

## Welcome New Tribal Administrator Marvin Campbell



Marvin Campbell has been hired as the new Tribal Administrator, effective July 1st.

He is the son of Theresa Davis and grandson of Buddy and Mable Cooper. He grew up on the Squaxin Island Reservation and enlisted in the Navy when he was 19, serving for 22 years.

"After being gone for 22 years, I look around and see how much our tribe has grown and the increased opportunities the Tribe provides and I realize what an amazing group I get to be part of," he said.

"The last four years of my career I spent at military training commands, with the last two being responsible for the personnel and curriculum at Navy boot camp. I was responsible for the over 700 RDCs (drill instructors), as well as the training of more than 40,000 recruits per year. I feel like this job gave me the opportunity to lead multiple departments to accomplish our Commander's intent, and it has prepared me to serve in the capacity of Tribal Administrator.

"Boot camp isn't all push ups, and running. During my time at boot camp, we updated a lot of the curriculum, and placed a greater emphasis on developing and teaching stronger character. We were charged as leaders to develop people, both personally and professionally, and we had a mindset of training our replacements.

"Those are the fundamentals I would like to bring to our community. I want to get to place where each department of the Tribe has a path or progression for every employee to go from entry level, to upper management. . . where we provide everyone the recipe to gain experience and education to achieve their goals. One of the biggest lessons I learned in the Navy is that equal opportunity does not mean equal outcome, that outcome is proportionate to the work you put in. I was given many opportunities over the last 22 years, but this new role is the biggest one, and I plan to work hard serving our people, and develop the future leaders of our Tribe!

"I feel truly blessed and honored to be able to serve the community that raised me. I look forward to having my wife and kids here to learn our culture, and to meet the people who poured into me. I will strive to ensure Squaxin continues to progress."



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

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

SQUAXIN ISLAND TOURISM IS  
LOOKING FOR COAST SALISH  
VENDORS FOR THE OLYMPIA  
HARBOR DAYS FESTIVAL

**WE HAVE A NEW SPACE!!!**

AUGUST 30—SEPTEMBER 1, 2019

SPACE IS LIMITED



SO

RESERVE YOURS NOW

WITH LISA JOHNS LJOHNS@SQUAXIN.US

QUESTIONS CALL LISA AT 360-432-3843

**SQUAXIN ISLAND TRIBE  
SECOND PUBLIC BUDGET  
HEARING**

*August 22, 2019  
4:30 p.m.  
Council Chambers*

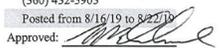
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The Squaxin Island Tribe needs to hear from you. The budget ordinance encourages community input and, in fact, the community has a significant role in deciding budget priorities. Come share your concerns, visions, and help set priorities for FY20 programs.

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If you are unable to attend, please submit your input in writing.

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

Vicki Kruger, Council Treasurer	Tribal Point of Contact:
Marvin Henry, Tribal Administrator	Deborah Stoehr, Chief Financial Officer
Deborah Stoehr, Chief Financial Officer	Finance Department
Vacant, Director of Operations	(360) 432-3903
Pam Hillstrom, Tribal Member	Posted from 8/16/19 to 8/22/19
Carolyn Hoosier, Tribal Member	Approved: 
Rhonda Foster, Tribal Member, Alternate	Tribal Administrator
Julie Owens, Tribal Member Alternate	



# Squaxin Island TRIBAL NEWS

10 S.E. Squaxin Lane  
Shelton, WA 98584

PHONE: (360) 426-9781  
TOLL FREE: 877.386.3649  
FAX: (360) 426-6577  
[www.squaxinisoland.org](http://www.squaxinisoland.org)

Articles and opinions expressed in this publication are not necessarily the opinions of this publication or the Tribal Council.

The Klah-Che-Min encourages Tribal Members to submit letters, articles, photographs and drawings to be considered for publication, but are subject to editing.

Contributing writers and artists include Squaxin Island community members and staff.

Submissions Deadline:  
15th of each month

### SQUAXIN ISLAND TRIBAL COUNCIL:

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

Klah-Che-Min Staff:  
THERESA M. HENDERSON: EXT. #3945  
[thenderson@squaxin.us](mailto:thenderson@squaxin.us)

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

## Walking On ... Joanna (Ruby) Fuller



Tribal member Joanna (Ruby) Whitener-Fuller passed away on June 25, 2019 after battling Parkinson's disease for nearly 40 years. Ruby was born in Shelton, WA, on March 24, 1941, to Percy and Ethel Whitener.

Ruby worked for multiple local agencies, and retired from the Squaxin Island Tribe as the Executive Administrative Assistant.

Ruby enjoyed the outdoors, camping, horseback riding in the Olympics and traveling to Hawaii, Mexico and Alaska.

She was preceded in death by her parents, Percy and Ethel Whitener; son, Shelby West; siblings, David, Martha and Mary; and husbands Roy West and Dennis Fuller.

She is survived by her sons, Tracy and Mark West; grandchildren, Stephanie, Brandon, Justin, and Michael West; and great-grandchildren, Emma, Luke and Lorelai.

## Talking Circle with Tribal Council

Thursday,  
August 15, 2019

5:00 p.m.  
Collier House  
at Arcadia Point

*Traditional dinner to be served, please bring  
your favorite side dish or dessert.  
If you have any questions, please call the*

*Tribal Center at 426-9781*





# Congratulations John and Elizabeth (Heredia) Krise

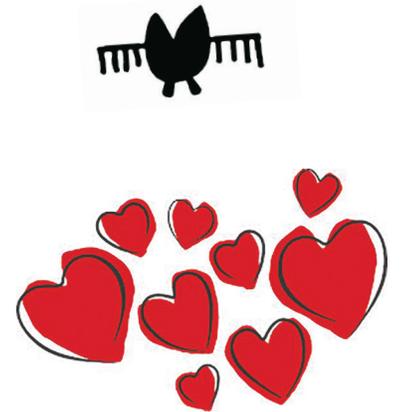
*Married June 30th at the Museum Library and Research Center*

Vicki Kruger - Our family recently celebrated the wedding of Elizabeth and John Krise. I'm especially grateful to them for allowing us the privilege of assisting with gift and food preparation.

I get nervous when I'm speaking in public. Though I mentioned how much I appreciated Mike, Beth, Audelia and John John for everything they did . . . though I thanked Redwolf and Russell for cooking the fish and all the help in the kitchen . . . Even though I thanked Dorinda for sewing the awesome blankets and Kristin for the work on the pillows . . . I left out a few. So special thanks to my nieces, Candice and Patricia, and my grandson, Trent. Patricia spent all day making bread and fritters, Candice spent two days with me cooking, and Trent was so helpful. I couldn't do the things I do all alone and by myself. I am really nothing, and if I left you out, I sincerely apologize. Love and appreciation to all! A special thanks to Dale Clark (Charlene's husband) for the awesome salmon!

Elizabeth and John send a big thank you to Rose Davis for officiating; Darlene Krise Shrum for making the dress; Virginia Berumen and Robin Smith for the ribbon shirt; Dayleann Hawks for the vests; Morningstar Ackerman for the headband; Jonie Fox for the cedar roses; Kaitlyn Sweitzer Neil for combining those cedar roses with real ones in the bouquet; and Shayla Wilkins for literally transforming the Community Kitchen. Thank you Kelli Vanderwal Dahman for two of the cakes and for cleaning the kitchen; Chastiy Faye Masoner for taking the pictures; and Vicki Kruger for not letting us get away with a run away ceremony in Vegas J.

We felt so loved and supported by the entire community. Thank you all!!





# STEPPING STONES



### Lacie Lewis

Hi, I have been hired as a Stepping Stones Mentor.

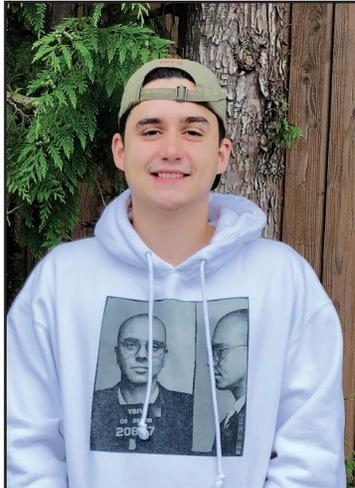
I am a tribal member from Hoopa, California.

I have worked in the field of education for 17 years.

I have a son named Brady who is nine, and we are excited about our new location in Washington.

I worked on the Summer Youth Summit for my tribe last year and had so much fun!

