



Summer Youth Employment
Pages 8 - 15

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SHELTON, WA
PERMIT NO. 96



Community Garden

This last month we held a workshop for the community to build raised garden beds for the Elder's garden area. A big thanks to Laurel Wolf for bringing the Youth down who helped with building of the beds as well as pruning and mulching the fruit trees. As well as Desmond Smith for lending his carpentry skills! We also had a nice visited from the Nisqually Garden Crew who came to help build the pathways. The Garden had a lot of little visitors from the Summer Rec program, during their visit they had the opportunity to harvest lettuce, zucchini, summer squash, cucumbers, and delicious fruit from the orchard.

Feel free to visit the garden anytime. We look forward to seeing you in the near future!

- The Garden Team

More photos on Pages 20-21



First Salmon Ceremony
August 3rd
Noon at Arcadia



Monday
July 25, 2016

Salish Cliffs
GOLF CLUB

91 W State Rt 108
Shelton, WA 98584
(360) 462-3673

Island Enterprises Inc. presents
Youth Charity
GOLF TOURNAMENT

To benefit the Squaxin Island
Tribal Youth Council
and Educational
Scholarships.

Registration Opens May 18, 2016
Shotgun Begins at 10:00 am
Reception and Awards at 5:00 pm

Deadline for sign ups July 19, 2016
Phone: (360) 426-3442
Fax: (360) 427-0628
Contact: Kparker@ieinc.org
www.islandenterprisesinc.org

TEAM PACKAGE - \$850
Package includes green fees,
carts, and range balls and BBQ Buffet

SPONSOR PACKAGE - \$1,000
Team package plus hole sponsorship





Return Service Requested
10 SE Squaxin Lane, Shelton, WA 98584



TSquaxin 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.squaxiniland.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

Updates from Council

By Whitney Jones - By the time you read this the summer programs for the kids will be half over and it will almost be time to start back to school shopping! But there is still plenty to do in August.

The First Salmon Ceremony is scheduled for Wednesday August 3rd at the Collier House. As always for this meaningful and well-attended event please consider bringing your own chairs and carpool whenever possible because parking is limited.

Tribal Assistance Distributions, (formerly per capita) will be handed out on August 4th. If you want to avoid the drive or the lines in the future, you can sign up for automatic deposit or to have your check mailed to you the day before. Contact the Finance Department to learn more about these easier options.

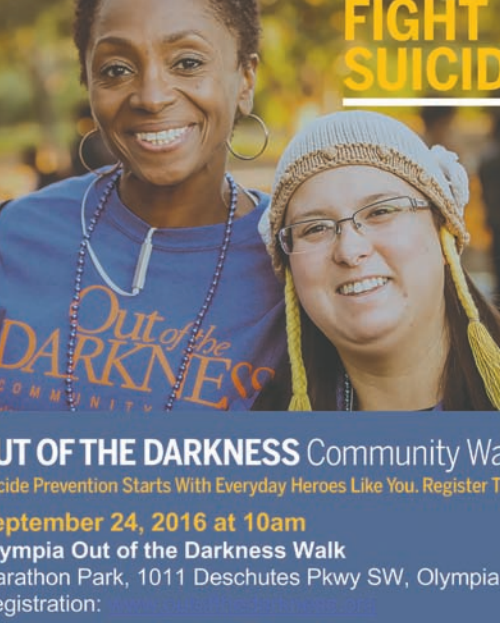
The next Talking Circle will be held on Tuesday August 9th. As always, the Talking Circles are available for you to ask any questions or bring up any subjects, but in addition to the open format, we would like to start incorporating some specific topic areas so that people can choose to attend and learn more about certain issues that are important to the Tribe and may be of particular interest to them as well. For August 9th, the Tribal Council and the Enrollment Committee and staff will be there to share information about some things the Committee has been working on. If you missed the Power-Point presentation at the General Body meeting or if you have follow-up questions or thoughts, please join us.

And don't forget the second Public Budget Hearing will be on Thursday August 25th at 4:30pm in Tribal Center. We appreciate everyone who attends these meetings and contributes their thoughts on growth and direction for our Tribe. Bring family, neighbors and friends so we can continue to hear feedback from you and gather community input for the budget process.

As the heat and dryness of summer really begins to hit us, here is another pitch for water conservation... As a tribe we are looking for numerous ways to conserve water and we are asking for you to join in our efforts. Please be water-wise this summer by sticking to some of the recommendations made by the Tribe that will help us all in the long run. We are implementing significant water conservation methods in all areas of the Tribe including the businesses, so if you see browner grass and fewer plants please know that we consider water conservation more important than landscaping. As People of the Water, we know how important it is to protect this valuable resource and we appreciate your help too.




Save the Date



**WALK TO
FIGHT
SUICIDE**

OUT OF THE DARKNESS Community Walks
Suicide Prevention Starts With Everyday Heroes Like You. Register Today.

September 24, 2016 at 10am
Olympia Out of the Darkness Walk
Marathon Park, 1011 Deschutes Pkwy SW, Olympia
Registration: www.outofthedarkness.org
Questions: eileen.bochsler@gmail.com

 AMERICAN FOUNDATION FOR
Suicide Prevention | afsp.org/walk

WALK. VOLUNTEER. DONATE.


FACTORY OUTLET STORE

**SQUAXIN ISLAND
TRIBAL MEMBERS**

The FACTORY OUTLET STORE now offers:

\$ 10.00

DISCOUNTS

EVERY CARTON

EVERY DAY!

We will continue to run our "SPECIALS" several times thru out the year
Watch for them in the Kia-Che-Min and DAILY SCOOP

Hours: M - F 9 AM – 3 PM

MUST SHOW TRIBAL MEMBERSHIP CARD



Walking On



Ed Cooper

Ed Cooper, an Elder of the Squaxin Island Tribe, passed away June 29 at St. Peter Hospital in Olympia, WA of natural causes. He was 63.

Ed was born December 27, 1952 to Francis 'Buddy' and Mabel (Beckwith) Cooper in Shelton. He was a lifelong resident of Shelton.

Mr. Cooper had been a fisherman and shellfish harvester as well as a mill worker for Simpson Timber Company in his earlier years. He enjoyed doing beadwork, making dream catchers and his daily visits with family and friends.

Ed had been married twice. His first marriage was to Diane, and his second marriage was to Paula.

He is survived by his sons, Robert and Ronald, step-children, Juana Barckley, Dodie Nelson, and Corri Coleman (all of Kamilche); brothers, Arnold, Russel, Mike Cooper (all of Kamilche), Duane Cooper (of Port Angeles), Ronald Rogers (of Shelton) and Jimmy Rogers (of California); sisters, Theresa Davis (of Austin, Texas), Ruth Rogers, Rose Davis, Virginia Beruman (all of Shelton), Lucy Cush and Frances Star (both of Oakville); and many nieces and nephews.

Ed was preceded in death by his parents, Francis and Mabel Cooper; daughter, Crystal; step-daughter Jamie Hartwell; and sisters, Shirley Lopeman and Dee Lovelett.

A viewing and services officiated by Rose and Mike Davis were held July 6 at the Squaxin Island Tribal gymnasium followed by a dinner and burial in the Benn Cemetery on the Chehalis Tribal Reservation.

SQUAXIN ISLAND TRIBE PUBLIC BUDGET HEARING

*August 25, 2016
4:30 P.M.
Council Chambers*



The Budget Commission listened to your ideas on June 2, 2016 and has attempted to include your priorities in our FY 2017 budgets. We would like you to come join us in reviewing these draft budgets.

Refreshments will be available

Island Enterprise, Inc. and Little Creek Casino Resort will present an overview of their annual operating plans.

If you are unable to attend, you may obtain a copy of the Draft Budget from the Finance Department at the Tribal Center.

If you need additional information, please contact a member of the Budget Commission. Those members are as follows:

Vicky Kruger, Council Treasurer
Kris Peters, Tribal Administrator
Deborah Stoehr, CFO
Kathy Block, Operations Manager
Pam Hillstrom, Tribal Member
Carolyn Hoosier, Tribal Member
Rhonda Foster, Tribal Member, Alternate
Julie Owens, Tribal Member Alternate

Tribal Point of Contact:
Deborah Stoehr, CFO
Finance Department
(360) 432-3903
Posted from 8/19/16 to 8/25/16

Approved: 
Tribal Administrator



FAMILY SERVICES



Summer Camp

The Squaxin TANF team had the honor of hosting the 2016 Summer Camp. This camp was focused on teaching youth leadership skills through media and music. Youth were provided an opportunity to participate in developing public service announcements promoting sobriety, cultural tradition and resistance to peer pressure.

