



AUGUST 2009

dibəl ti ʔacaciltalbiḡ gʷəl ti ʃwələč yəxw ti stultuləkʷ yəxw ti čalčələł.

COMPLIMENTARY

Wellness Center Pool Summer Schedule

OPEN SWIM (*families and all ages*)

Monday, Wednesday and Friday 3:00 - 6:00 p.m.

Saturdays: 11:00-3:00 p.m.

LAP SWIMMING (*18 & older*)

Monday, Wednesday and Friday: 6:00 - 8:00 a.m.

WATER AEROBICS (*18 & older*)

Tuesdays and Thursdays: 6:00 - 7:00 p.m.

A lifeguard will be present at all times.

Tribe Celebrates

Wellness Center Pool Grand Opening

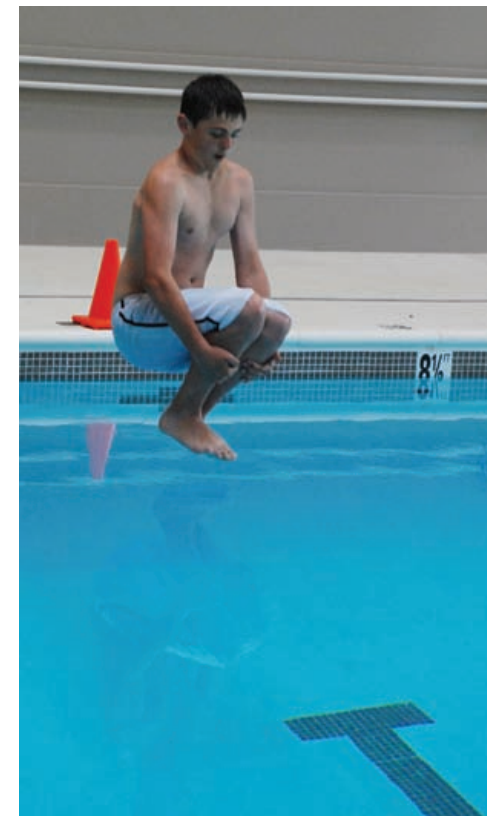
The Grand Opening of the new Wellness Center, including an Olympic-size pool, took place on Monday, July 6th, coinciding with the first day of Summer Rec.

Chase Tuller, pictured below, was the winner of a drawing to determine who would be the first youngster to jump in the new pool. The kids were very excited and the community members who came out to enjoy the Grand Opening were very impressed.

Chairman David Lopeman welcomed the community and spoke a bit about the vision of having our own community pool.

"It started many years ago and when the kids brought in a petition to the public budget hearing, we knew we had to make it happen."

Korsmo Construction provided a wonderful BBQ lunch for the tribal community at the Grand Opening.



The Squaxin Island Tribe invites you to our 4th Annual

SALMON FEST

Little Creek Casino Resort • Shelton, WA

August 15th, 2009 • 11am-7pm • Free Event

- BBQ Salmon
- The 2009 Seafood Chowder Challenge

Presented by: 94.5 Roxy and Little Creek Casino Resort. Co-sponsored by: Union Bay Café, Indian Summer Golf & Country Club, Vern's Restaurant & Webb Lounge

- Traditional Native Entertainment
- Native and Fine Art Vendors
- Live music plus more!



LITTLE CREEK
CASINO • RESORT™
www.little-creek.com

Minutes North of Olympia on Hwy 101 • 800-667-7711

All proceeds benefit the Squaxin Island Tribe Museum & Education Department





Couple Celebrates 60 Years of Marriage



George and Marge Witcraft were married August 12th, 1949 in the Shelton Methodist Church.

They will be having a celebration with cake and coffee at an Open House at the Elders Building on the reservation Sunday, August 9th between the hours of 2:00 and 3:30 p.m.

George and Marge have lived here on the reservation since January, 2007 and enjoy participating in the senior activities.

Their hobbies include working in their yard and growing flowers. Marge also like making Native American greeting cards with Native American fabric decorated with beads and raffia. George has recently taken up whittling and likes to read. They also enjoy golfing together.

"We aren't real good, but we have a good time," Marge said.

They have two children, a son, Steve Witcraft and his wife Marti of Olympia and a daughter, Debra Mattson and husband Eric of Olympia. Their daughter, Linda, is deceased. They have 11 grandchildren, one deceased grandchild and 10 great-grandchildren.

Congratulations George and Marge!!!



Cultural Resources Director Rhonda Foster assisted newly elected Tribal Council members Andy Whitener and Pete Kruger in reciting their Oath of Office, May, 2009.

Squaxin Island TRIBAL NEWS

10 S.E. Squaxin Lane
Shelton, WA 98584

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www.squaxinislnd.org



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:

DAVE LOPEMAN: Chairman
ARNOLD COOPER: Vice Chairman
PETE KRUGER: Secretary
ANDY WHITENER: Treasurer
MISTI SAENZ-GARCIA: 1st Council Member
MARCELLA CASTRO: 2nd Council Member
CHARLENE KRISE: 3rd Council Member

Klah-Che-Min Staff:
THERESA M. HENDERSON: EXT. #3945
thenderson@squaxin.nsn.us

KUTEEYAA DANCERS

WHERE:

Squaxin Island Museum, Library & Research Center
150 SE Kwuh-Deegs-Altxw Shelton, WA
360.432.3841 Ruth Whitener

WHEN:

August 14th 2009

TIME:

4:00 PM

COST:

\$5.00 Adult, \$4.00 55 years & older, \$2.00 K-12th grade
(Squaxin Island Tribe Members/Community FREE)

"We are a light to guide the young and old to a ancient story waiting to be told"

In the Alaskan Native Way, we invite you to a safe and welcoming place. We invite you to accept the gift of our dance.

And to listen to our songs which were passed on through the generations of our people.

Watch the dance steps.

Let our sincere expressions of joy, respect and celebration capture your imagination and speak to your spirit.

<http://www.kuteeyaadancers.com/>



Calling all Relations:

Vicki Kruger - We have a shortage of homes available for placing our relations who, for whatever reason, are not able to live with their parents. Did you know you don't have to be a foster parent to provide care for our relations in the foster care system? Tribal TANF assists persons who provide care for their relative children.

When my husband, Tully, and I had our nieces, nephews or cousins living with us we got assistance through what TANF refers to as a non-needy or child only case. Our income wasn't considered and we received a grant for the child staying with us. TANF provided additional services to meet a variety of needs for the child.

If you would like to provide care for a member of your extended family, or if you'd like to be considered in the future, please contact ICW workers at 427-9006 or TANF at 426 2433 to see if you qualify. A home visit and background check will be done prior to a child placement. I appreciate all of you who open your homes and your hearts to provide care for your relations.

National Congress of American Indians

Issues of Importance to You

<http://www.ncai.org/Home.9.0.html>

Cashier for Housing/Utilities/Court

Daily Hours:

7:30 a.m. - 12:00 p.m.

12:00 p.m. - 1:00 p.m. lunch

1:00 p.m. - 4:00 p.m.

We accept Visa, Mastercard and American Express.

Tribal Council Resolutions

09-57: Enrolls Gregory Thomas Lehman

09-58: Enrolls Benjamin, Zachary and Matthew Sayers

09-59: Enrolls Isaiah Rees

09-60: Enrolls Adrianna Hartwell

09-61: Enrolls Dennis, Daniel and Jeremy Sigo

09-62: Enrolls Jaidon Henderson

09-63: Agrees to enter into contract with Laboratory Corporation of America

09-64: Authorizes the Health Department to administer a project with the DHHS Indian Health Service through the Health Promotion Disease Prevention Program

09-65: Authorizes submission of a grant application to the Environmental Protection Agency for a program to develop and implement a replicable model of sustainable community action that generates cost effective and greenhouse gas reductions while improving the environmental, economic and public health or social conditions within the community

09-66: Establishes the authorized purchase price for individual undivided interest on 121 Allotments 3, 8, 12, 13, 16, 18A, 19A, 20, 21 and 22

09-67: Selects the NWTC as the third party entity to perform all testing for all tribal entity Drug Free Workplace personnel policies

09-68: Authorizes Ray Peters to organize, establish and take all steps necessary to form Salish Cliffs, LLC in accordance with Tribal Code

09-69: Enrolls Arthur Barragan

09-70: Modifies the Commercial Area Traffic Safety Project budget

09-71: Agrees to enter into contract with Washington State Department of Transportation



Everyone Has a Story To Tell 6-Week Memoir Writing Course Tuesday Evenings

September 15, 2009 - October 20, 2009

Writers want to do work that is meaningful to them. As a teacher I support them as they learn about the writing process and I also offer individuals something greater: an opportunity to tell their own story and to mold it into an artful work of memory. When students read and write memoir, they explore their lives with pen and paper, make connections to the lives of others, and often discover something deeply personal and surprisingly universal in their writing and their lives.

