First Salmon Ceremony Photos (and others) can be found at:

squaxinisland.org/squaxinphotos

Thank you, Rusty Pleines for providing the first salmon!!!
Mark Snyder Thanks God for Healing after Catholic Service

Reprinted from St. Edwards Catholic Church Bulletin - “God healed me,” 61 year-old Mark Snyder said, eyes filled with gratitude.

Mark, the second of four boys, was raised Catholic in Mankato, Minnesota. He received all the sacraments. At confirmation, he took Patrick as his saint’s name. However, in his teen years he fell away from the church.

Now retired, he has five children and more than 10 grandchildren. Mark’s 35 year career was spent working in the Department of Defense Family Services Youth Program and Youth Coordinator at the Squaxin Island Tribe.

The son of a basketball and baseball coach, Mark is an avid golfer and a Minnesota Vikings fan. He was very clear he does not miss his tee time and it takes something special to keep him from hitting the links.

This past spring, he began to experience abnormal pain, which he thought was a hernia. However, the pain continued to worsen and it eventually interfered with his golf swing. It was that interruption of his golf game that led him to go to the doctor.

After several appointments and in severe pain, Mark returned to the doctor’s office and insisted he have surgery ASAP. The doctor set the surgery for Saturday but ordered another test. On March 23rd at 8:04 a.m., he was given a diagnosis of inoperable stage 4 metastatic gall bladder cancer. Mark said his cancer diagnosis brought him back to the church.

The Monday after his diagnosis, he met with Father Kaech. It had been about a 45 year absence from church. “I knew I was dying,” he said. “I came to get right with God. I felt so much better. I feel better every time I walk out of church. He gave me peace to deal with what I got to deal with. I gotta go to heaven and see Mom.”

Since his return, Mark faithfully attends mass every Saturday.

That same week, on March 29, Mark attended the healing mass at St. Edwards. He was prayed over by the priest from Mexico, blessing him, “God be with you,” at the end. Mark took two steps toward the pews and his liver began to burn. The heat continued to increase until it was unbearable. He decided he had to leave. As he moved further from the church, the burning lessened, with it completely subsiding by the time he reached his car.

At the time of his diagnosis, he was given a prognosis of two to five years. The cancer had spread to his stomach and liver with 10-12 cysts/tumors present. A few days after the mass, he went in for more scans. The stomach cysts were gone completely. The five inch liver tumor shrank to two inches. His cancer markers were down to 145! Currently, his kidney, gall bladder and liver functions are unaffected, his lungs are clear and his last chemo treatment was August 8th. His white blood cell count is coming back up. He has not taken pain medication in over a month. Mark prays each night for no pain.

Mark’s doctor is amazed, hugging him, telling him she can’t believe how well he is doing. “You were very sick, Mark,” she said.

Mark wants us all to know: “Don’t turn your back on God. Man, for all he does for us, give him an hour.”

Please include Mark in your prayers.
Community

Stepping Stones - Drum Making & Smokey the Bear
Sadie Whitener - Did you wonder, "Why the fire trucks and a medic van here?" Did you notice people putting out fires? Well, some of your neighbors participated in CERT training, which means our community is that much better prepared for an event.

What is a CERT? The Community Emergency Response Team (CERT) program educates volunteers about disaster preparedness for hazards that may impact their area and trains them in basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations.

An event can be anything from a car accident to a winter storm or a major earthquake. Our Emergency Preparedness/CERT Core Team was able to offer another opportunity for community members to learn and become certified members of the Squaxin Island CERT. We were fortunate to be able to bring Jake Heflin (Osage) back, along with Mason County Fire District #4 responders, to help provide this training. John Taylor provided Counter-Terrorism information. If you see something, say something. Participants included Summer Youth employees, tribal government employees, and community members.

They learned a lot in a relatively short time, and got to practice what they learned in an exercise on the ball field. They learned about personal safety and the importance of making sure their family is prepared in advance to be safe. Knowing this allows them to go wherever they may be needed when something happens. They learned that Squaxin Island continues planning for government emergency preparedness and has already established relationships with the people we will need assistance from in an emergency. They also learned how the Incident Command System works, what Shelter-In-Place means, how to properly use a fire extinguisher, how to easily get someone to safety, and much more.

We are developing an annual training plan to keep our team busy and ready. We plan to provide another CERT course again next year. We’ll be looking for more community members and tribal government employees to participate. If you are interested, please contact Diane Deyette at (360) 432-1771, press "0".

The Squaxin Island community now has 34 certified CERT members. Congratulations to each of you!! Thank you all for your willingness to do this! We are very impressed with what you accomplished.