Throughout the week, youth developed a music video in collaboration with Star Neyea. This project showcased the lyrics and melody developed by the kids. They were able to complete a music video and present this to their families on the last day of the camp.

It was powerful to see how the universal language of music worked across a wide range of age groups. Challenging them to work together and voice what is important to them and their surrounding world through this music video. We couldn't have accomplished this without the support of all who participated. Thank you to all of the youth who challenged themselves and those around them to be courageous.



A Squaxin Island TANF Sponsored Event

High School 21+ Program

When: Weekly Tuesday & Thursday 8:30 am to 11:30 am

Who Should Attend: Community Adults ages 21 years and older that want to earn credit for knowledge gained from work and life experiences while tailoring an educational plan to fill gaps.

Adults that want their high school diploma and are interested in a competency-based high school diploma with education geared toward transitioning into college & career programs.

Experiences might include GED tests before 2014, internships, certifications/special licenses, being a parent, fishing, participation in drug/alcohol treatment, sports, cultural events, the list is endless.

What is needed: High School transcripts.

Where: Family Services Computer Lab

Contact: Shannon Bruff, (360) 432-3961, sbruff@squaxin.us or Shanon Millman (360) 561-6609, smillman@spscc.edu.



More photos by Shannon Bruff on Page 9



Hi! My name is Shiann Blueback. I'm married to Thomas and have one child named Aries. I have the distinction of being the first student to graduate from the High School 21+ Program.

At first, I was afraid and didn't think that I would be able to complete the program. I had to fight against my feelings of failure and took it upon myself to push harder and longer to complete my educational experience.

Now that I have graduated, I would like to encourage others to think positive and pursue their educational goals.



Canine Parvovirus (Parvo)



Canine Parvovirus (parvo) is a highly contagious viral disease that is one of the most common causes of diarrhea in dogs under 6 months of age. It first appeared in the late 1970s, and is one of the most frequent serious dog disease problems encountered in animal shelters. It is reported in coyotes, foxes and wolves and probably affects most, if not all, members of the canine family. Puppies are the

most susceptible, and their clinical signs are worsened by concurrent infections with roundworms, other internal intestinal parasites, protozoa (such as Coccidia), viruses or bacteria. Adult dogs can also be affected.

In general, if aggressive therapy is initiated early in the course of the disease, the prognosis for puppies to recover can be excellent, although fatalities do occur. However, the mortality rate for puppies in shelters can be much higher because many shelters cannot diagnose, isolate or treat the cases. As for adult dogs, many become infected but never actually show clinical signs of disease. Rottweilers, Dobermans, pit bulls, German shepherds and Labrador retrievers seem to be at higher risk for the disease.

What Causes Parvovirus

Canine parvovirus is very stable in the environment and very resistant to most disinfectants. It can persist in organic material in the environment for over one year. Another member of this virus family is responsible for causing panleukopenia, more commonly known as distemper, in cats. (This feline parvovirus was present before the strain that affects dogs appeared. In fact, the first vaccination efforts to control canine parvo were made using feline panleukopenia vaccines.)

Different strains of parvovirus have evolved over the years since it was first discovered in dogs in 1978. The current strains infecting dogs in the United States are CPV-2b and CPV-2c, which also can cause illness and have been isolated from cats. In the shelter it is essential to separate dogs from cats, as cats can not only develop illness but also act as a reservoir causing further disease in dogs.

How Parvovirus Is Transmitted

Parvo disease is spread from dog to dog mainly through exposure to contaminated feces. It is also spread through contact with fomites (contaminated objects). Common fomites include hands, instruments, clothing, food and water dishes, toys and bedding. Insects and rodents can also provide a means for disease spread. The virus can remain on a dog's hair coat and serve as a means of transmission long after recovery from clinical disease. The incubation period, or period between exposure to the virus and the appearance of symptoms, is usually 4-6 days. Because the disease may be difficult for the shelter to detect during the incubation period, apparently healthy animals with parvo may be adopted out only to become ill a few days later in their new home, causing heartache for the shelter staff and the new owners.

It is very important to know the shedding pattern of parvovirus in order to design an effective management, diagnostic and prevention strategy. Parvovirus can be shed in the feces 3-4 days after infection with the virus, which is generally before clinical signs of illness appear. The virus will also be shed in the feces for approximately 10-14 days post-recovery from clinical signs of infection.

Clinical Signs of Parvovirus

Parvovirus affects the digestive system and the heart. The signs can vary widely:

- There can be sub-clinical infection with no signs or mild signs of lethargy and appetite loss lasting for only one or two days
- The most common clinical symptoms shelters see are varying degrees of vomiting, foul-smelling diarrhea that can be very bloody, loss of appetite, fever, weakness, depression and dehydration
- Affected puppies are also very leukopenic, meaning they have too few white blood cells
- The heart symptoms are rarely seen today and usually occur in puppies infected in utero or during the neonatal period, but they can cause sudden death without other signs, sudden death weeks to months after apparent recovery from other parvo signs, or sudden onset of symptoms of congestive heart failure in puppies under 6 months of age

- Lila Miller, DVM, is Vice President of ASPCA Veterinary Outreach
From Gus the Doggie guy..



Squaxin Island Culture Night Drum Group

*Squaxin families are invited!
Please join us for
drum, song, and dance rehearsal*

**Tuesdays
Each Week
5pm
at the Squaxin Museum**

Feel free to stop in and get familiar with
Squaxin Island songs and dances
Join in to learn the dances and songs
or simply enjoy the atmosphere
with just your presence

**This is a drug, alcohol, cigarette and
e-cigarette free event**

Any questions please contact
Jeremiah George 360.432.3968



Teen Advocate News

Laurel Wolff - August is full of overnight activities. This year Laurel will be dropping off teens at the Snoqualmie Indian Tribe's Youth Camp. The camp takes place August 14-18, 2016 and is open (and FREE!) to Native American 5th-12th graders only. The camp emphasizes health and fitness and also includes: cultural activities, traditional foods and medicine, environmental conservation, drug and alcohol awareness, safety and first aid training, healthy living, traditional storytelling, and community involvement.

The CHUM Project will be going on our third annual camping trip August 23-25. Teens wanting to go camping should contact Laurel for paperwork. An "Expectations" sheet will need to be filled out before going camping.

We are also planning for a Youth Conference at Great Wolf Lodge. It is our goal to have this conference on August 28th -29th. More information on the conference will be coming out over the next couple of weeks. The conference is collaboration between the CHUM Project, Behavioral Health, Family Services, and Safe Streets. The conference will be two days of workshops on mental, spiritual and physical health. Topics were chosen by Youth Council members. All workshops will be taught by Squaxin Island tribal staff or community members. To sign up please contact Laurel.

Higher Education News

Mandy Valley - New and returning Higher Education students - fall quarter/semester is starting up soon! If you haven't returned your paperwork yet, please do so ASAP or you could lose the opportunity to receive funds for fall. Turning in your required documents early makes the process easier and smoother for everyone involved. If you have any questions, need a Higher Education packet, or need assistance filling it out please give me a call at (360)432-3882, or send me an email at:

mvalley@squaxin.us.

I will be more than happy to assist you.



August

C.H.U.M Program

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

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
8 Traditional Skills w/ Jolene, Times :TBD	9	10	11 Rock Climbing 4-6pm	12
15	16	17	18	19
August 14 th - 18 th Snoqualmie Indian Tribe Youth Camp				
22	23	24	25	26
	CHUM Camping Trip			
28 th - 29 th Youth Conference Great Wolf Lodge	30	31		



Summer Rec News

Jerilynn Vail - Parents - if you would like to change your registration form permissions for your child, so they can do something different from what you'd already approved on the back of the registration form, please let Jerilynn or Jaron know. We want to ensure the safety of all the youth. To help the youth, on field trip day, it would be helpful for all youth to bring a bag (backpack?) to keep their things from getting mixed up with other youth.

A couple other reminders:

- Please send your youth wearing their field trip t-shirt on field trip days,
- The last day of our summer program is August 12th, and
- If you think your child may have left anything at the TLC, we do have a "lost and found" collection we have available for you to look through.

