Squaxin Heroes Put Out Fires on the Reservation

More than a dozen community members jumped into action and quickly put out several fires that were started within minutes of each other on the Reservation on Friday, August 10th. Isaac Ackerman, Ethan Perry, Alan Cooper, Marcella Cooper, Madeena Rivera, Tenaya Johnson, Jolene Peters, Vince Henry, Jr., Jill Kenyon, Michael Henderson, Greg Lehman, Rose Henry, Tully Kruger, and Renee Klusman helped put out the four fires. Three were near the 2012 Canoe Journey Trail and the biggest one was near the Sun Grown plant. Law enforcement evacuated Sun Grown staff immediately and nearby apartment tenants were warned to also be prepared for evacuation. Thankfully, this group of heroes put out the fires quickly and no further evacuations were required.

Community Emergency Response Team (CERT) Training

Volunteers are Needed!
The Squaxin Island Tribe is actively recruiting community volunteers to attend a 20-hour CERT training class

**September 7-9**

* Have to attend all three days
TENTATIVE times: Friday 4:00 to 8:00 - Saturday 9:00 to 5:00 - Sunday 9:00 to 5:00

**At the Community Kitchen**

CERT training teaches community members
 how to prepare for, respond to and recover from disasters
Fire safety, light search and rescue, team organization, and disaster medical operations

**NO FEE! - Just your commitment!**

In 95% of emergencies a victim or bystander provides the first immediate assistance on the scene!!!

Come learn how to be our **HERO** in case of an emergency!

**For additional information please call:**

John Taylor at 360-463-0903 or email jtaylor@squaxin.us

OR

Diane Deyette at 360-432-1771 ext. 0 or email ddeyette@squaxin.us
Correction From last month's Klah-Che-Min
Squaxin Tribal Council Blesses New School District Building Sites

Theresa Henderson incorrectly named Kimberly Miller as the Skokomish Tribal Chairwoman. **Chairman of the Skokomish Tribe is Guy Miller.** Kimberly Miller, a member of the Skokomish Tribe, participated in the blessings, along with Shaker Minister Rose Algea, on behalf of the Squaxin Island Tribal Council. We sincerely apologize to the Skokomish Tribe and its Chairman, Guy Miller.

More of the Fire

Isaac Ackerman and Madeena Rivera
Jasmine Nelson-Hartwell in 2nd grade

We never thought for a moment that we would lose her to suicide at the young age of 32!

*Please remember to talk openly about suicide awareness.*

*Someone’s life depends on it!*

_In loving memory of Jamie
September 10, 1982 - August 17, 2015*

---

**Squaxin Island Tribe Suicide Awareness**
**Community Healing Dinner**
**Sunday, September 16, 2018**
**Community Kitchen**
2:00-6:00 p.m.

_Everyone is cordially invited to come share a meal and healing comfort with your community_

---

**An Opportunity for Help at American Addiction Center**

Have you been struggling with addiction coupled with mental health issues?

*The Squaxin Island Tribe will be sending two individuals to the American Addiction Center sometime next year.*

This Center focuses on co-occurring conditions (mental health diagnosis and addiction), addressing underlying issues.

If you would like to be considered for this treatment center, please contact Greg Twiddy at Squaxin Island BHOP – 360-426-1582. Staff at BHOP will complete an assessment.

The decision as to who is appropriate will be made by a medical case management team led by the Squaxin Island Clinic.

If more than two appropriate persons wish to go, the medical case management team will establish the priorities.

BHOP will facilitate the referral and admission process with American Addiction Center.
Power Paddle to Puyallup

Jaimie Cruz - The Power Paddle to Puyallup 2018 theme was Honoring our Medicine.

Our Squaxin Canoes started our journey to Puyallup by launching in Allyn, WA. The youth pulled with Lester Delacruz and Greg Lehman on the Klabsch and Nokedjak. When the young people arrived at Arcadia they were greeted by our elders and members of our Council. We BBQ’d at the Collier house and enjoyed some rest before trailering up to Suquamish with our Canoes.

We set up camp in Suquamish and prepared for our short pull from Old Man House to the House of Awakening Culture. The rest of the journey was either in Little Boston or Tulalip. We went to Port Gamble to enjoy protocol. Our young folks watched our Ahousat relatives and the Song Birds from Quinault. We pulled into Suquamish where Greg Lehman sang a seekea (rattle song) and Sophia Pinon introduced herself in Lushootseed and asked for permission to come ashore. That night protocol went until 4:00 a.m. and the canoes had to be in the water by 8:00 a.m. They pulled from Suquamish to Alki Beach.

