Tribe Investigates Oakland Bay Bacteria

Emmett O’Connell, NWIFC

The Squaxin Island Tribe is building two miniature models of Oakland Bay to understand persistent pollution in a vital Puget Sound shellfish growing area.

The Tribe is trying to learn more about harmful bacteria from failing septic systems and livestock manure that may become trapped on top of tideland sediments in upper Oakland Bay. “We think that instead of dying off like they usually do, the bacteria are surviving and amplifying the pollution, particularly during the summer months,” said John Konovsky, environmental program manager for the Squaxin Island Tribe.

“In a lab, we can recreate similar environmental conditions and track what the bacteria are doing more precisely,” he said.

Fecal coliform bacteria come from human and animal waste, and can’t usually survive long in saltwater. But if the bacteria become trapped on nutrient-rich sediment particles, they may undergo a physiological reaction that enables their survival, John said.

Tribal researchers are collecting polluted sediment from the bay for use in two 40 gallon aquariums. Twenty-four cups filled with sediment from the tidelands will be subject to conditions similar to the bay. Twice a day, water levels in the aquariums will rise and fall like the tides in Oakland Bay. The “tide” will gradually expose one set of cups, then the other.

"By recreating every aspect of the bay that would impact the bacteria, down to the temperature, sunlight and water quality, we hope we can get a better idea of how well these bacteria survive," John said. "You can only get this close a look in a laboratory, you’d never be able to track detail like this in the field."

In recent years, pollution has peaked in Oakland Bay during the summer, which is contrary to its normal cycle. "Usually, in marine areas like Oakland Bay, pollution peaks in the winter when rain washes it into the bay," John said. "This summer peak indicates something different is going on here."

The uppermost portion of Oakland Bay remains restricted for shellfish harvest in the summer. “We need to reverse the trend now,” said Andy Whitener, natural resources director for the tribe. “More harvest closures in Oakland Bay would be disastrous for tribal harvesters and would devastate the shellfish industry, a vital part of the local economy.” "Tribal members always have depended on shellfish as a source of nutrition, for income and as a way of life,” Andy said. "Our treaty right to harvest shellfish depends on healthy shellfish, so we need to track down and solve this pollution problem.”
SalmonFest is Cancelled this year

Stay tuned for next year!

Chief of Police Mike Evans and Madeena Rivera get dunked at the Health Fair
Call for Art
Olympia City Hall Interior
The City of Olympia is seeking to purchase original studio art, 2-dimensional or low relief wall mounted art, for permanent installation, created and submitted by experienced artists who reside or create their work in a studio within 30 miles of the new City Hall in Olympia. Works of art will be considered for four (4) specific walls inside the new City Hall.

TOTAL BUDGET: Up to $35,000 total (for 4 locations)
DEADLINE: 5 p.m., Monday, October 11, 2010

ELIGIBILITY:
Experienced artists who reside or create their work in a studio within 30 miles of the new City Hall in Olympia.

SELECTION CRITERIA
In addition to artwork meeting the Expected Outcomes of the Project as outlined above, the following criteria will be used for the selection process:
1) Strong aesthetic quality of work submitted:
   a) Evidence of artistic ability;
   b) Originality or uniqueness of vision.

2) Technical competency and craftsmanship:
   a) Working techniques and craftsmanship meet the highest standards;
   b) Use of archival materials.

3) Ability of the artwork to fit the scale of one or more of the pre-determined art exhibition areas. This could include a single work, a diptych or triptych, suite or other configuration of individual works. (Selected artwork should be provided with sufficient means to evenly distribute the weight of the piece, not to exceed 25 lbs per wall anchor. Total weight of each piece should not exceed 200lbs.)

4) Evidence of a professional track record and/or exhibition record.
Final selection determination will also include the ability to balance the project budget among the four individual project locations.
Artists should bear in mind that the audiences will be broad-based and of all ages, including children, and artwork should be appropriate for display in public buildings. Artwork that is religious, political or sexual in nature will not be considered.

MORE DETAILS AT: http://olympiawa.gov/~/media/Files/Parks/PublicArt/Interior%20Prospectus%20FINAL%20712.ashx

Special Thanks to Tyson Kruger
Special thanks to Tyson Kruger who is always kind and thoughtful. He held an ice cream social for kids in all classrooms, checks on us periodically, and personally invites us to IEI BBQs. You are appreciated!
- All staff at the Child Development Center
Hi, I’m Casey Fletcher. I’m a member of the Whitener and Fletcher families. I’m working in hotel facilities, and look forward to doing the job correctly.