This workshop is for any writer - beginning or experienced, ages 16 - adult.

About the Instructor:

Patty Kinney earned her MFA in creative nonfiction from Antioch University Los Angeles in 2003. She graduated from The Evergreen State College in 2001. In the past she taught writing and poetry workshops in the Reservation Based Program at TESC. Her writing has appeared in The Sun, Hipmama, Mamaphonic, Poetry Magazine, Poetry Motel, Tall Grass Writer's Anthology, Lifeboat and Slightly West and many other publications. She has taught nonfiction and poetry workshops in Olympia, Yelm, and Los Angeles.

Class Schedule and Cost:

WHEN:

Tuesday Evenings

Beginning September 15, 2009 through Tuesday, October 20, 2009

WHERE:

IEI Business Development Center,
21 Simmons Road, Shelton, WA 98584

COST:

\$100 (At least \$50 of your payment is due upon enrollment to hold your place; the second half (\$50) is due by the first day of class. A \$20 registration fee is non-refundable; the rest of your fee is refundable if you cancel by September 1, 2009.

Please make checks payable to: Patty Kinney, 837 SE Ulery Street, Lacey, WA 98503 Thank You!

To sign up or for more information, contact: pattykinney@hotmail.com or call 360-491-2772



The Washington State History Museum and the Longhouse Education and Cultural Center at The Evergreen State College are proud to present the fourth annual In the Spirit: Northwest Native Arts Market and Festival, happening in downtown Tacoma at the History Museum on August 8 and 9, 2009.

In the Spirit: Contemporary Northwest Native Arts Exhibit Through August 30, 2009

This juried art exhibit will showcase the work of 30 contemporary Native American artists. Guests will see how today's Native art connects traditional artistic heritage and contemporary forms of expression. The featured artwork will be selected by a three-member jury comprised of local experts in Native American art.



Office of Housing Highlights

On June 22, 2009 the Office of Housing put together a very informative class regarding the care and benefits of pet care. Dr. Murphy from Steamboat Island Animal Hospital was on hand to explain animal diseases, and how they can affect you and your household. He also touched on animal behavior and animal cruelty with the weather now becoming warmer. Steamboat Island Hospital donated vaccines to all who attended with their pets. Amy Loudermilk from RARE (Reservation Animal Recourse & Education) was present to answer questions regarding the benefits that RARE can provide to Tribal pet owners. Officer Jim Reinhold also reminded everyone about the new animal ordinance and how important it was to license your animals. There were several animals vaccinated and licenses issued. Feedback from those in attendance was positive and wanted to know when we could put on another class.

Another great Tools for Success - Financial Skills for Families Class was completed in July. The class was presented by Office of Housing staff as well as Mia Vermillion of Guild Mortgage and Walt Woolridge of Angle Agency. The curriculum for this class covered the following topics:

- Building A Healthy Economy
- Developing a Spending Plan
- Understanding Credit and Your Credit Report
- Accessing Credit

We would like to congratulate the 3 participants who completed all 3 sessions of the class and received their certificate.

Come join in on the fun and attend the next Tools For Success class which will be held in October.



Aleta Poste, Kasia Krise



Myrtle Richards, Shari and Herb Johns, Sam Penn



Amy Loudermilk (RARE), Paula Henry



Josh Coble

Upcoming Events

Plumbing Basics

Administration Bldg -1st floor
Monday, August 17th
4:30 pm

One on One Credit Counseling (by appointment only)

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



Tamika Green



Sam Penn, Dr. Murphy (Steamboat Animal), Joyce Bell (RARE)



Department of Safety & Justice Offers Health Fair Activities

During the Health Fair on Friday, June 19th, the Squaxin Island Police Department had a booth and provided the youth with life jackets in three different sizes. The kids got weighed to ensure they would be issued the proper size.

After the health fair was finished, the police department set up tables and offered the community t-shirts that were designed by Madeena Rivera. The shirts came in three different colors: yellow, white and black reading, "Don't Meth Around!" on the front, "That's Rough!" on the back, "Meth=Death" on the upper back and "Squaxin Island Health Awareness Day" on the right sleeve. The shirts looked great on everyone. Only people who signed up and participated in the Meth-Free walk were able to get shirts. The 3 different colors represented the Medicine Wheel. There weren't any red shirts made because the design wouldn't show up correctly due to the color combination of the letters.

People were standing in line to sign up for the walk and get their t-shirts. Squaxin Island K-9 Officer Howell introduced his K-9 partner "Bora," the department's new drug dog. He spoke to the community about the drugs she is trained to track, how long it took to train with her, and how she has such a hyper personality. Officer Howell answered questions from community members. After he finished the introduction of the K-9, the t-shirt line was clear and the big banner that read "Meth Kills Native Traditions (also made by Madeena) was taken off the wall."

Everyone met outside the gym where Officer Bogart and Chief Evans were on their patrol bikes waiting for everyone to gather. The banner was held up by participants leading in front of the walking crew. Officer Bogart and Chief Evans escorted the walking crew out of the parking lot while Officer Lopez escorted and stopped traffic behind the crew in his police vehicle. The walk started at the gym, went around T-Peeksin Lane, back to Klah-Che-Min and Slocum, around So-La-Tah Loop and back to the gym. There tables were set up and a barbecue dinner was prepared for people coming back from the walk.

As people stood in line for dinner, the Squaxin Island Police Department had special guest speakers making presentations about Meth. The special guest speakers were Sergeant Ann Dutton, Trooper J.R. Kershaw and his partner K-9 "Kilo," all from the Washington State Patrol. They shared a PowerPoint presentation on Meth, including what to do if you run into a Meth lab in your community, who to contact, what types of things indicate a Meth lab, what a person on Meth starts to look like in their appearance (how they act and what they smell like), and how Meth affects EVERYONE, not only the user.

They showed the community ingredients that are in Meth with a demonstration of what a lab looks like and what causes damage to homes with Meth labs. They shared very graphic photos of people who were burned in Meth labs, as well as the damage it does physically, emotionally and mentally, like rotting teeth, sores, weight loss, holes in brain, depression, lack of sleep and "the crash." Washington State Trooper J.R. Kershaw also did a demo with his partner K-9



C.H.O.I.C.E. Alternative School

The time is fast approaching for students who wish to attend CHOICE Alternative High School in the fall to register for orientation. Application packets will be available at the CHOICE office (807 W. Pine Street, Shelton) beginning August 10th. The application is due by August 14th in order to be registered for summer orientation which runs August 17 – 20th, Monday – Thursday, from 9:00 a.m. – noon. Students who intend to begin school on September 2nd must successfully complete the August orientation process. If you have any questions, feel free to contact the school at 360-426-7664.

Stacey Anderson
CHOICE Alternative High School Principal

"Kilo" for the community, showing the kids what he and his partner do in the field. The Washington State Patrol presenters then answered questions.

After the special guest speakers were finished with their presentations, people started to clean up, putting the tables and chairs away and picking up garbage while the DJ was setting up his equipment for the community dance. The youth and their families participated in the evening hoola hoop contest, tug-of-war, limbo and all sorts of other competitions, including the Macarena dance. When the competitions were all finished, the dance started. The dance was supervised by the Squaxin Island Police Department. Sergeant Ehler, Officer Lopez, Officer Liles, Madeena Rivera, Shelley Rawding, Ross Rawding, Bill Kallappa and Wes Whitener all stayed to chaperone the dance that evening. Everyone who was at the dance had a great time, including the chaperones. The Squaxin Island PD was very entertaining to the youth when they went on the dance floor and participated in the "Cha Cha Slide."

The Squaxin Island Public Safety and Justice Department would like to send special thanks to the presenters, Sergeant Ann Dutton and Trooper J.R. Kershaw, for all the help and time they contributed to our tribe and the great presentation they did. Squaxin Island Public Safety and Justice Department would also like thank Melissa Grant and Wicket McFarlane for helping set up the chairs and tables for the barbecue dinner. Thanks to everyone who helped put the tables and chairs away to get ready for the community dance and thank you to everyone in the community who came to participate in the Meth walk and join us for the following presentation. Thank you from the Squaxin Island Public Safety and Justice Department!





