



JULY 2010

dibəl ti ʔacaciltalbiᵂ gəł ti ʃwəlč yəᵂ ti stułtuləkᵂ yəᵂ ti calcaləl.

COMPLIMENTARY

## Canoe Journey 2010, Paddle to Makah

The Squaxin Island Canoe Family invites everyone to experience the Canoe Journey. Open to all newcomers!

*Canoes will land in Neah Bay on July 19th, 2010*

*Cultural Potlatch Protocol July 19-24*

Squaxin Island will host Canoe Families on July 7th, 2010

### Tribes Traveling with Squaxin Island to Makah

Squamish First Nations, Chehalis And Warm Springs

- Camping will be at the baseball field next to the gymnasium
- Dinner and culutural potlatch protocol at 5 p.m. at the gym
- Canoes will launch from Arcadia boat launch on July 8th
- Tides need to be checked to confirm, but canoes are usually trailered to Arcadia to unload at the beach between 6 & 7 a.m.
- Canoes launch for the 14-mile trip to Nisqually between 7 & 9 a.m.

Any questions please contact Jeremiah George

jgeorge@squaxin.us \* Office: 360.432.3865 \* Cell: 360.229.0547

## Canoe Journey 2010 Map



## Construction Continues

*Its starting to look a lot like a golf course!!!*







# CANOE JOURNEY



## LCCR Employee Saves Baby

A Little Creek Casino Resort employee is credited with saving an 8-month-old boy who was in a stroller when it rolled into the Tumwater River May 14. Rebecca Bennett was at Tumwater Falls Park around 6:30 p.m. with her 8-month-old boy in a stroller and her little girl. Her daughter needed help so Bennett set the brake on the stroller and turned, but the stroller started to roll.

"I watched him go over the edge," Bennett said. She was terrified when the stroller carrying Wesley flew down the bank and into the churning rapids at Tumwater Falls. "I was frozen and I screamed for help. I screamed and screamed for help," Bennett said.

Robert Moffett from Shelton didn't hesitate when he saw what was happening. He ran downstream to a place where it was safe to jump into the water and that's what he did.

"I saw the baby's diaper bag and I figured that's where it was going to be. I got in the water immediately and here comes the baby tumbling, lifeless; he was blue," Moffett said. He got Wesley to shore as the baby's mother watched.

"He started CPR, and within seconds Wesley opened his eyes and took a breath," Bennett said. After two days at Mary Bridge Hospital, Wesley was home again and doctors said he is absolutely fine.

His mother said she is eternally grateful to his rescuer. "He's a hero; he's an angel," Bennett said.

"I'm just glad I was there," Moffett said.

Bennett said the incident has raised concerns about the safety and the park. She said she's expressing those concerns to the private foundation that operates the facility.



**Makah 2010**

*Journey to the Beginning of the World*

**ANNUAL INTERTRIBAL CANOE JOURNEY 2010**

**HOSTED BY THE MAKAH TRIBE**

**CANOE LANDING ON JULY 19, 2010**

**POTLATCH PROTOCOL JULY 19th-24th**

**THE SQUAXIN ISLAND TRIBE**

**WILL DEPART FOR NEAH BAY**

**ON JULY 8, 2010**

**THE SQUAXIN ISLAND CANOE FAMILY**

**IS OPEN FOR ANY NEWCOMERS**

**IF YOU NEED TO TAKE TIME OFF FROM WORK  
REQUEST TIME FROM JULY 5th TO JULY 26th**

**For More Information Contact Jeremiah George  
Office: 360.432.3968 Cell: 360.229.0547 jgeorge@squaxin.nsn.us**

## Provisional: July 2010 Journey Routes ARRIVAL DATES For Lummi to Neah Bay (North Sound); Squaxin to Neah Bay (South Sound)

**(Please use for planning purposes only. Subject to change.)**

SU	M	TU	W	TH	F	SAT
				1	2	3
4	5	6 Birch Bay	7 LUMMI SQUAXIN	8 SAMISH NISQUALLY	9 SWINOMIS H PUYALLUP	10 PENN Cove MUCKLE- SHOOT
11 TULALIP SUQUAM ISH	12 N. Sound canoes Join S. Sound Canoes at: SUQUAMISH	13 PT. GAMBLE	14 Pt. TOWNSEND	15 JAMESTOWN	16 ELWHA	17 ELWHA
18 PILLAR Point	19 NEAH BAY!	20	21	22	23	24
25	26	27	28	29	30	

## Squaxin Island TRIBAL NEWS

10 S.E. Squaxin Lane  
Shelton, WA 98584

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[www.squaxinisoland.org](http://www.squaxinisoland.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](mailto:thenderson@squaxin.nsn.us)





## Tribal Council Resolutions

**10-42:** Designates the director of the health clinic to the northwest Portland Area Indian Health Board

**10-43:** Adopts the recommended FY10 PST Proposal for funds and the FY09 PST Progress Report presented in the attached documents submitted by Joseph Peters, Fish Biologist

**10-44:** Authorizes submission of a grant application to the ANA Native Language Preservation and Maintenance Program for up to \$645,000 over three years for the purpose of establishing a full-immersion Language Nest as a program of the MLRC with services delivered at the Child Development Center

**10-45:** Authorizes submittal of the Local Agency Agreement for the environmental and permitting phase of the Squaxin Island Access Improvement Project

**10-46:** Authorizes submission of a funding request to the Bureau of Indian Affairs for the implementation of a tribal TFW project and further resolves the available dollars be provided through the Tribe's Self-Governance Annual Funding Agreement

**10-47:** Agrees to enter into the Equipment Waiver and Disclaimer with Key Equipment Finance Inc (KEF) for the purpose of retrieving equipment in the event of default

**10-48:** Authorizes SPIPA to submit and administer a grant proposal for the Native Employment Works grant program

**10-49:** Authorizes TLC, PSJ and the MLRC to jointly submit 4 multi-year projects through the Coordinated Tribal Assistance Program

**10-50:** Rescinds Resolution 00-66

**10-51:** Approves and enacts the Squaxin Island Tribe Workers Compensation Plan

**10-52:** Authorizes the Articles of Organization and Operation of Island Construction LLC

**10-53:** Authorizes the executive Director to sign Memorandums of Understanding with the State of Washington, Mason County and Thurston County in regard to Indian Reservation Road (IRR) Inventory

**10-54:** Authorizes the Health Clinic to submit a Category I Planning project proposal for 24 months through the Elder Care Initiative Long-Term Care Grant program

**10-55:** Appoints Penni Giles as the Davis-Beacon Compliance Officer

**10-56:** Enrolls Halia Marie Cooper-Lewis

**10-57:** Enrolls Crisaleena N.M. Rees

**10-58:** Enrolls Kenai James

**10-59:** Authorizes the Legal Department to seek reimbursement from the insurance carrier incurred by pending litigation Rud-del v. U.S.



## We Honor Our Veterans *Chris Henry*

On my way to Iraq, our plane caught on fire. We had to land in Sri Lanka and we had no idea what was going to happen. When leaving the airport, we walked past many armed guards on machine guns. It ended up being all right. We got put up in the only hotel, the Hilton, and we drank the whole place out of whiskey. Three days later we finally got to Iraq.



## New Employees



**Vince Henry, Jr.**  
*Maintenance*

Hi, I'm Vince Henry, Jr., and I was recently hired in the Maintenance Department. I'm glad to be FINALLY working up here. I'm looking forward to a great summer and seeing everybody around the Rez.



**Tamika Green**  
*Family Services*

Hi, my name is Tamika Green. My mother is Donna Penn. I have two beautiful boys, Kameron and William. They also have a great dad, my boyfriend, Justin. I am the Voc Rehab Assistant, and I work with June Krise who is awesome and a great trainer. I hope to gain a lot of experience in this field. I enjoy serving my community and I especially like dressing up. I hope to see everyone around.

## Attention Bagley Family

There will be a Bagley Family Reunion Saturday, Aug. 14, 2010

I have not decided where to have this event yet, so please watch for more information.

Any comments/questions,  
please contact  
Gloria J. Hill @360-229-6324  
Or Kiat58@yahoo.com





# LEARNING CENTER



## Summer Recreation

The Summer Recreation Program, for 5-12 year-old children, is fast approaching. We have many different activities planned, such as, arts and crafts, field trips, and games. We will also be having a reading program and swimming lessons. Come and join us for lots of summer fun.

## SQUAXIN ISLAND POOL

Open Swim

Mondays & Wednesdays

Fridays

Saturdays

3:00 - 6:00 p.m.

5:00 - 8:00 p.m.

1:00 - 4:00 p.m.



## Squaxin Youth Education, Recreation and Activities

All activities are Drug, Alcohol and Tobacco Free!!

Co-Sponsored by DASA

TLC Hours 8:30am-7:30 pm Phone: 432-3958



## July 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Office Hours 7:30-4:00 Sylvan M-Th 4:30-7:30 GED Prep 5:00-7:00  Summer Rec. Hours 8:30am - 3:00pm	OSPI/USDA Food Program:  Breakfast 9:00-9:30 Lunch 12:00-12:30			1 Summer Rec. Staff Training Research Team  CLOSED No Youth Activities	2 Summer Rec. Staff Training  CLOSED No Youth Activities	3
4	5  CLOSED 4 <sup>th</sup> of July Holiday	6  First Day of Summer Rec.	7  Summer Rec. Youth Activities  Canoe Journey	8 Summer Rec. Youth Activities Research Team  Canoe Journey Arcadia	9  Summer Rec. Youth Activities	10
11	12  Summer Rec. Youth Activities	13  Summer Rec. Youth Activities  Research Team	14  Summer Rec. Youth Activities	15 Summer Rec. Youth Activities  Research Team	16  Summer Rec. Youth Activities	17
18	19  Summer Rec. Youth Activities	20  Summer Rec. Youth Activities  Research Team	21  Summer Rec. Youth Activities	22 Summer Rec. Youth Activities  Research Team	23  Summer Rec. Youth Activities	24
25	26  Summer Rec. Youth Activities	27  Summer Rec. Youth Activities  Research Team	28  Summer Rec. Youth Activities	29 Summer Rec. Youth Activities  Research Team	30  CLOSED ALL STAFF MEETING	31  Happy Birthday to all those born in July!





