

Pool Program Fall Kick-off

Going back to school is just around the corner and Pool Staff are preparing for a Fall Program kick-off. There will be a back to school BBQ and Pool Open House held at the Squaxin Island Pool, for the Squaxin Island Community on Friday, September 8th from 3:00 – 6:00 PM.

The Open House will provide Community Members an opportunity to update their registration forms, meet pool staff, and provide input regarding future pool programs and scheduling. This will also be the time and place to sign your youth up for swimming lessons.

Swimming Lesson sessions will be on Tuesdays and Thursdays starting on September 12th and will run for six weeks; classes will be offered between 4 – 6 PM. There will also be a special Parent/Tot class for infants who are between four and eighteen month of age on Tuesdays at 4:00 and there will be another special Parent/Tot class for 19 to 36 month old infants on Thursdays at 4:00. (A minimum of seven are needed for these classes.) This is a great start and fun for parents and infants.

Lifeguard Courses to be offered in the Fall

If you are 15 years of age or older and are able to swim and are interested in becoming a lifeguard for the Squaxin Pool, please contact Patti Puhn, (360) 432-3820 for further information. Two training courses are being offered this fall.

Suicide Awareness Dinner/Walk

Tuesday, September 26, 2017

4:30 – 7:30 p.m.

Squaxin Community Kitchen

Speaker, Gifts, Food, Community Togetherness

PRST STD
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P A I D
SHELTON, WA
PERMIT NO. 96



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

Back to School BBQ 

 & Swimming Pool

OPEN HOUSE

Friday, Sept. 8, 2017

5:00 – 8:00 PM

Potluck:
consider bringing a dish to share

- Update your registration form
- Youth sign-up for Swimming Lessons
 - Assessments to determine class
 - Lessons scheduled to start Sept. 12th
- Meet Pool Staff
- Provide Input/Ideas for future pool program and schedule
- Open swim 5 - 8 PM
- Door prizes

Questions? Contact Tribal Center 360.426.9781

Kimberly James Finds her Roots in Raging Nature

By Jessica Hoppe - Thurston Talk - Ever since she was a small child, Kimberly James felt most at home in the outdoors, but she did not know why. "I had these connections with Mother Nature that were unexplained, but when I found out I was Native American, traditionally people who have very strong spiritual beliefs and connections, everything just started to make sense. I finally felt like I fit in," Kim explains.

She, like many children, had never questioned her parents and grew up in a non-traditional family with her stepfather. However, in her early twenties, when health concerns arose during her second pregnancy, Kim began to look into who her biological father was.

Already familiar with the Squaxin Island Tribe, due to her then-enrolled husband, Kim heard rumors of who her dad might be and decided to find out once and for all. "I was driving towards his house and I saw a man walking down the street. I stopped and said hello. When he turned around, he was the spitting image of me," she explains. Not only did Kim meet her father that day, but she also learned that she too could enroll as a member of the tribe due to her ancestry.

With a new found culture and purpose, Kim embraced her background and began making native crafts out of leather and beads and giving them as Christmas gifts. However, it was not until she suffered back in-



Since a very young age, Kim has felt most at home in the outdoors.

juries in a car crash, leaving her in extreme pain, that she truly discovered her calling. "They had me doped up on so much medication that I wasn't myself; I lost track of who I was," Kim recalls. She then knew it was time to make a change. "I finally quit taking all those medications, which was really difficult to go through because I was basically addicted to all these things. I knew there had to be something else I could do."

Continued on Page 4



Walking On



Robert Jan "RJ" James, Jr

RJ James, a beloved son, brother, uncle and friend passed away on July 26, 2017 in Ketchikan, Alaska. He was 31 years old.

RJ was born on March 17, 1986 in Ketchikan. He would remain the only boy in a family with five sisters. To us (his family) and to all those that knew him, he was and always will be extra special.

Raised in Southeast Alaska, RJ spent many of those adolescent years on dad's trolling vessel, the Seahorse. By the time he was 6 years old, he was catching King salmon and halibut by himself and could filet them, as well. A true Alaskan at heart, he enjoyed eating fried herring eggs and seaweed and many other delicacies from the sea.

He lived with our dad, Robert "John" James. Dad had a home on Prince of Wales Island in a small logging town called Naukati Bay (which is very remote, even at present time) and it was there that RJ was home schooled.

He was in elementary level schooling when he wrote and illustrated a book about Naukati Bay, which was published.

He graduated high school and became a Merchant Marine. He loved the fact that he was able to travel and experience different countries and cultures.

He was so very proud of being an enrolled member of the Squaxin Island Tribe. He wanted nothing more than to get to know his Squaxin family. He loved hearing his uncle, Pete Kruger, Sr., tell stories from "back in the day." RJ would re-tell those stories again and again (he really looked up to his uncle Pete).

RJ loved being outdoors. He was an excellent marksman and loved to hunt. He enjoyed camping, cooking, building fires and absolutely loved panning for gold. Very much a gentleman, RJ always treated others with respect and sincerity. His mannerisms were such that everyone loved him. He was an excellent role model for his nieces and nephews and always had time to make others feel good, even if he didn't feel well himself.

RJ was diagnosed in late February of this year with Stage 4 cancer which had already begun to spread to several organs. With such traumatic news, he and the rest of the family were thankful to have a sibling in the medical field, specifically nursing. Our hands are raised to you Elena. You took such good care of him.

He is survived by his best friend and significant other, Kimberly Burns of Ketchikan; his dad, Robert "John" James of Ketchikan, Alaska; his mother, Sandra Anderson, also of Ketchikan; his sisters, Stephanie James of Lawton, Oklahoma, Julie James of Naukati Bay, Alaska, Elena James of Ketchikan, Alaska, Ruth James of Port Townsend, Washington; and his step-sister, Carey Purnell of Seattle; nieces, Hurricane James, Cassidy Gott, Lola Bonin, Molly and Cedar Blake, Kasper and Rory Jane "RJ" (named after her uncle); nephews: Colton Gott, Eugene James, and Wolf Slagle-James.

We miss you so much RJ and we are so proud of you,

With Love from your family.

FOR THE LOVE OF
LULAROE
Multi Consultant Event
9/17/17

You're Invited


simply comfortable

Pop-Up Boutique

12 - 4

Squaxin Island Community Kitchen
50 SE Squaxin Ln, Shelton, WA
98584

Free To The Public

Squaxin Island TRIBAL NEWS

10 S.E. Squaxin Lane
Shelton, WA 98584

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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:

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Klah-Che-Min Staff:

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thenderson@squaxin.us



Kimberly James *Continued from Page 1*

A mentor and former tribal employee, June O'Brien, first introduced Kim to the practice of natural healing with herbs and gave her the inspiration to pursue it. "It was just who she was as a person. Her calm, naturopathic ways inspired me to keep plugging along, even though I didn't know exactly what I was doing," Kim says.

She first experimented on herself because she wanted to feel better. "I decided to try and come up with ideas and salves, home remedies for relieving pain and inflammation. It wasn't until 2013, though, that I came up with the actual Pain Rub concoction and started sharing it with other people," she says. In her words, it was and still is, "Joy in a Jar."

Kim's Pain Rub, as she still calls it, combines the organic ingredients of arnica, plantain and comfrey along with mango or cocoa butter. "It addresses the pain and doesn't hide it," she explains. "I personally use it every day. There are some days when it's the only thing that saves me and helps me get out of bed. My quality of life has improved drastically."

Not only did she find relief from it, but that Pain Rub became the heart of her business, Raging Nature, LLC. "I came up with the name and actually wrote it on my bedroom mirror as a goal to work towards. It wasn't until a few years later that it actually became a reality; it was very exciting. It was finally mine. I own this," she explains. With the help of social media, news traveled fast, and Kim was soon taking orders from people she had never met, many in different states.