Annual Commercial Fishing Regulation Package

Joe Peters - On Wednesday June 24th, 2009 the Squaxin Island Tribal Council approved the Annual Chinook/Coho/Chum Commercial Fishing Regulation package. Please read and familiarize yourself with the 2009 Annual Chinook/Coho/Chum Regulation Package.

Changes to the 2009 Annual Fishing Regulations:

Page 5&6-----'09 Annual Regulations/Chinook Regulations

Section III.

F. Legal Gear- defined Set Gillnet, Drift Gillnet and Beach Seine.

G. Illegal Gear- defined Purse Seine.

Page 3-----2009/2010 Coho and Chum Regulations

Section V.

12. Beach Seines- requesting fishermen to release all unmarked/ wild coho (with attachment added with maps to help identify Wild vs Hatchery)

Copies of Annual Fishing Regulations and Emergency Regulations will be available at the Squaxin Island Natural Resources Department and online at www.squaxinland.org. The Fish Hotline will provide a summary of all current emergency fish regulations.

If there are any questions or concerns regarding the salmon fisheries please contact Joseph Peters at 360-432-3813 or email at Jcpeters@squaxin.nsn.us.

Fish Hotline: 360-432-3899

Squaxin Island Tribe Website: www.squaxinland.org

Frequently Asked Fishing Questions

Q: *What is the rule about site reservations?*

A: Site reservations are permitted: "providing that the site has NOT BEEN VACATED FOR A PERIOD IN EXCESS OF TWO (2) FISHING DAYS (including only opened fishing days). Any person fishing in a site fished by another within the previous two fishing days must vacate the site to the individual having a valid site claim. Site reservation guidelines do not apply to beach seines fisheries." As stated in the Annual Fishing Regulations.

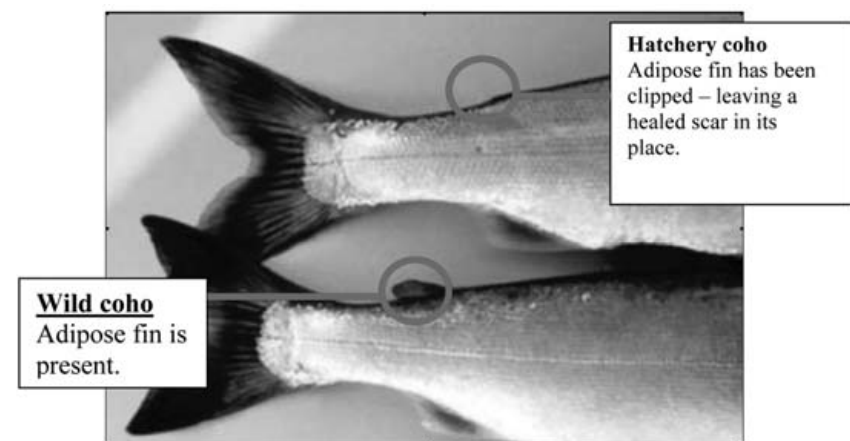
Q: *When are you going to open Totten or Eld Inlet Chum Fishery?*

A: Our chum fisheries are managed based on escapement of chum in to the local streams. Both Totten and Eld Inlets have yearly escapement goals that need to be reached in order to ensure we have enough salmon spawning in the streams to sustain the run for future salmon generations. In late October through December our staff is walking streams weekly to obtain adult chum spawner counts. When I see that we are on our way to escapement we open the fishery. Some years, I will close the chum fishery in midseason to meet escapement. The Totten chum fishery is typically underway by late October with Eld Chum coming in late November.

Q: *Why do you require beach seines to release all coho during the chum fishery?*

A: Unlike our net pen coho that return to the surrounding passages of Squaxin Island, our wild coho stocks return to the local streams to spawn. Natural populations of coho in our local streams appear to be at very low levels. During our chum fisheries the Tribe is fishing in areas where we can have significant impacts on these returning wild coho. Beach seines can effectively be deployed in a manner that allows the release of nontarget species. Also check out the new addition to the 2009 Annual Coho/Chum Fishing Regulations regarding this issue:

Beach seines: Although release of wild coho is not a current fisheries restriction, Please release all wild coho (see attachment for clarification.) Natural populations of coho in local streams appear to be at very low levels. This practice of selective fishing, where the release of incidental catches of wild coho in the Tribal fisheries and local recreational fisheries, is a conservation measure to potentially allow Area 13D-K coho stocks to begin to rebuild.



Q: *What is the minimum legal distance that nets can be set from another?*

A: For all gear types- all nets must be set a minimum of one legal net length away from another unless agreed to by both parties.

Q: *Most fishermen follow the regulations, but it is very frustrating to see a few individuals fishing with illegal net lengths, what can I do to stop this illegal activity?*

A: The best thing you can do is report it to Squaxin Law Enforcement! If you are unable to contact Squaxin Law Enforcement, call Mason County Dispatch immediately. Communicate to Dispatch that you need to report illegal fishing activity to Squaxin Law Enforcement along with any other detailed information. Dispatch logs the information and will contact the officer on duty.

Squaxin Law Enforcement: 360-426-5222.

Mason County Dispatch: 360-426-4441



SUMMER YOUTH EMPLOYEES

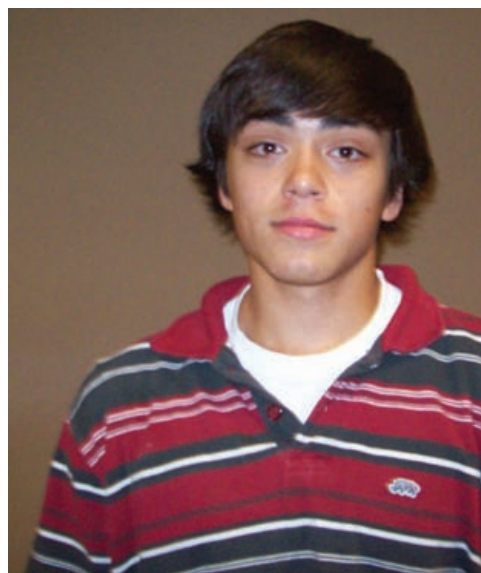


Troy Orozco



My name is Troy and this will be my second time working with the Department of Natural Resources.

Tyler Mireles



Hi, my name is Tyler. This year I am working for the Maintenance/Water Waste Department. Huh. I will be turning 17 this year. I like basketball and snowboarding and working. This is my third year, and I'm looking forward to getting a new car.

Deanna Hawks



Hello, my name is Deanna Mary. I'm a Squaxin Island tribal member. My age is 18. I've been doing the Summer Youth Employment for about 5 years now. But this will be my second year at the MLRC.

I really enjoy working there because its a joy to see people come in our *Home of Sacred Belongings* and leaving with the knowledge. Its just a blessing to be more a part of my culture, and its a good way to meet people.

Jaimie Cruz



Hello, my name is Jaimie Cruz. I am 16 years old. My mother is Lea Cruz. My grandparents are Evelyn and Buddy Miller. This summer I am working at the Legal Department again. I enjoyed working there last summer. I dream of becoming a lawyer and working in tribal government. See you around.

Leonard Gene Cooper



Yo!!! My name is Gene and I'm from the Squaxin Island Tribe, but when I turn 18 on my birthday I'm going to go live in Skokomish. And I'm going to try to graduate the high school or something. Well, my nickname is Savage Skok Dawg. Well, I'm going to start carving and drawing and then sell them, so if you or anyone wants to buy anything . . . K? Well, I gots to go. Later people.

Tiffany Sizemore



Hi, I'm Tiffany Sizemore. The name change is because I recently got married. :) My husband and I have a beautiful son named Aidon. He is almost a year old. It has been a great experience being a mom at a young age. I've worked with the Tribe since I was 14 and it has been a great working experience, and I've learned a lot. Have a great day!

Jefferey Blueback



My name is Jefferey Blueback and I work at Fisheries again this year. I love working there. I learned a lot of new things and hope to keep working there.

Miguel Saenz-Garcia



Hi, I'm Miguel :) As some people know, this is my 3rd year working here at Natural Resources. This year I applied for this job again because I enjoy working outdoors and also because I enjoy working with the people around me. Well, that's about all I have to say, so have a pleasant day.