GED Preparation Classes and Summer Credit Retrieval

Jamie Burris - Summer time is a great time to start studying for your GED. Summer prep hours in July and August are Monday, Tuesday and Wednesday from 9:00 a.m. to noon. During these same hours, Jamie and Julie are available at the TLC to assist Shelton High School students with credit retrieval. For more information, please contact Jamie Burris at:

jburris@mcclary.wednet.edu.



Hi, my name is Garrett William Lee Todd. I am the son of Cheryl Todd. I graduated on June 16, 2016 from Northern Burlington Regional High School in Central New Jersey. I was on honor roll for my senior year. I plan to attend both Rowan College in the fall and then on to Stockton University in southern New Jersey to pursue a degree in Forensic Psychology. After college, I plan to pursue a career with the FBI. I would like to thank my mother, Cheryl, for pushing me and always being there for me, and for making me into the person I am today. Without you, I don't know where I would be. To my sisters, Lauren and Shelby, you have always been there for me through thick or thin, I am so lucky to have you in my life. I LOVE YOU ALL!! LET'S GO FBI!!!

Summer Rec. 2016 Calendar & Hours: 8:00-3:30pm

Updated 7.13.2016	Monday	Tuesday	Wednesday	Thursday	Friday
August 1 st – 5 th Old Fashion Fun	Center Based: Bully Prevention & Cooking: Granola Bar Center Visitor: Painted Plate	Field Trip to: Tacoma Rainiers Leave @ 9am Return @ 3pm	Field Trip to: First Salmon Ceremony Leave @ 10am Return @ 2:30pm	Field Trip to: Skateland Leave @ 10am Return @ 3:30pm	Center Based: Swimming & Cultural Activity: Weaving
August 8 th – 12 th The Grand Finale	Center Based: Bully Prevention & Cooking: Mini Pies Center Visitor: Hands-On Museum	Center Based: Center Visitor: Mobile Burke Museum & Camp Activity: Tie-Dye	Field Trip to: Movies: The Book of Life Leave @ 9am Return @ 12:15 & Swimming for ages 9-12 from 1:30-3pm	Field Trip to: Tumwater Bowling Frogs & Salmon: Leave @ 9am Return @ 12pm Bears & Orcas Leave @ 12pm Return @ 3:30pm	Center Based: Swimming for ages 5-8 from 10:30-12pm & Field Day 12:30-3pm

* Field trips & times could change. Families will be notified. Please look for our weekly newsletters.

Thank you to Safe Streets and DBHR for providing financial support for summer activities.



SUMMER YOUTH EMPLOYMENT



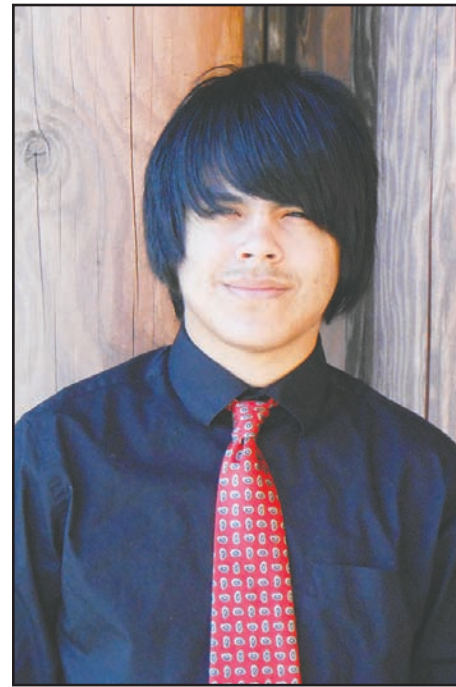
Michael Case

Hi! I will be working as a hotel person.
I am from the Peterson family and my parents are Lawten Case and Samantha Engle.
I go to Shelton High School and am in the 10th grade.
This job will help me learn to stay organized and clean.
I'm excited to be working with other employees. I hope to see you in the work place.



Nathan Raham

Hi! I will be working as a House Person for Little Creek Casino Resort hotel.
My parents are Jermaine and Janita Raham.
I just completed 10th grade and I go to Timberline High School.
This job will teach me how to work well with others.
I'm excited about watching how the casino is run and learning all the duties a House Person would do.



Austin Solano

Hi! I will be working in Hotel Guest Services/Reservations at Little Creek Casino Resort.
I come from the Solano family.
I just completed the 11th grade at Shelton High school.
I'm excited to learn about the hotel system.
I look forward to working at this job!



Cris Hall

Hi! I will be working as a Greenskeeper for Salish Cliffs Golf Club.
My mom is Angel Hall.
I completed 10th grade at Shelton High School.
I'm excited to learn more about nature.
I'll see you there!

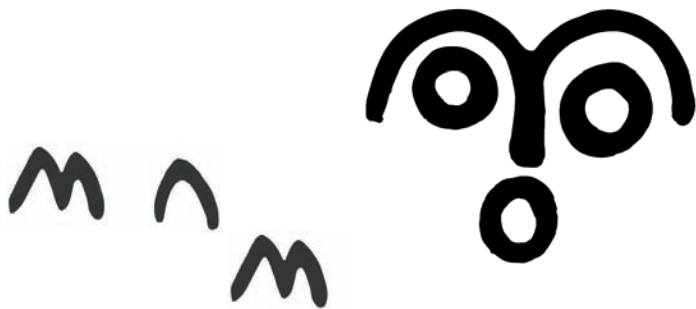
Not pictured:

Eric Castro
Sean Spezza



Jonathan Ogno

Hi! I will be working at Little Creek Casino Resort.
My parents are Jennifer and Jeff Ogno and my grandparents are Jeff and Paula Peters.
I am in the 9th grade at Oakland Bay Junior High.





SUMMER YOUTH EMPLOYMENT



Tae'lor Johnson

Hi! I will be working as a Food & Beverage Hostess at Little Creek Casino Resort.

My mother is Janita Raham and I am from the Sigo/Bagley family.

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

This job will help me gain more people skills.

I'm excited to learn more about teamwork and people skills.



Trent Delgado

Hi! I will be working in Hotel Facilities for Little Creek Casino Resort.

I am from Makah.

I just graduated from South Sound High School.

This job will help me gain experience in something new.

Thank you for the opportunity.



Nick Meyer

Hi! I will be working as an Engineer Trainee for the Department of Community Development.

I am from the Krise and Sigo families.

I just completed 11th grade at Shelton High School.

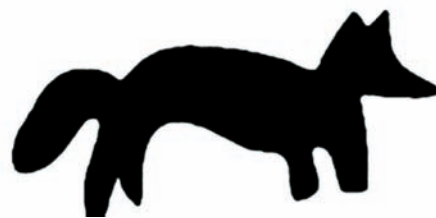


Kaila Delgado

Hi! I will be working in laundry at Little Creek Casino Resort hotel.

I just finished the 10th grade at Timberline High School.

I always love learning everything that I can.



More Fun at Summer Camp





SUMMER YOUTH EMPLOYMENT



Conor Ramage

Hi! I will be working as an Engineer Trainee for the Department of Community development.

I am from the Case family.

I just completed the 11th grade at Shelton High School.

I will develop people skills to help me in the future.

I want to see what's under the veil of the Tribe, the things happening behind the scenes.

I could't wait to start!



Tandy Parker

Hi! I will be working at the museum.

My parents are Tracy and Justin Parker.

I just finished 10th grade at Black Hills High school.

I am looking forward to working for the Tribe.



Naomi Reyes

Hi! I will be working as a Teacher's Assistant Trainee at the Childcare Center.

My mother is Debbie Gardipee-Reyes.

I attended Capital High School and just recently completed 10th grade.

In my future I want to be a sports psychologist. This can tie into my career because it allows me to work with multiple personalities.

Yes, I think it is very important to give back to the tribal community and represent the Squaxin Island Tribe.

I look forward to working with the staff and children.



Kaitlyn Burrow

Hi! I will be working as a Fish Tech Assistant.

I am from the Burrow-Elam family. My parents are Kim Elam and Richard Burrow.

I just completed my freshman year at Shelton High School.

I plan on becoming a marine biologist and working in Natural Resources.

I'm excited to learn more about what's happening to our waters and wildlife.

I'm looking forward to working with you this summer!



