

The Squaxin Island Tribe is Honored to Host

Paddle to Squaxin 2012

Welcome Canoe Families From throughout the Salish Sea!

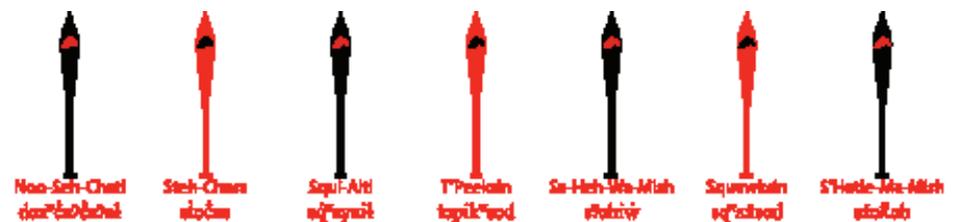
We have been busy and excited preparing for your arrival!
We hope you enjoy your visit to Squaxin Island Tribe!

Parking is off-site for everyone except residents of the Squaxin Island community. Passes will be required. Volunteers are asked to park at the Skyline Drive-in Theater and all others in the parking lots at the south end of Little Creek Casino Resort. Shuttle buses will run every half hour.

This is a Drug and Alcohol Free Event!



Canoe Nations from all routes gathered in Suquamish on July 21 & 22 on their way to Squaxin Island tribe. Photo by Sadie Whitener.



Paddle to Squaxin Island gʷədʔadad - Teachings of Our Ancestors

Day of Landing

July 29th
Tribal Canoe Journey — Olympia
Canoe Landing Protocol
Approximately 1:00 p.m.

Tribal Elder Prayer
Recognition of dignitaries
Water Ceremony

The Celebrations Continue

July 30th to August 5th
Potlatch Protocol Celebration

Potlatch Protocol begins as soon as the canoe landing gets underway. Canoe Families traveling the furthest perform earliest. The host for 2013, Quinalt, will perform second to last. The Squaxin Island Tribal Community ends the festivities and celebrations on August 5th. There will be a schedule available.



TRIBAL NEWS

10 S.E. Squaxin Lane
Shelton, WA 98584

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www.squaxinland.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.

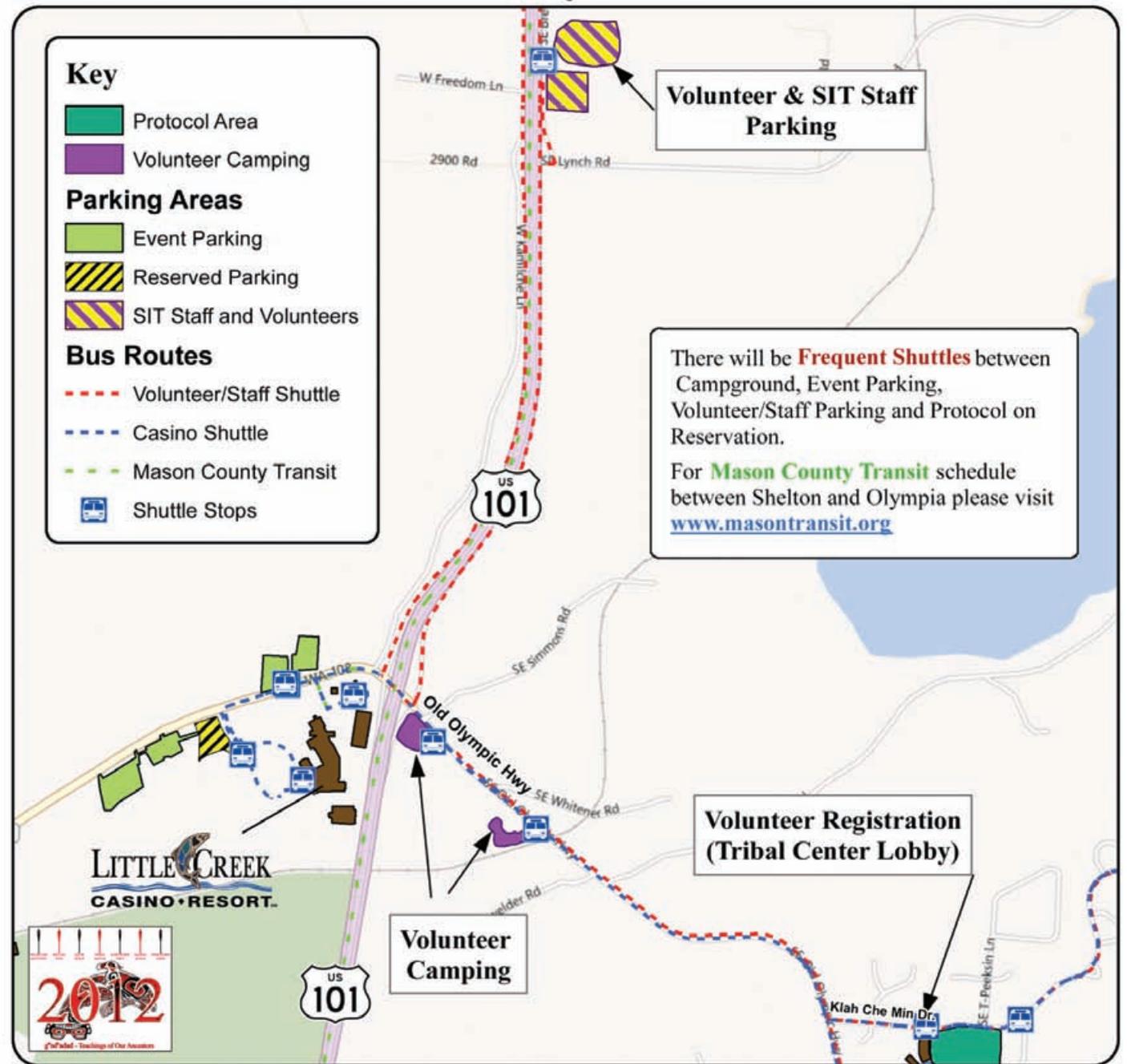
Submissions Deadline:
15th of each month

SQUAXIN ISLAND TRIBAL COUNCIL:

DAVE LOPEMAN: Chairman
ARNOLD COOPER: Vice Chairman
PETE KRUGER: Secretary
ANDY WHITENER: Treasurer
RAY PETERS: 1st Council Member
JIM PETERS: 2nd Council Member
CHARLENE KRIZE: 3rd Council Member

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

Squaxin Island Employee/Volunteer Parking & Volunteer Camping 2012 Canoe Journey - Kamilche, WA