Special thanks to MCFD #4 – You guys are great! Many thanks to Tribal Council for supporting this effort – We couldn’t have gotten this far without you!
CERT
Pamela Hillstrom & the CERT Core Team - I came from a logging family and was lucky enough to have a stay-at-home Mom. I was raised with three brothers and three sisters. It was subtle, but we were taught about emergency preparedness at a young age by example. Although we may have been considered poor by government standards, we never went without. When I say we never went without, I mean we never went without water, food, or shelter and most conveniences and comforts of home. We went harvesting during the summer and hunting during the fall, preparing for the inevitable winter (and summer) shutdowns due to weather. It wasn’t uncommon to mix pleasure with work. For example, we went on camping trips while Dad and some of my siblings went hunting; we camped on the ocean beach while the men went fishing for salmon (children rotating to the boat daily); we camped near Dad’s logging sites and Mom had us gather berries to make jam - or we experimented with other wild edible foods; or, we would spend a sunny day out on the beach or out on the water gathering geoducks, clams, oysters, crab, and shrimp. We spent many summers canning peaches, pears, and other fruits and vegetables. We often did this with our paternal siblings and their children… our cousins. We had a blast!

One of the lessons I learned - to eliminate uncertainty - is to be self-reliant! I do not want to be dependent on anyone else, including the government, for things I can do for myself through proper planning and execution. With that being said… the best chance for success/survival and recovery from a major disaster is to have community involvement! A community that prepares together is more likely to survive a crisis and have a faster rate of recovery.

Over the past year, I have been fortunate, along with nearly 30 others, to participate in the CERT training made possible by Squaxin Island Tribe. I have learned there are emergencies and there are disasters. It opened my eyes to the possibilities and the importance of community involvement.

I have learned that Emergency Preparedness is a process and is always evolving; household compositions, medical needs, or your environment can and does change. It is important to take this process one step at a time and don’t let it overwhelm you or be too concerned if you can’t do everything all at once. As I said, it is a process and anything you can do before an emergency or disaster will bring you that much closer to meeting your personal needs and comfort. Preparing now gives you the emotional confidence that you will need to handle most situations… so you will be part of the solution instead of part of the problem.

The Squaxin Island CERT Team is going to walk you through Emergency Preparedness, one month at a time. I hope this 24-month and Beyond Emergency Preparedness will help you become more aware and better prepared for any emergency or disaster that you may encounter.

We can’t wait to see what the coming years will bring to community preparedness in the Squaxin Island Tribe community.

EMERGENCY PREPAREDNESS

Please attend

“How to Create a Family Preparedness Plan”

September 17th at 4:00 p.m.
Community Kitchen with Building Strong Families Through Culture

In the event of an emergency or disaster, natural or otherwise, it is important to make sure that your family’s basic needs are being met and they are safe. The most effective way of doing this is to have a plan in place.

It’s very easy to panic during an emergency - being mentally and physically prepared will help to minimize that feeling of panic and enable you to keep your family calm, cool, collected, and most importantly, safe.

An emergency preparedness plan should include a disaster supply kit, as well as any emergency essentials. Emergency preparedness supplies should also be arranged and easily accessible. While your family’s emergency plan will be unique to you, there are a few general points that will help to best prepare you for success.

Creating a disaster supply kit is essential to an effective emergency preparedness plan. Stock your supply kits with medical supplies, medications, non-perishable foods, water, batteries, blankets, clothing, and other items. Our basic necessities include: food, water, clothing, and shelter; everything else is a luxury in times of crisis.
Smoke Alarms at Home

SMOKE ALARMS ARE A KEY PART of a home fire escape plan. When there is a fire, smoke spreads fast. Working smoke alarms give you early warning so you can get outside quickly.

SAFETY TIPS

- Install smoke alarms in every bedroom. They should also be outside each sleeping area and on every level of the home. Install alarms in the basement.
- Large homes may need extra smoke alarms.
- It is best to use interconnected smoke alarms. When one smoke alarm sounds, they all sound.
- Test all smoke alarms at least once a month. Press the test button to be sure the alarm is working.
- Current alarms on the market employ different types of technology including multi-sensing, which could include smoke and carbon monoxide combined.
- Today’s smoke alarms will be more technologically advanced to respond to a multitude of fire conditions, yet mitigate false alarms.
- A smoke alarm should be on the ceiling or high on a wall. Keep smoke alarms away from the kitchen to reduce false alarms. They should be at least 10 feet (3 meters) from the stove.
- People who are hard-of-hearing or deaf can use special alarms. These alarms have strobe lights and bed shakers.
- Replace all smoke alarms when they are 10 years old.

FACTS

▃ A closed door may slow the spread of smoke, heat, and fire.
▃ Smoke alarms should be installed inside every sleeping room, outside each separate sleeping area, and on every level. Smoke alarms should be connected so when one sounds, they all sound. Most homes do not have this level of protection.
▃ Roughly 3 out of 5 fire deaths happen in homes with no smoke alarms or no working smoke alarms.
New Employees

April Byrd
Counselor at NWITC
Hi! I am enrolled in the Assiniboine Sioux from the Fort Peck Tribes in Montana.
I have been a Chemical Dependency Counselor for the past two years at American Behavioral Health Systems.
I have three beautiful children and an amazing husband. We live on the Skokomish Reservation.
I am excited about this new adventure and look forward to working with the Squaxin Island Tribe.