Marcus Johns

Hi! I will be working as a Hotel Technician.

My parents are Del and Judy Johns.

I am currently attending South Puget Sound Community College. I am excited about everything I haven't experienced yet!



A faucet that drips just
once per second wastes

27,000
gallons of water annually.⁴





SUMMER YOUTH EMPLOYMENT



Shaelynn Clark

Hi! I will be working as a Teacher's Assistant at the Childcare Center.

My mother is Shannon Cooper and my grandpa is Russel Cooper.

I just completed my junior year at Choice High School.

I would like to be a pediatrician or nurse for children.

I'm excited about the real work experience and to learn more about children.



Savannah Fenton

Hi! I will be working as a Summer Rec Activities Assistant.

I am from the Cooper family. Jessie Fenton and Elizabeth Cooper-Campbell are my parents.

I just finished 11th grade at Shelton High School.

Working with kids and teenagers is a great experience for most positions of a social worker/counselor, so this fits into my future plans.

I'm excited about learning many of the ways that Summer Rec keeps kids entertained.

I look forward to working with you!



Sierra BlueBack

Hi! I will be working at the museum.

I'm from the BlueBack family. My parents are Angelina and Tom BlueBack.

I just finished my junior (11th) year at Shelton High School.

Working at the museum will help me gain confidence and social skills.

I'm excited to learn more about my culture and where my tribe came from.

I look forward to working with the Squaxin Island museum this summer.



Spirit Jones

Hi! I will be working as a Teacher's Assistant Trainee at the Childcare Center.

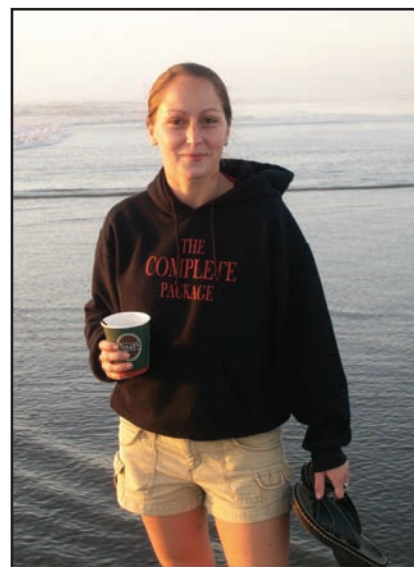
My parents are Whitney and Eric Jones.

I just completed 11th grade at Capitol High School.

This job fits into future plans because it helps me know how to be a mother one day. I'm excited to learn more patience, and look forward to working with the kids and babies.



**Conserve
your water**



Suicide Awareness Dinner in the name of Jamie Nelson-Hartwell

Save this date:

August 17, 2106

4 p.m. – 7 p.m.

Community Kitchen

There will be a celebration of life that will be remembering Jamie on this date. All is invited to come and join us. This is the agenda that we are planning for that evening.

4 p.m. – Welcoming, book sign in, beverages

4:30 – 6:00 Prayer, open microphone Dinner and giveaway

6:15-7 – Release balloons and prayer walk on the rez.

Please contact Paula Krise or Juana Barckley if you would like to help with gift making.

Look forward to seeing you all there.....



SUMMER YOUTH EMPLOYMENT



Malia Henry

Hi! I will be working as a Natural Resources Receptionist.

I come from the Bagley and Henry families. My parents are Vincent and Margaret Henry.

I go to Shelton High School and the Buben School of Beauty. I just completed the 11th grade.

I am excited to give back to my community and learn what happens behind the scenes at the fisheries department.

I look forward to working with the tribe and giving back. See you around!



Josiah Simpson

Hi! I will be working as a Summer Rec employee.

I just completed 10th grade at Shelton High School.

This job will help me with influencing youth and helping move me in the right path.

I'm excited about showing the kids how to learn and be strong people in the community.



Jackson Cruz

Hi! I will be working in Natural Resources.

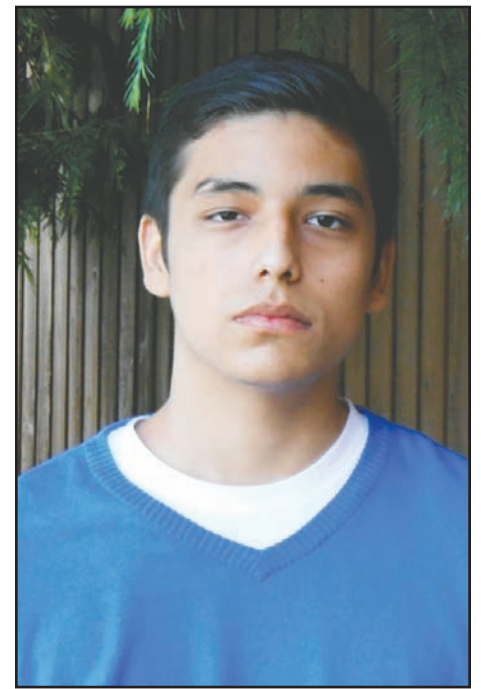
I'm from the Krise family. My parents are Leanora Krise and Timo Tao-Cruz.

I just finished 10th grade at Shelton High School.

This job will help me have more experience with the marine life and biology work.

I'm excited to work with shellfish and other aquatic creatures.

I'm stoked to work with Natural Resources. I'll see you around Squaxin people.



Seth Thomas

Hi! I will be working in Natural Resources.

I am from the Penn family and my mom is Raven Thomas.

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

I am going to college so I want experience to see if this is what I want to do.

I'm excited to learn about marine life and if this is what I want to do.

Good bye.



People of the Water Think Blue

Remember to Conserve water and Recycle



SUMMER YOUTH EMPLOYMENT



Emily Whitener

Hi! I will be working at the museum.

I am from the Whitener family. My parents are Patrick and Jacqueline Whitener.

I go to Tenino High School and just completed 11th grade.

This job will help me in the future because I will be working with the public and the history of my culture to help me work with other people.

I'm excited to learn more about my tribe.

I look forward to working with my tribe this year. See you soon!



Tamika Krise

Hi! I will be working in Natural Resources as a Fish Tech.

I am from the Krise family. My parents are Jill Kenyon and Casey Krise.

I just finished my sophomore year at Shelton High School.

I am unsure of what I want career-wise, so this will help me figure that out.

I'm excited about all of the marine and outdoor life. I wanna know about my land.

I'm excited to work in this field and to learn new things.



Sierra Semanko

Hi! I will be working as an Activities Assistant for Summer Rec.

Scott and Christine Semanko are my parents.

I am a senior at Shelton High and just completed my first year of Running Start.

This job will tie into my future plans by building leadership and communication skills.

I am excited to learn about Squaxin's culture as well as working with the youth.

I look forward to working with you all!



Keesha Vigil

Hi! I will be working in Natural Resources.

My parents are Alexsii Vigil and Heath Snook. My grandparents are Lila and Jose Vigil.

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

I plan on working with our fisheries when I'm older to help preserve our wildlife.

I'm excited to learn more about marine biology and our shellfish.

I look forward to seeing everyone around!





SUMMER YOUTH EMPLOYMENT



Teagan Jones

Hi! I will be working as Hostess at the Little Creek Casino Resort buffet.

I am from the Peters family. My mom is Whitney Jones.

I just finished 9th grade at Capital High School.

This job will help me gain confidence in the workplace and build working skills with others.

I am excited to learn work ethic skills and how to work in a professional job.

I am looking forward to working this summer!



Verna Henry

Hi! I will be working as a Teacher's Assistant Trainee.

I am from the Henry and Johns families. My mother is Alicia Robinett and my father is Walter Henry.

I just completed the 11th grade at Shelton High School.

I want to do something along the lines of law, or become a child counselor.

I am excited to be working with our youth and helping them learn.

I look forward to working with you!



Nick Wuestner

Hi! I will be working as a Fish Tech Trainee.