Volunteer Camping
Directions from Hwy 101:
- Take WA-108 Exit toward McCleary
- Turn Right If Northbound (Left if Southbound)
- Volunteer Camping at blue house on right
(3711 SE Old Olympic Hwy, Kamilche, WA)
Limited On-Site Street Parking Available

SIT Staff and Volunteer Parking
Directions from Hwy 101:
If HWY 101 N (From Olympia)
- Take Sharp Right Turn Exit at Lynch rd. (Near 76 Gas station)
(Sharp Left Across Highway if on HWY 101 S from Shelton)
- Take immediate left onto SE Brewer Rd
- Take right at Skyline Drive-In on Right
(Inside Drive-In Theater) (182 SE Brewer Rd, Shelton, WA)
- RV Parking Available at Sundance just before Skyline



PADDLE TO SQUAXIN 2012



PADDLE TO SQUAXIN



Landing July 29 at
The Port of Olympia

paddletosquaxin2012.org

Directions to the Port of Olympia:

Travelling South on I-5: Take exit 105B toward Port of Olympia. Merge onto Plum.
Travelling North on I-5: Take exit 105 toward Port of Olympia. Turn left onto Plum.

Parking:

There is no public parking at the Landing site or along Marine Drive. Free Sunday parking is available at any on-street parking space in downtown Olympia and in marked lots along the Shuttle route. Stop at the event parking information center at the corner of Plum and 8th for information.

Shuttles:

Free Event Shuttles will arrive at each shuttle stop approximately every fifteen minutes, 10am to 8pm. Shuttle stops will be signed and have yellow balloons. Intercity Transit's Dash shuttle will run every 10 minutes, 9am - 5pm.



Photo by Ray Fryberg



Per Capita Tax Withholding

Please remember that according to the IRS, distributions of Indian gaming profits to tribal members are taxable income. As long as the total payments to an individual for calendar year 2012 are \$9,750 or less, the Tribe is not required to withhold the tax.

As an option to assist tribal members in managing their tax consequences, the Tribe plans to implement per capita Federal tax withholding, effective January 1, 2013. To accomplish this we need a completed W-9 form from every tribal member. These forms are available in the Finance Department, see Joanne Decicio or Waynette Tyler, or go to the IRS website, irs.gov, Forms and Publications, Form W-9. We plan to have the forms available at the next two per capita distributions and include them with the checks when mailed. The completed forms need to be returned to Joanne or Waynette.

For the balance of calendar year 2012, please monitor your individual tax situation. Two ways to avoid a potential tax penalty are: 1) increase your tax withholding by submitting a W-4 form to your payroll office (if you are employed) or 2) make quarterly payments to the IRS



PADDLE TO SQUAXIN 2012



PADDLE TO SQUAXIN

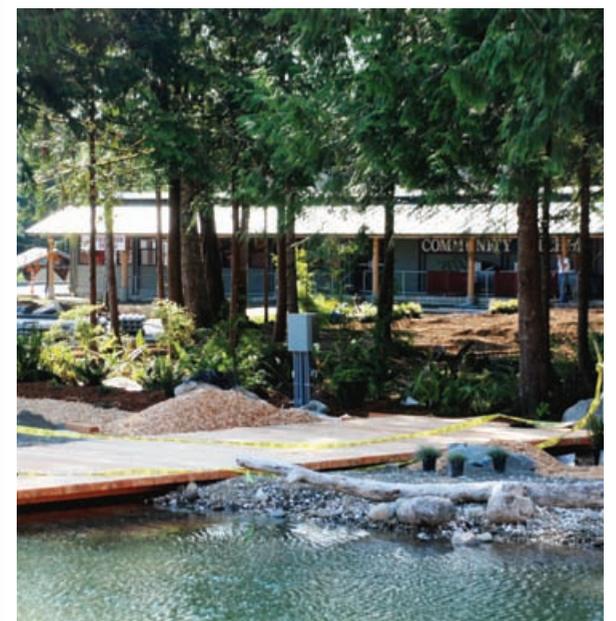


paddletosquaxin2012.org

The Squaxin Island Tribe is honored to host Paddle to Squaxin 2012. Up to 130 tribal canoe families are expected to land at the Port of Olympia's NorthPoint area on Sunday, July 29, 2012. Given tide predictions, landing ceremonies will begin about 1:00 pm. The week-long, post Landing protocols and potlatch will be at Kamilche.

Vehicle access is restricted along the one-mile section of Marine Drive leading to the landing site. Only buses, canoe family trailers, and patrons of Anthony's Hearthfire Grill, KGY Radio, and Swantown Marina are allowed to drive and park in that area.

Sidewalks and a walking trail extend the entire distance along Marine Drive to the landing site. Local residents are encouraged to bike, walk, or take the bus.



Beautiful landscaping and protocol tent in preparation for Paddle to Squaxin 2012

Free Shuttles:

Paddle to Squaxin Event Shuttles 10am to 8pm: First Student buses will run on approximately 15-minute intervals from the designated parking zone to the landing site. Over 2,000 convenient on-street and surface lot parking spaces are available.

Intercity Transit's Dash Shuttle 9am to 5pm: Intercity Transit's free Dash Shuttle will run on Capitol Way between the State Capitol Campus and the Farmers Market approximately every 10 minutes. Landing attendees should not park at the Farmers Market lot – it is reserved for Market customers only.

While visiting Olympia, you may wish to...

- Walk along Olympia's mile-long Percival Landing boardwalk.
- Splash in Heritage Park Fountain.
- Enjoy the annual Olympia Symphony free outdoor concert on the lawn of the State Capitol building at 5:00 p.m. on landing day.
- Shop and dine in downtown Olympia's eclectic mix of restaurants and family-owned businesses.
- Enjoy free showings of Fast Runner, Nanook of the North, and In the Land of the War Canoes on Sunday, July 29, 11:00 a.m., 2:30 and 5:30 p.m. at the Capitol Theater, 206 5th Avenue SE in downtown Olympia.

THIS IS A DRUG, ALCOHOL AND WASTE FREE EVENT.

Thank you...

Port of Olympia: Landing facilities, event logistics, volunteer coordination.

City of Olympia: Parking and shuttle coordination, landing site sanitary and waste, public safety/traffic control/harbor patrol, medic van, and vendor coordination.

Thurston County, Thurston County Health Department and the Thurston Medical Corps: First Aid/medic services; soft landing facilities and logistics at Burfoot Park.

First Student: Park and ride shuttle services.

International Brotherhood of Electrical Workers (IBEW): Power connections.

Intercity Transit: Dash shuttle; bike racks.