SUMMER YOUTH EMPLOYEES



Koreena Capoeman



Hi, my name is Koreena Capoeman. My mother is Terri Capoeman. I'm 16 years of age, and I'm in the Summer Youth Program. I applied to work at Little Creek Casino Resort. It's my third year of working with the Youth program. I like computers, but I'm not a person who knows everything about them. I'm not very into sports, but I'm into my culture. I've been to so many places this year, Wisconsin, North Dakota, Mexico, California. So, yeah, well, that's all I can think of. Thank you.

Beau Henry



My name is Beau Henry and I am gonna work at the Little Creek Casino as a Utility Technician.

Alicia Obi



Housekeeping! Hey guys, I'm working at the hotel housekeeping again, and hopefully working half time at Human Resources. I'm 16 years old, and this is my third year working at the hotel. I plan to be like my brother and work two jobs and get rich and go to New York. Alrighty, see you later guys!

Alan Cooper



Hi, my name is Alan as ya'll know. I'm working in the Summer Rec as a Cook Assistant. I find it fun in there cooking and working with the youth sometimes. I worked there last year with the youth . . . going for a second year.

Tasheena Sanchez



Hello, my name is Tasheena Sanchez. I will be working at the Squaxin police department. I'm glad that I get to work with my cousin, Madeena this summer! I can't wait for a better opportunity working with the Squaxin police department. I'm happy that they know I'm capable working out in the community.

Luke Moses



Hi, my name is Luke Moses. I am 17 years old and this is my second year working for the Tribe and my second year working at Summer Rec. I am a Junior, going to be a Senior, hopefully to graduate in 2010. Thanks. See you at Summer Rec.

Michael West



Hey, my name is Michael West. I just left Natural Resources to work for Summer Rec, and it will be three consecutive years. Although I'm glad to be here, I miss Natural Resources. Well, I'm turning 18 on July 31st and can't wait. Have a great summer everyone!

Claudia McFarlane



Hello everyone, my name is Claudia McFarlane. I will be working for Summer Rec. I enjoy working with kids. My favorite things to do are hang out with family and my boyfriend, Mario. I also enjoy walking my dogs. I love animals with a passion. I'm also a caring and loving person if you get to know me.



SUMMER YOUTH EMPLOYEES



Adam Mowich



Hello. My name is Adam Mowich. I am 18 years old and am very excited to be working out here this summer. I just graduated from Shelton High School. So hopefully this job will help me kick off my life career after high school! Once again, thanks for having me out here! Oh, and shout outs to Taylor Wily!

Victoria Sanchez



Hello, my name is Victoria Sanchez. I am 16 years old and going on 17. I am working at the hotel this year. Last year I worked with Stepping Stones. Well, that all I gotta say - so huy'

(More Employees on Page 28)

Erica Lucero



Casey Fletcher



Willow Henry



Hi my name is Willow Henry. I am a member of the Squaxin Island Tribe. I live with my dad, Marvin Henry, and brother, Cameron Henry. My mom and dad are Kathy Hurley and Marvin Henry. I am working with my sister, Melissa Grant, and Patty Suskin at the Health Promotions building. This is my 3rd year working as a summer youth employee. Two years ago I worked with Patty Suskin, and last year I worked at the Child Development Center.

My hobbies are basket making, beading, Powwow dancing - girls traditional. I look forward to helping people in my community thanks Huy'

Nathan Shelton



Hello, as many of you know, I am Nathan Shelton, and I live in Olympia. I am the grandson of John and Eleanor Krise, and son of Darlene Krise and Larry Shelton. I am happy to be working in the Facilities Department at Little Creek Casino Resort in the Summer Youth Program. My plans for the next year are to get into school to work on cars.

Michael Henderson



Hey, I'm Michael. I'm working for the Department of Natural Resources again this summer. I like working hard and being outside. Hope you all have a good summer!

Cassidy Gott



Hello! My name is Cassidy Gott. I work at the front desk in the tribal Center. This is my third summer working in this position. I am the daughter of Stephanie Gott, and I look forward to meeting everyone new this year. See you around!



STEPPING STONES MENTORS



Beverly Hawks



For those of you who don't know me, I am Bev Hawks, mother of 7, foster parent of 11. I am what you call a Kamilcheian. I have lived most of 50 years here in Kamilche. For the past 28 years I have lived here at the Rez.

I'm extremely happy to be working with our youth once more. I'm very happy to see some come backs for Mentors. The new Mentors are a very much appreciated addition. I know that my staff has more craft knowledge to teach our youth.

The staff here at the Tribal Center have been very helpful in assisting me. I would like to thank you all for your support because this has helped the program be more successful too. My hands are up to all of you. Bill and Jeff have assisted in donating, prepping, and giving us filler projects as well. THANKS A BUNCH TO YOU BOTH.

If you have a chance to see us in the field as we will be out working clearing bushes, and weeds. Give a hello.

Thanks for the opportunity to once more be working with our youth. I think my passion has found me (that would be the YOUTH). Hoyt

Niki Fox



Hi, my name is Niki Fox. This is my first year working with the Stepping Stones program as a Mentor. So far, I enjoy this program a lot. I enjoy working with the 13-15 year-old kids. I feel like I can teach them a lot of work skills and life experiences. I hope next year I can work with Stepping Stones program again.

Donna Baker



Hi, my name is Donna Baker. This is my second in Stepping Stones. I really enjoy working with the youth. I am the proud mother of Steven, Cynthia and David Dorland, am married to Robert Baker. My parents are David and Shirley Lopeman.

Shannon Bruff



Hi, my name is Shannon "Bloomfield" Bruff, and this is my second year taking part in Stepping Stones. I really enjoy studying and learning with our 13-15 year-old youth within the guidelines of this program. Please follow the guidelines set by Kass: please recycle!

Christine Semanko



Hi, I'm Christine Semanko, community member and second year participant as a Mentor in the Stepping Stones program. I'm the mother of Sierra Semanko and Shila Blueback.

STEPPING STONES PARTICIPANT

Tiffany Valderas



Hi, my name is Tiffany Valderas. I'm 16 years your average. I work at the Squaxin Island daycare. I love working with the children. They are the future. I live at Squaxin. My mother is Jamie Lewis. I love cooking, dancing and shopping. Well, you wanna know more, get at me! :)



STEPPING STONES MENTORS



Amber Salazar



Hey! As most of you know, I'm Amber Salazar, daughter of Mark Snyder and Bette Peters. This is my second year workin' as a Mentor with the Stepping Stones Program. Last year was a blast, so I'm excited to be back working with the teens! We completed a lot of projects on the Rez and have many more planned this year.

I love spending time with my hubby, Miles, and our kids. They are my world! My gorgeous daughters, Jazmyn and Alexia, keep me busy! Jazmyn is in her second year of soccer! Well, if your around, stop by and check out what we are up to . . .

Kenna Bolanos Acosta



Hey everyone, my name is Kenna Bolanos-Acosta. This year I'm working with the Stepping Stones Mentor Program working with the youth around the Rez. I've been married to Victor Bolanos for 10 months, and we have a beautiful daughter named Larissa. So yeah, see you around outside on the Rez :))

Kasia Krise



Hi, my name is Kasia Krise. I am the mother of two wonderful kids, Tyrone and Jonnathan Seymour. This year I am working with youth ages 13-15 in the Stepping Stones Mentor Program. I'm excited to get to work with the youth this year and I think its great experience for me. I hope to see all of you whiel working out in the community this summer. huy'

Zach Hetzler



Hi, my name is Zach Hetzler. I am from Chattanooga, TN. I have lived in Washington for three years with my beautiful wife, Santana, and two kids, Kaleb and Zachary. I am very happy to be employed by the Squaxin Island Tribe Stepping Stones Program and can't wait to see all the cool things we do this year.

STEPPING STONES PARTICIPANTS

Taylor White



Lorenzo Solano



Hi, my name is Lorenzo Solano. I am 13 years old. this is my first year in Stepping Stones. the program is fun. I especially like cutting brush. I look forward to joining next year.

Jessica Cruz

Hey there, my name is Jessica Cruz. I worked in the stepping stones program. I'm the daughter of Leanora Cruz and Timo. My grandparents are Evelyn and Buddy Miller. I love working here because its fun and I get paid. I attend Canoe Journeys. I love working here with Stepping Stones.