I'm excited to get to know some of the youth and tribal people of Squaxin Island.



### Andrew Zagrean

Hi, I've been hired as a Stepping Stones Mentor for Summer Rec.

I have a big family with 11 siblings and two parents. I also have quite a few nieces and nephews.

I am excited to meet new people and get to know them.

I look forward to work-



### Tonya Henry

Hello Squaxin community. I've been hired as a Stepping Stones Mentor with our Squaxin youth.

I am a proud parent of five children, eight grandkids, and one on the way.

I am excited to be working with our youth, teaching them as a team, and seeing them have fun. Thank you



### Davina Braese

Hi, I've been hired to work with Stepping Stones again this year.

I am from the Johns family. My Grandmother is Ida Johns and my Grandpa is Francis Cooper. I live on the Rez with my four children.

I am mostly excited about seeing all the youth get together, working as a team, and helping the community. I look forward to seeing all the new faces.



### Madelyn Bernal

Hi, I have been hired as a Stepping Stones Mentor.

I nannied for a family of two kids for almost a year. I also have two sisters, two nieces and one nephew.

I am most excited for getting to know all the kids in the program.

I look forward to making this a really good summer.



### Rebecca Fox

Hi, I've been hired to work as a Mentor for Stepping Stones.

I am a mother of four children, Aiyanna, Taeahni, Leilani and Vivyen.

I have been a community member for about eight years. I worked as a Mentor last summer as well.

I am studying Human Services at Olympic College and will graduate in the spring of 2021.

I am excited to continue working with the youth again and building my portfolio for the career field I intend to go in.

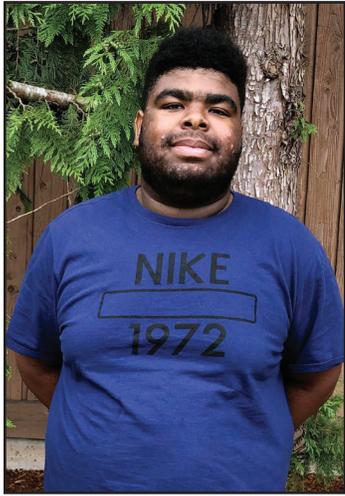
I am excited about showing the kids basic career skills as well as being a positive role model for them this summer.

Thank you for offering me this position again. It is an honor for me to mentor your youth, and hope I can make a difference for each and every kid.





# SUMMER REC PROGRAM ASSISTANTS



## DarQuare Jennings

Hi, I will be working Summer Recreation this summer.

I come from a very large mixed family.

I am most excited about this new opportunity and to learn more things about these children and to meet new people.

I can't wait to watch your children.

## Kirsandra Welsheimer

Hi, I will be working Summer Recreation this summer.



## Mathew Nelson

Hi, I will be working Summer Recreation this summer.

I've done the Summer Rec program for nearly six years.

My mother is Juana Barckley, and my Gramma is Paula Henry.

Well, its always fun at Summer Rec with the kids, which is why I always work here. I look forward to seeing you around.

## Malicia Bragg

Hi, I will be working Summer Recreation this summer.

I have worked in child care for four plus years and just graduated with my BA in Education.

I am super excited to get to know my team and the youth of the Squaxin Island community and plan fun activities.

I can't wait for the summer fun we will be having!

## Angel Lucero

Hi, I have been hired to work as a Summer Rec Program Assistant.

I live with my mom and two sisters. I have been baby-sitting since I was 14. I love being around kids!

I am excited for the fun activities we have planned for the kids this summer.

I look forward to meeting the kids and a fun summer with them!

## Laura Snyder

Hi, I will be working Summer Recreation this summer.

My mom and dad, Esther and Mark, both worked for the Squaxin Tribe.

I look forward to working with you, team bonding and learning new things.



## Morgan O'Donnell

Hi, I will be working Summer Recreation this summer.

I have three brothers and three sisters. I've been a junior high youth group leader.

I am most excited about meeting new people, especially the kids. I look forward to working with them all summer.





# SUMMER YOUTH EMPLOYMENT



### Naomi Reyes

Hi, I've been hired to work at Little Creek Casino Resort.

After this summer, I will be attending Whitworth University for my freshman year.



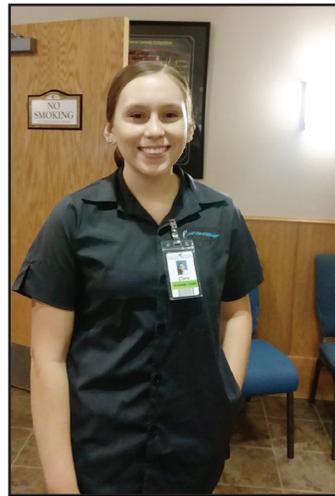
### Damian Castellane

Hi, I've been hired to work at the golf course.

I am from the Henry family. My parents are Melissa and Alonzo Grant.

I attend CHOICE High School and I just completed 10th grade.

Thank you for letting me work for the tribe and I look forward to seeing you all! Hey Mom!



### Clara Sanchez

Hi, I've been hired to work as a Hostess/Cashier. My parents are Julie and Kui Tahkeal.

I just completed 10th grade at Taholah High School.



### Haelee Hernandez

Hi, I've been hired to work at child care.



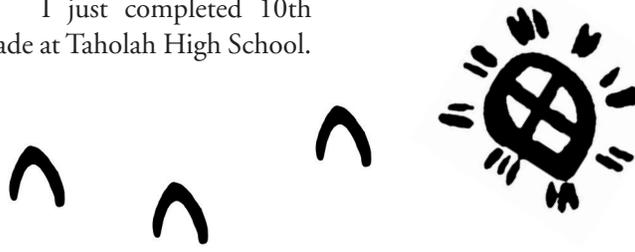
### Tristan I. Coley

Hi, I've been hired to work as a Youth Coach Trainee.

My parents are Angel Sen and Richard Coley.

I am going to Shelton High School.

I look forward to having fun with the kids during the summer.



### Sara Naranjo

Hi, I've been hired to work as a Summer Rec Program Assistant.

My parents are Rachel Naranjo-Johns and Ernesto Naranjo-Johns.

I am in 10th grade at Capital High School. I look forward to working with everyone!



### Sebastian Rivera

Hi, I've been hired to work as a Fisheries Tech at Natural Resources.



### Gage Bradley

Hi, I've been hired to work in shipping and receiving at Little Creek.

My step-dad is Doyle Foster and my grandmother is Rhonda Foster.

I just completed 10th grade at CHOICE Alternative High School.

I look forward to working with you and many others. Thank you for this chance!

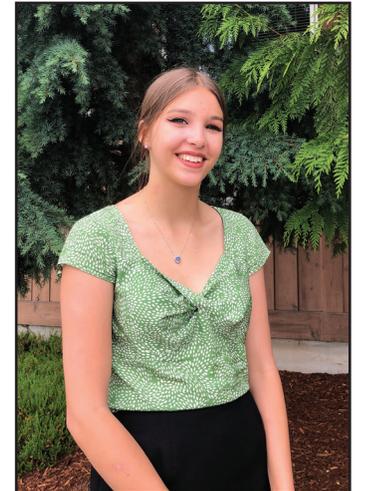


### Trinity Fosdick

Hi, I've been hired to work as a Teacher's Assistant at the Child Development Center.

My mom is Tiffany Goos and my step-dad is Vince Henry, Jr.

I attend Shelton High School.



### Holly Whitener

Hi, I've been hired to work as a Teacher's Assistant at the Child Development Center.

I am part of the Whitener family. My mom is Fay Parker and my father is Donald Lynn Whitener.

I go to CHOICE High School and I just finished 10th grade.

I am so excited to be working at the child care center this summer!





# SUMMER YOUTH EMPLOYMENT



**Cris Hall**

Hi, I will be working as a Housing Maintenance Trainee.



**Kiana Henry**

Hi, I've been hired to work as a Teacher's Assistant at the Child Development Center.

My parents are Vincent and Margaret Henry.

I am in 11th grade at Shelton High School.

I am very excited to work with these rugrats again!



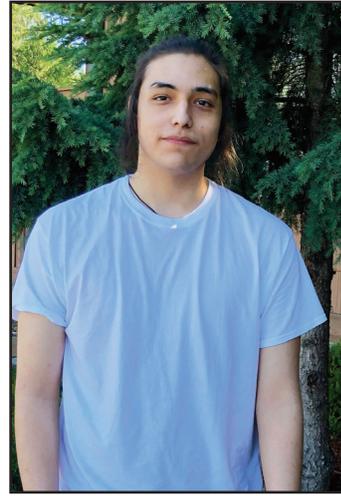
**Dakota Rodgers**

Hi, I will be doing grounds maintenance this summer.

