



*Foster Care Appreciation
Dinner Pages 8 & 9*

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PERMIT NO. 96



Return Service Requested

State to sell former park to Squaxin Island Tribe

Adapted from article by Tristan Baurick for the Kitsap Sun - On Thursday, July 23rd, the (WA State) Parks Commission unanimously approved the sale of the former Squaxin Island State Park to the Squaxin Island Tribe for \$45,000. The low price reflects the fact that the property lacks public access, according to Parks officials.

The tribe owns the tidelands, which it leased to WA State Parks after the property was acquired by the state in 1965 for \$66,000.

The park had been popular with boaters during the 1970s and '80s, but public access to the 31-acre property was restricted in 1993 when the state and the Tribe were unable to reach agreement over a long-term tidelands lease. In other words, boaters no longer had permission to cross the tidelands to reach the park.

Boat traffic, noise, vandalism, oyster poaching on neighboring tribal shellfish beds and the unauthorized proliferation of park buoys soured relations with the park system.

"There was a lot of partying and things happening that were offensive to tribal members," tribal council member Jim Peters said.

The park's pier, float dock and mooring buoys were removed by the state when the tidelands lease expired.

Since establishment of Squaxin Island as reservation land in the 1854 Treaty of Medicine Creek, ownership of portions of the island gradually shifted from the Tribe to the state and non-tribal private owners due to failed federal policies.

The tribe has been buying back property on the island for several years, recently acquiring 310 wooded acres from the state Department of Natural Resources.

Park leaders declared the property "surplus" in 2008 and began a long process that led to the decision by the seven-member commission.

"We're returning a property that was yours all along and was possibly taken inappropriately," Commissioner Rodger Schmitt told the five Squaxin leaders who attended the meeting, which was held at Poulsbo City Hall.

Jim Peters commended park leaders on a "landmark decision."

Tribal leaders pledged to preserve the property's natural features.

"The water there is so pristine, so good for shellfish," Tribal Council Member Charlene Krise said. "That's the character of our island that we want to protect for future generations."

Tribal Council Member Vicki Kruger informed the Parks Commission about her family connection to original allottee John Skalapin.

Park sale

A former state parks property in Mason County will be sold to the Squaxin Island Tribe.

JOURNAL MEDIA GROUP





Council Corner

Whitney Jones - I have a couple of things in particular that I want to mention to you this month... As you know I have been committed to increasing information and communication flow for the General Body. I want to make sure that you have access to the Council through planned events like regularly scheduled Talking Circles and Public Hearings and I look for ways to keep you informed through newsletter updates, community meetings, and open conversations. In an effort to reach out and share information with you in another way, I'm working with the Council to coordinate a Council Facebook page to use for posting relevant, timely and accurate information about activities, events or news happening at the Tribe and in the community.

Second, many of you have been wondering about the Tribe's plans, if any, to get into the marijuana business. During the time that the Council was researching and deliberating this issue, I'm sure you can understand that there was a need to keep discussions confidential. However, now that some decisions have been made and things are happening, we need to communicate information to the General Body and community. This newsletter update isn't the right place to begin that process but I encourage you to look for more info in your tribal member weekly mail-out and also join us at the quarterly Talking Circle scheduled for Tuesday August 11th at 4:30 in the Community Kitchen.

And don't forget to attend the second Public Budget Hearing on Wednesday, August 26th at 4:30 in the Tribal Center and the Youth Health and Prevention Fair on Monday, August 10th!

I want to give a quick acknowledgment and a big THANK YOU to the many foster parents/families in our community who give of their hearts and homes to help support kids and struggling parents. We had the chance to celebrate with some new and long-term foster families at the Foster Parent Appreciation Dinner hosted by the Family Services Department on June 22nd. Everyone enjoyed a great dinner at LCCR, a musician/juggler to keep the crowd entertained throughout the evening, and a take-home game or movie for each family. There is always a need for more foster families in our community; please consider joining this group of amazing loving people and learn more about becoming a foster parent by calling Angel at SPIPA at 426-3990.



Talking Circle with Tribal Council

*Tuesday,
August 11, 2015
4:30 p.m.
Community Kitchen*

*If you have any questions, please call the
Tribal Center at 426-9781*

Bagley Family Reunion

Sat—Aug. 8, 2015
1:30pm
Collier House

Questions/Comments
Gloria J Hill
(360)229-6324

Squaxin Island TRIBAL NEWS

10 S.E. Squaxin Lane
Shelton, WA 98584

PHONE: (360) 426-9781
TOLL FREE: 877.386.3649
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www.squaxinisland.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
CHARLENE KRISE: Secretary
VICKI KRUGER: Treasurer
WHITNEY JONES: 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



Elders Meal Changes

Beginning in August, the evening meal will be on Thursdays (NOT Wednesdays).

Lunches will be served Monday - Wednesday with dinner on Thursdays.



The 2015 Snoqualmie Indian Tribe Youth Camp is August 16-20. It is open to 5th – 12th graders, emphasizes health and fitness, and includes:

- Culture
- Language
- Drug and alcohol awareness
- Healthy living
- Traditional foods and medicine
- Environmental conservation
- Safety and first aid training
- Traditional storytelling

AA & ALANON Changes

Alcoholics Anonymous (AA) and ALANON meetings will change to Wednesdays beginning in August 5th.

And best of all, it's free! Find more information, including an application, at: www.snoqualmietribe.us/youthcamp.

Youth Camp Contacts:

Rhonda Neufang | rhonda@snoqualmietribe.us | 425.888.6551 ext 1013

Mary Osier | mary@snoqualmietribe.us | 425.888.6551 ext 1132

CHUM Calendar

Laurel Wolff teen advocate: 432-3842
Check Facebook for updates to Calendar!

