at 459-2518 to be put on a waiting list.



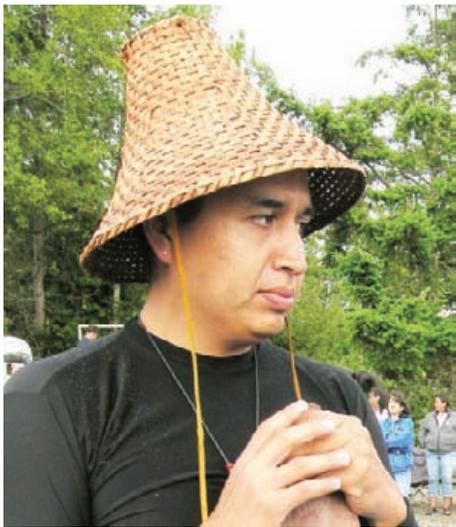


NASHVILLE





THE JOURNEY BEGINS





THE JOURNEY BEGINS





THE JOURNEY BEGINS





THE JOURNEY BEGINS





ELDERS VISIT TO MUCKLESHOOT



Canoe Journey Thank You's

The Squaxin Island Canoe Family would like to raise our hands to show our appreciation to the community for its hard work & dedication in making this years canoe event a success.

Special thanks go to all who have joined us on the Journey to Lummi!!! Whether you pulled or helped out with the ground crew, we raise our hands to you!

The Natural Resources department; Julie, Sara, B.J. and Shiloh for putting together all the sack lunches for the launching from Arcadia Point also for extra help with labels. Plus kudos to Andy & his crew for cooking all the salmon!

The casino for the use of their vehicles, as well as donated breakfast for all of our visitors from other tribes.

The Tobacco Factory (IEI) who lent one of their vehicles.

We also want to recognize Costco & Red Apple for donating water. (Costco donated 2 tons of water)

Bev Hawks and her family for cooking the 250 lbs of clams the traditional way!!

Sam Penn for stepping up at the last possible minute to cook the halibut which tasted great!

Outpatient for supplying emergency herbal kits with Elise Krone!

Lil & Pete for clean up!

We also want to make sure everyone who helped at the dinner for our guests gets recognized as well! All those who brought side dishes, desserts, and soda, we thank all of you!

I don't want to forget all the SUMMER YOUTH who helped in so many ways!!!

Astrid Poste for helping organize the potlatch gift items!

Tully, Vince, and Jeff for the tables and chairs!

A Special Thanks to the Squaxin Island Tribe Council!

KUDOS for the staff at the Squaxin Island Museum for their continuous dedication through out the year!!!!!!!

Canoe Journey to Lummi!

Arriving at Tulalip 27th for the night

Arriving at Swinomish 28th for one night

Arriving at Samish 29th for the night

Finally arriving at Lummi 30th for the week's long celebration!!!!!! Come join us!

Due to the tides, the arrivals of the canoes are not known till the date of.





Fast Healthy Snacks

Kristy Krise & Willow Henry, Health Promotions Summer Youth Workers -

Here are some fast and easy snacks to make at home. Kids can make these, too. Think of a snack as a small meal. Choose at least 2 food groups to make a healthy snack. The food groups are: protein, fruit, vegetable, milk and grain.

Fruit Cereal Parfait

INGREDIENTS:

- 2 cups blackberries
- 1 cup frozen strawberries thawed
- 1 cup low fat plain or vanilla yogurt
- 1 firm medium banana peeled and sliced
- 1/3 cup of granola
- 1/4 cup almonds, toasted

YOU WILL NEED:

- Measuring cups
- 4 (6 ounces) clear glasses
- Spoon
- Knife

HERE'S HOW:

- In 4 glasses, layer blackberries, strawberries, yogurt, bananas, granola
- Makes 4 servings- enjoy!

Hawaiian English Muffin Pizza:

INGREDIENTS:

- English muffin (whole wheat is healthiest)
- Grated Cheese
- Tomato sauce
- Ham
- Canned Pineapple tidbits, drained

YOU WILL NEED:

- Baking pan
- Spatula
- Spoon

HERE'S HOW:

- Preheat oven to 450 degrees
- Open English Muffin to 2 halves
- Spoon tomato sauce on English Muffin
- Place all the foods you want on the English Muffin
- Place the English Muffin in the oven & cook for 12 to 14 minutes, or until cheese melts.

Let cool for a few minutes before eating.