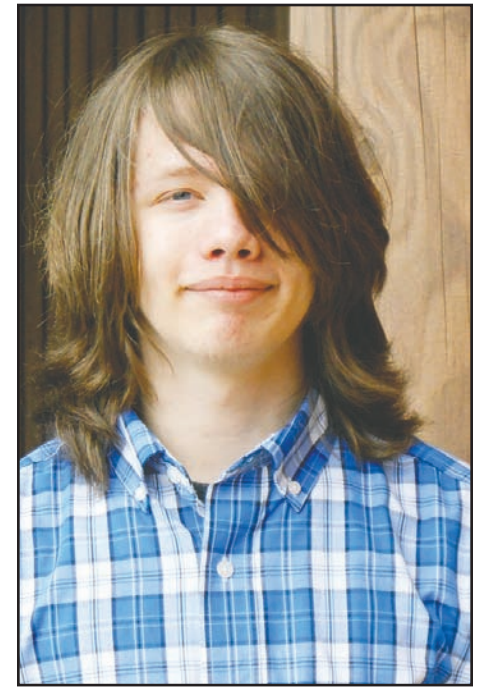
My family is the Johns family. My parents are Del and Dena Johns.

I went to Shelton High School and just graduated 11th grade.

This job will help me find that perfect job in the future.

I'm excited about learning over the summer and gaining more experience at fisheries.

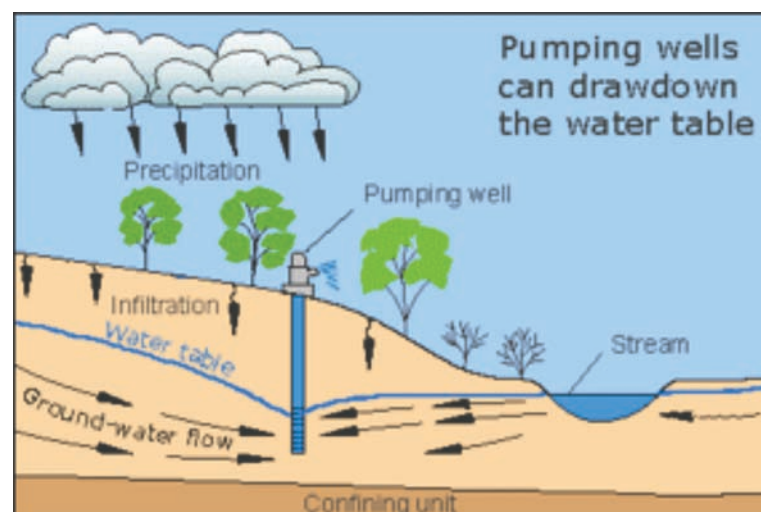
I look forward to working with you.



Joseph Hulseman

Hi! I will be working at the museum. I just finished 10th grade at Shelton High School.

I'm excited to learn more about our culture.





SUMMER YOUTH EMPLOYMENT



Antonio Sigo

Hi! I will be working as a Greenskeeper at Salish Cliffs Golf Club.

Janette Sigo is my Mummy.

I attend Shelton High School.

I'm excited about learning how to mow lawns and I like basketball.



Haily Goos

Hi! I have been hired for hotel laundry for two years in a row and this year I am working as a Stepping Stones Mentor.

My mother is Teri Goos and she is a teacher at Squaxin Island Child Development Center and has been employed there for eight years.

What I am excited about most in this position is setting a good example for the younger, future hard workers of the tribe.

I look forward to working with you.



Hunter Davis Merriman

Hi! I will be working as a Fish Tech Trainee. I am from the Peters family. My parents are Colleen and Dave Merriman.

I go to Santa Fe Preparatory School and am in the 10th grade.

I plan on becoming an engineer dealing in more efficient forms of energy.

I am excited to work and learn about fisheries and look forward to working with you.



Brendan Bellon

Hi! I will be working as a Community Garden Assistant.

I am from the Capoeman family and am in the 9th grade at Shelton High School.

This job will teach me how to keep my yard clean and be able to teach others.

I am excited to learn about planting and making medicine.

I can't wait to start working with you this summer. See you around.



Systematic Community Relationships Individual

SAVE THE DATE
FOOD PROVIDED

A Community Response to the Opioid Epidemic In Mason County

WE WANT TO HEAR FROM YOU!

Prevention and Reduction, Eliminating Overdose and Death, and Providing up-to-date and accurate Statistical Data.

Guest Speaker: Dr. Caleb Banta-Green, PhD, MPH, MSW - Senior Research Scientist UW Alcohol & Drug Abuse Institute

Wednesday Sept 21, 2016: 4PM to 7PM

Shelton High School Student Union Building (SUB): 3737 N Shelton Springs Rd

For more Information Call: Ben Johnson, Mason County Public Health 360-427-9670 x 545



SUMMER REC STAFF



Mat Nelson

Hi! I will be working as a Summer Rec Activities Coordinator Trainee.

I've done summer jobs since I was 13 and my mother is Juana Barckley. My gramma is Paula Henry.

I am most excited for seeing the children and having fun.

I look forward to working with you this summer.



Natalie Grant

Hi! I will be working as a Summer Rec Program Assistant.

I come from a large family and my mother already works for the Tribe. I attend Hawaii Pacific University and am studying nursing.

I'm so excited to work with the kids all summer and gain new perspectives.

I look forward to working with everyone and hope you all enjoy your summer.



Zack Wilson

Hi! I will be working as a Summer Rec Program Assistant.

I have worked with developmentally disabled adults for almost three years now.

I'm excited to provide the kids with a fun and educational summer.

I am looking forward to working with everyone and getting to know them.



Michael West

Hi! I will be working as a Summer Rec Program Assistant.

I love racing and bikes. I love working with our youth and listening to the goofy things they say and do.

I'm happy to be a part of the Summer Rec program once again.



HAPPY

SUMMER





SUMMER REC STAFF



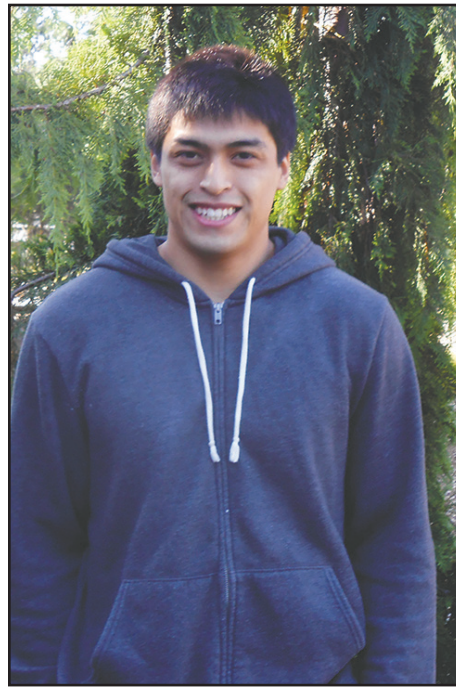
Jaron Heller

Hi! I am returning as the Summer Rec Administrative Coordinator.

My parents are Kim and Tom Heller and my grandparents are Ruth and Stub Creekpaum.

I am most excited about the great field trips we will be going on this summer.

I look forward to learning more about our participants and to having a great time with the program.



Mario Rivera

Hi! I have been hired as a Program Assistant for the Summer Rec program. I am working in the education - Tu Ha' Buts Learning Center.

I have worked for a lot of different places in the Tribe and this position interests me the most.

I am excited about getting to know the new people and kids I work with.

I look forward to working with Summer Rec this year.



Jaycee Valley

Hi! I will be working as a Summer Rec Program Assistant in the education - Tu Ha' Buts Learning Center.

I have one brother and my mom works for the Squaxin Island Tribe being the Education Coordinator. My dad works for DOT for the state.

I'm really excited about hanging out with kids and helping them, also getting to know the people on my team and working with them.

I'm so excited to be able to work with you.



Jordan Sandaine

Hi! I will be working as a Cook Assistant in the education - Tu Ha' Buts Learning Center.

My family runs a catering business that I help out with.

I'm excited to make an impact on the youth of this community, even if its through food.

I look forward to working with the rest of the team. Thank you!

**Help Protect
Our Kids, Families
and the Environment**



**Clean Out Your
Medicine Cabinet**

**Prescription Drug
Take Back Boxes**

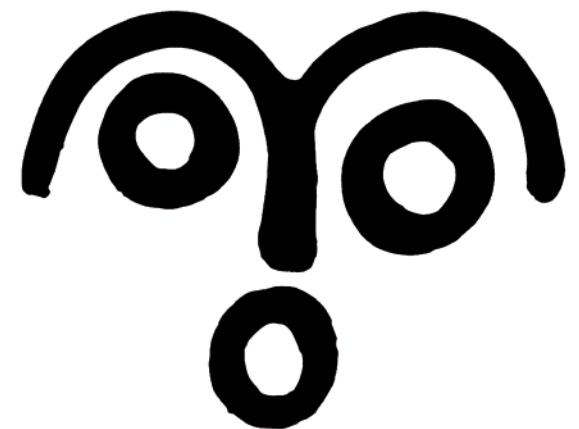
Located At:

Mason County Sheriff's Office
322 North 3rd Street in Shelton
&

Mason Regional Fire Authority
460 Northeast Old Belfair Highway in Belfair

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







STEPPING STONES MENTORS



Kassidy Whitener

Hi! I have been hired as the Summer Rec Activities Coordinator. I will be working at education/Summer Rec.

