

NOTICE

Arcadia Boat Launch is closed for renovation

The Arcadia Boat Ramp is now closed for reconstruction. The ramp will be closed to all traffic during the construction period and use of the parking lot will be limited.

The 2011 First Salmon Ceremony will be held on the recently acquired Collier property, located on the point just north of the construction site. The badly damaged existing ramp will be replaced with a new two-lane ramp long enough to allow access at lower tides.



FOR INFORMATION: Dan Neelands, 360-432-3975



Transportation to First Salmon Ceremony

Monday August 1, 2011

TO		
Pick Up	Drop Off	Time
Tribal Center	Salmon Ceremony	10:00 AM
Tribal Center	Salmon Ceremony	11:00 AM
Tribal Center	Salmon Ceremony	11:30 AM
~12:00 Ceremony Starts ~		
FROM		
Salmon Ceremony	Tribal Center	1:00 PM
Salmon Ceremony	Tribal Center	1:30 PM
Salmon Ceremony	Tribal Center	2:00 PM

Due to the major reconstruction of the Arcadia Boat Ramp, parking will be limited.

The Squaxin Transit will be providing transportation to and from the First Salmon Ceremony

Come join our cultural celebration!

Questions: call Tammy Ford (360)-432-3888 or (360)-432-3970

The Reservation Based Community Determined Program at TESC Wants You!!!

Are you working, have a family and other obligations, don't like to commute, but would like to finish your degree? Look no further, you can attend college and continue to fulfill all your obligations at one of 6 locations in Western Washington: Muckleshoot, Nisqually, Port Gamble, Quinalt, Tulalip and our new site at Peninsula College. Individual pathways can be developed for you as you seek your degree. Explore the possibilities.

The Evergreen State College offers a BA degree program in liberal arts and is accepting applications now for fall quarter. The Reservation Based Community Determined (RBCD) Program has been serving native communities since 1989 and has consistently strived to meet the needs of the students and tribes. Students who attend this program have already earned an AA degree or approximately 90 transferable credits. Students attend Monday and Thursday evenings on the reservation and 4 Saturdays at the Longhouse on campus. Classes are face to face with independent study opportunities available. The curriculum is designed to prepare students in critical thinking, leadership, applied research, administrative process and organization, social science, ethics, literature, and more. Students who complete the program will have a better understanding of the dynamics of their communities and a broader world view. The Evergreen State College and the Reservation Based Program have earned national recognition for its innovative teaching and commitment to student learning.

The Grays Harbor College Reservation Based AA degree program, known as "the bridge program", is also accepting applications. This offering is part of a partnership with The Evergreen State College featuring a distance education hybrid program using both "online classes" and "face to face" classes to deliver the curriculum. Over the 10 week quarter, students in the program meet 4 Saturdays on the Evergreen campus at the Longhouse. They also may attend a weekly study session at the Taholah mini-mall their site with a study leader to provide additional support. Through this culturally relevant, specially designed curriculum, students meet all the regular state requirements and are fully prepared with the foundational skills and knowledge to continue with more advanced work. Students earn a transferable AA degree accepted at Washington State Colleges and Universities upon admission. This program has won recognition as an exemplary program by the State Board for Community and Technical Colleges, and has received national attention.

The Evergreen State College also offers a MPA/Tribal degree as a weekend program for those wanting to pursue a master's degree in administration with a tribal emphasis. The program accepts students in cohorts every two years.

For more information on these programs contact:

GRAYS HARBOR COLLEGE, Mark Ramon, Coordinator (360) 538-4090
mramon@ghc.edu
<http://www.ghc.edu/distance/reservation>

PENINSULA COLLEGE, Ami Magisos, Multicultural Services Coordinator (360) 417-7987
or toll-free (877) 452-9277 ext. 7987; amagisos@pencol.edu

THE EVERGREEN STATE COLLEGE, RBCD, Stephanie Sotomish, Administration Assistant (360) 867-6286; sotomiss@evergreen.edu or www.evergreen.edu/tribal



USDA Rural Development provides home repair loans and grants to qualified very low income home owners to repair or improve their home, remove health and safety hazards, weatherize, pay for installation and assessment cost of utilities and/or provide accessibility for persons with disabilities. The applicant must be the owner of the home (This includes mutual help units)

- Must be unable to obtain conventional financing elsewhere
- Must have a satisfactory credit history
- Must have reliable and dependable income
- Must show repayment ability including the loan payments, real estate taxes, homeowner's insurance, etc.
- Must be a U.S. Citizen or legally admitted U.S. resident
- Must be 18 years of age or older and able to enter into a binding contract
- Cash value of non-retirement assets cannot exceed \$7500 for non-elderly and \$10,000 for elderly households
- Maximum loan limit is \$20,000
- Interest rate is 1% fixed for a term of up to 20 years.

504 Grant funds may be used only for repairs and improvements that remove health and safety hazards or to repair or remodel dwellings to make them accessible for household members with disabilities.

County	1 person	2 person	3 person	4 person	5 person	6 person
Pierce	24,400	27,850	31,350	34,800	37,600	40,400
Thurston	25,200	28,800	32,400	35,950	38,850	41,750
Mason	20,450	23,350	26,250	29,150	31,500	33,850
Grays Harbor	19,400	22,200	24,950	27,700	29,950	32,150

The Community Action Council of Lewis, Mason and Thurston Counties provides a Weatherization Assistance Program which may include air measures such as weatherstrip and caulking, insulation measures to wall, floor and ceiling areas and related repair measures. Health and safety issues such as indoor air quality and heating system repair are also addressed. Each home is unique as to what is needed.

1	\$ 1,128
2	\$ 1,518
3	\$ 1,907
4	\$ 2,297
5	\$ 2,685
6	\$ 3,076
7	\$ 3,466
8	\$ 3,855

Use this chart as a quick reference to see if your household may be income eligible for assistance. Please note that other program requirements may apply to qualify for program assistance.

If you would like more information on any of these programs, please contact Lisa @ Office of Housing 432-3871.



Tribe counting birds to find pollution cause

The Squaxin Island Tribe is counting birds and bird waste in Oakland Bay to see if they could be causing a summer fecal coliform pollution problem.

The bird counting project is the latest study by the tribe to track down the source of an unusual pollution spike in upper Oakland Bay, part of one of the most productive shellfish growing areas in the world. Fecal coliform bacteria is a product of human and animal waste and usually doesn't survive long in saltwater, so its ability to persist in Oakland Bay during the summer is an anomaly.

"Typically, because bacteria are washed into the bay by rain, we see pollution spikes in the winter," Konovsky said. "But in Oakland Bay the increase in pollution occurs during the dry summer months. Without rainfall to move bacteria over larger distances, we are looking more locally for the source."

It is possible that a large amount of bird waste is collecting on the intertidal zone of Oakland Bay during low tides causing the summer pollution. "There aren't likely enough birds in upper Oakland Bay to cause this level of pollution," Konovsky said. "But we need to actually get out here and count, just so we can cross birds off the list."

Last year, the tribe built two replicas of Oakland Bay to isolate the conditions that are causing fecal bacteria to spike. While the experiment failed to isolate any particular cause, it did point to several possibilities, including massive amounts of bird waste.

The uppermost portion of Oakland Bay remains restricted for shellfish harvest in the summer. "We need to reverse the trend now," said Andy Whitener, natural resources director for the tribe. "More harvest closures in Oakland Bay would be disastrous for tribal harvesters and

would devastate the shellfish industry, a vital part of the local economy."

"Tribal members always have depended on shellfish as a source of nutrition, for income and as a way of life," Whitener said. "Our treaty right to harvest shellfish depends on healthy shellfish, so we need to track down and solve this pollution problem."

For more information, contact: John Konovsky, environmental program manager, Squaxin Island Tribe, (360) 432-3804. Emmett O'Connell, South Sound information officer, NWIFC, (360) 528-4304, eoconnell@



NWITC Director June O'Brien has retired

Northwest Indian Treatment Center Director June O'Brien retired during the month of July. She was presented with gifts for her service to the Squaxin Island Tribe during by Tribal Chairman David Lopeman during a directors meeting.

"Working for the Squaxin Island Tribe for over 17 years has been a great gift," she said. "I leave my work in the very capable hands of tribal member Stephanie Tompkins. She has the same love for the patients that I do. Thank you all for your support over the years."