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Teen Room Closed Youth Canoe Journey	Teen Room Closed Youth Canoe Journey	Teen Room Closed Youth Canoe Journey	Teen Room Closed Youth Canoe Journey	Teen Room Closed Youth Canoe Journey
10	11	12	13	14
Youth Fair 12 - 4	Lunch with Coral 12:00-12:50 Girl's Circle 4pm-7pm	Fun in the Water 1pm-6pm	Youth Council 12:00-12:50	Teen Night 6pm-10pm
16	18	19	20	21
CHUM Camping Trip 17 CHUM Camping Trip	CHUM Camping Trip	CHUM Camping Trip	Teen Room Closed	Teen Room Closed
24	25	26	27	28
Teen Room Closed	Teen Room Closed	Teen Room Closed	Teen Room Closed	Teen Room Closed
31				
Teen Room Closed				



TOP 10 QUESTIONS / ANSWERS

Submitted by Gus Nilsson - Each month we are answering the most often researched questions on Google in 2014 about dogs and cats. Last month, we addressed the 9th most researched questions: How to introduce dogs, and Why do cats like boxes.

This month, we look at the eighth most frequently asked questions: about dogs, How to stop dogs from digging, and about cats, Why do cats eat grass.

Dogs dig; it's a fact. So, how do dog owners teach their canines not to dig up the garden or the lawn, or any other area. Some experts recommend putting items that repel dogs in the areas where they tend to dig to repel the dog (orange peels, garlic, cabbage). However, this practice may create other problems by attracting rodents and other animals.

Dog owners have reported great success at teaching dogs not to dig by spending time with them when they are outdoors, interrupting the digging activity, and redirecting their attention to something else, like playing with a frisbee or a ball or some other toy. This becomes a reward for not digging and the positive reinforcement that all animals thrive on.

The feline question was Why do cats eat grass.

Actually, both dog and cats enjoy this natural treat. They prefer the sweetest, greenest, and most tender blades of grass to nibble on. Some experts believe they are seeking folic acid, a type of vitamin found in grasses and other foliage, that cats (and dogs) seek to cure an upset stomach by eating the grass which may cause them to vomit afterwards, or that they are adding roughage to their diet. The basic thought is simply that the sweet grass tastes good.

Next month, we answer the seventh most often searched questions. For dogs, the question was, Why are dogs' noses wet, and for cats, it was Why do cats hate water.

If you would like to share your thoughts with us so we can share them with all of our readers, please email your answers to us at:

NoseToToes@hotmail.com, or mail your answers to:

Nose-To-Toes Top 10

P.O. Box 2029

Lynnwood, WA 98036



TLC Services

The TLC offers a variety of education services. In the middle of summer your focus may be on other things, but as we approach the new school year, don't forget we can help with:

- Tutoring at Shelton High School, Oakland Bay Junior High, Olympic Middle School and Bordeaux Elementary,
- After school Homework Support,
- GED instruction and practice testing,
- Sylvan tutoring and assessment services,
- Advocacy on behalf of students and families to the school district,
- Afterschool activities for ages 5-12 and 12-17,
- Adult basic education services and support,
- Higher education services and support,
- Higher education funding support for AA, BA and Masters level study, and
- Job training services

Youth Activity Program

Jerilynn Vail - As you read this, most of the Summer Rec Program is already passed, with the last day of our summer recreation program on August 14. At that point, the youth program will be closed for a couple of weeks. We'll be cleaning up and reorganizing from the summer program, and the gym floor is going to get some needed attention. Workers will address several floor issues - gaps between some floor panels, painting and a new finish coat. We will open again for the after-school program on the first day of school.

A few other thoughts:

- Please make sure to come and check the lost and found for any items your youth might have lost over the course of the summer. We sometimes get quite a collection.
- Thank you to all the staff and volunteers who helped with the summer program this year. We are having a busy summer, but all of your help is making it work.
- If you have not already done so, please check out the TLC Facebook page. We post updates on our upcoming activities, photos of what the youth have been doing, and lots of other useful info.

I hope everyone has a safe rest of your summer. For those of you taking the summer off from our activity programs, I look forward to seeing you next month when school starts again.

CHUM Project/Teen Room

Laurel Wolff - July was awesome. We had so many fun trips and activities and August is going to be just as fun. Several youth are participating in the Youth Journey from Nooksack to Muckleshoot. Canoes begin on July 30th in Nooksack and will land at Muckleshoot on August 5th. Protocol will be hosted by Muckleshoot on August 6th and August 7th.

Some other dates to remember for August:

- On August 10th Kids Day will be hosted in the field outside of TLC. This fun interdepartmental effort will be filled with fun, games and learning, including a variety of prevention information to take home.
- August 14th is the last day of Stepping Stones. To celebrate, we will have Teen Night in the Teen Room from 6-10pm. Invite your friends.
- The CHUM project will be partnering with the YMCA's Bold and Gold program to take teens camping. Our camping trip will take place on August 16th - 19th. We will be at a campground in Cougar, WA. Sign up with Laurel ASAP as space is limited.
- Lastly, the teen room will be closed from August 20th through August 31st to get ready for the next school year.



Mom – Barbara Anne Henry

Young at Heart
Your whole life through
Your Feisty Strength
Is Eternally You

Always so Beautiful
With each passing year
Your spirit so powerful
Our hearts hold you near

Forever your spirit
Inside our Heart
Missing you always
It was your time to part

Many tears of sadness
We can't hold inside
Hearts breaking to pieces
Flowing out with the tide

We love you so much
It's hard to let go
Time moves on
More tears will flow

They say it gets better
I'm afraid they're wrong
We learn to accept it
We'll cry to your songs

You've joined other family
You've missed so much
They opened their arms
To receive your touch

We'll remember your teachings
As life moves on
No more pain for you
A whole new dawn



We Love You Mom, Grandma, Great-Grandma, Sister, Auntie, Cousin, and will Forever Remember Your Strength and things that were important to you.

For My Mom by Joanne F. Decicio



February 23, 1939 - July 16, 2015

Barbara Anne Henry was born to Walter Henry, Sr., and Theresa (Cooper) Henry on February 23, 1939 in Shelton Washington. She was a homemaker for most of her life. She worked at Fir Lane Health & Rehabilitation Center in earlier years and later at Little Creek Casino Resort. Barbara was a master basket weaver and spent many years making beautiful cattail & raffia coil baskets. She loved being out on the water, going to Squaxin Island, spending time with her family and enjoyed taking pictures, traveling, going to casino's (especially Little Creek Casino Resort) and going to concerts. She loved to watch wrestling and cheer for her favorite wrestlers. Barbara also watched NFL football, cheering for the Seahawks and other teams. Some of Barbara's favorite artists include Elvis, The Eagles, & Prince. Barbara's favorite actors/people, included Elizabeth Taylor, Charlton Heston, John Wayne, Emilio Estevez, and Princess Diana.