My parents are Amanda and Jeremy Rodgers.

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

I hope to get to help you all out.



**Seth Thomas**

Hi, I've been hired to work as a Cultural Apprentice.

My mom is Raven Thomas, and I am from the Krise and Bagley families.

I attend South Puget Sound Community College.



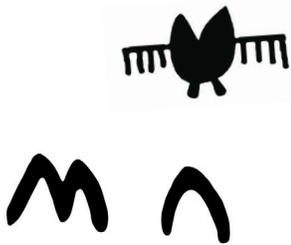
**Jayde Smith**

Hi, I've been hired to work at the museum.

My parents are Bob and Carol Smith. I am from the Peterson family.

I attend Shelton High School and am going to be a senior.

I look forward to working for the Tribe.



**Jacob Johns**

Hi, I have worked for one year for the youth.

My parents are Doug Johns and Theresa Henderson.

I am currently enrolled in the K-12 online program in 11th grade.

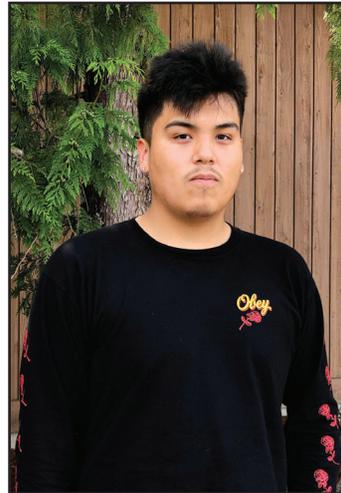


**Ashley Dolge**

Hi, I will be working as a Youth Activities Assistant.

I am enrolled in Running start at Olympic College.

This will be my third summer working with the kids. I'm excited for another summer with them.



**Talon Peterson**

Hi, I've been hired to work as a Fisheries Tech.

My parents are Stella Yocash and Paul Peterson.

I go to CHOICE High School and will be in 12th grade.

I look forward to working in my tribe.



**Sean Brown**

Hi, I've been hired to work as a Fisheries Tech.

I attend Shelton High School and look forward to working over the summer.



**Running Bear**

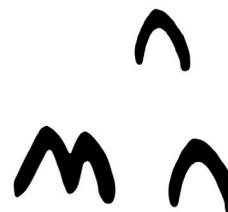
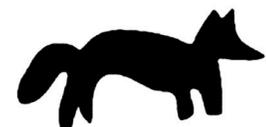
Hi, I am 17.

I will be working as a Youth Activities Assistant.

My Grandmother is Paula Henry and my aunt is Juana Perry.

I just completed my junior year at North Thurston High School.

I am excited to be working with the Tribe.





# SUMMER YOUTH EMPLOYMENT



### Giovanni Solano

Hi, I've been hired to work as a KTP Stocker.

My parents are Jessica and Mareo Solano.

I go to Gravity and just completed 11th grade.



### Alex Solano

Hi, I've been hired to work as a KTP Stocker.

My parents are Jessica and Mareo Solano.

I go to Gravity and am in 11th grade.

I look forward to working. I can't wait!



### Kennedy Raham

Hi, I've been hired to work as a Teacher's Assistant at the Child Development Center.

My parents are Janita Raham and Jermaine Raham.

I just completed 10th grade at Sheridan High School.



### Billie Marie Lopeman-Johns

Hi, I've been hired to work as a Summer Rec Program Assistant.

My parents are Ruth Lopeman and Harry Jr. Johns.

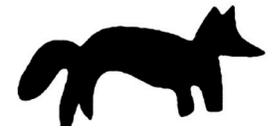
I am in 10th grade at Shelton High School.

I look forward to working with kids and most of all my cousins.



### Joseph Hulseman

Hi, I've been hired to work as a Summer Rec Program Assistant.



### Dominique McFarlane

Hi, I've been hired to work at Little Creek Casino Resort.

I am in 10th grade at Shelton High School.

**Salmon Homecoming School Days**

Located at the Seattle Aquarium

Thursday, September 12th  
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

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TLC will Provide:

- \* A Sack Lunch, Snacks and Water

Transportation: TLC Van leave the Gym at 7:30am  
Please have your youth here no later than 7:15am

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

- \* 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



7th Annual  
**NWITC**  
Alumni BBQ

COME RAIN OR SHINE

**RAFFLES**  
**BOUNCE-HOUSE**  
**VOLLEYBALL**

**DUNK TANK**

**FAMILIES WELCOME**

**WHEN:**  
**SATURDAY**  
**SEPTEMBER 14TH**

**TIME:**  
**SWEAT 10:00**  
FIRE TENDERS TO START FIRE @ 8AM  
**BBQ 12-4:00**

**WHERE:** NWITC  
308 E. YOUNG ST. ELMA WA 98541  
RSVP TO :RECOVERY SUPPORT TEAM @  
360-482-2674 OR MSG US ON FB

\*\*\* Due to limited parking we ask everyone to park at the fairgrounds and a shuttle will be provided to and from NWITC



## New Employees



### Justin Lopeman

Hi, I have been hired as the Utilities Operator in Training. I love to work, play guitar and cook for my family. I'm excited about learning a new set of skills and seeing y'all around.



### Shaun Dinubilo

Hi, I have been hired as the Archeologist for Cultural Resources. My family lives in this part of the country. I grew up in Pendleton, Oregon. I am excited about working in an area that I am more familiar with and learning a different perspective on how to manage cultural resources. I look forward to working with you.

## First Salmon Ceremony

August 2nd at Noon - Collier House at Arcadia



## Social Security Disability

If you have been denied Social Security benefits because you receive a "Per Capita" distribution or other Tribal assistance, please contact Diane at the Squaxin Legal Department for assistance. (360) 432-1771 ext. 0

FRIDAY | AUG 16TH



Elvis Presley Enterprises  
2010  
**ELVIS**  
TRIBUTE ARTIST CONTEST  
CHAMPION

STARRING  
JUSTIN SHANDOR



7PM | TICKETS \$20

FOR TICKETS GO TO [LITTLECREEK.COM](http://LITTLECREEK.COM)  
OR CALL 1.800.667.7711  
MUST BE AT LEAST 21 YEARS OF AGE TO ATTEND

15 MINUTES NORTH  
OF OLYMPIA ON HWY 101  
[LITTLECREEK.COM](http://LITTLECREEK.COM) ♦ 1.800.667.7711

**LITTLE CREEK**  
CASINO • RESORT™  
LIVE a little



# COMMUNITY GARDEN



## Community Garden Cooking with the seasons

Aleta Poste - The Community Garden's third annual Community Cooking Class "Learning to Cook With The Seasons" was a success! On June 26, the focus was "Satisfying Summer Squash."

Participants made elk sausage stuffed ricotta zucchini, garden fresh salad with mountain huckleberry vinaigrette dressing, zucchini noodle salad, decadent chocolate zucchini cake with chocolate whipped cream frosting and delicious strawberry basil water, along with lemon balm infused water.

This is part of our ongoing effort to build a network of support among tribal members surrounding healthy, organic foods. It was also a way to take control of our diets by seeing food as our first medicine to combat dietary related illnesses.

The classes also provide an opportunity for cooks in the community to share their passion for cooking and use fresh ingredients straight from the garden.

Thank you to the SPIPA Cancer Program for supporting the classes and donating the super useful and reusable food storage containers and zucchini spiralizers. Also a "Thank You" to the Museum Library Research Center for reserving our waterfront cooking location and to all of the participants who came out after work to bring this lovely meal together and for sharing your amazing photos.