Canoe Journey 2011

The canoes left Arcadia at approximately 7:00 a.m. on Monday, July 18th, and arrived in Swinomish on July 25th for a week of potlatching fun. Watch for lots of photos in next month's Klah-Che-Min.





ISLAND ENTERPRISES / COMMUNITY



ISLAND ENTERPRISES INC

Weaving a strong business foundation for the Squaxin Island Tribe's future.



Barista Spotlight

By Brittany Bitar
Kamilche Café & Espresso would like to spotlight Tiffany Goos this month. Tiffany is an experienced barista and has worked at the café for over a year.

She has also worked at Ernie's Bar & Grill as a bartender. Tiffany's past work experience has given her great drink pouring skills. She now puts her techniques to work with coffee instead of alcohol! When asked how her past work experience helped her in her current position Tiffany replied "it's a totally different scenario, I would much rather serve espresso, cutting people off wasn't fun, here I don't have to deal with it". Tiffany's plans for her future include enrolling in college for business. She wants to own her own coffee shop someday!

Her hobbies include Jack & Jill softball. She loves hanging out with her daughters and family. Tiffany has been a part of this community her entire life, which she feels might be too long! Her favorite part about living in this community is that most of her friends and family are close. Her mother, Terri Goos, works at Squaxin Island Child Development Center.

When asked what she enjoys most about working at Kamilche Café & Espresso Tiffany replied "my customers, I love people". Kamilche Café & Espresso has recently added new flavors to its 100% Crushed Fruit Smoothie menu. Come in soon and order one of our new Lemon-ADE 100% crushed fruit smoothies from Tiffany or let her make you an amazing greek salad, her favorite menu item!



By Stephanie Gott

Have you ever asked yourself the question, "Should I open my own business?" I know the thought has crossed my mind a time or two....followed closely by the "Who?, What?, Where?, When?, How?" So I wanted to share with you a few of my personal favorite business resources and encourage you to check them out.



NEW ORIENTATION:

Monday, August 8th
Noon-1:00 p.m. in Olympia

BUSINESS READINESS WORKSHOP

Friday/Saturday, August 26th & 27th
9:00 a.m. - 3:00 p.m.

REMINDER:

You must go through the orientation before you can take the business readiness workshop!

FOR MORE INFORMATION:

Contact Enterprise for Equity
at 360-704-3375 ext. 2,
or you may also go to their website:
www.enterpriseforequity.org
to find out what they have to offer!



This is a great resource for all up and coming entrepreneurs, as well as experienced business owners as it is full of information and resources. Once you register, you can access free and confidential mentoring, attend workshops and have access to free webinars with topics ranging from building business plans to marketing your business. You will also access to templates and other business tools. Just go to www.score.org to check out their website!

Special Thanks

We would like to thank everyone who went overboard to help us with the services for our beloved Alan. Everything was perfect. There are no words to express our thankfulness. We appreciate everyone and all that you did. There are not enough thanks in the world!!!

- With love from the family of Alan Mosier

Squaxin Island Pool

Presents:

End of Summer Pool Party
August 26, 2011
5:00 - 8:00pm

Volleyball, Basketball, Games
Sinker Toys & Noodles

Have any questions?
Call: (360) 432-3852



Indianpreneurship® is a 12 week intensive course that provides the framework for successful business start up, as well as developing a business plan. For more information go to: www.indianpreneurship.com

Access to Markets and Information: provides Native Americans access to markets through their Business Directory, website, and through tribal-sponsored Business Service Centers. They support business reference libraries, computer and internet access in locations throughout Oregon and the Northwest.

Trading at the River Conference: Offers workshops and roundtables on substantial business issues. This is also a great place to meet other business owners and develop new business relations/partnerships.

P o l i c y D e v e l o p m e n t :
ONABEN staff can provide comprehensive organizational development, program advisory, and training to non-profit community and economic development organizations among others.

Log onto: www.onaben.org to learn more about this excellent business resource!



Summer Recreation

This year's Summer Rec. program will run from July 6, 2011 to August 12, 2011, Monday through Friday, 8:30 a.m. to 3:00 p.m. unless otherwise stated in the calendar.

Please be aware that hours may differ on field trip days. The summer program age range is 5 to 12; due to the nature of the program and activities any child(ren) under the age of 5 or over 12 will be required to be picked up by the parent as soon as possible.

The TLC building will not open until 8:30 a.m. and there will be no supervision until that time. Please DO NOT drop your child(ren) off before 8:30 a.m. TLC will close at 3:00 p.m. daily unless otherwise stated in the calendar. There will be no supervision after 3:00 p.m. Please pick up your child(ren) no later than 3:00 p.m. We hope this gives parents/guardians ample time to make arrangements for daily drop off and pick up times during the summer recreation program.

We're seeing lots of kids this summer for a jam packed, fun filled summer recreation program!



Sylvan Corner

These students have achieved perfect attendance for the month of June: Talon Beattie and Emily Whitener. Emily had her third consecutive month in a row of perfect attendance. Emily will receive a \$25 gift card.

These students only missed perfect attendance by one session: Kiana Henry.

KEEP UP THE EXCELLENT WORK GUYS & GALS!



August

Squaxin YOUTH Education, Recreation and Activities Calendar

TLC hours: M-F 8:30am-5pm Front Desk: 432-3958

YOUTH Gym/Recreation hours: M-F: 8:30-3:30pm

Co-sponsored by DASA

All activities are drug, alcohol and tobacco free.

Monday	Tuesday	Wednesday	Thursday	Friday
1 8:30-3 Summer Rec Field Trip: First Salmon Ceremony (Arcadia Point)	2 8:30-3 Summer Rec Swimming Day	3 8:30-3 Summer Rec	4 8:30-3:30 Summer Rec Field Trip: Hiking and Gathering (Kennedy Creek) 8-3 School supplies handed out at the Tribal Center	5 8:30-3 Summer Rec Swimming Day
8 8:30-3 Summer Rec Afternoon Field Trip: Disc Golfing at the Mason County Disc Golf Course	9 8:30-3 Summer Rec Swimming Day	10 8:30-3 Summer Rec	11 8:30-3:30 Summer Rec Field Trip: Pt. Defiance Zoo	12 8:30-3 Summer Rec Swimming Day Last Day of the Summer Rec Program Health Fair and BBQ, too!
15	16	17	18	19
The Youth Activities Program will be closed until September 7th to effectively close out our 2011 Summer Recreation Program, and to plan and prepare for the 2011-2012 afterschool activity program.				
22	23	24	25	26
29	30	31		



SUMMER YOUTH EMPLOYMENT / DCD



Jamie Cruz

Hi, I am Jaimie Cruz. My mother is Lea Krise and my grandparents are Buddy and Evelyn Miller.

I am working in the Legal Department as an Assistant Trainee.

I graduated from East Valley School District this year and plan to be a lawyer or a nurse.

I am excited about this opportunity to learn more about becoming a lawyer.



Troy Orozco

Hello, I am part of the Krise family. My parents are Mary Mosier and Francisco Orozco.

I went to Goldendale High School and just completed 12th grade.

I am working as a Cultural Preservation Apprentice at the MLRC. This job will give me more work experience and I'm excited about learning more things about our culture.

See you around.



Clara Capoeman

Hi, I am Clara Capoeman. I am from the Bagley and Johns families, and my parents are Terri Capoeman and Wilson Johns.

I am working as a Hotel Guest Services Rep, and just graduated from East Valley High School online on June 11th.

I am excited to meet new people and have fun. Thank you.



Markie Smith

Hi, I am the granddaughter of Jackie Peterson and Don Smith. My parents are Pam and Bob Smith.

I am working as a Prevention and Wellness Assistant Trainee.

I go to Olympic College, and just completed my sophomore year there.

This job ties into my future plans by teaching me the skills to organize and plan events to run and be part of a business.

I'm excited to learn about ways to be more healthy. I'm also excited to be around and meet the Squaxin Island community members. I look forward to starting this new job.

5 crucial tips for raising money-smart kids

We don't want our kids to make the same mistakes we did. When it comes to money, that can be a tall order. Before I was a "financial expert," I spent more than I earned, started saving too late, racked up half a year's salary in credit card debt and cashed out a 401(k). I want my children — ages 13 and 16 — and yours to avoid those missteps. I want them to grow up knowing how to live within their means, put something away for tomorrow and reach for a financial goal.