Barbara was a wonderful Mom and Grandma and devoted to her family & friends. She was, forever, young at heart. Barbara was loved deeply and will be missed greatly, by many.

Barbara is survived by sons, Vincent Henry, Sr. & wife Margaret of Shelton, Jonathan Harrell & wife Donna of Washougal, and Vincent Henry, Jr., & partner Tiffany Goos of Shelton; her grandson she raised as her son, Vince; daughter, Joanne Decicio & husband, Dino of Shelton; grandsons, Dillon Decicio and Joseph Harrell; granddaughters, Chasity Masoner,

Jolene Grover, Lindsey Harrell, Malia Henry, and Ki-ana Henry; and many great-grandchildren; brother, Marvin Henry, Sr., of Shelton; sister, Susan Henry of Shelton; and many nieces and nephews; her best friend, Ramona Mosier; her spirit daughter, Jade Koch, who called her mom (Barbara loved and considered Jade her daughter); Jade's daughter, Naomi and son, Xavier, who Barbara also recognized as her grandchildren.

Barbara was preceded in death by parents, Walter Henry, Sr., and Theresa (Cooper) Nason; brothers, Vernon Henry, Bennett "Spike" Henry, Edward Henry, Walter Henry, Jr., Leo Henry, and Raymond Henry; sisters, Catherine Henry, Verna Henry, and Marlene Henry.

A celebration of life dinner was held at the Squaxin Island Community Kitchen on Tuesday, July 21, 2015 at 4:00 p.m.

Arrangements are made by Forest Funeral of Shelton under the direction of Dave Lucas.



Thank You!

On behalf of the Henry/Cooper clan, Vincent Henry, Sr., Jonathan Harrell, Joanne Decicio, & Vincent Henry Jr., and our families, would like to give A Big Sincere Thank You to:

The Squaxin Island Tribal Council, Little Creek Casino Resort, Island Enterprises Inc., all departments and employees of the Squaxin Island Tribal Government and Squaxin Island Tribal Enterprises, and all the volunteers that assisted with the planning and preparation of the program, facility, food, and clean-up for the Celebration Dinner for Barbara Anne Henry. Also, a Big Sincere Thank You to Jeremiah George & Drum Group/Dancers for their blessing song & more, Brooks Farrell for blessing the dinner, Cameron Henry & Kevin Sutterliot for donating the blue/black salmon, Vernon Sanchez for making extra fried bread, Dillon Decicio for preparing the video/music, to the Culture Resources Dept. & others for the cedar roses, and to everyone that was able to attend or express condolences. We deeply appreciate all the time & effort from everyone, flowers & cards, and emotional support that was given during this difficult time. We also apologize to the many people who did not find out until after the fact.



Dog Bite Details

Submitted by Gus Nilsson - Each year up to one-million people require medical treatment for dog bites, and millions more bites go unreported. Dog bites are the number one public health problem of children.

Any type, size, or age of dog can bite. There are several steps dog owners can take to work with their dog and help avoid biting situations, regardless of the environment:

- * Socialize your pet. The more comfortable he feels around people and other animals, the less stressed he will become.
- * Train your dog to understand and obey the basic commands. "Sit," "Stay," and "No" will help you control his actions.
- * Don't allow your dog to be teased or taunted. Aggression often occurs when animals are harassed.
- * Obey leash laws. In addition to potential fines for unleashed pets, dogs roaming freely are obviously not easily controlled.
- * Keep your dog healthy, fleas under control, and vaccinations up-to-date. Dogs may become agitated when they are ill, and certainly are stressed when fleas take over.

States Honor

Submitted by Gus Nilsson - White-Tailed Deer are graceful animals who live in a variety of regions throughout the U.S.

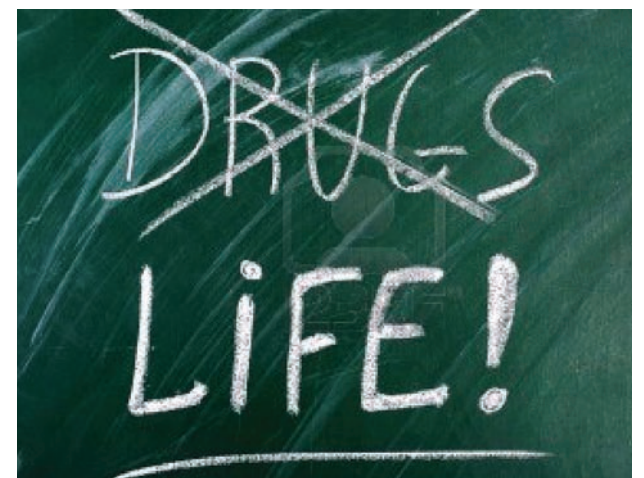
They are easily identified by their large, distinctive ears; long legs; narrow, pointed hooves; and their distinctively colored tail which is brown on top and white underneath. When alarmed, the white-tailed deer raises his tail high as he flees the perceived danger.

Those hooved feet and long legs contribute to the animal's athleticism. These deer are able to jump over nine foot fences. They can swim up to 13 miles an hour. And when frightened, they can run as fast as 40 miles an hour.

Deer are herbivores. They graze on leaves, berries, grasses, nuts, fruits, and corn.

These animals are so recognized in the U.S. that seven states have honored them by naming this species their "official state animal": Illinois, Michigan, Nebraska, Ohio, South Carolina, Wisconsin, and Pennsylvania.

TLC Summer Fun!