When I asked Kim where her actual recipes for her remedies come from, she points to the sky and says, "The ancestors taught me through visions and speaking to me. I just tell them to guide me and I ask for help from them and the answers just come to me. It's a connection I can't really explain." But even with the recipe ideas, Kim still has to do all the work from harvesting and drying the herbs, to infusing and decocting them, followed



Kimberly James demonstrates on herself how easy it is to apply her Pain Rub and almost immediately feel relief. Photo credit: Jessica Hoppe

by combining other ingredients to make her final product. Needless to say, it is a long process.



Local physician Dr. Carl Ott, MD endorses the use of Kim's products saying it's the best topical treatment available for muscle spasms and inflammation.



Although Kim stays busy with her current products, she said that there is still plenty more to learn. Currently, she is enrolled online at Heart of Herbs Herbal School to become a certified master herbalist, which she said is a lot more involved than one might think. With courses in anatomy and chemistry, combined with hours of field work, it is not for the faint of heart. "It's pretty phenomenal these natural plants that are just lying around that you can use for medicines. There's a vast majority of herbs out there that I still don't even know about and I can't wait to learn," Kim adds.

With the success of her Pain Rub, Kim incorporated the formula into a massage lotion for easier application on a larger scale.

In the end, it is all about being able to help someone else by sharing her gift. "I love seeing someone else get relief. That look on their face, that's what satisfies me. It's not that I can feel it working, but I can feel them not hurting anymore."

You can find more information about Raging Nature, LLC and all of their products on Facebook along with countless testimonials from happy customers. Her website is raging-nature.com



As Kim's knowledge has expanded so have her products to include massage lotion, oils, and others. Photo credit: Jessica Hoppe



Grandparents Dessert

Please come and join us!

TLC Afterschool Program
will be hosting Grandparents Dessert
Friday, September 8, 2017
5:30 - 6:30 pm

The youth will have some yummy healthy treats!

If you have any questions contact Jerilyn at 432-3992



Youth Activities Update

Jerilynn Vail-Powell - Welcome back to school! At the afterschool program, we are looking forward to the upcoming school year. If any families have new contact information, please stop in and update your youth's registration form. A few other reminders:

- If you need to contact the afterschool program staff or youth in the Rec Room, that number is 360-432-3957. The staff are here from 3-6pm. Please do not leave a voicemail on the Rec Room phone as it is easy for us to miss.
- We will continue to offer snack times from 3-4:45pm.
- The September calendars will be ready for families to pick-up on the first day of school. Stop by or email Jerilynn if you have any questions about the after-school program activities.

Summer Tutoring Update

Lynice May - The second session of Lego® Robotics has successfully concluded in the Summer Rec Program. Over 30 youth had a chance to show off their mastery of key STEM concepts by either designing and building their own robot or building a more challenging Level 2 robot. Using pulleys, gears, as well as tilt and motion sensors, they built and programmed masterpieces such as Ferris wheels, airplanes, cars, and spinning tops.

Youth Sports Update

Morningstar Green - Basketball Season starts September 12th. There will be forms that need to be filled out, signed and returned for your child to play. This includes a basketball "sports contract" that explains the expectations and commitment involved in youth participation on our traveling youth basketball teams. The first basketball game for middle school and high school-aged youth will be in Muckleshoot, September 16-17th. If you have any questions please contact Morningstar Green at (360)490-8887 or mtgreen@squaxin.us.

Higher Education News

Mandy Valley - Fall quarter/semester is starting back up soon! If you haven't got your paperwork turned in 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 to mvalley@squaxin.us. I will be more than happy to assist you.

GED and Homework Help Updates

Jamie Burris - Fall conferences are only a few weeks away! Help have a positive conference by coming up to the education building and completing homework and missing assignments. Study tip of the month: Study alone (or with me!). Unless you have a couple of friends who are super-serious about getting down to business, stay away from group study sessions. They tend to get off-topic pretty quickly. Save the social time until after you have handed in your homework or test.

GED preparation classes are up and running! I am here to help guide you along your individualized learning path Tuesdays, Wednesdays, and Thursdays from 4-7pm. Come in a take a practice test to see where you are in your journey, what you still need to study, or discover that you are ready to take the actual GED test! The GED test has four subjects: language arts (reading/writing), math, science and social studies. The test is made up of multiple choice, drag and drop, fill in the blank, short answer and extended response type of questions. Each test has a different amount of time allotted for it – ranging from 70 to 150 minutes. If you are a tribal member, the tribe will pay for your testing (saving you at least \$30 per test!). For more information, please contact Jamie Burris - jburris@mcclary.wednet.edu or go online at www.ged.com.



Salmon Homecoming School Days

25th Annual Salmon Homecoming School Days
Thursday, September 14th, 2017

The event is held at the Waterfront Park located next to the Seattle Aquarium.



Kids will have the opportunity to:

- Participate in Hands-on Activities learning about:
- ♦ Salmon Life Cycle and Habitat
- ♦ Watch a Live Dive Show
- ♦ Hear from Local Storytellers

TLC will provide:

- ♦ A sack lunch, snacks and water
- ♦ Transportation: Van leaves TLC at 8:00am. Please arrive at 7:45am.
We will return the gym around 4pm

Youth should bring:

- ♦ A coat, backpack and spending money

Space is limited to 10 youth. First come, first serve.

- ♦ Each youth attending must have 100% school attendance prior to the 14th.
- ♦ Each parent must write a note to the school excusing your child for the day.
- ♦ Parents come sign up their youth on the list in the rec room no later than **Monday the 11th** to be eligible to participate.

Please contact Jerilynn with any questions at 432-3992 or jvail@squaxin.us



First Salmon Ceremony





Teen News

Laurel Wolff - What a great summer! I raise my hands to all the teens who stepped up to attend youth conferences, came to youth council, helped with the block party, and who worked hard at their jobs. It's not easy working all summer. Thank you to everyone who donated their time and supplies to the Block Party on August 11th. This was a really fun event and couldn't have happened without the support from the community. This was a learning experience for the Squaxin Youth Council, hopefully many more community events will be in the future.

In August six teens attended the UNITY – Today's Native Leaders Training. The group worked together to learn how to plan and implement a community service project using a 10-step planning tool. They chose drifting away from culture as a challenge they wanted to address. The teens want to host language and cultural arts classes once a week starting in November. If you would like to be involved please contact Laurel Wolff at 360-515-6295 or at lwolff@squaxin.us.

Youth Council is open to all youth in grades 6th-12th and any young adults (18-24) who would like to be junior advisors. Meetings will resume on September 14th. We will be electing Youth Council officers for the following positions:

- President - Calls meeting to order, delegate's responsibilities, and follows through on action plans.
- Vice President - Fills in at meetings for President and works with President
- Secretary - Keeps notes during meeting, reads minutes from previous meeting and keeps track of sign in sheets.
- Treasurer - responsible for managing youth council funds and budget.
- Sargent at Arms – Keeps the meetings in order

There are many benefits to participating in Youth Council. You can develop your leadership and communication skills to work better with others. You can increase your self-confidence and self-esteem for addressing peer pressure. You can practice responsibility and make a positive difference in your community. Please join us at our next meeting - there will be snacks!



Thank you Sierra Pacific Foundation

The Summer Rec program was awarded a \$1,095 scholarship from Sierra Pacific to help fund our Field Day on Friday, August 18th. Thank you Sierra Pacific!