Laken Gray
Counselor in Training at NWITC
Hi! I have been hired as a Chemical Dependency Counselor in Training for NWITC in Elma.
I am a mother of two beautiful kids.
I am excited about going back to school and doing what I’ve dreamed.
I’m looking forward to working with all of you.

Joanne Decicio
Director of Planning and Community Development
Greetings! My name is Joanne Decicio and I’m the new Director of Planning and Community Development. I am not new to the Squaxin Island Tribe.
I’ve been working for the Squaxin Island Tribe in various capacities for over thirty years.
I am a tribal member; my parents were Barbara Henry and Walter (Steve) Henderson. I come from the Henry/Cooper clan.
I’m excited to be in this position, and am ready to contribute as much positive energy to this job, and to Squaxin Island Tribe’s community, as I can.
My Grandma was Theresa Nason, and I cannot move between different phases of my life without including her. She’s the only grandparent I was honored to have be a big part of my life, and she was born on Squaxin Island. My Grandma never changed her last name, and I have always respected her choice. We were very close; I miss her, my parents, and other family members very much.
I look forward to being part of the growth and change that is part of the success this Tribe continues to have, from a different perspective. My door is open.

7th Annual NWITC Alumni BBQ
When: Saturday September 14th
Time: Sweat 10:00
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
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
OMG! My heart is so full right now! It was a blast to join journeys! I am so happy me and Justin pulled to the landing. It was awesome to see Candace, Uncle Willy, Boo, Dominique, Trent and other family and friends. Thank you to my brother, Jarvis, and his beautiful wife, Jannelle, for taking care of our animals while we were gone. Thank you Sister, Patricia, for watching the boys while we got to pull to landing. Thank you Auntie Vicki and Uncle Tully for feeding us and Uncle Tully for helping Will on the canoe. Thank you, Jer, for helping us find our way next to you, and for letting us go out on the canoe with my family. Thank you, Terri, for welcoming us with open arms. Thank you to the youth for representing our tribe so well. #paddletolummi
- Tamika Green
Paddle to Lummi

Photos by NWIFC, Margaret Henry and Sadie Whitener
Paddle to Lummi

Photos by NWIFC, Margaret Henry, and Sadie Whitener
As we write this in mid-August, the TLC is preparing for September and the start of a new school year. There are lots of things going on in the Education Department that we want to make sure everyone is aware of – including some major changes:

1. As of October 1st, oversight of the Child Development Center will move from IEI, Inc. to the Tu Ha' Buts Learning Center. Planning efforts are under-way to address the many details that will need attention, and start responding to the many potential concerns that can come up as the process moves forward. Services should not be diminished, but will actually be expanding.

2. Services are expanding because the Tribe has received a five-year grant to begin an Early Head Start Program. Oversight of the Early Head Start Program will also move to the Tu Ha' Buts Learning Center as of October 1st. With the existing Outdoor Preschool, these programs will be able to provide child development and education support services from birth through high school, and then on to higher education or vocational training.

3. Changes in GED testing have led folks to explore other alternatives. With the increasing popularity of the High School 21+ Program (and much appreciation to Family Services for the success of this program!), interest in GED prep has equally declined. For FY2020, the TLC will not be offering GED prep instruction, but there will still be funds available to pay for the GED testing fees, should you choose to pursue a GED.

In other TLC news…

**Youth Activity Program News**

Jerilynn Vail-Powell - Thank you to the TANF Program and all the parent volunteers who helped throughout the summer! The volunteers helped in so many different ways in the Center and on field trips. The TANF Program provided a variety of support for our youth activities, and the Summer Rec Program. Their contributions really helped make for a great summer experience for the kids.

