

Squaxin and Skokomish Tribal Councils, With Shelton School District, Bless New School District Building Sites

On Wednesday, July 11, the Shelton School District came together with the Squaxin Island and Skokomish Tribes to bless the land - through song and prayer - where the district's new buildings will be constructed: a three-story building and auxiliary gym for Shelton High School and a new Mountain View Elementary.

At each location, the blessing was offered by Rose Davis, Minister of the Mud Bay Shaker Indian Church. Squaxin Island Tribal Chairman Arnold Cooper and Skokomish Tribal Chairwoman Kimberly Miller greeted the crowd, thanked them for their participation, and spoke about the importance of education.

Other Council members of both Tribes spoke about how learning is vitally important, both in and out of the classroom, and the need to clear a path as we work together to improve education for all students.

Together we will be able to build a bright future for all students in Mason County.



Culvert Replacement Site on Steamboat Island Road Blessed



County Commissioner Bud Blake leads other commissioners, Squaxin Tribal leaders and community members to bless and dedicate a site for culvert replacement on Steamboat Island Road. A bridge will replace the blockage. Salmon will be able to move upstream and spawn. Great project! - Photo and info courtesy of Ralph Munro

PRSR - STD
U.S. POSTAGE
P A I D
SHELTON, WA
PERMIT NO. 96

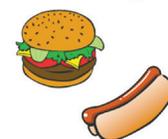
Return Service Requested
10 SE Squaxin Lane, Shelton, WA 98584

Community Block Party

August 22, 2018
3:00 - 6:00 p.m.

Squaxin Baseball Field Potluck!

Bring your favorite salad, dessert or chips!
Hot dogs, burgers & beverages will be provided
Hosted by the Safe Street Block Captains

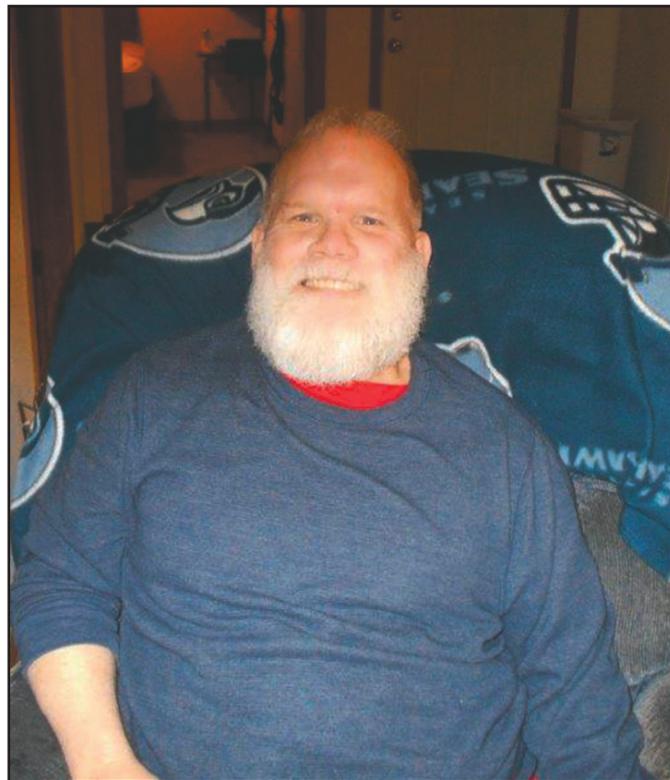


Questions?
Contact Gloria Hill
360-426-9781





Walking On



Daren David Brownfield

Daren David Brownfield passed away at his home on Thursday, June 28. Daren was born October 24, 1962 in Shelton. He is the youngest son of Donald and Rose Brownfield.

Daren worked 18 years in fisheries for Squaxin Island Department of Natural Resources and in security at the casino for several years. He also served as a reserve officer for the Squaxin Island Tribe.

Daren taught Karate to several of his friends throughout the years.

Daren is survived by his mother, Rose Brownfield; brothers, Dale (Port Hadock) and James (Lacey).

Daren will be greatly missed. His service was held July 13th at 11:00 a.m. at the Squaxin Island Community Kitchen.

What is the Skokomish Indian Tribe up to?

The Skokomish Indian Tribe has now filed several federal cases in which it seeks primary hunting and gathering rights – i.e., the ability to exclude other tribes – throughout a large area. Skokomish relies on the argument that the primary right determination for fishing rights automatically translates to hunting rights. Other tribes strongly disagree.

In one of its cases, Skokomish v. Forsman, Skokomish sued the Suquamish Tribal Council. Skokomish claimed the exclusive right to regulate hunting in “Twana territory”, even though that right has never been decided, and “Twana territory” is not expressly called out or preserved in the Treaty of Point No Point.

Skokomish’s problem was that the Suquamish Tribe and other Stevens Treaty Tribes are required parties because the outcome that Skokomish wanted would interfere with the ability of these other Tribes to assert their own treaty hunting rights. Skokomish tried to get around this problem by not naming the Suquamish Tribe or any of the three other Point No Point Treaty Tribes as parties to the lawsuit. Rather, it sued individual Suquamish Council members and its Fisheries Director. The federal court held, however, that Skokomish had to – but could not – name the Squaxin Tribe and other Stevens Treaty Tribes that claimed treaty hunting rights on “open and unclaimed lands” within the “Twana territory.” Skokomish was unable to name these other Tribes because they are all “immune” from lawsuits – i.e., Indian Tribes generally can’t be sued without their consent.

On June 18, 2018, the Ninth Circuit Court of Appeals ruled that there was “no plausible argument” that the fish case was about hunting. The Court also agreed that Skokomish’s lawsuit could not go forward without the Suquamish and other Tribes that would be affected – certainly the Point No Point Tribes, and possibly the Medicine Creek Treaty Tribes.

The Squaxin Island Tribe has continued to strenuously object to Skokomish’s efforts to use “fishing primary rights” as a hunting usual and accustomed hunting determination. And, Skokomish continues in its efforts to exclude the Squaxin Island Tribe from Squaxin’s traditional waters in Oakland Bay, Hammer-sley, Totten and Eld Inlets.

Squaxin Island TRIBAL NEWS

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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.

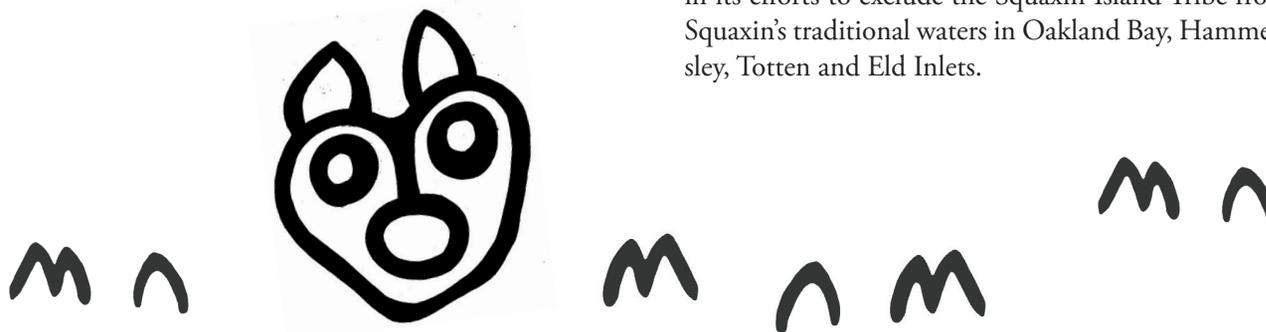
Submissions Deadline:
15th of each month

SQUAXIN ISLAND TRIBAL COUNCIL:

- ARNOLD COOPER: Chairman
- CHARLENE KRISE: Vice Chairman
- JEREMIE WALLS: Secretary
- VICKI KRUGER: Treasurer
- BEV HAWKS: 1st Council Member
- DAVE WHITENER: 2nd Council Member
- VINCE HENRY: 3rd Council Member

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K L A H - C H E - M I N





Marijuana

Yes, pot has several risks:

Submitted by Santana Krise - Is it the best move to make pot legal? Is it safe? Is it healthy? Is it medicine? How will it affect our children's future? These tough questions must be asked and answered before society decides what to believe.

Recreational and some forms of medical marijuana that can be smoked or consumed in foods have health and safety risks that include: altered perceptions and mood, difficulty thinking and problem-solving, memory loss, impaired coordination, lung irritation and respiratory issues, increased heart rate, drugged driving, and, in severe cases, hallucinations and paranoia.

According to the National Institute on Drug Abuse (NIDA), marijuana has also been linked to mental health problems like depression and anxiety as well as psychosis, and a permanent loss of up to 8 IQ points by youth users.

Like other drugs, the risk of becoming addicted is cause for concern. The risk of addiction increases from 9 to 17 percent for those using marijuana in their teen years compared to in adulthood.

The American Lung Association tells us that marijuana smoke contains 33 cancer-causing chemi-

cals and deposits four times as much tar into the lungs as a cigarette. Lastly, marijuana is not the same substance it was thirty plus years ago. NIDA also reports that tetrahydrocannabinol (THC), the mind-altering component in marijuana that makes people "high," has increased from around 4 percent in the 1980s to close to 15 percent. Research on consequences of marijuana use is still in the early stages, but with use on the rise, the long-term effects will become more evident.

What about medicinal?

Some properties of the marijuana plant, including the cannabidiol (CBD), do have medicinal properties that have been approved by the FDA for purposes such as increasing appetite, for patients undergoing cancer treatment or suffering from HIV, and reducing epileptic seizures. These pharmaceuticals are not smoked, and they have very limited amounts of THC. When answering the question, "Is marijuana medicine?" ask yourself if your doctor or pharmacist has ever told you to smoke your medication.