I have worked as a program assistant for five summers and am excited to now have been accepted in a leadership role. I love working with kids and love Summer Rec.

I'm pretty excited to see all the kids and make their summer as enjoyable as I can.

I look forward to seeing everyone around this summer!



Brittany McFarlane

Hi! I will be working as a Stepping Stones Mentor.

I am the daughter of Misti Saenz-Garcia and granddaughter of Susan McFarlane and Larry McFarlane. I am an enrolled Squaxin Island tribal member.

I'm excited about working with the kids. Britt loves the Squaxin youth!

I look forward to working with our youth and learning and working along with the youth and teaching and sharing with them.



Bianca Saenz-Garcia

Hi! I will be working as a Stepping Stones Mentor.

I have my own family of four with two beautiful mixed baby boys, Massiah and Xavien Manu-San,z and my handsome and hard-working husband, Marcus.

I look forward to working with everybody this summer.



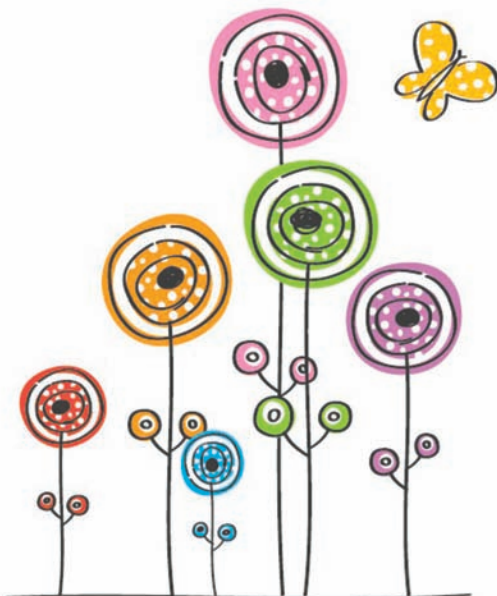
Taylor Owens

Hi! I will be working as a Stepping Stones Mentor.

My parents are Julie and Darrell Owens. My mom is from the Peters family.

I'm most excited about getting to work in a new environment, meeting new kids and learning new things.

I look forward to working in Stepping Stones this year.





STEPPING STONES MENTORS



Dorris Shelton Garibay

Hi! I will be working as a Stepping Stones Mentor.

I am a mom and I also work at KTP. I come from a very large family.

I'm excited about working with youth, and getting to know new people.



Chinook Miller

Hi! I will be working as a Stepping Stones Mentor.

I have four kids and come from a large family out in Skokomish.

I am excited about working with our future leaders.



Jefferey Blueback

Hi! I will be working as a Stepping Stones Mentor.

In the past I worked for my tribe in Natural Resources.

I'm excited about learning to work with the kids. I look forward to being a good role model.



Tiffany Goos

Hi! I will be working as a Stepping Stones Mentor.

I have three kids and have lived on the Squaxin Island Reservation for over three years with my boyfriend, Vinny Henry, Jr. I have been a stay at home mom for two years! I worked at Kamilche Cafe before that and also KTP.



Happy 2nd Birthday Olivia Kinzee!



We Love You So Much!
Love, Mommy, Daddy, Trinity and Tryssa





COMMUNITY GARDEN



Photos by Jennifer Motteler and Aleta Poste





COMMUNITY GARDEN



Photos by Jennifer Motteler and Aleta Poste





Next gathering:

Tuesday, August 16th at 4:30 p.m. in the Community Kitchen

Stats for July 2016:

Total reported Drug/Alcohol incidents:	14
Drug	4
Alcohol	10
Arrests	2
Referred to other agency	1
Tribal Court	1
Adults	14
Youth	0

Guiding Principles

- There is plenty of blame to go around. We all share the same problem; we can all participate in the solution.
- We don't have all the answers. We must work together to find solutions.
- We must remain people of good will with open minds.
- We recognize the value and strengths of all community members.

Keys to Success

COMMUNICATION

Communication among block members is the key to a successful Neighborhood Block Group. Each member acts as an important link in the phone tree. The phone tree helps neighbors communicate about neighborhood activities and share important information.

COLLABORATION

Collaboration means that we will work with each other in such a way that the scope of what we do together far surpasses the total of what we could do separately. Collaboration helps us to take the effectiveness of cooperation beyond normal expectations.

PATIENCE

Problems are not easily solved. In modern society we often expect quick-fix solutions. Solutions to problems involving people are often less obvious than they might be with a machine. Taking time to really explore the problems and to examine all parts of it is often very valuable. Your neighborhood issues are unique to you and may require a unique solution. Take time to share your thinking about how to solve the problem at hand.

COMMITMENT

Long-term commitment is critical to safety in our community. It took a long time to create the environment in which drugs and violence could prosper, including generations of historical abuse. It will take time to reach solutions that 1) will work, and 2) will make changes in the environment so that drugs and violence do not reappear. Your commitment to continue to function as a part of the block organization effort can be one of your ways to participate in, and contribute to the success of the Safe Streets Campaign. The success of our community depends upon each block and each one of us.

WIC Staff at SPIPA want Your Child to have Healthy Teeth.

Healthy Teeth Last a Lifetime: You have the Power to Protect your Child's Smile

Courtesy of Kristi Burke, RDH, BSDH at Chehalis Tribal Dental Clinic and Kristen Rezabek, MS, RDN, CD, CDE

Healthy Teeth & Gums



Early Childhood Cavities



Tips from the Experts

- **Water to bed:** Once first tooth erupts, put baby to bed with water. This reduces Baby Bottle Mouth/ Early Childhood Cavities caused by formula, milk or juice when left in baby's mouth while sleeping. Cavities are preventable.
- **Fill sippy cups with water only:** Milk and juice should be served with meals, not in a sippy cup. Repeated exposure to the natural sugars in milk and juice contribute to cavities. Limit juice to 2-4 ounces a day (That's only 1/4 cup to 1/2 cup a day)
- **Brush Daily:** Use a smear of fluoridated toothpaste to brush baby's teeth morning and night. Baby's pinky fingernail is about the amount of a "smear". Before baby has teeth, wipe gums with a wet washcloth.
- **Primary Teeth are important:** for good nutrition and speech development. They are also a guide for permanent teeth and important for your child's self image.
- **All the Family:** Cavities are contagious! Family members need their teeth cleaned and cavities filled. This reduces the amount of aggressive bacteria being transferred from family members to baby. Avoid prechewing foods, sharing toothbrushes, and sharing eating utensils.
- **Introduce a cup** at 6 months, wean from bottle at 12-18 months.
- **Avoid snacking or sipping sweet liquids** throughout the day or "grazing". Clean teeth after eating & swish and swallow with water if necessary.
- **Dental appointment:** Schedule an appointment with a dentist when first tooth erupts for a fun "chair ride" appointment. Take your child to the dentist once a year, beginning with their first birthday.
- **Flouride:** find out if your water has fluoride. If not, talk with your pediatrician about supplements. Flouride can help prevent early tooth decay.
- **Questions?** Call your child's dentist. If your child doesn't have a dentist, call your pediatrician for a referral to a dentist in your area.



August Happy Birthdays

1

Barbara Gail Kennedy
Jeremie John Walls
Jonathan G. Arzate

3

Darlene Wood

4

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

5

Christopher Eugene Brown

6

Jill D Kenyon

7

David Charles Johns
Robert David Koshiway Jr.