STEPPING STONES PARTICIPANTS



Chauncey Eagle Blueback



Hi, my name is Chauncey Eagle Blueback. I'm in the Blueback family. I stay with my grandpa and grandma. I have fun staying with them. I go to the movies with Gramp and nod off with Gram.

Mario Rivera



My name is Mario, and my mom is Marcella Castro who is a respected member of the Council. This is my second year at stepping Stones and though it is my last, I plan on working hard and showing up every day to work. I especially like hanging out with Kass. :)

Jeffrey Nerney



My name is Jeffrey Nerney. I like to ride bikes and hang out with my friends. I like to make money. My parents are Larry and Monica Nerney. I play baseball and basketball. It is my first year and so far I enjoy it because it is something to do and its fun

Dustin Valderas



My name is Dustin Valderas. I am the son of Jamie Adams. Well now this is my second year at the Stepping Stones program. Its fun working for my tribe, and when I'm not working, I like to play basketball and a bunch of other stuff. Later.



Clara Capoeman



Hello, my name is Clara Capoeman. My mom is Terri Capoeman and my dad is Wilson Johns. This is my second year working with the Stepping Stones program. I really like this job. We get to work with some great people like our Mentors, Niki Fox, Bev Hawks, Amber Snyder, Zack Hetzler, Kenna Krise, Kasia Krise and Shannon Bruff. They are some great people. Astrid Poste comes in every morning and puts a smile on our faces and I love that. During this job I will be going on the Canoe Journey. I really like to be involved in my cultural activities and I would like for other people to be involved - we are the "People of the Water." Huy'

Kira Coley



Okay, this is who I am - my name is Kira Nakia Coley-Sen. I was brought into this world July 28, 1994. My birth parents are Angel Sen and Richard Coley and my step-parent is James W. Sen. I love my life. I have a lot of friends. I lived on the Squaxin Island Rez my whole entire life. I love my family and friends. I would like to thank my whole family/friends and Shelly Belly and Lil Kim Renee K and Lopez for keeping me on track. Thank you guys so very much!



STEPPING STONES PARTICIPANTS



Justin Saenz-Garcia



I'm going inot 9th grade. My name is Justin Saenz-Garcia. My mother is Misti and my father is Miguel. I like to work and work on yards. Its fun sometimes. I like to keep myself active and doing something. I hate soccer. But working out is fun, and I like to hang out with friends, swim and play basketball.

Douglas McFarlane



My name is Douglas McFarlane. I am 15 years old. This is my second year in stepping Stones. I will be in the 9th grade and will be attending Oakland Bay Junior High. I really like earning the money during the summer. I have big plans for spending my money. I hope to move up into the summer youth employment program next year.

Adrian Garcia



Hey, my name is Adrian and I took part in the Stepping Stones program. I thought it was fun because it was something to do over the summer, and, since I don't live on the Rez, I got to meet new people. Even though I didn't talk much, people still got to know me. Well, I like to play sports. That's all I've got to say and I hope to do the Stepping Stones program again.

Layne Behling Elam



Hi, my name is Layne Elam. I liked getting time to earn money, but I don't like writing, so writing a bio was painful.

Joshua Moses



My name is Joshua Moses. My tribe is Muckleshoot. My foster parents are John and Gloria Krise. This is my second year working in the Stepping Stones program. I like working because I get to have fun working with all the old and new kids and adults. Also, I get paid for working and having fun at the same time. I especially like hanging out with Kass :)

Ronnie Penn



Hello, my name is Ronnie Penn. I was born on the 21st of December in Forks, WA. My mother's name is Lisa and my father's name is Nathan. I have two younger brothers named Austin and Bryce. I have two step-brothers, and a step-sister. I really enjoyed this program because I've gotten to make many new and wonderful friends. I've also been able to get closer to my family on the Rez. This program is amazing because it has so much to offer to anyone who is willing to participate. I love Stepping Stones and can't wait to go back to work on Monday! :)

Josh Coble



Hello, I'm Josh Coble. My mom is Geri Bell. I've lived out here for about 11 years and I'm in the stepping Stones program. I'm ready to get paid!

Boom



STEPPING STONES PARTICIPANTS



Shashoney Fenton



Hi, my name is Shashoney Fenton. I'm from Squaxin Island Tribe. I'm 13 years old and I'm from the Cooper family. My mom's name is Elizabeth Fenton and most of you know her. I'm here to work for the Stepping Stones program so I can have fun and do something this summer. I've been on the Rez for 4 years and I'm hoping to change how the Rez is in Stepping Stones and make this a great place.

Julito Krise



Hi, my name is Julito Krise. My mom is Jill Krise and my dad is Casey Krise and my grandma and grandpa are George and June Krise. My hobbies are riding dirt bikes, playing basketball and riding pedal bikes. I like working with the Stepping Stones program because its fun and I like the activities. It's very fun what we do. Off work I go on the Canoe Journeys. My favorite cousin is Jessica.

Elijah Krise



Hi, my name is Elijah Krise and I am 14 years old. My mom is Jill Krise and my dad is Casey Krise. I have three brothers and three sisters and I like to do dangerous stuff sometimes. My girlfriend is Alicia Obi and we have been together for three months.

Kassidy Whitener



Ha ha. My name is Kassidy Whitener. Hey there. Well, I am the daughter of Melissa Whitener and Lenny Hawks. I am 15 years of age. This year I am working at the Stepping Stones program. I intend on applying for a different, more efficient summer job next year. I like this program. Its cool and I like just about everyone I work with. We all have fun. Next year I will be a sophomore! Man, I can't wait. I look forward to exceeding in academics and maybe a future in an acting career. Well, I guess I only have one more thing to say now - have a great summer and be sure to recycle! :) Bye Bye!

Kristina Bechtold



I'm going into 10th grade. My name is Kristina Bechtold. I am 15; my birthday is July 17, 1993. My favorite colors are hot pink, sky blue and black. I love kickin' it with friends and family. I also like going on the computer.

Jenica Nerney



Hello my name is Jenica Nerney. I am the child of Monica Nerney, also known as Monica Brownfield. Well anyways, I have lived on the Rez for about 8 years. I'm in the Stepping Stones program for something to do for the summer. The program turned out to be a lot of fun. I have only one more thing to say, I'm an awesome person :)





— STEPPING STONES PARTICIPANTS & ELDERS —



Holly Henry



Marcus Johns



Hello, my name is Holly Henry. My sister is Geri Bell. I lived with her for 12 years. She's fun and a caring and loving person too. This is my second year working for the Stepping Stones program. It was fun this year because we got to work outdoors and got to work on drums and looms, etc.

Hey, my name is Marcus. This year I work at Stepping Stones and its my first. I guess its fun because its something to do. My hobbies are riding bikes, snowboarding and basketball. Other than that, I like to chill with my friends.



Elders Garage Sale Thanks

The Squaxin Island Elders, would like to thank Little Creek, K.T.P. and the Tobacco Factory for all there help and there donations, advertising and support in making our Garage Sale successful.



Also we thank the employee's from The Tribal Center, Little Creek, K.T.P. and the Tobacco Factory for there support and donations.

The Squaxin Island Elders would also like to thank the Maintenance crew for there strong muscles in helping us move things.

We would like to give a HUGE thanks' Steven at K.T.P. for going the extra mile for the Elders. Thank you very much!

Thank you, Carolyn Hoosier, Ruth Peters, Marge and George Witcraft, Don and Rose Brownfield, Ron and Kathy Dailey, Mary Fletcher, Harvey and Earlene and Ray Tyler for working at the Garage Sale.

ONCE AGAIN THANK YOU ALL THAT GAVE DONATIONS AND HELPED THE ELDERS.