September

Teen Program

Laurel Wolff teen advocate: 432-3842
Check Facebook @ Squaxin Teens for updates to

Monday	Tuesday	Wednesday	Thursday	Friday
4 Closed	5 Closed	6 First Day of School Back to school BBQ	7 Basketball Practice 3:30-4:30	8 Grandparents Dessert 5:30-6:30
11 Teen Room 3:00-6:00	12 Craft Class 3:00 Drum Group 5pm Basketball Practice 3:30-4:30	13 DIY- Crafts 3:00-6:00 Basketball Practice 3:30-4:30	14 Basketball Practice 3:30-4:30 Youth Council 5-6pm	15 Basketball Practice 3:30-4:30 Game Day
18 Teen Room 3:00-6:00	19 Craft Class 3:00 Drum Group 5pm Basketball Practice 3:30-4:30	20 DIY- Crafts 3:00-6:00 Basketball Practice 3:30-4:30	21 Basketball Practice 3:30-4:30 Youth Council 5-6pm	22 Basketball Practice 3:30-4:30 Outdoor Club Hike
25 Teen Room 3:00-6:00	26 Craft Class 3:00 Drum Group 5pm Basketball Practice 3:30-4:30	27 DIY- Crafts 3:00-6:00 Basketball Practice 3:30-4:30	28 Basketball Practice 3:30-4:30 Youth Council 5-6pm	29 Basketball Practice 3:30-4:30 Early Teen Night TBA



SQUAXIN ISLAND
CO-ED 18-U
BASKETBALL TOURNAMENT
OCTOBER 14TH -15TH 2017

Rules:

- * Must be in attending high school
- * 12 player maximum per roster
- * Have ID ready if coach challenges age
- * One player of each gender on floor at all times
- * Double Elimination except Championship Game

Tourney Registration
Deadline:
September 29th, 2017

Discount Hotel Rate At
Little Creek Casino Resort
Call 1-800-667-7711
Mention - Squaxin Tourney

To register or if you have questions contact:
Jerilynn Vail 360-432-3992 or jvail@squaxin.us

\$250
Entry Fee

Prizes For

- 1st - Fleece Sweatshirts
- 2nd - Crew-neck Sweatshirts
- 3rd - Long Sleeved T-shirt
- 4th - T shirt
- MVP & All-Star



Teens at Unity conference



Block Party Watermelon eating contest

September 2016

Squaxin Youth Education, Recreation and Activities Calendar

TLC Hours: M-F 7:30am-7:00pm Front Desk: 432-3958 Rec Rm: 432-3957 (only 3-6pm)

All activities are drug, alcohol and tobacco free.

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Rec Room Closed
4 Tribal Holiday	5 Rec Rm: 3-6pm Drum Group: 5-6pm Open Gym: 3-6pm	6 Rec Rm: 3-6pm Arts-n-Crafts: 5-6pm Open Gym: 3-6pm Open Swim: 3-6pm	7 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm Open Gym: 3-6pm	8 Rec Rm: 3-6pm Grandparent Dessert Open Gym: 3-6pm Open Swim: 5-8pm
11 Rec Rm: 3-6pm Team Building: 5-6pm Open Gym: 3-6pm Open Swim: 3-6pm	12 Rec Rm: 3-6pm Drum Group: 5-6pm JR/HS Bball: 3:30-4:30pm Elem Bball 5:00-5:45pm	13 Rec Rm: 2:30-6pm Arts-n-Crafts: 5-6pm Open Gym: 2:30-3:30pm JR/HS Bball: 3:30-4:30pm Elem Bball 5:00-5:45pm Open Swim: 3-6pm	14 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm JR/HS Bball: 3:30-4:30pm Elem Bball 5:00-5:45pm	15 SSD – 1.5HR ER Rec Rm: 2:30-6pm Fun Day Friday: 5-6pm Gym: 2:30-3:30pm JR/HS Bball: 3:30-4:30pm Elem Bball 5:00-5:45pm Open Swim: 5-8pm
18 Rec Rm: 3-6pm Team Building: 5-6pm Open Gym: 3-6pm Open Swim: 3-6pm	19 Rec Rm: 3-6pm Drum Group: 5-6pm JR/HS Bball: 3:30-4:30pm Elem Bball 5:00-5:45pm	20 Rec Rm: 2:30-6pm Arts-n-Crafts: 5-6pm Gym: 2:30-3:30pm JR/HS Bball: 3:30-4:30pm Elem Bball 5:00-5:45pm Open Swim: 3-6pm	21 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm JR/HS Bball: 3:30-4:30pm Elem Bball 5:00-5:45pm	22 Rec Rm: 3-6pm Movie Night: 5-7pm JR/HS Bball: 3:30-4:30pm Elem Bball 5:00-5:45pm Open Swim: 5-8pm
25 Rec Rm: 3-6pm Team Building: 5-6pm Open Gym: 3-6pm Open Swim: 3-6pm	26 Rec Rm: 3-6pm Drum Group: 5-6pm JR/HS Bball: 3:30-4:30pm Elem Bball 5:00-5:45pm	27 Rec Rm: 2:30-6pm Arts-n-Crafts: 5-6pm Gym: 2:30-6pm JR/HS Bball: 3:30-4:30pm Elem Bball 5:00-5:45pm Open Swim: 3-6pm	28 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm JR/HS Bball: 3:30-4:30pm Elem Bball 5:00-5:45pm	29 SSD – 1.5 HR ER Rec Rm: 2:30-6pm Fun Day Friday: 5-6pm Open Gym: 2:30-3:30pm JR/HS Bball: 3:30-4:30pm Elem Bball 5:00-5:45pm Open Swim: 5-8pm
After School Snacks: Computer Lab: Sylvan: Homework Help, GED Prep:	M-F 3-4:45pm M-Th 3-7, F 3-5pm M-Th 4:30-6:30pm T-TH 4-7pm	ER = Early Release WHL = Wa-He-Lut Indian School SSD = Shelton School District GSD = Griffin School District		I.T.B. – Inter-Tribal B-Ball High School: 9-12 Grade Middle School: 6-8 Grade Elementary: 4-5 Grade



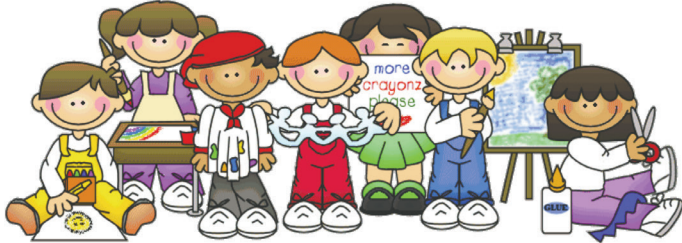
TLC | FUN IN THE SUN SOLAR ECLIPSE



Back to School BBQ

Come celebrate the new school year!

We will be serving food from 4:00–5:00pm in the Rec Room.
We will have homemade baked beans, fruit salad and hot dogs.
On Wednesday, September 6th



BBQ



Have any questions, please contact Jerilynn at 432-3992



Youth Suicide Prevention Walk I Matter!





2017 JOURNEY TO CAMPBELL RIVER





2017 JOURNEY TO CAMPBELL RIVER



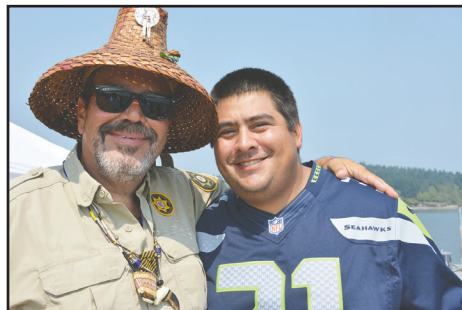
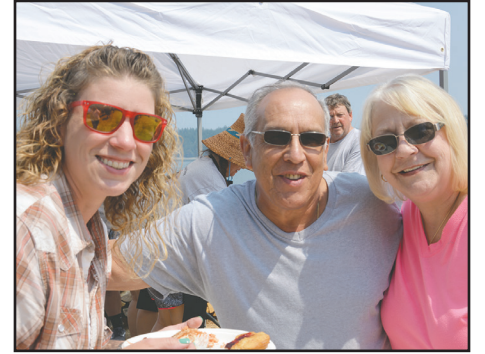