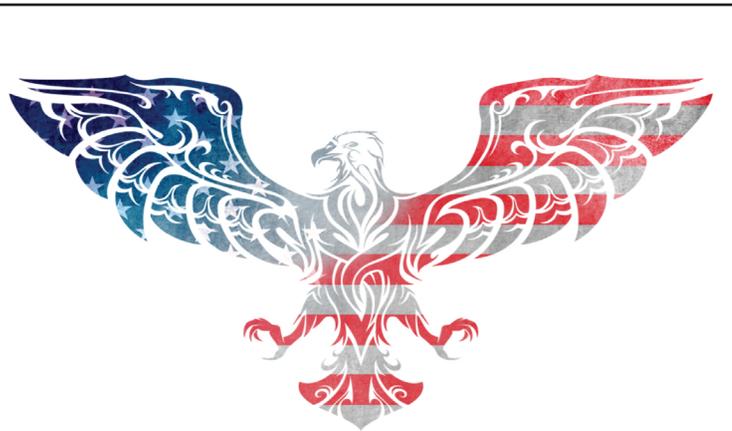


## Good Luck Tribal Fishers!!!

### Domestic Violence Victim's Bill of Rights

- You have the right NOT to be abused
- You have the right to anger over past beatings
- You have a right to choose to change the situation
- You have the right to freedom from fear of abuse
- You have the right to request and expect assistance from police or social agencies
- You have a right to share your feelings and not be isolated from others
- You have a right to want a better role model of communication for yourself and your children
- You have a right to be treated like an adult
- You have a right to leave the battering environment
- You have a right to privacy
- You have a right to express your own thoughts and feelings
- You have a right to develop your individual talents and abilities
- You have a right to legally prosecute the abusing spouse/partner
- You have a right not to be perfect

If you have questions regarding domestic violence, please contact:  
 Gloria J Hill, 360-432-3927 or 360-463-7051  
 My office is at the Family Services Dept.  
 If you prefer, I can meet you somewhere.  
 All calls are confidential



Squaxin Island Tribe  
 Family Justice

The Family Justice Program is here to assist people that have been incarcerated, released from Inpatient treatment for substance abuse and/or have obligations with Probation, DOC, BHR and ICW.

The primary focus is to assist clients with finding resources to remove barriers and obtain self-sufficiency and reduce the risk of reoffending.

Contact: Family Justice Services Coordinator  
 Phone: (360) 432-3906  
 Cell: (360) 485-5150  
 Address: 2750 SE Old Olympic HWY  
 Shelton, WA 98584



## Domestic violence is not a Native American tradition.

### Does your partner ever...

- Call you names or criticize you?
- Isolate you from family or friends?
- Threaten to hurt you or your children?
- Push, slap, kick or strangle you?
- Refuse to give you money for food, gas or medicine?



**STRONGHEARTS**  
 Native Helpline

Get free help by dialing  
**1-844-7NATIVE (762-8483)**  
 available daily from 7 a.m. to 10 p.m. CST.

Callers reaching out after hours may connect with the National Domestic Violence Hotline (1-800-799-SAFE) by selecting option 1. All calls are anonymous and confidential.

Trust. Speak. Heal. Together. | [strongheartshelpline.org](http://strongheartshelpline.org)



This project is supported by Grant Number 90EV0426 from the Administration on Children, Youth and Families, Family and Youth Services Bureau, U.S. Department of Health and Human Services. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the U.S. Department of Health and Human Services.



## News from Summer Rec

Jerilynn Vail-Powell - It is August, and we are starting our seventh week of the 2019 summer program. Please make sure to stop by and look through the lost and found! We have quite the pile.

We have two field trips this month: Cirque Climbing and Boom Shaka. Each of these field trips require a parent waiver to be completed. We will send forms home with the youth. If you have any questions, please feel free to stop by or call. We would also say, "Thank you!" to all the volunteers who have helped us this summer! We hope you all have a great rest of your summer!!!

## Steh-Chass Youth Camp

August 5th, 6th, and 7th (10:00 am- 5:00 pm)

Location August 5th and 6th: Heritage Park (Capitol Lake) - Downtown Olympia

Location August 7th: Historical Capitol Theater- Downtown Olympia

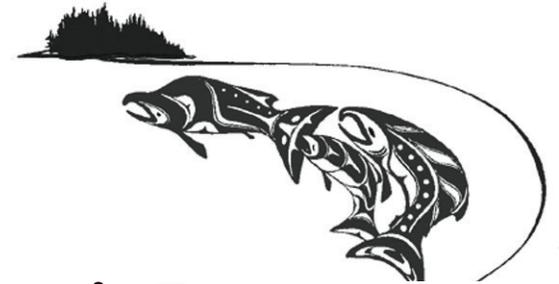
Ages 11-14, with 30 spots available (Native youth are given priority registration).

For more information, check online at: <https://salmondefense.org/projects/educate/festival-of-steh-chass/youth-camp-registration/>

## Squaxin Island Youth Council

The Squaxin Island Youth Council would like to thank the community for their support and help with getting them to UNITY 2019 in Orlando, Florida. The Youth Council was able to connect with youth from the NW region as well as youth from all over. This conference had over 2,000 participants, and had a variety of training and breakout sessions. One of the goals for the Squaxin Youth Council this next year is to help send Youth Council to UNITY again in 2020.

All youth are welcome to participate in Youth Council. Meetings are on Thursday's at 5:00 p.m. During the summer we will only meet twice a month because of summer employment, Canoe Journey, and other activities. For more information about Youth Council, please contact Jaimie Cruz at 360-742-6527 or by email at [jcruz@squaxin.us](mailto:jcruz@squaxin.us).



## Squaxin Teens

Jaimie Cruz teen advocate: 432-3842

Check Facebook @ Squaxin Teens for updates to Calendar!

# AUGUST

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Youth Council 4:00-5:00	2 1 <sup>st</sup> Salmon Ceremony Arcadia Boat Ramp
5	6	7	8	9
Festival of the Steh Chass 10am-5pm August 5-7			Youth Council 4:00-5:00	FRIDAY FUN 12-6
12	13	14	15	16
4 <sup>th</sup> annual Intertribal Youth Suicide Prevention Summit August 12-14 Great Wolf Lodge			Youth Council 4:00-5:00	FRIDAY FUN 12-6
19	20	21	22	23
CLOSED	Teens on Machines 4:30-6		Youth Council 4:00-5:00	Last Day of Summer Rec + Stepping Stones
26	27	28	29	30
CLOSED	Teens on Machines 4:30-6	CLOSED	CLOSED	CLOSED



## Higher Education

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



## From the Education Liaison

Peggy Peters - The Shelton School District has a number of upcoming dates for parents to keep an eye on. If we become aware of any changes to these dates, we will share that as soon as we learn more.

Below is a list of events/activities that Shelton School District schools will be holding as part of their transition plans during September (there are no transition activities during July and August).

- Sept. 4 & 5: CHOICE New student registration (8:00 a.m. - 2:00 p.m.)
- Sept. 7: Olympic Middle School open for drop-in visits
- Sept. 9 & 10: Climber Days; Freshman/Sophomore 8:30-12:30; Juniors/Seniors 12:30-3:30; Students only (Shelton High School)
- Sept. 10: Oakland Bay Jr. High Open House Palooza
- Sept. 11: Open House/Family Night "Middleschoolpalooza" (Olympic Middle School)
- Sept. 12: Open House (Bordeaux, Evergreen and Mountain View Elementary)
- Sept. 12 & 13: Olympic Middle School open for drop-in visits
- Sept. 12: Additional CHOICE new student orientation if needed 8:00 a.m. - 2:00 p.m.
- Sept. 19 CHOICE: Open House/Parent/Family welcome back dinner 5:00 - 6:30 p.m.
- Sept. 13: Oakland Bay Jr. High open for drop-in visits



## Summer Rec Activity Calendar for August 2019

**TANF Sponsored Activities \***

Themes	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 7</b> <b>Earth &amp; Water</b>  <b>August 5-9</b>	5 <b>Center Based</b> Shrinky Dinks & Swimming <b>Center Visitor:</b> <i>Monica w/ Recycled Art</i>	6 <b>Field Trip</b> Billy Frank Wildlife Refuge Leave at 10am Return at 2:45pm	7 <b>Center Based</b> <b>*Clay Creations*</b> & Team Building & Swimming <b>Center Visitor:</b> <i>Monica w/ Recycled Art</i>	8 <b>Field Trip</b> Tumwater Falls & Tumwater Historical Park Leave at 10am Return at 2pm	9 <b>Center Based</b> <b>*Make Medicine*</b> & <b>Field Trip</b> Community Garden
<b>Week 8</b> <b>Magic Stars</b>  <b>August 12-16</b>	12 <b>Center Based</b> Make Ice Cream & Swimming <b>Center Visitor</b> <i>Magician</i>	13 <b>Field Trip</b> Movies Leave at 9:15am Return at 12:30pm	14 <b>Center Based</b> <b>*Dream Catchers*</b> & Team Building & Swimming	15 <b>Field Trip</b> Boom Shaka Leave at 12:15pm Return at 3:30pm <b>Release Form Required</b>	16 <b>Center Based</b> <b>*Cedar Weaving* &amp;            *Paper Weaving*</b>
<b>Week 9</b> <b>End of Summer Adventures</b>  <b>August 19-23</b>	19 <b>Center Based</b> Tie-Dye & Swimming & <b>Center Visitor:</b> Hands-on Children Museum	20 <b>Field Trip</b> Rollerdomo Leave at 9:15am Return at 2:30pm	21 <b>Center Based</b> Learn about Tribal Art & Team Building & Swimming	22 <b>Field Trip</b> Twin Harbors Beach Leave at 10am Return at 3pm	23 <b>Center Based</b> <b>*Bandanas*</b> & Field Day 12:30-3:30pm



# LEARNING CENTER



## Teen Program Updates

Jaimie Cruz - Summer is kicking off and the teens in our community are staying busy. Some of our younger teens are in the Stepping Stones program while many of the older youth are participating in the Summer Youth Employment program.