Many U.S. schools don't teach basic money management, but the only way to guarantee that your offspring absorb this important life skill is to teach it at home. I wrote *Not Your Parents' Money Book: Making, Saving and Spending Your Own Money* (Simon & Schuster) to start teens on a path to financial success. Here are five tips for raising money-smart kids:

Give children money to manage.

In focus groups I did with middle-school kids around the country to see what they know — and want to know — about money, I found that even 11- through 13-year-olds are pragmatic about finances. They want to know how much it will cost them to live independently, what jobs pay those salaries and how they can earn money today, "besides babysitting." What they don't know is the cost of things, from a pair of jeans to a bag of groceries. To build a sense of real-world prices and values, give your kids some money and let them decide how to use it.

In my house, we do this with an allowance. But take care: Sometimes, with the best intentions, we tell our kids they'll get their cash on Sunday, then don't have the correct change or put them off because we're busy, incidentally teaching them that it's OK not to pay your bills on time. Or we give our kids an allowance but continue to hand out cash when they ask for it, teaching them that there's always more where that came from.



Mario Rivera

Hi, I belong to the Rivera/Castro family. I am working as a Utility Technician at the casino.

I go to Shelton High School and just finished 11th grade.

I like this job because it brings in money so I can pay for gas for my car.

I'm excited about learning what employees do at the casino.

Ok, I'll see you around, and am excited to be working with you.



Kassidy Whitener

Hi, am from the Whitener and Krise families. My mother is Melissa Whitener and my dad is Lenny Hawks III.

I go to Shelton High School and will be a senior next year.

I am working as a Summer Recreational Assistant. I may want to work with children when I get older. I plan on going to college.

I am excited about working with the kids and meeting new people. I look forward to working this summer.



Jessica Cruz

Hello, I am from the Krise family. My mom is Leanora Krise and I live with my Aunt Charlene and Uncle Dale.

I am going to be a senior at Shelton High School next year.

I am working as a Cultural Preservation Apprentice. I would love to help out with us hosting in 2012, and know I can learn more with this job.

I'm excited to learn more about my culture and working with different people.

See you around. I'm looking forward to working with you.

Making bird houses and drums



5 crucial tips for raising money-smart kids

An allowance should come with a list of types of purchases that now become their responsibility. For younger children, it may be candy at the checkout counter or the latest Silly Bandz-type fad. For older kids, it could be movies or gifts for friends. As responsibilities grow, so should the allowance.

Offer incentives for saving.

Instill the habit of saving for the future and for things they can't afford on a week's allowance. Learn from companies that offer incentives to customers and employees to lose weight, stop smoking and contribute to 401(k)s.

Decide how you want to reward your child for setting and achieving a savings goal, whether for an iPod or college. That's good practice for saving for a house or retirement. I've found a dollar-for-dollar match to be effective. Or you could say: "For every \$75 you save, I'll add \$25."

Strongly encourage work.

My children will attest: There's a big difference between the money I give them (even as an allowance) and the money they earn. When it's earned money, a night of ice skating isn't just half their allowance — it's two hours of work. That's an important difference to appreciate, and the only way it will resonate with your children is if they work. Unless your kids are logging more than 20 hours of work a week, research shows, it won't hurt their grades.

Talk about money.

Many of us were taught that talking about money is taboo. It needn't be. It doesn't have to mean sharing your salary, but it should include discussing the cost of things like dinner

Continued on Page 8



Haley Peters

Hi, I am a member of the Peters family, and my parents are Jim and Lisa Peters.

I just recently finished my junior year at Capital High School, and am a Teacher's Assistant at the Child Development Center. I look forward to this summer. I'm excited to work with all the kids at the Child Care Center.

This job fits into my future plans because I would like to go into pediatric nursing where I can work with kids.



Greg Lehman

Hello, I am from the Bagley family. My mother is Margaret Pickernell and my father is Steve Lehman.

I am working on my GED and employed as a Cultural Preservation Apprentice at the MLRC.

Some day I would like to take Jeremiah George's position as Culture Coordinator.

I'm excited about learning more people skills and look forward to working with all of you.



Elijah Krise

Hi, I am a member of the Krise family. My parents are Jill and Casey Krise.

I go to Shelton High School and just completed my sophomore year.

I am working as a Cultural Preservation Apprentice at MLRC. This job will help me learn a lot and get a job in the future. I'm excited to learn more about my culture.

Thank you for the opportunity.



Douglas McFarlane

Hi, I am Douglas McFarlane. My mothers are Connie McFarlane and Lorraine Van Brunt. My other parents are Dale Clark and Charlene Krise.

I will be attending Shelton High School as a junior next year, and I'm employed as a Utilities Tech Trainee at Little Creek Casino Resort.

I plan on working for the Squaxin Island Tribe after high school and college.

I'm excited to know what is happening at our hotel and casino and learning all I can from Larry McFarlane. I look forward to working with him because I heard everyone want to work with him.



5 crucial tips for raising money-smart kids

out, vacations and college, and which things are family priorities and why. If times are tough in your house, explain to your children that cutting back to ensure your needs are covered is a family affair. Don't worry that a frank discussion will stress your children. Knowing and feeling as if they're doing something to help can reduce stress. (Consider Sept. 16 to have "the talk." I partnered with American Express to launch National Money Night Talk. You can download a free toolkit with talking points to get you through it at moneynighttalk.com.)

Let them fail.

One way to ensure that financial lessons sink in is to let kids make and live with mistakes, like a \$60 video game that turns out to be boring. Do not cave in and buy him a different game. You can point him to the program at the game store that will buy back used games at a discount. You can suggest he try to find someone to take it off his hands at swaptree.com. But don't bail him out. Children, much like adults, need to learn: Only by carefully considering how to make the most of our money will we, and they, make the right decisions with it — at least most of the time.

Written by: Jean Chatzky





SUMMER YOUTH EMPLOYMENT / TLC



Deanna Hawks

Hi, I belong to the Krise and Mesplie families of Squaxin and Yakama. My mother is Beverly Hawks.

This is my third year working for the MLRC. There are a lot of things I'm excited about learning over the summer. But I can't give away my secrets! :)

I graduated in 2010 and made my Mommy proud!nnI plan to attend Haskell University and help other know who we are!

Thank you for reading.
Have a good summer!

P.S. *Remember we host next year's Canoe Journey!*



Josh Coble

Hi, my parents are Geri Bell and John Coble.

I am working as a Greens Keeper at the casino. It teaches me about getting along with all kinds of people, and I'm also excited about learning to play golf.

I am in 11th grade at Shelton High School.

I'm excited about this job and want to work again next year. Thank you.



Jon Holden

Hi, my parents are Jennifer, Reboin and Grey Holden of the Kenyon family.

I just completed my sophomore year at Centralia High School and am working as Assistant for Youth Activities.

I eventually want to be a father, so working with kids is a good experience.

I am excited about gaining some basic knowledge, helping the youth and getting involved with the tribe.

I hope you enjoy working with me and have a great summer.



Jenica Nerney

Hi, my name is Jenica Nerney. I am related to the Brownfields and Bloomfields. My mom's maiden name is Monica Brownfield. I was born May 27th, 1995, and I'm 16 years old. I just completed the 10th grade at Shelton High School.

I recently got employed at Squaxin Island Child Development Center for the summer. My job is a lot of fun so far. I work in the Salmon Room with the infants. I hope to be employed here next summer . . . What time is it? Adventure time! Adventure is out there, you just have to find it.

Higher Education

If you or someone you know are interested in going to college please contact Lisa Evans in TLC for the Squaxin Island Higher Education application and for college information. Lisa can be reached in TLC at 432-3882 or by email at levans@squaxin.us.

NOW is the time to apply for the new school year, Fall 2011/12 quarter. The sooner the better, FAFSA funding and State Need Grants are available on a first come first serve basis. The deadline to apply for the Fall 2011/12 quarter is Friday August 12, 2011 by 5:00pm.

GRAYS HARBOR RESERVATION BASED AA DEGREE BRIDGE PROGRAM:

The Grays Harbor College Bridge Program is designed to serve students with less than 90 college credits who are place-bound students and deeply connected to their tribal communities. It prepares students for success in the Evergreen State College Reservation Community Determined (RBCD) program or any upper division college program. It

operates in tribal communities, and is implemented in partnership with The Evergreen State College in cooperation with WashingtonOnline, Washington Tribes and Washington community and technical colleges.