FIRST SALMON CEREMONY



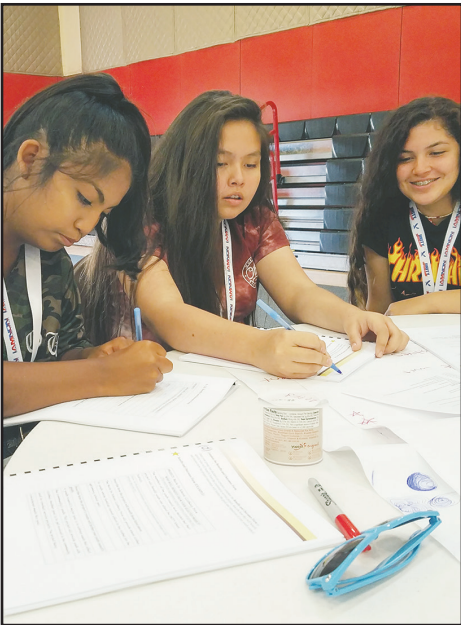


FIRST SALMON CEREMONY





Teens at Unity Conference



SEPTEMBER 8 | OPEN @6PM
EARLY BIRDS @8PM | SESSION @8:30PM

BINGO **DAUBIN IN THE DARK**

OVER **\$7,900** IN PAYOUTS

\$400 payouts for 4-ons | \$500 payouts for 6-ons
\$1,199 black out
with a \$500 lead up. Buy-in is \$50

Cocktail SPECIALS
Ages 21 and over only.

LITTLE CREEK CASINO • RESORT
LITTLECREEK.com

Live DJ Spinning at 7:30pm

LITTLE CREEK CASINO RESORT PRESENTS **WINE & JAZZ** FESTIVAL

ENJOY WINES FROM AROUND THE WORLD, BEER, LIVE MUSIC & WONDERFUL FOOD!

FREE ADMISSION

SEPTEMBER 9 | 4PM

LOCATED ON THE DRIVING RANGE

Salish Cliffs GOLF CLUB
LITTLECREEK.COM | 91 W. STATE RTE 108, SHELTON, WA



Happy 90th Birthday George Witcraft - August 12th

Approximately 100 friends and relatives gathered at the Community Kitchen to celebrate George Witcraft's "90th" birthday. Well wishers came from as far away as Colorado, Arizona, Utah and Victoria. George's son, Steve, and daughter, Debra, presented him with a king's robe, crown and scepter and declared him "King for The Day!" Coffee, punch and cake made by Penni Giles and Patti Puhn were served to the guests. George and wife, Marge, were also celebrating their 68th year of marriage.



Thursday movie night at the Elders building



Tribal Elders Dorinda Thein,
Lila Jabobs and Loretta Case



Tom and Nancy Moore helping out at the
tribal Food Bank



Don Brownfield made this cedar flower
box from screws and cedar to replace the
original he made 10 years ago
(pictured at bottom)



Traci Coffey
our new Elders Activities Coordinator



7 Smart Ways to Build Your Emergency Fund

You don't want to scramble for money when your furnace quits in the dead of winter or your car breaks down en route to work. Sudden costs don't have to end up on your credit card bill, putting you on a path to uncontrollable debt.

But for many people, amassing an emergency fund is easier said than done. After all, for the average American household, six months of living expenses adds up to nearly \$30,000. That's a lot to save, especially when you're supposed to stash it in a low-return, high-liquidity account that won't add much in the way of compounding. Indeed, 52% of families say they don't feel financially prepared for the unexpected, according to a recent report from the Pew Charitable Trusts.

If you're struggling to imagine how you'll ever put aside \$30,000 or more, consider these seven practical ways to start building an emergency fund now.

Pay Yourself First

A hassle-free way to ensure that you contribute regularly to an emergency fund is to set up automatic deposits to your savings account, says Sean McQuay, a credit card expert for NerdWallet.com. That way, you'll neither forget to make a monthly contribution to your emergency fund nor allow excess spending to crowd out your planned savings at the end of the month.

You're likely already having your paychecks deposited directly into your checking account. Simply add a second direct deposit with your employer, steering

a small portion of your pay to your savings account. Or set up an automatic transfer from your checking account to a savings account. You'll rest easy knowing that your emergency fund is growing steadily on its own.

Save Your Tax Refund

If you're expecting a refund check this tax season (the average refund is about \$3,000), don't blow it on a shopping spree at the mall or on that 70-inch 4KTV you've been coveting. Give your emergency funds a jolt instead.

Adjust Your Tax Withholding

Now that you've put this spring's tax refund to good use in your emergency fund, let's take a different approach with your taxes going forward. Instead of waiting until next spring to receive another refund to add to your emergency fund, adjust your tax withholding now in order to receive more money in your paycheck each pay period. To make the change, you'll need to submit a revised W-4 form to your employer. You should see the adjustment in your next paycheck. Remember, the extra cash you receive shouldn't be spent frivolously. If you have an automatic transfer to an existing emergency fund set up, increase the amount to account for the additional money you'll be receiving.

Continued on following page

New Employees



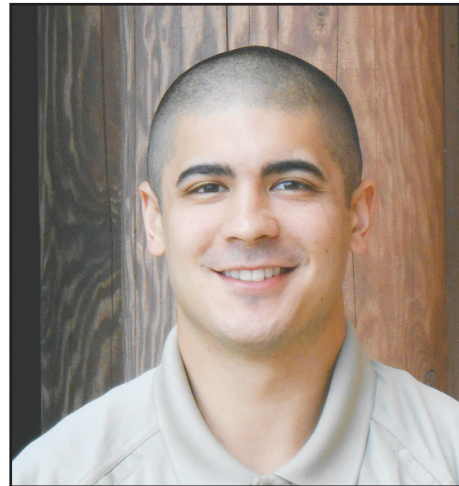
Kaitlyn Sweitzer
Office Assistant II
Receptionist

Hi! I have been hired as the Office Assistant II Receptionist for Health Services/Behavioral Health.

I am a mom to Aspen, who is a year and a half. I enjoy having my own little family. I am also part of the Rioux family.

I'm excited to start something new and help provide for my family.

I look forward to working and meeting with you!



Jacob Barrett
Police Officer

Hi! My father has over 22 years of military and law enforcement experience. My mother has 22 years in private and public education. I have two siblings/sisters. One is a director at a health care facility and the other is a military wife/stay-at-home-mom.

I am very excited with all the various opportunities that this positions has to offer. I look forward to helping/serving others within the community and being a part of an organization/department that is very professional.



Michael Henderson, Jr.
TANF
Client Coordinator

Hi! I will be working for TANF as the Client Coordinator.

My mother is Theresa Johns and my father is Michael Henderson, Sr.

I've worked in facilities down at the casino for almost seven years.

I'm excited to actually help people out directly instead of a company and to join a team where they actually help you.

I look forward to making everyone proud.



Famie Mason
Childcare Program
Coordinator

Hi! I am a Squaxin island tribal member. Voc Rehab's training program got me here. I love the Family Services team. It will be wonderful to work with them! I am so happy to be in a position to help my tribal family.



Continued from previous page

Find a Part-Time Job to Earn Extra Cash

If your schedule permits, pick up some part-time work to boost your savings. Consider turning a passion -- say, copywriting or web design or music -- into a side job.

Cut Monthly Expenses

Don't have the time or inclination to put in extra hours to generate more income? Instead, scale back on everyday expenses to free up money in your budget to contribute regularly to your emergency fund. To save on costly takeout meals throughout the week, prep your own meals on the weekends, and freeze them for quick access on weeknights. You can also reduce fixed expenses, such as car insurance, home insurance, your mobile phone plan or cable TV service. It may be as simple as calling your service provider and requesting a discount. If you save \$100 a month with these moves, put \$100 a month into your emergency fund.

Save Your Spare Change

Think about all the loose change you find in your car, your purse or around the house -- or the few dollars in change that your pocket accumulates throughout a busy day

of errands. It adds up. Keep a jar or lockbox somewhere in your home where you can routinely toss spare change. Every three months, tally it up and deposit it into your emergency fund.