## Sylvan Families

Summer is here, and its your child's continued opportunity to learn. For most children, summer is a time to leave classes and homework behind. However, when the children return to school in the fall after the long summer break, they might find themselves struggling to remember skills they worked on the previous year. It is the Tu Ha' Buts Learning Center's wish for Sylvan to continue throughout the summer on their regular schedule so that learned knowledge stays current and our children return to school with the enthusiasm essential to learning. Parents play a key part in emphasizing education, so as to strengthen your children academically by promoting learning as an everyday process. We hope that summer is full of water play and we look forward to seeing the children in Sylvan as regularly scheduled.

## Scouting Fun

Joe Peters - We took the Tiger scouts to visit the radio station KRXV 94.5 FM in Olympia. My son Nairn and nephew Kody are part of this group. They got to be on air. They thought it was the coolest thing!



## Elders Beach in Little Skookum Inlet

Emmett O'Connell - Squaxin Island tribal elders have their very own beach on which to harvest shellfish in Little Skookum Inlet.

"Most of our other commercial shellfish beaches are either accessible only by boat or down a steep cliff," said Andy Whitener, natural resources director. "We are working with a local shellfish grower to provide our elders with a beach that is much easier to access."

The arrangement between the tribe and Taylor Shellfish was set up within the framework of a legal settlement between the state and federal governments, private shellfish growers and treaty tribes. The agreement resolved thorny legal issues stemming from a 1994 federal court ruling that upheld the tribes' treaty-reserved right to half of the harvestable shellfish in inter-tidal waters.

As part of the agreement the tribes agreed not to harvest naturally occurring shellfish on commercially operated shellfish beds in exchange for funding to aid them in acquiring their own beds.

In a twist on the agreement, Taylor Shellfish agreed to swap harvest with the tribe for easily accessible tidelands it leases on Little Skookum Inlet. "We have a great working relationship with the Taylors, we've been sharing the beaches with them for decades," Whitener said.

Little Skookum Inlet is the closest bay to the tribe. "Little Skookum is a very special place for the Squaxin Island Tribe," And said. "It is the back yard for many of our tribal members. A lot of our tribal members make a good portion of their income on harvesting natural resources, like shellfish. For many of our elders, this harvesting opportunity helps makes ends meet. It also provides a source of traditional food that is important to the tribes.

"We live in one of the most productive shellfish areas in the world, so we've always depended on shellfish as a vital part of our culture and economy. Working with our neighbors not only makes us better managers, but also protects our treaty rights."

For more information, contact:  
Eric Sparkman, shellfish biologist,  
Squaxin Island Tribe, (360) 432-3811

Emmett O'Connell, information officer,  
NWIFC, (360) 528-4304,  
eoconnell@nwifc.org





## Museum and Library Hours of Operation

Tuesday open by appointment Only  
Wednesday - Saturday: 9:00 a.m. - 5:00 p.m.  
Sunday: 1:00 p.m. - 5:00 p.m.  
Call (360) 432-3839 for closures

## Cook Basket

This basket is from the Cook Collection currently displayed at the MLRC.



*Below are tips for properly caring for baskets.*

1. It is not recommended to Coat baskets with ANY substance it can significantly reduce the value of the basket. Adding a substance can cause direct damage. Substances can attract and hold dust and soil and can change the dyes and natural colors of the basketry materials.

2. Washing baskets in most cases not a recommended approach to cleaning, fibers swell, then dry and shrink. There are proper steps to take if a basket needs to be cleaned.

If you missed the Native American Art Exhibit at The Kenneth J. Minnaert Center for the Arts Gallery you can now view the art at the Squaxin Island Museum. There are Artists from the Squaxin Island Tribe, other Tribal members from the Northwest Coast and beyond. This is a temporary display that will be changing again soon. Please come by and enjoy the new changes.



Cedar Baskets  
By Patti Puhn  
Squaxin Island Tribal Member



Cedar Sun Mask  
By David Wilson  
Lummi Tribal Member



Raffia and Cattail Basket  
By Paula Henry  
Squaxin Island Tribal Member

If you have any questions about the Cook collection, basket storage or exhibits at the MLRC, please contact the MLRC Curator Mandy McCullough (360) 432-3843

If you have any questions about the MLRC gift shop or Library, please contact Liz Yeahquo (360) 432-3840

## Need Nets Repaired or Hung?

*Will hang, splice and patch  
seine and gill nets*

Gill nett: Hang 300 feet for \$225  
Call Stan @ 360-547-9181



## Please come join us For storytelling

Zalmai "Zeke" Zahir will be telling traditional stories of the Puget Sound region in both Lushootseed and English. Lushootseed or Puget Salish is the ancestral language of Puget Sound. It is the language of this land. Come hear how these stories of animals and cultural characters were originally told.

**Date: Wednesday, July 7, 2010**

**Time: 1:30**

**Place: Squaxin Island's Museum, Learning and Research Center (MLRC)**







# CONGRATULATIONS GRADUATES



## High School

**Markie Smith**



Markie Smith, the daughter of Bob and Pam Smith and granddaughter of Don and Jackie (Peterson) Smith, graduated from Shelton High School on June 12th.

She participated in Running Start during her senior year, and will complete her Associate of Arts degree at either Olympic College or South Puget Sound Community College next year before transferring to a 4-year university.

Markie has been employed at the Squaxin Island Child Development Center for two years and enjoys hanging out with family and friends during her free time.



**Deanna Hawks**



Hello, my name is Deanna Mary. If you don't already know. Well I'm the daughter of Beverly Jean, and my fathers are Christopher Furtado and Levi Connally. The Class of 2010 is a blessing because its my class LOL. Well, anyways, I'm the first high school graduate from both my mother's and father's kids. My saying is if you believe in yourself and set your mind to it, you can do anything you reach your hands for. : ) Love you all. Peace out Girl Scout.



**Sapphire Ward**



Sapphire Ward, the daughter of Thomas Blueback, Jr. and Angelina Blueback, graduated from Shelton High School on June 12th. While attending New Market Skills Center in Tumwater, Sapphire scored straight A's in clinical science investigation which led to her decision to pursue a degree in criminal science investigation at Washington State University.

During high school, Sapphire made it to the state championships in powerlifting even though it was her first year lifting weights.

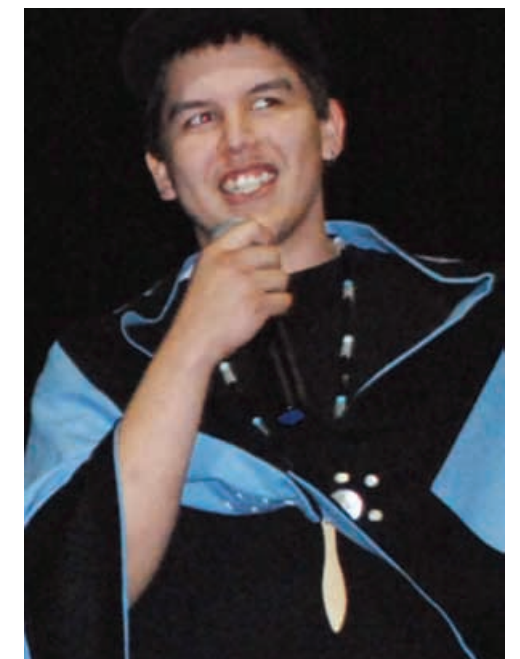
**Jerad Fry**

Jerad Fry, the son of Jonathan Fry and Christina Lopeman, graduated from Capital High School on June 19th with a 3.0 GPA. During high school, he especially enjoyed shop classes. He will be attending Black Hills State University in South Dakota this fall, and will major in Outdoor Education. In his spare time, he enjoys hunting and being outdoors.

**Cassidy Gott**



Cassidy Gott is a 2010 graduate of Shelton High School. She is the daughter of Stephanie and Jeff Gott. She plans on attending Western Washington University this winter where her intended courses of study will be English and Communications.







# CONGRATULATIONS GRADUATES



## High School

**Emily Sigo**



Emily Sigo, the daughter of Steve Sigo and step-daughter of Andrea Sigo, graduated from Shelton High School on June 12th. She will be attending SPSCC in the fall and will transfer to The Evergreen State College in 2011 to earn her Masters in Teaching. Her goal is to become a high school marketing teacher.

During high school, Emily was very active in theater and advanced English. She also enjoys philosophy, reading, playing frisbee, riding quads and spending time with family. "I love my family," she said. "I love hanging out with them." She especially wants to thank her step-mom Andrea. "I really appreciate everything she has done for me. I wouldn't have been able to do this without her and I want her to know how much she is appreciated."



**Sha'Nika Cooper**



My name is Sha'Nika Cooper and I am 17 years old. My dad was Barney Cooper and my mom is Nichoel Campbell. I graduated from Sheldon High School in Eugene Oregon this year and I am planning on attending Lane Community College this coming fall. I haven't decided what I want to do yet, but I know I want to work with kids - and I am looking towards nursing as a possible career choice. Either way, I know my future is open wide and I can't wait to see where I go.



**Joseph Bisson**



Joseph Bisson is a member of the Squaxin Island Tribe. He is also Skokomish and Muckleshoot. He is the son of Lori Simonson (mom), Steve Korndorfer (step-dad) and Joseph Bisson (father), grandson of Joseph James, Sr. and Linda Lou Simonson, and great-grandson of Percy James and Marie James and Shirley Wiedmen.

He graduated from Chief Leschi High School with a 3.5 GPA where he was enrolled in the Running Start program. He was honored by the school for being an "Academic Achiever" and broke cross country track records at state competitions two years running. He also played basketball, and was featured on KONG 5's Prep Sports Academic Achiever news profile.

He was accepted at both Seattle University and the University of Washington (UW). He decided to attend the UW, where he will study architecture and engineering. He received a Will Fry Foundation scholarship from Chief Leschi High School for tuition expenses.