The classes for this program are provided on-line with partnering colleges, including those of cultural relevance and those compatible with Evergreens philosophy. There are weekly class meetings at each site, with a study leader to help students succeed. Students also attend Saturday classes at the Longhouse on the Evergreen campus, and participate in seminars with Reservation Based Community Determined students through an integrated studies class, providing a bridge to the RBCD program.

If you are interested or would like more information on this program contact Lisa Evans in the Tu Ha' Buts Learning Center at (360) 432-3882 or by email at levans@squaxin.us.



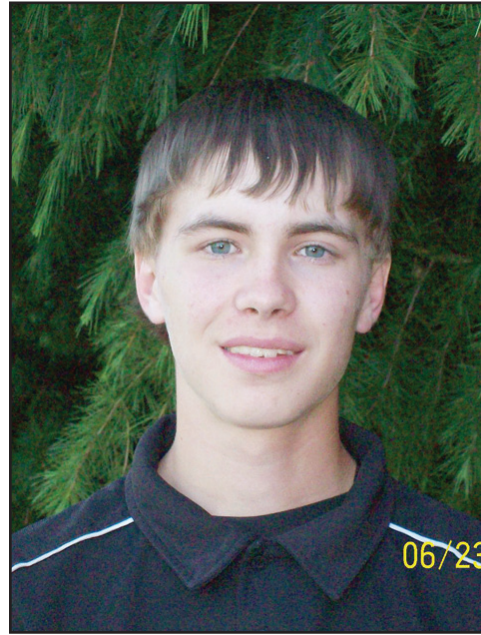
SUMMER YOUTH EMPLOYMENT / TLC



Elena Capoeman

Hi, my mom is Terri Capoeman. I'm from the Capoeman family.

I have been doing online schooling and working as a Cultural Preservation Apprentice for the MLRC. I'm excited about learning from you and others and learning different things.



Colton Gott

Hi! My name is Colton Gott, and I will be a junior this fall at Shelton High School. My mom is Stephanie Gott and my grandfather is John James. This is my first year working in the Summer Youth program. I love to golf, and I'm happy to be working at Salish Cliffs Golf Course as a Greenskeeper Trainee. I am quite satisfied with the skills I have learned and with the co-workers that work as part of maintenance for Salish Cliffs GC.



Marissa Morken

Hello, I am a member of the Sigo family. My mom's name is Janette.

I just completed 11th grade at Shelton High School and am working as a Hotel Guest Services Trainee. I want my future job to be within the Squaxin Island Tribe. I'm excited about learning a new job and meeting new people.

I look forward to seeing you all around the hotel.



George Johnson

Hi, I am from Alaska - Tlingit. My dad is Norman Johnson and my mom is Julie Nielson.

I am going to be a senior next year at Shelton High School.

I am working for Summer Rec and hope to learn more games the kids can play.

I plan to be an auto mechanic in the future.



Higher Education

AVAILABLE SCHOLARSHIPS:

National Johnson-O' Malley Association, Chief A.D. Ellis Scholarship: Must be a member of a federally recognized Tribe, application completed, submitted by 09/30/11, one page typed statement on goals and career choice with emphasis on how the JOM program affected your school achievements and two letters of recommendation. Please see Lisa Evans for scholarship application and more information.

American Indian Endowed Scholarship: The Higher Education Coordinating Board (HECB) is now accepting applications for the 2011/12 American Indian Endowed Scholarship (AIES) awards. The application is available at the HECB web site at www.hecb.wa.gov/paying/waaidprgm/aies.asp. A hard copy must also be printed, signed and mailed to HECB.

Department of Energy, Bonneville Power Administration: American Indian students within the Pacific Northwest. This scholarship is available for the 11/12 academic school year and available to applicants attending an accredited college, university, technical school, or graduate school program, and are engaged in a field of study related to careers at the Bonneville Power Administration. For more information and application please visit their website at: www.bpa.gov/corporate/About_BPA/Tribes/index.cfm

The American Indian College Fund: For information and application please visit their website at: www.indian-affairs.org/scholarships/aaia_scholarships.htm

Indian Health Services Scholarship: For more information and application please visit their website at: www.scholarship.ihs.gov

American Indian Services Scholarship: For more information and application please visit their website at: www.americanindianservices.org/students.



How to Save on Back to School Clothes

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

Set a Budget

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

Take Inventory

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

Prioritize

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

Take Your Time

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

Shop Sales Only

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

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

Shop Recycled

Consignment, discount, and second-hand stores are where sales exist every day! You will be surprised at the brands and quality places like Marshall's and Goodwill carry if you're willing to look. If you have little ones, consider shopping at garage sales too. Kids want comfort, trends, and clothes that shout their personality, and they might cringe at the idea of buying gently worn or sale items, so make sure they understand that



Abreyanna Lezon-Ferreira

Hi, I am from the Bagley family. My parents are Gary and Rebecca Lezon-Ferreira.

I go to Nampa High in Nampa, Idaho, and am currently attending IDLA for summer classes. I am a Youth Assistant for Summer Rec. I love to work with kids and I think working with Summer Rec will help me manage my own classroom at Nampa High. I'm excited to work with the kids and learn new ways for teaching.

See you around the Rez, and I am looking forward to working with you.

Julito Valencia

(Not pictured)

Hi, I am a member of the Krise family. My parents are Jill and Casey Krise.

I am working at the museum this summer and I know its going to be good for me. I enjoy the Canoe Journey and want to learn more about my tribe.

Fireworks Season

Photos by Kelli Dahman



by saving more they actually get more clothes, and they will look just as stylish-if not more so! Besides, anything new on the rack now will generally be on sale by September's end anyway.

Stow the Plastic

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



STEPPING STONES



AJ Krise

Hi, I'm Apple Juice, aka AJ Krise. I am from the Krise family. My parents are Alan and Rose Krise.

I just completed 7th grade and am excited to learn teamwork.



Austin Penn

Hi, my parents are Lisa Penn (Bloviens) and Nathan Penn. My dad's parents are Myrtle and James Penn.

I just finished 7th grade and I'm excited about making drums this summer. I like seeing everyone again and being with my family like Astrid!



Erickah Bartczak

Hi, I am part of the Whitener family. My mom is Rebeckah Ford and my dad is Derek Bartczak. My grandma is Mary Whitener and my grandpa is Irvin Fletcher.

I just graduated 8th grade. This summer job will make me more responsible and help me be prepared for the future.

I'm excited to learn teamwork. I love Tenaya. She is my best friend.

Have a great summer!



Justice Ogno

Hi, I'm from the Peters family, and my parents are Jenn and Jeff Ogno.

I just finished 8th grade at Oakland Bay Junior High. I'm excited for this job because I want to eventually work for the casino. I'm excited about learning how to work efficiently.

Making lunches for Canoe Paddlers





STEPPING STONES



Marcus Johns

Hi, I'm from the Johns family. My parents are Judy Johns and Del Johns.

I just completed 9th grade and this job doesn't really effect me. I want a chance to go to the Canoe Journey.

Hoyt!



Mathew Nelson

Hi, I am from the Krise family. My mom is Juana Perry.

I just completed 7th grade, and am excited about learning more about our culture this summer. See you around.



Nick Barkley

Hi, I am from the Krise family. My mom is Juana Perry.

I just completed 7th grade, and am excited about learning more about our culture this summer. See you around.



Rostilen Lezon-Ferreria

Hi, I am from the Case family. My parents are Gary Lezon-Ferreira and Rebecca Case. I just finished 9th grade and I'm excited about this job because it can help me teach kids different culture. I'm excited about pretty much everything this summer, and am glad to be working with everyone.

Making drums for 2012, Red Wolf Krise was our instructor



Cleaning up around the museum





STEPPING STONES



Russel Algea

Hi, BJ and Russel are my parents. I just finished 7th grade and am excited about making drum this summer. I look forward to working with you at the Tribal Center.



Sierra Block

Hi, my parents are Christy Block and Roberto Najera. I just finished 7th grade.

I'm excited about learning how to bead different patterns and look forward to working with you.



Larain Algea

Hi, I am from the Cooper side, and my parents are Juanita Pugel and Panchi Camacho.

I just completed 8th grade at Oakland Bay Junior High, and I'm excited about this job because it helps me learn more about my culture and what future jobs here might be like. I'm also excited to learn more about our culture and am looking forward to working with you all again next year.