Take the 52-Week Challenge

We've seen this tactic championed across the internet, and my husband and I are using it this year. Here's how it works: Starting the first week in January, set aside one dollar for your emergency fund. Easy, right? In week two, save two dollars. And so on. Every week, you need to stretch to save only one more dollar than the previous week. By the end of the year, you'll be setting aside \$52 a week. And by then, you will have saved nearly \$1,400. "Such incremental savings help people stay on target and reach their goal because it's easier to make small changes than complete life overhauls," Woroch says. Want to give it a try? Remember, if you're starting the challenge today, you'll need to play catch-up with your contributions to meet your \$1,400 savings goal by the end of the year. - Kiplinger Report

Home Fire Safety Tips for Fall

Check Your Detectors

Spring forward, fall back, and check your smoke and carbon monoxide detectors. When you change your clocks, also change the battery in your detectors. Developing this habit is a good way to remember a simple task that can save your life. Be sure there are working smoke detectors on each floor of your home, particularly outside of sleeping areas. Approximately 20 percent of detectors don't work because of dead or missing batteries. In addition to replacing smoke detector batteries twice a year, smoke detectors should be replaced every 10 years.

Space Heaters

Space heaters need space, too. As the weather gets cooler, space heaters come out of their summer hiding places. Remember to leave at least 3 feet of space around your heater. Unplug it when not in use.

Cozy Up to a Safe Fireplace

Fireplaces are involved in thousands of home fires each year. Before you toss a log on the fire, have your chimney inspected annually and cleaned when needed. Creosote, the buildup of deposits, is a top reason for fireplace fires. In addition, cracks can allow poisonous carbon monoxide to seep into your home. And finally, a thorough inspection will remove any animals that may have built a home in your chimney during the summer. The fire protection association also suggests the use of fireplace screens to keep sparks from floating out. In addition, don't leave your home or go out or go to bed with a fire left burning. And if you have a gas fireplace, have all the connections and lines checked.

Have an Escape Plan in Place

Be sure you have a family fire escape plan, and practice it regularly. Have an escape route for each area of your home and a designated meeting place outside. Draw a map of the escape plan and make it easy for all members of the family to understand. Train everyone to stay low to the ground when escaping a fire. If you must travel through smoke to your exit, crawl and keep your head at level of 12-24 inches above

the floor. Windows may provide a secondary means of escape from a burning home. For two-story homes, we would suggest the purchase of a non-combustible escape ladder that's tested and listed by an independent testing laboratory. Store the ladder permanently near the window. Escape ladders are available at most hardware stores. Buy one that hangs away from the house, rather than right up against it. Practice deploying the ladder, including how to use it from a first floor widow.

Outside the Home

Never park your car or truck over a pile of leaves. The heat from the vehicle's catalytic converter or exhaust system can ignite the leaves below. The resulting fire could destroy your vehicle. Flammable liquids should not be stored in inside the home or in an attached garage or shed. This includes any unused fuel still in the fuel tank. Store this equipment away from your home or drain excess fuel out of the tank before storing. This simple safety precaution will help prevent accidental fires from escaping fuel vapors. Remove fuel from lawn mowers before storing them for winter. Contact your utility company if trees or branches are not clear of power lines. Prune back trees, and rake up leaves and debris. If you live in an open area with a lot of natural vegetation, consider creating a defensible fire zone around your home. Prune the bottom branches from trees and remove shrubs and trees within 20 feet of your home. Don't store cardboard boxes, paper or other flammable materials in the backyard. These materials provide ready fuel for a fire and all it takes is one spark.

Do You Have Defensible Space?

Fire season isn't over. It's not too late to make sure that your roof is clear of leaves or pine needles and that there is a clear space of at least 30 feet between your house and the nearest tree.

Halloween Fire Safety Tips

Use a battery light instead of a candle in your favorite jack o' lantern.

Make sure that children's costumes are made of flame-retardant materials.

Make decorations of flame retardant materials or treat them with a flame-retardant solution.



Section 184 Indian Home Loan Guarantee Program

Program Overview

The Section 184 Indian Home Loan Guarantee Program is a home mortgage product specifically designed for American Indian and Alaska Native families, Alaska villages, tribes, or tribally designated housing entities. Congress established this program in 1992 to facilitate homeownership and increase access to capital in Native American Communities.

With Section 184 financing borrowers can get into a home with a low down payment and flexible underwriting. Section 184 loans can be used, both on and off native lands, for new construction, rehabilitation, purchase of an existing home, or refinance.

Section 184 is synonymous with home ownership in Indian Country.

The borrower applies for the Section 184 loan with a participating lender, and works with the tribe and Bureau of Indian Affairs if leasing tribal land. The lender then evaluates the necessary loan documentation and submits the loan for approval to HUD's Office of Loan Guarantee.

The loan is limited to single-family housing (1-4 units), and fixed-rate loans for 30 years or less. Neither adjustable rate mortgages (ARMs) nor commercial buildings are eligible for Section 184 loans. Maximum loan limits vary by county.

By encouraging lenders to serve Native communities, Section 184 is increasing the marketability and value of the Native assets and strengthening the financial standing of Native communities.

Eligible Borrowers

- American Indians or Alaska Natives who are members of a federally recognized tribe
- Federally recognized Indian tribes
- Tribally designated housing entities
- Indian Housing Authorities

Native Hawaiians can access homeownership loans through the Section 184A Program.

Eligible Areas

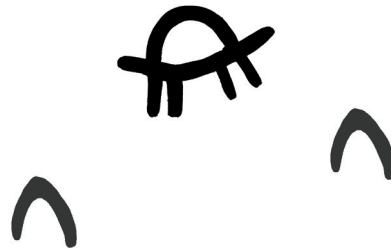
Loans must be made in an eligible area. The program has grown to include eligible areas beyond tribal trust land. Click on the links on the HUD.gov website to determined participating States and counties across the country.

Resources

Additional homebuyer resources, including homebuyer classes, can be found at www.hud.gov/counseling.

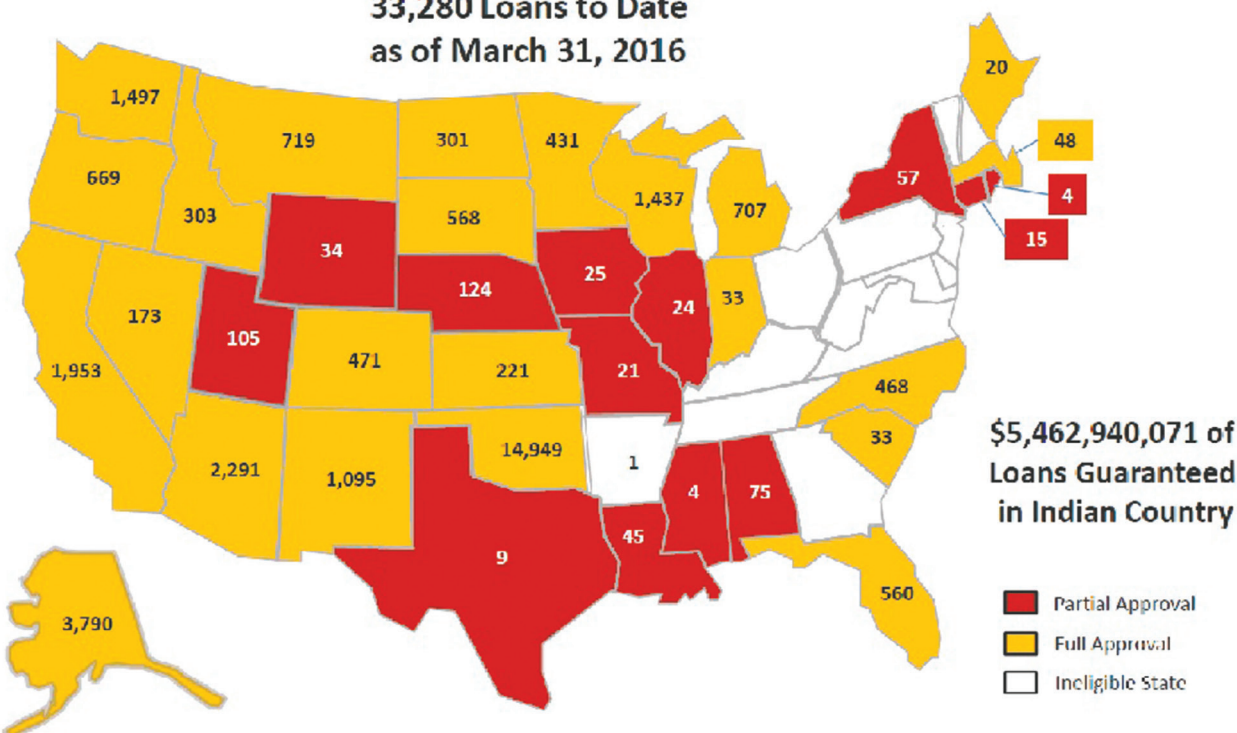
How Section 184 Works

The Office of Loan Guarantee within HUD's Office of Native American Programs, guarantees the Section 184 home mortgage loans made to Native borrowers. The loan guarantee assures the lender that its investment will be repaid in full in the event of foreclosure.