Access is an issue

Marijuana is much more accessible today, and we, as a community, need to be knowledgeable of its risks.

Check your sources

Be wary of where the information you receive comes from. Is it from the marijuana retailers, looking to make money, or medical professionals? Do your own research using sources like Healthfinder, National Institutes of Health, Centers of Disease Control and Prevention, or NIDA to find peer-reviewed journals and research-based information.

This information was collected by Helpingservices.org, an organization for youth and families.

A note from Santana Krise, Family Justice Program Assistant: I would like to touch on the access to marijuana that our youth have here at Squaxin. Our youth are at risk for exposure to marijuana more than ever before. If you have a youth who is struggling with marijuana, send them to my office located at the Family Services building. I would be happy to help them access any services or support in obtaining recovery/sobriety, through traditional values/culture.



Legal Department Community Education Forum

Hosting New Legal Subjects Regularly

**"Cops on the Reservation: Who are
You Going to Call?"**

**August 14th at 4:00 pm
Elder's Building**

**"Tribal Fishing,
Shellfishing,
& Hunting Benefits"**

**August 7th at 4:00 pm
Elder's Building
AND**

**August 21st at 12:30 pm
After Elders Lunch**

SAVE THE DATE
MONDAY SEPTEMBER 24TH, 2018

8TH ANNUAL
CHAIRMAN'S CHALLENGE
GOLF TOURNAMENT

GOLF TOURNAMENT FOR
SQUAXIN ISLAND TRIBAL MEMBERS

Salish Cliffs GOLF CLUB | LITTLE CREEK CASINO RESORT

360.462.3673 | Golfshop@salish-cliffs.com



SUMMER YOUTH EMPLOYEES



Ethan Perry

Hi! My mom is Juana Barkley. I am working at the Water Treatment Plant as a Trainee. I attend North Thurston High School. I am hoping this job will help me get to know tools that I have not yet used.



Hailey Henry

Hi! I am from the Henry and Blueback families. My parents are Leo and Rose Henry. I am working at the Child Development Center. I just completed 11th grade at Shelton High School.



Dakota Rodgers

Hi! My parents are Jeremy Rodgers and Amanda Peters. I am working for Housing Maintenance. I just finished 10th grade at Shelton High School. I'm excited to know what its like to have a job. Thank you for taking the time and having the interest in me.



Jacob Johns

Hi! My parents are Theresa and Doug Johns. I am working as a Summer Rec Program Assistant. I just finished 10th grade at Capital High School. This job will help me get out there and be part of the working community. I'm excited about learning how to take care of kids, experience a work environment, and make new acquaintances. This is the first time I've worked with my Tribe, and I'm looking forward to learning as much as I can. I'm also looking forward to meeting all the people that I do not know yet. I can't wait to start and learn new things. I'd like to thank the Tribe for giving me this opportunity.



Paul Brownfield

Hi! I am a member of the Brownfield family. My parents are Terry & Cheryl Brownfield. My grandfather is Gary Brownfield and my great-grandfather was Martin Brownfield. I am working as a Recycling Assistant Trainee. I am a senior at Shelton High School. I have been doing the recycling at the school district and hope this program will help me secure a job. We will be working on a recycling video for the Squaxin Island website. I look forward to working with you.



Jonathon Ogno

Hi! My grandparents are Paula and Jeff Peters and my mom and dad are Jeff and Jenn Ogno. I am working at Salish Cliffs Clubhouse. I go to Shelton High and I'm completing 11th grade. I want to be a certified welder, but this job will help me get ready for the work force.



Jayde Smith

Hi! My parents are Carol and Bob Smith. I am working at the museum. I just finished 10th grade at Shelton High School. I hope this job will give me good work experience.



Brendan Bellon

Hi! My mom is Terri Capoe-man. I am working at Salish Cliffs Golf Course. I just finished 11th grade at Shelton High School. This job ties into my future plans because I am interested in landscaping. I am excited to learn about the golf course. Here is a shout out to Tony.



Josiah Simpson

Hi! I am working for Maintenance.

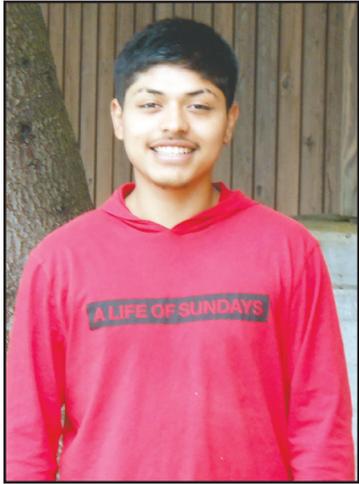


Ashley Dolge

Hi! I am working as an Activities Assistant for the Summer Rec Program. I attend Shelton High School. I am excited to work with the kids over the summer!



SUMMER YOUTH EMPLOYEES



Tony Sigo

Hi! My mom is Jeanette Sigo. I am working at Salish Cliffs Golf Course. I am a 2018 graduate of Shelton High School. I am excited to work with other employees and gain work experience. I would like to give a shout out to Bear. I love you Mom!



Edson Elguero

Hi! My parents are Menya and Donacino Elguero. I am working at LCCR doing laundry. I attend Shelton High School. This job will help me get prepared with money for my education. I am excited to meet new people and learn new hobbies. A shout out to Bear.



Kiana Henry

Hi! My parents are Margaret and Vincent Henry Sr. I am from the Henry and Bagley families. I am working as a Teacher's Assistant at the Child Development Center. I attend Shelton High School. This job ties into my future plans because I might want to be a mom some day. I am excited about learning patience, tolerance and responsibility. I am pretty hyped to work with a whole bunch of rug-rats for the summer I guess!



Ashleigh Ramage

Hi! My parents are Rickie Case-Ramage and Rusty Ramage. I am working at Little Creek Casino Resort in Banquets. I just finished my sophomore year at Shelton High School. I am excited to work in Banquets and experience the feeling of working there. I look forward to working with you.



Alei Henderson

Hi! I am working as a Family Services Office Assistant. I am from the Bagley/Peters family and my parents are Mike and Jaimie Henderson. I just finished 10th grade at Shelton High School. I would like to become a social/child worker after I graduate and this helps me get a little experience of what it'll be like. I'm excited to learn all the roles of an office assistant because I have never been one. I look forward to working with you.



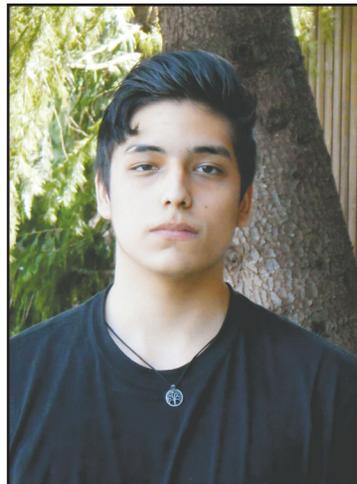
Nokomis Masoner

Hi! My mom is Chasity Masoner. My grandparents are Joanne and Dino Decicio. I am working as a Teacher's Assistant at the Child Development Center. I go to CHOICE High School and just completed 10th grade. I look forward to working with your kids.



Cris Hall

Hi! I am from the Hall/Krise family. My mother is Angel Hall and my grandma is Leona Krise. I just graduated from Shelton High School. I love working outside and at the golf course. I love learning about greenskeeping. I hope to see you around this Tribe. You'll see me working and supporting it. :)



Seth Thomas

Hi! I am from the Krise and Bagley families. I am working at the museum. I'm excited to learn more about my culture. I'm proud of my car.



Austin Bone

Hi! I am from the Peters/Bagley clan. My mom is Jolene Peters. I am working as a Garden Technician. I just finished 10th grade at River Ridge High School. I hope this job will help me develop work skills. I'm excited to learn more information about my culture and harvesting plants and vegetables. I'll see you on Canoe Journey! A-Ho!

Lillian Pulsifer

Photo Unavailable. Hi! I am from the Sigo family. My mom is Janette Sigo. I am working as a Summer Rec Kitchen Assistant. I go to Shelton High School and just finished 10th grade. I want to do something with cooking in my future. I'm excited about learning more things to cook and look forward to working with the Summer Rec program.



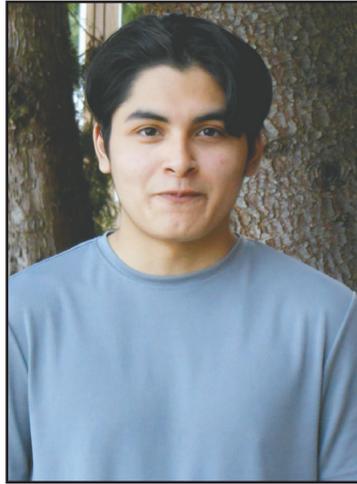


SUMMER YOUTH EMPLOYEES



Kaitlyn Burrow

Hi! My mother is Kimberli Elam. I am a Teacher's Assistant at the Child Development Center. I go to Shelton High School and just finished my Junior year. I plan on becoming a Teacher and may work with younger kids. I'm excited to learn about the inner workings of our day-care center. I look forward to working with you this summer.



Raymond Castro

Hi! I am from the Cooper family. My mother is Marcella Cooper. I am a Stocker at the KTP. I go to Shelton High School and just completed 10th grade. I hope to gather some new skills, little or small, so they can benefit me for a future reference.



Jackson Cruz

Hi! I'm from the Krise family and my grandparents are Evelyn Miller Krise and Walter Mesplie (Yakama). I am working at the museum. I am a 2018 Shelton High School graduate. I look forward to learning Squaxin customs and sacred knowledge. My babies are gonna know about my Tribe. Soon enough I'll tie my cultural lessons into the next generation. I'm excited to learn more about Squaxin Island. Most of all its the Canoe Journey because its always lit. :) I see all of you daily it seems like. Crack a smile, enit?