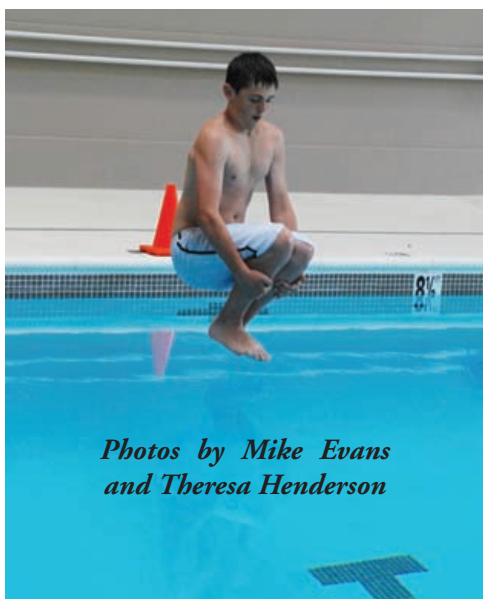
HEALTH FAIR & METH WALK



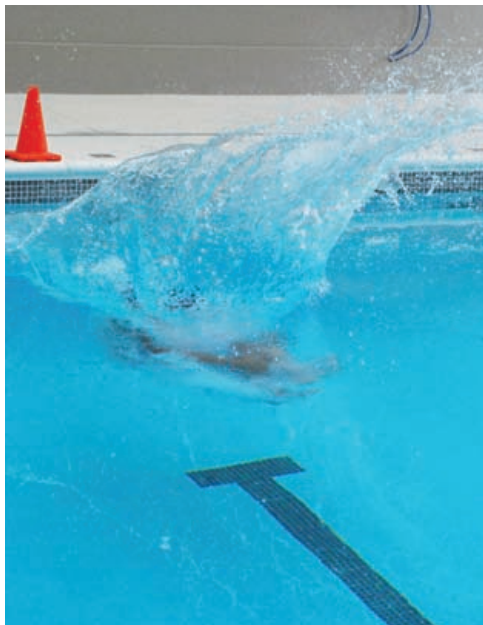




— WELLNESS CENTER POOL GRAND OPENING —



*Photos by Mike Evans
and Theresa Henderson*





Bullying Stems From Lack of Self Esteem

Brenda Dorsey (432-3921) - There have been many studies connecting violence to the lack of self-esteem. This is sometimes deceiving when we witness how proud and tall the bully appears as they try to pull more and more individuals into their group. Underneath, however, is a lack of confidence in achieving good grades, popularity, or whatever they see as desirable in their life. Once you cut through the facade of anger, much sorrow and pain will emerge. Unfortunately, all parents usually see is the anger and the defiance and wonder what they did wrong. It is important that parents try and do their best while learning to detach and not engage in useless arguments. It is likely they are not listening.

The majority of bullying is not physical but involves slander, mockery, exclusion and name calling. It is also important to note that this does not always involve kids. Adults can continue to bully people and should be held even more responsible for this behavior than teenagers.

Obviously, there are no easy solutions to this problem. If you are an adult, make an effort to stop any form of bullying. There is no excuse for you if you don't. Teenagers will usually outgrow this and learn that misunderstandings are part of life and not worth fighting over. I would like to encourage elders to talk to our kids and tell them this is not part of Native tradition, emphasizing the importance of seeing yourself as part of a whole in which everything you do impacts the Tribe and community. Learning to resolve problems by talking, by calming yourself down when you feel violent, trying to look beneath the anger for what is really going on inside, are all ways to resolve issues without hurting someone.

Gangs, Bullies and Belonging

Crips, Bloods, Folk Nation, People Nation and *Wannabees* all refer to gangs or, by definition, "a group of people who share a common identity or goal." As adults, we wonder why kids are drawn to gangs considering the death and destruction that often goes with them. A sense of belonging and identity, social support and solidarity, and recognition as the "toughest of the tough" are all reasons kids join or form gangs. Basically, kids are seeking what they need, but are not getting, from their families and communities.

Traditionally, tribes provided the structure that fulfilled these needs. All members of a tribe helped raise children, and uncles and aunts were often the disciplinarians. Ceremony allowed individuals to know their place, thus providing a sense of belonging and purpose. Nearly all Native American communities had ceremonies to initiate a young girl or boy into adulthood. After the initiation ceremony, the individual would be welcomed back into the community with a feast and giveaway. The giveaway taught the young person of their obligation in the community. Prestige, wealth and success were defined by their ability to give to others.

But we live in 2009 where kids are becoming more violent by the day, relying on fighting to solve their conflict while using the support of their group or gang to feel a false sense of strength and purpose. In this state of mind they are unable to see how connected they are by blood or by tribal affiliation. They have lost the understanding that anything harmful they say or do to an individual affects everyone in the Tribe and will eventually come back on them.

It is also important to note that technology has thrust them into a new world that most adults do not understand. Many of these fights begin from texting or on MySpace. This is the center of their world, and why they want to show videos of the fights to their friends. This is their social network and we need to become more familiar as adults with what they are doing. We can't stop it, nor should we, as they must learn to live in the world they are in. It may also explain why they seem to have no remorse about fighting; they have learned to tolerate images of violence as though it is normal. We must find new ways of helping our kids learn the attributes of peaceful resolution that fit with their view of reality. But this is not an easy task.

Squaxin Island Tribe Tobacco Cessation Program

The Clinic is now offering Nicotine Replacement for people that are ready to stop smoking. After seeing a Clinic provider to be prescribed the Nicotine Replacement aids, patient may receive them for three months. Provider and patient will discuss which product or method will work best for them. The products covered by this program are the Nicoderm CQ patch, Nicorette Gum, Wellbutrin and Chantix.

For more information Call Janita Johnson, Tobacco Prevention Coordinator 360-432-3972

Quitting Tips

GETTING READY TO QUIT

- Set a date for quitting. If possible, have a friend quit smoking with you.
- Notice when and why you smoke. Try to find things in your daily life that you often do while smoking (such as drinking your morning cup of coffee or driving a car).
- Change your smoking routines: Keep your cigarettes in a different place. Smoke with your other hand. Don't do anything else when smoking. Think about how you feel when you smoke.
- Smoke only in certain places, such as outdoors.
- When you want a cigarette, wait a few minutes. Try to think of something to do instead of smoking; you might chew gum or drink a glass of water.
- Buy one pack of cigarettes at a time. Switch to a brand of cigarettes you don't like.



ON THE DAY YOU QUIT

- Get rid of all your cigarettes. Put away your ashtrays.
- Change your morning routine. When you eat breakfast, don't sit in the same place at the kitchen table. Stay busy.
- When you get the urge to smoke, do something else instead. Carry other things to put in your mouth, such as gum, hard candy, or a toothpick.
- Reward yourself at the end of the day for not smoking. See a movie or go out and enjoy your favorite meal.

STAYING QUIT

- Don't worry if you are sleepier or more short-tempered than usual; these feelings will pass.
- Try to exercise; take walks or ride a bike.
- Consider the positive things about quitting, such as how much you like yourself as a non-smoker, health benefits for you and your family, and the example you set for others around you. A positive attitude will help you through the tough times.
- When you feel tense, try to keep busy, think about ways to solve the problem, tell yourself that smoking won't make it any better, and go do something else.
- Eat regular meals. Feeling hungry is sometimes mistaken for the desire to smoke.
- Start a money jar with the money you save by not buying cigarettes.
- Let others know that you have quit smoking –most people will support you. Many of your smoking friends may want to know how you quit. It's good to talk to others about your quitting.
- If you slip and smoke, don't be discouraged. Many former smokers tried to stop several times before they finally succeeded. Quit again.



Could You Have Diabetes and Not Know It?

You may be one of the over 5 million people in the United States who have Diabetes & do not know it.

Submitted by Dave Caulfield, Nurse Practitioner & Patty Suskin, Diabetes Coordinator

Q: How does someone know if he or she has diabetes?

A: Finger poke blood sugar (blood glucose) test- a couple options

- 1) Fasting (nothing to eat or drink for 10 hours). If your blood sugar is more than 125 mg/dl
- 2) Blood sugar more than 200mg/dl, when checked 2 hours after drinking a high sugar drink (from the clinic).

Q: Is there any other way to be diagnosed with diabetes?

A: Yes. Recently, several health organizations have begun recommending the "Hgb A1C (Hemoglobin A1C) test?"

Q: What is Hgb A1C?

A: This finger poke blood test shows how well people with diabetes are doing. It gives us an idea of a person's average blood sugar for the past 3 months.

Glycosylated hemoglobin is a substance in red blood cells formed when blood sugar (glucose) attaches to hemoglobin. It is measured in percent. The higher the number, the higher the average blood sugar.

Q: How high would a Hgb A1C be to diagnose a person with diabetes?

A: 6.5% for two separate readings, or 1 reading and 1 elevated fasting blood sugar.

Q: Why would I take the HbA1c test instead of the blood sugar?