---

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

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>CLOSED</td>
<td>CLOSED</td>
<td>CLOSED</td>
<td>CLOSED</td>
</tr>
<tr>
<td>9</td>
<td>CLOSED</td>
<td>CLOSED</td>
<td>CLOSED</td>
<td>CLOSED</td>
</tr>
<tr>
<td>16</td>
<td>Rec Room: 3-6pm&lt;br&gt;Team Building: 5-6pm&lt;br&gt;Open Gym: 3-6pm&lt;br&gt;Open Swim: 3-6pm</td>
<td>Rec Room: 3-6pm&lt;br&gt;Cultural Activity: 5-6pm&lt;br&gt;Open Gym: 3-6pm</td>
<td>Rec Room: 3-6pm&lt;br&gt;Arts-n-Crafts: 5-6pm&lt;br&gt;Open Gym: 3-6pm</td>
<td>Rec Room: 3-6pm&lt;br&gt;Crafty Kitchen: 5-6pm&lt;br&gt;Open Gym: 3-6pm&lt;br&gt;Open Swim: 3-6pm</td>
</tr>
<tr>
<td>23</td>
<td>Rec Room: 3-6pm&lt;br&gt;Team Building: 5-6pm&lt;br&gt;Open Gym: 3-6pm&lt;br&gt;Open Swim: 3-6pm</td>
<td>Rec Room: 3-6pm&lt;br&gt;Cultural Activity: 5-6pm&lt;br&gt;Open Gym: 3-6pm</td>
<td>Rec Room: 3-6pm&lt;br&gt;Arts-n-Crafts: 5-6pm&lt;br&gt;Open Gym: 3-6pm&lt;br&gt;Open Swim: 3-6pm</td>
<td>Rec Room: 3-6pm&lt;br&gt;Back to School Extravaganza from 4-6pm&lt;br&gt;Open Gym: 3-6pm&lt;br&gt;Open Swim: 3-6pm</td>
</tr>
<tr>
<td>30</td>
<td>Rec Room: 3-6pm&lt;br&gt;Team Building: 5-6pm&lt;br&gt;Open Gym: 3-6pm&lt;br&gt;Open Swim: 3-6pm</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**After School Snacks:**<br>M-F 3-4:15pm<br>**ER = Early Release**<br>WHL = Wa-He-Lut Indian School<br>SSD = Shelton School District<br>GSD = Griffin School District<br>**ITL - Inter-Tribal League B-Ball**<br>High School: 9-12 Grade<br>Middle School: 7-8 Grade<br>Elementary: 4-6 Grade
Due to the school construction schedule we extended Summer Rec to nine weeks and it’s been a great summer! We hope you all enjoy the rest of your summer and look forward to hearing from the youth about their first day of school!

We have a special field trip for 4th and 5th Graders on Thursday, September 12th. The Afterschool Program has participated the last few years in the Salmon Homecoming School Day at the Seattle Aquarium. Because of the late start for Shelton Schools, this year’s field trip is the week before school starts. We plan on taking 10 youth to this year’s event.

A few reminders about the after-school program:
• The phone number to the Rec Room is (360) 432-3955, if you need to contact the staff after 3:00 pm.
• We offer snacks from 3:00 - 4:45 p.m. daily. We have activity time from 5:00 - 6:00 p.m.
• We have copies of our calendar on-site if anyone would like to pick-up a copy.

From the Tutors
Lynice May - It’s time to think about registering your kindergartner! If you have a child turning five years old on or before August 31st, you can still register your child for kindergarten. You can usually enroll your child at the school your kindergartner will be attending. However, if your child’s school is not yet open, you can pick up enrollment forms at the Shelton School District Central Office at 700 S 1st Street, or we have them available for you upstairs at the ‘Tu Ha’ Buts Learning Center.

The following documentation is required when you bring your completed enrollment form back to your child’s school or the Shelton School District offices:
• Legal guardian’s photo identification (e.g. driver’s license, state/government agency picture ID, or passport)
• Child’s birth certificate
• Proof of Address (utility bill, lease agreement, etc.)
• Child’s immunization records

Registering early as possible helps the schools plan for the right classroom ratio of teachers-to-student.

SEPT 2019

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td></td>
<td>Holiday</td>
<td>11U Basketball Practice 4-6pm</td>
<td>12 and Up Basketball Practice 4-6pm</td>
<td>11U Basketball Conditioning 4-6pm</td>
<td>12 and Up Basketball Practice 4-6pm</td>
<td>Intertribal Scrimmage Time TBD</td>
</tr>
<tr>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
</tr>
<tr>
<td></td>
<td>12 and Up Basketball Practice 4-6pm</td>
<td>11U Basketball Conditioning 4-6pm</td>
<td>12 and Up Basketball Practice 4-6pm</td>
<td>11U Basketball Practice 4-6pm</td>
<td>12 and Up Basketball Practice 4-6pm</td>
<td>Intertribal Scrimmage Time TBD</td>
</tr>
<tr>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
</tr>
<tr>
<td></td>
<td>12 and Up Sports Conditioning 4-6pm</td>
<td>11U Basketball Basics 4-6pm</td>
<td>12 and Up Conditioning Day 4-6pm</td>
<td>11U Game at Skokomish 4:30-6pm</td>
<td>Swimming</td>
<td>Intertribal Scrimmage Time TBD</td>
</tr>
<tr>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28 off</td>
</tr>
<tr>
<td></td>
<td>12 and Up Basketball Practice 4-6pm</td>
<td>11U Basketball Skills Training 4-6pm</td>
<td>Conditioning Day All Ages 4-7pm</td>
<td>11U Game at Squaxin Gym 4:30-6pm</td>
<td>Swimming 12U 4-6pm</td>
<td></td>
</tr>
<tr>
<td>29</td>
<td>30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Open Gym 4-6pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Youth Sports Program
Larry McFarlane, Sr., Youth Sports Coach
lmcfarlane@squaxin.us or (360) 432-3986
Higher Education Updates

Mandy Valley - I need to remind everyone the importance of reading through the policies and procedures when signing up for Higher Education funds through the Tribe. In the past we have had students who overlooked that there is a limit on how much funding a student can receive though the Tribe. Each student receives funding for either 15 quarters or 10 semesters. Once a student becomes close to reaching their limit, I will send out an email to remind you. I don't want any students to be surprised or unaware when those funds are scheduled to end.