Octavia Wentworth

Hi! Kezia Wentworth is my aunt. I am working as a Summer Rec Activities Assistant. I just completed 9th grade at Shelton High School. I'm excited about learning more about the Squaxin culture! See you around!!



Sierra Blueback

Hi! I come from the Blueback family. My father is Tom Blueback and my mother is Angelina Blueback. I am working for Summer Rec. I hope to gain more job experience and knowledge. I'm excited to see how kids learn and develop with our teaching. I look forward to working with the Squaxin youth and hope to make an impact.



Josh Lopez

Hi! I am from the Bagley family. My mom is Audelia Araiza. I am a Dishwasher/Busser at Salish Cliffs. I just finished 11th grade at CHOICE High School. Someday I want to own a restaurant, so I'm hoping to learn more about how they are operated. I look forward to working with Salish Cliffs again.



Keesha Vigil

Hi! My grandparents are Lila and Jose Vigil and my mom and dad are Alessii Vigil and Heath Snook. I am working as a Fisheries Tech. I just graduated from Shelton High School with the class of 2018. This job is a good way to learn more about our treaty rights, especially if I major in law. I am excited to be back in Natural Resources.



Roger Ford

Hi! My grandparents are Mabel and Louis Napoleon and my mom is Vicky Turner. I want to do more with the Tribe, to be more involved.



Brandon Beltran

Hi! I work at Fisheries. My family is the Hawks and my mother is Dayleann Hawks. My grandma is Bev Hawks. I go to school in Lacey at River Ridge and I just finished 10th grade. I'm hoping to learn a bit more about fishing and such so that I can go fishing as well as learning how to take care of the water. I look forward to seeing everyone.



Tandy Parker

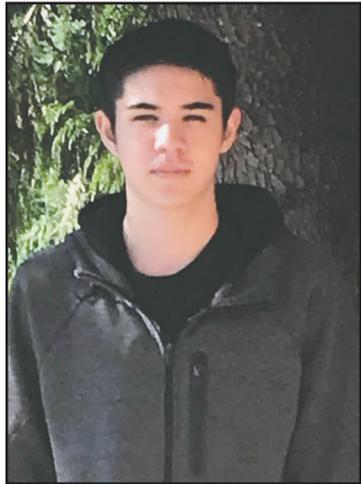
Hi! My parents are Justin and Tracy Parker. I am working at Little Creek Casino Resort. I just graduated from Black Hills High School and I will graduate from SPSCC in the fall. I hope this job helps me gain job experience.



SUMMER REC EMPLOYEES



Two More Summer Youth Employee



Kaiyu Puhn

Hi! I am working as a KTP Stocker Trainee. I just moved from Japan and will attend Shelton High School. I just completed 11th grade. I am the grandson of Patti Puhn. I'm excited to learn what it's like to work for the first time. I look forward to working with you!



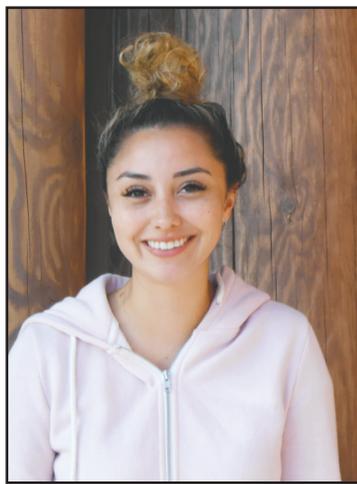
Talon Peterson

Hi! My parents are Stella Yocash and Paul Peterson, Sr. I am working for Natural Resources. I just finished 11th grade at CHOICE High School. I hope this job will open up doors for future opportunities with my Tribe.



Matthew Nelson

Hi! I have worked for Summer Rec for 7-8 years. My mom is Juana Perry and my grandma is Paula Henry. I'm excited to work with the kids again this summer and I look forward to working with you.



Cloe Martin

Hi! I am working for Summer Rec. My parents are David and Kari Martin. I've grown up on the Quinault Reservation. I am currently an enrolled college student going into my third year and my goal is to become a pediatrician. I'm excited to be working with kids and doing fun activities each day. I'm excited to meet more people and kids around Squaxin and am looking forward to a fun summer.



Trisha Blueback

Hi! I'm working with Summer Rec cooking for the kids. I come from the Blueback family. I was raised by my grandparents, Tom and Kitty Blueback. I'm excited about cooking, learning more skills, and, most of all, working with kids. I look forward to working with Summer Rec and the learning experience.



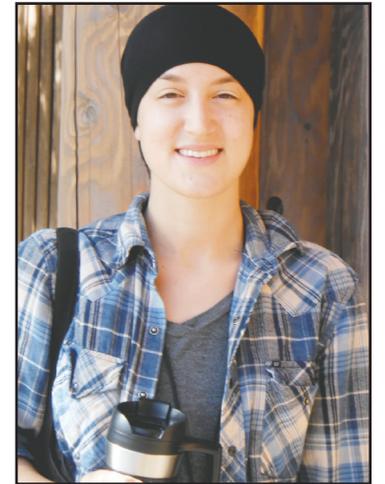
Malicia Bragg

Hi! I am a Summer Rec Youth Leader. This will be my 4th year working with youth. I am pursuing a Bachelors degree in Elementary Education and will be graduating next spring from Washington State University. I am excited for this opportunity as it will be my first time working with the Squaxin community. I am looking forward to a great summer.



Sierra Semanko

Hi! I am a Summer Recreation Activities Assistant with the Tu Ha' Buts Learning Center. My parents are Christine and Scott Semanko and my sister is Shila Blueback. I've been working with Summer Rec for three years now! I'm so excited to see the kids this year as well as co-workers I'll be working with again. I can't wait to have a blast with the kids this summer and I look forward to working with you!



Olivia Smaciarz

Hi! I have been hired as a Program Assistant for the Summer Youth Recreation Program at the Tu Ha' Buts Learning Center. I have a husband and two step-sons. I recently graduated with a Masters in Teaching at the Evergreen State College and am starting as a middle school art teacher this fall. I am Oglala Tatanka Oyate descendent. I am most excited about creating more lifetime memories with the Squaxin community and helping the youth have a meaningful, fun and safe summer. I look forward to serving your children and families. Thank you for this opportunity!



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WE COME TO YOU.



STEPPING STONES



Stefanie Kenyon

Hi! I've been hired as a Stepping Stones Mentor. I am a Squaxin Island tribal member. My parents are Kim and Kim Kenyon. I worked with Summer Rec last year, too. I'm excited to experience Stepping Stones for the first time. I am looking forward to working with the Tribe and the kids.



Davina Braese

Hi! I've been hired as a Stepping Stones Mentor. I am 28 years old. I come from the beautiful Johns family!! My grandma is Ida Johns and my grandpa is Mike Cooper. I live here on the Rez with my amazing boyfriend and our four crazy Lil Indians, three girls and one boy. I am super excited to work with the youth and help them better themselves and the community. I look forward to this adventurous learning experience and can't wait to see you all! :) Thank you for giving me this opportunity to work with these lovely faces.



Rebecca Fox

Hi! I've been hired as a Stepping Stones Mentor. I've had the experience mentoring with the 4th Restoration Program through CHOICE High School. I'm a happy momma to two healthy girls and wife to Ryan Fox. I'm most excited about doing work around the community with Stepping Stones. I look forward to being a positive influence for this mentor project and I'm excited about getting to know this new group of people.



Kestle Coley

Hi! I am a Stepping Stones Mentor. My parents are Angel Sen and Richard Coley and Terri Capoeman. My grandparents are Charlene and Arnold Cooper. I am a Squaxin tribal member and very proud. What makes me so excited to be here is our youth. They are all very unique. I am also excited to be working with Stepping Stones, being part of the Native culture again, teaching and learning from our new teachers and our newest generations.



Kiana Wily

Hi! I've been hired as a Stepping Stones Mentor. My dad is Sale Wily and my mom is Lisa Garberich. Both my brothers are Squaxin tribal members. I've grown up around both Rez's, but I'm happy to be more of a community member now. Everyone I've met in the program so far has been really nice with good energy and I look forward to working with them. I feel like it will be a good summer for everyone. I'm excited to work with the kids and the Tribe.



Tiffany Valderes

Hi! I've been hired as a Stepping Stones Mentor. My grandma is Sharon Byrd. My mother is Jamie D. Queen. I'm a new mom to Paloma Raye. I'm most enthusiastic about working with the kids to see a new perspective on things. I'm pretty chill.



Winter White

Hi! I am a Stepping Stones Mentor. I'm most excited about working with the kids that I've already worked with in Summer Rec and watching them grow up. I look forward to seeing you around this summer!



Patrick Braese
Stepping Stones
Outdoor Coordinator



Larain Algea
Stepping Stones
Coordinator



LEARNING CENTER



Summer News

As August begins, our summer youth programs are still going strong. A few things to keep in mind:

- Summer Rec continues with a variety of activities continuing through Friday, August 10th. Still a lot of fun to be had. August 10th will be a pool party and “Field Day,” with plenty going on inside and out.
- Youth sports programs continue through August (please check out that calendar).
- The annual backpack giveaway for school supplies is happening on Wednesday, August 22nd at the TLC. Parents, please join us between 3:00 - 5:00 p.m. that day to pick up a backpack and get a jump-start on getting school supplies for the upcoming school year.
- Don't forget the Shelton School District's first day of school is on Wednesday, August 29th. School starts a bit earlier this year and ends a bit earlier next summer in anticipation of the school construction that will be happening in the district.