The Teen Program offered a canoe paddle-making opportunity in June, and we had 17 youth participate in that class. It was a first time for most of the group, and everyone finished their paddles. We are excited to see them being used on Canoe Journey for the Paddle to Lummi. We also offered a kayak trip for the teens that came to the paddle-making class. The kayak trip was phenomenal, and I was so glad to see youth participation. Thank you to Kamilche Adventures for the awesome time!

Looking into August, the Teen Program would like to offer a hiking trip at the end of August. Be on the lookout for more information! Below is information about a free camp in August hosted by the Salmon Defense and DERT.

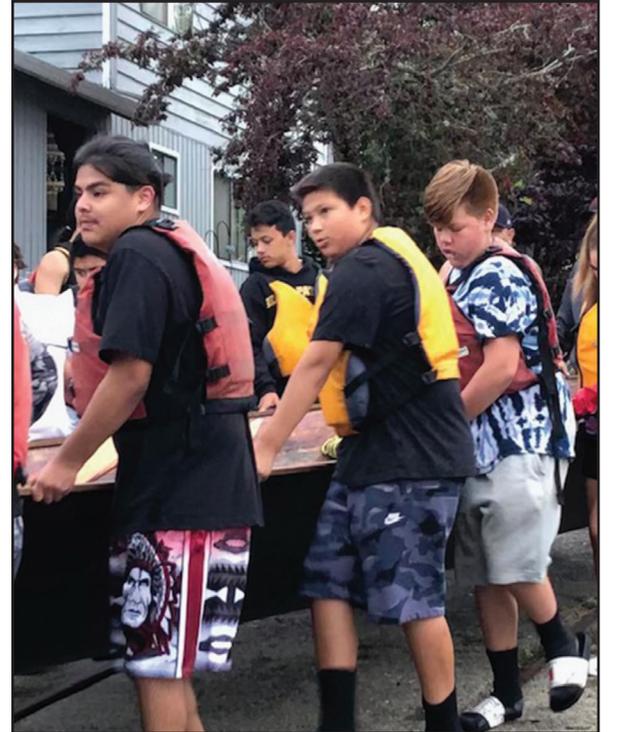




# PADDLE TO LUMMI



Here are a few photos of departure from Squaxin by Charlene Krise. Stay tuned for more Canoe Journey photos next month.





## How to Make a Budget for Living on Your Own

If you can't wait to move out of your parents' home and start living on your own, you're not alone. Independence is amazing, but enjoying that newfound freedom can be more expensive than you might think. Fortunately, there are tons of helpful websites and mobile apps that can make managing your finances fun. And by incorporating these tools in your everyday life, you can develop a realistic budget and start saving money for the things you enjoy.

If you've been asking yourself "How much money do I need to move out?" here are a few tips to help you start adulting like you've been at it for years.

### Common Mistakes When Moving Out for the First Time

Perhaps the biggest mistake young adults make when moving into their first apartment is not making a budget. The principle is simple: First find out how much income you're earning each month, and determine how much you're spending and on what. Then, based on those numbers, set aside a certain amount of each paycheck for rent and utilities, and actively track your spending so you don't run out of cash.

Budgeting apps like Mint automatically import and categorize your expenses (like how much you spend on fast food and concert tickets each month), giving you a bird's-eye view of your financial standing in seconds. You can also use a notebook or spreadsheet to track your spending if you prefer to kick it old-school. The point is, creating and sticking to a monthly budget is the single best thing you can do to prevent a financial catastrophe. It might even be among the most valuable life skills you'll ever develop.

Another big mistake young adults make when first moving out of Mom and Dad's is not saving any money. You might wonder what the point of saving is if you only have a handful of dimes left over from each paycheck. But even saving just \$5 a week is better than not saving at all. And you'll definitely thank yourself for having stashed away that cash when your car starts making weird noises or if you sprain your ankle at a music festival.

Paying bills late is also common among the newly independent. Avoid this nasty habit by setting up reminders on your smartphone or using an online calendar to alert you a few days before bills are due. Or, better yet, start paying your bills as soon as they arrive. Not only are late-fees crazy expensive, but if you regularly miss due dates, you could be crippling your credit score. Paying a bill late, even if only by a day or two, makes it more expensive to borrow money when you want to finance a car, house or some other major purchase. Look out for your future self by paying your bills promptly.

### Preparing for Expenses You Hadn't Considered

In order for a budget to work, it has to account for everything you spend money on. This includes little things like parking lot fees, late-night drive-thru meals and random convenience-store purchases. Like to rent movies on the weekend? Add it to your budget. Tend to drop a few bucks on mobile apps or lotto tickets each month? Include those as well.

Those living away from home for the first time are bound to face a flurry of unexpected expenses during their initial months of independence. In the kitchen alone, you'll likely need to invest in dishes, cookware, and a dozen ingredients to stock your pantry. And when it comes to keeping your home looking good, it's easy to underestimate the cost of cleaning supplies. Netflix and Spotify subscriptions are also often overlooked, as are annual bills like vehicle registration and tax preparation. To create a realistic budget, you should first spend some serious time looking at last year's expenses to make sure you're not missing anything.

### Money-Saving Tips for Moving Out at 18

#### 1. Don Your Chef's Hat

Cooking your own meals on a daily basis can save you more money than just about any other change in your behavior. Knowing how to make five basic meals (say, chili, tacos, chicken and vegetables, spaghetti with marinara sauce, and a slow-cooked roast with veggies), and having a microwave handy for reheating leftovers, can cut your food expenses in half. An added bonus: Homemade food is almost always healthier than prepared meals.

#### 2. Kill Some Kilowatt Hours

Get into the habit of turning off—or even unplugging—lights, appliances and electronics when you aren't using them. And consider getting a programmable thermostat to keep heating and cooling costs down.

#### 3. Quit Using Credit

Only carry one credit card, and commit to only using it in absolute emergencies. Using cash or a debit card for day-to-day expenses prevents you from overspending and accruing budget-busting interest charges.

#### 4. Explore Other Avenues

Consider all your transportation options. Do you really need to drive everywhere, particularly if you have to pay for parking once you get there? And with Uber, Lyft, Car2Go and other ride-sharing services now widely available, city dwellers might even consider ditching their cars completely. The cheapest gallon of gas is the one you don't use.

### Things to Include in Your First Budget

Show Mom and Dad you know how to move out the smart way by creating a monthly budget and sticking to it. Here are some items you'll probably want to include.

- Rent: most likely your largest single expense
- Utilities: electricity, gas, water, cable TV, internet, etc.
- Meals: supermarkets, restaurants, drive-thrus and delivery
- Transportation: flights, cab rides, fuel, auto insurance, vehicle registration, etc.
- Medical: prescription drugs, co-pays, etc.
- Entertainment: date nights, impromptu adventures, vacations
- Clothing and toiletries: new threads, soaps, shampoos, shaving cream, etc.
- Subscriptions and memberships: gym, music subscriptions, online movies, etc.
- Gifts: birthdays, weddings, baby showers and holidays
- Pet Care: annual checkups, flea medicine

### You Need a Financial Cushion

A good rule of thumb you might've heard is, in the event of an emergency, everyone should have a financial cushion substantial enough to cover three- to six-months of living expenses. And while there's no arguing the soundness of that advice, many people think that's simply not possible and they don't even bother trying.