The Muckleshoot Tribe had shuttles and our ground crew set up camp in the Puyallup. We wanted to be ahead of the chaos and be able to enjoy the final landing. We camped in Puyallup and pulled from Alki to Dash Point State Park.

The weather was so hot, and the pullers were so lucky to be on the water instead of in the city! During our free time on the journey, the crew practiced our songs and dances. The young women and men did such an excellent job stepping up to be leaders this year. They were able to practice the words to the songs and learn where they came from.

When we were preparing to pull from Dash Point to the Chinook Landing, our Klabsch canoe was found cracked. We were fortunate enough to have a chief from Bella Bella to teach us how to make the repair to continue to the final landing. The creator must have seen our young ones needed this teaching because everyone of our youth came together in prayer to bless our canoe and the final pull for the paddle. They were told that everything happens for a reason and it did not happen because they were misbehaving, but it happened because this lesson needed to be taught to someone.

As the other pullers started pulling up our crew was requested time and time again to assist other crews with getting their canoes down to the water. The youth helped over 25 canoes!!!! That is after taking care of their two canoes. I witnessed young men and women helping elders carry coolers and dry bags down.

It was finally time for our canoes to be put in the water to raft up to ask for permission to come ashore and potlatch with our Medicine Creek Treaty Tribe - Puyallup. When our canoes pulled up to the Chinook Landing, Greg Lehman greeted the host with a rattle song and Sophia Pinon asked Puyallup for permission to come ashore. The Skookum was occupied by Julian Brave Noisecat who requested permission for the canoe to come ashore. Since we were so close to the host, we weren’t able to take the floor until early Saturday morning.

The young people enjoyed potlatching with their friends and family all week. Some of them were able to go up with their relatives, some were able to meet new friends, while others connected with old friends. This journey was a healing journey and I raise my hands to Jeremie Walls, BJ Peters, Vernon Sanchez, Lester Delacruz, Terri Capoeman, Squaxin Tribal Council, Little Creek Casino Resort, Sadie Whitener, and all the Stepping Stones kids that were able to make gifts that were sent up.

Hychka to all my friends and family!
- Desiesbleu
2018 Power Paddle to Puyallup
2018 Power Paddle to Puyallup

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
Canoe Journey Paddle to Puyallup
Canoe Journey Paddle to Puyallup
First Salmon Ceremony
Check out the TLC activity calendars in this month’s Klah Che Min. There is plenty going on - as school starts up again, so do our afterschool activities. Sylvan will begin again following the Labor Day holiday. There are also multiple flyers for TLC activities in this issue, both here and away – a back-to-school barbecue on the 7th, Salmon Homecoming Days on the 13th, and Youth Council Elections on the 20th. We are looking forward to seeing everyone again after school!

**Youth Activity Update**
Jerilynn Vail-Powell - We are excited to be back in the swing of things in the after-school program. Just a few reminders:

- Please update any contact info/phone numbers if there has been a change.
- We are open from 3:00 - 6:00 p.m. Our snack times are still the same: 3:00 - 4:00 p.m. for early snack and 4:00 - 4:45 p.m. for late snack.
- Stop by the TLC to pick-up a copy of our monthly packets. Look for updates on our Facebook Page – Tu Ha’ Buts Learning Center.
- If you need to reach your youth in the after-school hours you can call: (360) 432-3955 from 3:00-6:00 p.m.

**Higher Ed Reminders**
Mandy Valley - New and returning Higher Education students, the fall quarter/semester is starting back up soon! Paperwork for fall quarter was due August 3rd. 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. At this point I can still work with students who are planning to attend fall quarter. However, paperwork will need to be turned in ASAP in order for processing in time with the colleges. Keep in mind that 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.

**GED and Homework Support Updates**
Jamie Burris - Homework Support and GED Preparation classes will begin after Labor Day. I will be here to help you with homework Tuesday, Wednesday and Thursdays from 4:00 p.m. - 7:00 p.m. The GED test has 4 subjects: language arts (reading/writing), math, science and social studies. The test is made up of multiple choice, drag and drop, fill in the blank, short answer and extended response type of questions. Each test has a different amount of time allotted for it – ranging from 70 to 150 minutes. If you are a tribal member, the Tribe will pay for your testing (saving you at least $30 per test). For more information about GED testing go to www.ged.com. For GED study tips, go to www.test-guide.com. Or, you can email me for more information at jburris@mccleary.wednet.edu.