**FRIDAY,
AUGUST 3RD
HOT AUGUST
NIGHT**

Event Description Heading
Enjoying your summer? Wanting to support your local retailers? Make sure you join us for Back to School shopping deals? Come join us for our Hot August Night shopping experience. 15 different vendors all in one space. Can't wait to see you all there!!!

LuLaRoe
—
Scentsy
—
DotDotSmile
—
Rodan & Fields
—
MaryKay

**SQUAXIN ISLAND
COMMUNITY KITCHEN**
50 SE Squaxin Ln
Shelton WA 98584
August 3rd
6pm-9pm

Higher Ed News

Mandy Valley - New and returning Higher Education students, the 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 at mvalley@squaxin.us. I will be more than happy to assist you.



August

2018

Title

Sports Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 MCRA Batting Cages	2 Softball Practice MCRA	3 MCRA Batting Cages	4
5	6 Softball Practice	7 T-ball	8 13U softball	9 17 U softball	10 Quillieute Field Day	11 Quillieute
12 Quillieute	13 Softball 3pm=6-pm	14 T-ball	15 Softball coed 18u Lower Elwah	16 14U Coed softball Lower Elwah	17 Field Day	18 closed
19 closed	20 Softball Practice (MCRA)	21 T-ball	22	23 Softball 14 u	24 Field Day	25 Closed
26 closed	27 MCRA BATTING Cages	28 Archery TBD	29 Quileute	30 Quillieute	31 Field Day	



Fentanyl Is So Deadly That It's Changing How First Responders Do Their Jobs

Submitted by Marcella Cooper - As the number of fentanyl overdoses in America climbed last fall, the New Hampshire State Police Forensic Laboratory released a photo to highlight the opiate drug's extreme dangers. The photo (below) shows three vials. One shows how big a lethal dose of heroin might be: 30 milligrams, a small scoop. The second shows the lethal amount for fentanyl: 3 milligrams, a bare sprinkle. It is a warning to potential users, but also a reminder that fentanyl is so potent its dangerous even for people who might accidentally touch or breath a tiny amount of it . . . people like police, EMTs, forensic labs technicians, and even funeral directors. A puff of fentanyl from closing a plastic bag is enough to send a full-grown man to the emergency room. The unprecedented rise of fentanyl has forced police and crime labs to change how they work. Police departments are using protective gear like Tyvek suits and respirators. Crime labs are looking for new ways to detect fentanyl without opening the bag. And both have stocked up on naloxone, the drug that reverses overdoses, for their employees.

Last fall, 11 SWAT officers in Hartford, CT, became ill after raiding a stash house. Their flash-bang grenade blasted heroin and fentanyl into air, and they came out dizzy and vomiting—symptoms of an overdose.

Groton has stopped testing suspected opioids in the field. Officers used to do something called a colorimetric test: Scoop a bit of the suspected drug in plastic pouch with liquid reagents, and it would change color indicating what type of drug it is. That very act of scooping is now dangerous if it's fentanyl. Since field tests are preliminary anyway, officers now just send it directly to a crime lab.

One of the particular challenges of the opioid crisis is that the drugs keep changing. First it was heroin, then fentanyl. Now certain areas are seeing more overdoses of carfentanil, a drug originally used as an elephant tranquilizer that is an estimated 100 times even more potent than fentanyl.

Who knows what's next.



Comparing the size of lethal doses of heroin, fentanyl, and carfentanil.

A celebration of the Steh-Chass - Budd Inlet and the Deschutes River watershed, its First People and Estuary Restoration Possibilities

FESTIVAL OF THE STEH-CHASS

YOUTH CAMP SUMMER 2018

2 DAY YOUTH CAMP (AGES 10-15) AND FESTIVAL OF THE STEH-CHASS

Register now for two fun filled educational days full of legends, history, traditional plant information, native culture, water quality workshops, crafts, and developing a presentation that will be included in the Festival of the Steh-Chass. Students will be included in the festival presentation to the public of what they created.

MON., AUG. 27
10AM - 5PM

Tumwater Historical Park
Lunch will be included

TUE., AUG. 28
10AM - 5PM

Heritage Park
Lunch will be included

SAT., SEPT. 1

Join us for the culminating family day and Festival of the Steh-Chass at Heritage Park.

INTERESTED PARTICIPANTS AND VOLUNTEERS

Contact Ali Johnson
ajohnson@salmondefense.org
for registration documents.
Registration cut off date is
July 31, 2018.

VOLUNTEERS NEEDED

Contact Ali Johnson
ajohnson@salmondefense.org
for information. Volunteers
must be able to complete
background check.





LEARNING CENTER



AUGUST

Squaxin Teens

Laurel Wolff teen advocate: 432-3842

Check Facebook @ Squaxin Teens for updates to Calendar!

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Teen Center Activity 3:00-5:00	2 Youth Council 4:00-5:00	3 Swimming Trip 12:00-6:00
6 CLOSED	7 CLOSED	8 Teen Center Activity 3:00-5:00	9 Youth Council 4:00-5:00	10 Last Day of Summer Rec + Stepping Stones

The Teen Program will have summer teen activities through Friday, August 10th. Youth sports activities will continue (please see that calendar) through August, while other TLC youth programs are getting ready for the new school year that will start on Wednesday, August 29th. The new schedule of Teen Program activities will be in the September Klah Che Min.



Squaxin Youth Education, Recreation and Activities Calendar

TLC Hours thru August 10th: M-F 7:30am-4:00pm Front Desk: 360-432-3958 Rec Rm: 360-432-3955 (7:30-4pm)
 TLC Hours starting August 29th: M-F 7:30am-7:00pm Front Desk: 360-432-3958 Rec Rm: 360-432-3955 (only 3-6pm)

All activities are drug, alcohol and tobacco free.

Monday	Tuesday	Wednesday	Thursday	Friday
30 Summer Rec 7:30-4 <u>Center Based</u> Cultural: "I Matter" March & Swimming	31 Summer Rec 7:30-4 <u>Center Based</u> Tie-Dye	1 Summer Rec 7:30-4 <u>FT: First Salmon Ceremony</u> Leave: 10am Return: 2:30pm	2 Summer Rec 7:30-4 <u>Center Visitor:</u> Magic Show 10-11am	3 Summer Rec 7:30-4 <u>FT: Boom Shaka</u> Leave: 9:15am Return: 12:45pm **** Sponsored by: Community Watch
6 Summer Rec 7:30-4 <u>Center Based</u> Traditional Foods Day & Swimming	7 Summer Rec 7:30-4 <u>FT: Museum of Flight</u> Leave: 8:30am Return: 3:00pm	8 Summer Rec 7:30-4 <u>Center Base</u> Ice Cream & Swimming <i>Dental Program</i>	9 Summer Rec 7:30-4 <u>FT: Skateland</u> Leave: 12:15pm Return: 3:45pm	10 Summer Rec 7:30-4 Pool Party & Field Day

Summer Rec ends on Friday, August 10th. Youth sports activities will continue (please see that calendar) through August, while other TLC youth programs are getting ready for the new school year that will start on Wednesday, August 29th. There will also be a backpack giveaway on August 22 from 3:00 – 5:00 p.m. at TLC.

		29 Rec Rm: 3-6pm Gym: 3-6pm Open Swim: 3-6pm	30 Rec Rm: 3-6pm Gym: 3-6pm	31 Rec Rm: 3-6pm Gym: 3-6pm Open Swim: 5-8pm
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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	<i>ER = Early Release</i> WHL = Wa-He-Lut Indian School SSD = Shelton School District GSD = Griffin School District	<i>I.T.B. – Inter-Tribal B-Ball</i> High School: 9-12 Grade Middle School: 6-8 Grade Elementary: 4-5 Grade
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**EVERY TUESDAY
STARTING JULY 24TH
“NOT ON
TOBACCO”**

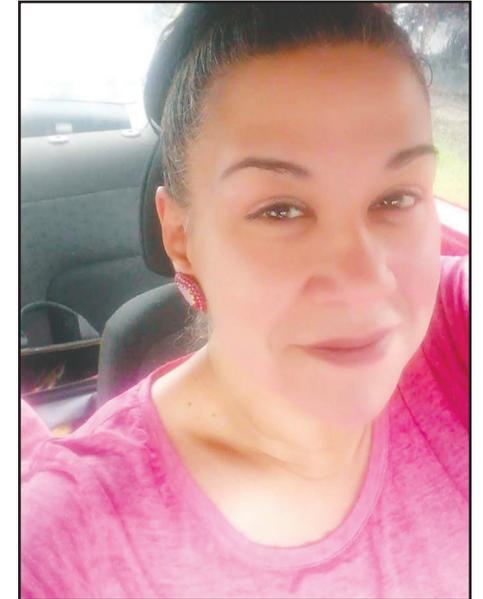
Free Tobacco Cessation Classes for Teens
“Not On Tobacco” is a free ten-week tobacco cessation program from the American Lung Association to release nicotine addiction and commercial tobacco dependency for teens. Reserve your spot at the Health Promotions building or at the first session!

- For teens 19 and under
- Safe environment
- Confidential
- Learn to live a healthy lifestyle
- Learn stress management

TOBACCO CESSATION
90 SE Klah-Che-Min Drive,
Shelton, WA 98584
Taylor Owens
(360) 432-3933
Tuesdays from 3-4 p.m.

General Assistance (GA)

General Assistance (GA) is a small grant for tribal members who have no other income. If a tribal member has treaty income from clam harvesting, geoduck, or fishing they will not be eligible for GA. GA is not offered during a per capita month. Please see Lettie Muchado at Family Services or call (360)432-3936 to make an appointment. Applicants must complete 20 hours per month of community service and provide documentation prior to payment. GA is restricted to Squaxin tribal members only who live in Mason or Thurston Counties.