Hi, I’m Miguel Saenz-Garcia. My parents are Misti and Miguel Saenz-Garcia. I just finished 11th grade, and received my GED before the school year was over. I am working in Natural Resources as a utilities/fish technician. I’m excited to learn something new this year. Have a good day. I look forward to working with you guys.

Hi, I’m Michael Henderson. My parents are Theresa Henderson and Mike Henderson. I just finished 11th grade, I plan to go to The Evergreen state College and get a degree in biology. I’m working for Natural Resources, and excited to learn anything that will benefit me in the future. I’m looking forward to the work.

Hi, I’m Beau Henry. I’m a member of the Johns and Henry families. My parents are Tonya and Leo Henry.

I’m working with hotel facilities, and look forward to doing the job correctly.

Hi, I’m Markie Smith. My parents are Bob and Pam Smith. I just graduated from Shelton High School, and am working at the Squaxin Island Child Development Center. I’m excited to be around the kids more and get to know them better. I look forward to working here full time.

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Hi, I’m Christina Shea. My mother is Diana Van Hoy, and my grandmother is Thelma Shea. I am getting my GED and have just two more tests to complete. I’m bussing tables at Little Creek Casino Resort. I hope to work a lot around other people and new environments and gain tools to be successful. See you later.

Hi, I’m Tiffany Valderas. My mom is Jamie Lewis. I have my GED, and am working at LCCR as a waitress. I hope to gain new job skills.

Hi, I’m Trisha Blueback. I come from the Blueback family. My parents are Stella Yocash and Wilson Blueback.

Hi, I’m Greg Lehman. I am a Squaxin Island tribal member. My mother is Margaret Pickernell, my grandmother is Emma Jean Valle, and my great-grandmother was Hazel Bagley.

I’m a Junior at Choice High School. My interests are drumming, singing, carving and art. I enjoy attending all cultural events. I am one of the drum group’s lead singers. I look forward to working with Jeremiah George and Charlene Krise at the museum for the summer, and all the new things they will be able to teach me in regard to our native culture.

Hi, I’m Derrick Wily. I’m a member of the Krise family. My mom is Teresa Krise and my father is Sale Wily.

I just completed my Junior year, and am working as a fisheries technician trainee. I hope this job will help me get another job with the Tribe. I look forward to working here this summer.

Hi, I’m Mario Rivera. I just finished 10th grade. My parents are Marcella and Abel Castro. I am working in maintenance, and am looking forward to learning how to operate all the different machines for landscaping.

I’ll look forward to working with you. See ya!!!

Hi, I’m Justin Saenz-Garcia. My parents are Misti and Miguel Saenz-Garcia.

I’m working for Natural Resources, and am looking forward to getting the job done!
**Summer Youth Employees**

**Willow Henry**

Hi, I’m Willow Henry. I’m the daughter of Marvin Henry and Kathy Hurley. I just completed 11th grade, and and working as a cultural preservation apprentice. This job ties into my future plans by helping me build experience. I’m excited about using my cultural skills. See you around!!

**Jaimie Cruz**

Hi, I’m Jaimie Cruz. I am a member of the Krise family. My mother is Lea Cruz. I’m working in the Legal Department as an office assistant. I just finished 11th grade, and hope to become a lawyer some day. I love learning about the way our tribe operates. Hope to see you down at Legal!

**George Johnson**

Hi, I’m George Johnson. I’m an Alaskan Native. My dad is Norman Johnson. I’m looking forward to working with the kids this summer and learning some new games. See you around.

**Krystal Koenig**

Hi, I’m Krystal Koenig. I’m a member of the Blueback family. My parents are Rose Boggs and Greg Koenig. I’m working with Island Enterprises, Inc. I just finished 11th grade, and I understand you have to have a good education to get a good job - or any job. I’m looking forward to gaining communications skills. Thanks. I look forward to seeing you!