But even if you don't have half a year's salary chilling in your bank account, having some money set aside is better than none. There are countless ways to work toward building an emergency savings account, from setting aside loose

*Continued on following page*



## How to Make a Budget . . . Continued from Previous Page

change at the end of every day and depositing it in the bank at the end of the month, to having a percentage of your paycheck automatically stashed away in your savings account. Start now, and even if you only save a few dollars a week, it will add up over time, and help you avoid financial hardship later on. Learning how to make a budget isn't the most exciting thing you'll do when first moving out and living on your own, but it can mean the difference between just getting by and making the most of your money.




**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 at 360.462.3224,**  
wicnutrition@spipa.org

**Tuesday, August 13th is WIC day at SPIPA**



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

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



**Clean Out Your Medicine Cabinet**

**Prescription Drug Take Back Boxes**

Located At:  
**Mason County Sheriff's Office**  
322 North 3rd Street in Shelton  
&  
**Mason Regional Fire Authority**  
460 Northeast Old Belfair Highway in Belfair

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




**Shopping just got easier with WIC**  
**WIC cards replace checks starting September!**

*Be sure your name, address including zipcode, phone number, spellings, & date of birth are correct & up to date in the WIC computer. This is critical to accessing WIC foods from your card!*

**Check out this feature on the WIC shopper app:**  
*Did you know that "WIC allowable foods" is the same as your paper WIC shopping guide? The WIC shopper app has many more features... download it on your phone and check it out!*

**Download the free WIC shopper app**

**Facts about your WIC card:**

1. You will need to **set up a 4-digit PIN** before you can shop. Pick numbers that are easy for you to remember & hard for others to guess.
2. Expect your first **appointment** to get the cards to **take longer**. We appreciate your patience!
3. The whole family's **benefits will be on one card**.
4. **Keep your card**. Your WIC benefits will be **reloaded** onto your card each month.
5. You can **buy just the WIC foods you need** and shop again when you need the other items.

**Questions? Contact your WIC staff at SPIPA:**  
Patty 360.462.3224 or Debbie Gardipee-Reyes 360.462.3227  
At Chehalis: Debra Shortman 360.709.1689



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

## Managing Diabetes: It's Not Easy, but It's Worth It!

Submitted by Patty Suskin, Diabetes Coordinator



Left: John Krise, Sr & Patty

Congratulations to the following people for taking care of their diabetes in 2018:

John Krise, Sr., Meloney Hause, & Millie Wagner, Kim Kenyon, Pete Kruger, Glen Parker and five other community members!

To receive the socks, they completed all the 2018 tests and exams recommended by I H S to stay healthy with diabetes.

This is a lot of work! It includes an annual dental exam, foot exam, eye exam, diabetes education, blood work and much more!

As a reward, they were each given a pair of comfortable, moisture-wicking socks.

Keep up the good diabetes management!



Meloney Hause and Skabike (above)

Left: Millie Wagner with Patty





## Outdoor Activity: Theler Wetlands Trail in Belfair

*Traci Lopeman enjoyed this trail with Patty Suskin in June*

Theler Wetlands Trail is a delightful nature get-away. It has several short trails and benches available for resting in nature. Most trails are wooded forest, but there is also a long dock lookout over Lynch Cove. Lots of birds were talking and Traci enjoyed a conversation with one of the birds!

**Directions:** Take SR3 West to Belfair.(about 45 minutes from the Tribal Center). On the south end of town, look to your left for the Early Learning Center and park in the lot there. If you cross Roessel Rd, you just passed it. The entrance is behind the building with a beautiful iron gate.

**Address:** 22871 WA State Route 3, Belfair, WA 98528

Elevation gain: 52 feet (easy)

**Features:** bird watching, information kiosks, whale skeleton, water views



*No dogs allowed*



## Summer

### Dental visits



8:00 a.m. - 4:00 p.m.  
Monday- Friday

90 S.E Klah-Che-Min Drive  
360-432-3881

While your children are out on summer break, have them come see us at the dental clinic. Let us help you smile.



# HEALTH CLINIC



## Doctor's Corner: August is for Check-ups!

Angela Tobias, MD, Squaxin Island Health Clinic - There are a lot of things to celebrate in August. It's become a tradition in my family, as I'm sure it has in many of your families, to head to the beach in August. It's once last hurrah of summer before school starts. But aside from getting school supplies and going to the beach, there are a number of other things that need to be on **your to-do list before school**.

**Get those well child checks done!** We're always happy to see kids in the clinic, whether they're sick or healthy. But it also makes your life easier if your child wants to play sports at any time during the school year. If they've had a well check within a year, we can fill out that participation form either during the well check visit or later without another appointment.



**Also, before starting kindergarten and 5th or 6th grade (age 10-11), your child will be due for shots** - and at certain other times as well. Those shots are very important for preventing serious illnesses. We're always happy to check the records and be sure your kiddos are up to date on vaccinations.

**We're also piloting a new program to combine a dental check with a well child check so you don't have to make separate appointments.** We have two slots each day saved for these combo visits. If your child is due for a dental visit and a well child check, be sure to ask for a combo visit spot when you call to schedule!

As you gear up for school, it's also a good time to **check out sports equipment for wear and tear**, especially protective equipment like helmets, shin guards, and footwear. Does it all still fit? I know the answer to that in my house is usually 'NO', because kids can grow so ridiculously fast! If you're not sure how a bike helmet should fit, please bring in the helmet and the child and we'll check the fit.

**It's also a good idea to review your medication cabinet.** If your child needs medication at school, we can fill out the medication form that the school nurse will need to have. Bring the form with you when you come in for a well check or you can drop it off and pick it up later. Save a recent, labelled bottle of your child's medication after you've used all the pills, and then you can use the old bottle for the supply that you give to the school nurse - as long as the medication dose and instructions are the same.

Look through all the over-the-counter and prescription medications you have and throw out any that are expired. But don't flush them down the toilet! **The safest way to dispose of unwanted medication is in one of the local medication disposal bins.** They are located at the Squaxin Island Tribal Police Department (open when the office is open), Mason County Sheriff's Office in Shelton (open 24/7) or at the North Mason Regional Fire Authority office in Belfair. In Thurston County, there are medication disposal boxes at the Thurston County Sheriff's office in West Olympia (open 24/7), at the Lacey Police Department (open 24/7), and at Tumwater City Hall in the Police Department's office (open M-F, 8:00 a.m. - 5:00 p.m.).

If your whole stock of cough and cold medication is expired, keep your eyes open for when they go on sale to restock for winter cold and flu season.

If you get all this done, you will have **EARNED** your time on the beach! Enjoy!



### Catch health problems before they go too far.

Life Line Screening, recognized with an A+ rating by the Better Business Bureau, offers a 5-test package to thoroughly check you for risk of stroke, cardiovascular disease and other chronic conditions. The combination of these tests helps detect problems—**before you have symptoms** and while you and your doctor can still take action...so you can keep doing the things you love.



### Getting Screened is Simple!

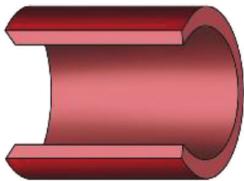


Register now to check the health of your arteries

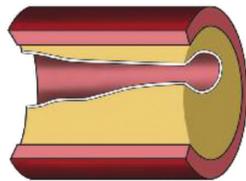
**SPECIAL PRICE - \$10 OFF  
5 SCREENINGS FOR \$139!**

- Carotid Artery Screening (Plaque)
- Heart Rhythm Screening (Atrial Fibrillation)
- Abdominal Aortic Aneurysm Screening
- Peripheral Arterial Disease Screening
- Osteoporosis Risk Assessment

### Plaque buildup in the arteries can lead to heart disease, aneurysm or stroke.



A normal artery allows blood to flow through easily.



Plaque buildup in the arteries reduces your blood flow and can be dangerous if left untreated.

Join the **8 million people** who have been screened. We are coming to your neighborhood.