Please Join Us
Building Strong Families Through Culture

BSFTC

Community Kitchen
Tuesday's
3:00 to 5:00

For the Formation and Maintenance of Two-Parent Families



**FREE TOBACCO CESSATION CLASSES
“FREEDOM FROM
SMOKING”**

**EVERY MONDAY AND WEDNESDAY STARTING
JULY 23RD TO SEPTEMBER 12TH
MONDAYS: 4-6 P.M. WEDNESDAYS: 5-7 P.M.**

HEALTH PROMOTIONS BUILDING
90 SE KLAH-CHE-MIN DRIVE, SHELTON, WA 98584

“Freedom from Smoking” is an eight-week tobacco cessation program from the American Lung Association to release nicotine addiction and commercial tobacco dependency. Sign up today at the health promotions building or at the first session!

FOR MORE INFORMATION CONTACT: TAYLOR OWENS @ (360) 432-3933 OR
TOWENS@SQUAXIN.US



Youth Council Trip to UNITY Conference in early July in San Diego



Water Conservation Tips

Water conservation in the summertime helps us protect the Tribe's water supply.

Here are 12 tips on saving water:

Outdoor water is usually more than indoor water use, so...

1. Let the lawn go dry. It will green up when the rains come. If you like a green lawn try the following:
 - a. Water only in late evening or early morning.
 - b. Water ever two to three days instead of every day.
2. Gardens - Use drip lines instead of sprinklers or hand water.
3. Car wash in town - Wash your car at a car-wash in town. Car washes don't draw from the Tribal water system, and they are very water-efficient.
4. Cover your swimming pool - If you have a pool, covering it helps you prevent loss to evaporation.
5. Slip and Slide- If you are running a slip and slide, run the hose at half-flow. A normal garden hose on full flow can use 10 gallons per minute.
6. Don't pressure wash- Hold-off on pressure washing roofs and driveways until the fall rains come.

Indoor Conservation

7. No more drips- Fix leaky faucets and pipes. A leak that drips every second can waste 5 gallons a day.
8. Limit shower time- Try a 5-minute timer to shorten your shower time.
9. Turn the tap off when you brush your teeth and when you shave.
10. Full Load- Only run laundry and dishwashers when you have a full load.
11. Capture the tap- We often have to run the tap until warm water comes. Capture that water in a container and use it to water house plants. Or use it to fill the kiddie pool outside.
12. Bottled water is not necessary- The water we drink every day is a small amount compared to other household uses, so it's okay to drink that cool, clean water from the tap.



Kids Golf at Salish Cliffs

The first week of the 2018 Youth Summer Recreation Program, provided by the Tu Ha' Buts Learning Center, kicked off with a day creating botanical suncatchers, a field trip to Tumwater Lanes, and a golf activity day offered by Salish Cliffs Golf Club.

The weather couldn't have been better for a day of fun and games for over 50 of our Tribal youth. PGA Professionals David Kass, Chris Koch, Rick Denholm and Brad Elzie led the group in putting lessons, chipping games and full-swing target practice using SNAG (Starting New At Golf) equipment which utilizes oversized clubs, colorful tennis balls and Velcro targets.

Salish Cliffs was recently named to Golfweek's "2018 Best Courses You Can Play in Washington" and regularly holds junior camps and lessons, all with the focus on fun and enjoying the game of golf.

Continuing the mission of the Squaxin Island Tribe's Learning Center to offer tribal members and descendants services that provide lifelong learning opportunities, enhance personal growth, and promote physical, mental and spiritual wellbeing, kids can play for free at Salish Cliffs after 3:00 p.m. with a paying adult all summer long!

Youth Activities Manager Jerilynn Vail-Powell notes the Summer Rec Program is continually improving as more cultural and center-based activities are scheduled to reach and engage more Tribal youth than ever before.



What makes its way through the lands ends up in our water.

Please Protect and Conserve Our Water.

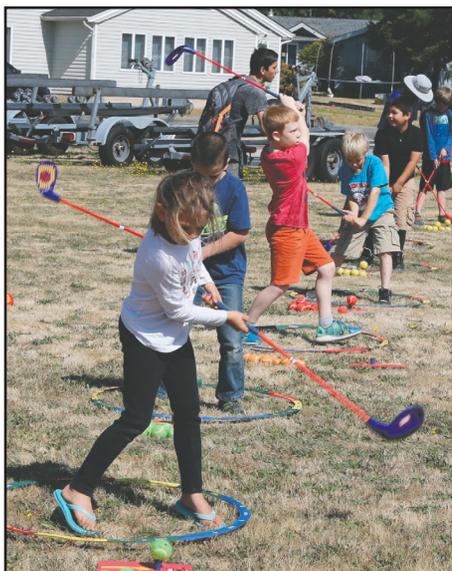


Happy 80th Birthday to Mabel Smith

Vicki Kruger - On June 23rd, Tully, Trent, James Marbet and I traveled to Neah Bay for the 80th birthday party for Mabel Smith. We were the first ones to take the floor to potlach as we had traveled the furthest. Our family from Quileute joined us as did Ed Carrier and Dale Croes – this is referred to as “jumping in your canoe” and just means when it was our turn they joined us. It was an awesome party, great food and great memories! Thanks to Mabel's daughter Patricia for inviting us!

Dale Croes - Ed Carriere and I were invited into Vicki Kruger's family "canoe" from Squaxin to do our presentation. We sure appreciate her letting us join her family and Squaxin to give our gifts. Otherwise we could not have done it--we needed to be invited and Vicki let us into her Squaxin and Quileute family symbolic canoe. The second picture is Ed and I thanking her with a gift for letting us in their family canoe. We enjoyed being with them and the party for Mabel. The birthday girl, Mabel, has the many strings of dentalium on her red shirt.

Best to all, Dale and Ed





Renting vs. Owning

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

Financial considerations

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

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

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

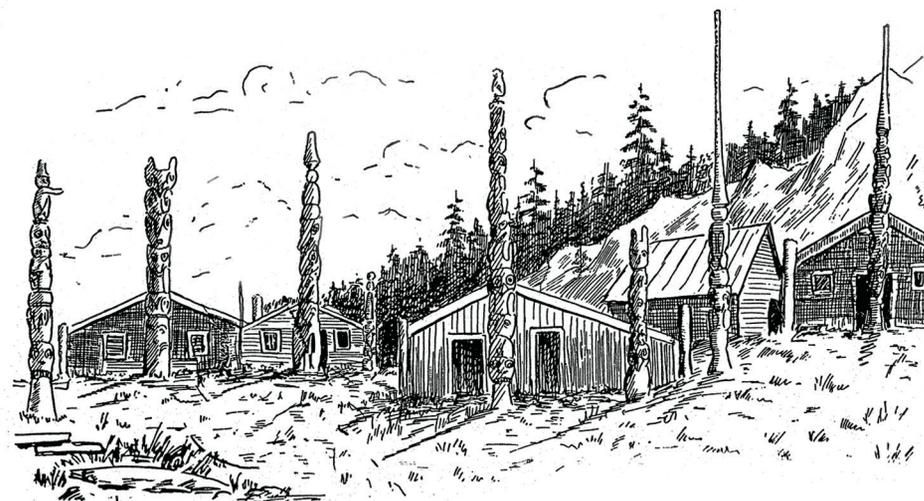
Personal preferences

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

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

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

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



Cleaning for Fire Safety

Embers/small flames are the main way homes ignite in wildfires. To protect your family and home, cleaning should involve more than mopping and dusting. Test smoke and carbon monoxide detectors monthly along with the batteries. Get serious about removing dead vegetation and debris that can fuel a wildfire.

Follow these fire tips:

- Clean roofs, gutters, debris and pine needles
- Replace or repair loose or missing shingles/tiles to prevent ember penetration.
- Reduce embers that could pass through vents in the eaves by installing 1/8-inch metal mesh screening.
- Clean debris from exterior attic vents and install 1/8-inch metal mesh screening to reduce embers.
- Repair or replace damaged/loose window screens and broken windows. Screen or box in areas below patios/decks with wire mesh to prevent debris/combustible materials from accumulating.
- Move any flammable material away from wall exterior—mulch, flammable plants, leaves/needles, firewood piles – anything that can burn. Remove anything stored underneath decks and porches.

Fire Safe – Why 100 Feet?

- You can drastically improve your home's chance of surviving a wildfire by following the 100-foot rule. Keeping a "defensible space" of 100 feet around your home is necessary to protect it and provide a safe area for firefighters.
- Your home is most vulnerable to flammable vegetation within a 30-foot radius. Keep it clear!
- Creating space between plants improves the chance of stopping a wildfire before it destroys your home. Remove plants beneath large trees to avoid a vertical "fire ladder."
- When clearing vegetation, use care when operating equipment such as lawn mowers. One small spark may start a fire. A string trimmer is a safer option.
- Remove all buildup of needles and leaves from your roof and gutters.
- Keep tree limbs trimmed at least 10 feet from any chimneys and remove dead limbs that hang over your home or garage.

For more safety tips: www.AmerindRisk.org





How to Prevent Heat Stroke in Dogs

Heat stroke in dogs can occur for a variety of reasons — and your four-legged friend is especially susceptible since he might be pushing himself or staying out in the heat to please you. Here's how to recognize the symptoms of heat stroke in dogs and how to prevent it in the first place.

In the summer months, everyone wants to spend more time outdoors — and our canine companions are no exception. Unfortunately, while people typically know when to head indoors to cool off, dogs sometimes push themselves a bit too far when they're having fun in the sun — and that's when you may encounter heat stroke in dogs.