Tenaya Johnson

Hi, my mommy is Janita Raham and my grandma is Janette Sigo.

I just completed my freshman year.

This program teaches teamwork, and I'm probably going to need that in my future. I'm excited to learn how to make baskets. I love Erickah. She is my bestie. I hope you have an amazing summer.

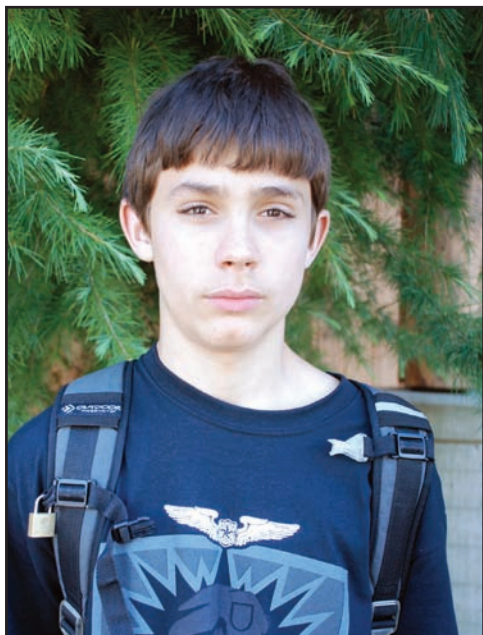


Clearing a new path to the 2012 campsite





STEPPING STONES



Dakota Richardson

Hi, my parents are Gary Richardson and Serena Baine of Ninilchik, Alaska. I just finished 8th grade at Wa-He-Lut Indian School.

I love Stepping Stones and everyone in it. This job motivates me to be on time and I enjoy working with people with different personalities.



Donovan Henry

Hi, I am from the Henry family. I just completed 8th grade and I think this is a great training program for me, because I will learn working skills. Hoyt!



Antone Hawks

Hi, my mom is Beverly Hawks. I just finished 8th grade and I'm excited about working this summer.



Shawn Lincoln

Hi, I am from the Sigo family. I just finished 7th grade at Oakland Bay Junior High. I'm excited about this job because I will learn how to get along with people. Hoyt, Billy.

Summer Rec

Gordan James - Thanks to everyone who is contributing to a great summer program for the kids. The kids have enjoyed lots of arts and crafts, and gotten plenty of exercise outdoors and in the swimming pool. We've already had an exciting field trip to the Hands On Children's Museum in Olympia, and, as I write this, we're preparing for our next field trip - flying kites at the ocean. We're definitely looking forward to a great August in the Summer Rec Program.

A few reminders:

- Don't forget that Tuesdays and Fridays are swimming days. Please send a swimsuit and towel with your child.
- Kids must attend at least two of the three days each week to be eligible to attend the week's Thursday field trip. For those not eligible, parents will need to make arrangements for their children to be elsewhere on Thursdays.
- Activities let out at 3:00 p.m., except on Thursday. Due to our field trips, Thursday activities let out at 3:30 p.m. Please arrange for your children's transportation accordingly.
- We hand out a weekly newsletter on Friday afternoons, updating families on the next week's activities.
- On August 4th, the Tu Ha' Buts Learning Center will be handing out school supplies at the tribal center from 8am-3pm.
- The last day of the Summer Rec Program is Friday, August 12th. It will be a day of lots of outdoor fun and games, a BBQ, and a Health Fair - something for everyone.
- After August 12th, the youth activities program will be closed until September 7th. This will allow us to effectively close out the Summer Rec Program, and to plan and prepare for the 2011-2012 afterschool activity program.





STEPPING STONES



Nick Wuestner

Hi, my parents are Del Allen and Dena Marie Johns.

I'm a student at Olympic Middle School, and I'm excited about learning the history of the tribe while I'm working this summer. Its a good job.



Ronnie Penn

Hi, I am part of the Penn family. My dad's name is Nathan Penn and my mother is Lisa Penn.

I'm gonna be a sophomore next year, and I think this training helps me decide what kind of career I'm going to have. I'm mostly excited to learn more songs and dances. I look forward to a new working experience!



Tiana Henry

Hi, my mom is Tonya Henry. I just completed 6th grade ,and this makes me want to try a harder job. I'm excited about learning to do different projects.



Bianca Saenz-Garcia and Taylor Owens

Not pictured:

Kestle Coley
Shashoney Fenton
Selena Saralto

Drum making and path clearing

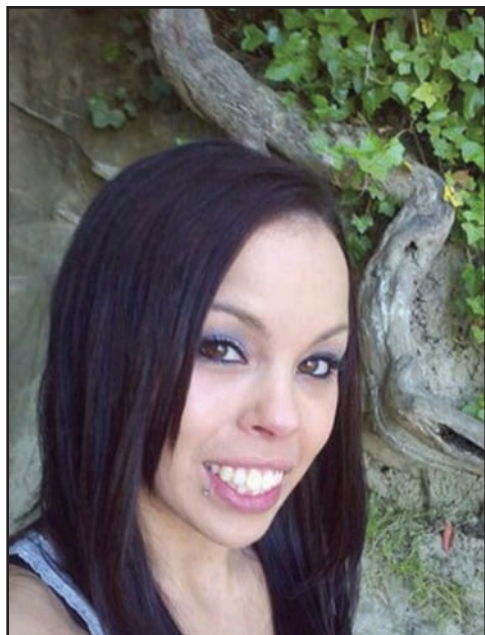


Lorenzo Solano

Hi, my parents are Jessica and Marco Solano. I just completed 9th grade and this training job will help me get a real job. I am excited about learning.



STEPPING STONES MENTORS



Amber Salazar

Hi, my name is Amber Salazar. This is my third summer working as a Stepping Stones mentor. During the year, I work in Auburn at the Muckleshoot Head Start, and have been there for two years. I'm excited to be back home working with the Squaxin teens this summer.



Tamika Green

Hello, my name is Tamika Green, and most of you know me as a really sweet, funny, positive person. I am the daughter of Donna Penn and granddaughter of Myrtle Richards.

I am currently working as a *Stepping Stones* Mentor and it has been a new and very productive experience. This job is hands on and that's what I love about it. The teens are unique and very awesome. I feel it is important to teach our youth cultural activities and help guide them into a positive future.

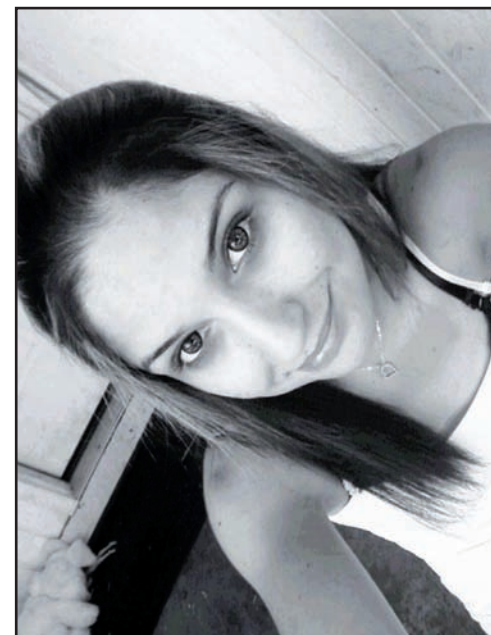
Thank you for your time and I hope everyone has a great summer :).



Missy Cooper

Hello, my name is Alexandra (Missy) Cooper-Lewis. My parents are Arnold Cooper, Sr. and Kathy Marie Lewis. My grandparents are Riley Lewis and Eileen James and Buddy and Mabel Cooper. I have many brothers and sisters.

I'm excited about this *Stepping Stones* program because it ties into what I've done over the years as far as beading and other craft work. I also enjoy taking care my kids, Dorian, Keona and Halia. Working with kids, I believe I will learn a lot, too, because they teach me. I hope working with Stepping Stones will make me a good role model. I'm glad to be working within the community to show my stronger side. Thank you.



Susan McFarlane

Hi, my name is Susan McFarlane, but most people know me as Wicket. My parents are Sue Henry and Larry McFarlane, Sr.

I will be working for the *Stepping Stones* program as a Mentor and look forward to having a fun summer with the teens :).



Holly Henry

Hello, my sister is Geri Bell and my grandmother is Theresa Nason. I went to Shelton High School and graduated this year. I'm excited about this job because it will help me to communicate with people and team work. I like to meet new people and learn about our community. I look forward to working with you again.