Youth Environmental Art

Olivia Trotter

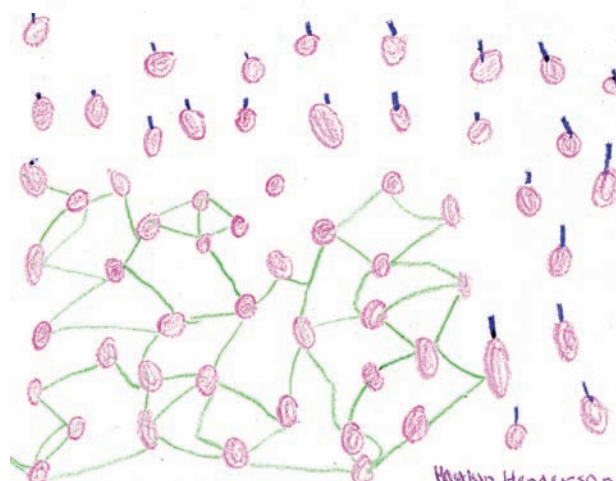


Malik Eastman



Malik

Kaytlyn Henderson





Squaxin Safe Streets had a really busy June and July!

Since the end of school we've hosted four events outside of regular meetings: Sol-La-Tah Block Watch Captain Patricia Green started things off by hosting a block party on her loop to celebrate the end of school. Any Block Watch captain is welcome to host an event and Squaxin Safe Streets can pay for food, games and help set up. Patricia suggested a game called "egg roulette," with messy and hilarious results.



At the end of June, we invited the Safe Streets Campaign back down from Tacoma to work with new Block Watch Captains and train interested members of the community about neighborhood safety and the nuts and bolts of Block Watch. We had a good turnout signed up 3 new captains just before and after the training. Congratulations Daren Brownfield, John Krise Sr. and Paula Henry!



After concerns about dry conditions led to an emergency ban on lighting fireworks on the reservation, Block Watch Captains offered (and followed through!) to put out fires but also wanted to offer alternative activities for the 4th of July. The result was a quickly planned picnic on July 4th that combined water fights, giveaways and good food provided by the Little Creek Casino Resort. Thanks to all who came and go Block Watch Captains for your positive gift to the community. Many suggested we should do this every year.



Last but not least, the Squaxin Island Explorers program kicked off on July 11th in the ball field. The program will offer law enforcement, fire, medical, fish & game and other first responder skills to eligible youth between 14 and 21 years old. To celebrate the program kickoff, our Community Liaison Officer Rene' Klusman organized a fun day of hands on activities to share some of what the program will offer. We are still accepting applications so please stop by the Police Department if you'd like more information.



Drug and Alcohol related calls for service for the month of June 2015, from the Squaxin Island police department: 16 incidents (12 Drug, 4 Alcohol)

- 7 Arrests
- 1 Citations/Infractions
- 1 Referred to Tribal Court
- 7 Referred to Other Agencies





FAMILY SERVICES



The Squaxin Island Family Service's ICW Program hosted their annual Foster Care Appreciation Dinner on June 22, 2015. The dinner was held at the Little Creek Casino and Resort in honor of the many foster parents and relative caregivers that dedicate their time and love to the children in our community, when they need it most. It was a fun evening filled with wonderful entertainment that included a magician and comedic audience participation. The family services staff would like to express how grateful they are for all of their foster parents and relative caregivers. Your hard work and dedication does not go unnoticed and you are appreciated more than you will ever know!



Thank you,

From The Family Services
ICW Staff





FAMILY SERVICES





SUMMER HOURS



Sun - Thurs
6am - 11pm

Sat & Sun
6am - 1am

Sally For Shelton Schools (Sis Brownfield)

Sis is running for the Shelton School Board, please get out and vote for her. We need positive changes in Shelton schools and Sis has the background and heart to do what is best for our kids. The primary election is August 4. Ballots should be mailed out about 2 weeks before that.

She has been in education for over 30 years, taught kindergarten through 12th grades and then taught in the School of Education at WSU. After that she worked at the Superintendent of Public Instructions office before leaving to come back to the Tribe to work in education. Sis has lived her whole life here at Kamilche and has always had time and energy to support our youth and education here at home. Five generations of her family have lived down Kamilche Point. Her great grandmother was raised at Mud Bay, then moved to Kamilche as a young adult.



In her candidate statement Sally says:

- I believe we need to ensure that every child attending Shelton Schools is given the tools they need to reach their potential.
- I believe the voices of the people of Shelton School District need to be heard.
- I believe Shelton School District needs to recognize and support each student's learning style, uniqueness and individuality.
- I believe the system needs to be accountable for the students' success, not just the teachers, not just the students and families . . . but together . . . being partners supporting every child.
- I believe our school board must be fiscally responsible in its duties...

Not a registered Voter? Please do so right away. It is easy; just go to the Mason County web site click on the auditor's office and follow the directions. It can all be done online or stop by the Squaxin Island Tribal Center front desk and fill out a voter registration form.

NEW Rules: Some people don't think they can vote, but things have changed. If you are not under DOC supervision you can register to vote. If you don't have a permanent address you can vote.

Center News

August 2015

(360) 426-1390

Summer Time!

Summer is in full swing and the kids have been busy. They have been enjoying the outdoors and the nature that surrounds us. All the children have been on nature walks. We have planted veggies, fruits, and flowers. The children have made feeders for the animals. They have also enjoyed lots of water play, picnic lunches and outside story time.

Extra Clothes

Please be sure your child has weather appropriate extra clothes in their cubbies. We get messy and sometimes have accidents while at childcare and it is important that we have extra clothes to change into.

We are also looking for extra clothing for the child care center. So if you have bags of clothes taking up space bring them in.