Symptoms of Heat Stroke in Dogs

According to Steven Berkowitz, DVM, an emergency/critical care veterinarian for NorthStar VETS in New Jersey, the most common symptoms of heat stroke in dogs (otherwise known as hyperthermia) are excessive panting, dark pink to red mucus membranes and gums, an inability to continue with normal exercise, nausea or vomiting, and weakness or passing out. Some less-obvious signs of heat stroke in dogs include an increase in heart rate, muscle cramping, a loss of moisture on the dog's gums or tongue and erythema (a reddening of their skin).

"Heat stroke is a rapidly progressive and dangerous disorder in which the dog's body temperature rises above 105 degrees Fahrenheit," Dr. Berkowitz explains. "Typically, dogs are able to regulate over-heating by panting and evaporative cooling, but in a heat stroke patient, the body temperature will rise uncontrollably without intervention."

Heidi Houchen, DVM, an emergency/critical care veterinarian for VCA Northwest Veterinary Specialists in Oregon, adds that as the bodies of overheated dogs try to cool themselves, their blood vessels dilate, blood pressure drops and internal organs become increasingly damaged. "Depending on the situation, overheated dogs easily and quickly can develop shock, seizures, coma and ultimately die within a matter of minutes," Dr. Houchen warns.

How to Prevent Heat Stroke in Dogs

The best prevention for heat stroke in dogs is a pet owner who pays close attention to the weather — and knows her dog. "Pet owners are the first and best line of defense for prevention, early recognition and initial treatment of heat stroke," Dr. Houchen asserts.

If at all possible, she advises keeping your furry friends inside on the warmest or sunniest days. Just make sure your home is consistently kept at a temperature that's comfortable for both its canine and human inhabitants.

Is Fido your go-to fitness buddy? You'll also need to have a good understanding of your pet's personal fitness level — and a willingness to change or shorten your workouts in the name of avoiding heat stroke in dogs. "Do not cycle or jog with your dog if there's any question as to [your dog's] physical fitness or the heat," says Dr. Houchen, who notes that heat stroke in dogs (and related conditions) is prevalent in pets with short faces (brachycephalic dogs like Bulldogs or Pugs).

If you plan on taking any road trips with your four-legged friend this summer, never leave your dog unattended in a car for any length of time. "The best rule to follow is never to let your pet ride with you if there's any other stop besides the final destination," Dr. Houchen explains.

Treatment for Heat Stroke in Dogs

If your pet is showing any symptoms of heat exhaustion, give your dog plenty of water — and make sure she drinks it. You can also wet your dog with room temperature water. Dr. Berkowitz advises skipping ice water or ice packs, because they can

actually make your pet's core temperature rise. And, don't saturate your dog in water because it prevents effective evaporation of the heat. "If your dog is not relaxing and starting to act more like your lovable buddy, immediately bring him or her to the closest animal hospital for treatment," Dr. Berkowitz advises.

Pet parents should also keep in mind that heat stroke in dogs can happen even on cloudy or cooler days. "You don't have to live in a southern climate — and it doesn't have to be August — for heat stroke to occur. In our emergency room, we've seen dogs come in with heat stroke on a spring day when the temperature was in the 60s ... and in the summer months, owners with young, active, in-shape dogs get into trouble as their 'live-to-please' dogs will keep going long after they start having problems with overheating," Dr. Houchen says.



The Final Word on Heat Stroke in Dogs

As a pet parent, you are your best friend's advocate when it comes to avoiding heat stroke in dogs this summer. Keep your four-legged friend cool, well hydrated, and offer plenty of breaks when you're at the park or beach.

"Despite how much fun they're having, dogs are often too loyal to stop playing with you even if they're starting to get overheated and tired — they may continue to try and please you until they've over-worked themselves into exhaustion and heat stroke," Dr. Berkowitz concludes. "Just remember that if you're starting to feel uncomfortable from the oppressive heat, your pet is likely feeling the same way."

July is the CHILL ZONE on Dogster.com! Learn how to keep your dog cool, calm and collected this summer with articles on preventing summer mishaps, staving off stress and more.



**To contact a
Squaxin Island
Police Officer Call:
360-426-4441**

**If it is an
EMERGENCY
CALL 911**



COMMUNITY DEVELOPMENT



Youth Have a \$pending Frenzy

Shawn Spruce - Participants of the Stepping Stones and Summer Youth Employment Programs recently got a sneak peak at adulthood. On Monday, July 9th more than forty youth participated in the \$pending Frenzy, an interactive financial skills simulation designed to teach money management and independent living skills. Organized by Squaxin Island Tribe Office of Housing the event was held at Little Creek Casino Resort. Each participant received \$30,000 in realistic looking play money bills and shopped for housing, transportation, food, and other expenses at merchant stations staffed by local volunteers.

“The \$pending Frenzy was a good example of what we’ll face in the real world” explained eighteen-year-old Cris Hall. “It helps us prepare for a big chunk of change-how to spend it, where to put it. Use your money wisely.”

Created by Shawn Spruce Consulting and First Nations Development Institute, the \$pending Frenzy is a national program built on the concept that students can learn financial skills effectively through a tactile or hands-on approach. While the simulation takes about one hour to complete in real time, various learning objectives are based on a one year time frame. In addition to making spending decisions participants learn organization skills, recordkeeping, negotiating techniques, and other financial know how. Moreover, students discovered how unexpected events and emergencies can have tremendous financial impact in a person’s life.

“The most interesting part was when I got the kid” commented Caleb Krise, fourteen years old, after drawing a fate card alerting him that he was a proud new parent of a bouncing baby boy. “I had to go back and get diapers and other things so I couldn’t get a cool house and a cool car.”

The all-day event was comprised of two \$pending Frenzy simulations, a morning session for Stepping Stones participants ages 13 through 15 and an afternoon session for Summer Youth Employment participants ages 16 through 21. Following each session a wrap up discussion highlighted key lessons learned along with tips for maintaining healthy finances.

“I learned to save 10% of my pay check for rainy days” shared sixteen-year-old Edson Elguero.

“When you get your first paycheck don’t go crazy with it” added Austin Bone, also sixteen. “Otherwise you’ll lose all your money and wonder where it went.”

“Don’t buy things you want, buy what you need” concluded Krise.

Housing Counselor Lisa Peters, who took the lead on organizing the \$pending Frenzy stressed the importance of providing financial literacy workshops to tribal youth.

“We feel it’s critical that young people learn personal finance at opportunities like this before setting out on their own” Peters explained. “The sooner teens can embrace money management the better. It’s also great so many volunteers were able to assist with the \$pending Frenzy making it a real community effort.”





August Happy Birthdays

1
Barbara Gail Kennedy
Jeremie John Walls
Jonathan G. Arzate

3
Anne Elizabeth Burgain
Darlene Wood
Louise Isabelle Kathy Burgain
Randolph Bert Foster

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

5
Christopher Eugene Brown

6
Jill Danielle 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
Aaron James Edgley
Zaiden Elijah Jimmie

13
Brandon Eugene Campbell
Lola Noelle Bonin

14
Elena Lin James
Rory Jane Allen

15
Llewellyn Frank Parker
Naraiah Lhee Gray
Zachary W. Sanchez

16
Kevin Henry Spezza
Matthew James 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 Eliza Spiering
Rene De Anne Salgado

23
Cadence Joseph Henry
Ernesto Naranjo Johns Jr.
Jeremiah Billy Obi-Rivera
Julio F. Castillo

24
Bryce Mitchell Penn
Victoria L. Sanders

25
Mitchell John Carrington
Nicole Mae Bluebird

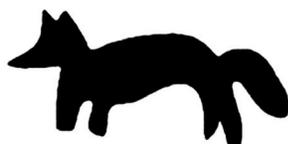
26
Eden Lee Van Cleave

27
Kaytlyn Joi Henderson
Meghan Elizabeth Burgain

28
Eathon Raymond Caasi
Nancy Carol Combes
Rhonda Madge Foster
Terasa Malinda Kenyon

29
Angelo W. Rivera
Joseph D. Furtado
Lindsey Nicole Harrell

30
Catherine Mary Tuller
Debra Lee Sayers
Euphamie Lillian Whitener
Janus Tuli Afo Jr.



July, 2018 Squaxin Island Tribe

TRIBAL VOCATIONAL REHABILITATION

EMPLOYMENT & CAREER
ENTREPRENEURSHIP
PREPARATION
PHYSICAL BODY
AWARENESS GROWTH

TRADITIONAL &
CULTURAL SERVICES
SPIRITUAL
SELF-DETERMINATION
PROTECTION

ADVOCACY SUPPORT
EMOTIONAL
SELF-ESTEEM
NOURISHMENT

EDUCATIONAL
ASSISTANCE
WHOLENESS &
SELF-AWARENESS

IT'S NOT ABOUT DISABILITIES. IT'S ABOUT POSSIBILITIES.

Our main purpose is to help individuals increase self-sufficiency by providing culturally relevant, community based vocational rehabilitation services.

Our goal is to help people with disabilities find employment that is consistent with:

- Personal Strengths
- Resources
- Abilities
- Interests
- Priorities
- Concerns
- Capabilities
- Informed Choices

Eligibility:

- Applicant must be a member of a federally recognized tribe
- Applicant must live on or near Squaxin Island Reservation
- Applicant has a mental or physical disability with medical documentation that is keeping you from employment

Disability Types :

- Learning Disorders
- Eating Disorders
- Hemophilia
- Personality Disorders
- Schizophrenic Disorders
- Epilepsy
- Tourette Syndrome
- Depression
- Anxiety

If you are interested in setting up an appointment with June Krise or Will Marchant
Feel free to call (360)432-3906

VOCATIONAL REHABILITATION PROGRAM

**DAY OF CARING
2018**

Friday, August 17th, 2018
9:30 am - 1:30 pm
at Oakland Bay Jr. High
3301 N Shelton Springs Rd.
Shelton, WA 98584

FREE DUMP DAY
THIS LOCATION ONLY
for all Mason County Residents

Donations of school supplies to help 'fill the bus' for students gladly accepted

WHAT CAN I BRING?
Household garbage, furniture, electronics and tires.

Go to www.unitedwaymasonco.org for full details on what will and will not be accepted.

Enter

Shelton Springs Disc Golf course

N Shelton Springs Rd.

Appreciated Partner:
MASON COUNTY GARBAGE & RECYCLING

Dumpsters

School Property

Car Line

Restroom

Oakland Bay Junior High

Exit

Wallace Kneeland Boulevard

Google



New Employees



Connie Whitener
Health Services
Director

Hi! Some of you already know a bit about me. My father was David Whitener, Sr. and my mother is Elaine Moore. My paternal grandparents were Percy Whitener and Ethel Richards, My maternal grandparents were John Moore and Pearl Rushing.

My work history is varied. I started out working as a cashier at KTP when it was just a smoke shop. I have worked for tribal governments in a number of positions, and in Human Resources for Little Creek Casino Resort. I also worked eight years for the State of Washington as a Financial Services III and the federal government as Acting Nurse Supervisor.

I have a Bachelors in Social Science, a Bachelors of Nursing, and a Masters in Organizational Leadership.

This team is like coming home. They are well established and many of them have been here for a long time. They work as a team even though they have different areas of care. They love this community and are passionate about wellness. I feel privileged to become a part of this team and our mission, which is, "To promote and enhance the physical, mental and spiritual well-being of the Squaxin Island Community."



Donna Harrell
Certified
Pharmacy Technician

Hi! I am the new Pharmacy Technician at Kamilche Pharmacy.

I am married to John Harrell (Squaxin Island member) and have two adult children (also tribal members) Joseph and Lindsey Harrell. I've worked in the healthcare industry for 32 years as a Certified Pharmacy Technician.

I am excited to serve the tribal community that my family is a part of. I love the small community pharmacy because I will have the opportunity to get to know people better. It is this type of pharmacy I started my career in.

Thank you for the opportunity to work as your Pharmacy Technician. I look forward to meeting each and every one of you.



Kenna Bolanos-Acosta
Manager Assistant

Hi! I have been hired as Youth Activities Manager Assistant. I am married and have three awesome children. My parents are Alan and Rose Krise. I'm excited to work with the youth and watch them grow. I look forward to working with the youth after school and during the summer this year. :)



Trelace Sigo
NWITC Recovery
Support

Hi! I'm Trelace Sigo. My grandparents are Andy and Ruth Peterson, my parents are Andrea and Steve Sigo, and I have three beautiful children.

I joined NWITC, my home away from home, as a T.A. / Housekeeping Cook in March 2018, and my new position is Recovery Support. I'm excited to be in this new position because I can be more resourceful in helping recovering addicts and helping my people heal.

I couldn't be more grateful for this chance to give back to my community that helped me overcome my hardships and continue on my path to recovery. I hope to be of help to others still lost or trying to overcome addiction.

"Praying is talking to your higher power; Meditation is receiving the answer"

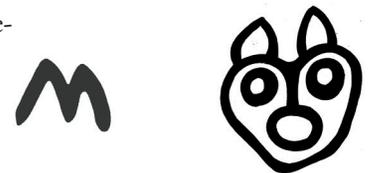
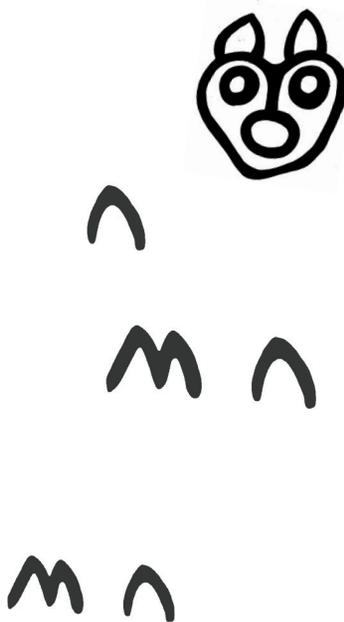


Sfirah Madrone
Mental Health
Counselor

Hi! I'm Sfirah Madrone. I have been hired as a Mental Health Counselor at Behavioral Health Outpatient.

I have been working with youth and families for sixteen years as an advocate, caseworker, doula, mental health counselor and community member. I am a mother to two teenagers and have many other children in my life who I love very much.

I have been so happy to start working with the BHOP team and to witness the connectedness of the community here at Squaxin. I am so grateful and humbled to be invited here to do this work. I look forward to meeting you!



Heather G. Lewis
Accounting/Insurance Manager

Hi! I possess more than 10 years of experience in diverse financial positions with government, non-profit, and private industries. I hold both a Bachelors in accounting from Albright College and a Masters in Business Administration from Lebanon Valley College. I am excited to begin the new chapter of my life with Squaxin Island Tribe. Thanks to everyone for being so welcoming. I look forward to working with all of you.



HEALTH CLINIC



Numbers

Health Clinic	427-9006
Purchase Referred Care	432-3922
Pharmacy	432-3990
Dental	432-3881
Behavioral Health	426-1582




WIC at SPIPA
(Women, Infants, and Children)
provides healthy foods & nutrition information for you and your child up to age 5.
Please bring:
Your child, Provider One Card or paystub and Identification for you & your child

Tuesday, August 14th 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

August is Breastfeeding Awareness Month

“Breastfeeding is a family tradition”– Jessica Cruz

Jessica knew she was going to breastfeed before Blaze was born. Her family, as Native Americans, have chose to breastfeed for generations. She also had the support of her husband, Danny. Moms who breastfeed give their babies the best nutrition.

Jessica was glad she got information from family & WIC on what to expect.

Daniel “Blaze” was born via c-section, but that didn’t stop Jessica from breastfeeding right after birth.

Q: Jessica, what do you enjoy about breastfeeding?

- Breastfeeding is a great way to **bond** with my son.
- Breastfeeding gives me **confidence** about being a new mom. I’m proud to see him **growing** so well from breastmilk !



Jessica Cruz (Squaxin Island) & Daniel “Blaze”

Q: Some new moms feel like breastfeeding takes a lot of time. What do you say about that?

- Breastfeeding actually **saves time!** Cleaning bottles and mixing formula takes a lot of time.
- Breastfeeding **saves money**, too. Breastfeeding is definitely the best choice for me & Blaze!

Q: Jessica, what breastfeeding tips do you have for pregnant moms?

- **Find out about breastfeeding** before the baby arrives. It helped me to know I might get a little sore at first. I knew to keep trying and it was easier as the baby and I figured it out.
- **Take care of yourself** & you’ll be able to produce plenty of milk: stay hydrated, eat at least 3 meals a day, don’t forget to eat breakfast. If you start working out, eat more calories and drink more water. Mother’s milk tea helped me relax and produce more milk.



Daniel “Blaze” at 2 months



**Keep trying;
Don’t get discouraged; You’ll get it.**

For more breastfeeding tips and support, contact WIC at SPIPA:

Debbie 360.462.3227 gardipee@spipa.org or Patty 360.462.3224



New Dental Clinic Policies

To serve the community in a more efficient way and improve the level of care, we have put some new policies in place.



We need 24 hour notice for cancellations to open the spot for someone else.

This gives us time to schedule another patient, so our dental chair does not sit empty.



RUNNING LATE?

If you are 15 minutes late or more, we will need to reschedule.



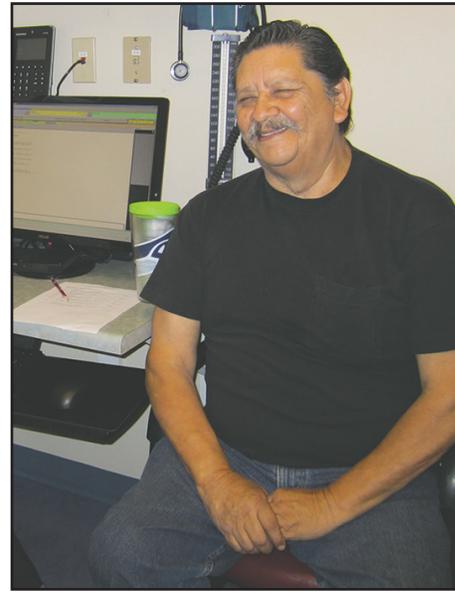
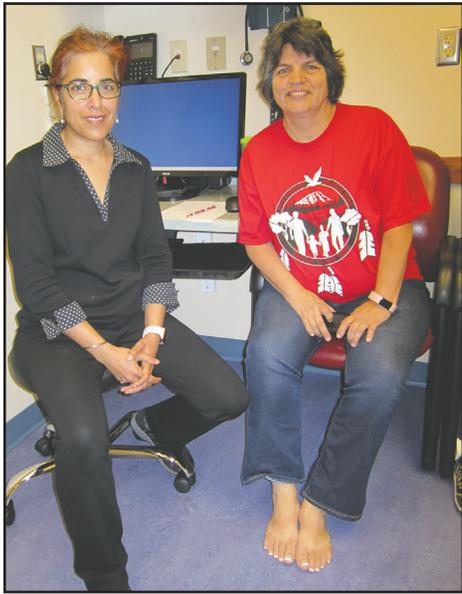
Emergency appointments are also available.