**Tawny Fox**



Tawny Fox, the daughter of Jonie and Gary Fox, graduated from Shelton High School on June 12th. She will attend either Grays Harbor Community College or South Puget Sound Community College on a softball scholarship this fall. She plans to earn a degree in business and interpreting for the deaf. During high school, she maintained a 3.0 GPA.







# CONGRATULATIONS GRADUATES



## High School

**Allison Ohashi**



Hello, I am Alison Ohashi, daughter of Debi and Rob Ohashi and granddaughter of Ruth and Stub Creekpaum. I recently graduated from Montesano High School and will be attending Gonzaga University in Spokane. I hope to make it on the women's soccer team while attending Gonzaga.



**Zachary Clark**



Zachery Gene Clark, born January 7, 1992, graduated from Shelton High School June 12, 2010. He is the Son of Winona Poulin, Skokomish, and Buck Clark Jr. and the grandson of Jeanne Evernden (Miller) of Skokomish and Edith (Dee) Clark (Johnston). Dee's mother, Dorothy, came from the Squaxin Island Tribe's Krise family. He loves playing Rugby, right wing position, and power-lifting, 165-weight class. He took 7th at state in 2009. He is looking forward to attending Central Washington University as his first choice in college and hopes to obtain a degree in teaching (history) or law & justice.

**Thomas Blueback**



Thomas Blueback, the son of Thomas Blueback, Jr. and Angelina Blueback, graduated from Shelton High School on June 12th. Thomas plans to open a restaurant serving Native American and Italian foods. He plans to attend Washington State University to earn double majors in culinary arts and business.

During high school, Thomas made it to the state championships in powerlifting.

Thomas' hobbies include snowboarding, exercising and hanging out with his family.

**Jackie Henry**



Hello, I am Jackie Henry, daughter of Diane and Jeff Young and granddaughter of Ruth and Stub Creekpaum. I recently received my AA degree from South Puget Sound Community College. In the fall, I will join my brother and cousin at Saint Martin's University. I plan to major in business administration and currently work part-time as an office assistant at Panorama City in Lacey.

## Name Changes

Every time you change your name for whatever reason, it is important that you file that name change with the State of Washington. In order to do this, you must provide a copy of your original birth certificate showing your given birth name and then the court orders that changed your name (could be marriage certificate, name change as part of divorce....). There is also a cost of \$20 to get a new birth certificate. If you have any problems with this process, you can contact Kathy Devine at the state at 360-236-4344. She has graciously offered to walk you through the process.

You will need this new birth certificate when you go to change your name with Social Security. You should also make sure you change your name on your driver's license

by visiting the local DMV office which is located in Shelton behind McDonalds. If your name change was done through our tribal court, the court clerk will file a copy of the name change order with the BIA and also with our tribal enrollment office.

It is really important that name changes be filed with all the above listed agencies so that all your information is current and correct which will avoid confusion and delays if you ever decide to apply for a passport, social security benefits, TANF, or many other services you may need.

If you have any questions on how to get started with this process, the court clerk can assist you.



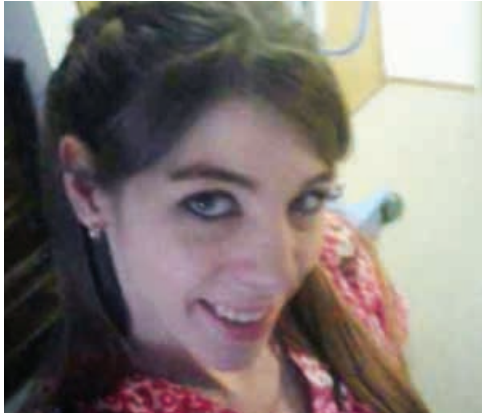


# CONGRATULATIONS GRADUATES



## GED

**Summer York**



Summer York, the daughter of Vicky Engel and Chuck York and the granddaughter of Misty and Nancy Bloomfield, received her GED from Olympic College. Prior to entering the Olympic College GED Program, Summer's education progressed from Skokomish Head Start, Hood Canal School, Pioneer School, Shelton High School and C.H.O.I.C.E. High School. She completed her GED requirements in July 2009.

Summer's childhood activities included family volunteer work, Shelton Indian Education Button Robe Project, Mason County Explorer Search and Rescue, Blazing Stars 4-H Club, dog shows participation, Bukutan Karate, Shelton High Swim Team, National Park trail maintenance, Mason County Fair and Forest Festival activities.

Summer is another one of the tribe's Youth Employment Program success stories. She began working at Summer Recreation for a couple years and, later, the Child Development Center. She changed career focus from youth caregiver to elder caregiver.

Summer is currently working at Alpine Way Retirement as a caregiver. She completed the class for Fundamentals of Caregiving and is currently taking classes on dementia and mental health. Her current goal is to become a Certified Nurse's Assistant with long term goals of continuing upward in the nursing field.

**Tully Kruger**



Congratulations to Tully for completing his GED!!! "WOO HOO, I finally did it," Tully said when he learned he completed the General Education requirements. It was the day before Olympic College held GED graduation ceremonies. With such short notice, he was grateful Pete, Lil, Kathy, Jeremiah and Astid were able to attend the graduation ceremony. Unfortunately, along the way the exam was changed and all previous tests were no longer valid. "I often hear Tully encourage the youth to complete their education. At nearly 42, I'm sure he will serve as an example to the kids about doing things you put your mind to," said his wife Vicki.



**Miguel Saenz-Garcia**



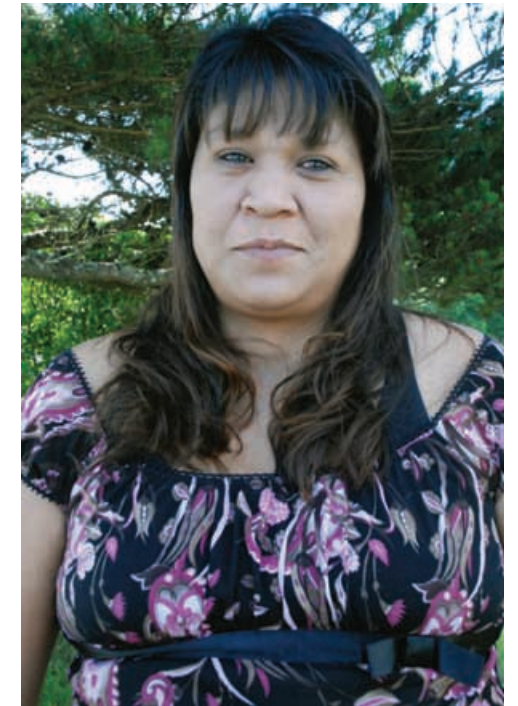
Miguel Saenz-Garcia, the son of Misti and Miguel Saenz-Garcia, received his GED in May from South Puget Sound Community College.

He will be employed at Little Creek Casino through Squaxin Island Summer Youth Employment program. He worked the previous four summers at the Natural Resources Department.

He is still considering his options for the future. He enjoys hunting, fishing, clam digging and hanging out with friends and family.



**Stella Yocash**



Ya-Ya-Ya- You know me . . .

You know what I call it? A GOOD ENOUGH DIPLOMA. - Ayze - as long as its done. Now I can go for CDP (Chemical Dependency Program) Counseling certification.







# CONGRATULATIONS GRADUATES



## GED

**Tiffany Valderas**



Tiffany Valderas, the daughter of Jamie Lewis, received her GED in February through South Puget Sound Community College. She also completed Job Corps this past winter.

She will be continuing her education at Tacoma Community College this fall to work on her general degree and then transfer to The Evergreen State College where she will complete studies in music. She's going to be a music producer.

She loves dancing, cooking and eating. She is living in Tacoma - which she loves!

She is a somebody, never a nobody!



**Christine Semanko**



Hey, most of you know me, I'm Christine, Shila Blueback's mom. What most of you may not know about me, is that I am a 5th grade drop-out and have battled with drug addiction my whole life. If I can get sober and get an education, anybody can.

I want to say thanks to the tribe for supporting me through my educational journey . . . three years to get a two-year degree, but hey I got it! I also want to say thanks to those of you who believed in me when I wasn't able to believe in myself, like the Tu Ha' Buts Learning Center, Geene Felix, June O'Brien and the good folks at Northwest Indian Treatment Center. Thank you!

I graduated with High Honors from Tacoma Community College and managed to make it into Phi Theta Kappa, the International Honor Society. Wow!

I now work as a chemical dependency counselor in a 210-bed treatment facility and will attend The Evergreen State College this fall where I will be exploring criminal justice and business management.

## Associates Degrees

**Dillon Decicio**



Dillon David Decicio, 19 years old, graduated from South Puget Sound Community College in Olympia Washington on June 18, 2010 with an Associates in Applied Science/Computer Network Administration degree.

Dillon graduated with High Honors, on the Vice President's List, and is a member of the National Honor Society, Phi Theta Kappa.

Dillon is the 2nd and youngest born to Dino & Joanne Decicio and grandson to Barbara Anne Henry. Dillon did a wonderful job as he accomplished so much in such little time. Dillon just graduated from Capital High School in Olympia in June 2009 (one year ago) and his entire family is very proud of all of his accomplishments. Way to Go Dillon!!!



**Karen Blueback**



Karen Blueback graduated from South Puget Sound Community College (SPSCC) as a Nurse's Assistant Certified (NAC) with a 3.67 GPA. She will be returning to SPSCC this fall to become a Licensed Nurse Practitioner (LPN). She has been employed at Little Creek Casino Resort for several years, but is very excited about moving into the medical field.

### Do You Know Who This Is?

Its going to be her birthday July 18th



*Ginny Mae Berwman Krise*

**Love Stella & Stan  
Happy Birthday  
Be a good girl too!**





# CONGRATULATIONS GRADUATES



## Associates Degrees

**Derick Hunt**



Derick Hunt ended his spring quarter adding 4 straight A's to his record, officially graduating with honors from Olympic College with an Associates in Arts. Way to go Derick! After taking some time off, Derick has plans to use his degree to obtain a job as a welder. He says there isn't anything he would rather do than put on his welding helmet and work on a bead. He is knowledgeable in all types of welding, including Flux Core, Aluminum, Mig and Tig and enjoys all he learned while attending Olympic College.