Niki Fox

Hello, my name is Niki Fox. I'm from the Henry family. My mom is Esther Fox. I really enjoy working with the *Stepping Stones* program, and look forward to a great summer.



ADULT SUMMER REC EMPLOYEES



Davina Braese

Hello, my mother is Tony Henry. I work for the Summer Rec program. I'm hoping this job better me for next year. I'm so excited to learn about what different age groups like to do. I can't wait to see all the kiddos every day.



Jerilynn Vail

Hello! My name is Jerilynn Vail. I grew up in Port Angeles. I love working with all age groups of kids! I have been working with kids for as long as i can remember. I am planning on returning to college to finish up my early childhood degree in the fall.



Wes Whitener

Can't wait for the beach.



Jaron Heller

Hello, my name is Jaron Heller. This is my fourth year at Summer Rec. After this summer, I would like to start applying for graduate school to get my Phd in Pacific Northwest Histroy.



Kasia Krise

Hello, my name is Kasia Krise, and I'm glad to be working with the Summer Recreation program again this year. As you all know, I usually work upstairs, so its really great to be working with the kids downstairs! I am the mother of T.J and John Seymour, and I will be getting married to the love of my life, Tyrone, this August.

Have a great summer.



Vanessa Tom

Hello everyone! My name is Vanessa A. Tom. I'm proud to be working back at the education department with the Summer Rec program this year.

I am the granddaughter of Rose Davis and daughter of Carmen Algea and Patrick Johns. I have two sisters, one brother, one child who I love dearly and a great, lovely husband who I love and appreciate dearly. Well, you all have a great summer and look forward to working with your children. Hoyt.

Cleaning up the gym





Sports / energy drinks not for kids

OBESITY: Researchers say extra calories hurt children

Submitted by Patty Suskin, Registered Dietitian
Summary of article quoting researchers in Bloomberg News:

- Sports drinks aren't necessary for children and teenagers and are likely to contribute to obesity, according to U.S. researchers urging parents to limit consumption of the beverages.
- Obesity, which is a measure of body mass index, contributes to higher risk of diabetes, heart attacks and strokes.
- Water is the best choice for quenching thirst with sports.
- Sports beverages are basically sugar water with electrolytes.
- Sports drinks can also damage teeth enamel.
- Consider sports drinks only for an intense workout lasting continuously for over 2 hours (like running a marathon)
- A 20-ounce bottle of a sports drink or energy drink contains about 10 teaspoons of sugar and 130 calories, more than you may need during a workout.
- Drinking just one bottle of sports or energy drink every day for a year could add 13 pounds

Energy drinks can damage children's and adolescents' neurologic and cardiovascular systems and shouldn't be consumed. Some energy drinks have more than 500 milligrams of caffeine, or the equivalent of 14 cans of soda. Too much caffeine can cause: insomnia, restlessness, nervousness, gastrointestinal disturbances & heart palpitations.

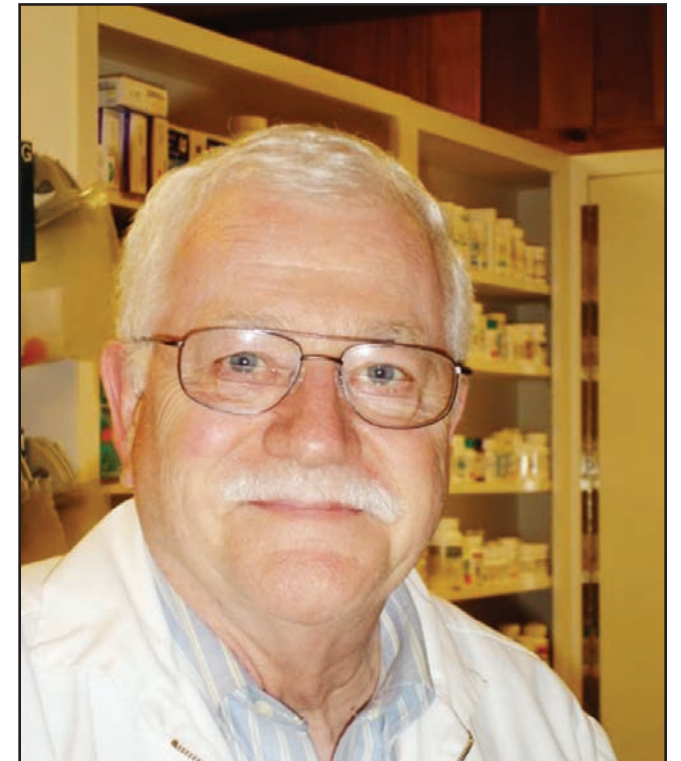


Swimming for Diabetes

When you are swimming, it doesn't actually seem like you are working out. The water supports your weight putting less stress on your joints and also helps to avoid injuries that may occur while doing other exercise activities. The constant motion of your body in the water allows for better circulation of blood and oxygen which is also good for numbness or lack of feeling in your feet. Water Aerobics with a group of your friends is a lot easier to stick with than a workout video all alone in your living room. Make it a great group activity by carpooling to your aquatic facility. Working out with a group you are more motivated and less likely to find an excuse not to go. Think of it as time to catch up on current events with your friends. You can carry a conversation in the water and before you know it, the class is over. It's a win, win. You got your cardiovascular exercise in no time at all and had a chance to catch up on the latest gossip.

As with any new exercise, always consult your doctor before starting. Be sure to advise the facility employees of your condition in the event of an emergency. If you have medical identification, be sure to wear it. Ask the facility staff if you can keep a snack nearby in the event that you need to boost your blood sugar. Your safety is the main concern and if you ask instead of assume, the staff is more likely to accommodate you to avoid a medical emergency.

Doug Reitsch Our New Pharmacist



Doug grew up in central Washington and married his high school sweetheart (married 45 years last month). After graduation from the University of Washington they moved to Fairbanks, Alaska where he spent five years working as a pharmacist. It was there that they became Christians. He felt called to the ordained ministry so they left Fairbanks for Minnesota to attend seminary. After ordination he pastored churches in northern Minnesota and Spokane, Washington. He and his wife have raised five children who are all married and have provided 16 grandchildren to love.

He resumed his pharmacy career in Shelton at Mountain View Pharmacy, Money Savers Pharmacy, and Neil's Pharmacy, and then landed at Fred Meyer Pharmacy twelve years ago. He began working one day a week for Kamilche Pharmacy with Kendra in October of 2009, did six weeks of 8:00 to noon at the beginning of the year, then off for two months, and now 9:00 to 5:00 for the duration.

Doug enjoys computer gaming, travel, wine making, and woodworking. He intends to work at Kamilche Pharmacy until retirement.

He has felt warmly welcomed here by both the health care team and the patients, and appreciates the relaxed and informal atmosphere of the Squaxin community.

**Foot Exam Morning
for People with Diabetes**

When: Friday, Aug 26, 2011

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



"Never Too Late to Get Fit," says Brooks Farrell

Interviewed by Patty Suskin,
Diabetes Coordinator -

Brooks Farrell is now an Elder. He is feeling healthier now & wants others to feel healthier, too!

1. *What do you consider your success in being healthier for life?*

Exercise by itself is not going to make you healthy. What you put in your body is important too. **Its all about attitude. I made a decision that my health is a top priority in my life.**

I am working on staying away from less healthy foods—chips, pop, cup of noodles & eating instead more healthy items such as more vegetables, fruits, high fiber cereals & breads, brown rice, etc

My wife, Cherie, has been supportive by working out with me at the kettle bells class and she does Zumba, too. Ask me what kettle bells are.

We go to Anytime Fitness at least 4 or 5 days a week.

I like to mix up my routine: crunches- up to 500 and weight lifting, swimming, elliptical, squats, stairclimber, I'll try whatever they have. I plan to be doing more cardio workouts, too.

By working out, my core is much stronger & I no longer have back problems.

2. *What got you started on Healthier Lifestyle?*

In the early 90's, I was going to the high school after work. Coach Unterseher had the gym open & was available to guide us. I met my fitness potential when I was weight-lifting. Then I did not do as much for my health for a few years.

Then, about 6 years ago, I had a TIA—a mini stroke. It was a life changing moment. I knew I needed to take better care of myself. The TIA was a wake up call.