**THURSDAY AUGUST 29, 2019**  
**SQUAXIN ISLAND COMMUNITY KITCHEN**  
**50 SE SQUAXIN LN, SHELTON, WA 98584**

Please call toll-free **800-679-6495** to register for your screening or visit [www.lifelinescreening.com/community-circle](http://www.lifelinescreening.com/community-circle)

Screening results are provided to you in 21 days. We direct all participants with abnormal results to take the report to their physician. Carotid Artery and PAD screenings help identify the presence of Atherosclerosis, and if found, can be an early warning for higher risks of stroke and coronary artery disease. Such early warning information can help you and your doctor take important steps to reduce your risk for more serious health issues. If necessary, steps may include lifestyle and diet, medical therapies, and even more thorough follow-up testing and evaluation of your heart function. Appropriate modification of risk factors (including high blood pressure, smoking, heart disease, diabetes and poor diet) is also necessary for cardiovascular disease prevention. Our screenings cannot detect all forms of stroke risk or cardiovascular disease. All tests are for screening purposes **only**. You should consult with your personal physician regarding your screening results. Insurance Note: Life Line Screening does not participate in the Medicare program and the cost of our screening services is not covered or reimbursable by Medicare. Life Line Screening does not file insurance claims nor provide referrals to any physician's group or hospital. Screenings in California are provided by Life Line Mobile Screening, a physician owned practice. Screenings in Kansas are performed by Life Line Screening of America, Ltd. on behalf of Life Line Screening Physicians, P.A. Screenings in New Hampshire, New Jersey and New York are performed by Life Line Medical Screening, LLC (Dr. Andrew Manganaro, 70 Niagara Street, Buffalo NY, 14202). Life Line Screening does not engage in the practice of medicine in those states. This information is not intended to induce referrals by Life Line Screening to Life Line Medical Screening, LLC for any professional medical service. Texas residents: Physician authorization is required. A Life Line Screening affiliated physician will provide authorization for you if you qualify. Cancellation Policy: A full refund is issued if you call to cancel at least 2 days prior to your appointment. If less than 2 days' notice is given, we will issue a Gift Card for the full amount to be used by you, or anyone you choose, to purchase future screening services.



# COMMUNITY



## Elders Menu . . . Fruit and salad at every meal

**8/1**  
THURSDAY:  
Stroganoff, Brussel Sprouts

**8/5 – 8/8**  
MONDAY:  
Pork Lo Mein w/ Veggies

**8/12 – 8/15**  
MONDAY:  
Chicken, Rice & Veggie Casserole

**8/19 – 8/22**  
MONDAY:  
Crab Cakes, Mixed Veggies

**8/26 – 8/29**  
MONDAY:  
Baked Ham, Scalloped Potatoes

TUESDAY:  
Taco Soup, Turkey Sandwiches

TUESDAY:  
Italian Sausage Potato Soup Breadsticks

TUESDAY:  
Tomato Basil Ravioli Soup Grilled Cheese Sandwiches

TUESDAY:  
Corn Chowder, Cheddar Biscuits

WEDNESDAY:  
Oysters, Potatoes, Corn

WEDNESDAY:  
Beef Fajitas, Refried Beans

WEDNESDAY:  
Chalupas

WEDNESDAY:  
Beef Enchiladas, Black Beans

THURSDAY:  
Hamburgers, Potato Salad

THURSDAY:  
Casino Buffet

THURSDAY:  
Campfire Roast Mac Salad, Smores

THURSDAY:  
Sausage Pasta Bake, Asparagus



## Please Conserve Water



**SQUAXIN ISLAND T.A.N.F. SPONSORED LUSHOOTSEED CLASSES**

**ALL ARE WELCOME TO ATTEND**

**WEDNESDAY EVENINGS @ FAMILY SERVICES CLASSROOM**  
5PM-6:30PM  
DINNER IS PROVIDED

QUESTIONS? Contact Rose Henry 360-432-3950  
We will notify you of any changes in schedule due to holiday or Tribal closures.

## Walking The Red Road

Join us for a recovery walk and dinner to honor/support/celebrate those in recovery and those on their way to recovery!

**Tribal members, community members & kids of all ages welcome!**

**T-shirt give-away and community speakers!**



**August 5, 2019 @ 3:00 pm**  
**Squaxin Island Community Kitchen**  
**50 SE Squaxin Ln, Shelton, WA 98584**

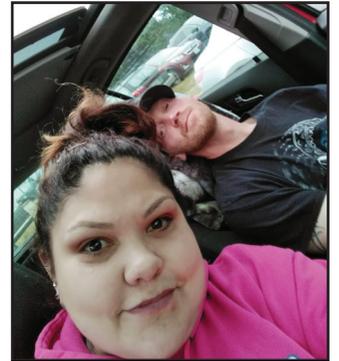


## August Happy Birthdays

- |  |  |  |
|--|--|--|
| 1<br>Barbara Gail Kennedy<br>Jeremie John Walls<br>Jonathan G. Arzate  | 12<br>Aaron James Edgley<br>Zaiden Elijah Jimmie   | 25<br>Mitchell John Carrington<br>Nicole Mae Bluebird  |
| 3<br>Anne Elizabeth Burgain<br>Darlene Wood<br>Louise Isabelle Kathy Burgain<br>Randolph Bert Foster   | 13<br>Brandon Eugene Campbell<br>Lola Noelle Bonin   | 26<br>Eden Lee Van Cleave  |
| 4<br>Kelly Josephine Jones<br>Lawton Jebadiah Case<br>Leighton James Case<br>Norman Riley Price<br>Tyrone S. Seymour   | 14<br>Elena Lin James<br>Rory Jane Allen   | 27<br>Kaytlyn Joi Henderson<br>Meghan Elizabeth Burgain  |
| 5<br>Christopher Eugene Brown  | 15<br>Llewellyn Frank Parker<br>Naraiah Lhee Gray<br>Zachary W. Sanchez  | 28<br>Eathon Raymond Caasi<br>Nancy Carol Combes<br>Rhonda Madge Foster<br>Terasa Malinda Kenyon |
| 6<br>Jill Danielle Kenyon  | 16<br>Kevin Henry Spezza<br>Matthew James Cooper<br>Rachel M. Naranjo  | 29<br>Angelo W. Rivera<br>Joseph D. Furtado<br>Lindsey Nicole Harrell                            |
| 7<br>David Charles Johns<br>Robert David Koshiway Jr.  | 17<br>Magdelano Roy Perez<br>Virginia A. Farron  |  |
| 8<br>Ashley Mariah Renee Smith<br>Lettie Machado-Olivo<br>Lisa Fawne Frodert<br>Margaret Hazel Johns<br>River Marie Korndorfer<br>Robert Edward Sigo<br>Roy Journey Bear Perez | 18<br>Hannah Lucille Forcier   |  |
| 9<br>Araceli Hernandez-Capoeman<br>Chasity Faye Masoner<br>David Wayne Peters Jr.<br>Juliet Lindsay Galos<br>Memphis Shawn Penn-Dodge<br>Nikieta S. Ho                         | 19<br>Naomi Reyes  |  |
| 10<br>Kalysi Renee Whitener  | 20<br>Dionna A.P. King   |  |
| 11<br>Marilyn Helene Mcfadden  | 22<br>Aidan Alan Sizemore<br>Greg Anthony Lewis Glover<br>Jessica Eliza Spiering<br>Rene De Anne Salgado                             |  |
|  | 23<br>Andre James Woody-Johns<br>Cadence Joseph Henry<br>Ernesto Naranjo Johns Jr.<br>Jeremiah Billy Obi-Rivera<br>Julio F. Castillo |  |
|  | 24<br>Bryce Mitchell Penn<br>Victoria L. Sanders   |  |

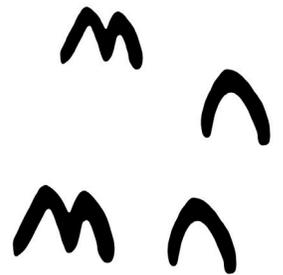


## Happy 11 Year Anniversary



Happy eleven year anniversary, Jeremy. I love you. We have been through so much the last eleven years. Its time to start fresh and make our next eleven years more interesting and more fun. Just saying, LOL. We have beat the odds so far, Babe . . . the ins and outs, ups and downs, for better or worse. Eleven years is no joke. Lets keep on doing this thing called love, 'cause, no matter what, Baby, I do love you.....

- 30  
Catherine Mary Tuller  
Debra Lee Sayers  
Euphamie Lillian Whitener  
James Ronnie Trinidad  
Loreta Marie Swan Krise  
Ruben R. Vasquez  
Taylor Jeffrey Porad



**NATIVE ARTS & CULTURES FOUNDATION**

**CALL FOR ENTRIES**

APPLICATION DEADLINE:

September 30, 2019

nativeartsandcultures.org

Native Arts and Cultures Foundation

MENTOR ARTIST FELLOWSHIP  
OPEN CALL

JULY 23 – SEPTEMBER 30, 2019

APPLY: [bit.ly/nacf-2019mentor](http://bit.ly/nacf-2019mentor)



Cara Romero (Chemehuevi),  
Contemporary Visual Arts



Dyani White Hawk (Sicangu Lakota),  
Contemporary Visual Arts



Nicholas Galanin (Tlingit/Unangax),  
Contemporary Visual Arts

**Awards:** \$30,000 for established American Indian and Alaska Native artists who want to mentor an emerging artist in the Traditional Arts or Contemporary Visual Arts categories.