Reminder

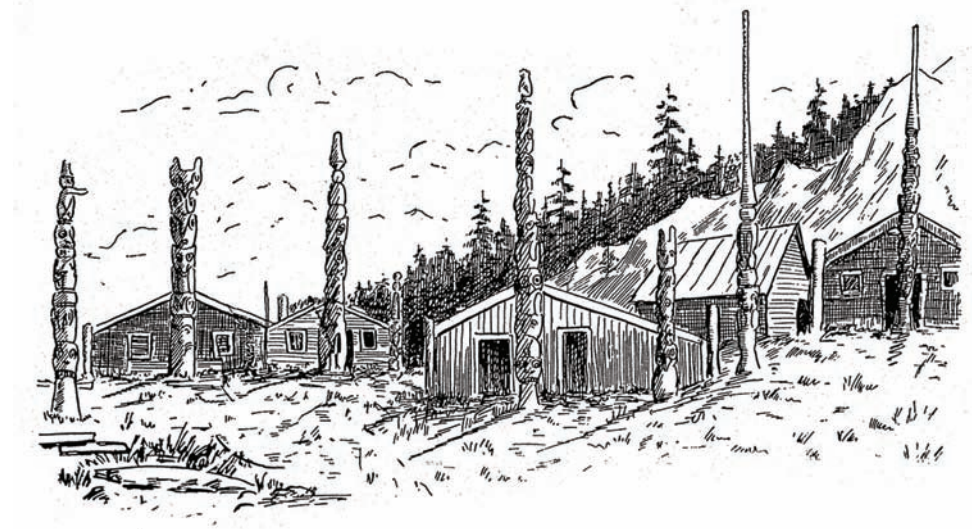
The summer is quickly coming to an end. Please let us know what school your child will be attending and what your childcare needs will be for the school year.

Center Events

- August 21st Community Helpers Day
- August 26th Block Fest/Family night
- September 4th closed for staff In-Service
- September 7th closed for Labor Day

Our Mission

To provide a nurturing, challenging environment that encourages and enhances each child's on-going learning and development through play.





New Employees



Annie-Beth Henry

Hi, I am starting my new job as the Elders' Assistant in Family Services.

I am married to Cameron Henry and we have two little girls who are three and five years old.

I can't wait to be a help to the Elders program and spend time with everyone being a helpful part of the community.



Marissa Morken

Hi, I am the new Janitor at the Health Clinic. My mother is Janette Sigo, and I am proud to be a part of my huge extended Squaxin family. I am working for the summer until I go back to the University of Arizona. I am excited to be working with people I have never worked with before and look forward to seeing you around at the clinic.



Astrid Poste TANF Site Manager

I have recently been hired as the TANF Site Manager for the Squaxin Island Tribe. I am very excited to join such a dedicated team. I have always been committed to serving the community and have seen how TANF empowers people. I look forward to the opportunities this new role will present.



Jaron Heller

Hello, my name is Jaron Heller and, once again, I will be the Summer Rec Administrative Coordinator.

I am the grandson of Ruth and Stub Creekpau and the son of Tom and Kim Heller.

I'm looking forward to another summer of fun and exciting activities.



Zack Wilson

Hi, I have been hired as a Summer Rec Program Assistant in the education department. I have worked with developmentally disabled adults for almost two years through EFI. I am most excited about this program because it is a great and safe place for kids to have fun and learn.



Winter White

Hi, I have been hired as a Summer Rec Program Assistant in the education department. I am excited about working with the youth and look forward to seeing you around!

Summer Rec Staff



Rachel Naranjo

Hi, I have been hired as a Summer Rec Program Assistant in the education department. I am married and we have three children. I am most excited to be working within the Summer Rec program this year, and I look forward to working with you.



Linda Martinez

Hi, I have been hired as a Summer Rec Cook and an on-call Cook.

I am married - my husband and I have three grown children. I have been working for the Squaxin Island Tribe for four and a half years in various positions.

I am excited about meeting the Squaxin Island youth.



HUMAN RESOURCES



Stepping Stones Summer





HUMAN RESOURCES



Stepping Stones Summer



Established 1964

182 SE Brewer Rd, Shelton WA 98584

SKYLINE DRIVE-IN'S
FLEA MARKET & ART FAIR
FIRST SATURDAY IN AUGUST
9AM TO 4PM
NO ADMISSION / FREE PARKING





Lowering Your Risk of Cervical Cancer

Submitted by Traci Lopeman

- Don't smoke
- Avoid second-hand smoke
- Limit your sex partners
- Use latex condoms
- Get treated if you are exposed to genital warts, human Papilloma virus or other sexually transmitted diseases
- Have a pap test at least once a year or as often as recommended by your health care provider

HPV CANCER PREVENTION

1 HPV VACCINE IS CANCER PREVENTION
HPV vaccine protects against HPV types that most commonly cause anal, cervical, oropharyngeal, penile, vaginal, and vulvar cancers.
Every year in the U.S., 27,000 people get cancer caused by HPV. That's 1 person every 20 minutes of every day, all year long.
Most of these cancers can be prevented by HPV vaccine.

2 HPV VACCINE IS RECOMMENDED AT THE SAME TIME AS OTHER TEEN VACCINES
Preteens need three vaccines at 11 or 12. They protect against whooping cough, cancers caused by HPV, and meningitis.
Vaccines for your 11-12 year old:
✓ Tdap
✓ HPV
✓ Meningococcal

3 HPV VACCINE IS BEST AT 11-12 YEARS
Preteens have a higher immune response to HPV vaccine than older teens.
While there is very little risk of exposure to HPV before age 13, the risk of exposure increases thereafter.

Parents and healthcare professionals are the key to protecting adolescents from HPV cancers.
VACCINATE YOUR 11-12 YEAR OLDS.
www.cdc.gov/vaccines/teens

YOU ARE THE KEY TO HPV CANCER PREVENTION

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention
NCIRDy001 | 07.23.2014



The SPIPA Colon Health Program was not funded for the new grant cycle

The program officially ends on June 29th. We will continue to do FIT Colon Health screenings at the Clinic; just ask for a kit when you see your regular provider. Thank you for your participation these last five years.

Reduce Cancer Risk with Carrots

Article/recipe submitted by Traci Lopeman, Women's Wellness Outreach Specialist - Certain foods, such as sweet potatoes, carrots, cantaloupe, cabbage, tomatoes and even apricots, are especially high in beta-carotene, one of the top cancer-fighting nutrients.