Loans Guaranteed with Section 184

33,280 Loans to Date
as of March 31, 2016



\$5,462,940,071 of
Loans Guaranteed
in Indian Country

- Partial Approval
- Full Approval
- Ineligible State

For Hawaii, see the Native Hawaiian Loan Guarantee, Section 184a

Rev 1.20.12



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 Klah-Che-Min and DAILY SCOOP

Hours: M - F 9 AM - 3 PM

MUST SHOW TRIBAL MEMBERSHIP CARD



Experts share tips for keeping pets cool in summer heat



Summer means taking extra care to keep pets from overheating, an especially dangerous situation for brachycephalic breeds including pugs, bulldogs and others with short snouts or flat faces, experts advise. Other tips: Don't leave pets in parked cars, where temperatures quickly soar to life-threatening levels; make sure animals have plenty of shade and cool water when outdoors; and walk pets early or late in the day to avoid the heat of the full sun. (U.S. News & World Report (6/19))

No one ever told Linda Pegram not to leave her dogs in the car.

On a mid-80s day in April, Pegram cracked the windows for her 7-year-old Cocker Spaniel and 5-year-old Cockapoo as she shopped at a Walmart in Chester, Va. About an hour later, a passerby called police, who arrived to find the dogs dead inside the vehicle. Pegram, who was charged with two felony counts of animal cruelty, told local media outlets that she's devastated and didn't intentionally kill her animals.

It's a grim reminder that, as the weather gets warmer, we need to pay extra attention to our pets. And keeping them inside vehicles on hot days isn't the only health risk. U.S. News turned to veterinary experts who shared advice on how to keep our four-legged friends safe and healthy this summer:

Be careful with high-risk dogs. Animals cool by panting, and those that can't breathe particularly well have the highest risk for health problems during the summer. This includes brachycephalic dogs, or those that have a short snout or are flat-faced – like bulldogs and pugs. Pay special attention to seniors and overweight pets, too. If your pet ever breathes in and out in a noisy way, he may have some trouble with airflow, which in turn means he may have a harder time cooling off.

Don't keep your pets in parked cars. Research from San Francisco State University suggests that in 10 minutes, the temperature inside a car rises by 19 degrees. Make it 20 minutes, and the temperature spikes by 29 degrees; 30 minutes and it goes up 34 degrees; and after an hour, the temperature soars by 43 degrees. Dogs and cats have a baseline body temperature of 100 to 102 degrees, and their organs begin to shut down at 106 degrees. "Very quickly, you can literally be threatening your animal's life," says Cathy Unruh, an animal welfare advocate based in Tampa Bay, Fla. She cautions that you should never put your pet inside a car that's been parked outside in the blistering sun – the seats could be so hot that they burn your animal. Make sure the car is cooled down ahead of time.

Provide shade and water. Seems like a no-brainer, right? You'd be surprised, experts say. Always make sure your pets have ample shade and water when they're outside. Kiddie pools and sprinklers are a smart idea, too, says Jessica Almeida, transfer director at the Humane Society of Utah. "A lot of the time, they'll just go lie down in the kiddie pool and get their bellies wet," she says. But never spray your dog down with a hose: Chances are, it's been lying in the sun, and the water inside is scorching hot – enough so to seriously burn your pet.

Beware of heatstroke. It's more common in dogs than cats and often arises when exercising in hot weather. Louise Murray, vice president of Bergh Memorial Animal Hospital in New York, suggests taking your dog out early in the morning or later in the evening, when the sun isn't so high in the sky. Try to keep animals indoors between 10 a.m. and 4 p.m., which is typically the hottest part of the day. Symptoms of heatstroke include increased heart rate, excessive panting, increased salivation, a bright red tongue, red or pale gums, vomiting and diarrhea. "Just think – our pets are furrrier than us, and they don't process heat as well as we do," Almeida says. "So if it's too hot for you to be hanging outside, it's probably too hot for your dog."

Apply sunscreen. You're not the only one who can get sunburned: Your pets can, too. Dogs are most likely to get sunburned on the bridge of their nose, in the groin area, on the tips of the ears and on their bellies, and animals with a thin coat are at particularly high risk. Invest in sunscreen that's specifically designed for pets. Don't share your own because some common ingredients, like zinc oxide, are toxic to animals, Murray says.


- From Gus the doggie guy..



Recycle Robot Tammy Ford Visiting the Child Development Center







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, Sept 12
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

Foot Exam Day with Dr. Kochhar
(Foot Doctor)

Friday, September 29, 2017

1—4 pm
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

Even Before You are Pregnant, Take Folic Acid for Your Baby's Sake

Reduce chances of neural tube defects such as spina bifida and anencephaly by taking 400 mcg folic acid every day



What is folic acid? What does it do?

Folic acid (Folate) is a B vitamin (B9).
Our bodies use it to make new cells.
Everyone needs folic acid.

Folic acid is very important because it can help prevent major birth defects of the baby's brain & spine up to 70%

Spina bifida or Anencephaly occur in a baby before most moms know they are pregnant.

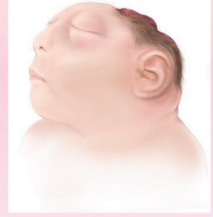
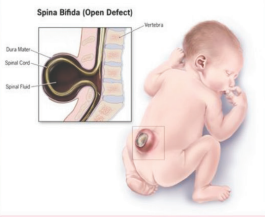
How do I get the folic acid I need?

- Take folic acid (also called folate) 400 mcg (.4 mg) a day as soon as you reach childbearing age. Most multivitamins will contain .4 mg, the recommended minimum for women.
- Eat a bowl of breakfast cereal that has 100% of the daily value for folic acid every day
- Take your prenatal vitamins daily during pregnancy
- Eat foods high in folate:



Neural tube defects

- Spina Bifida
- Anencephaly



Source: Centers for Disease Control and Prevention, National Center on Birth Defects and Developmental Disabilities

Anencephaly is a serious birth defect in which a baby is born without parts of the brain & skull.

<https://www.cdc.gov/ncbddd/birthdefects/anencephaly.html>



To schedule an appt for SPIPA WIC,
call & leave a message at 360.462.3224



A few more stars of First Salmon Ceremony



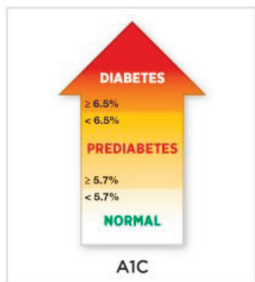
Spring Into Summer Community Wellness Event

Traci Lopeman (edited by Bobbie Bush) - Wednesday, June 14, 2017, the Native Women's Wellness Program, the Diabetes Care and Prevention Program and the Tobacco Cessation Program of Squaxin Tribe collaborated on a "Spring Into Summer Wellness," community event. Overall, the event was well attended with over 75 people in attendance. The food that was provided was enjoyed (well-liked) and just enough.