**Eligibility:** Must be a 5-year resident and an enrolled Native citizen of a tribe located in Alaska, Arizona, Idaho, Minnesota, Montana, New Mexico, North Dakota, Oregon, Southern California, South Dakota, Washington, Wisconsin.

[f @nativeartsandcultures](https://www.facebook.com/nativeartsandcultures)
[@nativeartscultr](https://www.instagram.com/nativeartscultr)
[@native\\_art\\_culture](https://www.youtube.com/channel/UC...)
[NACFmedia](https://www.youtube.com/channel/UC...)



# What's Happening



## 1 - Thursday Family Court

Utilities Commission

Elders Committee

## 2 - Friday

Housing Commission

## 5 - Monday

Bible Study, Elders Building  
6:00 - 7:00 p.m.

## 6 - Tuesday

Tobacco Cessation  
Noon - 1:00 p.m.

Culture Night  
3:00 - 5:00 p.m.

Drum Group  
5:00 - 6:00 p.m.

## 7 - Wednesday

AA & ALANON  
7:30 p.m.

Lushootseed Class  
5:00 - 6:30 p.m.

## 8 - Thursday Tribal Council

## 9 - Friday

Education Commission

SPIPA Board

## 12 - Monday

Childcare Board of Directors

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

## 13 - Tuesday Criminal/Civil Court

Enrollment Committee

Tobacco Cessation  
Noon - 1:00 p.m.

Culture Night  
3:00 - 5:00 p.m.

Drum Group  
5:00 - 6:00 p.m.

## 14 - Wednesday

Aquatics Committee

Golf Advisory Committee

AA & ALANON  
7:30 p.m.

Lushootseed Language Class  
5:00 - 6:30 p.m.

## 15 - Thursday Talking Circle

5:00 - Collier House

## 19 - Monday

Gaming Commission

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

## 20 - Tuesday

Tobacco Cessation  
Noon - 1:00 p.m.

Culture Night  
3:00 - 5:00 p.m.

Drum Group  
5:00 - 6:00 p.m.

## 21 - Wednesday

Lushootseed Language Class  
5:00 - 6:30 p.m.

AA & ALANON  
7:30 p.m.

Culture Night  
7:30 p.m.

## 22 - Thursday Tribal Council

Budget Hearing  
4:30 - Council Chambers

## 26 - Monday

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

## 27 - Tuesday Criminal/Civil Court

Tobacco Board of Directors

Tobacco Cessation  
Noon - 1:00 p.m.

Culture Night  
3:00 - 5:00 p.m.

Drum Group  
5:00 - 6:00 p.m.

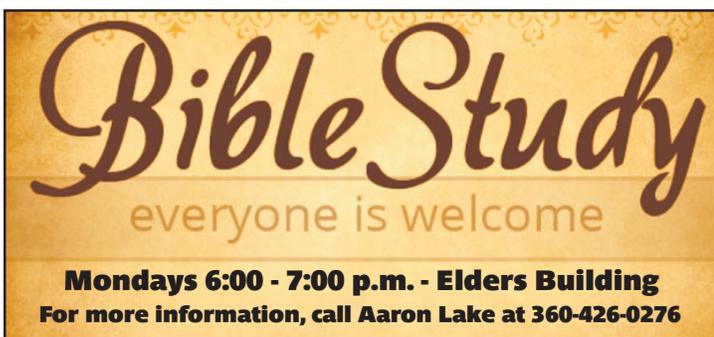
## 28 - Wednesday

Lushootseed Language Class  
5:00 - 6:30 p.m.

AA & ALANON  
7:30 p.m.

Culture Night  
7:30 p.m.

## 29 - Thursday






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

If it is an **EMERGENCY** CALL 911

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

## Committees Commissions & Boards With Infrequent Meeting Times

### Committee and Commissions

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

### Council Rep.

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

### Staff Rep.

Kris Peters  
Tammy Ford  
Rene Klusman  
  
Rhonda Foster  
Kevin Lyon  
Kim Kenyon  
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

## 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  
SPIPA Board of Directors

### Council Rep.

Arnold Cooper  
Charlene Krise  
Charlene Krise  
Vicki Kruger  
Arnold Cooper  
Arnold Cooper  
Vince Henry  
Vacant  
(Per Tribal Code) None  
Charlene Krise  
Vicki Kruger & Charlene Krise  
Vacant  
None  
Vicki Kruger

### Staff Rep.

Jeff Dickison  
Traci Coffey  
Tammy Ford  
Joseph Peters  
Kris Peters  
Joseph Peters  
Eric Sparkman  
Gordon James  
Dallas Burnett  
  
Bert Miller  
Ray Peters  
Vacant  
Patti Puhn

### Meetings

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




**South Puget Intertribal Planning Agency**  
**USDA Foods Program**  
**SERVING SQUAXIN ISLAND 8/8/19**

**FEATURED RECIPE!**

**Mexican Fiesta Pasta Salad**

**INGREDIENTS:**  
 2 cups cooked tricolor rotini pasta, rinsed in cold water  
 1 can black beans, rinsed  
 1 can corn, drained  
 1/2 red bell pepper, chopped into 1/2" pieces.  
 1/2 cup cilantro, chopped  
 4 Tbsp Lemon juice  
 4 Tbsp olive oil  
 1/2 Tsp garlic powder  
 salt and crushed red pepper to taste

**INSTRUCTIONS:**  
 1. Combine the pasta, black beans, corn, bell pepper, and cilantro in large bowl.  
 2. To make dressing, combine lemon juice, olive oil, garlic powder, salt, and crushed red pepper in small bowl.  
 3. Just before serving, pour over salad and toss to combine.



**NOTE:** Please stick to the monthly schedule for the USDA Commodity Food Program. Food distribution staff have other duties that they are responsible for on the days they are not issuing commodities. If you're unable to make the date, please call and schedule an appointment with appropriate staff.  
**For USDA Food, call the Warehouse at Nisqually 360.438.4216**  
 This institution is an equal opportunity provider.




**South Puget Intertribal Planning Agency**

**WIC Program August Dates**

 **WOMEN, INFANTS & CHILDREN**



**CHEHALIS 8/8/19**  
**SKOKOMISH 8/12/19**  
**SQUAXIN ISLAND 8/13/19**  
**NISQUALLY 8/14/19**

**This Institution is an equal opportunity provider.**  
 Washington State WIC Nutrition Program does not discriminate.  
**NOTE:** These dates are future projections. While we strive to keep these dates and times, they may be subject to change. This program is not always able to accommodate walk-ins due to their other duties.



**AUGUST 9 | OPEN @6PM**  
**EARLY BIRDS @8PM | SESSION @8:30PM**

**BINGO DAUBIN IN THE DARK**

**Buy-in is \$50**

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

**\$400 payouts for 4-ons**  
**\$500 payouts for 6-ons**  
**\$1,199 black out with a \$500 lead up.**

**Live DJ Spinning at 7:30pm**

**Cocktail SPECIALS** See Keno or call (360) 427-3005 for more details.  
 Ages 21 and over only.

**LITTLE CREEK CASINO • RESORT™**  
 LIVE a little

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

**BACK TO SCHOOL BINGO**

**Thursday • Aug 8<sup>th</sup>**  
 Doors Open 4:30pm | Early Birds 6pm | Session Starts 6:30pm

**Friday • Aug 9<sup>th</sup> Daubin' in the Dark Black Light Bingo**  
 Doors Open 6pm | Early Birds 8pm | Session Starts 8:30pm

**Saturday • Aug 10<sup>th</sup>**  
 Doors Open 9am | Early Birds 11:30am | Session Starts 12pm  
 Doors Open 2:30pm | Early Birds 4pm | Session Starts 4:30pm

**Sunday • Aug 11<sup>th</sup>**  
 Doors Open 2:30pm | Early Birds 4pm | Session Starts 4:30pm

**All Level 3 payout \$500 with NO SPLITIES!**  
**Donate school supplies for a free level 1 (6-on)**

\*Multiple winners split the payout. See Keno or call (360) 427-3005 for more details  
 \*Ages 21 and over only for Friday session. Must be 21 or older for Bingo Specials

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