You can begin submitting your 2020–21 FAFSA online as of October 1. Since much of the available federal funding is first come-first served, it is important to get yours completed and submitted as early as possible! Since the 2017–18 FAFSA form, you now report income information from an earlier tax year.

• On the 2020–21 FAFSA form, you (and your parents, as appropriate) will report your 2018 income information, rather than your 2019 income information.
• Since you’ll already have filed your 2018 taxes by the time the FAFSA form launches, you’ll be able to import your tax information into the FAFSA form right away using the IRS Data Retrieval Tool (DRT). No more logging back in to update after filing taxes!
• Not everyone is eligible to use the IRS DRT, and the IRS DRT does not input all the financial information required on the FAFSA form. Therefore, you should have your 2018 tax return and 2018 IRS W-2 available for reference.
• You cannot use your 2019 tax information. They understand that for some families, 2018 income doesn’t accurately reflect your current financial situation. If you have experienced a reduction in income since the 2018 tax year, you should complete the FAFSA form with the info it asks for (2018), and then contact each of the schools to which you’re applying to explain and document the change in income. They have the ability to assess your situation and make adjustments to your FAFSA form if warranted.
• You cannot update your 2020–21 FAFSA form with your 2019 tax information after filing 2019 taxes. Your 2018 information is what’s required. No updates necessary; no updates allowed.

If you have any questions or concerns please don’t hesitate to stop in, call me at (360)432-3882, or email me at mvalley@squaxin.us for assistance. I hope the new school year is off to a great start!

Updates from the Teen Program

Jaimie Cruz - Squaxin teens were able to participate in the Steh-Chass Youth Camp hosted by the Salmon Defense Team in Olympia and the Deschutes Estuary Restoration Team (DERT). We were excited to share time with our Nisqually relatives and learn about the Steh-Chass – the Deschutes Watershed. The youth were able to test the water quality of Capital Lake and learn about the ecosystem that could possibly replace Capital Lake if the dam were removed.

The youth also were able to learn how to prepare a gill net, taught by Sugar and Willie Frank, and all youth participated in a recorded interview done by their peers about what they learned over the three days. On the final day, we listened to Nancy Shippentower speaking about her role in the fish wars; she shared wise words. The youth and I enjoyed this camp and we are excited to be able to spread the knowledge we gained.

Nine Squaxin youth were able to attend the 4th Annual Suicide Awareness Conference provided by the Washington State Department of Health. The conference included speakers like Debra Lekanof, Roger Fernandez, Phillip Red Eagle, Becca Lynn, and Dyami Thomas. The youth were able to hear stories from families who have had a loved one pass on. Austin Bone volunteered to be one of the youth witnesses and he was able to share with the audience what he took in from the conference.

We honored three of our own Squaxin members who have passed on and included them in the candlelight vigil. This is an important conference and the topics were heavy, but this kind of space was amazing to have for youth to bring out concerns and share themselves and their thoughts and concerns with Elders/adults.

The Squaxin Teen Program would like interested youth to please let Jaimie Cruz know the most convenient way for you to sign up for teen activities. We have a Squaxin Teen Facebook page, a Tu Ha’ Buts Learning Center Facebook page, and we put a monthly calendar in the Klah-Che-Min. Please text or call Jaimie with ideas to 360-742-6527 or email me at jcruz@squaxin.us.
How to Prevent Heat Stroke in Dogs

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

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

What are the signs of heat stroke in dogs?

According to Steven Berkowitz, DVM, an emergency/critical care veterinarian for NorthStar VETS in New Jersey, the most common symptoms of heat stroke in dogs (otherwise known as hyperthermia) are excessive panting, dark pink to red mucus membranes and gums, an inability to continue with normal exercise, nausea or vomiting, and weakness or passing out. Some less-obvious signs of heat stroke in dogs include an increase in heart rate, muscle cramping, a loss of moisture on the dog's gums or tongue and erythema (a reddening of their skin). “Heat stroke is a rapidly progressive and dangerous disorder in which the dog's body temperature rises above 105 degrees Fahrenheit,” Dr. Berkowitz explains. “Typically, dogs are able to regulate over-heating by panting and evaporative cooling, but in a heat stroke patient, the body temperature will rise uncontrollably without intervention.”