Our lovely guest speaker, Charlene Krise, a Tribal Council member, spoke eloquently about Native American values and traditional tobacco use. There was an enjoyable meal of barbeque chicken, fruit and vegetable trays, green salad and whole grain bread. After the meal, everybody seemed to enjoy "Tobacco Cessation" Bingo and it was a lively game.

We gave out seventy (75) bags of the fruit and produce bags to the attendees, elders, and community members of the Squaxin Island Tribe. We are thankful to our volunteers that helped us with the produce, particularly, Michael West who helped offload 2,000 pounds of produce. We had help bagging the produce with Ruth Lopeman, Janice Lopeman, and Michael West.

Do you have Diabetes? What is your A1c? Why is it Important?



If your A1c is at 7 or higher,

you are at risk for diabetes complications.

The A1C test is a common blood test used to diagnose diabetes and then to gauge how well you're managing your diabetes.

The A1C test result reflects your average blood sugar level for the past two to three months.

Specifically, the A1C test measures what percentage of your hemoglobin — a protein in red blood cells that carries oxygen — is coated with sugar (glycated).

The higher your A1C level, the poorer your blood sugar control and the higher your risk of diabetes complications.

Need help with getting your A1c in a healthy range?

Contact Patty Suskin, Diabetes Coordinator at 360.432.3929 or psuskin@squaxin.us



We had drop by helpers, Chasity Villanueva and her lovely children as well as Rebecca Keith. We had some awesome helpers, Sidney and Adam Keith, who helped in the kitchen with the infused water and other chores including preparing the tables.

In order to help make it more interesting at our event we had Patty Suskin doing the diabetes screenings and Tribal Clinic Medical Assistant, Tonya Nelson, doing blood pressure screenings which she did 18 of. Anita Mattingly helped out at the sign-in table and also with distributing the t-shirts. Thank you Anita.

We had a surprise helper who jumped in willingly and with enthusiasm to help spread the word about 5210, Derek Hunt. Rebecca Coleman, a guest from DSHS, Office of Developmental Disabilities came and spoke about her program. Last of all, we had the SPIPA Cancer Program Manager, Heidi Brown who was there with her adorable son and helped with the event by taking some pictures.





Tobacco Cessation Program News

Bobbie Bush - Happy Summer Time! It has been busy this last few months. There have been 10 people who have successfully kicked the nicotine habit! This is excellent and I look forward to working with more folks who want to quit smoking cigarettes, chewing tobacco or using vape pens.

Some folks just quit, some other folks use their nicotine patches or other medications to help them quit. Some folks come to the twice weekly lunch Tobacco Cessation Group meetings. It is always a personal choice when trying to change our behaviors. Changing a habit is really difficult at times, but coupled with strategies to overcome cravings, medications to stop cravings, and setting a quit date our folks have been able to become nicotine free. Others have had to quit due to health concerns.

One thing we do in our group is identify strategies to help at that moment of craving. If there is one time of the day that is the hardest to stay quit, we work together and the person who desires to quit identifies their strategy to overcome the craving. The strategy will work better if it is something fun or exciting, relieves stress and tension, and is inexpensive and readily available. Then the trick is for the person who wants to quit to actually use the strategy.

Here is a strategy example. Personally I love to gamble, also personally it is not in my budget, so when trying to overcome the desire to go gambling at the casino, I use the comfort of my home and the comfort of my pets – who I have missed all day at work, as an incentive to help me get past the driveway to the casino. I visualize myself getting home to the kitties, feeding them, petting them. It is immediately rewarding when I can resist that “addiction.” This has helped me personally.

Our schedule for lunch meetings is “Weaving Wednesday,” eat a very healthy lunch like chicken fajitas, spinach salad and berries with yogurt, and where we talk about tobacco cessation, watch an educational video, and then weave little cedar baskets. Then on Thursdays we have “Throw Back the Pack,” we eat an excellent lunch like chili beans and corn bread with salad. Then we work on our baskets or bead some necklaces.

If you desire to quit or just want to get more information on quitting commercial tobacco consumption in the form of cigarettes, chew, cigars or VAPE, please contact me at 360-432-3933, or email me bbush@squaxin.us, or stop by the Health Promotions Building.



The Eagle Books Word Search

Circle the hidden words in the puzzle below. There are 24 hidden words. The words may be hidden: horizontally, vertically, diagonally, forwards, and backwards.

S E T E B A I D T N H R C L M
S T R O N G O I N Y E H A K V
R E T A W Z B U A B I D F L G
P U W R C B N L I L O L R U V
D R G N A T P I D C V O K A E
P O E R W J I R N O D Y K U G
M R O V S S E V I Y A H Y S E
U Y R F E N D M E O N T P K T
J R A I N N G N E T C L F L A
A P T I W N T A E E E A E A B
W A L K I N G I Y I M E W O L
B U Z N P L S P O I R H L Q E
R P N X E I O L L N G F A V S
Y U E G L N L Y S T I U R F M
R N N A T I V E B E J H M P E

- | | | | | |
|----------|----------|---------|------------|------------|
| Active | Diabetes | Fruits | Play | Strong |
| Books | Eagle | Garden | Prevention | Vegetables |
| Children | Family | Healthy | Rabbit | Walking |
| Coyote | Food | Indian | Rain | Water |
| Dance | Friends | Jump | Running | Native |



Read all four Eagle Books.

For more information visit: <http://www.cdc.gov/diabetes/pubs/eagle.htm>



September Happy Birthdays

1
Jeramiah Whitewolf Longshore
Kui Lee Tahkeal Jr.
Patrick Wayne Whitener
Vanessa A. Tom

2
Jason Gabriel West

3
Austin Ray Peters
Kezia Marie Wentworth
Malachi Donald Hartwell-Kinison
Rose Marie Krise

4
Kathrine Darlene Neilsen
Marty Joe Trinidad Jr.

5
Latoya Jean Johns
Mckenzie Brearley-Lorentz

6
Elijah Joseph Krise
James Vincent Youngs

7
Danielle Garnet Leas
Joshua Paul Coble
Talon Andrew Peterson
Wayne Joseph Lewis
Zayne Garner Dorland

8
Barry Wayne Hagmann
Charles Wesley Scheibel
Justine Amber Mowitch
William Dean Hagmann
William M. Weythman

9
Alexsii Grace Vigil
Avary M Jimmie
Joseph Stewart-Kinchler
Kaleb Joseph William Lutolf
Levi Lee Connally
Lewis Robert Napoleon Jr.
River Ray Cooing Dove Guardipee

10
Debra Leone Mattson
Madison C.M. Mowrey
Roger Joseph Peters

11
Madeena M. Rivera

12
Austin K. Brearley-Lorentz

13
Anthony Joseph Ramirez III
Kaitlyn Michelle Brandt
Robert Thomas Farron

15
Florence A. Sigo
Gracelyn June Wier
Jonathan E. Harrell
Kristen Michelle Davis

16
Evelyn Rae Krise-Lyon
Jamie Danielle Slaughter

17
Carmen Marie Algea
Cassie Ann Colbert
Kenedee K. Peters
Markie Jean Smith

18
Stephen Mark West
Tia Marie Jordan
Tiana Feather Henry
Willow A. Henry

19
Calvin Wayne Farr
Frances Estella Starr
Raiatea C. K. Villanueva
Sophia L. Pinon

20
Kayla Marie Johnson
Terry Lee Brownfield

21
Atawit Krise-Lyon
Desmond Ashley Smith
Esther Melinda Fox
Gregory Scott Koenig
Jada Lesley Krise
Kassidy Mckenna Rayanne Burrow
Melody Marie Moliga

22
Gloria Jean Hill
Kim Monique Cowing
Kiona Breeze Krise
Michael N. Peters

23
Amanda Rae Peters
Angel Lorene Sen
Chris T. Clementson
Leslie Allen Cooper Jr.
Mykah Jayson Masoner
Peter William Kruger Jr.