8

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

9

Araceli Hernandez-Capoeman
Chasity Faye Masoner
David Wayne Peters, Jr.
Juliet Lindsay Galos
Memphis Shawn Penn-Dodge
Nikieta S. Ho

10

Kalysi Renee Whitener

11

Marilyn Helene Mcfadden

12

Arron James Edgley
Zaiden Elijah Jimmie

13

Brandon Eugene Campbell
Lola Noelle Bonin

14

Elena Lin James

15

Llewellyn Frank Parker
Naraiah Lhee Gray
Zachary W. Sanchez

16

Kevin Henry Spezza
Matthew J. Cooper
Rachel M. Naranjo

17

Magdelano Roy Perez
Virginia A. Farron

18

Hannah Lucille Forcier

20

Dionna A.P. King

22

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

23

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

24

Bryce Mitchell Penn
Victoria L. Sanders

25

Mitchell John Carrington
Nicole Mae Cooper

26

Eden Lee Van Cleave

27

Kaytlyn Joi Henderson
Meghan Elizabeth Brandt

28

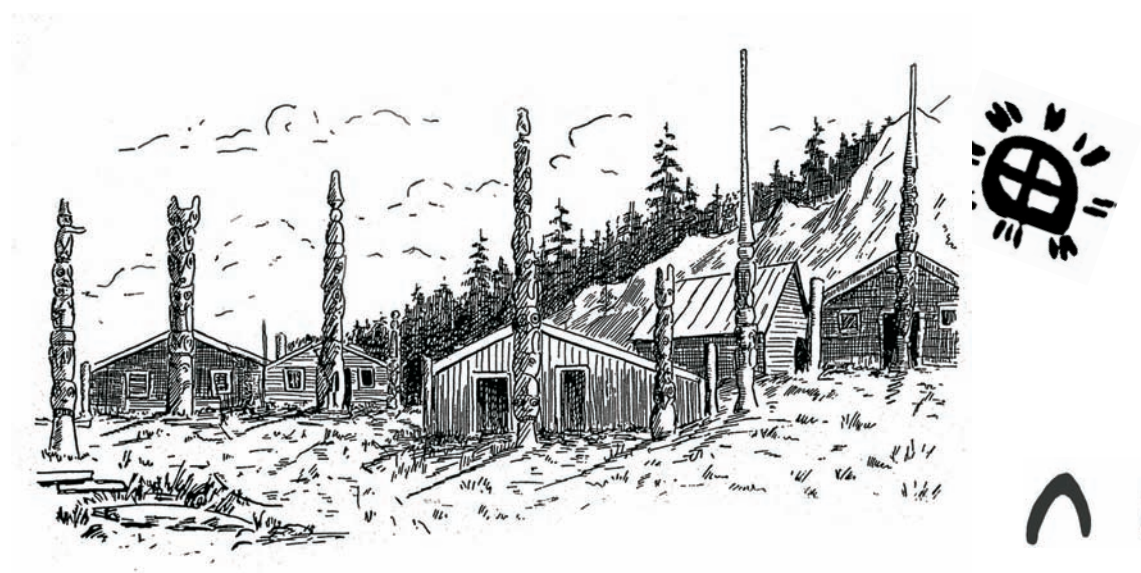
Eathon Raymond Caasi
Rhonda Madge Foster
Terasa M. Pinney

29

Angelo Wilson Rivera
Joseph D. Furtado
Lindsey Nicole Harrell

30

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








Committees Commissions & Boards With Infrequent Meeting Times

Committee and Commissions	Council Rep.	Staff Rep.	Months
1% Committee (Bylaws & Appendix X2)	Arnold Cooper, Vince Henry, Vicki Kruger	Kris Peters	Feb., May, Aug., Nov.
Elections Committee	None	Tammy Ford	March, April, May
Explorers Program Committee	Jim Peters	Renee Kluseman	
Fireworks Committee (TC 6.04.040)	None		May and June
Gathering Committee	Charlene Krise	Rhonda Foster	Not yet determined
Law Enforcement Committee, Law and Order	None	Kevin Lyon	Not currently meeting
Veterans' Committee	None	Glen Parker	
Budget Commission	Vicki Kruger	Kris Peters	June and August
Business Administration Board (TC 6.24.010)	None	Travis Nabahe, IEI	As needed
Little Creek Oversight Board (TC 2.26.010)	Arnold Cooper, Vicki Kruger, Charlene Krise	David Lopeman	
Museum Library and Research Board	David Lopeman	Charlene Krise	Sept., Dec., March, June
Tourism Board (TC 2.34.010)	Arnold Cooper	Leslie Johnson	
Island Enterprises Board	David Lopeman	Travis Nabahe	

If you are interested in an opportunity to meet with a Committee, Commission or Board please contact the staff representative to be placed on the agenda and for meeting time and location. Every spring Tribal Council considers vacancies for the Committee, Commission and Boards. If you are interested in becoming a member please submit your written request to: Melissa Puhn, Executive Secretary for Tribal Council | mpuhn@squaxin.us | 10 SE Squaxin Lane, Shelton WA 98584.

What's Happening						
	1	2	3	<i>Per Capitas</i> 4	5	6
			<i>First Salmon Ceremony</i>	Utilities Commission		
			Elders Committee	Family Court	Housing Commission	
7	8	<i>Talking Circle</i> 9	10	11	12	13
	Child Care Board of Directors	Criminal/Civil Court	Aquatics Committee		SPIPA Board of Directors	
		Enrollment Committee	Golf Advisory Committee	<i>Tribal Council</i>	Education Commission	
14	15		17	18	19	20
			Building Strong Families Through Culture			
			Gaming Commission			
21	22	23	24	25	26	27
		Tobacco Board of Directors		<i>Budget Hearing</i>	 	
		Criminal/Civil Court		<i>Tribal Council</i>		
28	29	30	31	Drum Group every Tuesday AA & ALANON every Wednesday		



Elders Menu . . . Fruit and salad at every meal

1st - 4th

MONDAY:
Tuna Casserole

TUESDAY:
Italian Sausage potato soup,
meatball subs

WEDNESDAY:
Hamburgers, macaroni salad,
baked beans

THURSDAY:
Baked ham, scalloped
potatoes, peas, rolls

8th - 11th

MONDAY:
Beef enchilada casserole

TUESDAY:
Chicken noodle soup,
ham sandwiches

WEDNESDAY:
Chalupas

THURSDAY:
Spaghetti, garlic toast,
mixed veggies

15th - 18th

MONDAY:
Chicken pot pies

TUESDAY:
Tomato basil w/ raviolini soup,
grilled cheese sandwiches

WEDNESDAY:
Stroganoff, green beans,
Indian bread

THURSDAY:
Casino Buffet

22nd - 25th

MONDAY:
Goulash bake, garlic toast

TUESDAY:
Baked potato soup, chicken
salad sandwiches

WEDNESDAY:
Chicken wings, veggie rice

THURSDAY:
Fajitas, Spanish rice

29th - 31st

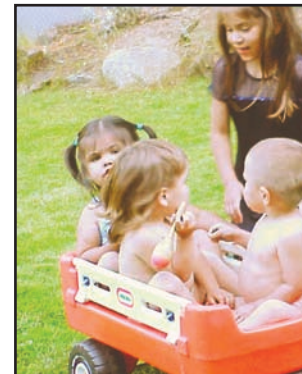
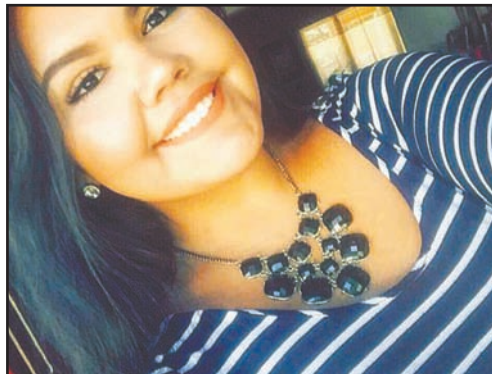
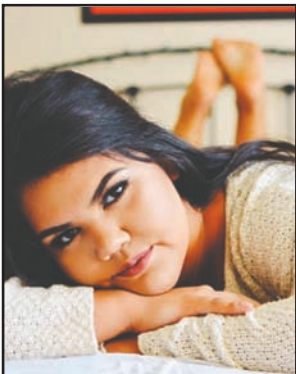
MONDAY:
Green bean & barley chicken
casserole

TUESDAY:
Geoduck chowder, fry bread

WEDNESDAY:

THURSDAY:
Pork medallions, mashed pota-
toes with mushroom gravy, rolls

Happy Birthday Malia Red-Feather! We love you & are so proud of you! Sometimes it feels like yesterday when you were playing with all your little friends in your favorite wagon, lol.