**Elana James**

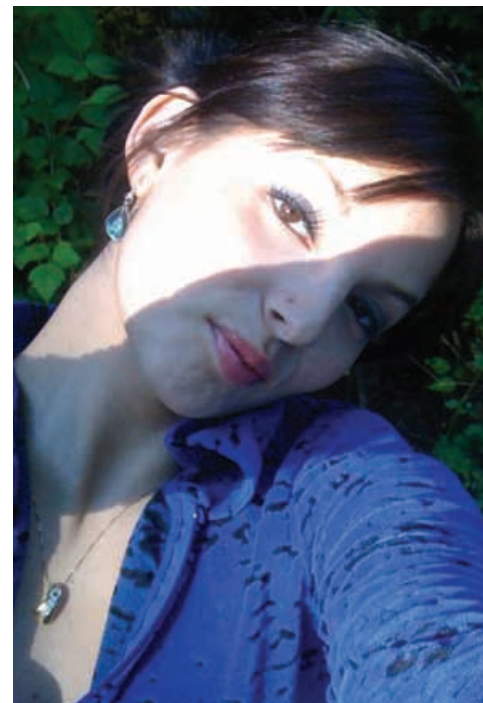


Elena James graduated with an Associates Degree in Nursing (ADN) from the University of Alaska, Anchorage in November of 2009. She is employed as a Registered Nurse at Ketchikan General Hospital on the Med Surg unit, Long-term Care, Primary Health Clinic, and the Pediatric Clinic. She will be married on August 7th of this year in Metlakatla, Alaska to AJ Slagle of Ketchikan. She has an 11 year-old daughter, Hurricane James, who helped her study through nursing school. She says one of her goals is to serve Native people, and she is very proud and happy to be a nurse. She plans to go on to her Bachelors degree and eventually a Masters.



## Bachelors Degrees

**Jolene Grover**



Jolene Grover "tsi sgəqiləb" graduated from The Evergreen State College with a Bachelors degree this June. Her parents are Margaret and Vince Henry and Tom Grover.

Jolene graduated from SPSCC in 2008 where she worked closely with Dr. Dale Croes at the q'u'g's! archeological site.

She decided to pursue her education through The Evergreen State College where she diversified her studies in tribal governance, indigenous environmental studies and botany. She encourages other tribal members to take advantage of educational opportunities. "I got to do a lot of great things and travelled to the Grand Canyon, Colorado and The Herb Farm in Oregon.

She has discovered that her passion is traditional plants and medicine. "Our ancestors used to live to be 100 years old by living on what the land had to offer, and I would like to bring those connections back into our every day life."

Jolene's ultimate goal is to start a business with her own line of natural body

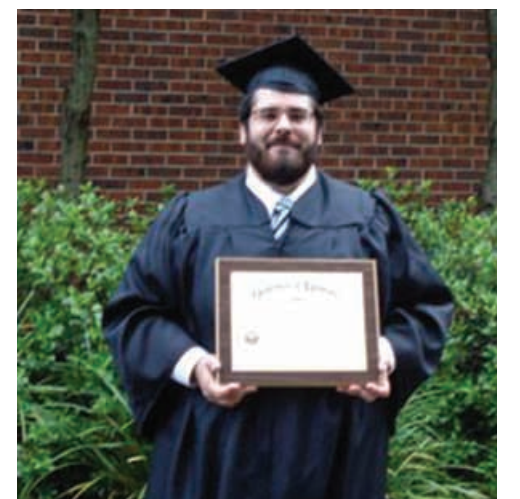
care products. She would also like to start a community teaching garden on our Rez.

She would like to thank her family and friends for supporting and encouraging her and the tribe for supporting her financially.

She is looking forward to studying abroad in Costa Rica this January where she study indigenous arts and culture. hoy?



**Russ Addison**



Russ Addison graduated on May 15 with a Bachelor's of Science in Mechanical Engineering from the University of Louisiana at Lafayette with a 3.0 GPA.

He was just married on May 29th, and enjoys playing music in his spare time.





**Happy 19th Birthday Sweety!  
Love, Mom, Dad & Wes**

**Happy Birthday Janice  
From Meltdown**

## ***FIREWORKS AND PETS DO NOT MIX:***

The Great Spirit gives us our pets as an opportunity to learn compassion.

**This is a dangerous and frightening time for all our animal companions.** According to behavior specialist Dr. Elizabeth Shull, "low frequency, percussive noises such as fireworks trigger wild fear in dogs. During fireworks, ordinarily well-behaved pets may become aggressive, destructive and/or unpredictable. Worst of all, they can lose their hearing or go into seizures."

**A loud bang to us feels like a volcano erupting to a dog**

Every year, animal's shelters are flooded with lost pets because of fireworks. Some dog guardians are simply unaware of the effect these festivities have on their pets, and bring them to the party with them. Some believe that their dogs like fireworks because they chase them. They don't realize that the dog is trying to protect the human by attacking the firework. This is very dangerous. Four years ago, we rescued a dog that had his ear blown up during a chasing episode. The Humane Society of the United States urges pet owners to take the following safety measures:

- Do not let your pets outside during fireworks, even in a fenced yard. Keep pets at home, inside, in a cool, quiet area. **Choose a windowless cool room. Frightened dogs have been known to jump through screens and windows. Turn on a radio or TV to dampen the noise outside. Put safe chew toys in the crate to occupy and distract your pet.**
- Make sure your pets are always wearing comfortable-fitted collars and ID tags.
- Don't take pets to events with fireworks. PLEASE!!! It is very CRUEL.
- Scolding a scared dog will not help. **Give your pet a gentle massage, or even just place your hand calmly on your pet's head.**

Please **keep plenty of water available** during this hot season. And remember, dogs (like humans) are pack animals. If you keep your dog tied down all the time, it literally goes insane, just like a human would. Let him/her be part of your pack.

*"If you have men who will exclude any of God's creatures  
from the shelter of compassion and pity,*

*you will have men who will deal likewise with their fellow man."* (St Francis of Assisi)

Call Tammy or Alexandra at 427-9507 if you see a pet in distress, lost, or abused. Animals need your voice.

## **Saying Goodbye to Uncle, Brother, Father Joseph Seymour**

Going back to where he started in Taholah  
June 13th, 2010

Thanks to everyone who helped us all come together in a good way, and special thanks to those who helped in the kitchen!

- With love from Dorinda



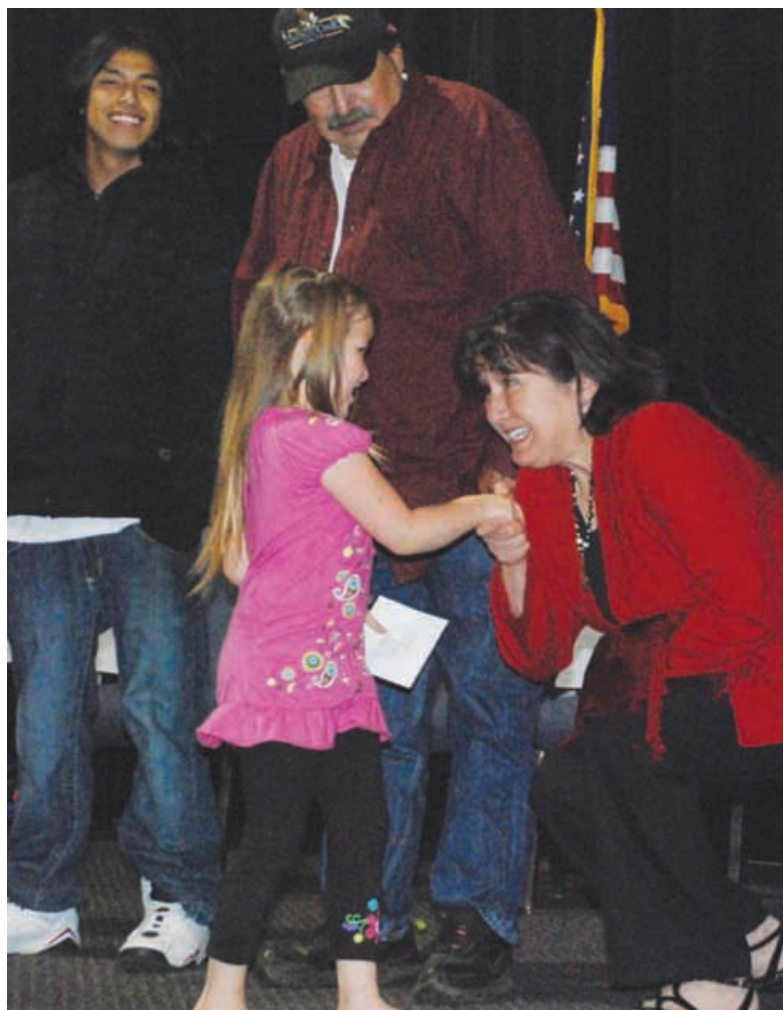




## Sgwi' Gwi Celebration

The 2009-2010 school year has passed in the grand style and tradition of the Squaxin Island Tribe's Sgwi' Gwi celebration. The 13th Annual Sgwi' Gwi Banquet was a huge success. We advanced over 290 K-11 students, 13 graduating seniors, 4 graduating GED's, 4 Associates degrees, and 3 Bachelor's degrees. Of the 336 progressing students, 131 were present to be honored, receive recognition of their accomplishments, and move forward across the stage from one phase of their lives to the next. The Learning Center would like to thank all of those people who helped to make this a successful event. We would also like to wish "Good luck" to ALL in their educational endeavors; you make us all proud.

*More photos on pages 4-9 & 28*







# SGWI' GWI 2010







# ISLAND ENTERPRISES



July 2010 Update by Tyson Kruger



## BUSINESS CENTER HOURS:

Tues - Thurs 2 - 6 p.m.

*Don't forget!*

*Reserve your space today  
for this month's workshops!*

## Want to Turn Your Skill or Idea Into a Viable Business?

We offer a  
**Business Training  
Program** to Help People  
with Limited Incomes  
Start and Sustain  
Businesses!