24
Donald Lynn Whitener
Linda Lee Lake

25
Joan Martha Rioux

26
Barney Eugene Cooper
Ronald Curtis Fletcher
Susan Jeanette McKenzie
Vernon Patrick Kenyon

27
David Ernest Lopeman
Dawne Marie Elam

29
Donald James Smith

30
Isaiah Gaylen F. Schlottmann
Kim Sherwood Kenyon



A few more from First Salmon Ceremony

Fear and the Devil

Bobbie Bush 8-15-17 - Fear is the great deceiver and is the root of greed. Greed is the biggest fear we have as humans and the feeling that initiates so many aberrant behaviors. We fear that someone is treated better than we are, we fear the "other is getting more, i.e. sex, food, money, space, attention. We fear "they" are getting their needs met and we are not.

Fear encourages the deception that we are separate and different from each other; but each and every human has a belly button. We are connected, we are the same: part of the same whole which is the beautiful creation of God.

Fear, which is of the devil, tries to diminish the light of God, through these deceptions and human reactions. Only when we can become conscious of these fear-based reactions and bring those powerful feelings to light can we begin to build a practice of Faith in the abundance of Creation and the Blessings of the Spirit. Fear/The Deceiver/The Devil tries to stop this.

When we realize the value of ourselves and each other as reflections of the light of Creation, we will be able to release the turmoil, ease the strive, calm the Fear based aberrant manifestations of Greed, Lust and War that need to be released NOW, to enable the next stage of human transformation and transcendence.






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	Rene Klusman	
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		As needed
Little Creek Oversight Board (TC 2.26.010)	Arnold Cooper, Vicki Kruger, Charlene Krise	Arnold Cooper	
Museum Library and Research Board	Bev Hawks	Charlene Krise	
Tourism Board (TC 2.34.010)	Arnold Cooper	Leslie Johnson	Sept., Dec., March, June
Island Enterprises Board	Arnold Cooper	Dave Johns (Acting)	



What's Happening						
Smoking Cessation Classes Tuesdays (Adult 5-7) & Wednesdays (Adult noon) & Teen (3:15-4:15) AA & ALANON Wednesdays 7:30 Building Strong Families Through Culture and Drum Group Tuesdays 3-5				1	2	
				Housing Commission		
3	4	5	<i>TLC Back to School BBQ</i> 6	7	<i>Swimming Pool Open House</i> 8	9
Happy Labor Day!			Elders Committee	Utilities Commission	Education Commission	
			Shellfish Committee	Family Court	<i>Grandparents Dessert</i>	
10	11	12	13	14	15	16
Child Care Board of Directors		Enrollment Committee	Golf Advisory Committee	<i>Tribal Council</i>		<i>Water Sounds Art Auction</i>
		Criminal/Civil Court				
17	18	19	20	21	22	23
<i>Lularoe</i>						
24	25	<i>Suicide Awareness Event</i>	27	28	2 9	30
Gaming Commission		Criminal/Civil Court		<i>Tribal Council</i>		
		Tobacco Board of Directors				



Elders Menu . . . Fruit and salad at every meal

4th - 7th

MONDAY

Labor Day – No Lunch

TUESDAY:

Chicken & Rice Soup,
Turkey & Cheese Palmiers

WEDNESDAY:

Chicken Lo Mein, White Rice

THURSDAY:

Roasted Rosemary Chicken
Quarters, Asparagus,
Red Potatoes

11th - 14th

MONDAY:

Creamed Hamburger,
Corn, Biscuits

TUESDAY:

Salmon Soup w/ Dumplings

WEDNESDAY:

Hot Dogs, Potato Salad, Chips

THURSDAY:

BBQ Country Ribs,
Mac-n-Cheese, Broccoli

18th - 21st

MONDAY:

Burger Dips, Potato Wedges,
Cauliflower

TUESDAY:

Beef Stew, Rolls

WEDNESDAY:

Teriyaki Chicken, Rice,
Oriental Veggie Mix

THURSDAY:

Casino Buffet

25th - 28th

MONDAY:

Corned Beef Brisket
w/ Cabbage & Carrots

TUESDAY:

Oyster Stew, Biscuits

WEDNESDAY:

Bratwurst, Macaroni Salad

THURSDAY:

Meatloaf, Veggie Rice

SQUAXIN ISLAND TRIBAL COURT
YOUTH COURT
SQUAXIN ISLAND RESERVATION

IN RE
E.G. and T.G.
Indian Children

Case No.: CW-2017-1706-0093
CW-2017-1706-0094

NOTICE OF HEARING

THE SQUAXIN ISLAND TRIBAL FAMILY COURT TO THE SAID: Violet Garcia and
Johnny Davis.

YOU ARE HEREBY NOTIFIED THAT pursuant to Section 10.08 of the Squaxin Island Youth
code, Fact Finding and Dispositional Hearings for the above named youth have been set in the Squaxin
Island Youth Court. The hearing on this matter shall be held on the 5th Day of October, 2017 at 2:00
p.m. at 10 SE Squaxin Lane, Shelton, Washington. FAILURE TO APPEAR AT THIS HEARING OR
TO RESPOND IN WRITING MAY RESULT IN THE CHILD BEING PLACED IN A FOSTER
HOME OR RELATIVE PLACEMENT. File your written response with Squaxin Island Tribal Court at
the above listed address or call 360-432-3828 for more information.

Post: August, 2017

Publish: August, 2017



NOTICE OF FACT FINDING– PAGE 1

SQUAXIN ISLAND LEGAL DEPARTMENT
3711 SE OLD OLYMPIC HWY
SHELTON, WA 98584
360.432.1771

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
Charlene Krise
Charlene Krise
Vicki Kruger
Arnold Cooper
Arnold Cooper
Vince Henry
Steven Dorland
Per Tribal Code None
Arnold Cooper
Vicki Kruger & Charlene Krise
Vacant
None
Vicki Kruger

Staff Rep.

Jeff Dickison
Elizabeth Heredia
Tammy Ford
Joseph Peters
Kris Peters
Joseph Peters
Eric Sparkman
Gordon James
Dallas Burnett
Richard Wells
Bert Miller
Ray Peters
Vacant
Patti Puhn

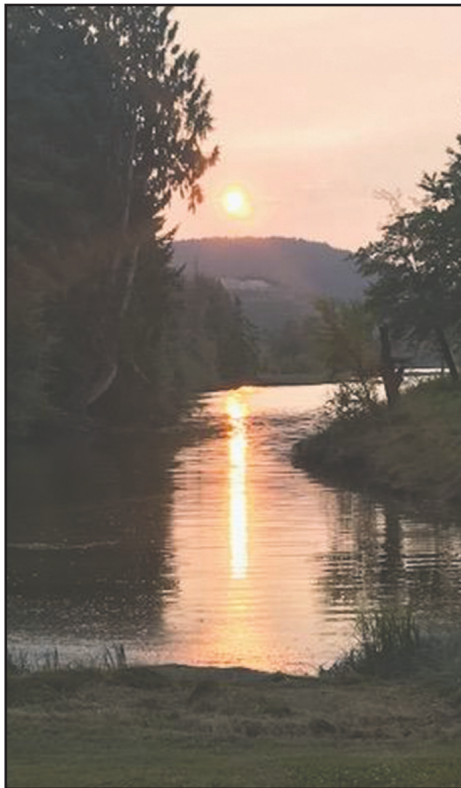
Meetings

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
4th Monday
1st Friday
2nd Monday
4th Tuesday
1st Thursday
2nd Friday



Thank you from our friend Ralph Munro

The Little Creek Casino Resort crew served a fabulous meal to 200 Capitol Land Trust Gala attendees and donors on the Munro farm August 5th. The land trust works closely with Squaxin Island Tribe to preserve our bays and waterways. Good work!



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