**Jessica Cruz**

Hi, for those of you who don’t know me, my name is Jessica Cruz. I am 16 years old. My parents are Leanora Cruz and Timo Cruz-Chemal. My grandparents are Evelyn and Buddy Miller. I’m very involved with my culture, and love working with people. I’m working at the museum as a trainee. It’s my first year working with Summer Youth, and I’m glad I got this job. It’s a wonderful experience showing and teaching our people our culture and way of life. I’m so happy I get to work here with family and friends.

**Victoria Sanchez**

Hello, my name is Victoria Sanchez. I am a Squaxin Island tribal member. I am 17 years old. This is my first year working at the MLRC. My parents are Carmen Algea and Levi Sanchez. I am looking forward to a good time this summer with the MLRC staff.

**Haley Peters**

Hi, I’m Haley Peters. I’m from the Peters family, and my parents are Jim and Lisa Peters. I just finished 10th grade at Capital High School. I’m working at the childcare center with the infants in the Salmon Room. I’m excited to be able to work with all the kids and get to know them. I’m really enjoying working here, and look forward to seeing you around this summer.

**Abreyanna Lezon-Ferreira**

Hi, I’m Abreyanna Lezon-Ferreira. I’m part of the Bagley family. My parents are Rebecca & Gary Lezon-Ferreira, but I’m living with Rickie Ramage and her family. I just completed 10th grade at Nampa High School in Idaho. I hope this work experience will help me in the future when I join the Air Force. I hope to see you around and hope you all have a wonderful summer!

**Tiffany Sizemore**

Hi, everybody! I’m Tiffany. I’m happy to be working at Natural Resources again this summer and look forward to seeing all of you!

**Shawn Lincoln**

Hi, I’m Shawn Lincoln. My mom is Janette Sigo. I just completed 6th grade. I’m looking forward to learning how to work with other people. See you later.
Hi, I’m Shashoney Fenton. My mom is Elizabeth Fenton and my grandmother is Teresa Davis. I just finished 8th grade and am looking forward to gaining job skills for the future. I also look forward to learning more about our culture. See you later alligators!

Hi, I’m Mathew Nelson. My mom is Juana Perry and my grandma is Paula Henry. My aunts are Jamie and Dodie and my uncle is Matt.
I just completed 6th grade, and I’m hoping to gain job skills for the future. See you around - I hope I get to meet all of you.

Hi, I’m Donovan Henry. I’m from the Henry family. My mom is Theresa Sanchez.
I just finished 7th grade, and I’m looking forward to gaining job experience. I hope I can do this every summer.

Hi, I’m Layne Behling. I am a member of the Elam family. My dad is Dave Elam. I just finished 8th grade, and am looking forward to gaining work skills. See you around.

Hi, I’m Antone Hawks. My mom is Bev Hawks. I’m going into 8th grade. I look forward to working this summer.

Hi, I’m Marcus Johns. My parents are Judy and Del Johns. I just finished 8th grade, and I think this will help me with future jobs.

Hi, I’m Layne Behling. I am a member of the Elam family. My dad is Dave Elam. I just finished 8th grade, and am looking forward to gaining work skills. See you around.

Hi, I’m Jeffrey Nerney. My parents are Monica and Larry Nerney. I am going to be a sophomore next year. I enjoyed making drums this summer. I will see you at work. Have a great day.

Hi, I’m Tenaya Johnson. I am a member of the Bagley family. My grandmother is Janette Sigo. I am excited about being a freshman next year. I am also enjoying working in the Stepping Stones program this summer.
Hi, I'm Donna Baker. I've worked with Stepping Stones for several years, and we always have fun.

Hi, I'm Nikki Seymour. I have two baby boys. My oldest is Syncere who is three years old. My baby is Hayden who is nine months. My mother is Lizzie Perez. My family and I are from the Squaxin Island Tribe. We live here on the Rez. I love being with my kids in my free time.

Hi, I'm Chasity Villenueva. I am employed as a Stepping Stones Mentor, and I enjoyed working with the kids this summer.

Hi, I'm Josh King, a Stepping Stones Mentor this summer. I'm not a tribal member, but am a community member. My parents are Ann and Larry King. I look forward to meeting all of you over the summer.

Hi, I'm Holly Henry. I'm the sister of Geri Bell and the granddaughter of Theresa Nason. I've been in Stepping Stones for awhile now. I'm an assistant for Patti Puhn. I look forward to helping the kids out this year.

Hello, I am Vanessa Tom. I am the granddaughter of Rose Davis. You all know me. I am working for Stepping Stones this year. I'm happy I tried something new. LOL. You all have a GREAT summer and hope to see you around.

Hi, my name is Kenna Bolanos-Acosta. My parents are Rose and Alan Krise. I have two beautiful babies, Larissa and Camilo Krise. This is my second year working with Stepping Stones as a Mentor. Have a good summer and see you around.

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Stepping Stones Participants
Not Pictured
Larain Algea
Clara Capoeman
Elana Capoeman
Kestle Coley
Jon Fry
Elijah Krise
Julito Krise
Winter White

Hello, my name is Alex (Missy) Cooper-Lewis (Missy). I'm a Squaxin Island tribal member. My father is Arnold Cooper Sr. My mother is Kathy Marie Lewis from Quinault. Rest in peace Mom. I have three kids, Dorian (6), Keona (2) and Hala (6 months). I am very excited about working with the Stepping Stones program. I feel I have a lot of wisdom and knowledge to share. Currently I am working on my path to running my own business that includes teaching, so this is a stepping stone for myself. I feel very blessed with this opportunity to work with the "young adults."

Michael Ogden, Makah 2010
Drive Hammered, Get Nailed
Largest Summer Mobilization Ever
Headed to Mason County Roadways, August 12 – September 6

Mason County - Between August 12 and September 6 extra DUI patrols will travel Mason County roadways in search of impaired drivers.

This Drive Hammered, Get Nailed will be the largest summer DUI enforcement campaign ever with 178 agencies participating throughout the state.

Participating locally in the Drive Hammered, Get Nailed campaign are the Shelton and Squaxin Island Police Departments, the Mason County Sheriff’s Office and the Washington State Patrol.

It is important because during the summer months - July through September - Washington experiences the greatest number of alcohol or drug impaired driver-involved traffic deaths (31 percent of the total impaired driving deaths occurred during the summer months between 2000 and 2009). And Labor Day weekend is one of Washington’s deadliest holidays, averaging more than seven deaths each year.

Impaired driving is the leading factor in traffic deaths in Washington. Last year, impaired drivers contributed to the deaths of more than half of the 491 people who died on Washington’s roadways. The 264 impaired driver-involved deaths in 2009 represent a decrease of nine fatalities compared to the previous five-year average of 273.

How many people in Washington died in collisions involving an alcohol or drug impaired driver?

<table>
<thead>
<tr>
<th>Year</th>
<th>Number</th>
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<td>2008</td>
<td>255</td>
</tr>
<tr>
<td>2009</td>
<td>264</td>
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“Impaired driving continues to be the number one factor contributing to traffic deaths both nationally and in Washington, and is therefore the top priority for traffic safety professionals across the country. Every life lost at the hands of an impaired driver is preventable which makes each tragic death even more painful to the families and friends who suffer the loss of a loved one,” said Lowell Porter, Director of the Washington Traffic Safety Commission.

Although this emphasis patrol is occurring during the summer, law enforcement statewide conducts extra DUI enforcement throughout the year. The Washington Traffic Safety Commission funds grants for the extra patrols called X52, which is a part of Washington’s Strategic Highway Safety Plan, also known as Target Zero. The goal of Target Zero is to eliminate all traffic deaths and serious injuries in Washington by 2030.

For additional information about the Washington Traffic Safety Commission, visit www.wtsc.wa.gov
Canoe Journey 2010

Photos by Tully Kruger, Theresa Henderson, Margaret Pickernell and Dale Croes
Paddle to Makah

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Community Development

How to Save on Back to School Clothes Shopping

Shopping for back-to-school clothes can easily lead to overspending, making parents dread the end of summer as much as children do. So, this year, try some changes to get your kids ready in style without emptying your bank account.

Set a Budget
Without knowing what you can afford to spend you’re much more likely to over do it. Balance your checkbook, take a look at your current income and regular expenditures, and set a budget for back-to-school clothes.

Take Inventory
Look through your kids’ wardrobe and write down their needs. Ask questions like: Does it fit? Is it too worn? Can it be mended? Does she wear it? Do shoes have holes or need laces? Also, examine gloves, coats, and scarves since the cold will arrive soon.

Prioritize
Prioritize what must be purchased soon, and what will be needed once it gets cooler, or sports and other activities begin. Put the “urgent” items at the top of the list. Treat this list like a contract and only purchase what is on it. Try having your kids sign it too, so that they understand this process. Also, kids’ eyes for brands and trends bulge bigger every year, and it’s up to you to keep that bulge from translating into a hole in your wallet. It’s okay to say no! When they’ve ”got to have it” ask yourself if they need it, already have it, and if they’ll really wear it? This will help you weed out impulse buys you’ll never see them wear again.

Take Your Time
Back-to-school shopping is too often a mad dash through every mall in one exhausting weekend, but there is no reason to get everything all at once. Start with those "urgent" items and then schedule when to get the rest. Spreading spending out helps you stick to your budget, and decreases stressful shopping headaches. Plus, you’ll take better advantage of sales!

Shop Sales Only
Shop online and in store sales, and pick clothes that are versatile so your kids will get more wear out of them. Some good online coupon sites include: retailmenot.com, couponcraze.com (see the clearance section), and keycode.com. Try zappos.com for sales and clearances on clothing and shoes of all types. Ebay can be a jackpot for deals on gently worn clothing too, especially if you find a "lot," but make sure to read the details! Shipping costs, return fees and restrictions, and the time spent looking online can quickly outweigh the benefit of saving a little gas, so remember that online shopping works best if you know your child’s size and taste exactly.

When hoofing it, zone in on sales and clearance racks at different stores. There are great treasures particularly at the end of each season. Before you go shopping, check wow-coupons.com and see if there are printable coupons you can take with you!

Office of Housing
Upcoming Events

Housing Fair
Friday, August 20th 2:30 – 6:00
Squaxin Gym

Tools for Success
August 30, September 13, 27
Admin. Bldg – 2nd Floor Conf. Room
4:30 - 7:00
Understanding Your Credit Report
(By appointment only)

Please watch for more information in the near future about upcoming classes! If you have any questions about the scheduled classes or would like to attend, please call Lisa Peters @ 432-3871.

Shop Recycled
Consignment, discount, and second-hand stores are where sales exist every day! You will be surprised at the brands and quality places like Marshall’s and Goodwill carry if you’re willing to look. If you have little ones, consider shopping at garage sales too.

Kids want comfort, trends, and clothes that shout their personality, and they might cringe at the idea of buying gently worn or sale items, so make sure they understand that by saving more they actually get more clothes, and they will look just as stylish-if not more so! Besides, anything new on the rack now will generally be on sale by September’s end anyway.

Stow the Plastic
Using credit cards for in-store shopping makes it easy to overlook how much you’re spending. Instead, try setting aside some cash from your budget to last for the shopping trip, and let your kids know that once that green is gone, the shopping spree is done. This can help them understand how much their clothes are worth too.
Financial Security: Consumer Credit
Credit can be a successful financial management tool. Using credit allows you flexibility in managing your budget to purchase goods and services when they are needed the most, not when you have the cash on-hand to pay for them. You are offered credit because people trust you to repay them within a stated period of time. Consumer credit takes many forms, including installment loans, credit cards, department store revolving charge accounts, home equity loans and other kinds of time payment plans. Wise consumers keep credit use at a safe, manageable level, but this is difficult because reading contracts can be confusing and calculating the actual cost or finance charges requires knowledge and math skills.

It is important to remember:
- Budget your credit spending carefully.
- Shop around for the lowest total finance charges.
- You should establish a debt limit and stick to it.
- Credit contracts should be read carefully and questions answered before you sign.
- Do not depend heavily on credit to pay for day-to-day living expenses.
- Pay your bills on time to insure you can continue to use credit.
- Credit is best used for items where their value will outlast the installment payments.
- Buying on credit nearly always costs more than buying the same item with cash.

Credit management strategies can be used to:
- Avoid the overuse of credit.
- Lower the total amount of debt.
- Shorten the term of debt.
- Reduce interest and finance charges paid for the use of credit.

Periodically, get a copy of your credit report and check it for accuracy and completeness. This is especially important before making large purchases where you plan to use credit, such as for a car loan or a mortgage. In many cases credit reports have minor inaccuracies that need to be corrected. Sometimes there are errors that might result in your being turned down for a loan.

If you have recently been denied credit, employment, insurance or rental housing based on information contained in your credit report, you are entitled to a copy free of charge from the company that issued the report on which the credit denial was based.

Credit Reporting Agencies:
- Equifax, 1-800-685-1111
- Experian, 1-888-397-3742
- Trans Union, 1-800-916-8800.

Source: eXtension.org

Kiket An Island of Cooperation
Jul 6th, 2010, NWIFC, Being Frank
The Swinomish Tribe is sharing part of its traditional tribal lands with the public, thanks to an innovative partnership.

The tribe and the state Parks and Recreation Commission have purchased Kiket Island and will manage it together as part of Deception Pass State Park.

The 100-acre island in Similk Bay always has been part of Swinomish tribal lands. For thousands of years before the treaties were signed, the Swinomish people used the island and its tidelands to hunt, fish, gather shellfish and hold cultural ceremonies.

In the late 1800s, Kiket Island was allotted to an individual tribal member. In the 1950s, it was sold out of tribal ownership, but remained within the boundaries of the tribe’s reservation.

About 50 years ago, Seattle City Light and Snohomish County Public Utility District planned to build a nuclear power plant on Kiket Island. Lucky for us, folks had enough sense to throw out that idea after considering what the effects would be on the environment.

It’s rare to find a place like Kiket Island in Puget Sound. To be honest, these small private islands are usually lined with bulkheads and dotted with million-dollar homes. The state and tribe will make sure the island’s old-growth forest, undeveloped shoreline and rich tidal waters will be protected and preserved for future generations. Tribal members will continue to be able to exercise their treaty shellfish harvest right.

Working together to protect habitat that is so important to fish, shellfish and wildlife – that’s exactly the kind of cooperation we need to recover wild salmon, clean up Puget Sound and tackle the many other challenges facing our environment.

It’s why the Kiket Island partnership is such good news. The more cooperative solutions like this that we can find to help heal Puget Sound, the closer we are to getting it done.

Billy Frank Jr. is the chairman of the Northwest Indian Fisheries Commission.

For more information, contact:
Tony Meyer or Emmett O’Connell, NWIFC, (360) 438-1180
**Meal Entrees**

| Mon., 2:  | Teriyaki Beef with Broccoli |
| Tues., 3: | Soup & Sandwich             |
| Wed., 4:  | Ham & Scalloped potatoes    |
| Thurs., 5:| Build Your Own Sandwich     |

| Mon., 9:  | French Dip Sandwiches       |
| Tues., 10:| Soup & Sandwich             |
| Wed., 11: | BBQ Chicken                 |
| Thurs., 12:| Pork Chops                  |

| Mon., 16: | BBQ Beef                    |
| Tues., 17:| Soup & Sandwich             |
| Wed., 18: | Oyster Stew & Grilled Cheese|
| Thurs., 19:| Pizza                      |

| Mon. 23: | Tacos                        |
| Tues. 24:| Soup & Sandwich              |
| Wed., 25:| Shrimp Fettuccini            |
| Thurs., 26:| Tuna casserole              |

| Mon., 30: | Chicken Pot Pie            |
| Tues., 31:| Soup & Sandwich             |

*Menu Subject to Change*

**Need Food? Check these out..**

**WIC @ SPIPA**

Provides healthy foods and nutrition information for you and your child up to age 5.

Please bring: your child, medical coupons or paystub & identification.

- **Monday, August 2, 9 a.m. to 4 p.m.**
- **Monday, Sept. 13, 9 a.m. to 4 p.m.**

Contact Debbie Gardipee-Reyes:
462-3227

*Dates subject to change*

**USDA FOODS AT SPIPA**

- **Monday, August 9th 10 a.m. to noon**
- **Tuesday, Sept. 7th 10 a.m. to noon**

Contact Shirley or Bonita at 438-4216 or 438-4235

*Dates subject to change*

**FOOD BANK**

At Health Promotions Building.
If you need access to the food bank at any time once a week, just stop by. If possible, Wednesday is the best day. If you would like to be on call list for fresh produce or bread, let me know. Contact Melissa Grant: (360)432-3926

**Upcoming Health Events**

**Brief Community Walk**
Every Thursday at 12:40 p.m.
Meet at Elder’s Building after Lunch

**Free Diabetes Screening**
at Health Promotions
Tuesday through Friday
Contact Melissa Grant for details

**Want a garden in your yard?**
Are you low income?
Contact Patty Suskin to get on the waiting list to have a garden placed in your yard – for FREE.

**USDA FOODS AT SPIPA**

**USDA FOODS AT SPIPA**

**FOOD BANK**

**Need Food? Check these out..**

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**Menu Subject to Change**

**Diabetes Support and Education**
Monday, August 16th
Elders Building
Right after lunch (12:45) p.m.
Guest speaker: Dr. Karen Anderson

**Health Promotions Programs**
We have exercise videos in the building across from clinic.
Work out alone, with us or schedule a time for a group.

**Our Nationally Recognized Lifestyle Balance Program**
If you are ready to lose weight, we can provide support.
If you are Native American and over 18, see if you qualify to participate.

**Community Health Walk**
Thursday, August 19th
Meet at Elder’s Building at 12:40 for a 20 minute walk around the REZ.
If you cannot make it to our walk, report your 20 minutes of fitness to Melissa.
All SPIPA tribes will be taking a walk in their area at the same time for diabetes prevention!
The tribe with the most walkers each month wins the walking stick.
We won it in October … can we get it back in August?

Contact Melissa Grant (360)432-3926
Patty Suskin (360)432-3929

**DSHS State Financial Worker**
(Terri Butler) in the Clinic

**Tuesday & Friday**
8:30 am to 4:30 pm

No need to go downtown to see if you qualify.
Call her on her direct line for more information:
(360) 432-3920

**Diabetes Support & Education**
Everyone is welcome—those with Diabetes or not.

Bring your questions and meet Dr. Karen Anderson MD, new at the clinic.
Come for a few minutes or the whole time.

- **Monday, August 16th, 2010**
- **Right after Elder’s Lunch at Elder’s building**
- **12:45 to 2:00 pm**

Optional walk at end
You can take charge of your diabetes and live a long, healthy life.

Questions? Contact Patty Suskin, Diabetes Coordinator at (360) 432-3929

**WIC**
(Women, Infants, and Children)
provides healthy foods & nutrition information for you and your child up to age 5.

Please bring:
Your child,
Medical coupons or paystub and identification

Call Debbie Gardipee-Reyes at SPIPA 360 462-3227

**Monday, August 2nd is WIC DAY at SPIPA**
Outdoor Activity of the Month

McLane Nature Trail for walking
Consider taking your family and friends to this pleasant trail for a leisurely walk in nature

WHAT
Wetland nature trail

WHERE
Capitol State forest of Delphi Road (see directions below)

SIZE
About 1.5–mile loop trail around 10-acre beaver pond

TIME
About an hour

DIFFICULTY
Trail is mostly flat. Part of it is wheelchair accessible.

FEATURES
Two interpretive trail loops. One is 1.5 miles long and runs up into the forest; the other is flat, about a half-mile. Boardwalks take visitors out in an active beaver pond and wetland. The trail also crosses a salmon spawning stream.

ACTIVITIES
Nature walks, birding and wildlife observation.

HOURS
Day-use only

HOW TO GET THERE
- Take HWY 101 South toward Olympia.
- Exit at “Mud Bay Road/Evergreen State College.”
- Turn RIGHT off the ramp onto 2nd Avenue.
- Go about .4 miles and make a LEFT on McKenzie.
- Go about 4.2 miles on McKenzie to the end.
- Turn RIGHT on Delphi Road.
- Go on Delphi Road for 2.0 miles to the entrance to McLane Nature Trail on the RIGHT.
- Take the road to the end where you will find the trailhead & parking lot.

ALTERNATE ROUTE
Go south on Highway 101 and Exit at “Mudbay Road/ Evergreen State College.” Turn LEFT off the ramp and go up the hill. Just at the crest of the hill, turn RIGHT onto Delphi Road. Follow Delphi Road south a little more than 3 miles, turn RIGHT at the sign to McLane Nature Trail, and go to the parking lot at the end of the road.

HISTORY: McLane Creek Nature Trail was logged in the early part of the 20th century, but now the area is designated for recreational use. The creek was named after the William McLane family.

Health Fair 2010

Time to enjoy fresh summer fruits & vegetables!
Three ways to get fresh fruits & vegetables for FREE!

1. Women, Infants & Children (WIC) Program at SPIPA
   Monthly checks now include vouchers for you to choose fresh fruits & vegetables at your grocery store.