Carrot Pineapple Bread

- 3 eggs
- 2 cups granulated sugar
- 1 cup vegetable oil
- 1 cup finely chopped carrots
- (1) 8-ounce can crushed pineapple, un-drained
- 2 teaspoons vanilla extract
- 3 cups all-purpose flour
- 1-1/2 teaspoon cinnamon
- 1 teaspoon baking soda
- 1 teaspoon salt

WIC at SPIPA
(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 11th is WIC DAY at SPIPA

Contact at SPIPA for an appointment:
Debbie Gardipee-Reyes
360 462-3227, gardipee@spipa.org
or Patty Suskin 360 462-3224



SHADY LANE TRAIL near Staircase a great family walk

From the Olympian, submitted by Patty Suskin, Diabetes Coordinator - If you're looking for an old-growth adventure in the Hood Canal area, you should give this hike a try. The Shady Lane Trail in Olympic National Parks is many things – a great family hiking opportunity and the gateway to longer hikes for the more adventurous.

The trail crosses the North Fork of the Skokomish River and then Elk Creek on some sturdy bridges. It then takes you along the river for a bit before turning inland. You will find huge old trees in this area with plenty of moss. There is an old mine along the way, speaking to the history that predated designation of the area as a park.

For a family trip, hike to the park boundary and out to Forest Service Road 2451. After exploring the road washout to the left, return the way you came, looking at the old-growth forest from a different perspective – you'll see bits and pieces of moss and stumps in the shapes of animals that you missed on the way in.

Shady Lane is indeed shady – a dark, lush trail through primeval forest. It would make a wonderfully eerie nighttime hike with flashlights. Back at the trailhead you can go down to the river bank for your picnic lunch while the kids pitch rocks back into the river. If you are up for a longer hike you can use the Shady Lane Trail to get to the Dry Creek Trail and the Cooper Creek Trail.

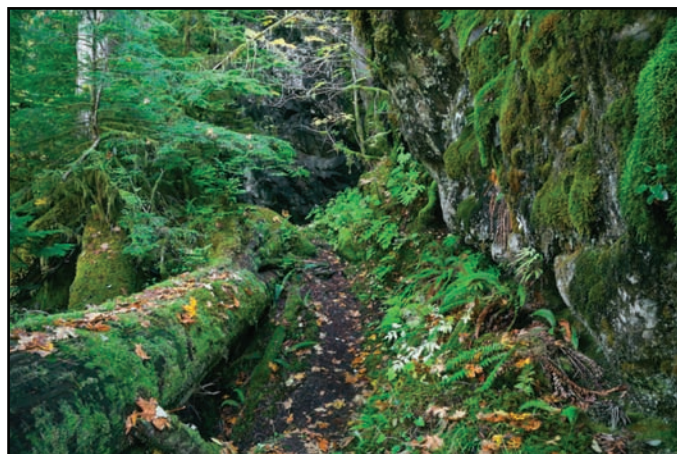
Directions

From Shelton travel north on US 101 for 15 miles to Hoodport. Turn left (west) onto State Route 119, proceeding 9.3 miles to a T intersection with Forest Road 24. Make a sharp left onto FS 24. In 1.7 miles the pavement ends. Continue on a good gravel road (FR 24) and in 3.7 miles come to a junction. Turn right and drive 1.2 miles to the Staircase Ranger Station. Trailhead parking is on your right, across from the campground. Water and privies available. Walk across the bridge over the North Fork Skokomish River and find the trail head on the left.

Difficulty rating:	1 (1 is easiest, 5 is most difficult)
Miles round-trip:	Two
Elevation:	Minimal
Best time of year:	May to September
Pass:	Olympic National Park day or annual pass
Also:	Toilets are located at the trailhead. Always check for current road and trail information before leaving home.

Info:

Olympic National Park
360-565-3131
www.nps.gov/olym;
“Day Hiking Olympic Peninsula,”
<http://www.nps.gov/olym/planyourvisit/loader.cfm?csModule=security/getfile&PageID=97005>



Annual Sports Physical K-12 STUDENTS SCHOOL ATHLETIC PROGRAM PARTICIPANTS

It is very important if you know your child will be participating in school sports program, at any point in the year, the school requires an

ANNUAL SPORTS PHYSICAL.

Schedule your child(s) sports physical prior to school year beginning to assure they attain it in timely manner.



SQUAXIN ISLAND HEALTH CLINIC

90 S.E. Klah-che-min Dr.
Shelton, Wa. 98584

Phone: 360-427-9006
Fax: 360-427-1951



Pulling Together



Clinic Events

Mammogram Clinic

August 25th
Contact Traci Lopeman
360-432-3930

Brief Community Walk

Every Monday at 12:40 p.m.
Elder's Building after lunch

Free Diabetes Screening

at Health Promotions
Tuesday through Friday
Contact Melissa Grant

Smart Shopping/ Food Label Workshops

Contact Patty to schedule

Health Promotions

We have exercise videos
Work out alone, with us
or schedule a time for a group

Lifestyle Balance Program

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

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

FREE BLOOD PRESSURE SCREENING 2015

The First Week of each month
Either Monday, Tuesday or Wednesday



Blood Pressure checked by your friendly
neighborhood firefighters

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

Smart Snacking for Adults and Teens

Source: Academy of Nutrition and Dietetics

Submitted by Patty Suskin



Make snacks work for you by choosing nutrient-rich foods from the grains, fruit, vegetable, dairy, & protein food groups. Snacks can boost your energy between meals and supply essential vitamins and minerals. There is a place for snacks in a healthy eating plan.

Think of snacks as mini-meals that give you nutrient-rich foods.

Snack only when you are hungry. Skip the urge to nibble when you're bored, frustrated or stressed. Feed the urge to do something such as walking the dog or working in the garden.

Keep portion control in mind. Avoid eating directly out of a multiple-serving package, which can lead to overeating.

Plan snacks ahead of time. Keep a variety of nutritious, ready-to-eat supplies on hand, such as whole wheat crackers, vegetables, fruits, lowfat cheeses.