**Salmon Homecoming School Days**
Located at the Seattle Aquarium

**Thursday, September 13th**
For 4th & 5th Graders only

**Kids will have the opportunity learn about:**
* Salmon Life Cycle
* Watch a Live Dive Show
* Participate in Hands-on Activities
* Learn about Local Sea Life

**TLC will Provide:**
* A Sack Lunch, Snacks and Water
Transportation: TLC Van leaves the Gym at 7:30am
Please have your youth here no later than 7:15am

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

*Youth must have 100% school attendance prior to the 13th.
*Parents must prearrange school absence for the day.
*Parents will need to come to the TLC and sign their youth up

If you have any questions contact Jerilynn at 360-432-3992
Youth Council News
Squaxin Island Youth Council - COME BE A PART OF YOUTH COUNCIL - Youth Council is open to all youth in grades 6-12, and any young adults (18-24) who would like to be junior advisors. Meetings will resume on September 6th and we will be electing Youth Council officers soon. These positions are available:
• President – Calls meeting to order, delegates responsibilities, and follows through on plans.
• Vice President - Fills in at meetings for the President and works with the President
• Secretary – Takes meeting notes, reads minutes from previous meeting, and keeps track of sign-in sheets.
• Treasurer - Responsible for tracking Youth Council funds and budget.
• Sergeant at Arms – Keeps the meetings in order.

There are many benefits from participating on Youth Council. Participants can develop greater self-esteem and self-confidence, while improving communication and leadership skills. You can gain inner-strength to battle negative peer pressure, while practicing taking responsibility for your actions. You could also enjoy working with others as you contribute to making a difference in your community. Past Youth Council activities included planning and hosting the 2018 Northwest Indian Youth Conference, attending the UNITY Conference in San Diego and UNITY trainings in Spokane and Lower Elwha, planning and hosting the Christmas Parade, hosting a Block Party, providing an Elders’ dinner and Bingo night, movie nights, inter-tribal Youth Council events with Suquamish and overnight at Boomshaka, and fundraising to do so much more. Please join us at our next meeting, September 6th from 3:30 p.m. - 4:30 p.m. -… there will be snacks!

SEPTMBER 20TH
3:30 IN THE MARY JOHNS ROOM
YOUTH COUNCIL
ELECTIONS

Come learn about how to get involved in Youth Council and vote on new council positions.

ALL ARE WELCOME
## Basketball Schedule

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### September

**Squaxin Teens**

Laurel Wolff teen advocate: 432-3842

Check Facebook @ Squaxin Teens for updates to Calendar!

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<thead>
<tr>
<th>Monday</th>
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<tr>
<td>3 CLOSED</td>
<td>Craft Class 3:00-5:00 PM Drum Group 5-7</td>
<td>DIV Projects 3:00-6:00 PM Jr. High Basketball Practice 4:00-6:00</td>
<td>High School Basketball Practice 4:30-6:00 PM Youth Council 3:30-4:30</td>
<td>Back to School BBQ 4:00-6:00</td>
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<td>10 Homework Help 3:00 – 4:00 Jr. High Basketball Practice 4:00-6:00</td>
<td>Craft Class 3:00-5:00 PM Drum Group 5-7</td>
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<td>24 Homework Help 3:00 – 4:00 Jr. High Basketball Practice 4:00-6:00</td>
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**LEARNING CENTER**

**AND A FEW MORE FIRST SALMON CEREMONY PHOTOS**

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**Squaxin Youth Education, Recreation and Activities Calendar**

TLC Hours:  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.*

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<td>Tribal Holiday</td>
<td>Rec Rm: 3-6pm, Drum Group: 5-6pm, Open Gym: 3-4pm</td>
<td>Rec Rm: 3-6pm, Arts-n-Crafts: 5-6pm, Open Gym: 3-6pm, Open Swim: 3-6pm</td>
<td>Rec Rm: 3-6pm, Crafty Kitchen: 5-6pm, Open Gym: 3-4pm</td>
<td>Rec Rm: 3-6pm, Back to School Bash: 4-6pm, Open Gym: 3-4pm, Open Swim: 5-8pm</td>
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<td>Rec Rm: 3-6pm, Team Building: 5-6pm, Open Gym: 3-4pm, Open Swim: 3-6pm</td>
<td>Rec Rm: 3-6pm, Drum Group: 5-6pm, Open Gym: 3-4pm</td>
<td>GSD – ER @ 2:30pm, Rec Rm: 2:30-6pm, Arts-n-Crafts: 5-6pm, Open Gym: 2:30-6pm, Open Swim: 3-6pm</td>
<td>Rec Rm: 3-6pm, Crafty Kitchen: 5-6pm, Open Gym: 3-4pm</td>
<td>SSD – 1.5 HR ER, Rec Rm: 1:30-6pm, Pool Party: 3-4:30pm, Open Gym: 3-4pm, Open Swim: 5-8pm</td>
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<td>Rec Rm: 3-6pm, Crafty Kitchen: 5-6pm, Open Gym: 3-4pm</td>
<td>Rec Rm: 3-6pm, Movie Night: 5-7pm, Open Gym: 3-4pm, Open Swim: 5-8pm</td>
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**After School Snacks:**
- M-F 3-4:45pm
- M-Th 3-7, F 3-5pm
- M-Th 4:30-6:30pm
- T-TH 4-7pm