A: HgA1c can be checked any time of day- it does not require fasting. In the Squaxin clinic, the test can be done with just a drop of blood from a finger, and we can get the results in 5 minutes.

Q: Why is it important to be diagnosed with diabetes?

A: High blood sugars damage the body in many ways including the kidneys, eyes, gums & teeth, nerves, & heart. Many people have diabetes without realizing it. The sooner we find out you have diabetes, the sooner we can work together to prevent complications. You can live a long, healthy life with controlled diabetes.

Q: Can diabetes be prevented?

A: Yes. Some diabetes can be prevented or postponed with lifestyle changes.

Q: How can a person prevent or postpone diabetes?

A: Changing your lifestyle—eating healthier & being more active. If you are Native American and over 18, you may qualify for the Lifestyle Balance Program. Melissa Grant, at the Health Promotions Bldg. This nationally recognized program has been shown to postpone or prevent diabetes by 58%. The Lifestyle Balance which teaches you how to eat healthier and be more active. Call Melissa at (360) 432-3926 for more information.

Did you Know?

Current trends indicate that more than half of Native Americans born in 2000 or later will have diabetes if we do not increase our activity and eat healthier. Time for change.

How Children Become Competent Eaters

By Ellyn Satter & Submitted by Patty Suskin, Registered Dietitian - By the time your child is 8 to 15 months old, the goal is to have her sitting up to your family table and finger-feeding herself soft table food. From then on, she will gradually learn to enjoy more and more of the foods you enjoy and learn to manage the mechanics of eating in more and more grown up ways. It takes time—years in fact—but gradually your child will become a competent eater.



She will enjoy a variety of food, and she will know how to learn to like new food. She will eat the right amount of food to grow in the way that nature intended. She will know how to behave at the table so others enjoy having her there.

However, your child's ways with food can fool you into thinking she is becoming anything but a competent eater. Often she won't eat much—a few tastes, swallows, finger-fulls, or bites. Other times, she will eat more than you can imagine. She is unlikely to eat some of everything on the table, but will eat only 1 or 2 foods. What she eats one day, she ignores another. She is unlikely to eat an unfamiliar food. Instead, she watches you eat it, looks at it, smears it, puts it in her mouth and takes it out again. She drops food, gets it all over her face, and makes her place at the table look like a disaster area.

Courage. Eat with her, and let her eat with other adults who are friendly and supportive and who enjoy a variety of food. Keep giving her opportunities to learn and don't get pushy, or it will slow down her learning rather than speed it up:

- Give her experience with a variety of foods (not just foods she readily accepts).
- Understand that her watching, looking, smearing and in-and-outing are her ways of getting used to new food and getting ready to eat it.
- Let her eat as little or as much as she wants, even if she only wants 1-2 foods.
- Show her how to behave at the table—and how not to.

Copyright © 2009 by Ellyn Satter. Published at www.EllynSatter.com. For more about competent eating for adults and for children (and for research backing up this advice), see Ellyn Satter's *Secrets of Feeding a Healthy Family: How to Eat, How to Raise Good Eaters, How to Cook*, Kelcy Press, 2008. Also see www.EllynSatter.com/shopping to purchase books and to review. **Photo is Melissa Grant and her son, Aj.**

www.nutritionatsquaxin.wordpress.com

Tamika, Morningstar, Kurt, and Joey make Tropical Fruit Smoothies at the June 17 Seasonal Cooking Workshop.

They also made a vegetable stirfry. For recipes, see Kate at Health Promotions or visit www.nutritionatsquaxin.wordpress.com, click the Recipes page, click "Search for it here" and search "smoothie." Join us for



a new website
supporting nutrition
at squaxin island tribe



HEALTH & HUMAN SERVICES



Upcoming Health Events

Brief Community Walk

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

Hands-On Cooking Workshop

Tuesday, August 4th at 4:15 p.m.
Health Promotion
Contact Kate for details

Diabetes Support & Education

Take time for you & diabetes
Family & friends also welcome
Thursday, July 23rd
at Health Promotions
1:30 to 2:30 p.m.

Community Health Walk

Thursday, August 20th
Meet at Elder's Building at 12:40
for a 20 minute walk around the REZ
If you cannot make it to our walk, report
your 20 minutes of fitness to Melissa to be
in the drawing for a gas card!
First place: \$25 gas card & Nike visor
2nd place: \$25 gas card & Nike socks
3rd place: \$25 gas card.
All SPIPA tribes will be taking a walk in
their area at the same time
for diabetes prevention!
Help us win the Walking Stick!
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 August?

Mammograms and Women's Health Exams

August 21st at the clinic

Free Diabetes Screening

at Health Promotions
Tuesday through Friday
Contact Melissa Grant for details

Want a garden in your yard?

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

Free Pilates classes

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

Smart Shopping/ Food Label Reading Workshops

Contact Patty to schedule
a family & friends session

Come Visit

our Health Promotions Programs

We have exercise videos
(Sit & Be Fit, Yoga,
Walk Away the Pounds & more)
in building across from clinic
Work out alone, with us
or schedule a time for a group

Interested in our Nationally Recognized Lifestyle Balance Program?

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

Contact Melissa Grant (360)432-3926
Patty Suskin (360)432-3929
or
Kate Dugan (360)432-3884

Looking For Fresh Recipes?

Watch videos & get recipes with
local farmers here:
<http://naturescreationfarm.com>.
Click on "Recipes with Videos".

Tribal members can use computers in
the museum at no charge
when the museum is open!

Need Food? Check these out . . .

WIC

(Women, Infants, & Children) at SPIPA
Provides healthy foods
and nutrition information
for you and your child up to age 5

PLEASE BRING:

Your child, medical coupons or paycheck
stub, and identification

Monday, August 3: 9 a.m. to 4 p.m.
Wednesday, August 19: 1 p.m. to 4 p.m.

CONTACT:

Debbie Gardipee-Reyes @ 462-3227
Dates subject to change

Commodities at SPIPA

Monday, August 3rd, 10 a.m. to noon

CONTACT:

Shirley or Bonita at 438-4216
or 438-4235
Dates subject to change

Squaxin Island Food Bank

At Health Promotions Building
If you need access to the food bank
at any time once a week, just stop by.
If possible, Wednesday is the best day.
If you would like to be on call list for
when we receive fresh produce or bread,
let me know.

CONTACT:

Melissa Grant @ 432-3926

Meal Program Entrees

Mon. 3rd: Closed for funeral
Wed. 5th: Closed for funeral
Thurs. 6th: Pork Roast

Mon. 10th: Soup/Grilled Ham & Cheese
Wed. 12th: Beef Stroganoff
Thurs. 13th: Sandwich & Soup

Mon. 17th: Spaghetti
Wed. 19th: Baked Salmon
Thurs. 20th: Chicken Stir Fry

Mon. 24th: Fish & Tots
Wed. 26th: Stuffed Peppers
Thurs. 27th: Indian Tacos

Mon. 31st: Hot Turkey Sandwich

Menu Subject to Change



COMMUNITY



Happy Birthday

Jonathan Arzate	01	Marilyn Mcfadden	11	Mitchell Carrington	25
Barbara Kennedy	01	Arron Edgley	12	Nicole Cooper	25
Jeremie Walls	01	Lola Bonin	13	Eden Van Cleave	26
Catherine Tuller	03	Brandon Campbell	13	Meghan Brandt	27
Darlene Wood	03	Elena James	14	Kaytlyn Henderson	27
Kelly Jones	04	Zachary Sanchez	15	Eathon Caasi	28
Leighton Case	04	Llewellyn Parker	15	Rhonda Foster	28
Lawton Case	04	Kevin Spezza	16	Angelo Rivera	29
Tyrone Seymour	04	Rachel Edwards-Johns	16	Joseph Furtado	29
Norman Price	04	Matthew Cooper	16	Lindsey Harrell	29
Christopher Brown	05	Magdelano Perez	17	Taylor Porad	30
Jill Krise	06	Virginia Farron	17	Ruben Vasquez	30
David Johns	07	Irvin Fletcher	17	Debra Sayers	30
Robert Koshiway	07	Hannah Forcier	18	Euphamie Whitener	30
Lisa Eaton	08	Naomi Orozco-Reyes	19	Loreta Krise	30
River Korndorfer	08	Dionna Purdy King	20		
Lettie Machado-Olivo	08	Terasa Pinney	21		
Margaret Pickernell	08	Rene Salgado	22		
Roy Perez	08	Aidan Sizemore	22		
Ashley Smith	08	Jessica Johns	22		
Juliet Galos	09	Greg Glover	22		
Nikieta Fox	09	Jeremiah Obi-Rivera	23		
Chasity Masoner	09	Julio Castillo	23		
David Peters, Jr.	09	Bryce Penn	24		
Leroy Melton	09	Victoria Sanchez	24		

GED Classes

Jamie Jhanson - GED Classes will continue to be held Mondays, Tuesdays and Wednesdays from 5:00 – 7:00 p.m. at the Learning Center throughout the summer months.