Snacks with 200 calories or less:

- One Tablespoon peanut butter spread on slices of a medium apple
- Tri-color veggie snacks: baby carrots, sugar snap peas, cherry or grape tomatoes
- Or: green, orange, yellow or red pepper strips, baby carrots, grape tomatoes
- Small baked potato topped with salsa & low fat cheese
- Waffle with ½ cup blueberries and 2 tablespoons yogurt
- Mini sandwich: whole grain dinner roll with 1 slice deli turkey, 1 slice low fat cheese & mustard

Snacks with 200 to 300 calories for active adults, teens & athletes:

- Trail mix: 20 almonds, miniature box of raisins, ¼ cup sunflower seeds
- Veggie Pizzas: split whole wheat English muffin. Top with 2 tablespoons low fat cream cheese, ½ cup diced fresh veggies, one ounce mozzarella cheese.
- Cinnamon-raisin mini bagel spread with one tablespoon peanut butter.
- Yogurt parfait: layer 6 ounces yogurt, ½ cup berries and ¼ cup granola



August is National Breastfeeding Awareness Month

Are You Pregnant?

Consider Breastfeeding Your Baby

Breastfeeding has kept native people strong since the beginning of time.

Submitted by WIC staff at SPIPA

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, diabetes and asthma. Breast milk is easily digested reducing the risk of constipation and diarrhea. It is also correlated with a lowered risk of ovarian and breast cancer in mothers.

"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." (source: Indian Country Today)

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

"I chose to breastfeed to have a closer bond with my child & to give them a healthier life. Breastfed babies get sick less, because the breastmilk builds up their immune system."

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

"Breastfeeding 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 breastfeed, 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."

Some women think they will not make enough breastmilk

Answer: You will have just the right amount of breastmilk. Breastfeeding makes more breastmilk. That means the more your baby breastfeeds, the more milk you make. It's that simple. Women have enough breastmilk if they continue to exclusively feed their babies breastmilk.

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 breastfeeding 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>

IHS resources: <http://www.ihs.gov/forpatients/healthtopics/breastfeeding>

An Easy Guide to Breastfeeding for American Indian and Alaska Native Families <http://womenshealth.gov/publications/our-publications/breastfeeding-guide/breastfeedingguide-nativeamerican-english.pdf>

<https://www.youtube.com/user/nativebreastfeeding>

For Breastfeeding Questions

Call National Breastfeeding Hotline 800.994.9662

IHS Breastfeeding Tollfree Hotline (Suzan) 877.868.9473 or suzan.murphy@ihs.gov

Sue will call you back if you leave a message.

Text Suzan at 602.317.1833 for any questions.

In some situations, such as the mom is dependent upon illicit drugs, alcohol, having HIV, or active tuberculosis, breastfeeding is harmful to the baby. If you have questions, check with your health care provider.



Yet Another Reason to QUIT SMOKING - Kids' Health

Exposure to parental cigarette smoke can raise a child's risk for heart disease in adulthood. In 1980, researchers measured smoke exposure in the blood and took heart images of 1,578 kids ages 3 to 18. They repeated those tests in 2001 & 2007. By adulthood, two-thirds of the kids developed artery-clogging plaque, which increases the risk of stroke and other heart problems.

Those with one or both parents who smoked had a 70 percent greater risk for plaque compared with kids of nonsmokers.

Even parents who didn't smoke near their kids, the risk was still 60 percent greater. In other words, stepping outside to smoke is better than doing it in front of your kids, but quitting is best.

Source: *Circulation*, published online March 23, 2015.

The above published in *Diabetes Forecast* July/August 2015.

Fast Fact:

Smoking increases your chance of kidney failure.

How smoking damages the kidneys

Smoking slows the blood flow to the vital organs like the kidneys. Smoking hardens the arteries and narrows the blood vessels, which can restrict blood flow to the kidneys and cause them to be less efficient. Smokers are 3 times more likely to have reduced kidney function.

Smoking also increases blood pressure.

If a person has high blood pressure to begin with, smoking only makes it worse. Smokers with high blood pressure can increase their risk of reaching end stage renal disease (ESRD), the final stage of kidney disease.

Sources: *Yourkidneys.com* & *National Kidney Foundation* www.kidney.org



August Happy Birthdays

1
Barbara Gail Kennedy
Jeremie John Walls
Jonathan G. Arzate

3
Darlene Wood

4
Norman Riley Price
Lawton Jebadiah Case
Leighton James Case
Tyrone S. Seymour
Kelly Josephine Jones

5
Christopher Eugene
Brown

6
Jill D. Kenyon

7
David Charles Johns
Robert David Koshiway

8
Lisa Fawne Frodert
Margaret Hazel Johns
Lettie Machado-Olivo
Robert Edward Sigo
Roy Journey Bear Perez
Ashley Mariah Smith
River Marie Korndorfer

9
Leroy James Melton
Chasity Faye Masoner
Juliet Lindsay Galos
Nikieta S. Ho
David Wayne Peters, Jr.

10
Kalysi Renee Whitener

11
Marilyn Mcfadden

12
Zaiden Elijah Jimmie
Arron James Edgley

13
Lola Noelle Bonin
Brandon Eugene Campbell

14
Elena Lin James

15
Naraiah Lhee Gray
Llewellyn Frank Parker
Zachary W. Sanchez

16
Kevin Henry Spezza
Matthew J. Cooper
Rachel M. Naranjo

17
Virginia A. Farron
Magdelano Roy Perez

18
Hannah Lucille Forcier

19
Naomi Orozco-Reyes

20
Dionna A.P. King

22
Greg Anthony Glover
Aidan Alan Sizemore
Rene De Anne Salgado
Jessica E. Johns

23
Julio F. Castillo
Jeremiah Billy Edward
Obi-Rivera
Ernesto Naranjo Johns Jr.

24
Bryce Mitchell Penn
Victoria L. Sanders

25
Mitchell John Carrington
Nicole Mae Cooper

26
Eden Lee Van Cleave

27
Meghan Elizabeth Brandt
Kaytlyn Joi Henderson

28
Rhonda Madge Foster
Eathon Raymond Caasi
Terasa M. Pinney

29
Angelo Wilson Rivera
Lindsey Nicole Harrell
Joseph D. Furtado

30
Catherine Mary Tuller
Loreta Marie Swan Krise
Euphamie Whitener
Ruben R. Vasquez
Debra Lee Sayers
Taylor Jeffrey Porad

What's Happening

AA & ALANON Every Thursday 7:30 p.m. in the Elders Building						1
2	3	4	5	6	7	8
			Family Court			
9	10	11	12	13	14	15
	<i>Youth Fair</i> 12 - 4	<i>Talking Circle</i> Criminal/Civil Court		<i>Council Mtg.</i>		
16	17	18	19	20	21	22
23/30	24/31	25	26	27	28	29
		Criminal/Civil Court		<i>Council Mtg.</i>		



Prescription Drug Take Back Boxes

Clean Out Your Medicine Cabinet
Dispose of unused or expired prescription medications
Located At:



**Mason County
Sheriff's Office**

322 North 3rd Street in Shelton, WA 98584

and

**North Mason Regional
Fire Authority**

460 Northeast Old Belfair Highway in Belfair, WA 98528

Free Collection!