**ER = Early Release**
- WHL = Wa-He-Lut Indian School
- SSD = Shelton School District
- GSD = Griffin School District

**I.T.L. – Inter-Tribal League B-Ball**
- High School: 9-12 Grade
- Middle School: 7-8 Grade
- Elementary: 4-6 Grade
Thank You
to Everyone Who Gathered
Margaret Henry - Every year, for one day, the Cultural & Natural Resources Departments go to the mountains for their annual cedar gathering trip. We gather cedar for the Tribal Council roses that the Cultural Resources Department does throughout the year & also for the 1st Salmon Ceremony that the Natural Resources Department is in charge of (with support from all the Squaxin departments).

Vince Henry Sr. and Tully Kruger from the Maintenance Department also help gather every year, along with a few of the summer youth staff. We cannot forget Mike Foster who grills hotdogs for us every year, which we appreciate because we work up an appetite after pulling & cleaning cedar all day. “So many young people this year,” how wonderful!

The “Gathering Group” this year was Roger Alan Ford, Dakodah Vigil, Donovan Henry, Doyle Foster, Kiana Henry, Keenon Vigil-Snook, Malia Henry, Margaret Henry, Mitchell Coxwell, Rhonda & Mike Foster, Stephanie Neil, Tully Kruger & Vinny Henry.

Way to Play Ball!
Spin Tees, a 55+ AA Senior Softball team, were CHAMPIONS of the SSUSA “Western National Championships Tournament” in Sacramento, California August 5th, 2018.

With this win, they clinched a place in the “World Masters National Championship Tournament” in Las Vegas on September 20, 2018.

Will Henderson (bottom right) and Spin Tees want to thank Squaxin Island Tribe One Percent Commission for support of their team!

Photos by Margaret Henry
Farewell Officer Gettle

Madeena Rivera - Back in the month of June we sent Officer Gettle off in a good way... Our department took him out to lunch at the golf course and had a special ice cream cake made for him. I stood up holding back tears and said a speech to him at the lunch table and thanked him for his dedication and service here at the Squaxin Island Tribe. This guy is great at his job; he was always out there in the field patrolling, and he always showed a concern about things and the people in the community. Officer Gettle, your presence will be missed out here! Thank you for your dedication and service here. McCleary Police Dept. is lucky to have you!
The Best Dog Food for Summer?
These Foods Will Keep Your Dog Cool
What’s the best dog food for summer? Use the principles of Traditional Chinese Medicine and the concepts of yin and yang when determining what types of dog food to keep your dog cool this summer.
Diana Laverdure-Dunetz, MS | Jul 17th 2018 - Living in South Florida definitely has its perks, including balmy winter weather. For this thin-blooded gal, basking in year-round warmth and sunshine lends itself to a certain type of easygoing lifestyle accentuated by light, fresh foods that help me stay cool and don’t weigh me down when temperatures rise. But what about the best dog food for summer? Such dog food, according to Traditional Chinese Medicine, is classified as yin, or cooling, food.

“In Chinese medicine, all foods have energetic properties and produce a thermal effect on the body,” said holistic veterinarian Cornelia Wagner, Dr. med. vet., owner of Hawthorne Veterinary Clinic in Portland, Oregon. Some foods are yang (warming) foods, while others are yin (cooling) foods.”

People and dogs can benefit from seasonally adapting their diet to consume more yin or yang foods. “In the heat of summer, it makes sense to incorporate more cooling yin foods into the diet, whereas in winter, the body benefits from more warming yang foods,” Dr. Wagner said.

“Neutral” foods, which are neither predominantly yin nor yang, are appropriate year-round.

