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

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 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 “Tzana territory”, even though that right has never been decided, and “Tzana 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 “Tzana 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.
Marijuana
Yes, pot has several risks:

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 chemicals 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
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

Squaxin Island Tribe - Klah-Che-Min Newsletter - August 2018 - Page 3
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 it’s 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 Capoeman. 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!
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.

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 Leanora 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 to learn all the roles of an office assistant because I have never been one. I look forward to working with you.
**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 Alexsii Vigil and Heath Snoop. 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.
**Two More Summer Youth Employees**

**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.

**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 descendant. 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!

**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.

**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 Yo- cash 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.
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.

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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.

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.

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

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.
**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.

### August 2018

<table>
<thead>
<tr>
<th>Sports Calendar</th>
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<tbody>
<tr>
<td><strong>Sunday</strong></td>
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<td>5</td>
</tr>
<tr>
<td>Softball Practice</td>
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<td>3pm-6pm</td>
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<td>closed</td>
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<tr>
<td>Softball Practice (MCRA)</td>
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<td>closed</td>
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<td>MCRA Batting Cages</td>
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**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.
**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 breathe 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 flashbang 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.
### Learning Center

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

#### AUGUST

<table>
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<tr>
<th>Monday</th>
<th>Tuesday</th>
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<th>Thursday</th>
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<tbody>
<tr>
<td>CLOSED</td>
<td>CLOSED</td>
<td>Teen Center Activity 3:00-5:00</td>
<td>Youth Council 4:00-5:00</td>
<td>Swimming Trip 12:00-6:00</td>
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<td>6</td>
<td>7</td>
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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)  
Rec Rm: 360-432-3958 (only 3-6pm)

TLC Hours starting August 29th: M-F 7:30am-7:00pm  
Front Desk: 360-432-3958  
Rec Rm: 360-432-3955

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**All activities are drug, alcohol and tobacco free.**

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

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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 |
|---|---|---|
| **After School Snacks:** M-F 3-4:45pm  
**Computer Lab:** M-Th 3-7, F 3-5pm  
**Sylvan:** M-Th 4:30-6:30pm  
**Homework Help, GED Prep:** 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 |
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.

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!

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

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

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
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 every 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.

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**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.

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 homes 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, staying off stress and more.
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 Spending 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 Spending 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 Spending Frenzy is a national program built on the concept that students can learn financial skills effectively though 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 Spending 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 Spending 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 Spending 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 Jedadiah 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
   Nikiti 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. Nanajo

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 Earthon 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.
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.”

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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. : )

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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”

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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 a 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

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**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

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**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 chosen 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!

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.

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

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**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.
**Committees Commissions & Boards With Infrequent Meeting Times**

**Community**

**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
Skoorkum 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

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**What's Happening**

**Bible Study at Elders Building**
Mondays 6:00 - 7:00 p.m.

**Culture Night and Drum Group**
Wednesdays 7:30

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<td>Adults Mondays (4:00 - 6:00) and Wednesdays (5:00 - 7:00)</td>
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**Community Education Forum**

Childcare Board of Directors

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**Gaming Commission**

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**AA & ALANON**
Tuesdays 3:00 - 5:00

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**Tobacco Cessation**
Teens: Tuesdays 3:00 - 4:00
Adults Mondays (4:00 - 6:00) and Wednesdays (5:00 - 7:00)

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**SPIPA Board**

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**Utilities Commission**

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**Community Education Forum**

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**Throwback**

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**Block Party Baseball Field**

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**Community Education Forum**

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**TLC Backpack Giveaway**

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**Community Education Forum**

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**Tribal Council**

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**Criminal/Civil Court**

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**Tobacco Board**

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**Community**

**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

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**Committees and Commissions Listed on Calendar**

<table>
<thead>
<tr>
<th>Committee and Commissions</th>
<th>Council Rep.</th>
<th>Staff Rep.</th>
<th>Meetings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aquatics Committee</td>
<td>Arnold Cooper</td>
<td>Jeff Dickison</td>
<td></td>
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<tr>
<td>Elders Committee</td>
<td>Charlene Krise</td>
<td>Traci Coffey</td>
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<tr>
<td>Enrollment Committee</td>
<td>Charlene Krise</td>
<td>Tammy Ford</td>
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<tr>
<td>Fish Committee</td>
<td>Vicki Kruger</td>
<td>Joseph Peters</td>
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<tr>
<td>Golf Advisory Committee</td>
<td>Arnold Cooper</td>
<td>Kris Peters</td>
<td></td>
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<tr>
<td>Hunting Committee</td>
<td>Arnold Cooper</td>
<td>Joseph Peters</td>
<td></td>
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<tr>
<td>Shellfish Committee</td>
<td>Vince Henry</td>
<td>Eric Sparkman</td>
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<tr>
<td>Education Commission</td>
<td>Vacant</td>
<td>Gordon James</td>
<td></td>
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<tr>
<td>Gaming Commission (TC 6.08.090)</td>
<td>(Per Tribal Code) None</td>
<td>Dallas Burnett</td>
<td></td>
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<tr>
<td>Housing Commission</td>
<td>Charlene Krise</td>
<td>Bert Miller</td>
<td></td>
</tr>
<tr>
<td>Child Care Board of Directors</td>
<td>Vicki Kruger &amp; Charlene Krise</td>
<td>Ray Peters</td>
<td></td>
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<tr>
<td>Tobacco Board of Directors</td>
<td>Vacant</td>
<td>Vacant</td>
<td></td>
</tr>
<tr>
<td>Utilities Commission (TC 11.08.010)</td>
<td>None</td>
<td>Patti Puhn</td>
<td></td>
</tr>
<tr>
<td>SPIPA Board of Directors</td>
<td>Vicki Kruger</td>
<td></td>
<td>2nd Friday</td>
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</tbody>
</table>

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**Safe Medication Disposal**

*Inside the Front Doors at Public Safety & Justice (Law Enforcement)*

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**Bible Study**

*everyone is welcome*

Mondays 6:00 - 7:00 p.m. - Elders Building

For more information, call Aaron Lake at 360-426-0276

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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.