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

How to Prevent Heat Stroke in Dogs

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

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

Is Fido your go-to fitness buddy? You’ll also need to have a good understanding of your pet’s personal fitness level — and a willingness to change or shorten your workouts in the name of avoiding heat stroke in dogs. “Do not cycle or jog with your dog if there’s any question as to [your dog’s] physical fitness or the heat,” says Dr. Houchen, who notes that heat stroke in dogs (and related conditions) is prevalent in pets with short faces (brachycephalic dogs like Bulldogs or Pugs). If you plan on taking any road trips with your four-legged friend this summer, never leave your dog unattended in a car for any length of time. “The best rule to follow is never to let your pet ride with you if there’s any other stop besides the final destination,” Dr. Houchen explains.

Treatment for Heat Stroke in Dogs

If your pet is showing any symptoms of heat exhaustion, give your dog plenty of water — and make sure she drinks it. You can also wet your dog with room temperature water. Dr. Berkowitz advises skipping ice water or ice packs, because they can actually make your pet’s core temperature rise. And, don’t saturate your dog in water because it prevents effective evaporation of the heat. “If your dog is not relaxing and starting to act more like your lovable buddy, immediately bring him or her to the closest animal hospital for treatment,” Dr. Berkowitz advises. Pet parents should also keep in mind that heat stroke in dogs can happen even on cloudy or cooler days. “You don’t have to live in a southern climate — and it doesn’t have to be August — for heat stroke to occur. In our emergency room, we’ve seen dogs come in with heat stroke on a spring day when the temperature was in the 60s … and in the summer months, owners with young, active, in-shape dogs get into trouble as their ‘live-to-please’ dogs will keep going long after they start having problems with overheating,” Dr. Houchen says.

The final word on heat stroke in dogs

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

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

In an effort to better prepare young people for financial challenges that lay ahead, South Puget Sound Intertribal Planning Agency (SPIPA) teamed up with regional partners to host a series of Spending Frenzy workshops on July 25th and 26th, 2019. Held at Little Creek Casino Resort, the workshops were designed to introduce teens from Skokomish, Nisqually, and Squaxin Island to practical money skills in a fun yet informative setting.

DeeAnn Harris, SPIPA Workforce Development Programs Manager, coordinated the workshops with assistance from Lisa Peters, Squaxin Island Tribe Housing Counselor.

“Financial skills are vital for our youth to succeed,” stated Harris. “Managing a bank account, purchasing insurance, and negotiating big purchases are all part of living on your own. We had great feedback from participants who enjoyed the workshop activities and the opportunity to hone their money skills.”

The workshops were facilitated by Shawn Spruce, a financial education consultant, who created the Spending Frenzy program and specializes in training for Native youth. Spruce has visited Squaxin Island before to deliver Spending Frenzy, an independent living simulation that challenges participants to purchase wants and needs using stacks of play money bills at merchant booths staffed by local volunteers.

“This is my third trip to Little Creek to assist Squaxin Island’s Stepping Stones and Summer Youth employment programs” explained Spruce. “This year we were able to open the event up to more communities, which was great. The kids are always a pleasure to work with, and we had a wonderful group of volunteers who helped run the Spending Frenzy.”

In addition to a preview of financial responsibilities that come with living on your own, each Spending Frenzy participant received a copy of Adulting 101 (a self-help book for teens), a backpack, a file organizer, and an RFID wallet. Moreover, each workshop session ended with a raffle drawing for gift cards.

“A key focus of Spending Frenzy is to teach organization and record-keeping skills,” Lisa added. “SPIPA generously provided some extra incentives to help the youth better organize their finances, school work, and other important matters in their lives.”

More than 45 youth attended the Spending Frenzy, ranging in age from 13 to 21. In addition to SPIPA and Squaxin Island Tribe Office of Housing, there were 23 volunteers who assisted in the facilitating the two day Spending Frenzy. Mrs. Peters and Mrs. Harris stated “We would like to thank Shawn and all the dedicated community members and staff from Squaxin Island Tribal Council, Natural Resources, Family Services, Museum, Planning, TANF Staff and numerous community members that made this year’s Spending Frenzy a success!”

Why Renter’s Insurance is Important

We’ve all heard about the devastation caused by earthquakes, tornadoes, floods, hurricanes and fires that have swept the nation coast-to-coast. Forces of nature are not to be reckoned with and as a tenant, you should be proactive in protecting yourself financially in the off-chance you drastically lose the contents and personal belongings that make your day-to-day life happen.

Often, tenants have a false sense of security thinking that they will automatically be covered if something were to happen to the home they are renting from a landlord or property manager. It is not uncommon that lease agreements are written with the standard verbiage of something along the lines of “tenant shall hold the landlord/property manager harmless from any and all liability.” In layman’s terms, the landlord/property manager insurance policy covers the structure only, not the tenant’s personal contents.