Proteins to Feed Your Dog in the Summer
What proteins will cool a dog down in the summer? Ample protein is essential to your dog’s health; however, cooling yin proteins can also help your dog battle the heat, whereas yang proteins provide warmth on a chilly winter day.
- Yin: cod, duck, duck eggs, rabbit, tofu, turkey, yogurt
- Yang: chicken, lamb, trout, venison
- Neutral: beans (adzuki, broad, kidney, red), beef, beef liver, chicken eggs, cow’s dairy, lentils, mackerel, pork, quail, salmon, sardines

Carbohydrates to Feed Your Dog in the Summer
Chances are that when the weather cools, you turn to dishes made from denser carbohydrate sources, such as a stew of root vegetables, to nourish and comfort you, whereas in the summer you seek out lighter carb-based dishes, like a cooling wild rice salad. Not surprisingly, these instinctual dietary choices also coincide with the concepts of yin and yang. “Yang foods tend to be slower growing and originate under the earth, whereas yin foods are faster growing, have a higher water content and grow away from the earth,” Dr. Wagner said.
- Yin: barley, buckwheat, millet, wild rice
- Yang: oats, sticky rice, sweet potato
- Neutral: brown rice, quinoa, white potato, white rice, pumpkin, yam

Fruits and Vegetables to Feed Your Dog in the Summer
If your dog loves a nice cold chunk of watermelon on a hot summer’s day, that’s no surprise. Watermelon, comprised mostly of water, is a classic cooling yin fruit. Here are examples of additional yin fruits and veggies as well as yang and neutral choices.
- Yin: alfalfa sprouts, apple, banana, broccoli, Brussels sprouts, celery, coconut, cranberry, cucumber, lettuce, mango, melon, pear, watermelon
- Yang: asparagus, cherries, green beans, green peppers, kale, red peppers
- Neutral: beet root, beet greens, cabbage, carrots, cauliflower, peas, pineapple, raspberry

Herbs and Spices to Feed Your Dog in the Summer
Ever break out into a sweat after eating a spicy meal? Then you’ve experienced the effects of yang spices, such as cayenne pepper. In the summertime, opt for more cooling seasonings to help your dog beat the heat.
- Yin: peppermint, marjoram
- Yang: basil, black pepper, cayenne pepper, cinnamon, dill, fennel seeds, garlic, ginger

Preparation of Dog Food Matters
Cooking method also determines whether foods take on a more yin or yang quality, according to Dr. Wagner. “In hot weather, cook foods briefly or feed raw,” she said. “However, avoid feeding ice-cold foods, which are hard on digestion.” Adding water to fresh food also increases the yin quality, while helping to promote hydration.

Avoid Extremes with Dog Food in the Summer
Accentuating yin or yang foods according to the seasons is beneficial, but feeding an overabundance of either can lead to imbalances in the body, resulting in an excess of one type of energy with a corresponding deficiency of the other. According to Dr. Wagner, acute yin deficiency might result in signs such as sensitivity to cold, lethargy or poorly formed stool, while too many yang foods might cause feelings of stress, increased thirst and dry, hard stools that are difficult to pass.

Consider Your Dog’s Health When Selecting Dog Food
A dog’s specific health issues also determine whether emphasizing yin or yang foods is appropriate. Yin diseases that benefit from more warming, yang foods include anemia, diabetes, chronic digestive issues, chronic kidney disease, dry skin, generalized weakness and hypothyroidism. Yang conditions warranting cooler yin foods include abscesses, acute fever, acute hepatitis, aggression, agitation, ear infections, infection, injuries, arthritis with inflamed or swollen joints, hot spots, hyperactivity and certain skin diseases.

Dr. Wagner also noted that while dry dog food is convenient, it is very yang. “Fresh ingredients, which are closest to a dog’s natural diet, are far superior than highly-processed foods, regardless of the season,” she said.

Diana Laverdure-Dunetz, MS, is a canine nutritionist and co-author, with W. Jean Dodds, D.V.M., of two books, including Canine Nutrigenomics: The New Science of Feeding Your Dog for Optimum Health.
September Happy Birthdays

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

2 Jason Gabriel West

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

4 Kathrine K. Neilson
   Marty Joe Trinidad Jr.

5 Latoya Jean Johns
   Mckenzie Brearley-Lorentz

6 Elijah Joseph Krise
   James Vincent Youngs

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

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

9 Alexis Grace Vigil
   Avary M Jimmie
   Joseph Stewart-Kinchler
   Kaleb Joseph William Lutolf
   Levi Lee Connally
   Lewis Robert Napoleon Jr.
   River Rae Guardipee
   Zion Gregory Murray