### Learn to:

- Explore Your Business Idea
- Write Your Own Business Plan
- Learn Financial Planning & Marketing Skills

### FREE Orientation - Call for information!

The **Orientation** is a free, one-hour meeting provided by an Enterprises for Equity trainer and hosted by the Ta-Qwo-Ma Business Center which provides information about our Business Training Program, entrepreneurial support services and our organizations. It is also a time to gain some knowledge about prospective participants, answer questions and provide introductory materials.

### Business Readiness Workshop

This workshop provides to those who are interested in starting or enhancing a small business the information they will need to decide whether they want to participate in our classes. We will look at what is required to launch a new business—risks, costs and rewards—and the commitment and hard work necessary to succeed in the Business Training Program and eventually in business.

### Learn More About The Training Program:

[www.enterpriseforequity.org](http://www.enterpriseforequity.org)  
Phone: 360-704-3375 ext. 2

### Register For a FREE Orientation:

**Ta-Qwo-Ma Business Center**  
Phone: (360) 462-0339  
Email: [sgott@ieinc.org](mailto:sgott@ieinc.org)

### In Shelton, WA

#### Orientation Dates are:

Wednesday July 7th @ 12:00 Noon  
Friday July 16th @ 12:00 Noon  
Wednesday July 21st @ 5:00 PM

#### Business Readiness Workshop

July 30th & 31st

A Full Training will begin in September.

A microloan fund is available for successful graduates of the training.



Enterprise for Equity is a  
community supported nonprofit serving  
people with limited incomes who want to  
start a business.



## Customers caught off guard with special 4-hour gas price drop

### *Made for KTP's Craze Daze to be just that!*

KTP held its annual customer appreciation event on Friday, May 28th between 2 p.m.- and 6 p.m. This year, we decided to put a "spin" on the event by giving it a camping specific theme to help kick off the start of the camping season. We gave away everything you needed for your big Memorial Day weekend, such as full campsite packages, outdoor fire pits, BBQ grills, coolers...and the gas to take you to your final destination.

Vendors came and showed their support by providing prizes and 4 hour only specials, such as free samples from Skookum Creek Tobacco, oyster tasting by Salish Seafoods, drinks from KTP Espresso, 10 for \$10 Monster Energy drinks, free stays at Little Creek Casino Resort and, of course, the much talked about "special \$1.99 gas price."

At 2 p.m., the KTP electronic reader boards switched to read \$1.99 per gallon. By 2:10, calls were coming in asking if our freeway sign was broken because it was advertising an extremely low price on gas. As the word spread, so did the traffic... Below are some pictures of the event and the traffic in attempt to get there! Lastly, THANK YOU to the staff at KTP, who all did an amazing job in providing their customers with a great day of giving back to them as a THANK YOU.







# ISLAND ENTERPRISES



July 2010 Update by Tyson Kruger

## Oysters for Breakfast? Salish Seafoods Does!

Salish Seafoods joined golfer's at this year's Squaxin Island Museum Library Research Center's benefit golf tournament on June 7th. On hole one of the tournament, you would come to find everything you need for a good day on the course..A cigar, a familiar face and the infamous Salish Seafood Oyster! Salish Seafoods is proud to share their recipe with you below! Enjoy!



### *Blue Cheese with Bacon Oyster*

Compliments of your friends at  
Salish Seafoods

- 1) BBQ your Salish Seafood oysters on the half shell.
- 2) Add your crumbled blue cheese and your bacon to your desired amount.
- 3) BBQ to your liking....
- 4) ENJOY!!



### *Opportunities still available for artists/ crafters, produce growers and more!!*

This years Kamilche Valley Market is now open and we still have some vendor space available. Open Friday-Sunday between the hours of Noon and 6:00pm located on the back side of KTP. Here are just a few of upcoming events that are expected to increase business at the market.



### July 1st KTP Express 1 Year Anniversary

(Can you believe it has been open a year!!)

### Kick-Off the Boating Season at KTP Express

2 p.m. – 6 p.m.

Kamilche Trading Post,  
Skookum Creek Tobacco & LCCR  
Bring you for its 6th year

### Black Lake Regatta

July 9th

Come see the boats at KTP, win a ride!

July 10th & 11th race viewing at Evergreen Shores Park



*CONGRATS to barista Cassidy Gott on  
your graduation accomplishment!*

### EXPANDED HOURS!

The KTP Espresso is now open 6 a.m. to 6 p.m., 7 days a week.  
Stop by and meet your Barista!

## Farewell, Free Samples!

Unfortunately, Skookum Creek is counting down the days until new restrictions come into play...again.

Effective June 22, 2010 the new(est) set of federal restrictions come into play, limiting the marketing efforts of tobacco companies... One of the restrictions that really hits close to home for us is no longer having the privilege of offering our loyal customers product samples and special promos. With that said, Skookum Creek Tobacco would like to take this time to thank you for your understanding and let you know that, as always, our commitment and loyalty to our customers and the community will continue to be our number one priority and will remain unaffected!



The Landing's  
**Start Your Summer Off with a BANG!**  
**Customer Appreciation Day**  
June 25th from 2 p.m. - 6 p.m.

**HAVE YOU USED YOUR TRIBAL  
MEMBER DISCOUNT YET???**

### Skookum Creek Tobacco Factory Store is Now Open!

Hours: Mon – Fri 9 a.m. to 3 p.m.

Located at

Skookum Creek Tobacco Factory!!

**Squaxin Tribal members receive a  
discount on cartons of  
Skookum Creek Tobacco Products!!**





# ELDERS



Photos by Dorinda Thein and Rose Brownfield and information by Rose Brownfield - June 1 our Elders attended a luncheon at Swinomish near Mt. Vernon. A few of us brought home raffle gifts, and some of our group were honored during presentation of the flags and were given gifts. We were entertained by their guitarist during lunch. On May 18, we were guests a luncheon in Taholah and on the way home were treated to ice cream in Aberdeen.



**Foot Exam Morning  
for People with Diabetes**

**When: Friday, July 9th , 2010**

9:00—11:30 Foot Exams by  
Podiatrist, Dr. Molina Kochhar.

Bring your foot questions for Dr. Kochhar

People with diabetes first priority,  
if appointments available,  
will schedule others.

**Where: Squaxin Island Health Clinic**

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





## Thank you

Hello to my friends and family. I am writing this letter in regard to my two boys, Josiah Legend Perez and Roy Journey Bear Perez. I would like to thank ICW, especially Deanna Warren, who brought the boys for their visit. They have to drive to Steilacoom, then catch a bus to the dock, then catch a ferry to the island, then walk to the visiting room. Thank you, Deanna. I would like to thank the Family Wellness team and Heidi Chambers who arranged the visit, Arnold and Elizabeth who came here to make sure it was an appropriate place to visit, the council who supported me in this matter and Dave Lopeman whose words of encouragement throughout these past years keeps me going.

It was my first visit in three years and it was worth the wait. The boys are so handsome. They knew I was Daddy. It was a good visit for us all. By the end of the visit, I had a ketchup stain on my white shirt. Josiah had chocolate milk on his and Journey had Cheetos on his.

As for me, I'm doing good for being where I'm at and where I am in life making this a positive experience isn't that easy. I'm trying my best for myself and my children. I used to try and control everything and everyone around me. I've come here. I have no control. DOC has all the control. So it has taught me if something happens or doesn't happen, it's for a reason. It is what it is. You know I lift weights six a week. And some say I should hit 405 pounds by the time I go home. But you want to know something? I just pray I have the strength it takes to be a good father. No matter how strong I get, the strength it takes to be a father is far greater than physical strength.



Well, I'm gonna end this now. I miss you all. Once again, I would like to thank you all who made it possible for me to see my boys.

Sincerely,  
Lano Roy Perez

## Congratulations Newlyweds

Morningstar Green and Ryan Fox were married on June 20th

*Photos by Jennifer Johns*







# HEALTH CLINIC



## Meal Program Entrees July 2010

Thurs., July 1: Lasagne

Mon., July 5th: Closed for Holiday  
Tues., July 6: Soup & Sandwich  
Wed., July 7: Pork Chops  
Thurs., July 8: Baked Potato Bar & Chili

Mon., July 12: Chicken Fajitas  
Tues., July 13: Soup & Sandwich  
Wed., July 14: Salmon  
Thurs., July 15: Meatloaf

Mon., July 19: Spaghetti & Chef's Salad  
Tues., July 20: Soup & Sandwich  
Wed., July 21: Beef Stew  
Thurs., July 22: Grilled Fish Sandwiches

Mon., July 26: Steamed Clams  
Tues., July 27: Soup & Sandwich  
Wed., July 28: Roast Beef  
Thurs., July 29: Chicken Tacos

*Menu Subject to Change*

## Need Food? Check these out..

### WIC @ SPIPA

Provides healthy foods and nutrition information for you and your child up to age 5  
Please bring: your child, medical coupons or paystub & identification

**Monday, July 12th, 9 a.m. to 4 p.m.**

Contact Debbie Gardipee-Reyes:  
462-3227

*Dates subject to change*

### USDA FOODS AT SPIPA

**Tuesday, July 6th  
10 a.m. to noon**

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

*Dates subject to change*

### FOOD BANK

At Health Promotions Building

If you need access to the food bank at any time once a week, just stop by.

If possible, Wednesday is the best day.

If you would like to be on call list for fresh produce or bread, let me know.

Contact Melissa Grant: (360)432-3926

## Upcoming Health Events

### Brief Community Walk

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

### Free Diabetes Screening

at Health Promotions  
Tuesday through Friday  
Contact Melissa Grant for details

### Want a garden in your yard?

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

### Free Pilates classes

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

### Smart Shopping/ Food Label Reading Workshops

Contact Patty to schedule  
a family & friends session

### Health Promotions Programs

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

### Interested in our Nationally Recognized Lifestyle Balance Program?

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

### Community Health Walk

Thursday, July 15th  
Meet at Elder's Building at 12:40  
for a 20 minute walk around the REZ  
If you cannot make it to our walk, report  
your 20 minutes of fitness to Melissa.  
All SPIPA tribes will be taking a walk in  
their area at the same time  
for diabetes prevention!  
The tribe with the most walkers each  
month wins the walking stick.  
We won it in October ...  
can we get it back in June?