No doubt insurance premiums can seem costly or a hassle, but imagine having to replace all of your belongings because a fire devastated your home last week. The expense and inconvenience of replacing all of your clothes, jewelry, food, furniture, TV, computers, your smartphone, and all of the supplies it takes just to live each day will skyrocket if you do not have renters insurance. You could find yourself spending upwards of $50,000-plus to replace everything, plus finding a new rental.

Other considerations for obtaining a tenant insurance policy should be for issues related to vandalism or theft, liability reasons (example: slips and falls), or property defects causing destruction of personal property. In the case of a property defect, it is typical that the landlord’s insurance policy will cover the structure only, so if the roof on your home leaks, the landlord will usually repair or replace the roof. However, if the roof leaks down on your computer and ruins your expensive equipment, the landlord’s policy will typically only cover the roof, not your personal property because that would be covered by your renter’s insurance policy.

Renter’s or tenant’s insurance is actually pretty inexpensive in the grand scheme of things. You can usually obtain a policy somewhere in the ballpark of $20 a month and you can often receive a discount if you lump it together with your auto insurance policy. Talking with an insurance agent about a renter’s policy is a wise move that will pay off for you, in the rare event you find yourself in a dire situation.
HEALTH CLINIC

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

Monday & Tuesday, Sept 9 & 10 are WIC days at SPIPA
(Dates may change)

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

September is National Family Meals Month!
Family Meals help strengthen family bonds and make healthier decisions.

When Adults, Children, and Teenagers Eat Together...

- Fosters Emotional Balance
- Less likely to engage in risky behaviors
- Engages kids in values and traditions
- Fuels better nutrition
- Improves communication

Understanding and appreciating your roots can give you a sense of stability and identity in this crazy world.
Provides regular time for the whole family to be together, strengthening bonds and deepening relationships.

24% Increase in healthy food choices
4x less
2x less
3x less
6x less

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

Schedule your child’s Winter Sports Physicals at the clinic.

Call the clinic today at 360.427.9006 to schedule your child’s appointments!
Diabetes Education Bingo
An opportunity to learn more about diabetes

Patty Suskin, Diabetes Coordinator - On July 25th at the Elder's building we had lots of winners at Bingo! Not only did someone get a prize every few minutes, but people also learned something about diabetes. We purchased the diabetes-specific bingo game created by the White Earth Tribe in Minnesota. Thank you to all who participated with a special thank you to Traci Coffey for helping to coordinate the event.

Foot Exam Day with Dr. Kochhar (Foot Doctor)

Wednesday, October 2, 2019
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
### Elders Menu

- **Fruit and salad at every meal**

#### 9/2 – 9/5
- **MONDAY:** CLOSED/Labor Day
- **TUESDAY:** Navy Bean Soup, Biscuits
- **WEDNESDAY:** Spaghetti, Corn, Garlic Toast
- **THURSDAY:** BBQ Ribs, Mac-N-Cheese, Cauliflower

#### 9/9 – 9/12
- **MONDAY:** Creamed Hamburger W/ Noodles, Green Beans
- **TUESDAY:** Baked Potato Soup, Turkey Sandwiches
- **WEDNESDAY:** Hot Dogs, Baked Beans
- **THURSDAY:** Chicken Fried Steak, Mashed Potatoes W/ Gravy Peas, Rolls

#### 9/16 – 9/19
- **MONDAY:** Chicken Burgers, Potato Salad
- **TUESDAY:** Italian Sausage Potato Soup, Breadsticks
- **WEDNESDAY:** Tacos, Black Beans
- **THURSDAY:** Casino Buffet

#### 9/23 – 9/26
- **MONDAY:** Pork Chops, Veggie Rice, Sweet Potatoes
- **TUESDAY:** Chicken W/Rice Soup, Ham Sandwiches
- **WEDNESDAY:** Baked Potato Bar W/Toppings
- **THURSDAY:** Chicken Pot Pie

#### 9/30
- **MONDAY:** Meatball Subs, Potato Chips
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 Hartwell-Kinison
   Rose Marie Krise

4 Kathrine K. Neilsen
   Marty Joe Trinidad Jr.

5 Latoya Jean Johns
   Mckenzie Brearley-Lorentz

6 Elijah Joseph Krise
   James Vincent Youngs

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

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

9 Alexsii Grace Vigil
   Avary M Jimmy
   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 Gunner Rodney Gouley
    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
   Gracelyn June Wier
   Jonathan E. Harrell
   Kristen Michelle Davis

16 Evelyn Rae Krise-Lyon
   Jamie Danielle Queen

17 Carmen Marie Stearns
   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
   Raiaeta Charlize 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 Burrow
   Melody Marie Moliga

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

23 Amanda Rae Rodgers
   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 Dawne Marie Elam

29 Donald James Smith
   Melissa Fay Maynard

30 Isaiah Gaylen E. Schlottmann
   Kim Sherwood Kenyon

In Memory of
Wesley "Curtis" Fletcher
April 11, 1920 - September 15, 1979

What we'd give if we could say
Hello, Dad, in the same old way
To hear your voice and see your smile
To sit with you and chat a while
So if your Dad is still on earth
Cherish him with care
For you'll never know the heartache
Till you see his vacant chair.