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

11 Madeena M. Rivera

12 Austin K. Brearley-Lorentz

13 Anthony Joseph Ramirez III
   Kaitlyn Michelle Brandt
   Robert Thomas Farron

14 Oakland Park Krise

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

16 Evelyn Rae Krise-Lyon
   Jamie Danielle Queen

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

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

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

20 Kayla Marie Johnson
   Terry Lee Brownfield

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

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

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

24 Donald Lynn Whitener
   Linda Lee Lake

25 Joan Martha Rioux

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

27 David Ernest Lopeman
   Dawne Marie Elam

28 Donald James Smith
   Melissa Fay Maynard

29 Isaiah Gaylen F. Schlottmann
   Kim Sherwood Kenyon

30 Kayla Marie Johnson

New Employee

Judi Porter
Certified Medical Assistant
Hi! I have worked in health care for the past 16 years as a Medical Assistant. I’m excited to join such an amazing group of people.
Taylor Owens Recommends
the Billy Frank Jr. Nisqually National Wildlife Refuge for a Great Nature Walk

Submitted by Taylor Owens, Tobacco Cessation Specialist and Patty Suskin, Diabetes Coordinator - "I like seeing the wildlife, especially the wild bunnies," Taylor says. "I also see deer, birds, frogs, and more. It is very peaceful and usually not crowded. Seeing the Twin Barns is really interesting; I like to peek in the windows. I enjoy the scenery when walking, especially seeing the water. At the observation deck at the end of the estuary boardwalk, I could even see the Tacoma Narrows Bridge through the spotting scope across the water!

**Billy Frank Jr. Nisqually National Wildlife Refuge**
https://www.fws.gov/refuge/Billy_Frank_Jr_Nisqually/visit/plan_your_visit.html
100 Brown Farm Road
Olympia, WA 98516
Phone: (360) 753-9467

**Directions**
Nisqually National Wildlife Refuge is located 8 miles northeast of Olympia, Washington. From Interstate 5 northbound, take exit 114. Make a left at the stop sign, go under the highway and make a right into the Refuge. Follow the entrance road to the two public parking lots.

**Hours:**
Dawn to Dusk year-round. Closed some holidays.
Restrooms are available near the visitor’s center.
Visitor Center open Wednesday - Saturday 9:00 a.m. to 4:00 p.m.

**Fee:**
$3 per family

The Refuge has approximately 5.5 miles of walking trails. The one-mile Twin Barns Loop Trail is a fully accessible boardwalk trail with access to the observation platform. Please stay on the trails.

**Trail Distances and Times**
Distances and approximate hiking times are from the visitor parking lot. The times indicated are for steady walking. Add time to account for wildlife and habitat observations.

<table>
<thead>
<tr>
<th>Trail</th>
<th>Distance</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Twin Barns Loop Trail</td>
<td>1 mile loop</td>
<td>30 minutes</td>
</tr>
<tr>
<td>To Riparian Forest Overlook</td>
<td>¼ mile one way</td>
<td>10 minutes</td>
</tr>
<tr>
<td>To Nisqually River Overlook</td>
<td>1 mile round trip</td>
<td>30 minutes</td>
</tr>
<tr>
<td>To Twin Barns</td>
<td>½ mile one way</td>
<td>15 minutes</td>
</tr>
<tr>
<td>Estuary Boardwalk Trail</td>
<td>4 miles round trip</td>
<td>2 hours</td>
</tr>
</tbody>
</table>

**Hiking Trail Descriptions**

Twin Barns Loop Trail
This level, mile-long boardwalk passes through woodlands, grasslands, and freshwater marshes, past the Twin Barns and an observation platform, ending back where it starts at the Visitor Center. There are three spur trails off the main trail: the Riparian Forest Overlook, the Nisqually River Overlook, and the Twin Barns Observation Platform.

To Riparian Forest Overlook
This is a short trail to an observation deck that branches off the east side of the Twin Barns Loop Trail. It curves through a surge plain, where tidal changes cause the Nisqually River to spill into a wooded habitat.

To Nisqually River Overlook
A little under half of a mile around the east side of the Twin Barns Loop Trail, the boardwalk extends for another 150 yards to the river. Here there is an observation deck with a mounted spotting scope for wildlife viewing along the Nisqually River.