I started walking on my breaks at work & walked in evenings & weekends.

I started training for a half mara-



thon, but over did it in the beginning. I injured my left knee and it took several months to heal.

3. *When did you start making changes?*

Last October, when we got the membership at Anytime Fitness I became more serious & consistent. My wife got the membership first & she asked me if I wanted to join. It is something we do together.

I am treating my body better now. I have a better outlook on life now. Exercise helps me to think better.

What a better way to spend my money – much better than worrying about long term healthcare bills!

4. *What was one of the hardest changes you made?*

Changing the way I eat. I'd stop eating some of those less healthy choices & then start eating them again.

I am working on making those less healthy foods as an occasional treat instead of eating them every day. When I do have them, I am working on eating a smaller portion.

I eat healthier foods in the evening now, if I really am hungry for something.

When I plan ahead, I can make healthier choices.

5. *What keeps you going?*

Sharing my story with other people challenges me to do more. My wife, Cherie, has also been my inspiration, as she continues to work on her own health. I feel better, too.

6. *What is different to you this time—why do you think these changes are a new way of life rather than a passing fad?*

It is nice to have someone to work out with, but I decided this is important for my health & I will work out by myself if no one can join me. I enjoy it for myself.

7. *What advice do you have for others thinking about making healthier choices in life?*

Get up & move! Before you get started, talk with your doctor to see what you can do.

Walking is a good way to start. Work up to a good 25 minute walk to get the heart rate up.

Find something you like to do. Give yourself lots of ways to get fit so you do not get bored with the same thing.

Think of getting fit for the long term. I want to live a long life & hopefully, you do, too!

Easy steps to better health



10 Bright Ideas for Weight Loss

Are you finding yourself wanting to lose weight? Make small, gradual, realistic changes that will build upon one another, creating a healthier future. Start today by reviewing these strategies to help you control your weight:

1. You should think "choose well" not "diet."

Instead of trying to starve yourself, choose foods that allow you to fill up on fewer calories. These are foods that are:

- minimally processed
- high in fiber
- low in fat and sugar

Examples include fruits; vegetables; cooked whole grains such as barley, oatmeal, whole-wheat products and brown rice; and legumes. For protein, always pick leaner choices such as white breast meat of poultry (without skin); pork loin; lean beef; legumes; and seafood. Prepare these items with little added fat.

2. Try to make exercise fun.

- Take up several aerobic activities that are enjoyable, such as an aerobics class, walking, bike riding, swimming, running, hiking, softball, etc.
- Work out aerobically at least an hour a day, five or six days a week.

3. Only eat when you are hungry.

Avoid eating to relax, cure boredom or overcome depression. Instead, take a walk or call a friend.

4. Take care when eating out.

When you eat out, choose soup and salad or smaller dishes that are low in fat. Ask for sauces and dressings on the side. If portions are large, take half home!

5. Be a smart shopper.

- Fill grocery carts 2/3 full of whole foods instead of processed convenience foods. These include fat-free dairy, fruits, whole grains, vegetables, seafood, chicken and lean cuts of meat.
- Buy plenty of fruits and vegetables. Aim for 5+ servings of fruits and vegetables each day.

6. Snack for better health.

- Snack only when hungry.
- Instead of packaged snacks, think "out with the bag" and enjoy fresh fruits, vegetables with lowfat dips or fat-free, light yogurt. Baked potatoes, sweet potatoes and oatmeal also make great snacks.

7. Be a little adventurous.

- Be adventurous and expand

your range of healthful food choices.

- Buy a lowfat cookbook to help you modify traditional high-fat favorites, and to introduce quick healthful dishes.

8. Use less fat when cooking.

- Prepare foods using lower-fat cooking methods such as baking meats on a rack, broiling, grilling, roasting or steaming instead of frying.
- Eliminate "extra" fats. Trim visible fats from meats. Rinse cooked ground meat. Remove skin from poultry.

9. Limit sugar & refined starch.

- Limit the amount of foods you eat that contain added sugars.
- Limit refined starch foods that are made with white flour and are low in fiber. Fill up instead with high-fiber choices such as corn, potatoes, yams, limas, peas, dried beans and whole grains.

10. Don't skip breakfast.

Starting the day with a high-fiber, low-fat breakfast will help you consume fewer calories the rest of the day. Never skip breakfast!



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HEALTH CLINIC



FREE BLOOD PRESSURE SCREENING 2011

Tuesday, August 9
Thursday, August 25
Monday, September 12
Tuesday, September 27



Blood Pressure checked by your friendly neighborhood Firefighters!

Where: Elder's Building
When: 11:45am - 12:45 pm.
Everyone is welcome!



There seem to be some misconceptions floating around the Rez about what I really am "doing to patients" at my office in the Health and Human Services Building across from the clinic.

Contrary to rumored beliefs, I am NOT completing colonoscopies on patients when I ask them to participate in the Colon Health Program. I don't have a hose hiding in the corner ready to pounce on patients either!!

Instead, I offer facts about colorectal cancer, education on life style changes which may decrease the risk of cancer, explain the simple stool test for screening for colorectal cancer called "FIT," give out nice incentives to my clients who complete the test, and may even offer a cup of coffee.

Remember, I will only be in the office on Fridays through mid-August, or evenings by appointment. Call 432-3884. Thanks. Glenda Loomis, RN.

Upcoming 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 Juana Perry @ 432-3863
to get on the waiting list to have a garden placed in your yard – for FREE.

Free Pilates classes

Community members welcome
Mondays and Thursdays
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

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.

Mammogram Clinic

August 24
9 a.m. to 3 p.m. @ the Health Clinic
Contact Elizabeth Heredia
at 432-3930

Community Health Walk

Thursday, August 18th
Meet at Elder's Building at 12:40
for a 20 minute walk around the REZ

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

August menu

Mon. 1	Meatloaf
Wed. 3	Sweet & Sour Pork
Thurs 4	Pizza
Mon. 8	Chalupas
Wed. 10	Roast Beef
Thurs. 11	French Dip Sandwiches
Mon. 15	Tator Tot Casserole
Wed 17	BBQ Chicken
Thurs. 18	Spaghetti
Mon. 22	Salmon
Wed. 24	Baked Ham
Thurs. 25	Cheeseburgers
Mon. 29	Tuna Melt
Wed. 31	Clams

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
Tuesday, August 9th
9:00 - 4:00
Contact Debbie Gardipee-Reyes:
462-3227
Dates subject to change

USDA FOODS AT SPIPA

Contact Shirley or Bonita at
438-4216 or 438-4235
Monday, August 8th
10:00 a.m. - Noon
Applications available at Housing,
Food Bank, NR and TANF

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

WIC

(Women, Infants, and Children)

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

Please bring:

Your child, Provider One Card
or paystub and Identification for
you & your child

Call Debbie Gardipee-Reyes at
SPIPA 360 462-3227



Tuesday,
August 9th is
WIC DAY at
SPIPA



Happy Birthday

Jonathan Arzate 01
Barbara Kennedy 01
Jeremie Walls 01
Darlene Wood 03
Norman Price 04
Tyrone Seymour 04
Leighton Case 04
Lawton Case 04
Kelly Jones 04
Christopher Brown 05
Jill Kenyon 06
David Johns 07
Robert Koshiway 07
Robert Sigo 08
Ashley Smith 08
Roy Perez 08
River Korndorfer 08
Lisa Eaton 08
Margaret Pickernell 08
Lettie Machado-Olivo 08
David Peters, Jr. 09
Leroy Melton 09
Chasity Masoner 09
Nikieta Fox 09
Juliet Galos 09

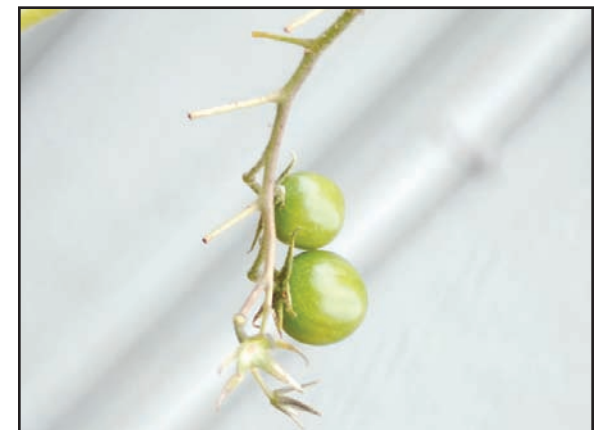
Marilyn Mcfadden 11
Arron Edgley 12
Lola Bonin 13
Brandon Campbell 13
Elena James 14
Llewellyn Parker 15
Naraiah Gray 15
Zachary Sanchez 15
Matthew Cooper 16
Kevin Spezza 16
Rachel Naranjo 16
Irvin Fletcher 17
Virginia Farron 17
Magdelano Perez 17
Hannah Forcier 18
Dionna Purdy King 20
Aidan Sizemore 22
Jessica Johns 22
Rene Salgado 22
Greg Glover 22
Julio Castillo 23
Jeremiah Obi-Rivera 23
Victoria Sanchez 24
Bryce Penn 24