Please call 360.432.3881





Foot Exam Afternoon



Submitted by Patty Suskin, Diabetes Coordinator - The Foot Exam Afternoon was held on June 22nd. Thank you, Traci Coffey (far right), Vicky Engel (far left), Traci Lopeman (second from left), and Kim Kenyon (third from left) for having your feet checked by Dr. Molina Kochhar, Podiatrist. If you have diabetes, make a habit of taking off your shoes & socks for all visits at our clinic so Tiff, Dr. Tobias, or Dr. Ott can check your feet each time you come to the clinic.

Foot Care Tips for People with Diabetes:

1. Look at your feet every day for red or black spots, ingrown toenails, cracking, dry skin, sores, blisters, or cuts. See your doctor right away for any of these problems. If needed, use a hand mirror to see the bottoms of your feet.
2. Keep your skin soft & smooth. Rub a thin coat of lotion or even olive oil over the tops and bottoms of your feet, but NOT between your toes. The best time to apply lotion is right after your shower or bath.
3. Wear shoes & socks at all times. Never walk barefoot. Feel inside your shoes with your hands before putting them on each time to make sure the lining is smooth & there are no objects, rough spots, or anything poking inside. Wear comfortable shoes that fit well & protect your feet. Wear socks that do not leave an impression on your legs. Consider cutting a slit at the top of your sock to ease up the elastic.
4. Keep your blood sugars in line. General guidelines (check with your doctor for specific guidelines for you):

Fasting (or first thing in the morning): 80-110

Two hours after a meal: 80-140

Bedtime: 100-140

Hemoglobin A1C: under 7 %



These tips can help you to make your feet last a lifetime. Most amputations are preventable by taking quick action if any problems occur. If you have diabetes & are due for your annual exam with Dr. Kochhar, contact Patty Suskin at 360-432-3929.

Annual Sports Physical

K-12 STUDENTS SCHOOL ATHLETIC PROGRAM PARTICIPANTS

If your child will be participating in school sports program, *at any point in the year*, the school requires an annual sports physical.

**Time to schedule your child's
ANNUAL SPORTS PHYSICAL.**

(Best to schedule now before school starts!)



SQUAXIN ISLAND HEALTH CLINIC

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

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


Squaxin Island
Health Clinic

Pulling Together



Committees Commissions & Boards With Infrequent Meeting Times

Committee and Commissions

1% Committee (Bylaws & Appendix X2)
 Elections Committee
 Explorers Program Committee
 Fireworks Committee (TC 6.04.040)
 Gathering Committee
 Law Enforcement Committee, Law and Order
 Veterans' Committee
 Budget Commission
 Business Administration Board (TC 6.24.010)
 Little Creek Oversight Board (TC 2.26.010)
 Museum Library and Research Board
 Tourism Board (TC 2.34.010)
 Island Enterprises Board
 Skookum Creek Tobacco Board

Council Rep.

Charlene Krise, Vince Henry, Vicki Kruger
 None
 None
 None
 Charlene Krise
 None
 None
 Vicki Kruger
 None
 Arnold Cooper, Vicki Kruger, Charlene Krise
 Bev Hawks
 Vacant
 Arnold Cooper
 Vinny Henry



Staff Rep.

Kris Peters
 Tammy Ford
 Rene Klusman

 Rhonda Foster
 Kevin Lyon
 Glen Parker
 Kris Peters

 Charlene Krise
 Leslie Johnson
 Dave Johns
 Mike Araiza

Months

Feb., May, Aug., Nov.
 March, April, May

 May and June
 Not yet determined
 Not currently meeting

 June and August
 As needed

 Sept., Dec., March, June



What's Happening

Bible Study at Elders Building Mondays 6:00 - 7:00 p.m.				1 <i>First Salmon Ceremony</i>	2 Family Court	3 <i>Hot August Night</i>	4
Culture Night and Drum Group Wednesdays 7:30				Elders Committee	Utilities Commission	Housing Commission	
5	6	7 <i>Community Education Forum</i>	8 Aquatics Committee	9	10 SPIPA Board	11	
			Golf Advisory Committee	<i>Tribal Council</i>	Education Commission		
12	13 Childcare Board of Directors	<i>Community Education Forum</i>	15	16	17	18	
		Criminal/Civil Court	Family Court				
		Enrollment Committee					
19	20 Gaming Commission	<i>Community Education Forum</i>	22 <i>TLC Backpack Giveaway</i>	23	24	25	
			<i>Block Party Baseball Field</i>	<i>Tribal Council</i>			
26	27	28	29	30	31		
		Criminal/Civil Court	AA & ALANON Tuesdays 3:00 - 5:00		Tobacco Cessation Teens: Tuesdays 3:00 - 4:00 Adults Mondays (4:00 - 6:00) and Wednesdays (5:00 - 7:00)		
		Tobacco Board					



Elders Menu . . . Fruit and salad at every meal

8/1 – 8/2

WEDNESDAY:

Stroganoff, brussel sprouts

THURSDAY:

Pork medallions, mashed potatoes w/ gravy, baby carrots

8/6 – 8/9

MONDAY:

Tuna casserole, peas

TUESDAY:

Taco soup, turkey sands

WEDNESDAY:

Hamburgers, macaroni salad, potato chips

THURSDAY:

Chicken quarters, roasted red potatoes, spinach



8/13 – 8/16

MONDAY:

Twice baked potato casserole, mixed veggies

TUESDAY:

Italian sausage, potato soup, bread sticks

WEDNESDAY:

Garlic parmesan chicken wings, veggie rice

THURSDAY:

Casino buffet

8/20 – 8/23

MONDAY:

Sausage pasta bake, asparagus

TUESDAY:

Tomato basil ravioli, grilled cheese sands

WEDNESDAY:

Baked ham, scalloped potatoes, green beans

THURSDAY:

Beef fajitas, black beans

8/27 – 8/30

MONDAY:

Beef enchilada casserole

TUESDAY:

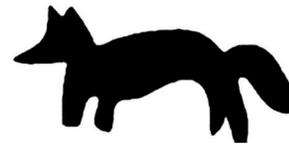
Corn chowder, cheddar biscuits

WEDNESDAY:

Chalupas

THURSDAY:

Flank steaks, baked potatoes, cauliflower



Safe Medication Disposal
Inside the Front Doors at Public Safety & Justice (Law Enforcement)

Bible Study
everyone is welcome

Mondays 6:00 - 7:00 p.m. - Elders Building
For more information, call Aaron Lake at 360-426-0276



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
 Vacant
 (Per Tribal Code) None
 Charlene Krise
 Vicki Kruger & Charlene Krise
 Vacant
 None
 Vicki Kruger

Staff Rep.

Jeff Dickison
 Traci Coffey
 Tammy Ford
 Joseph Peters
 Kris Peters
 Joseph Peters
 Eric Sparkman
 Gordon James
 Dallas Burnett
 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
 3rd Monday
 1st Friday
 2nd Monday
 4th Tuesday
 1st Thursday
 2nd Friday

AUGUST 25 | 8PM




SKOOKUM CREEK EVENT CENTER
TICKETS \$65 | \$55 | \$40

15 MINUTES NORTH OF OLYMPIA ON HWY 101
LITTLECREEK.COM • 1.800.667.7711

LITTLE CREEK CASINO • RESORT
LIVE a little

FREE Wills for Squaxin Tribal Members and Their Spouses

The Tribe is again offering access to end of life planning services. The Tribe has contracted with local attorney Mark Allen. Mark recently retired from the Squaxin Island Legal Department after 12 years. His is available to assist Squaxin Tribal members and their spouses plan for themselves and loved ones by drafting wills and other end-of-life documents.

- Wills
- Indian Trust Property-Related Documents
- Powers of Attorney
- Advance Directives
- Health Care Directives
- Funeral Arrangements
- Estate Planning



Mark is available at a time and date that is convenient for you. If you are interested in making an appointment, please contact Diane Deyette at (360) 432-1771 x 0. We are scheduling appointments now.

OCTOBER 6th & 7th 2018

\$165,000



DAUBIN' FOR \$\$\$

Largest Bingo Tournament in the Northwest!

\$25,000 Blackout
2nd Chance \$10,000 | 3rd Chance \$5,000

• BINGO ONLY • \$175
• HOTEL & BINGO PACKAGE • \$355
2-Night Stay

Each Player Receives:
2 Sessions of Daubin' for \$\$\$
Bingo Dauber
Lunch provided Each Day
Free Gift

BOOK YOUR SEAT TODAY

15 MINUTES NORTH OF OLYMPIA ON HWY 101
LITTLECREEK.COM • 1.800.667.7711

LITTLE CREEK CASINO • RESORT
LIVE a little

BACK TO SCHOOL BINGO

Thursday • Aug 2nd
Doors Open 4:30pm | Early Birds 6pm | Session Starts 6:30pm

Friday • Aug 3rd Daubin' in the Dark Black Light Bingo
Doors Open 6pm | Early Birds 8pm | Session Starts 8:30pm

Saturday • Aug 4th
Doors Open 9am | Early Birds 11:30am | Session Starts 12pm
Doors Open 2:30pm | Early Birds 4pm | Session Starts 4:30pm

Sunday • Aug 5th
Doors Open 2:30pm | Early Birds 4pm | Session Starts 4:30pm

All Level 3 payout \$500 with NO SPLITIES!
Donate school supplies for a free level 1 (3-on)

*Multiple winners split the payout. See Keno or call (360) 427-3005 for more details.
\$79 room rates during bingo sessions! *Ages 21 and over only for 3:30pm session
Must show Bingo Room Rate Coupon at time of check-in to receive special room rate.
Customers can call in advance to book rooms. Must be 21 or older for Bingo Specials

15 MINUTES NORTH OF OLYMPIA ON HWY 101
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