Getting your GED will help increase your chances of obtaining a job or job promotion. If you would like to be able to better provide for you and your family, a GED is a great way to begin that journey.

Earning your GED requires passing five tests: math, reading, writing, science, social studies. I am here to help prepare you for these tests. I have practice tests, packets for practice and activities to help you learning any concepts you might need help with.

Feel free to drop in during the GED class. You are more than welcome to drop in to see what the classes are like and if they are a good fit for you.

You can get a hold of me by calling 292-3301 or emailing me at jjhanson@mc-clearly.wednet.edu. I am at the TLC Mondays, Tuesdays and Wednesdays from 5:00 – 7:00.

What's Happening

Squaxin Bible Study Tuesdays @ 6:30 p.m., 30 Ho-Mamish Court Pastors Ron and Kathy Dailey						1
2	3	4	5	6	7	8
			Family Court	AA Meeting 7:30	First Salmon Ceremony	
9	10	11	12	13	14	15
		Criminal/Civil Court		Council Mtg. AA Meeting 7:30	Kuteeyaa Dancers MLRC	SalmonFest LCCR
16	17	18	19	20	21	22
				AA Meeting 7:30		
23/30	24/31	25	26	27	28	29
		Criminal/Civil Court		Council Mtg. AA Meeting 7:30		

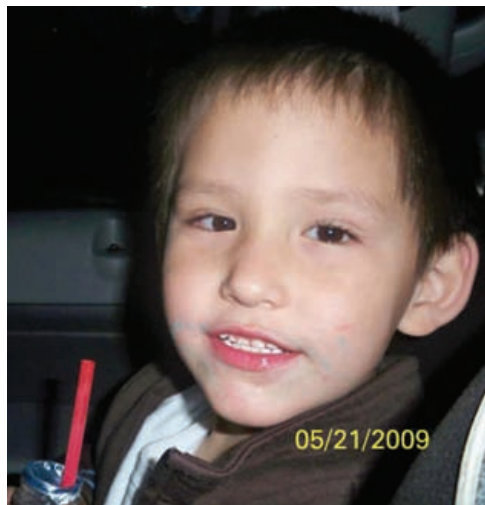
Special Thanks

A big thank you to
Sharon Johns
for helping me
with my cards at the
recent Health Fair.
Couldn't have done it
without you!
Also, a big hug
and thanks for the
anniversary pictures.
Sure nice to have
new friends!
With Love,
Marge and George





Happy 5th Birthday Christopher Brown



Love, Mom Dad and Sissy

Happy Birthday Roy (Cisco)
From Your Family Here
at Home at Squaxin Island

Happy Birthday Dad (Roy)
From Winter, Michael Journey
Bear and Little Jo Jo

Happy Birthday Brother Ty
From Your Family
Here at Squaxin Island

Happy 3rd Birthday
Journey Bear
Love, Auntie Terri,
Grandma Lizzie
and All Your Family

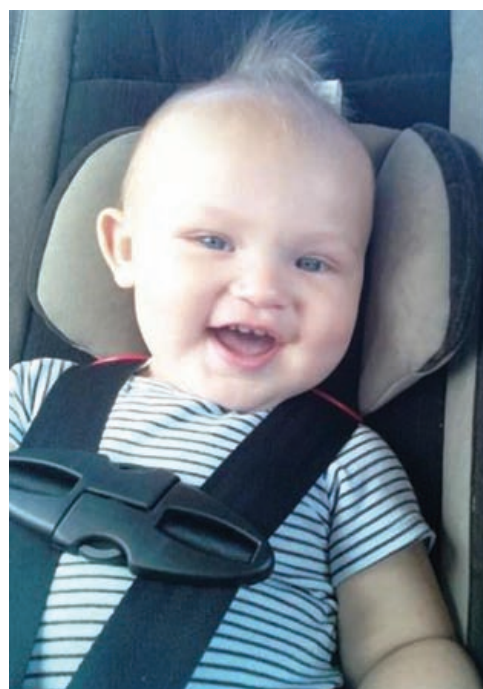


Welcome to Our World



Jason and Satori West
are happy to introduce
Isis Virginia Rose West,
born April 4, 2009.
Proud grandparents are
Ernie and Bonnie Sanchez

Happy 1st Birthday
to Our Baby Boy, Aidan!!!
August 22nd



Love, Mom & Dad

Congratulations Graduates

Ricky Thomas



Ricky Thomas, the son of Brenda Thomas and grandson of Ramona Mosier, graduated from Chief Leschi High School on June 13th.

He will be attending Haskell College in Kansas this fall.

Ricky enjoys painting and carving.

**Congratulations and
Love From All the Family!!!!**

CLASS MOTTO:
*"Be the change
you want to see in the world."*

Congratulations Frank Metcalf

Frank Metcalf has been attending Grays Harbor College and has passed the CASAS Employability Reading Test which is mandated by the federal government, he says. His score was 245 out of a possible 249! On March 19th he passed the CASES Employability Math Test. His score was 246 out of a possible 248! Exceptional score!

Kristen Farrell



Kristen Farrell, the daughter of Brooks and Cherie Farrell, graduated from Seattle Pacific University with a Bachelor of arts degree in Interior Design. She graduated with a 3.60 G.P.A. Her internship was with ERA Living (High-End Retirement Design Department). She was on the President's Scholar List. She is currently employed with Tully's Coffee in Seattle for the summer. She plans to take a course in photography this fall.

Congratulations Dillon!!!



Love, Mom & Dad
& the Whole Family



Special Thanks from Tribal Council

The Squaxin Island Tribal Council would like to thank all Tribal Members who have volunteered their time on various tribal committees and commissions over the years. Your service to the community is important to the continued growth and well-being of the Tribe and our people. THANK YOU! (We apologize if anyone was accidentally missed.)

Aleta Poste
Andy Whitener
Arnold Cooper
Barb Henry
Bonnie Sanchez
Cal Peters
Cameron Goodwin
Carolyn Hoosier
Carrie Smith
Charlene Krise
Christina Lopeman
Daniel Kuntz
Darren Brownfield
Dave Johns
Dave Whitener Jr.
Dave Whitener Sr.
Desi Smith
Diane Stymacks
Don Brownfield
Don. L. Whitener
Doyle Foster
Elizabeth Fenton
Erica Thale
Glen Parker
Gloria Hill
Irvin Fletcher
Jamie Lewis
Janita Johnson
Jason Koenig
Jeff Peters
Jeremie Walls
Jessica Solano
Jill Krise
Jim Peters
Joanne Decicio
Joe Peters
Joe Seymour Jr.
John Briggs

John Brown
John Vanderwal
Josh Mason
Julie Goodwin
Julie Owens
Kelly Dahman
Kim Cooper
Kurt Poste
Lametta LaClair
Liz Kuntz
Liz Yeahquo
Lorna Gouin
Malynn Foster
Marcella Castro
Margaret Henry
Mark West
Mary Whitener
Mike Bloomfield
Mike Foster. Jr.
Mike Peters
Misti Saenz-Garcia
Nick Cooper
Pam Hillstrom
Patrica Green
Patti Puhn
Paula Henry
Penni Giles
Pete Kruger Jr.
Pete Kruger Sr.
Ramona Mosier
Rhonda Foster
Rick Peters
Robert Whitener Sr.
Robert Whitener Jr.
Rocky Bloomfield
Rod Schuffenhaur
Ron Dailey
Ron Whitener
Rose Blueback

Rose Cooper
Rose Krise
Roy Perez
Ruby Fuller
Russell Harper
Rusty Pleines
Ruth Creekpaum
Sis Brownfield
Stephen Henry
Steve Sigo

Terry Capoeman
Tony Rivera
Tully Kruger
Vicki Kruger
Vicky Engle
Vince Henry
Walter Lorentz
Whitney Jones
Wicket McFarlane
Will Penn