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



Goodbye, Commodities

Hello, USDA Foods!


USDA Foods  
is the new name.

What's with the Name Change?

USDA-Food and Nutrition Service announced that the food items available through this program should no longer be referred to as "Commodities"; the new language to use for these food items is "USDA Foods."

This information was shared at The National Association of Food Distribution Programs on Indian Reservations (NAFDPIR) annual conference held in April 2010.

Contact Shirley or Bonita at  
(360) 438-4216 or (360) 438-4235  
for more info and applications  
for USDA Foods




**WIC**  
(Women, Infants, and Children)  
provides healthy foods &  
nutrition information for you and  
your child up to age 5.

**Please bring:**  
Your child,  
Medical coupons or paystub and  
Identification

**Monday,  
JULY 12 is  
WIC DAY at  
SPIPA**

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



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

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

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

**Call her on her direct line  
for more information:**  
**(360) 432-3920**





## Diabetes Facts & Fiction:

**Q. Diabetes is the leading cause of adult blindness, amputation, and kidney failure. True or False?**

A. False. To a large extent, it is poorly controlled diabetes that is the leading cause of adult blindness, amputation, and kidney failure.

Well-controlled diabetes is the leading cause of .... NOTHING.

Health clinic staff is available to help you control your diabetes, but we need to see you in order to know how things are going.

Please make your appointments for your fasting blood draws, urine tests for kidneys, "diabetes physical" and other exams as recommended by the IHS Standards of Care. Call the clinic at (360) 427-9006 to schedule these appointments or contact Patty Suskin, Diabetes Coordinator, at 360 432-3929 for more information.

## Bicycling in Thurston County

Want to know more about traveling by bicycle in Thurston County? Check out the updated Online Thurston County Bicycle Map. Thurston Regional Planning Council has recently updated the online version of the Thurston County Bike Map. In addition to new route information, the online map includes road construction project details for the Spring through Fall 2010 construction season. The website also includes an updated and expanded list of "Who to Call" for bicycle facility maintenance and safety issues.

You can view the online Bike Map at this link:

<http://www.trpc.org/programs/transportation/bike+map/index.htm>

If you have questions, you can contact: Scott Carte, Thurston Regional Planning Council [cartes@trpc.org](mailto:cartes@trpc.org), Phone: (360) 956-7575



## RECREATION OPPORTUNITY GUIDE

### Olympic National Forest

<http://www.fs.fed.us/r6/olympic>



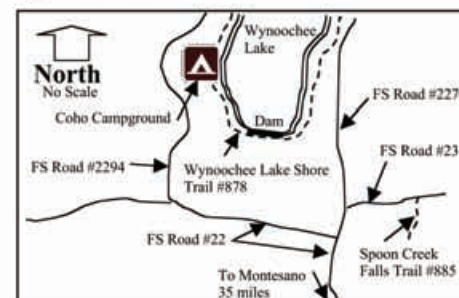
**Recommended Season**  
SPRING SUMMER FALL WINTER



## Spoon Creek Falls #885

Hood Canal District – Quilcene Office  
295142 Highway 101 S. P.O. Box 280  
Quilcene, WA 98376 (360) 765-2200

**ACCESS:** From Route 12 – Montesano: Turn north on the Wynoochee Valley Road (1 mile west of Montesano). Drive approximately 35 miles on the Wynoochee Valley Road (FS Rd. #22) to a major intersection. Continue straight for a short distance and then turn right onto FS Road #23. Drive short distance to trailhead on right side of road.



**FACILITIES:** Potable water and flush toilets are available at Coho Campground when open during the summer season. Small roadside parking area.

**SETTING:** Small stream and waterfall in old growth and second growth conifer forests.

**TRAIL INFORMATION:** This trail is a short 0.4 mile trail that descends steeply to the creek near the base of the waterfall. Last part washout.

Destination	Miles	Elev.
Trailhead	0.0	150'
End of trail near bottom of waterfall.	0.2	150'

**OPPORTUNITIES:** Day hiking, wildlife observation, bird watching. Camping, picnicking, fishing, boating and swimming are available at nearby Coho Campground.

**CLOSURES:** Motorized vehicles, mountain bikes and stock are prohibited.

**TOPO MAPS:** Grisdale USGS Quad.

**PASS NOT REQUIRED:** A Northwest Forest Pass is NOT REQUIRED at this trailhead.



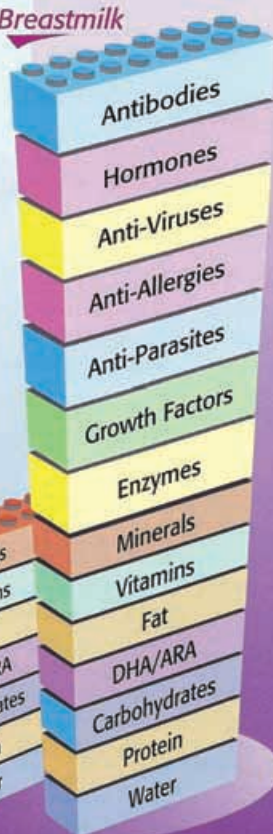
Spoon Creek Falls

8/2005

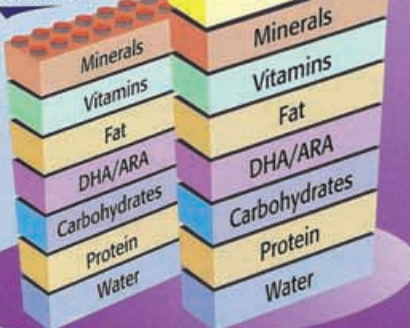
## See for yourself!

Breastmilk has **more** of the good things babies need

### Breastmilk



### Formula



## How does formula compare to breastmilk?

Compared to mother's breastmilk, formula is missing many things babies need to be strong, healthy and smart. Did you know...

**Formula-fed babies have a greater risk of:**

- Ear infections
- Diarrhea/constipation
- Pneumonia
- SIDS (Sudden Infant Death Syndrome)

**Children who were formula-fed have a greater risk of:**

- Obesity (becoming overweight)
- Diabetes
- Asthma and allergies
- Cancer



## What is the cost of formula feeding?

Formula feeding costs money. The dollars add up because you must buy extra formula as your baby grows, since WIC does not give you all the formula your baby will need. But the real cost of formula is the cost to your baby's health... and the time you spend away from work or at the doctor when your baby is sick.



Babies are born to breastfeed!

Adapted from California Department of Health WIC Supplemental Nutrition Branch. Printed by Washington State Department of Health WIC Program. WIC is an equal opportunity program. For persons with disabilities this document is available on request in other formats. To submit a request please call 1-800-525-0127 (TDD/TTY 1-800-833-6388)





## Helping your pet cope with the 4th of July

Here are some friendly tips for your dog to cope with the forth and all the fireworks it will be faced with.

Did you know your dogs hearing is 10 times more sensitive then a humans, so the fireworks are likely to cause your dogs some anxiety, stress and fear, and can hurt their ears.

Humane societies and shelters typically take in more stray animals during the 4th of July holiday because many pets are scared off by fireworks. In the event your dog does disappear please check with the Shelton Animal Shelter at 427-7503 or contact law enforcement to see if a dog was picked up.

Frightened dogs have different reactions: some tremble at their owners' feet, others retreat to a hiding place, some try to run off (traveling for miles), and others display bizarre behavior. According to animal behavior specialists, low-frequency, percussive noises such as fireworks and summer thunderstorms trigger wild fear in about 20% of dogs. Under such circumstances, ordinarily well-behaved pets may become aggressive, destructive and /or unpredictable.

### Some helpful hints to protect your animals during the holiday:

- Don't take your pet to a fireworks events
- Make sure you pets have their collars with tags and ID's on.
- Do not leave your pets outside.
- Place your pet in the quietest place in the house.
- Let your dog outside to do their thing prior to the fireworks starting.
- Vets can prescribe tranquilizers for frightened dogs.
- Turn on the TV or radio up loud to help absorb the fireworks sounds.
- Place cotton in the dog's ears will certainly help.
- Remember, scolding or coddling a scared dog will not help, just play with them.

Remember, you are the one that says your pet is part of your family, please take care of them.

If you have any questions regarding fireworks and dogs, please contact Jim Reinhold at 432-3953.



**Yay  
Summer!!!**  
These foxgloves  
were blooming at  
Salish Cliffs



## Office of Housing Highlights

PET CARE 101- MAY 24, 2010

The OOH would like to thank Dr. Murphy from Steamboat Animal Hospital and Amy Loudermilk from RARE for assisting with this workshop and sharing all their wonderful knowledge about animals.

PLUMBING BASICS – JUNE 14, 2010



UPCOMING EVENTS

### *Pet Care*

#### ***Basic Obedience and Leash Commands***

Monday, July 19th - 4:30  
Administration Bldg –2nd floor

### *Housing Fair*

Friday, August 20th 3:00 pm – 7:00 pm  
Squaxin Gym

### ***Understanding Your Credit Report***

(By appointment only)

Please watch for more information in the near future about upcoming classes!

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



### PHOTOS

**Pet Care:** Dr. Murphy and staff

**Plumbing:** Mitzie Whitener,  
Kurt Poste, Paula Henry

**Plumbing:** Elroy Ellerby,  
Housing Maintenance Technician







## Saving Starts at Home:

### The Inside Story on Conserving Energy

#### *TAKING OUT THE TRASH: Sorting Out Recycling Claims*

Store shelves are filled with items that say they are eco-friendly. Some products that claim to be better for the environment live up to the hype. Others don't. Claims that a product or packaging is "environmentally friendly," "eco-safe" or "better for the environment" may sound good, but may not deliver on their promises. Look for products that explain why they are better for the environment.

#### Translating "Eco-Speak"

Understanding terms like "recyclable," "biodegradable," and "ozone friendly" can help you protect the environment and make better buying decisions.