Nicole Cooper 25
Mitchell Carrington 25
Eden Van Cleave 26
Kaytlyn Henderson 27
Meghan Brandt 27
Eathon Caasi 28
Rhonda Foster 28
Terasa Pinney 28
Angelo Rivera 29
Lindsey Harrell 29
Joseph Furtado 29
Ruben Vasquez 30
Taylor Porad 30
Debra Sayers 30
Loreta Krise 30
Euphamie Whitener 30
Catherine Tuller 30

Stepping Stones



Toby and Merlene's Prize Winning Tomato



What's Happening						
	1	2	3	4	5	6
	<i>First Salmon Ceremony</i> Noon	Drum Group 6:00 p.m.	Family Court			
7	8	9 Criminal/Civil Court Drum Group 6:00 p.m.	10	11 Council Mtg. AA Meeting 7:30	12	13
14	15	16 Drum Group 6:00 p.m.	17	18 AA Meeting 7:30	19	20
21	22	23 Criminal/Civil Court Drum Group 6:00 p.m.	24	25 Council Mtg. AA Meeting 7:30	26 <i>Pool Party</i> 5:00 - 8:00	27
28	29	30 Drum Group 6:00 p.m.	31			



Happy Belated Birthday to Corri Coleman!

You are very special,
and we love you so much!

Love Always,
Mom, JC, Jamie,
Dodie, and Mat

Congratulations

Wilson & Tashina

Twins!!!

Wilson Jr. and Allie Mae Ann



Wilson was born July 20 at 1:44,
weighing 5 pounds, 13 oz @ 18" long.
She was born at 1:48, weighing 5 pounds
5 oz @ 17" long

Happy 7th Birthday Christopher Brown



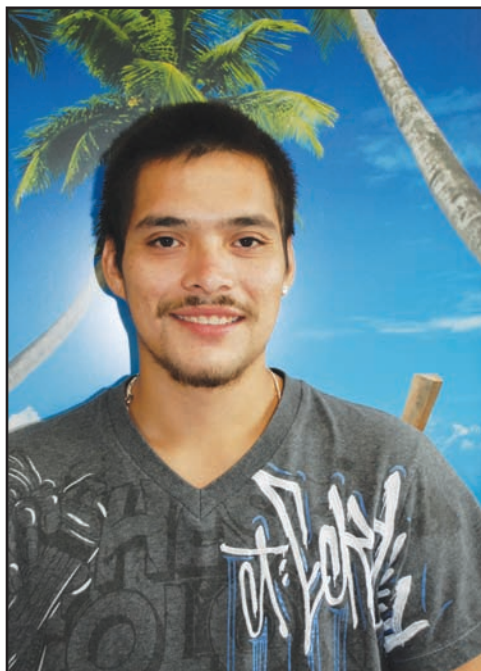
Love Mom, Dad and Sissy

Please Welcome Luna Victoria Mae West!



She was born at 5:56 p.m., May 11th!
She came with a full head of dark hair,
deep ocean blue eyes,
and the roundest little cheeks!
8 lbs 1.7 oz, 19.5 inches
Parents: Jason & Satori West,
Grandparents: Ernie & Bonnie Sanchez

Happy 26th Birthday Honey and Daddy We Love You So Much!



Love Your Family,
Kasia, T.J and Johnny

Elders Trips to Jamestown S'Klallam and Seven Cedars



Rose Brownfield took these photos at
Gardner Beach on our trip back from 7
Cedars Elders Host Luncheon.



Jamestown S'Klallam Elders host luncheon
with their youth and children entertaining,
by Colleen Woodard





Photo by
Kelli Dahman

CONCERTS AT LITTLE CREEK

**GEORGE
THOROGOOD**

**August 6th
at 8pm \$60/\$55/\$50**

**KENNY
ROGERS**

**August 27th
at 8pm \$55/\$45/\$35**

WAR

**September 10th
at 8pm \$35/\$25/\$20**

**LINDSEY
BUCKINGHAM**

**October 23rd
at 7pm \$50/\$40/\$30**



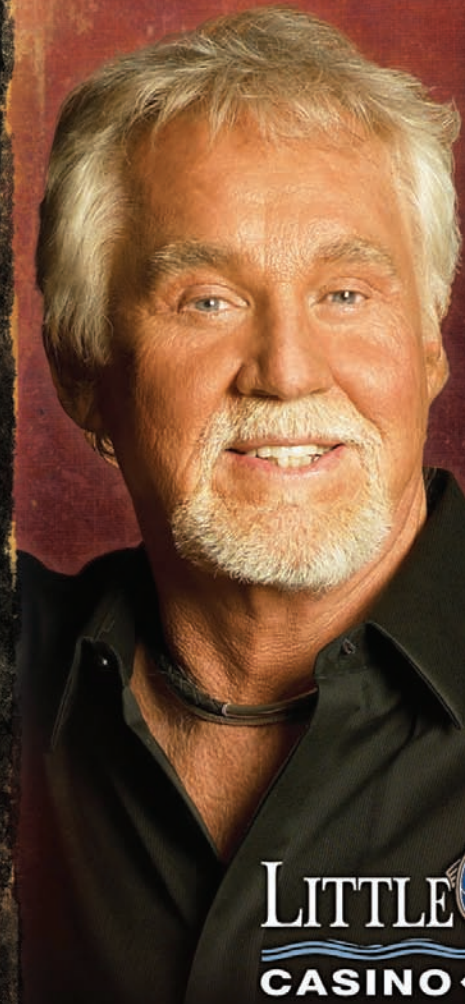
For tickets visit the box office or purchase online at
www.little-creek.com or call 360-432-7300
Must be 21 or older. For Skyboxes call 360-432-7300

COUNTRY MUSIC ICON

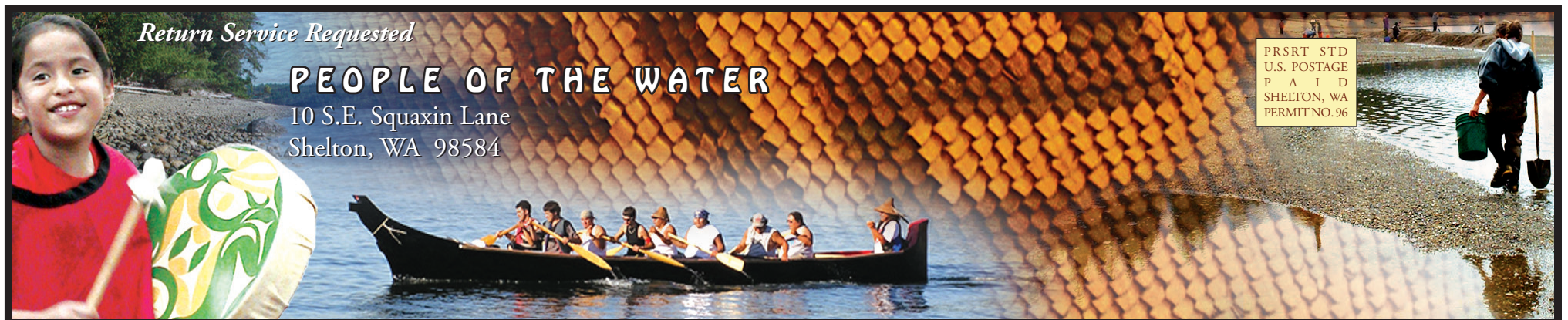
**KENNY
ROGERS**

**LIVE!
August 27th
at 8pm**

\$55/\$45/\$35



For tickets visit the box office or purchase online at
www.little-creek.com or call 360-432-7300
Must be 21 or older. For Skyboxes call 360-432-7300



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