Love, Mom, Dad, Sisters & Brother too.

Committees and Commissions Listed on Calendar

Committee and Commissions

Aquatics Committee
Elders Committee
Enrollment Committee
Fish Committee
Golf Advisory Committee
Hunting Committee
Shellfish Committee
Education Commission
Gaming Commission (TC 6.08.090)
Housing Commission
Child Care Board of Directors
Tobacco Board of Directors
Utilities Commission (TC 11.08.010)
SPIPA Board of Directors

Council Rep.

Arnold Cooper
Whitney Jones
Charlene Krise
Vicki Kruger
Jim Peters
Arnold Cooper
Vince Henry
Jim Peters
Per Tribal Code None
Arnold Cooper
Vicki Kruger & Charlene Krise
Jim Peters
None
Arnold Cooper

Staff Rep.

Jeff Dickison
Elizabeth Heredia
Tammy Ford
Joseph Peters
Kris Peters
Joseph Peters
Eric Sparkman
Gordon James
BJ Whitener
Richard Wells
Bert Miller
Cameron Goodwin
Teresa Wright
Kathy Block

Meetings

2nd Wednesday in Feb., May, Aug., Nov.
1st Wednesday or Thursday
2nd Tuesday
2nd Wednesday in March, June
2nd Wednesday or Thursday
2nd Tuesday of July, Oct., Jan., April
1st Wednesday of March, June, Sept., Dec.
2nd Friday
3rd Wednesday
1st Friday
2nd Monday
4th Tuesday
1st Thursday
2nd Friday





Community Wellness Event Saturday June 18th

Patty Suskin, Diabetes Coordinator - Here's what you missed: About 65 people attended at the community kitchen. Blood pressure screenings, blood sugar screenings, a walk, a health resource table, & staying smoke-free activities were available.

Thank you to Paula Henry who provided a welcome blessing to the group.

Patty Suskin invited others to share their thoughts on why our ancestors did not have type 2 diabetes and why it is a problem now. The diabetes risk test was also reviewed together on the big screen.

T-shirts were distributed and each person filled in the blank on the back: "I'm walking for _____."

Health messages from the diabetes, comprehensive cancer, and tobacco cessation programs were posted & read during the walk. These messages included: information about cancer prevention immunizations, turning off the TV & video games & moving more, drinking water, and eating more vegetables and fruits.

Water was available throughout the day—the two water flavors—one was infused with berries, the other had lemon and mint- were tasty, refreshing, and calorie- free! Thank you, Traci Lopeman.

Bobbie Bush had smoke-free messages, father's day card and necklace making activities.

Thank you to Michael West and Jennifer Motteler who were ready at the photo booth to take pictures and provide the photos at the end in a frame.

After lunch which provided all the food groups with lots of fruits and vegetables, there were lots of smiling faces as participants paddled from their chairs with Lummi people guiding us on the screen.

Thanks to Giita Clark from Behavioral Health, we all shared a laugh from a youtube video & learned how laughing can improve our health & pain management.

At the end, everyone chose a door prize after they read one of the health messages from the walk, the placements on the tables, the signs posted around the room, or something they wanted to share.

Recording this special event with pictures and video, we thank Lonni Rickard and Jen Olson.

Thank you, volunteers: Lindy Parker (blood pressure screening), Jennifer Motteler (IT), Jeannie McMinds, and Kim Olson and any I missed mentioning. We appreciate you!

Thank you to all who attended, staff, and volunteers! A great team!





Tobacco Cessation Program News

Bobbie Bush, Tobacco Cessation Specialist - The Tobacco Cessation Program at Squaxin Island Reservation has been active in the Tribal Community. June 18, our program collaborated with the Native Women's Wellness Program and the Diabetes Program and the Diabetes Prevention Program to provide wellness educational activities on the Saturday before Father's Day. Activities included: Blood Pressure Screens, Family Photo Booth, and Informational Resource Table, Blood Sugar Screening, Wellness Community Walk, Father's Day Card Making and Father's Day Gift (necklaces) making.


There were 65 people in attendance, 58 on the sign in sheet, but we know that some folks filtered in and out around lunch time. It was an enjoyable day with multi levels of community interaction and sharing of personal wellness efforts all around.

In addition to the collaboration with other wellness and prevention programs in the Tribal community the Tobacco Cessation program has developed a weekly meeting schedule. 12 Noon to 1 PM, Lunch is provided. Healthy foods are selected to help our participants heal their bodies from the degenerative effects of commercial tobacco addiction. Tobacco Cessation Tuesdays - Learn smoke free living strategies and create a quit plan. Weaving Wednesdays - Learn how to keep your hands, heart and head busy and make a basket. Throw back the Pack Thursdays - More strategies to keep busy and hone your intent to remain tobacco free.

The program is based on Indian Health Service's Basic Tobacco Intervention Skills training and the American Lung Association's Freedom from Smoking campaign. Each Participant creates their "Quit Plan, and social support develops within the group. Beads, Baskets and Art activities will follow lunch discussion. We have a multimedia group process. The only requirement to attend the lunch meetings is a desire to become commercial tobacco free. If you are actively practice commercial tobacco addiction, then please refrain from bringing tobacco products, cigarettes, chew, snuff, cigars or E-cigarettes or VAPES to the Health Promotions Building. If you are currently a smoker but want to learn more, please for more information, contact Bobbie Bush, 360-432-3933.

Many of our Tribes on the North American Continent have used different herbs and tobacco in offering of prayers. The Tribes recognized the Power in those medicines for tens of thousands of years. When others came here, they stole this medicine and perverted it. The others took a medicine that was used in prayer and offering, condensed it, added chemicals, perverted it and turned our medicine back on us – now what used to help focus our faith and make us strong makes us weak – We have bought the lies.

1. Commercial Tobacco Use is cool and sexy = LIE
(Don't I look cute with this cigarette in my hand?) = LIE
2. Commercial Tobacco Use is grown up = LIE
(I look and feel more mature with this smoke.) = LIE
3. Commercial Tobacco Use makes me powerful = LIE
(These days LIFE is out of control, I can focus and maintain my composure while I smoke this.) = LIE
4. Smoking a cigarette helps me with my diet, helps me lose weight = LIE
5. My E-Cigarette is not the same as smoking = LIE



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, Aug 9th is WIC DAY at SPIPA

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

Foot Exam Day with Dr. Kochhar
(Foot Doctor)

Thursday, Sept 8, 2016

9 am –noon
At the Clinic

Priority for people with Diabetes
Others will be seen if space is available.



Contact Patty Suskin,
Diabetes Coordinator for an appt.
360 432-3929

August Is Breastfeeding Awareness Month

A Mom who Breastfeeds Shares her Story

Santana Krise is a busy mom. She is working full time and going to school. Even with all she is doing, she finds the time to breastfeed her 9 month old son, Atawit.

In addition, she is often a resource to new moms in the Squaxin Island Tribe community needing breastfeeding support. I caught up with her on her lunch break when she fed her son at daycare.



Santana Krise (Squaxin Island) & Atawit

Q. *Santana, why do you breastfeed?*

- **Breastmilk is the best food** for my baby— I want my children to get the best. (*Atawit is her 4th child— she breastfed them all.*)
- **Great for bonding.** I love to look at his little face when I'm feeding & knowing he's getting the best.
- **Breastfeeding is convenient.** No mixing anything. No making a bottle in the middle of the night.
- **Breastfeeding lowers your breast cancer risk.**
- **Breastfeeding saves you money**—nothing to buy
- Breastfeeding is **nature's way.**

These are just a few of the reasons Santana breastfeeds.

Q. *Santana, what breastfeeding advice do you have for new moms ?*

- **Feed , feed , feed**—even if you do not think the baby is getting anything. They are. The more you feed, the more milk your body makes.



- **Patience.** It takes time to get a routine going with positioning and latching on.
- Use **pillows** to bring the baby up close to your breast. A newborn baby's entire body should face you.
- **Relax.** Try different positions— football hold, cradle hold, or some babies like feeding while lying down.
- Have **confidence** that you can breastfeed in time.

For more breastfeeding tips and support, contact WIC at SPIPA:
Debbie 360.462.3227 gardipee@spipa.org or Patty at 360.462.3224