Hands on Children's Museum: Children's activities.

KGY Radio: Onsite radio/traffic updates.

Olympia-Lacey-Tumwater Visitor and Convention Bureau: Welcome and information booths.

Puget Sound Energy: Landing site power.

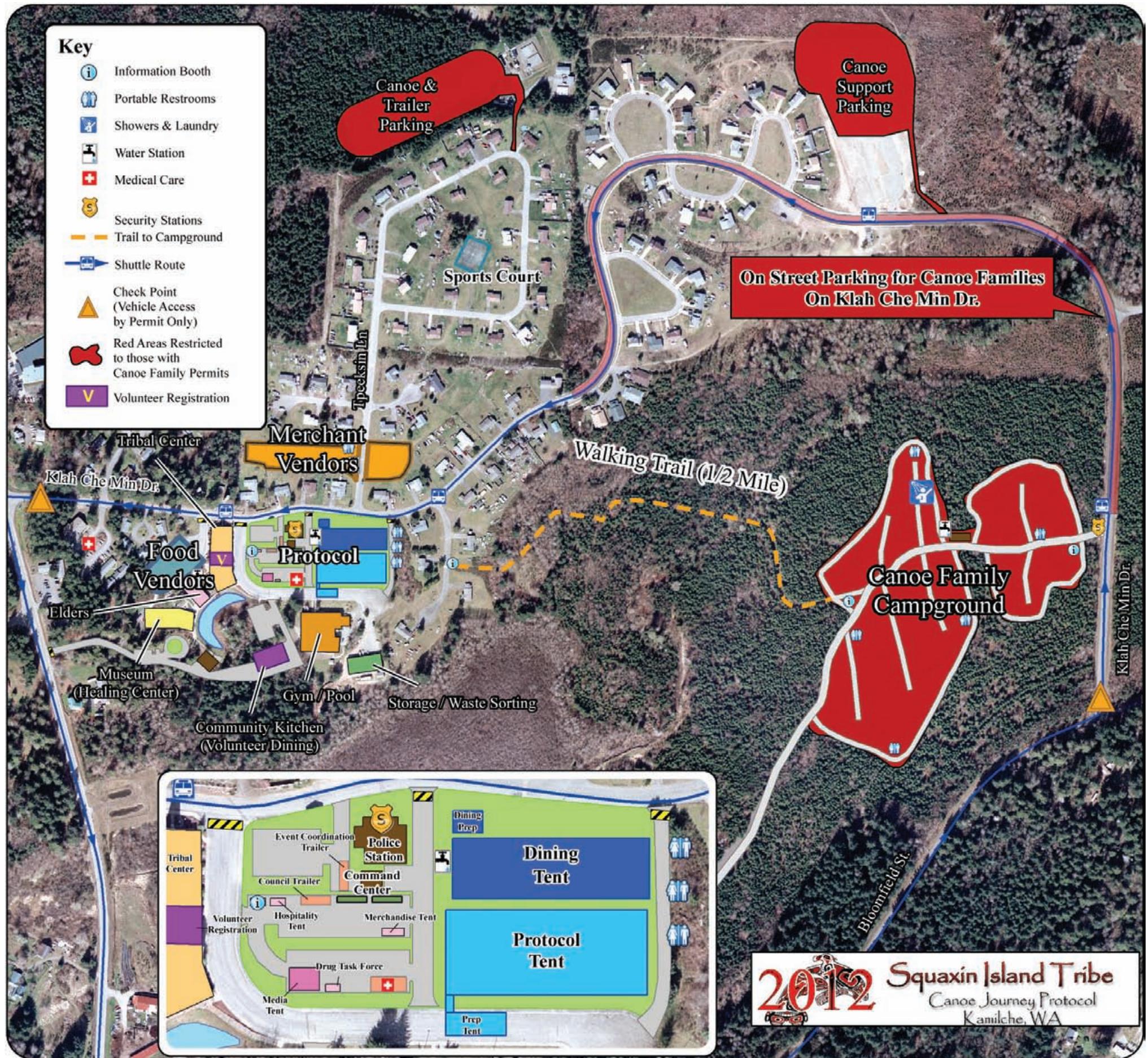
Vine Street Group: Donated use of parking lots.

AND THE HUNDREDS OF COMMUNITY VOLUNTEERS who are keeping the site clean, welcoming visitors, and assisting with parking, traffic control, and canoe removal.





PADDLE TO SQUAXIN 2012





SUMMER YOUTH EMPLOYMENT



Marcus Johns

Hi, my name is Marcus Johns, and I'll be working as a Fish Tech Trainee this summer. I am from the Johns family. My parents are Del Johns and Judy Johns. I attend Shelton High School, and completed 10th grade. This could be a job I would like later in life after I graduate. I'm excited to go out on the boat and have some fun! See you guys around!



Keenan Vigil-Snook

Hi, my name is Keenan, and I'll be working as a Fish Tech Trainee this summer. My parents are Alessii Vigil and Heath Snook. I attend Shelton High School, and completed 11th grade. This summer I will improve on taking directions and my labor skills will improve. I'm excited to learn how to work on the beaches, such as setting up the clams. I look forward to working with you. See you around!



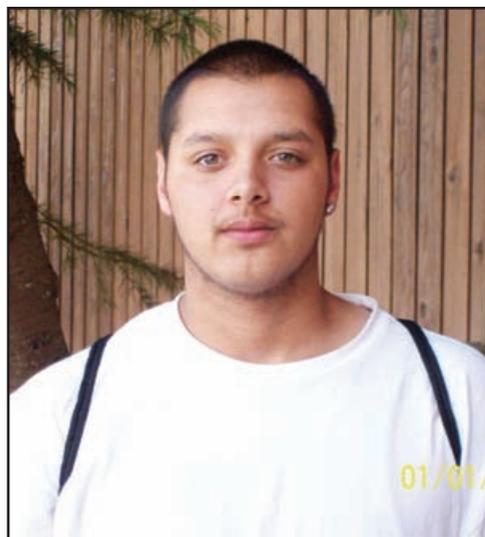
Dakota Riley Lorentz

Hi, my name is Dakota Riley Lorentz, and I'll be working as a Fish Tech this summer. I am from the Krise/Whitener family. My mom is Lascu McClung and my dad is Walter Lorentz. I recently earned my GED and I plan on pursuing a career in fisheries. I'm excited to learn how things work and are done and what I can do to positively help this department. I give thanks to my people for giving me this opportunity.