The Twin Barns Observation Platform
About half of a mile around the west side of the Twin Barns Loop Trail, a boardwalk spur to the left goes to the Twin Barns Observation Platform. This elevated platform provides excellent views of the freshwater wetlands and the tidal estuary outside the dike. Mounted spotting scopes can assist with viewing wildlife.

Nisqually Estuary Boardwalk Trail opened Feb 2011
This trail takes you on a long boardwalk over the water with a beautiful view of the water and water life.

**Wildlife Observation Tips**
Early morning, late afternoon, and when the weather clears after a storm are good times to observe wildlife. Spring bird migration usually goes from mid-March through mid-May, and fall migration from September through December. Be sure to look in a variety of habitats, along the "edges" between habitats, and remember to look high and low as well as at eye level. You will see more animals if you are QUIET. Be sure to listen for animal calls or songs, or try sitting down along the trail and waiting. Binoculars or spotting scopes are helpful for observing wildlife, and a good field guide will help you identify what you see. Junior Refuge Manager booklets, for children, and binoculars are available for check-out from the Visitor Center with a valid photo ID. You are always welcome to bring your camera and a lunch to eat along the trail.
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

Contact at SPIPA for an appointment:
Debbie Gardipee-Reyes
360.462.3227, gardipee@spipa.org

or Patty Suskin 360.462.3224

This institution is an equal opportunity provider.
Washington State WIC Nutrition Program doesn’t discriminate.

Foot Exam Day with Dr. Kochhar (Foot Doctor)

Friday, Sept 14, 2018
1—4 pm
At the Clinic
Priority for people with diabetes
Others will be seen if space is available.

Contact Patty Suskin,
Diabetes Coordinator for an appt.
360.432.3929

September is Cholesterol Education Month

Submitted by Patty Suskin, Registered Dietitian Nutritionist

You can protect your heart by making healthier choices

Eat more omega-3 fats (heart healthy fats): Salmon, tuna, mackerel, and sardines.
Aim to eat fish at least twice a week

Eat these high fiber foods more often:
- Vegetables and fruits — gradually aim for 5 cups a day
- Whole grains
- Beans

Eat less of these:
- bacon, sausage, pepperoni, pastrami, fatty meats, whole milk, cream, shortening, fried foods, bakery products, chips, Cheetos, sodas, hot dogs, bakery treats, etc.

Be Active:
Work up to getting 30 minutes of activity each day

Healthy Teeth and Gums

Early Childhood Cavities

Did you know?
- Baby teeth are important as they are place holders for the adult teeth. Baby teeth also give your child the ability to chew & speak properly.
- Early loss of baby teeth due to decay or injury can lead to delayed adult teeth which can tilt the other teeth to be in the wrong places.

What can you do to keep your child’s teeth healthy?
- Keep tooth brushing part of the daily routine after breakfast and before bed. Before baby has teeth, wipe gums with a wet washcloth.
- No sodas, no Gatorade, no sports drinks, no Koolaid. Dilute 100% juice with water & serve only at a meal. These sugary drinks lead to decay. Water only between meals and at bedtime.

Thank you to Sue Bohannon, DMD, at Nisqually Dental Clinic for above information.

To make an appointment for WIC, contact Patty 360.462.3224 or Debbie 360.462.3227 gardipee@spipa.org

This institution is an equal opportunity provider.
Washington State WIC Nutrition Program doesn’t discriminate.
### Committees Commissions & Boards With Infrequent Meeting Times

<table>
<thead>
<tr>
<th>Committee and Commissions</th>
<th>Council Rep.</th>
<th>Staff Rep.</th>
<th>Months</th>
</tr>
</thead>
<tbody>
<tr>
<td>1% Committee (Bylaws &amp; Appendix X2)</td>
<td>Charlene Krise, Vince Henry, Vicki Kruger</td>
<td>Kris Peters</td>
<td>Feb., May, Aug., Nov.</td>
</tr>
<tr>
<td>Elections Committee</td>
<td>None</td>
<td>Tammy Ford</td>
<td>March, April, May</td>
</tr>
<tr>
<td>Explorers Program Committee</td>
<td>None</td>
<td>Rene Klusman</td>
<td>May and June</td>
</tr>
<tr>
<td>Fireworks Committee (TC 6.04.040)</td>
<td>Charlene Krise</td>
<td>Rhonda Foster</td>
<td>Not yet determined</td>
</tr>
<tr>
<td>Gathering Committee</td>
<td>None</td>
<td>Kevin Lyon</td>
<td>Not currently meeting</td>
</tr>
<tr>
<td>Law Enforcement Committee, Law and Order</td>
<td>None</td>
<td>Glen Parker</td>
<td>June and August</td>
</tr>
<tr>
<td>Veterans' Committee</td>
<td>Vicki Kruger</td>
<td>Kris Peters</td>
<td>As needed</td>
</tr>
<tr>
<td>Budget Commission</td>
<td>None</td>
<td>Charlene Krise</td>
<td>Sept., Dec., March, June</td>
</tr>
<tr>
<td>Business Administration Board (TC 6.24.010)</td>
<td>None</td>
<td>Leslie Johnson</td>
<td></td>
</tr>
<tr>
<td>Little Creek Oversight Board (TC 2.26.010)</td>
<td>None</td>
<td>Arnold Cooper</td>
<td></td>
</tr>
<tr>
<td>Museum Library and Research Board</td>
<td>None</td>
<td>Dave Johns</td>
<td></td>
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<tr>
<td>Tourism Board (TC 2.34.010)</td>
<td>None</td>
<td>Mike Araiza</td>
<td></td>
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<tr>
<td>Island Enterprises Board</td>
<td>None</td>
<td></td>
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<tr>
<td>Skookum Creek Tobacco Board</td>
<td>None</td>
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</tbody>
</table>