Changes for Good Health, Strategies for Healthy Family Living

Patty Suskin, Diabetes Coordinator - More and more children and adults are over weight. Excess weight can increase the likeliness of many health problems such as breathing, hip and knee joints, high blood pressure, strokes, kidney disease, liver disease, depression, type 2 diabetes, and even breast and colon cancers. Each year, 300,000 deaths are linked to obesity.

Here are some things you can do for a healthier life for you and your family:

Increase exercise/physical activity and active play

Limit time for television, electronic or computer games to one hour a day.

Indoor play: treasure hunt, dancing, housework, games with balls.

Outdoor play: Running, walking, kite flying, hula hoop, tag, jump rope, hide & seek, frisbee, and more.

Choose toys with activity in mind. Make a list of activities and games to try when your child is "bored" and wants to watch more television.

Beverages

Water is the best drink for thirst. Juice and soda add a surprising amount of calories. Only buy 100% juice and dilute it or limit it to 4 to 8 ounces a day. If your child is over 2 years old, consider switching gradually from whole milk to fat free or 1% milk.

Decrease "fast food"

Break the habit of stopping for fast food when you are out on errands. Plan ahead by bringing sandwiches, beverages, fruits and vegetables. Take your family for a sandwich picnic and walk in the park instead of "out for pizza." Eat at the table for

MEAL PROGRAM MENU		
A salad bar will be available at each meal, as well as fresh fruit or fruit salad. Beverages available each meal: milk, crystal light, water, coffee, tea, hot chocolate. Menu is subject to change. Free to seniors 55 and older. All others \$3.		
Monday	Wednesday	Thursday
	1 Chili, Corn Bread	2 Soup, Sandwich
6 Ham Dinner	8 Soup, Grilled Cheese	9 Spaghetti Dinner
13 Baked Chicken	15 Breakfast	16 Fish and Chips
20 Stir Fry	22 Hamburger Steak	23 Brats and Sauerkraut
27 Chalupa	29 Baked Potatoes	30 Fettuccine

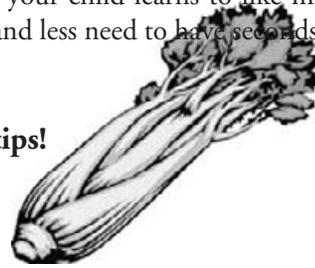


meals and snacks. Eat at the table with your child for meals. Help your child enjoy moderate portions by talking with them at meals, asking about them about their day, listening to them talk. Children need a snack between meals, but it is best at a planned time and eaten at the table. Make plans for snack and serve foods from 2 food groups. Avoid eating while watching TV, reading, or riding in the car. These activities can start a trend of needing to eat during these activities.

Increase fruits and vegetables at meals and snacks. Even though your child might not especially like vegetables, keep serving them at meals without comment or pressure. It may take 10 or 15 offerings before a child will be willing to try new foods.

Involve your child in choosing, preparing, and serving fruits and vegetables. As your child learns to like more fruits and vegetables, there will be more low calorie food to "fill up on" at meals, and less need to have seconds or large serving of higher calorie foods.

Make changes for the entire family—everyone can benefit from these tips!



Wacky Nutrition Scientist Meets with Youth!

On Tuesday, July 10th, the Wacky Nutrition Scientist (aka Patty Suskin, Diabetes Coordinator) greeted the youth with the musical tune "Veggie Power" and others. "Choosing Healthy Beverages" was the topic.

Water was encouraged as a great thirst quencher. The youth also tasted 100% apple juice diluted with half water, 1% milk, chocolate milk and V-8 juice.

We read some food labels, talked about limiting juice to 4 ounces a day (choose 100% juice - check the label) and choosing fresh fruits instead of juice to get more fiber. Milk provides calcium for bones. If you cannot tolerate milk, calcium can be found when added to soy milk, rice milk, orange juice, and small amounts in some vegetables (check the label). V-8 juice is a good source of Vitamin A and Vitamin C.

Notes were sent home to families to let them know which beverages their child liked and encouraged families to try a slice of lemon or orange in their water.

Again, water is the best beverage for thirst!



Upcoming Health Events

BRIEF COMMUNITY WALK

Every Thursday at 12:40 p.m.
Meet at the Elder's Building after senior lunch

COMMUNITY HEALTH WALK

Thursday, August 16th
Meet at Elder's Building at 12:40 for a 20 minute walk around the REZ
All SPIPA tribes will be taking a walk in their area at the same time- for diabetes prevention!
Help us win the Walking Stick!
A walking stick was donated by a Skokomish community member.
The Tribe with the most walkers each month wins the walking stick for that month.
We won it in May . . . can we get it back in July?