"Recycled" and "recyclable" may sound alike, but they mean very different things. If a label says a product is "recycled," check for more details. Unless the product or package is made of 100% recycled materials, the label must tell you how much is recycled. A product that says it's recycled from "post-consumer" material means that it's made from previously used products like newspapers, plastic bottles, glass containers, or aluminum cans. A product that says it 's recycled from "pre-consumer" material may be made of scraps from the factory. For example, a company making envelopes might recycle paper clippings left over from the manufacturing process to make other paper goods.

"Recyclable" - Claims on labels and advertising that a product is "recyclable " mean that it can be collected and used again or can be made into other useful products. A "recyclable" product is a good choice for the environment only if your community offers a recycling program for that material and you follow their rules for recycling.

Some companies make it easy for you to recycle. For example, grocery stores may take back plastic grocery bags. Some manufacturers of ink cartridges for printers may let you return empty cartridges. Check with your local recycling or solid waste officials about what can be recycled in your community.

"Biodegradable" and Photodegradable"- "Biodegradable " materials break down into elements found in nature when they are exposed to air or moisture. Cleaning products, like detergents and shampoos, often say they are "biodegradable." Most of these products degrade in wastewater systems, causing no harm to the environment. "Photodegradable" materials disintegrate when exposed to enough sunlight. However, the breakdown of any material happens very slowly in landfills, where most garbage is taken. Even "biodegradable" materials like paper or food may take decades to break down because they're buried under tons of other garbage. Just because a product claims to be "biodegradable" or "photodegradable" doesn't necessarily mean that it's better for the environment, especially if it winds up in a landfill.

"Compostable "- Composting turns certain things into compost--a material that enriches the soil and returns nutrients to the earth. Some people compost yard trimmings and food scraps. Many communities collect leaves, grass, and other yard waste for composting.

When you see a "compostable" claim on a product or package, it means the product can be tossed into your backyard compost pile. If you don't have your own composting pile, you might be able to take products to a municipal composting facility.

#### Secret Symbols

Certain symbols on a product or package can tell you whether it's recyclable or if it's made from recycled materials. Deciphering those symbols can help you make better decisions for the environment.

#### "Chasing arrows" symbol

Many products display this symbol. Sometimes it means that a product or package is made of recycled materials. Other times it means that the product or package is recyclable. If only one of these claims is true, the manufacturer should say which one. Since some communities don't accept every product or package for recycling that bears the symbol, check with your local recycling or solid waste officials before you recycle.

#### SPI Symbol

Manufacturers use this symbol-developed by the Society of the Plastics Industry - to label the type of plastic in a product. SPI codes range from 1 to 7.

Containers labeled 1 and 2, such as soda bottles, detergent and shampoo containers, and milk jugs, are the most likely to be accepted for recycling. Since communities have different rules about what they'll accept, check with your local recycling or solid waste officials before you recycle.

For more information, look for the FTC's " Green Guided " or call toll-free 1-877-FTC-HELP (1-877-382-4357, TDD: 1-866-653-4261). EPA has information on recycling at [www.epa.gov](http://www.epa.gov) or from the Pollution Prevention Information Clearinghouse at 202-566-0799.

#### TRASH ROOM ENERGY SAVERS

- Participate in your community's recycling program.  
Don't throw something that can be recycled into the trash.
- Look for the recycling symbol.  
Buy products that use recycled components or that can be recycled.
- Start a compost pile.
- To help your community save the time and money it spends separating the items it recycles from the ones it doesn't, find out which are appropriate for the recycling bins.

## Brothers and Sisters

*Just because its such a great photo!*



L-R, Back: John and Yum Krise  
L-R, Front: Bev Hawks and Leah Cruz





## Building your teen's money skills

From a parent's perspective, it's just a few short years from lemonade stands to college credit card come-ons. But these transitional years are a perfect time to help your children build sound money management skills.

As parents, you play a key role in shaping your children's values and attitudes about money management. While you might not think your teen wants to learn these lessons, the Schwab 2007 Teens & Money Survey found that almost two-thirds (60%) of surveyed teens said that learning about money management was one of their top priorities.

### The pressure's on

Very few young people want to be dependent on their parents as adults. Even fewer want to find themselves deep in debt. But there are many pressures in today's society that cause people to get in financial trouble.

Teens - always under pressure to conform with their peers - also must contend with high-pressure marketing.

Only a strong role model can begin to counteract teen peer pressure. Talk to your kids about money on an adult level. Introduce them to the concept of providing for their basic needs (food, clothing, shelter, education and transportation) and setting priorities on what they want to buy. Life is about realistic choices. Explain that a Porsche is cool, but a dependable used car will get you to school and work just fine, even if your friends tease you about driving a "junker."

If your neighbor gets a new car, do you want one, too? Such behavior used to be called "Keeping up with the Joneses." Now the phrase "affluenza" is used to denote money problems such as overspending, misuse of credit and falling into debt. Unfortunately, affluenza can be contagious-your children learn from you. If you're a shop-a-holic, chances are good your kids will be, too.

Sometimes kids want to buy things because of peer pressure, sometimes out of boredom, sometimes just to see if they'll get their way. Help your kids understand that there is more to life than trips to the mall by looking at your own habits and asking if your actions are sending the wrong messages.

### The working life

Having a job helps your kids prepare for adult life. It teaches them responsibility; gives them job experience, puts money in their pockets and keeps them off the streets.

Work habits formed as a teenager follow you the rest of your life. Some kids naturally want to work, others need encouragement. If you have a comfortable income, you might feel it's not important for your kids to work-but that's not necessarily best for your child. No parent wants their children to work so much that their grades suffer, but teaching financial responsibility can be difficult if your child doesn't know what it's like to earn his or her own money.

Does your child know how long it takes to earn \$50 to buy a video game? According to the U.S. Department of Labor, the median annual earnings of executive secretaries and administrative assistants was \$37,240 in 2006. It would take a person with this salary almost three hours to earn the money for the video game.

Teens 16 and older generally can work full time, although some states may limit the times of day they can work. Teens aged 14 and 15 can work 18 hours a week but no more than three hours on school days. In the summer, they can work 40 hours a week, eight hours a day. Younger teens can do odd jobs such as running errands, babysitting, dog walking or lawn mowing.

Many teens work to pay for clothes, video games, gas or cell phones but overlook the added benefits of job experience and seeing what adult life is like.

Even a fast-food job can give you some transferable skills such as handling money, using a computer system and dealing with customers. No job is a dead end if you know

how to market yourself. Familiarize your kids with job hunting tools. Go over the basics of resume writing-there are many web sites and books on the subject. Gather some job applications from local businesses and review the information they ask for. Read help wanted ads in the local newspaper. Play-acting a call to a potential employer or a job interview can raise your child's comfort level for the real deal.

Discuss some of the often overlooked traits that please employers, such as neat grooming and dress, politeness, being on time, doing what you're told, paying attention and asking questions if you don't understand.

Urge your teen to start looking for a summer job early, instead of waiting until May or June when positions may be scarce. Rather than just dropping off an application, suggest they ask when the manager has time to meet with them. Many teens want a job they consider cool so they have blinders on when it comes to what's out there. Brain-storm together about possible jobs-depending on their interests, teens may find jobs as camp counselors, tutors, tour guides, lifeguards, receptionists, landscapers, day care workers, auto mechanics, construction crew members, maintenance workers, sales help and library aides.

### The incredible shrinking paycheck

Young people who receive their first paycheck are often surprised that their take-home pay is less than they expected. They are expecting the full-or gross-amount of their earnings instead of the after tax-or net-amount.

Federal and state income tax is the largest deduction. Make sure your kids understand that they can avoid withholding too much by claiming additional allowances on the W-4 form they get from their employer. However, they must withhold at least the amount they owed in taxes last year or 90% of what they expect to owe in the current year, whichever is smaller. Let your kids know that they'll receive a refund of excess withholding when they file their tax returns between January 1 and April 15 of the following year.

Social Security (FICA) and Medicare (MedFICA) taxes are withheld ; to pay for government retirement and health care benefits for seniors who reach the eligible age. Explain that employees pay one-half of these required taxes and employers pay the other half, and that taxpayers don't get refunds for these taxes when they file a tax return.







## Diabetes Facts

**From National Diabetes Education Program  
with American Association of Indian Physicians**

*Submitted by Patty Suskin, Diabetes Coordinator*

Many people avoid the long-term problems of diabetes by taking good care of themselves. Work with your health care team to reach your ABC goals (A1C, Blood Pressure, Cholesterol): Use this self-care plan

- Use your diabetes meal plan. If you do not have one, ask your health care team about one.
  - Make healthy food choices such as fruits and vegetables, fish, lean meats, chicken or turkey without the skin, dry peas or beans, whole grains, and low-fat or skim milk and cheese.
  - Keep fish and lean meat and poultry portion to about 3 ounces (or the size of a deck of cards). Bake, broil, or grill it.
  - Eat foods that have less fat and salt.
  - Eat foods with more fiber such as whole grains cereals, breads, crackers, rice, or pasta.
- Get 30 to 60 minutes of physical activity on most days of the week. Brisk walking is a great way to move more.
- Stay at a healthy weight by using your meal plan and moving more.
- Ask for help if you feel down. A mental health counselor, support group, member of the clergy, friend, or family member who will listen to your concerns may help you feel better.
- Learn to cope with stress. Stress can raise your blood glucose (blood sugar). While it is hard to remove stress from your life, you can learn to handle it.
- Stop smoking. Ask for help to quit.
- Take medicines even when you feel good. Ask your doctor if you need aspirin to prevent a heart attack or stroke. Tell your doctor if you cannot afford your medicines or if you have any side effects.
- Check your feet every day for cuts, blisters, red spots, and swelling. Call your health care team right away about any sores that do not go away.
- Brush your teeth and floss every day to avoid problems with your mouth, teeth, or gums
- Check your blood glucose (blood sugar). You may want to test it one or more times a day.
- Check your blood pressure if your doctor advises.
- Report any changes in your eyesight to your doctor.