Elena Capoeman

Hi, my name is Elena Capoeman, and I'm a museum employee. My mom is Terri Capoeman. I'm in 11th grade at Shelton High School. I hope to learn more this summer so I will know what to do when I get older. I'm excited to learn more about my culture and to see what my experiences are. I will be looking forward to seeing you and working with you.



Dustin Valeras

Hi, my name is Dustin Valdez, and I'll be working as a Fish Tech Trainee this summer. Although this job doesn't tie into my future plans, I look forward to learning new skills and working with the tribal fisheries.



Bianca Saenz-Garcia

Hi, my name is Bianca Saenz-Garcia, and I will be working as an Office Assistant Trainee at Natural REsources. I am from the Henry family. My parents are Miguel and Misti Saenz-Garcia. I attend East Valley High School in the 10th grade. I'm stoked to work with my Momma Julz.



Angelina Sosa

Hi, my name is Angelina Sosa, and I will be working as a Summer Rec Assistant. I am from the Port Gamble S'Klallam Tribe, and my parents are Trisha and Jimmy Price. I graduated in 2011. I'm excited about learning more about the Tribe and hosting the Canoe Journey. See you soon.



Jessica Cruz

Hi, my name is Jessica Cruz, and I'll be working as a Cultural Preservation Assistant. I am from the Krise family and my mom is Leanora Krise. I'm a graduate of Shelton High, and I want to be a Native Studies Teacher. I'm excited about being host of the 2012 Canoe Journey. I would be happy to see you around!

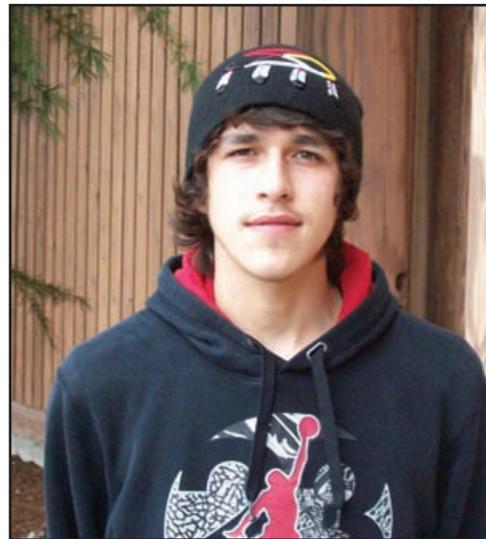


SUMMER YOUTH EMPLOYMENT



Tenaya Johnson

Hi, my name is Tenaya Johnson, and I'm working as a Teacher's Assistant at the Squaxin Island Child Development Center. I come from the Bagley family. My mother is Janita Raham and my grandmother is Janette Sigo. I attend Shelton High School and just completed my sophomore year. I'm excited about learning how to be a role model to children of multiple age groups. Have a great summer.



Elijah Krise

Hi, my name is Elijah Krise, and I'll be working as a Cultural Preservation Assistant. I am from the Krise family and my parents are Jill and Casey Krise. I go to SHS, and I completed my 11th year. This job will help me develop work skills, social skills which I will be able to put on my resume. I'm excited to learn about my culture. I look forward to employment.



Isaac Ackerman

Hi, my name is Isaac Ackerman, and I'll be working as a Cultural Preservation Assistant. I belong to the Henry family, and my mother is Katherine Ackerman, daughter of Beverly (Verna) Henry. We come from strong lineage, and are proud to represent our family in the best of ways. I just completed 11th grade at Shelton High School. Working at the Tribe is definitely an option in my future, especially for the museum. I am always excited to learn more about my heritage, and how we originated as people of Squaxin Island. I look forward to meeting new faces and working with familiar ones. See all of you soon!



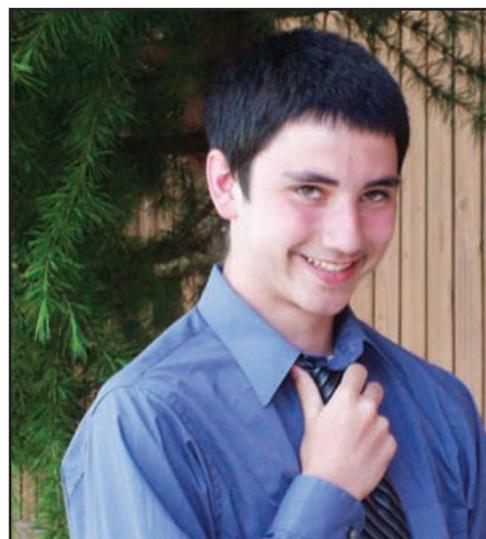
Sha-Shoney Fenton

Hi, my name is Sha-Shoney Fenton, and I will be working as a Summer Recreation Assistant. I am from the Cooper family, and my mom is Elizabeth Fenton. I just completed 10th grade at Shelton High School. I plan to be a vet and seeing little kids' faces smile when their animal is better makes me feel good. I am excited to learn other kids' culture and to get to know them a little bit more. Thanks and have a great day!



Julito Valencia

Hi, my name is Julito Valencia, and I will be working as a Cultural Preservation Apprentice. I am from the Krise family, and my parents are Jill and Casey Krise. I just completed my GED through the TLC. I might work for my Tribe in the future, and I will learn a lot about it. I'm excited to learn other Tribes' singing and dancing.



Jon Holden

Hi, my name is Jon Holden, and I will be working as a Summer Recreation Assistant. I am not Squaxin, but my parents are Grey Holden and Jenna Kenyon. I'm in my junior year at Shelton High School. I hope to gain life skills from this job. I'm excited about getting to know any new employees! I hope this helps you understand me.

**Per Capita Checks will be distributed at
the Administration Building on
Thursday, August 16
from 8:00 am until 3:00 pm.**

If you have signed up for direct deposit, this distribution will be deposited in to the account you have provided.

If you would like to sign up for direct deposit and have not done so, please call or stop by the Tribal Center to receive and fill out a Direct Deposit Form.

Please contact the Tribal Center if you would like to have your check mailed, or to update your mailing address: 360-426-9781.



SUMMER YOUTH EMPLOYMENT



Douglas McFarlane

Hi, my name is Douglas McFarlane, and I'm working as a Facilities Tech for LCCR again this year. I'm from the Henry - McFarlane family. I go to Shelton High School and I'm hoping to keep working at LCCR. I'm excited to be back. See you down there.



Kira Coley

Hi, my name is Kira Coley, and I'll be working in Housekeeping at LCCR. I'm from the Blueback and Johns families. I'm currently working on my GED. This job will be good experience for me, and I hope to continue working at LCCR. I'm very excited to start work and learn new skills.



Clara Capoeman

Hi, my name is Clara Capoeman, and I'll be working at LCCR Hotel Services. My mom is Terri Capoeman and my father is Wilson Johns. I'm currently working on my GED, and I plan on keeping my job after summer until school goals are over with. I'm excited to work with everyone this summer. See you all soon.



Colton Gott

Hi, my name is Colton Gott, and I'll be working as a Groundskeeper. My parents are Stephanie James and Jeffery Gott. I go to Shelton High School and just completed 11th grade. This job will help me experience diversity in golf course maintenance and necessary fundamentals. I'm excited to be learning these new skills. I hope you enjoy significant recess from our poor Washington weather.



Marissa Morken

Hi, my name is Marissa Morken, and I will be working at Hotel Guest Services. I am a member of the Sigo family. My mother is Janette Sigo. I just graduated from Shelton High School. This job will help me with customer service and people skills. I am planning on being a psychologist. I want to improve more on my people skills and not being as shy. I look forward to seeing all of you down at the hotel.



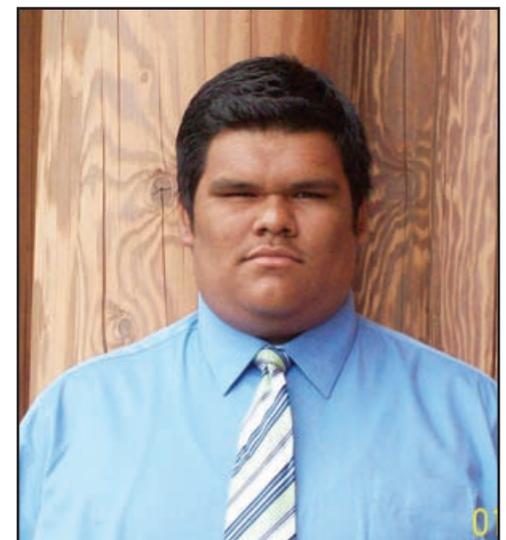
Ronnie Penn

Hi, my name is Ronnie Penn, and I'll be working at Little Creek Casino Resort. I am from the Penn family. My parents are Lisa Blevins and Nathan Penn, and my step-father is Michael Blevins. I just finished an amazing 10th grade at Shelton High School. This job will help me expand and improve my skills so I can broaden my future. I really hope to learn more to be more patient with paperwork, so I can fill it out properly. This is Ronnie Penn signing off.



Kaitlyn Sweltzer

Hi, my name Kaitlyn Sweltzer, and I will be a Trainee at Little Creek Casino Resort. My parents are Chad Sweltzer and Louise Rioux. I attend Choice Alternative School and I'm excited for this job to help me save for college and gain experience. I'm also excited about anything that can help with future jobs, new skills and new concepts. I look forward to meeting new people and gaining experiences!



Lorenzo Solano

Hi, my name is Lorenzo Solano, and I'll be working at Hotel Guest Services. My parents are Marco and Jessica Solano. I just completed 10th grade at Shelton High School. I would like to work for the casino in the future, and I'm excited about learning how to help people and be good at a job. See you around.



STEPPING STONES



Preparing for Paddle to Squaxin 2012





Sylvan

Would you like your student to gain some ground in their Reading or Math skills? Could they use more confidence and abilities to help them in school?

Squaxin students are eligible to receive services at the Tu Ha' Buts Learning Center after school throughout the school year! This program is facilitated by Sylvan Learning Center from 4:30 p.m. to 6:30 p.m., Mondays/Wednesdays & Tuesdays/Thursdays in 1 hour time slots.

Continuing Sylvan student testing begins August 21st and August 22nd at TLC. Times available include 10:00 a.m., 12:00 p.m. and 2:00 p.m. Testing lasts about 90 minutes. If your student was attending in June, they are eligible for this block of scheduling.

New Sylvan student testing begins August 20th. Initial testing time is approximately 2.5 hours long and will take place at the Lacey Sylvan Office. For questions or additional details, please call or contact:

Rebecca Roadman-Education Liaison
Office: 432-3853
Cell: 463-4755
Email: rroadman@squaxin.us

GED

Homework Help

PLEASE NOTE!!!!

** GED and Homework Support will be cancelled on Tuesday, August 28th.**

GED PREPARATION CLASSES

Have you been thinking about getting your GED? Has getting your GED been something you have been putting off? Now is the perfect time to start working towards your GED. GED preparation classes are held Tuesdays, Wednesdays and Thursdays from 4-7:00 p.m. in the classroom of the Tu Ha' Buts Learning Center. There is help for you take practice tests, identify what

subjects or skills need improvement while working through math, reading, Writing, Science and Social Studies.

For more information or if you have any questions, please feel free to contact: Jamie Jhanson (360) 292-3301 or email me at jjhanson@mcclary.wednet.edu.

HOMEWORK SUPPORT

Taking courses over the summer? Need help studying for finals? Homework support is offered throughout the summer! Support is available Tuesdays, Wednesdays, and Thursdays from 4-7:00 p.m. in the classroom of the Tu Ha' Buts Learning Center. For more information or if you have any questions, please feel free to contact me: Jamie Jhanson (360) 292-3301 or email me at jjhanson@mcclary.wednet.edu.

Learning Academy

Students from 8th to 12th grade (up to 21st birthday) are eligible to attend. This program also offers GED coursework and credits that apply for your diploma! A Washington State Certified Teacher is present to assist students in their online or independent packet course work from Monday-Thursday from 9:00 a.m. - 3:00 p.m. at the Tu Ha' Buts Learning Center. Sign-ups begin Monday, August 13th. Stop in, pick up an application and meet teacher-Lynn White.

For Questions or more information:
Rebecca Roadman
TLC Education Liaison
WA State Certified Teacher
Office: (360) 432-3853
Email: rroadman@squaxin.us or

Lynn White-TLA
Washington State Certified Teacher
Cell: (360)701-7407
Email: Ldoub23@gmail.com

GO TO SCHOOL RIGHT HERE IN YOUR OWN COMMUNITY!

Back to School Backpack Blowout

Who: Tribal Students (k-12) & Their Parent/Guardian

What: Backpack/ School Supply Gifting

When: Thursday, August 16th, 2012
9:00 a.m. - 3:00 p.m.

Why: Support our students & promote life long learning!

Where: Squaxin Island Tribal Center

Looking for WALDO?

NO! It's the POSTER PROJECTand we're looking for our own AWESOME SQUAXIN YOUTH!!!

Keep an eye out for POSTERS featuring the voices of Squaxin young people in August and September. The ANA/SEDS Integrated Youth Development Project (IYDP) and the Family Services Prevention and Wellness staff will be bringing you the Wellness Poster Campaign from the Canoe Journey through the start of the school year. In 2010, the IYDP enlisted the help of a Young Adult Assessment Team to research opportunities and challenges youth experience in the Squaxin Island community. The team's report, compiled from surveys and focus groups around the community, has helped shape the work of the project wrapping up this fall. To end on a positive note, the campaign will highlight some of the best research results in posters hung around the community, reminding us of what we have to be proud of and what we can continue to do to support healthy youth."

Questions/ Comments about this project:
Evan Welkins-TLC-ANA SEDS Grant Coordinator Office: (360)432-3826
ewelkinssquaxin.us

Acting Education Director

Hello to everyone, Gordon James here. While many are already familiar with me as the Youth Activity Manager, there have been some changes in the Education Department that I want to let the community know about. Sally (Sis) Brownfield and Lisa Evans have taken other roles within the Tribe and are no longer at the Tu Ha' Buts Learning Center. I have been appointed Acting Education Director and will be working with Rebecca Roadman and Evan Welkin to create a plan of action for addressing the ongoing efforts of the department while we have vacant positions. Feel free to contact any of us with your questions, as we continue to develop our plan of action for any and all education-related issues.

Basketball Camp in August

A joint effort of the Squaxin Island and Skokomish Tribes is leading to a youth basketball camp during the week of August 20-24. Planning of the event is underway as I write this, so a lot of details still need to be worked out – ages of the participants, numerous locations, skilled trainers being brought in, etc. Watch for updates in the Daily Scoop, mailers, and all the usual locations.

Gordon James 432-3904
Email: gjames@squaxin.us





COMMUNITY / HEALTH CLINIC



August Menu

Wed. 2:	Canoe Journey	Mon. 20	Burritos
Thurs.	Canoe Journey	Tues. 21	Soup & Sandwich
		Wed. 22	Pork Roast
		Thurs. 23	Vegetable Chow Mein
Mon. 6	Sloppy Joes	Mon. 27	Chili, Baked Potato Bar
Tues. 7	Soup & Sandwich	Tues. 28	Soup & Sandwich
Wed. 8	Fried Chicken	Wed. 29	Halibut
Thurs. 9	Pizza	Thurs. 30	Shrimp, Broccoli Stir Fry
Mon. 13	BBQ Beef Ribs		
Tues. 14	Soup & Sandwich		
Wed. 15	Sweet & Sour Pork		
Thurs. 16	Tuna Melt		

Veterans Thank LCCR

The Veterans Committee would like to convey a thank you to Little Creek Casino Resort. They graciously refinished all the benches in the memorial.

Thank you!



Squaxin Island's Food Bank at the Health Promotions

Monday-Friday Between 10 am & 4 pm
(our lunch break is from noon to 1 pm)
If possible, Wednesday is the best day.

If you need access to the food bank,
stop by once a week

If you would like to be on the call list
for fresh produce or bread.

Please call Melissa Grant: 360-432-3926



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

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 7th from 9 a.m. to 3 p.m.
@ the Health Clinic
Contact Elizabeth Heredia
at 432-3930

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





10 Reasons To Get In Shape

By Dr. George Blevins DC



Are You Drinking Your Water?

What do you, trees, and your pets have in common? Give up? You all need water. All living things must have water to survive, whether they get it from a water fountain, a rain cloud, or a little bottle attached to the side of a hamster cage.

Without water, your body would stop working properly. Water makes up more than half of your body weight and a person can't survive for more than a few days without it.

How Much Is Enough?

Since water is so important, you might wonder if you're drinking enough. There is no magic amount of water that kids need to drink every day. Usually, kids like to drink something with meals and should definitely drink when they are thirsty. But when it's warm out or you're exercising, you'll need more. Be sure to drink some extra water when you're out in warm weather, especially while playing sports or exercising.

What is Dehydration?

When your body doesn't have enough water, that's called being dehydrated. Dehydration can keep you from being as fast and as sharp as you'd like to be. A bad case of dehydration can make you sick. So keep that water bottle handy when the weather warms up! Not only does water fight dehydration, but it's awfully refreshing and has no calories.

Your body can help you stay properly hydrated by regulating the amount of water in your system. The body can hold on to water when you don't have enough or get rid of it if you have too much. If your pee has ever been very light yellow, your body might have been getting rid of excess water. When your pee is very dark yellow, it's holding on to water, so it's probably time to drink up.

You can help your body by drinking when you're thirsty and drinking extra water when it's warm out. Your body will be able to do all of its wonderful, waterful jobs and you'll feel great!

USDA Foods : The Food Distribution Program on Indian Reservations

USDA Foods at SPIPA
Monday, August 6th from 10 am to Noon
Contact Shirley or Bonita at
360 432-4216 or 360 438-4235

Applications available at
Housing, Food Bank,
Natural Resources, SPIPA, and
TANF

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 14th is WIC DAY at SPIPA

More Socks awarded

Submitted by Patty Suskin, Diabetes Coordinator



Great work & congratulations to Glen Parker for taking care of his diabetes. Glen completed all the 2011 tests & exams recommended by the IHS Standards of Care for Type 2 Diabetes & was unavailable during Spring into Health when others were recognized. Congratulations!

Enjoy the Summer at Kenneydell Park

6745 SW Fairview Rd, Olympia, WA 98512

This 40-acre park features 1,000 feet of freshwater beach as well as trails, athletic fields and a developed swimming area on Black Lake.

In 2009 two large playground structures were added. There are three covered shelters, each offering a large barbecue grill with three covered picnic tables providing seating for approximately 24-30 people.

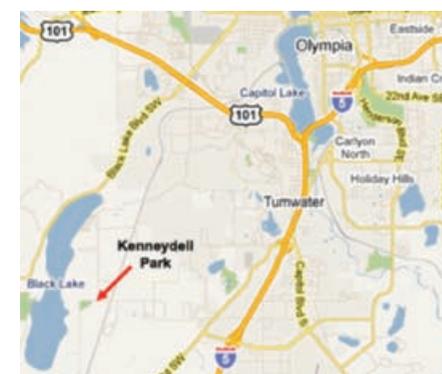
The Lodge is a full-featured heated cabin with kitchen, meeting space, fireplace, covered porches, deck, tables and chairs to accommodate 49 people.

Shelters & Lodge can be reserved in advance. Call (360) 754-3800 or reserve at this website: <http://www.co.thurston.wa.us/parks/parks-kenneydell.htm>

- * No fishing, alcohol or animals are permitted on the beach.
- * Alcohol is not permitted on the athletic fields.

Directions

Take Highway 101 off I-5. Exit onto Black Lake Boulevard southbound. Proceed approximately 2 miles, then turn left onto the Black Lake-Belmore Road. Follow the Black Lake-Belmore



Road approximately 2 miles. Turn right onto 66th. At the sharp curve to the left, 66th will become known as Fairview Road. Kenneydell County Park entrance is 600 feet after the curve on the right.





Wise Elder Tip

"I was surprised that it took me juicing 4 oranges to get a cup of fresh squeezed orange juice for a recipe. It is easy to drink a cup of orange juice without giving any thought, but eating 4 oranges at one sitting would be unlikely."

Bottom Line: Eat your fruit, don't drink it.
- Millie Wagner, Squaxin Island Tribe Elder

5 Reasons to Eat Your Fruit, Don't Drink it

Submitted by Patty Suskin, Diabetes Coordinator

- 1. Save on calories:** 12 ounces of OJ = 165 calories, vs. a medium orange = 62 calories.
- 2. Save your Teeth:** There are 33 grams of sugar in 12 ounces of 100% orange juice. Compare this to just 15 grams of sugar in 1 medium orange! Next time you have a craving for something fruity...go for the real thing. Your teeth will thank you later.
- 3. More fiber:** Fiber is good for your heart, digestion, cancer prevention & more. A small apple has 7 times the fiber of a glass of juice.
- 4. Fill your stomach-** feel full longer. Research shows that fiber aside, liquid carbohydrates just aren't as filling as solids. When you chew a food, you generate more saliva, which in turn carries a message to the brain that your gut needs to get ready for digestion, Drinking doesn't require such digestion, so the body doesn't register that it's full as quickly.
- 5. Recommended by Squaxin Island Tribe Elder, Millie Wagner**



Christopher Henry enjoying a strawberry: Cousin of Millie Wagner & Grandson of Ruth & Stub Creekpauum

8 Habits of Healthy Kids

Submitted by Patty Suskin, Registered Dietitian

1. Spend at least an hour a day being physically active
2. Spend less than 2 hours a day watching TV and playing video and computer games
3. Eat at least a total of 5 fruits and vegetables a day
4. Snack on healthy foods and less junk food & sweets
5. Drink or eat at least 3 lowfat dairy foods a day
6. Drink at least 2 glasses or bottles of water a day instead of soda
7. Eat less fast food and make healthier fast food choices
8. Eat smaller amounts- bigger is not better.

Check out this website www.kidseatright.org full of helpful tips, articles, recipes, and videos to help busy families shop smart, cook healthy & eat right.



You're
Invited



Dr. Carl Ott, MD, new doctor at the clinic,
will discuss

What can you do to take care of your heart?

Bring your questions.

Everyone is welcome- those with Diabetes or not.

Thursday, August 16, 2012

Right after Elder's lunch

at the Elder's Building 12:45 to 2 pm

Questions? Patty Suskin, Diabetes Coordinator at (360)432-3929

National Immunization Awareness Month

Immunizations aren't just for babies and young kids. We all need shots to help protect us from serious diseases and illnesses. Everyone over the age 6 months needs a seasonal flu shot every year. Here are some other shots people needs at different ages:

Young children

Children under age 6 get a series of shots to protect against measles, polio, chicken pox, and hepatitis.

Preteens

All 11- and 12-year olds needs shots to help protect against tetanus, diphtheria, whooping cough, and meningitis. Doctors recommend HPV vaccine for girls 11 or 12 to protect against the most common cause of cervical cancer. HPV for boys age 13-18 to protect against genital warts.



Adults

All adults need a tetanus shot every 10 years. Washington State Health Department is recommending Tdap for adults around children due to the Pertussis(Whooping Cough) Epidemic 2012.

People 60 & older need shingles shot.

People age 65 need a one time pneumonia shot.

Talk to your doctor or nurse about which shots you and your family need.

Squaxin Island Health Clinic (360) 427-9006



FREE Adult Tdap (whooping cough vaccine) For the Under or Uninsured

If you are age 19 or older and you are a parent of, or care for infants and/or high risk children and you are under or uninsured, please call Mason County Public Health to schedule an appointment to receive your vaccine.

427-9670 x 274

(Leave your name and number and you will be called to schedule an appt, vaccine given on Thursdays and Fridays only)



COMMUNITY



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 Frodert	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

Happy Birthday

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

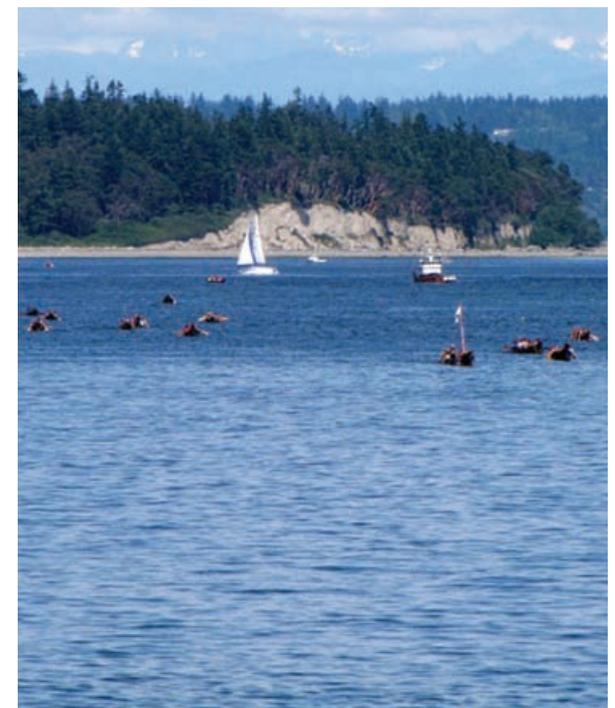
Mitchell Carrington	25
Eden Van Cleave	26
Kaytlyn Henderson	27
Meghan Brandt	27
Eathon Caasi	28
Rhonda Foster	28
Terasa Pinney	28
Angelo Rivera	29
Lindsey Harrell	29
Joseph Furtado	29
Ruben Vasquez	30
Taylor Porad	30
Debra Sayers	30
Loreta Krise	30
Euphamie Whitener	30
Catherine Tuller	30

Discount Hair Styling for Tribal Members

Come visit Carmen and get your hair done. Perms, colors haircuts, pedicures for men and women.

I'm from a tribe in Canada called Sechelt.

All month perms and hair colors or foils will be \$5.00 off services for all tribal members. My phone number is (360) 432 8771. I'm located at 103 Railroad W. Shelton. Call for a appointment today, or walk in's are welcome.



What's Happening						
	1	2	3	4		
		AA Meeting 7:30				
		Canoe Journey Protocol	Canoe Journey Protocol	Canoe Journey Protocol		
5	6	7	8	9	10	11
Squaxin Protocol		Drum Group 6:00 p.m.	Family Court	AA Meeting 7:30		
12	13	14	15	16	17	18
		Criminal/Civil Court Drum Group 6:00 p.m.		Council Mtg. AA Meeting 7:30		
19	20	21	22	23	24	25
		Drum Group 6:00 p.m.		AA Meeting 7:30		
26	27	28	29	30	31	
		Drum Group 6:00 p.m.		AA Meeting 7:30		



CHURCH POINT



Members of the 1910 Indian Shaker Church had a sign dedication at Church Point on July 6th, 2012, with a luncheon afterwards at the Mud Bay Church.

This event was to remember John & Mary Slocum, who received the Shake in the late 1800's. It was Mary who first received the Shake at the Skookumchuck Creek.

It was wonderful and eventful day on Hammersley Inlet, which used to be named Big Skookum. Shaker Church Bishop Leon Strom opened up the event with a few words and then turned it over to Katherine Barr who sang a beautiful song & prayer.

Thanks to Mike & Rose Davis, who followed through with the vision from Uncle Jimmy & Randy Krise (descendants of the Slocum Family) along with the Squaxin Island Heritage Committee, to have a sign/monument put up at Church Point so that all people could visit the sight & remember what an important & spiritual place this was and will always be.

A big thank you goes out to the Squaxin Tribal Council for all their support, Rhonda Foster & Margaret Seymour-Henry for applying to the Squaxin Island 1% Committee, which matched the funds that Mike & Rose made during their fund-raising endeavors, the Maintenance Department, Virginia Berumen, for making pies for the fund-raising, Execu-



Leon Strom, Bishop



Margaret Henry, Gloria Hill and Kiana Henry



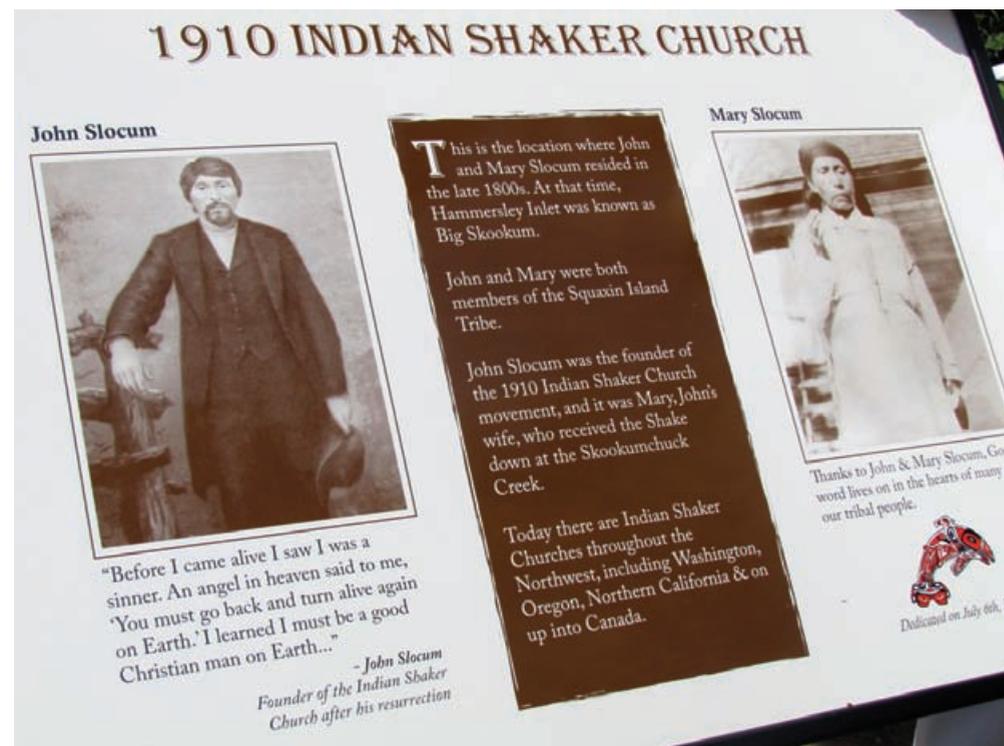
Leah Krise and Bev Hawks and Kiana Henry

tive Director Don Whitener, all the people who traveled from Canada, Warm Springs, Idaho and California to be here for this event, and also the Department of Community Development.

"We want the Shaker people to know where the Shaker religion was born, right here in the Squaxin Island tribe's homelands at Skookumchuck Creek, now known as Church Point," Shaker Minister Mike Davis said.



Cindy Andy and Katherine Barr



1910 INDIAN SHAKER CHURCH

You are invited

to an outdoor mass to honor
Blessed Kateri Tekakwitha



Tuesday
July 31st

12:00 Noon
St Edwards Catholic Church
601 West C St.
Shelton, WA 98584



**Whaling Canoe Dedicated
to Blessed Kateri**

We are privileged to have a 30' whaling canoe that was dedicated to Blessed Kateri when it was built in 2006. This canoe is truly a masterpiece and will be on display so that you can have your picture taken by it. The canoe has an image Blessed Kateri on it. We will have a beautiful 17' canoe that will serve as the altar for this special outdoor mass to honor the upcoming canonization of Blessed Kateri.

SPECIAL NOTE:

This mass is taking place while Canoe Journey protocol is occurring at Squaxin Island Tribe, but is not an official part of that event. St. Edwards church is about 10 miles from the reservation.

Jake Finkbonner, an 11 year-old Lummi boy, was healed of a deadly infection through the intercession of Blessed Kateri.

In October, she will be the first Native American proclaimed a saint by the Vatican.

Please come and participate in this magnificent story
Everyone is welcome!

MORE INFORMATION:

Don Smith:
(360) 791-9304
donalds7777@yahoo.com

Father Ron Belisle, Pastor
Email: belisle@hctc.com
Phone: (360) 426-6134
Fax: (360) 426-6231

CONCERTS AT LITTLE CREEK

MORRIS DAY AND THE TIME



Saturday
July 21st
8pm

Tickets on sale now!
\$40/\$30/\$20

JOE WALSH



Friday
August 24th
8pm

Tickets on sale now!
\$70/\$60/\$50

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

For tickets and more information
visit the box office, online or call 360-432-7300.

Must be 21 or older. Call for Skyboxes.

Return Service Requested

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Shelton, WA 98584

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