To contact a Squaxin Island Police Officer Call:
360-426-4441
If it is an EMERGENCY CALL 911
**2 - Monday**
Bible Study, Elders Building
6:00 - 7:00 p.m.
Bible Study, 50 SE T’Peeksin
5:00 - 7:00 p.m.

**3 - Tuesday**
Tobacco Cessation
Noon - 1:00 p.m.
Culture Night
3:00 - 5:00 p.m.
Drum Group
5:00 - 6:00 p.m.

**4 - Wednesday**
Shellfish Committee
AA & ALANON
7:30 p.m.
Lushootseed Class
5:00 - 6:30 p.m.

**5 - Thursday**
Family Court
Utilities Commission
Elders Committee

**6 - Friday**
Housing Commission

**9 - Monday**
Childcare Board of Directors
Bible Study, Elders Building
6:00 - 7:00 p.m.
Bible Study, 50 SE T’Peeksin
5:00 - 7:00 p.m.

**10 - 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.

**11 - Wednesday**
Golf Advisory Committee
AA & ALANON
7:30 p.m.
Lushootseed Class
5:00 - 6:30 p.m.

**12 - Thursday**
**Tribal Council**

**13 - Friday**
Education Commission
SPIPA Board

**14 - Saturday**
**NWITC BBQ**
10:00 a.m. - 4:00 p.m.

**16 - Monday**
**Job Fair**
LCCR
3:00 - 6:00 p.m.
Gaming Commission
Bible Study, Elders Building
6:00 - 7:00 p.m.
Bible Study, 50 SE T’Peeksin
5:00 - 7:00 p.m.

**17 - Tuesday**
**Earthquake Preparedness**
Community Kitchen
4:00 p.m.
Tobacco Cessation
Noon - 1:00 p.m.
Culture Night
3:00 - 5:00 p.m.
Drum Group
5:00 - 6:00 p.m.

**18 - Wednesday**
AA & ALANON
7:30 p.m.
Lushootseed Language Class
5:00 - 6:30 p.m.

**19 - Wednesday**
Tribal Council

**20 - Monday**
Childcare Board of Directors
Bible Study, Elders Building
6:00 - 7:00 p.m.
Bible Study, 50 SE T’Peeksin
5:00 - 7:00 p.m.

**23 - Monday**
Bible Study at Elders Building
6:00 - 7:00 p.m.
Bible Study, 50 SE T’Peeksin
5:00 - 7:00 p.m.

**24 - 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.

**25 - Wednesday**
Lushootseed Language Class
5:00 - 6:30 p.m.
AA & ALANON
7:30 p.m.

**26 - Thursday**
**Tribal Council**

**30 - Monday**
Bible Study, Elders Building
6:00 - 7:00 p.m.
Bible Study, 50 SE T’Peeksin
5:00 - 7:00 p.m.
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
Vinni 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

### 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

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

Committees and Commissions Listed on Calendar

### Committee and Commissions

Aquatics Committee
Elders Committee
Enrollment Committee
Fish Committee
Golf Advisory Committee
Hunting Committee
Shellfish Committee
Education Commission
Gaming Commission (TC 6.08.090)
Housing Commission
Child Care Board of Directors
Tobacco Board of Directors
Utilities Commission
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
Airyana Peterson
Summer Youth Employee
Child Care Center

Hi! I currently live with Jannette Sigo and my father is Fleet Johns.
I attend Shelton High School and enjoyed working with the kids at the child care center.

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

Help Protect Our Kids, Families and the Environment
Clean Out Your Medicine Cabinet

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

BINGO BINGO
Thursday • Sept 12th
Doors Open 4:30pm | Early Birds 6pm | Session Starts 6:30pm

Friday • Sept 13th
Daubin in the Dark Black Light Bingo
Doors Open 6pm | Early Birds 8pm | Session Starts 8:30pm

Saturday • Sept 14th
Doors Open 9am | Early Birds 11:30am | Session Starts 12pm
Doors Open 2:30pm | Early Birds 4pm | Session Starts 4:30pm

Sunday • Sept 15th
Doors Open 2:30pm | Early Birds 4pm | Session Starts 4:30pm

All Level 3 payout $1,199
Donate school supplies for a free level 1 (6-on)

$7,900 IN PAYOUTS
$400 payouts for 4-ons
$500 payouts for 6-ons
$1,199 black out with a $500 lead up.

Buy-in is $50

LIVE CASH SPIN PRIZES AT 7:30pm

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

LITTLE CREEK CASINO • RESORT
LIVE a little
15 MINUTES NORTH OF OLYMPIA ON HWY 101
LITTLECREEK.COM • 1.800.667.7711

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

LITTLE CREEK CASINO • RESORT
LIVE a little

Photo unavailable: