

Improvements Continuing at KTP & STP

IEI opened the Steamboat Trading Post on June 19, and sales have been stronger than expected ever since. Tribal Member Audelia Araiza is the store lead, and she's busy learning everything she needs to know to manage the store. Customers comment on the great customer service from all our employees, and ethanol-free gas is a huge hit in the neighborhood. With new paint and signage installed on July 11 the store now has a Tribal identity. A large freeway sign and monument sign out front will be in very soon. After a short delay due to some software problems, Tribal discount cards and the standard 5 cent discount cards were working on July 10.

We will start serving high quality Batdorf & Bronson coffee at both KTP #1 and STP on August 1, and we're working hard to bring new food options to KTP #1 in the Fall. Chicken, salads, sandwiches and more are planned to give the community healthier quick and easy meal choices, and we'll add some exciting new beverage options as well to complete the deli update. We're also working on a photo wrap to bring the Tribe's history into the store.



Community Wellness Fair



Saturday, August 24th

10:00 a.m. - 5:00 p.m.

Gym, parking lots & ball fields

10:00 a.m. - 3:00 p.m:	Fair - Fun - Information Booths
Noon - 1:00: p.m:	Ice Cream Bar
3:00 p.m. - 4:00 p.m:	Wellness Walk for All Ages
4:00 p.m. - 5:00 p.m:	Community BBQ

Squaxin Drug Task Force

Working for a Drug-Free Community



Watch for more details!!!

Seattle Seahawks Cheerleaders Are Coming to KTP!



Join us for the Shell Grand Opening Celebration at KTP on Friday, August 23rd from Noon to 4:00 p.m. The celebration will feature a live radio remote, free food, and the Shell gasoline team. You can also get an autograph and your photo taken with members of the Seahawks Seagals. Please watch the Daily Scoop for updates, and plan to join the fun!





Salish Seafoods is Buying Fish and Clams

Rod Schuffenhauer - Salish Seafoods wants to inform Tribal fishers that we will be buying fish again this season. We want to thank all the fishermen and women who supported Salish Seafoods last season.

Jason Ryan will be the person purchasing for Salish again this year. He is also purchasing clams from harvesters. Most of you know him. We know everyone has their own time and places to fish and we can't be everywhere, but will do the best we can to accommodate everyone. Jason always has his cell phone on (360-219-6633) and can meet people if something is set up prior. He normally has fresh coffee on those chilly mornings waiting for you! Good fishing to all of you.



New Employee



Jay Hall TANF Transportation Specialist and Activities Assistant

Hi, my name is Jay Hall. I am the new TANF Transportation Specialist and Activities Assistant. My mom is Lea Krise. I was working for the casino. I'm glad to have this position with the Tribe, and I'm looking forward to seeing everyone in the community.

Squaxin Island TRIBAL NEWS

10 S.E. Squaxin Lane
Shelton, WA 98584

PHONE: (360) 426-9781
TOLL FREE: 877.386.3649
FAX: (360) 426-6577

www.squaxinisoland.org



Articles and opinions expressed in this publication are not necessarily the opinions of this publication or the Tribal Council.

The Klah-Che-Min encourages Tribal Members to submit letters, articles, photographs and drawings to be considered for publication, but are subject to editing.

Contributing writers and artists include Squaxin Island community members and staff.

Submissions Deadline:
15th of each month

SQUAXIN ISLAND TRIBAL COUNCIL:

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

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

First Salmon Ceremony

Collier House at Arcadia Point

Opening prayer at 11:30



Canoe racing exhibition after ceremony!

(Approximately 1:00 p.m.)

Did You Know? Canoe Races:

- There have been tribal competitions for 30+ years
- Tribes from all over the west coast of Washington participate
- Race circuit: 13 - 20 racers compete in 5-7 races per year
- Races take place on lakes and rivers
- Canoes raced @ Capitol Lake before moving to Black Lake



Racing canoes:

- 20+ feet long
- About 2 feet wide
- 25 hp engine
- Safety Gear

August 9th



This Could be You!

Tribal member Shila BlueBack Cautions Community - Think before you Drink!

Shila BlueBack lost her father, Wilson, when she was only 20 days old.



Shila BlueBack spent Fathers Day at the grave site of her father, Wilson BlueBack,

"My dad and my uncle were out partying around and bar hopping and they decided to get in the car when they were both drunk. And my dad did not put on his seat belt (both were not wearing seat belts). My uncle was driving and they wrecked. My dad got a bad head injury. Even if he had survived, he would have been special needs. My uncle got sentenced to 13 years in prison and I grew up thinking my step-dad was my real father until I was about seven. I saw a picture of my dad on the wall and thought he was my uncle because he looked like me. When I realized he was my dad, I started asking questions about him . . . like what he sounded like and how tall he was . . . What his favorite color was. I still wonder what he was like. I will always wonder . . .

"I hate it when somebody asks me about my family history, because my dad's not here to tell me. I have to ask my Aunt Dee how I'm related to someone.

"Drugs and alcohol don't get rid of your problems; they only help you forget about them for about an hour. They don't help you run away from your problems; they only create more.

"Its important to stay connected to your community. The Drug and Alcohol Awareness Dinner isn't all about my dad. Its to help prevent this same thing from happening to somebody else.

"Drinking and driving isn't worth losing a loved one. I know he was loved because everywhere I go people know who I am because I look like my dad and tell me how good of a guy he was, how funny and caring."

Shila participates in Teens Against Drugs and Alcohol (TADA), helps with the annual Drug & Alcohol Awareness Dinner and is a mentor to other teens inspiring them to be drug and alcohol free. "It isn't easy," she says. "People have even started rumors about me doing drugs, smoking weed." She's even been called names and been put down for not using.

Shila's full story will be highlighted in the Mason County *Drive Sober or Get Pulled Over* campaign starting in August. Stay tuned for more information, and plan on coming to the Drug & Alcohol Awareness dinner January 26, 2014. Volunteers and contributions are always welcome. Please contact Christine or Shila at 360-402-7297.

"I hope people will look at my story and think twice before they make the decision to drink and drive . . . this could be you. Don't let this be the way you spend Fathers Day with your dad!"

Contract Health Service at Level One

PRIORITY LEVEL ONE IS:

Loss of life, loss of limb, severe bleeding, heart attack, shortness of breath, stroke, coughing and vomiting blood.

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

DRUG & ALCOHOL FREE

Community

DANCE

KARAOKE!!

POSTER CONTEST!

FIREWORKS!!!

FAMILIES WELCOME

FRIDAY AUGUST 23, 2013 5:30-9:00PM

Squaxin Island Community

Dinner at 5:30

Kid's music & Dancing 5:30-7:00PM

Adult music & Dancing 7:00-9:00PM

SPONSORED BY FAMILY SERVICES



Squaxin Island Tribal Member Employee Spotlight

At Little Creek Casino Resort we realize our employees are a reflection of who we are as company. Our success is a direct result of all the different personalities, talents, life experiences each of our Squaxin Island tribal member employees bring to the table. This diverse group of dedicated employees is what makes Little Creek Casino Resort so remarkable.

To celebrate these unique contributions, we would like to introduce you to Steven Sigo. Steven began his journey with Little Creek Casino Resort back in 2008 as a Security Officer. He quickly progressed and eventually decided to transfer to the regulatory side of the Tribe before pursuing other opportunities. We were extremely excited to have Steven back in the Security Department and have him continue to develop his talents!

Interview Questions:

1. *Steven, tell us a little about yourself*

I've always worked in security or law enforcement type of positions. I worked one year at the Centralia police department which included doing a six month reserve academy. I also had the opportunity to spend three years in the military police, then another 3 years working with a bomb unit.

After that, I held a position working as a Tribal Gaming Agent with the Squaxin Island Gaming Commission. In my free time, I hang out with my son. I also cage fight. I have definitely been blessed with opportunities presented to me!

2. *What brought you back to Little Creek Casino Resort?*

Before coming here, I started working for Nisqually when I was 21 in the security department, then hopped over to surveillance and eventually took on a commercial diving position for a couple of years. After a few years of service, I decided to come home where they were able to give me another job and another chance. Things were going well and I felt like I was doing a lot of good working in TGA. The apprenticeship opportunity opened up, thanks to Chief, and I couldn't say no. It was an opportunity that was next to impossible to pass up. So I came back to the casino side.

3. *The Security Department is a department with many different functions, what does a normal day look like for you?*

Other than getting a good leg workout, a normal day is learning all the basic operations and functions of the Security Department. This extensive training will prepare me so I can function as a better manager when I fulfill Deputy Chief Position. My general day starts off with a morning meeting; we then are assigned general tasks and

details as they come throughout the day. I also take notes and observations that I can pass along to see where some improvements or changes can be made. The rest of the day is then spent working and enjoying the day with my co-workers and getting to know the officers and learning from them. . . just taking in every day and drinking from the firehose of knowledge.

4. *What aspect of your role do you enjoy the most?*

I enjoy being around the people, being able to interact, and being able to talk to somebody and maybe make their day a little bit better than how it started. I also really enjoy the occasions where I'm able to use my hands-on training, completing the mission as necessary, but not going any further than what is needed for certain situations.

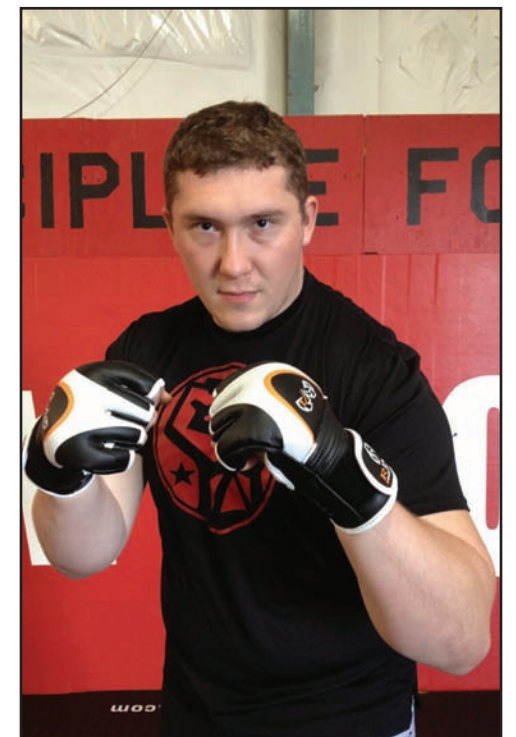
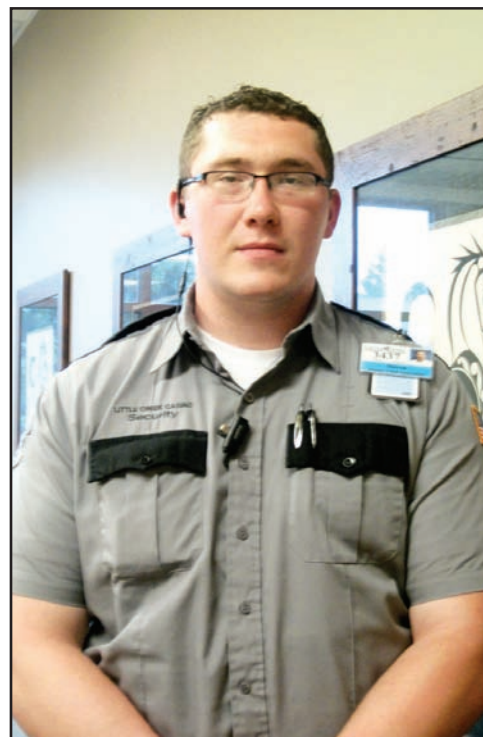
One thing I am looking forward to is the future training I will be getting to become a MOAB instructor allowing myself to teach other officers hand-to-hand management of aggressive behavior.

5. *What would people never guess you do in your role?*

Conflict resolution is one of our department's biggest priorities. Another important priority is ensuring the safety of our fellow co-workers and guests of all ages, along with all the assets of the casino. This takes on various forms of duties we perform throughout each day.

6. *What qualities help you achieve success in your position here?*

I have furthered my education through a lot of technical experiences, such as taking extra report writing classes, managing my own budget at home, and lots of research online in my free time. In order to achieve success, you really have to always want to seek more knowledge, to obtain answers to questions you may have and strive to take the next step and set your next goal.





SUMMER REC STAFF



Kui Tahkeal Sr.
Program Assistant

Hi, I have been hired as a Summer Recreation Program Assistant, working with the Tu Ha' Buts Learning Center.

I enjoy construction work and digging clams. I look forward to meeting the community and working with the kids. If you see me, stop me and get to know me. Don't be shy.



Phyllis Weaver
Program Assistant

Hi, I was hired as the cook for Summer Rec. I am the mother of three wonderful children and a grandmother of four. I have cooked for Summer Rec in the past and cooked one summer for the Elders. I love to cook and I am a people person. The Summer rec team this year have been very nice and very helpful. I look forward to a great summer program and look forward to working with you all..



Kassidy Whitener
Program Assistant

Hi, my name is Kassidy Whitener. Melissa Whitener and Lenny Hawks are my parents. I have been hired to work at Summer Recreation. This will be my fourth summer working here. I love working with the youth. I will be returning to the University of Washington - Tacoma in the fall and will most likely be majoring in business. See you around this summer!



Jaron Heller
Administrative Program Coordinator

Hi, I am the grandson of Ruth & Stub Creekpaum and the son of Kim and Tom Heller. I am working on my Masters in US History at Western Washington University.

I am most excited about the awesome field trips we have planned. I can't wait to hear some of the kids' stories about them!



Steven Sigo Employee Spotlight Continued

7. *Any final thoughts or encouragement for our readers?*

Admit to the fact that you don't know everything and open your mind up to more knowledge, including constructive criticism, and asking questions to get answers. "There's a thousand ways to skin a cat." You need to be able to look at things from different angles and perspectives in order to fulfill any tasks that need to be done.

Life is a garden, dig it. - Joe Dirt

Attention interested Tribal Members,

The following commissions have vacancies available. If you are interested in serving on one of these commissions, please contact Melissa Puhn at 360-426-9781, or mpuhn@squaxin.us by August 9, 2013.

Gaming Commission: The Gaming Commission provides regulatory oversight of the operation and conduct of Class I, II, and III Gaming as defined by the Indian Gaming Regulatory Act of 1988.

Budget Commission: The Budget Commission is established to provide oversight and controls for the budgeting process used by the Tribal Government overseen by the Executive Director, inclusive of independent agencies such as, Tribal Gaming Commission.

One Percent Commission: The One Percent Commission implements the one percent distribution provisions of Appendix X of the Tribal-State Compact for Class III Gaming. The distributions of revenues are to non-profit and charitable organization in Washington State and to tribal government programs which have an impact on the community.



SUMMER REC STAFF



Lynn White

Activities Program Coordinator

Hi, I have been hired as a Summer Recreation Program Assistant. I have my BA in Education. I currently work with the TLA online high school.

I have a one year-old daughter.

This is my third summer working with the Summer Rec program. I'm excited about working with the children of the community, working with new people, fun activities and field trips. I am very excited about working with and for the Tribe this summer and getting involved with the community!



David Barehand

Program Assistant

Hi, I have been hired as a Summer Recreation Program Assistant, working with the Tu Ha' Buts Learning Center.

I was born and raised in the cities of Phoenix, Mesa and Chinle, Arizona. My Mother is Navajo (Dine') and my Father is Pima/Maricopa (O'Odham/Piipaash). I have over 7 years of experience working for a K-12 school system within a federally recognized tribe. In my prior employment, I worked with students of all age groups, their parents and schools, specializing in photography, audio-visual equipment, stagecraft, student mentoring and website management.

I am very excited to be able to work with the Learning Center and the community youth in a safe, positive and supportive learning environment. I hope to learn more about the culture, language and people of Squaxin Island.

I have been so kindly welcomed by so many friendly people, including the youth in this community who are so willing and available to talk and teach and set a high example of selfless generosity and compassion. I can only hope that such kindness and standards will help guide me through out my life's journey and inspire people in this same way. I am humbled and grateful to have been given such a rare opportunity in Squaxin Island. Thank you, and "Let's Pull Together!"



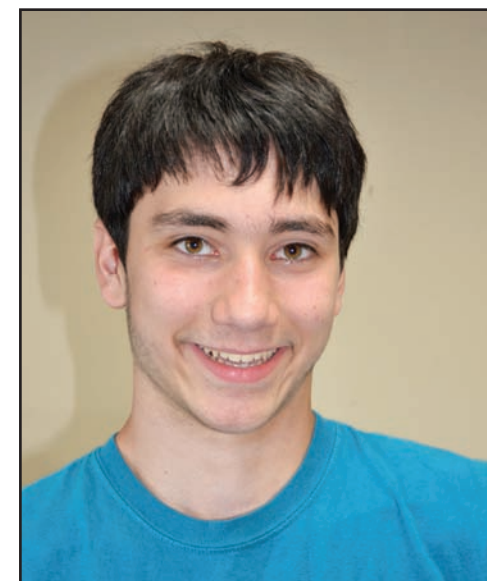
Akasha Garner

Kitchen Aid

Hi, my name is Akasha Garner. I enjoy working with the other staff in the kitchen and providing meals for so many great kids. Its been a fun summer. Thanks you for this opportunity!



Stepping Stones making cedar boxes
Photos by Ruth Whitener



John Paul

Program Assistant

Hi, my name is John Paul. I am a Summer Rec adult Program Assistant for the education department.

I have worked the Summer Recreation program for three summers now, and I always learn something new, and have fun every summer.

There are a lot of new people and this is my first year as an adult worker, so I am excited to be someone who can be looked up to.

I am excited to be working this program again and I can't wait to see what this summer has in store for us!





STEPPING STONES MENTORS



Tiffany York

Hi, my name is Tiffany York. I have four children; two of them are joining the team this year.

I am very excited to share my work ethics with our teens and learn new things. This is my second year working with Stepping Stones. I look forward to being a part of a great team!



Kenna Bolanos-Acosta

Hi! This is my third time working as a Stepping Stones Mentor. I am a single parent of two. I'm the daughter of Rose and Alan Krise.

I am excited to be working with kids and my team.

I look forward to seeing you all around the Rez! Hoyt



Tamika Green

Hi, my name is Tamika Green. My mother is Donna Penn. I am from Squaxin Island and from the Quileute Tribe. I am from the Bagley family. My late grandmother was Myrtle Richards. Her mother was Hazel Sigo. I have two boys, Kameron and William Weythman. I am a proud mother.

This is my second year with Stepping Stones. I loved it last year and I'm pretty sure that won't change this year. I look forward to getting to know you all!



Christina Shea

Hi! I am Christina Shea. My mother is Diana VanHoy, daughter of Thelma Shea. We come from the Clara Bagley family. I have two children. My oldest is six years old and my youngest is two.

I look forward to seeing you and working with you!



Che-Vonne Obi

Hi, my name is Che-Vonne Obi. I am the daughter of Elizabeth Obi and my step-dad is Jeremiah George. My Gram is Debbie Napoleon and Gramps is Dave "Peanuts" Obi. I have two siblings, Martin Sequak and Alicia Obi. I have three children, Shalee Walking Eagle, Jeremiah Rivera-Obi and Olivia Mason. I have a loving boyfriend, Marty Allen, that I have been with for a year already and look forward to plenty more.

I am a Squaxin Island tribal member and also Quinault and Yurok. I am part of the Bagley family.

This is my second year here with Stepping Stones. I love working with the kids. I look forward to seeing everyone around and it feels good to be back home!

Vanessa Tom

Hi! My name is Vanessa Tom, and I'm happy to be working with Stepping Stones. I'm excited to meet all the new youth.

I am the granddaughter of Rose Davis. My parents are Carmen Algea and Patrick Johns and my step-father is Levi Sanchez. I have two sisters, Victoria and Tasheena, one brother, Billy Yocash, and I have a lovely husband, Lawrence, and two beautiful children, Imalee and Lawrence the Third! I look forward to assisting our youth as they gain skills in work related experiences. Thanks! I look forward to working with your children!





SUMMER YOUTH EMPLOYMENT



Dakota Richardson
TANF

Hi, my name is Dakota Richardson. My father is Gary Richardson.

I will be working as a Youth Trainee for Squaxin Island TANF. I just finished 10th grade at Choice High School. This job ties into my future plans through social services. I'm excited about gaining communications skills and work ethic.

Pursue random acts of kindness every day!



Keenon Vigil-Snook
Natural Resources

Hi, my name is Keenon Vigil-Snook. My mom is Alessi Vigil and my dad is Heath Snook. I just graduated and will be working as a Summer Youth Fisheries Technician. Maybe one day I will work in this field and be an expert on fish, shellfish and other natural resources. I'm excited about learning the things that are done in this department and look forward to working here.



Austin Penn
Summer Rec

Hi, my name is Austin Penn. I come from the Penn family, Most of you have known my gramma Myrtle Richards. My parents are Nathon Penn and Lisa Blevins. This year I will be working with the youth at Summer Rec. I proudly go to OBJH and just finished 9th grade!

This job will be part of my future plans because I'm contemplating becoming a teacher. I'm excited to be able to learn the things our youth enjoy doing in their free time (in case I do more baby-sitting). I would just like to encourage other youth to participate in this program because its really fun and you learn a lot of new things. Plus it may help you on your career path.



Elena Capoeaman
MLRC

Hi, my name is Elena Capoeaman. I come from the Capoeaman, Krise and Bagley families.

I am working on my GED and will also be working at the MLRC this summer. This job will help me in the future by working with others and learning more about our culture. I'm excited to be making more dresses and beading so I can help teach others.



Kestle Coley
MLRC

Hi, my name is Kestle Coley. I am from the Johns and Blueback families. My dad is Richard Coley and my mom is Angel Blueback Johns. I am attending the Tu Ha' Buts Learning Academy and will be working as a Cultural Preservation Apprentice this summer at the MLRC. I hope this experience will help me handle a real job when the time comes. I want to know more about my tribe, so this job will do a lot for my future. I'm excited to learn more about my tribe and our culture. I just want to add thanks to some important people in my life: Jaimie, Clara, Elena, Laraina & Samantha. I love you ladies. Thank you for everything you do for me, although I am looking forward to working with my work buddies.



Stepping Stones making cedar boxes
Photos by Ruth Whitener

DID YOU KNOW.....

GAMBLING SUPPORT GROUP MEETS AT
BEHAVIORAL HEALTH OUTPATIENT ON
THURSDAYS 4-5PM

EVERYONE IS WELCOME.

Take the test below and if you answer "Yes" to 7 or more questions there's a possibility your gambling could becoming a problem.

HELP IS AVAILABLE!
TREATMENT WORKS!

Call 426-1582 for more information.





SUMMER YOUTH EMPLOYMENT



Samantha Ackerman
MLRC

Hi, my name is Samantha Ackerman. I am from the Henry-Cooper clan, and my mother is Katherine Ackerman. I just completed 10th grade at Shelton High School.

I will be working as a Cultural Preservation Apprentice at the MLRC. I hope this experience will give me more knowledge for the future. I am so excited to learn more about our culture and be able to experience it in our museum. I am happy to be able to work at our wonderful museum, and I look forward to working with you.



Lorenzo Solano
LCCR

Hi, my name is Lorenzo Solano. I'm from the Henry and Cooper families. My mom is Jessica and my dad is Marco Solano. I attend East Valley High and just completed 11th grade.

I will be working at Little Creek as a Facilities Technician, and think I would like to do this job in the future. I'm excited about learning new things from my job. I look forward to seeing you around.



Taylor Owens
Summer Rec

Hi, my name is Taylor Owens. I am part of the Peters family. My parents are Julie and Darrell Owens. I go to Capital High School and just completed my sophomore year.

I will be working in Summer Rec which will help me in my plans to be a child psychiatrist. I'm excited about working with new people and getting to know the Squaxin Island kids.

I'm very excited to work at Squaxin this summer and to get to know all of you!



Kaitlyn Sweitzer
LCCR Human Resources

Hi, my name is Kaitlyn Sweitzer. My parents are Louise Rioux and Chad Sweitzer.

I just graduated from Choice High School and will be working as a Human Resources Assistant. I think this opportunity will give me a chance to gain experience in work/careers. I'm excited to meet new people, gain skills and work with the ladies in the office that I love! I can't wait to start working!



Shashoney Fenton
Summer Rec

Hi, my name is Shashoney Fenton. My mom is Elizabeth Cooper-Campbell and my dad is Jesse Fenton.

I just finished my junior year at Shelton High School. I will be working as a Summer Rec Mentor this summer and hope to improve my communication skills. See you around.



US Congressman and WA State Governor Speak At Sheriff's Breakfast at LCCR

Greetings,

I thought you would like some photos that I took at the MCSO Sheriff's Breakfast, at your fantastic facility! The breakfast and service and facilities were fantastic and I cannot tell you thank you enough. The US Congressman and WA State Governor were impressed, and will both be returning at an unknown date to speak again at the largest breakfast gathering of senior Law Enforcement command staff, firefighters and EMS personnel in WA State! We had several Sheriff's and Police Chief's from around the state attend today, along with Fire Chief's and EMS Chief's.

Sincerely,

Detective William Adam
Mason County Sheriff's Office





SUMMER YOUTH EMPLOYMENT



Kira Coley
LCCR

Hi, my name is Kira Coley. I am from the Coley/Blueback family. My parents are Angel Blueback-Johns and Richard Coley. I am currently working on my GED and will be employed this summer as a Hotel Guest Services Representative. This will teach me new skills and how to teach them to others. I'm excited to learn how the hotel runs and how to apply skills during work. I look forward to working with the hotel staff for Summer Youth Employment. Have a great summer everyone.



Colton Gott
Salish Cliffs

Hi, my name is Colton Gott. I am from the James family. My mom is Stephanie James and my grandfather is John James. I just graduated from Shelton High School and will be working as a Groundskeeper for Salish Cliffs. I hope to work there in the future. I'm excited about getting to learn new equipment and new projects in golf course management.



Kameron Sager
Legal

Hi, my name is Kameron Sager. My mom is Melissa Whitener. I just completed 11th grade at Shelton High School. I will be working as a Youth Trainee for the Legal Department. I want to do law enforcement or criminal justice when I get out of high school. This position will teach me to work with professional people and I look forward to working with you.



Marcus Johns
Natural Resources

Hi, my name is Marcus Johns. I come from the Johns family, My parents are Del Johns and Judy Aldridge. I attend Shelton High School and just completed my junior year.

I will be working for the Natural Resources Department this summer and I'm excited to meet new people and have a blast!



Larain Algea
MLRC

Hi, my name is Larain Algea. I am from the Cooper family. My mom is Juanita Pugel.

I go to Shelton High School and just completed 10th grade. I will be working as a Cultural Preservation Apprentice for the MLRC this summer. I'm excited to learn more about our culture and what our ancestors were like, as well as learning more about how we got to where we are today. I would love to see you around and work with you this summer.



Region's tribes expand bachelor's degree offerings

Lummi, Swinomish, Tulalip, Muckleshoot, Port Gamble S'Klallam and Nez Perce will offer bachelor's programs

One of NWIC's focuses in recent years has been on expanding its reach to more tribal communities and on providing students with the option to obtain culturally relevant four-year degrees without leaving their communities.

This fall quarter, NWIC's growth will continue as the college begins offering a variety of bachelor's degrees at its extended campuses, located in tribal communities in Washington and Idaho.

"We have put a lot of effort into meeting requests from the tribes we serve to offer our bachelor's degrees in their communities," NWIC President Justin Guillory said. "There is high demand in tribal communities throughout the U.S. for four-year degrees. Education, sovereignty and economic prosperity are goals for tribes, and they all go hand-in-hand."

NWIC currently offers three bachelor's degrees: a Bachelor of Science in Native Environmental Science; a Bachelor of Arts in Native Studies Leadership; and a Bachelor of Arts in Tribal Governance and Business Management.



SUMMER YOUTH EMPLOYMENT



Leonard Cooper
NWITC

Hi, my name is Leonard Cooper. I'm a Cooper. My mom and dad are Arnold E Cooper and Charlene M Cooper. I'm still working on my GED but am gonna finish it!

I will be working at the NWITC this summer. I don't know my future plans, but plan to let it come to me. I take one day at a time. I'm excited to learn more things at NWITC so I will know what to do to help others who still struggle and suffer. I will be happy to see you around and can't wait to start working with you all!



Winter White
Summer Rec

Hi, my name is Winter White. My parents are Roxanne and Paul White. I will be working as a Summer Rec Assistant. I currently attend the Tu Ha' Buts Learning Academy and am in the 10th grade.

I'm excited about child development and learning to be more social with the Tribe. Check you later.



Mario Rivera
Maintenance

Hi, my name is Mario Rivera. My parents are Marcella Cooper and Abel Castro. I will be working as a Maintenance Trainee. I hope to become a landscaper, so this experience will be a big help for me. I'm very excited about that. See you around.



Shawn Lincoln
Natural Resources

Hi, my name is Shawn Lincoln. I am from the Sigo family. I just completed 9th grade at OBJH and will be working as a Fish Tech this summer. This job will help me with future plans by teaching me to work effectively with others. I'm excited to work hard and do things right. I'm really looking forward to working for the Tribe.



Ronnie Penn
LCCR

Hi, my name is Ronnie Penn. My parents are Lisa and Michael Blevins. I am the niece of Vicki Kruger, Tully Kruger and granddaughter of Myrtle Richards. I go to Shelton High School and just completed my junior year. I will be working as a Greens Keeper at Salish Cliffs this summer and am excited to build my knowledge of labor and team work. I look forward to a great summer!

Not Pictured:
Bianca Saenz-Garcia
LCCR



Region's tribes expand bachelor's degree offerings (Continued)

"All of our bachelor's degrees are designed to meet the needs of tribal communities, and to equip our students with the knowledge and skills needed to become leaders in their communities and obtain family-wage jobs," Guillory said.

Beginning this fall quarter, the college will offer at least one of those bachelor's degrees at all but one of its seven campus locations:

- At NWIC's Muckleshoot and Tulalip reservation sites, the degree in Tribal Governance and Business Management will be the first bachelor's the college has offered at those campuses.

- At its main campus on the Lummi Reservation, NWIC will offer all three bachelor's degrees.
- The college's Port Gamble S'Klallam site, which already offers the Bachelor of Science degree, will begin offering the bachelor's in Tribal Governance and Business Management.
- The college's Nez Perce site in Idaho, which already offers the Bachelor of Science degree, will begin offering the bachelor's in Native Studies Leadership.
- NWIC will continue offering the Bachelor of Science degree at its Swinomish reservation campus, and associate degrees at all campuses, including Nisqually.



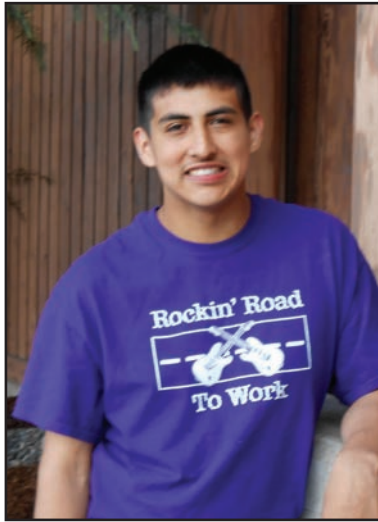
SUMMER YOUTH EMPLOYMENT



Donovan Henry
LCCR

Hi, my name is Donovan Henry. I am from the Henry family and my mom is Theresa Sanchez.

I just completed 9th grade at Shelton High School. I will be working as a trainee at LCCR and I'm looking forward to gaining work experience and skills. I look forward to seeing you at the hotel.



Douglas McFarlane
LCCR

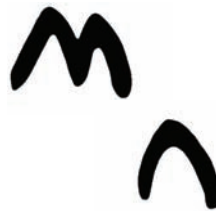
Hi, my name is Douglas McFarlane. I am from the Henry and McFarlane families.

I just completed 11th grade at Shelton High School. I will be working this summer at LCCR as a Facilities Technician Trainee and hope to continue working there. I enjoy working on computers and would like to set up my own computer room.



Antone Hawks
Natural Resources

Hi, my name is Antone Hawks. My mom is Bev Hawks. I am just excited to work and get paid and gain a work ethic.

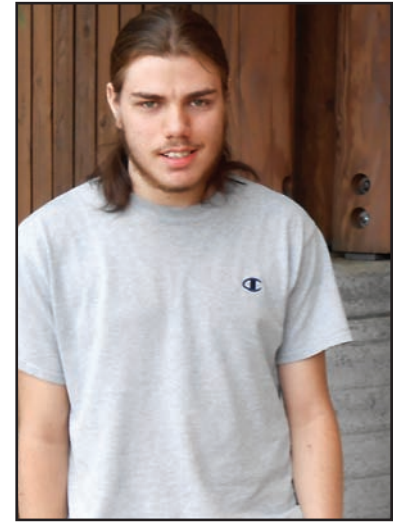


Mathew Nelson
Summer Rec

Hi, my name is Mathew Nelson. My mom is Juana Perry.

This fall I will be in the 9th grade at North Thurston High School.

I will be working as a Summer Rec Assistant and hope the position will tie into my future plans through exercise, food, and technology. I'm excited to learn more about kids and landscaping as well. I look forward to working with you.



Jacob Spezza
Maintenance

Hi, my name is Jacob Spezza. My mother is Roxanne Spezza.

I just completed my GED at South Puget Sound Community College and will be working as a Maintenance Trainee. I would like to go to school and become a biologist and feel this will give me a working knowledge of tide-lands.



NORTHWEST INDIAN COLLEGE
X w l e m i E l h > T a l > N e x w S q u l

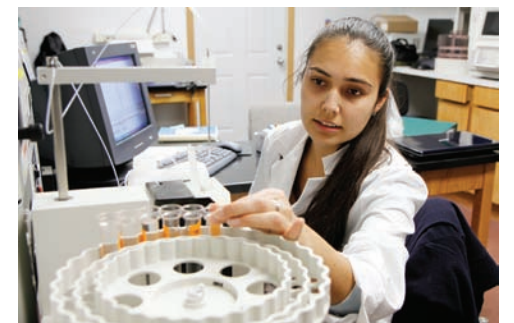
Region's tribes expand bachelor's degree offerings (Continued)

There is high demand at all NWIC sites for the bachelor's degrees, said Bernice Portvint, NWIC's dean of academics and distance learning.

NWIC was approved as a baccalaureate degree granting institution in 2010 and, in addition to current bachelor's degrees, the college is also developing a bachelor's degree in human services, which is expected to be completed by the 2013-2014 academic year. NWIC degrees are approved by the Northwest Commission on Colleges and Universities, which oversees regional accreditation for 162 institutions.

For more information on Northwest Indian College, visit www.NWIC.edu or call (360) 676-2772.

Northwest Indian College is an accredited, tribally chartered institution headquartered on the Lummi Reservation at 2522 Kwina Road in Bellingham Wash., 98226, and can be reached by phone at (866) 676-2772 or by email at info@nwic.edu.



*Aissa Yazzie, student
NWIC BS in Native Environmental Science*



COMMUNITY



RELEVANT BACHELOR'S DEGREES FOR TRIBAL PEOPLE (360) 392-4269
2522 Kwina Rd., Bellingham
www.nwicc.edu

NORTHWEST INDIAN COLLEGE

AFFORDABLE • SEVEN CAMPUSES IN WASHINGTON AND IDAHO • STUDENT HOUSING

APPLY TODAY
www.nwicc.edu

What does a Northwest Indian College education look like?
It looks a lot like you.



Skokomish Indian Tribe

2013

Elder's Picnic

Saturday, August 17th
At The Tuwaduq Community Park

10:00 AM: Chum Run Begins!
12:00 PM: Elk Ceremony & Feast
Raffle drawing following Lunch!

For more information contact:
Perry Carrington or Cooney Johns,
Skokomish Tribe Elder's Program
(360) 426-5755

Upcoming Elders Activities

August 1: Squaxin Island Elders go to Canoe Landing at Quinalt

August 2nd and 3rd: Casino Event – Seattle Region Silver Auto Auctions

August 8th: Squaxin Island Elders meeting after lunch around 1:00
(rescheduled from August 1)

August 15th: Upper Skagit Elders Host Luncheon
Thursday Night Buffet at LCCR
(for Squaxin Elders plus 1)

August 17th: Casino concerts – Los Lobos and Los Lonely Boys
8:00 p.m.

August 24th : Elders are hosting carnival games and activities at Community
Health Fair for the community.
Volunteers needed!
Casino Event - Oakridge Boys concert
8:00 p.m.

September 5th: Squaxin Island Elders Inc. meeting after Elders lunch

September 10th: Puyallup Fair Senior Tuesday

September 18th: Puyallup tribal elders inter-tribal
luncheon

September 19th: Thursday night buffet at LCCR
(for Squaxin Elders plus 1)

October 2nd: Squaxin Island Elders meeting
after dinner at 6:45 p.m.

October 4th and 5th: Oyster Fest in Shelton
VOLUNTEERS Please!!!

October 11th: Squaxin Island Elders Host Luncheon
at LCCR Event Center

Cedar weaving and bead work at Elders building Monday - Thursday 10:30 a.m. - 4:00 p.m. in preparation
for Squaxin Island's inter-tribal elder host luncheon.

Tribal elders willing to participate and/or attend, please call 360-432-3868. Please leave information on a
message if no one answers.

For casino event tickets, please call us and leave your name and phone number. We have a limited amount,
and they are first come, first serve. Cut off is 2 weeks prior to event. A lottery drawing will be started for last
minute cancellation on available tickets.



Thank you Jacob Spezza

Housing would like to say thank you to Jacob Spezza, our Summer Youth worker, for all the hard work. Great Job Jacob!



Renting vs. Owning

Both owning and renting can have their advantages. The better choice for you depends on your circumstances. Here are some of the things to keep in mind when you weigh the benefits of renting against the benefits of owning, both from a financial and a personal perspective.



Financial considerations

Knowing where homeownership fits into your larger financial plan is important. Ask yourself: Would I need to make changes in my budget to buy a home? Would it mean stretching to my financial limits? Would owning allow me to still maintain my other savings goals (such as contribution to my retirement fund) and stay prepared for potential costly home emergencies such as a new roof or heating/cooling system?

Renting has both advantages and disadvantages. For example, renting may provide you with more leftover cash each month, if your rent is less than a mortgage. On the other hand, renters are often subjected to rent increases over time. And when it comes to repairs, renters call the landlord to fix the leaky faucet. If you're the homeowner, you'll call a plumber—and pay the bill.

Owning a home may provide you with income tax benefits (though it's important to check with your tax advisor to see how owning would impact your personal situation). Owning a home also offers you the chance to increase your personal wealth as you pay off the principal on your loan over time and build what is known as equity. Equity is the difference between the market value of the home and the outstanding balance of the mortgage loan(s) on the home. Of course, home values can rise or fall over time, so building equity is not guaranteed. And there are significant upfront costs associated with buying, including down payment and closing costs.

Personal preferences

Owning a home is a financial commitment that requires you to plan ahead, reflecting on where your life is headed and what you want to accomplish along the way. Ask yourself: What additional financial goals would I like to accomplish as I make payments on a home loan? What's more important to me: the opportunity to build equity over time or to perhaps have more cash available now?

Renting usually makes it easier to relocate (to pursue a job opportunity, for example). And if your rent is less than a mortgage payment, renting could allow you to contribute more toward specific savings goals, such as retirement, college, future travel, investments or even putting away money for a down payment for a home in the future.

Owning a home could make sense for you if you want to put your monthly living costs toward something you could eventually pay off and own outright. In addition, it also makes sense if you plan to stay in the area and prefer to feel settled in a home that reflects your personal tastes.

Only you can decide whether owning a home fits your life.

WHEN IS IT TOO HOT FOR YOUR DOG?

Every year dogs die from being left in hot cars. Many people think that leaving a window open will keep their dog safe, but studies show that an open window makes no difference. Temperatures rise quickly and in a matter of five or ten minutes on a hot day, your dog could die.

An outside temperature of 78° reaches 120° degrees in just 30 minutes!

KNOW THE WARNING SIGNS OF HEATSTROKE

- ✓ heavy panting
- ✓ profuse salivation
- ✓ rapid pulse
- ✓ red gums and tongue
- ✓ lethargy
- ✓ lack of coordination
- ✓ vomiting
- ✓ diarrhea

IF YOU SEE A DOG IN A HOT CAR

- Record information about the vehicle (make, model, color, and license plate number)
- Alert the management of the business
- Call the police or animal control
- Stay with the dog until help arrives

LEAVE ME AT HOME
where I'm safe and cool!

© Leg Up Creative Solutions [legupcreative.com]



COMMUNITY DEVELOPMENT



Many Thanks to Jeff Peters

Your many years of hard work and dedication to the Squaxin Island Tribe is very much appreciated. We will miss you, but wish you the very best in your retirement!

- Squaxin Island Tribal Council

(Jeff was blanketed by Tribal Council)



Presented by



YOU ARE INVITED!

OPENING DOORS

September 9 and 10, 2013
Tulalip Resort Casino, Tulalip, WA

Opening Doors in Indian Country and
Government Contracting to Small Businesses.

Building the Foundations of Economic Success Within the Native Community

Join us for our 5th Annual Small Business Conference and Tradeshow! Our goal is to help businesses to form a solid foundation for government contracting and to find ways to nurture strong growth. This event blends education, support, networking with cultural enrichment and amazing food.

Online Updates, Registration, and Agenda
www.OpeningDoorsInIndianCountry.org

Schedule of Events

September 9, 1 pm - 4 pm

Discussion- "Investing in Ourselves"
Building the Foundations of Economic Success within the Native Community

September 9, 6:00 PM

Welcome Dinner - *additional fee*
Kevin J. Allis- Executive Director, NACA

September 10, 8 am - 4pm

Welcome Breakfast and Presentation
Seminars
Exhibitor Booths
Lunch Presentation
Match Making Sessions

Sponsors

Platinum



Bronze



Sponsorship and Advertising information is available
www.OpeningDoorsInIndianCountry.org

Opening Doors, c/o Native PTAC
Mail: 12100 NE 195th St Ste. 300, Bothell, WA, 98011
206-816-6596 | Info@OpeningDoorsInIndianCountry.org

Presented by
Two Rivers CDC, Native American 501c3 organization
Info@TwoRiversCDC.org | www.TwoRiversCDC.org

Help protect the Earth



Join the Green Team

Next Meeting

Friday, September 13

8:00 am to 10:00 am Training for new volunteers

10:00 am to 11:00 am Green Team meeting

Tribal Center Large Conference Room

Green Team members become recycling experts
and help recycle at community events.

Questions?

Sheena Kaas

Solid Waste and Recycling Program

432-3907

skaas@squaxin.us





August 2013 – Field Trip Schedule

Washington Pride Cultural Activity: <i>Natural Ice Cream</i> Spirit Week Cultural Activity: <i>Cedar Weaving</i>	29 Swimming: 5-8 yrs -10:45-12:00 9-12 yrs – 1:45-3:00	30 Swimming: 5-8 yrs -10:45-12:00 9-12 yrs – 1:45-3:00	31 Washington State History Museum Leave @ 9 am Return @ 3pm	1 Marvin Road Mini-Golf Leave @ 9:45 am Return @ 2:45pm	2 Field Day & Karaoke
	5 Hat Day Swimming: 5-8 yrs -10:45-12:00 9-12 yrs – 1:45-3:00	6 Sports Day Swimming: 5-8 yrs -10:45-12:00 9-12 yrs – 1:45-3:00	7 Wacky Hair Day Movies: Happy Feet Two Leave @ 9am Return @ 2:45pm	8 Socks-n-Sandals Skating Leave @ 10am Return @ 3pm	9 First Salmon Ceremony Leave @ 10am Return @ 2pm



Tu Ha' Buts Learning Center Updates

By Gordon James, Jerilynn Vail, Peggy Peters and Jamie Burris

The TLC has a lot going on this summer, both fun and learning. You can always check our latest announcements on our Facebook page at www.facebook.com/TuHaButs.

Summer Rec

We've enrolled well over a hundred youth for our ongoing activities. The program is popular with daily attendance from 60-80 youth. Hours are 8:30 – 3:00, Monday through Friday, and the program ends on August 9th with attendance at the First Salmon Ceremony. The after-school program starts again on September 4th, as school begins again.

Credit retrieval continues into August

If you have any credits you need to retrieve, now is the time to do it. Make up as many credits as you can before starting school again in September; start your school year off on a positive note! Credit retrieval will be Monday, Tuesday, Wednesday, and Thursdays from 10:00 – 12:00 in what is usually the Sylvan room. Not only will Jamie Burris be there to help you with your courses, Julie Martinez will be there as well. For more information or if you have any questions, please feel free to contact Jamie Burris at (360) 292-3301 or email her at jbarris@mcclary.wednet.edu.

GED Preparation Classes

Until September, GED Preparation Classes will be held in conjunction with credit retrieval – Mondays, Tuesdays, Wednesdays, and Thursdays 10:00 – 12:00.

Jamie is here to help you take practice tests, identify what subjects need further study, identify specific skills needed further study and help you work through any and all areas needing further study. Those who have attended classes regularly and studied have had a high success rate of passing the GED tests.

Actual GED tests can be taken at South Puget Sound Community College in Olympia, or Olympic College in Shelton. Check with us for additional details on these options. The classes at the Tu Ha' Buts Learning Center are designed to prepare you for the actual GED tests.

Shelton School District

Bordeaux Elementary and Mt. View Elementary will offer full day Kindergarten starting in September. The TLC has Bordeaux Elementary Kindergarten enrollment packets. Parents will need to have the student's birth certificate or hospital record, in addition to the packet. Students are required to be five by August 31st and have an up-to-date immunization record.

East Valley School District / Tu Ha' Buts Learning Academy

All new and returning students will need to pick up the 2013-2014 New Year Transfer Form. This form needs to be returned to the TLC by August 14th. TLA starts for students on Friday, August 30th. Please call TLC at 360-432-3958 for more information.





LEARNING CENTER



CHOICE

New students must fill out an application and turn it in to the CHOICE office by August 19th. Then, an intake meeting is scheduled. Students will attend and complete the 8:00 – 11:00 a.m. CHOICE Orientation on August 26-28th. Students must successfully complete this summer orientation to start school on September 4th. For more information contact the CHOICE office at 360-426-7664.

Higher Education

It's not too early to get a head start on fall paperwork for college, especially if you are seeking financial aid. Get a hold of us at the TLC and we can help you walk through the paperwork and processes involved.



**Check out our New Location
& Reduced Registration Fee!**

Camp Ne-Schaleche

My Family or My Friends

August 14-16, 2013

Northwest Indian College
2522 Kwina Rd, Bellingham, WA

New Fee: \$125 each person
New Registration Deadline: August 2

Workshops Include:

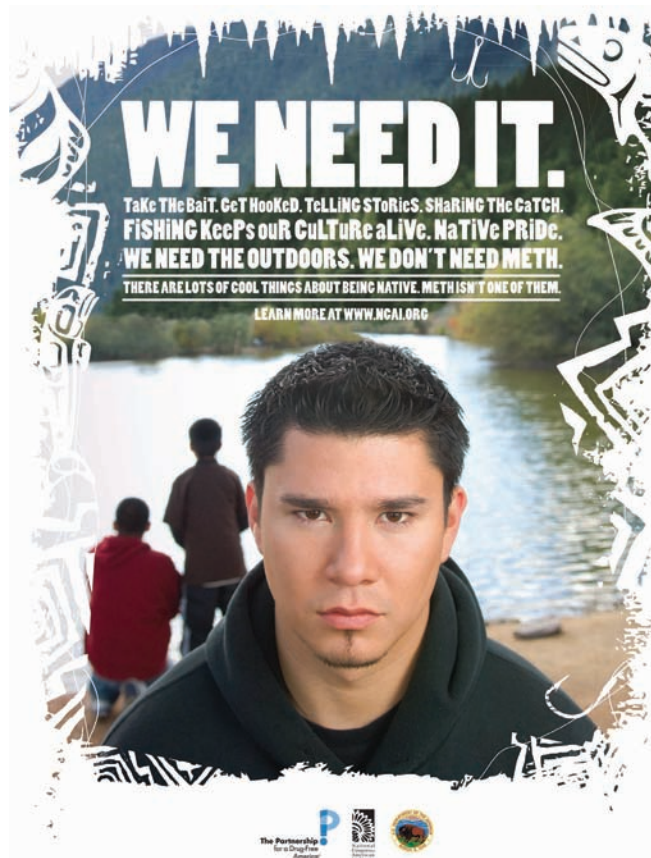
Culture Sharing, Traditional Values- Gene Tagaban, Tlingit
Traditional Plant Medicine- Lora Boome, Upper Skagit
Basketry Weaving- Theresa Parker, Makah
Native Fitness Games- Starla Jefferson, Nooksack
Cultural Language/Scavenger Hunt- Matt Warbus, Lummi
Zumba- Leslie MacMillan, Confederated Tribes of Umatilla
Healing/Wellness- Alma Goddard
Shawl Making- Sunny Guillory, Standing Rock Sioux

A Conference for Native American Families focusing on Culture/Wellness!
Registration fee includes lunch/dinner but does not include room! Please call us to make room arrangements! Limited dorm rooms @ \$50/night on campus!

Ways to Register

- NWIC, 2522 Kwina Road in Building #20
- Reg form @ www.nwic.edu

For more information contact: rsolomon@nwic.edu, 360-392-4239



INTERTRIBAL LEAGUE GOLF CLINIC

HOSTED BY
SQUAXIN ISLAND TRIBE

AUGUST 14TH & 15TH

At Salish Cliffs Golf Club

For grades 7-12
5 Youth Per Tribe
Sign up by July 31st
And/or For More Info
Call Bill Kallappa
360-455-5213 or
360-463-6361

Special Guest: Alex Schulte, Northern Ute, Pro Golfer

Go-Sponsoring are
Puyallup Tribe & Nisqually PAL

Happy Summer!!!





August is National Breastfeeding Month

Check out this word search with benefits of breast feeding

Are You Pregnant? Consider Breastfeeding Your Baby

You will have just the right amount of breast milk.

Think back to your ancestors' days...

Did the women have enough breast milk to feed their babies? ... Of Course! What else was there?

Here is the truth:

Breast feeding makes more breast milk. That means the more your baby breast feeds, the more milk you make. It's that simple. Women have enough breast milk if they continue to exclusively feed their babies breast milk.


Women in your community have shared some thoughts about their breast feeding experiences:

"I chose to breast feed to have a closer bond with my child & to give them a healthier life. Breast fed babies get sick less, because the breast milk builds up their immune system."

"Baby knows best how much it needs to feel full, and won't overeat or under eat. The baby is in charge"

"Breast feeding is easier than bottle feeding. The milk is ready all the time. Nothing to mix up and always the best temperature. It is easier than carrying around & cleaning all that extra stuff. Besides, formula is expensive & sometimes the baby cannot drink certain formulas."

"When you breast feed, you have a relationship with your baby that no one else can have. It is a worthwhile commitment for a short period in your life."



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

**Tuesday,
August 13th is
WIC DAY at
SPIPA**

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

Yes, babies do need to eat often. Newborns need to eat 8 to 12 times a day. Did you know that when babies are born, their stomachs are only the size of a shooter marble? By a week, the stomach is the size of a walnut and can hold 2 ounces. When Mother Nature does the portion control, babies learn to eat the right amount and grow healthy & strong.

While breast feeding may not seem the right choice for every parent, it is the best choice for every baby.

For more information:

<http://www.womenshealth.gov/breastfeeding>

I H S resources:

<http://www.ihs.gov/babyfriendly>

http://www.ihs.gov/HealthTopic_Breastfeeding

An Easy Guide to Breastfeeding for American Indian and Alaska Native Families
<http://www.womenshealth.gov/publications/our-publications/breastfeeding-guide/BreastfeedingGuide-NativeAmerican-English.pdf>.

For Breastfeeding Questions,

I H S breastfeeding tollfree hotline (Suzan) 1-877-868-9473 or suzan.murphy@ihs.gov
Sue will call you back if you leave a message.

In some situations, such as when the mom is dependent on illicit drugs, breastfeeding is harmful to the baby. If you have questions, check with your health care provider.



Breastfeeding's Role in Native Culture

Source: Indian Country Today

The old saying "breast is best" is taking on a new significance for some American Indian mothers, who see that breast-feeding is not only a responsible course for raising healthy babies, but also a culturally significant one.

Scientific studies have shown that breast milk helps bolster a child's immune system, protects against obesity in babies, reduces the risk of seizures, pneumonia, diarrhea, ear infections and asthma. It is also correlated with a lowered risk of ovarian and breast cancer in mothers.

Kris Rhodes, American Indian Cancer Foundation Director and member of Fond du Lac Band of Ojibwe tribe, states there is a yearning among Native women for a stronger tribal and spiritual connection. In her research she has found that mothers who practiced traditional teachings are breast-feeding more than women who are not practicing these ways. "There is a connection," Rhodes said. "Breast-feeding is a way for Native women to connect with their indigenous roots and raise their babies in a way that strengthens mom and baby in many ways, from the start." One study by Rhodes published in Maternal and Child Health Journal found that the women who were most connected with traditional tribal ways were 16 times more likely to breast-feed their babies.