### What's Happening

<table>
<thead>
<tr>
<th>Event</th>
<th>Days and Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bible Study at Elders Building</td>
<td>Mondays 6:00 - 7:00 p.m.</td>
</tr>
<tr>
<td>Culture Night and Drum Group</td>
<td>Wednesdays 7:30</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Event</th>
<th>Days and Times</th>
<th>Board</th>
</tr>
</thead>
<tbody>
<tr>
<td>AA &amp; ALANON</td>
<td>Teens: Tuesdays 3:00 - 4:00; Adults Mondays (4:00 - 6:00) and Wednesdays (5:00 - 7:00)</td>
<td></td>
</tr>
<tr>
<td>Tobacco Cessation</td>
<td></td>
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<tr>
<td>CERT Training</td>
<td></td>
<td></td>
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<tr>
<td>Back to School Bash</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Shellfish Committee</td>
<td></td>
<td></td>
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<tr>
<td>Tribal Council</td>
<td></td>
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<tr>
<td>SPIPA Board</td>
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<tr>
<td>CERT Training</td>
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<tr>
<td>Elders Committee</td>
<td></td>
</tr>
<tr>
<td>Criminal/Civil Court</td>
<td></td>
</tr>
<tr>
<td>Enrollment Committee</td>
<td></td>
</tr>
<tr>
<td>Cooking with the Seasons Class</td>
<td></td>
</tr>
<tr>
<td>Tribal Council</td>
<td></td>
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<tr>
<td>SPIPA Board</td>
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</tbody>
</table>
Elders Menu . . . Fruit and salad at every meal

9/3 – 9/6
MONDAY: Closed for Labor Day
TUESDAY: Broccoli cheddar soup with biscuits, turkey & cheese palmiers
WEDNESDAY: Bratwurst, potato chips
THURSDAY: Chicken fried steaks, mashed potatoes & gravy, mixed veggies

9/10 – 9/13
MONDAY: Creamed hamburger, corn
TUESDAY: Baked potato soup, ham sandwiches
WEDNESDAY: Spaghetti, green beans, garlic toast
THURSDAY: French toast, scrambled eggs, hashbrowns

9/17 – 9/20
MONDAY: Chicken burgers, potato wedges
TUESDAY: Italian sausage, potato soup, breadsticks
WEDNESDAY: Stroganoff, Brussel sprouts
THURSDAY: Casino buffet

9/24 – 9/27
MONDAY: Beef pot pie
TUESDAY: Chicken with rice soup, biscuits
WEDNESDAY: Tacos, black beans
THURSDAY: BBQ Ribs, macaroni & cheese, cauliflower

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

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

Looking Forward Together:
Elders’ Supports & Services: Emergency Preparedness
Save the Date
Tuesday, October 30, 2018
Nisqually Youth and Community Center

An intertribal gathering of Tribal members, caregivers, and service providers.
Lunch Provided!
For more information call: 360.426.3990

South Puget Intertribal Planning Agency

Bible Study
everyone is welcome

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

Joe Nichols Never Gets Old Tour

Sep 7

Tickets $45/$40/$35

Joe Nichols at Skookum Creek Event Center

Oktoberfest
6th Annual

Sep 8th
5pm-9pm

Tickets $10

On Sale Now

Beer, German Cuisine, Live Entertainment, and More!

Little Creek Casino Resort
LIVE a little