MAMMOGRAM & WOMEN'S HEALTH EXAMS

August 23, 9:00 a.m. - 3:00 p.m.
Contact Rose Algea (360) 432-3930

SMART SHOPPING/ FOOD LABEL READING WORKSHOPS

Contact Patty to schedule a family & friends session

HEALTH PROMOTIONS

We have exercise videos (Sit & Be Fit, Yoga, Walk Away the Pounds & more)
You can come & use them in the building across from the clinic.
Work out alone, with us, or with a group

INTERESTED IN LIFESTYLE BALANCE PROGRAM?

If you are Native American & over 18, see if you qualify to participate in this 16- week workshop to improve your health by changing your nutrition & activity

DIABETES SUPPORT GROUP

Monday, August 13th
Bring your lunch at the Elder's building
Meet at 12:15 in the small room
What are Carbs? Why do we need them?
What are better Carb choices for good health?
What if I have Diabetes?
Discussion leader: Patty Suskin
Bring your lunch at the Elder's building
Meet in the small room from 12:15 p.m. to 2:00 p.m.

Contact Patty Suskin(360)432-3929
or Janita Johnson (360)432-3972



Outdoor Activity of the Month

Beautiful Lake Sylvia waits only a short drive away

WHAT

Camping, boating, fishing, hiking and loafing at Lake Sylvia State Park

WHERE

Just outside of Montesano.

TO DO

This is the time of year when Lake Sylvia State Park is at its best. This beautiful 233-acre park offers good fishing for trout and bass, great campsites, wonderful picnic spots and it's all less than 40 miles from South Sound. Campsites for summer holiday weekends — such as the Fourth of July and Labor Day — are usually reserved months in advance, but it's easy to get a spot on summer weekdays and most weekends.

Nothing is sweeter than camping on a weeknight at Lake Sylvia and then gliding back to South Sound in time for work. Many families camp during the week at the park. One of the parents comes into South Sound for the workday, while the rest of the folks hang out at the lake and have fun.

Lake Sylvia is in the hills above Montesano, and the lake is bathed in warm sunshine most of the day. The nights are cool and comfortable.

Lake Sylvia has a wonderful swimming beach, and there is a children's play area nearby.

There are also five miles of scenic hiking trails, a boat ramp and plenty of chances to see deer, elk, birds and some whopping Douglas fir and cedar trees. There is a boardwalk for fishing and walking.

The park also has a trailhead for the two-mile Sylvia Creek Forestry Trail.

HISTORY

Lake Sylvia used to feed hydropower electrical generators for the city of Montesano. The park is an old logging camp, and there are signs of bygone days around the lake and on the trails. The park is open all year for day use.

CAMPING

Lake Sylvia is open to camping from April 1 to Sept. 30. There are 35 standard campsites, six camps for hikers or cyclists and one group camp. Reservations are a very good idea. To reserve a campsite, call 888-226-7688 or go to www.parks.wa.gov. A standard campsite is \$21 a night, a full-utility campsite is \$26 a night and a primitive campsite is \$14 a night. Check-in time is 2:30 p.m. and checkout time is 1 p.m.

PICNICKING

There is one kitchen shelter without electricity, one sheltered picnic table and 75 unsheltered picnic tables. To reserve the kitchen shelter, call 888-226-7688.



BOATING

There is a boat ramp. Electric motors are allowed, but gasoline motors are not. This lake is perfect for a small boat, canoe or kayak.

RESTROOMS

There are three restrooms, and two of them are equipped with showers.

HOURS

Day use hours are 8 a.m. to dusk. Quiet hours for campers are from 10 p.m. to 6:30 a.m.

DIRECTIONS

From the Tribal Center, head down the hill toward Little Creek Casino & Hotel. Continue straight past the Little Creek on Hwy 108 to McCleary. From McCleary, take Route 8. Route 8 transforms into U.S. Highway 12 at Elma. Take the Lake Sylvia exit. Turn right and drive into Montesano on Main Street. Turn left onto Spruce Avenue. Turn right onto N. Third Street, which becomes Lake Sylvia Road. The road ends at the park. There are state park directional signs from the Highway 12 exit.

EQUIPMENT

Fishing tackle, picnic gear, food, camping gear, warm clothes, rain gear, sunscreen, hats, sunglasses — anything you need to camp and have fun on the water.