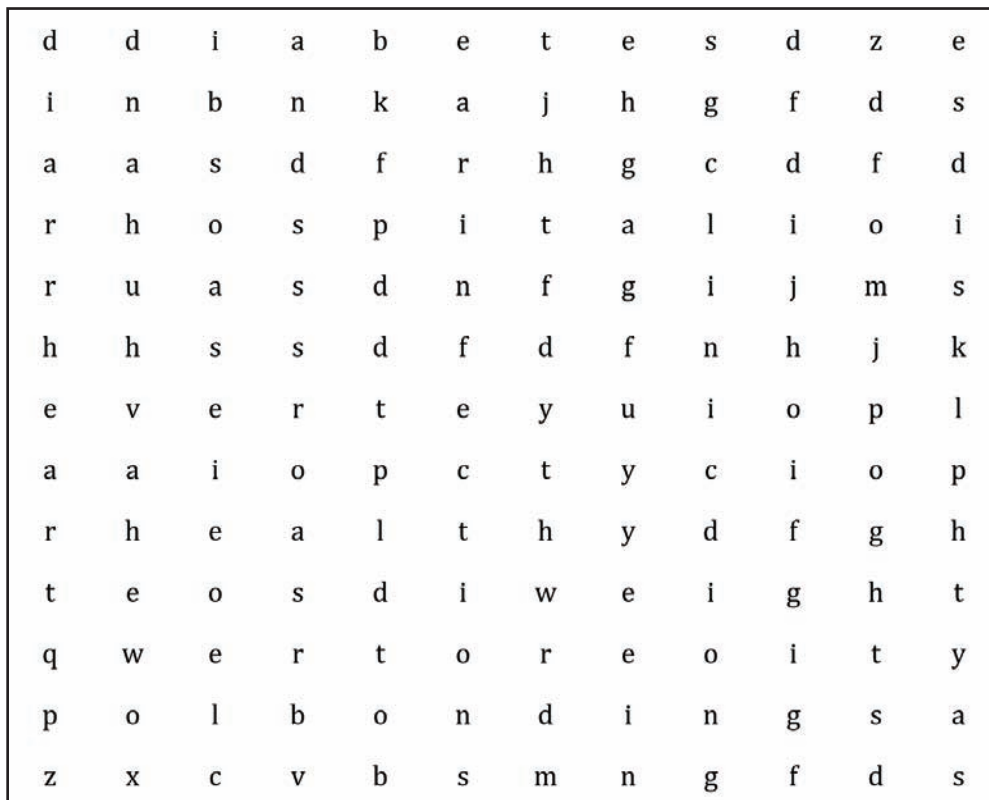
At the same time, some tribes are doing amazing work promoting and supporting breast-feeding. Rhodes's tribe promotes breast-feeding as the healthy and traditional thing to do. In 2010, the USDA awarded the Navajo Nation \$50,000 "for doing an exceptional job in promoting and supporting breast-feeding among mothers". A group of tribal citizens was credited with the success, having started the Navajo Nation Breast-feeding Coalition to educate businesses on ways to support working moms who nurse, like offering dedicated rooms for pumping.

Rhodes said that, on the individual level, "The most important thing we can do is point out the benefits to moms: The baby bond is stronger; the health benefits are immediate and long-lasting for both mom and baby; the cost savings are huge. The time savings in preparing and washing bottles also was something I valued. It is important that mom has someone she can count on for advice, support and cheerleading." She added, "I breast-fed each of my children until they were 1½, and they are wonderfully healthy. In fact, my 15 year-old son has never needed an antibiotic."



August is National Breastfeeding Month

Check out this word search with benefits of breastfeeding



Word Search Clues

Breast feeding means less risk of diabetes for mom and baby.
Breast feeding helps babies grow to a healthy weight.
Breast fed babies have less diarrhea and ear infections.
Breast feeding means easy bonding.
Breast fed babies have much less risk of SIDS.
Breast feeding means fewer trips to the hospital and the clinic.

Hint:

Look for each word separately. It may be backwards or diagonal, too!
healthy, weight, diabetes, ear, infections, bonding, SIDS, hospital, clinic

Bicycling and Hiking Maps available while supplies last

Health Promotions has Thurston County bicycling maps and Mason county hikes & walks maps. Check with Patty if you are interested at 360 432-3929

The Mason County maps are also available at Shelton Chamber of Commerce (across from the post office)

The Thurston County bicycling maps are available from Intercity Transit and many bike shops.



millionhearts.hhs.gov

MESSAGES ABOUT HIGH BLOOD PRESSURE FOR CONSUMERS

Get your blood pressure under control. Your life depends on it.

If you have high blood pressure, you're at risk for heart attack and stroke. You can reduce your risks by knowing and controlling your blood pressure.

- Get your blood pressure checked and then monitor it regularly.
- Eat a healthy diet, be physically active, don't smoke, and maintain a healthy weight. For more about what you can do, take [My Life Check](#).
- Take your medications as prescribed to control your blood pressure and reduce your risk of heart attack and stroke.
- If you have trouble with side effects, talk to your health care professional about other medications you can try.
- Take a moment to talk with a health care professional (a doctor, nurse, pharmacist, or community health worker) about your blood pressure. He or she can dispense advice, not just medicine.

Get involved and share your commitment to help prevent 1 million heart attacks and strokes in the next five years by taking the Million Hearts™ pledge:
<http://millionhearts.hhs.gov>

Connect with us! Share your own success stories on [Facebook](#) and follow us on Twitter [@MillionHeartsUS](#)

More Socks Awarded-Congratulations!



Submitted by Patty Suskin
Diabetes Coordinator

Great work & congratulations to the Rose Davis for taking care of her Diabetes. Rose is one of 11 people who completed all the 2012 tests & exams recommended by the IHS Standards of Care for Type 2 Diabetes. As a reward, they were each provided a pair of comfortable and moisture-wicking merino wool socks. (machine-washable, too) Congratulations!



Turning Pointe

October 4, 2013
11:00am to 1:00pm
Little Creek Casino Grand Ballroom
91 West State Route 108
Shelton, WA 98584

Key Note Speaker - Lt. Les Watson, SPD
Guest Speaker - Rachel Elam

- Silent Auction -
Purses, Wallets, Jewelry, and Accessories

\$20 per person (Includes Lunch)

For Tickets or More Information Contact
Turning Pointe at 360 426-1216 or go
online at www.turningpointe.org

Funds raised will go to support survivors of domestic violence
and their children in Mason County



Want to do something outdoors
with family & friends or solo?

Check out nearly 40 Outdoor Activity ideas now online:

Go to www.squaxinislnd.org
Click on "Government"
Then "Departments"
Then "Health Clinic"
Then "Outdoor Activities"



Elders Menu

Thurs. 1 BBQ Hamburgers

Mon. 5 Baked Chicken

Tues. 6 Soup & Sandwich

Wed. 7 Pot Roast

Thurs. 8 Lasagna

Mon. 12 Tilapia

Tues. 13 Soup & Sandwich

Wed. 14 Rosemary Chicken

Thurs. 15 Red Rice & Beans

Mon. 19 Pork Chops

Tues. 20 Soup & Sandwich

Wed. 21 BBQ Spareribs

Thurs. 22 Beef Stroganoff

Mon. 26 Pizza

Tues. 27 Soup & Sandwich

Wed. 28 Indian Tacos

Thurs. 29 French Dips

Elders meals are served Monday through Thursday in the Elders building for enrolled tribal members age 55 and their spouses. Employees and other guests are welcome to purchase lunch for \$5.00 after all Elders are served. If you are not an Elder or Elder spouse and an Elder comes in line behind you, please let them in front of you.

Clinic 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

Smart Shopping/ Food Label 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.

Next Mammogram Clinic

September date to be determined
Call Melissa Grant at 432-3926

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

NATIVE WELLNESS Institute

AUGUST 19 - 21, 2013

Historical Trauma,
Healing & Wellness

Healthy
Gender Roles

Healthy
Conflict Resolution

Healthy
Communication

Creating Healthy
Relationships

Healthy
Sexuality

Living in Balance

HEALTHY RELATIONSHIPS TRAINING

Location:

Community
Kitchen

Time:

9:00 am - 4:00 pm
Daily

Sponsored by:

Squaxin Island
Family Services
Department

For more information contact Misti Saenz-Garcia 360-463-1896 or msg@squaxin.us

FREE BLOOD PRESSURE SCREENING 2013

The First Thursday of each month



Blood Pressure checked by your
friendly neighborhood firefighters

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



Elders Activities

Kurt Poste - We had the day care kids show up and spend some time on crafts and activities at the beginning of May, due to scheduling. Also at the end of May, the day care kids showed up, got to paint some flower pots and plant some flowers in the pots. Day care children are scheduled to spend time with elders at the elders building every last Wednesday of the month around 12:30 p.m. to 3:00 p.m.

The Squaxin Island Museum Library and Research Center communicated with Green Diamond Forest Company to allow tribal members to go on some allotted property, along Highway 3 about twelve miles from Shelton, to collect bark from cedars. There were a few elders who participated and collected strips of cedar bark, along with a hand full of other Squaxin Island tribal members. The cedar is drying (curing) in the elders building.

Warm Springs tribe hosted an elder's luncheon May 10th. Two vans traveled to Warm Springs, Oregon, stayed for one night at Kah-Nee-Ta resort, and then returned the next day. The Tulalip tribe had an elder's host luncheon May 30th at Tulalip Casino Resort. A Charter bus was rented and drove the majority of the group to the destination. A tribal government vehicle was also driven, for any who had difficulties ascending and descending the steps in the bus. Tulalip provided lunch, gift bags, entertainment, and raffle drawings. Muckleshoot tribe hosted an elder's host luncheon in mid-May at the Emerald Downs race track. Swinomish tribe had their elder's host luncheon June 10th, but we did not attend this event.

Squaxin Island's intertribal elder's host luncheon is scheduled for October 11th 2013, and will be held at Little Creek Casino Resort Event Center. A group of 4-8 elders have been showing up consistently for months, working on hand crafted items (necklaces, medicine pouches, small throw blankets) as gift items to give away during the luncheon. About 700 people from all different tribes attended the event last year. Available tribal elders willing to show up to the elders building any time from 10:00 a.m. - 4:00 p.m., Monday-Friday, to help with crafts or to just hang out and visit, please come on by.

Cedar weaving classes are held weekly (bracelets, head bands, cedar roses, hats).

We started a "Healthy Life Choices" class held on Tuesdays from 1:00 p.m. - 3:30 p.m. for six weeks. This interactive class will help you manage chronic disease. Based on Stanford University research, there have been positive results in some cases. Contact Elizabeth Heredia, or Kurt Poste at 360-432-3868 to sign up. Please leave a message.

The refurbished Veterans Memorial re-dedication was held June 14th. It is located between the Squaxin Island MLRC, and the elders building.

Domestic Violence Victim's Bill of Rights

- You have the right NOT to be abused
- You have right to anger over past beatings
- You have a right to choose to change the situation
- You have the right to freedom from fear of abuse
- You have the right to request and expect assistance from police or social agencies
- You have a right to share your feelings and not be isolated from others
- You have a right to want a better role model of communication for yourself and your children
- You have a right to be treated like an adult
- You have a right to leave the battering environment
- You have a right to privacy
- You have a right to express your own thoughts and feelings
- You have a right to develop your individual talents and abilities
- You have a right to legally prosecute the abusing spouse/partner
- You have a right not to be perfect

What is an 'Advocate?'

- A person who speaks or writes in support or defense of a person or cause
- A person who pleads for or in behalf of another
- A person who pleads the cause of another in a court of law
- An advocate will give moral support
- An advocate will recommend and encourage

What can a 'domestic violence advocate' do to help?

- Help those who have experienced abuse
- Offer the tools survivors can use to build a healthy strong foundation for their future
- Provide local resources
- Support those on their road to healing
- Help those who are experiencing abuse with 'safety planning'
- Offer emergency services, emergency shelter / emergency kits
- Refer to local women's shelter (there are Native Women's Shelters)

- Refer to 'legal advocate' to get protection order in place
- Refer to 'legal advocate' to obtain 'protection order
- Refer to 'legal advocate' to do a 'parenting plan'
- Assist in obtaining 'protection order' in tribal court or county court
- Accompany domestic violence victims to court hearings with tribal or county court

Types of Domestic Violence

- Physical
- Emotional / Verbal
- Economic
- Sexual
- Stalking

If you think you might be experiencing any of these types of domestic violence, **YOU ARE NOT ALONE!**

There is help for you! If you need help / support with any of these issues, there is help for you!

You can contact:

Gloria J Hill, Domestic Violence Advocate
(360)432-3927 or (360)463-7501

ALL CALLS ARE CONFIDENTIAL!!!!

Positive Indian Parenting

Healthy Families

Beginning Thursday August 8th 2013


Community Kitchen

5:00 pm to 7:00 pm

Once a week (every Thursday evening) for 8 weeks

Contact Misti 360-432-3971

Childcare and Meals provided



Squaxin Family Services Department

Healthy Families provides support, encouragement and mentoring for parents of young Native children that inspires and embraces culture, health and well being.



Happy Birthday

Jonathan Arzate	01	Marilyn Mcfadden	11	Bryce Penn	24
Barbara Kennedy	01	Zaiden Jimmie	12	Nicole Cooper	25
Jeremie Walls	01	Arron Edgley	12	Mitchell Carrington	25
Darlene Wood	03	Lola Bonin	13	Eden Van Cleave	26
Leighton Case	04	Brandon Campbell	13	Kaytlyn Henderson	27
Kelly Jones	04	Elena James	14	Meghan Brandt	27
Norman Price	04	Zachary Sanchez	15	Terasa Pinney	28
Tyrone Seymour	04	Naraiah Gray	15	Rhonda Foster	28
Lawton Case	04	Llewellyn Parker	15	Eathon Caasi	28
Christopher Brown	05	Matthew Cooper	16	Angelo Rivera #998351	29
Jill Kenyon	06	Kevin Spezza	16	Lindsey Harrell	29
Robert Koshiway	07	Rachel Naranjo	16	Joseph Furtado	29
David Johns	07	Magdelano Perez	17	Euphamie Whitener	30
Roy Perez	08	Virginia Farron	17	Taylor Porad	30
River Korndorfer	08	Hannah Forcier	18	Debra Sayers	30
Ashley Smith	08	Dionna Purdy King	20	Ruben Vasquez	30
Margaret Pickernell	08	Greg Glover	22	Loreta Krise	30
Lettie Machado-Olivo	08	Jessica Johns	22	Catherine Tuller	30
Lisa Frodert	08	Rene Salgado	22		
Robert Sigo	08	Aidan Sizemore	22		
Chasity Masoner	09	Jeremiah Obi-Rivera	23		
Leroy Melton	09	Ernesto Johns Jr.	23		
Nikieta Fox	09	Julio Castillo	23		
Juliet Galos	09	Victoria Sanders	24		
David Peters, Jr.	09				



First Salmon Ceremony
August 9th @ 11:30

Good luck tribal fishers!

What's Happening						
Culture Night: Every Thursday at 5:00 p.m. at the MLRC AA Meeting: Every Thursday at 7:30 p.m. Basket Class: Every Wednesday at the MLRC				1	2	3
4	5	6	7	8	9	10
			Family Court		First Salmon Ceremony Noon	
11	12	13	14	15	16	17
		Criminal/Civil Court	Youth Intertribal Golf Clinic	Youth Intertribal Golf Clinic		
18	19	20	21	22	23	24
	Healthy Relationship Training	Healthy Relationship Training	Healthy Relationship Training	Council Mtg.	Community Dance Shell Grand Opening at KTP	Community Wellness Fair
25	26	27	28	29	30	31
		Criminal/Civil Court				

SKOOKUM CREEK
TOBACCO
FACTORY OUTLET STORE

AUGUST

"SUPREMIS" SPECIAL

ALL PREMIS CIGARETTES

\$38.75 for 1st Carton
Buy 2nd Carton for 1 PENNY

Located at the factory
Hours: M - F 9 AM - 3 PM
MUST SHOW TRIBAL MEMBERSHIP CARD
(\$5.00 TRIBAL DISCOUNT EVERY CARTON EVERY DAY)



From babies

to boys

to men



**Mom & Dad are so proud of the way you have conducted your lives!
Happy birthday to our sons!**

**Love you very much! -
MOM and DAD**



**Happy 13th Birthday to
Zachary Sanchez
From Uncle Jerry and
Aunt Rachael**

**Happy 14th Birthday Malia Red-Feather
We love you....
~ Jolene & Kiana**



Happy Birthday Robert



**Love,
Margaret
and all the family**



**Happy 17th
Anniversary
Vinny & Margaret**



BINGO

AT THE CREEK

DONATE SCHOOL SUPPLIES &
Receive a free Level 1 with buy-in*

Friday August 9th 🍎 6:30pm
Saturday August 10th 🍎 2:30pm & 6:30pm

2:30 Session Blackout Prize 🍎 \$599
6:30 Session Blackout Prize 🍎 \$1,199
Early Bird Specials 🍎 6:30 Sessions

\$ 79 Special Room Rate for Bingo Participants





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

See the Keno for more details.
Must show buy-in at time of check-in to receive special room rate.
*must be 21 or older for bingo specials

UPCOMING Entertainment AT THE CREEK!

Sit front row this summer!

July 28 th 4pm	38 Special
August 2 nd - 3 rd	Silvers Auto Auction
August 17 th 8pm	Los Lobos Los Lonely Boys
August 24 th 8pm	Oakridge Boys
September 12 th 8pm	Eli Young Band
September 21 st 7pm	Fight Club

LITTLE CREEK
CASINO • RESORT
   

For tickets visit the box office or purchase online at
www.little-creek.com or call 800-667-7711

Must be 21 or older. Call for Skyboxes.

Return Service Requested

PEOPLE OF THE WATER

10 S.E. Squaxin Lane
Shelton, WA 98584

PRSR STD
U.S. POSTAGE
PAID
SHELTON, WA
PERMIT NO. 96