For More Information
Call Mason County
Public Health & Human Services
360-427-9670 ext. 400





SQUAXIN ISLAND TRIBAL VOCATIONAL REHABILITATION PROGRAM

The Squaxin Island Tribal Voc/Rehab is a culturally approached program that provides services to Native Americans with disabilities who have a functional limitation and need assistance obtaining, maintaining, and regaining employment.

AWARENESS

Disability awareness is a vital component in our society. No one can ignore our people who continue to dwell in and have a part of our lives and our hearts. Where are they? How many do you know? How many are in your family?

Remember.....
I have a disability "I am not a Disability"

SERVICES

There are several services, such as:

- Job training
- Help with special rehabilitation training costs
- Physical restoration services
- Interpreters for the deaf
- Mental Health services
- Job placement
- Job retention

For more information contact:

June Krise @ (360) 432-3821 or Will Marchant @ (360) 432-3949



FREE LEGAL ADVICE CLINIC

For low-income community members of
the five Tribes SPIPA serves

Do you have a non-criminal legal problem?



Northwest Justice Project will be holding free legal advice clinics for low-income SPIPA community members at SPIPA's Squaxin Island office on August 21, 2015. The clinics have been regularly held on the third Friday of the month, but a new day will be announced for the month of September. Be on the look-out for that!

SKOOKUM CREEK
TOBACCO
FACTORY OUTLET STORE



"SIZZLING"
HOT AUGUST SALE!

ALL
COMPLETE'S
\$28.00
PER CARTON

Located at the factory
Hours: M - F 9 AM - 3 PM
MUST SHOW TRIBAL MEMBERSHIP CARD

(\$5.00 TRIBAL DISCOUNT EVERY CARTON EVERY DAY)
NOT INCLUDED IN MONTHLY SPECIALS

Now is a Great Time to Apply for the USDA Food Program

Many people have misconceptions about the food offered by the South Puget Inter-tribal Planning Agency Food Distribution Program. It's definitely not just about the cheese now days, although we do still offer that! There are more frozen meats and in season fruits and produce being offered now than ever before. Below is a partial list of what is available.

Whole Kernel Corn	Mixed Vegetables	Green Beans
Sliced Potatoes	Carrots	1% Milk
Dry Milk	Spaghetti & Tomato Sauce	Fresh Carrots
Onions	Celery	Cauliflower
Cabbage	Broccoli	Romaine Lettuce
Egg Noodles	Blocked & Sliced Cheese	Macaroni & Cheese
Rice	Spaghetti Noodles	AP & Wheat Flour
Cornmeal	Red & Russet Potatoes	Cauliflower
Applesauce	Apricots	Peaches
Pears	Raisins	Grapes
Bell Peppers	Zucchini Squash	Yellow Squash
Fresh Apples	Grapefruits	Oranges
Fruit Juices	Canned Beans	Dry Beans
Whole Chicken	Canned Chicken	Ground Beef
Roast Beef	Chicken Breasts	Pork Chops
Peanut Butter	Bakery Mix	Butter
Vegetable Oil	Refried Beans	Dry Beans
Beef Stew	Cereals	Soups
Crackers	Peanut Butter	Mixed Fruit & Nuts

If you, or a member of your household, are enrolled in a federally recognized tribe, or you live within the reservation boundaries of the Chehalis, Nisqually, Skokomish, Squaxin Island, or Port Gamble S'Klallam Tribes you may be eligible. There have been recent changes enacted by the USDA that make it much easier to qualify. Please call the SPIPA Food Distribution Warehouse at 360-438-4216 Monday through Friday between the hours of 8:00 a.m. till 4:00 p.m. and one of our staff will be happy to assist you in applying for this program.



BINGO

Aug. 14th, 15th & 16th
Friday • 6:30pm
Saturday • 11:45am & 4:30pm
Sunday • 4:30pm

\$599 Blackout at / \$1199 Blackout at
11:45 session / 4:30 & 6:30 sessions

Donate school supplies & receive a free
level 1 (3-on) with initial buy-in

Keep daubing games
at 4:30 & 6:30 sessions

BINGO!

LITTLE CREEK CASINO • RESORT.
www.LITTLECREEK.com

See Keno or call (360) 427-3005 for more details
Ask about special room rates during bingo sessions!

CRUISE at the CREEK
LITTLE CREEK CASINO • RESORT

3RD ANNUAL 2015 HOT & CUSTOM ROD CAR SHOW
HIGHLIGHTING FORD THUNDERBIRDS 60TH ANNIVERSARY!

FRIDAY | JULY 31ST
FREE 21+ CONCERT
CRUISE AT THE CREEK POKER RUN AT 2PM
CASH BBQ & BEER GARDEN

SATURDAY | AUG 1ST
10:00AM - 3:00PM CUSTOM CAR SHOW
REGISTRATION BEGINS AT 7AM
CHERRY POPPIN' DADDIES | 8PM

YESTERYEAR CAR CLUB
Shelton, WA

VOTED the BEST CASINO 2014

FOR REGISTRATION INFO AND MORE DETAILS VISIT WWW.LITTLECREEK.COM

LITTLE CREEK CASINO • RESORT.
www.LITTLECREEK.com

Express TRADING POST
Ethanol Free gasoline available at KTP Express!

SIMPLY THE BEST!