SAFETY

Keep a close eye on children, as the lake shore drops off to deep, cold water very quickly. It is easy to get lost if you wander off the trail.

MORE INFORMATION

Call 888-226-7688 or go to www.parks.wa.gov.

Chester Allen/The Olympian (with Modifications by Patty Suskin)

Congratulations Raffle Winner



June Womens' Health - Sharon Johns



Happy Birthday, Chass!
You're a quarter of a century now!!! (25)



Jolene, Margaret, Vinny, Joanne, Vince, & Chass

**You're Doing Great & We Love You Lots!!!
Love Mom, Dad, Dillon and the Whole Family-**



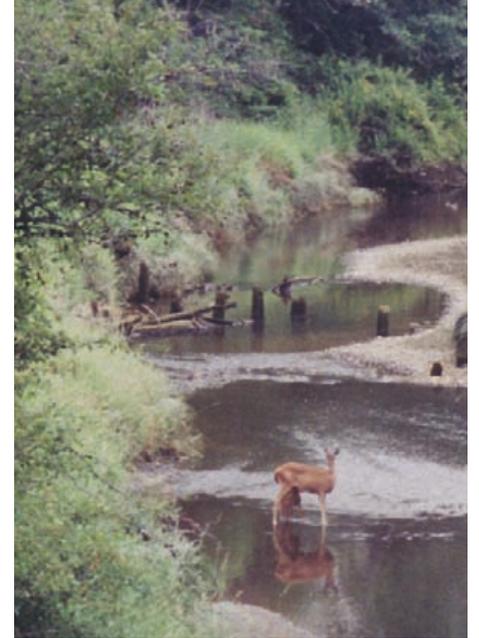
*Below: Chass & Baby Mykah
the day he was born
Left: Chass
Bottom Right: Chass & Nokomis
Bottom Left: Daddy holding Mykah
the day he was born*



Some Amazing Nature Shots by Pete Kruger



Baby Night Hawk



Mamma and Baby



Baby Seal



Porcupine



Birth of a Fawn in the Wild!!! Pete observed this little cutie being born in May. This is the third time in 30 years that he has been able to watch as fawns were born in the wild. He feels very blessed to have taken part in this special event!

Check it Out!

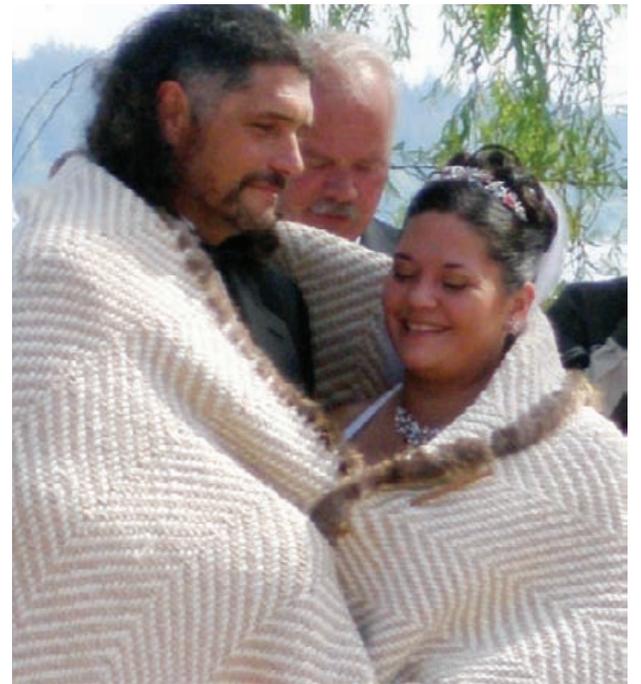
Michael Ogden Helps SPSCC Anthropology Crew
Discover a Cedar Bark Strip at Mud Bay



Michael also had the chance to participate in a dig at the 16,000-year-old Wenas Mammoth site near Yakima (Selah, WA). He's now on the Canoe Journey. Way to Go, Michael! Photos by Dale Croes.



Congratulations Newlyweds



*Steve and Andrea Sigo
Wed Saturday, July 14th*

TRIBAL MEMBERS!!!

SalmonFest is Coming Soon!

At the last tourism board meeting, IEI and LCCR both said they would like to sponsor tribal member booths!

Have a great salmon recipe?
Are you an artist?

It's not too late to have a booth at SalmonFest.

Contact me at (360) 432-3838 & I will assist you in getting started!

Thanks!
Leslie Johnson
(360) 432-3838

SALMON FEST