Talk with your health care team about your blood glucose targets. Ask how and when to test your blood glucose and how to use the results to manage your diabetes. Discuss how your self-care plan is working for you each time you visit your health care team.

## Emergency Room Guidelines

Because Contract Health Services has limited funding, it is required that you use the Squaxin Island Tribe Health Clinic whenever possible. If the Clinic is closed, both Shelton Family Medicine (426-2653) in Shelton and Group Health Urgent Care (923-5565) in Olympia have extended business hours. Shelton Family Medicine is open Monday through Thursday from 8:00 a.m. until 8:00 p.m.; Fridays from 8:00 a.m. until 5:00 p.m. and Saturday from 8:30 a.m. to 5:00 p.m. Group Health Urgent Care is open Monday through Friday from 8:00 a.m. until 8:00 p.m. and Saturday and Sunday from 9:00 a.m. until 7:00 p.m. Either of these offices can advise you on how to handle a medical problem. The care you receive at these clinics must fit the priority levels at which CHS is currently operating or you will be responsible for the bill.

An emergency may be defined as “a threat to the loss of life and/or limb”. See partial listing under EMERGENCY ROOM listed below.

Contract Health Services will only pay for Priority Level I and Priority II procedures.

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

GO TO A CLINIC:	EMERGENCY ROOM:
Earache	Heart Attack
Cough	Stroke
Ingrown Toenail	Profuse Bleeding
Bronchitis	Coughing & Vomiting Blood
Minor Cuts & Bruises	Sexual Assault
Headache	Acute Asthma Attack
Colds	Amputation

If you find yourself in an emergency situation, please use Mason General Hospital or St. Peter Hospital, as the Tribe has a discount with these facilities. Please visit the Hospital's Financial Assistance Department to apply for assistance to satisfy our Contract Health Care requirements if you do not have prior authorization. Hospital Charity Care is available (up to 200% of the federal poverty level) - but only if you apply at the hospital.



## Come See the “Giant Colon”

Have you ever wondered what the inside of your colon looks like? Well, since none of us have a window on our abdomen, there is an easier option of viewing your colon. On Saturday July 31st, the “Giant Colon” will be in the gymnasium for all to come and walk through. The exhibit will be open from 9:00am until 4:00pm. There will be T-Shirts and other prizes during the exhibit. It will be a “Giant Colon” party day!

### *Do you know the symptoms of colorectal cancer?*

Colorectal cancer often has no symptoms until the disease has progressed beyond its earliest stages. Some potential signs and symptoms of colorectal cancer to watch for and ask your physician about include:

- A change in bowel habits such as diarrhea, constipation, or narrowing of the stool that lasts for more than a few days.
- A feeling that you need to have a bowel movement that doesn't go away after doing so.
- Rectal bleeding, dark stools, or blood in the stool.
- Cramping or stomach pain.
- Weakness and tiredness.

If you are experiencing any of these symptoms, it is important that you contact your physician right away.

If you are between the ages of 50 and 64, you are strongly encouraged to have your annual FIT Test done. It is a one time, easy, at home test. You can arrange this test through our Health Clinic at 427-9006 or by contacting Cheryl at 432-3933. If everyone aged 50 years old or older were screened regularly, as many as 60% of deaths from this cancer could be avoided.

Come over to the gymnasium on Saturday July 31st to see the “Giant Colon” and to learn more about colorectal cancer. There will be people to answer any questions and if you would like, set up your FIT test.





# COMMUNITY



## Happy Birthday

Del Johns	01				
Isaac Johns	01	Leah Gentile	11	Alan Depo	17
Mark Jones	01	Ruth Creekpau	11	Matthew Bell	17
Malynn Foster	01	Terence Henry	12	Alexander Van Horn	18
Tully Kruger	01	Myrtle Richards	12	Violet Garcia	18
Fay Monahan	02	Jonie Fox	12	Victoria Allen	18
Janessa Kruger	02	William Peters	13	Charles Mickelson, Jr.	18
Annie-Beth Whitener	04	Jennifer Evans	13	Elena Capoeman	19
Jeremie Walls	04	Elizabeth Yeahquo	13	Dana Vancleave	19
Elijah Garcia	05	Donald Daniel III	13	Clara Capoeman	19
Jon Whitener	05	Moody Addison	13	Jearid Williams	19
Gary Brown	05	David Lewis	13	Leila Whitener	21
Sadie Lorentz	06	Shaiann McFarlane	14	Corri Coleman	21
Dale Brownfield	06	Antonio Rivera	14	Cara Price	22
Celeste Forcier	06	Cristian Rodriguez	14	Bette Peters	23
Martin Sequak Jr.	06	Brett Orozco	15	Austin Solano	23
Todd Hagmann	07	Adrianna Hartwell	15	Chicki Rivera	23
Virginia Berumen	08	Seth Thomas	15	Richard Piersol	23
Kui Tahkeal Sr.	08	Mario Castillo	15	Misty Kruger	24
Diana Van Hoy	08	Mary Kuntz	16	Hailey Blueback	25
Steve Witcraft	08	Nikita Mowitch	16	Walter Lorentz, Jr.	25
Clayton Edgley	09	Viola Thomas	16	Eileen George	25
Keenon Vigil-Snook	09	Kristina Bechtold	17	Thomas Blueback, III	25
Nyla King	10	Daniel Johnston	17	James Brownfield	26
Mary Monahan	10	Tiffany Henderson	17	Brenda Day	26
				Loretta Case	26
				Malia Henry	26
				Marvin Henry	27
				Chas Addison	27
				Dorian Williams	27
				Kira Coley	28
				Felicia Berg	28
				Nathan Armas	29
				Markiemih Johns	29
				Marissa Morken	29
				Judah Thale	29
				Marcus Johns	30
				Rose Arzate	30
				Billie Lopeman-Johns	30
				Tasheena Sanchez	30
				Robert Whitener	30
				Jordon Lopeman-Johns	31
				Stanton Sicade Jr.	31
				Michael West	31
				Nyah Sicade	31
				Jaelin Campbell	31

## What's Happening

Squaxin Bible Study				1	2	3
Tuesdays @ 6:30 p.m., 30 Ho-Mamish Court						
Pastors Ron and Kathy Dailey				AA Meeting 7:30		
4	5	6	7	8	9	10
Happy 4th of July!!!			Squaxin hosts Canoe Families Family Court	Council Mtg. Canoe Journey AA Meeting 7:30	Canoe Journey	Canoe Journey
11	12	13	14	15	16	17
Canoe Journey	Canoe Journey	Criminal/Civil Court Canoe Journey	Canoe Journey	AA Meeting 7:30 Canoe Journey	Canoe Journey	Canoe Journey
18	19	20	21	22	23	24
Canoe Journey	Makah!!!	Potlatching at Makah!!!	Potlatching at Makah!!!	Council Mtg. AA Meeting 7:30 Potlatching at Makah!!!	Potlatching at Makah!!!	Potlatching at Makah!!!
25	26	27	28	29	30	31
		Criminal/Civil Court		AA Meeting 7:30		

## Shaker Prayers and Services

Rose and Mike Davis are available  
for Shaker prayers and services

Please call 877-0820





# COMMUNITY



**Happy Birthday Aunt Liz**



**I Love You!  
Love, Your Niece Rose**

**Happy Birthday Dorian!**



**Even Though Auntie Rose and  
Daddy Never Get to See You,  
We Love You  
With All Our Hearts!!**

**Happy 1st Birthday to my  
Beautiful Grand Daughter  
Leah Marie!!**



**Grandma Loves You  
With All My Heart!**

**Happy 11th Birthday (7/15)  
Brother Bear  
Seth William Thomas**



**We Love You Bunches.....  
Love, Mom, Dad  
& Your Sisters**

**Happy Birthday Kip  
We love you  
Mom and sisters**

**Happy Birthday to My  
Nephew Thomas BlueBack III**



**Love, Aunt Rose,  
Uncle Cody and Hailey Ann**

**Happy Birthday Uncle Ike!  
Love you!  
- Rose**

**Andrew Cooper - Happy Birthday, Nephew!  
Keep Your Head Up and All the Pieces Will Come Together!**



**We All Love You!  
Love, Your Family, The Coopers!**

**Happy 11th Birthday  
Malia Red-Feather**



**Lots of Love,  
Mom (Margaret),  
Dad (Vinny), Jolene & Kiana**

**Happy Birthday  
To My Niece Kira!**



**Love Aunt Rose, Uncle Cody  
and Hailey Ann!**

**Happy 9th Birthday to the  
Apple of My Eye!  
(Hailey Ann)**



**Love,  
Mom, Dad & Sissy's**

**Happy Birthday Dorian**



**Luv Mom, Keona and Halia**





**Over \$20,000 in Cash and Prizes will go!**

# BINGO AT THE CREEK

**Friday, July 9th at 6:30pm**

**Saturday, July 10th at 2:30pm & 6:30pm**

**WEAR TIE-DYE**

*Receive a free level 1 with buy-in*

2:30 Session Blackout prize pays \$599

6:30 Session Blackout prize pays \$1,199

Early Bird specials 6:30 Sessions

\$69 Hotel Stay for Bingo participants\*

**LITTLE CREEK**  
**CASINO • RESORT**  
[www.little-creek.com](http://www.little-creek.com)

**IT'S NOT HOW FAR YOU GO, IT'S HOW FAR YOU GET AWAY**

Restrictions may apply. Must be over 18 to play.

Located in the Skookum Creek Event Center.

\*Valid for Bingo participants, must show Players Club Membership.



Swipe daily at the kiosk to  
earn entries, prizes and a chance to...

**WIN \$10,000!**

**Be here for some Bill Busting fun!**

**Tuesdays, Wednesdays & Thursdays**

**at 6pm & 8pm detonate the cash load and...**

**BUST \$100,000!**

**LITTLE CREEK**  
**CASINO • RESORT**  
[www.little-creek.com](http://www.little-creek.com)

**See Players Club for more details**

**Must be present to win! Club Members receive one free swipe each day.**

**Earn extra entries for every 3 Rewards Points you earn!**