2. WIC clients can get $20 of Farmer’s Market Checks during the summer months while supplies last. Must be used by end of October. (see locations of Farmer’s Markets on page XX)
   Contact Debbie-Gardipee-Reyes at SPIPA for more info about WIC & Farmer’s Market (360)462-3227

3. Ask for fresh fruits & veggies with your USDA Foods order.
   Contact Shirley or Bonita at the Nisqually Warehouse at (360) 438-4236 or (360) 438-4235
   for more info about USDA Foods
Farmer’s Market Locations

Shelton
3rd Street and Franklin
(behind Post Office)
Saturday, 9 a.m. to 2 p.m.
June – September, 2010

Community Farmers Market-Chehalis
Corner of Boistfort & Market Street
(downtown)
tuesday, 12-5 p.m.
June-October

Lewis County Farmers Market
Centralia
Pine Street btwn Tower & Railroad Avenues
Friday 9 a.m. - 3 p.m.
July 10- thru Sept

Community

How the Farmer’s Market Nutrition Program Works:

- Washington Department of Health authorizes growers, farmers markets and farm stores to accept FMNP checks.
- The program operates June through September.
- Participating WIC clinics distribute packets of $2 checks to eligible clients across the state June through Sept.
- Clients currently enrolled in the WIC program in the following categories are eligible for FMNP checks:
  - Pregnant women,
  - Breastfeeding women,
  - Postpartum women,
  - Children from age 1 up to the 5th birthday
- Checks are redeemable for fresh fruits and vegetables at approved farmers markets June through October 31.

Rochester/Grand Mound Farmers Market
9937 Highway 12 SW
Saturday, 9 a.m. to 1 p.m.
June 19 – October 16, 2010

Lacey Community Market
7th Ave off College Street SE
(Huntamer Park)
Only Second Sat of Month from July-Sept 10 a.m. to 4 p.m.

Tumwater Farmers Market
7007 Capitol Blvd.
(corner of Capitol Blvd & Israel Rd)
June - Oct 11-2
Wednesday only

Olympia Farmers Market
700 N Capitol Way
10-3 Thursday - Sunday
June - October

Tribal Council Resolutions

10-60: Authorizes submission of a DOJ grant application to the COPS CHP grant program
10-61: Approves a change to the Rent Collection Policy so that after a tenant’s account becomes two months overdue a Notice of Termination will be personally served
10-62: Acknowledges the Technical Assistance Project to be the Transit Implementation Plan
10-63: Agrees to enter into contract with Native Land Development LLC to complete Part 2 Phase II of the Slocum Ridge Multifamily Housing Project
10-64: Authorizes an increase in net gaming revenues to be distributed by Little Creek Casino Resort Hotel
10-65: Authorizes the Legal Department to seek reimbursement for fees and costs associated with the Appeal to the Hearing Examiner in regard to Mason County’s decision to issue a commercial building permit for Crab Fresh with inadequate information and a concern that a permit could impact coho runs
10-66: Amends the Workers Compensation Plan
10-67: Agrees to enter into contract with De Lage Landed Financial Services, Inc. to provide copier equipment services
10-69: Enrolls Tyler Morlock
10-70: Enrolls Anthony Focier, Jr
10-71: Enrolls Jazmin James
10-72: Enrolls Jennine and Joenele Tamm and Daniel Snyder
10-73: Supports submittal of a grant proposal for the operation and enhancement of the existing transit services from April 2011 through March 202 to include the change from deviated fixed route to demand-response service, increase hours of service and initiate a vanpool
10-74: Authorizes the Department of Community Development to submit, with the WA State Department of Commerce, a Weatherization Project contract
10-75: Certifies that Tribal Council had an opportunity to review the Indian Housing Plan for the tribal housing program and authorizes its submission to the Department of Housing and Urban Development

Pool Hours
Mon.: 6-8 a.m. Morning lap swim; 3-6 p.m. Open swim; 6-8 p.m. Swim lessons
Tues.: 4:30-5:20 p.m. 1st Water Aerobics; 5:30-6:20 p.m. 2nd Water Aerobics
Wed.: 6-8 a.m. Morning lap swim; 3-6 p.m. Open swim; 6-8 p.m. Swim lessons
Thurs.: 4:30-5:20 p.m. 1st Water Aerobics; 5:30-6:20 p.m. 2nd Water Aerobics
Fri.: 6-8 a.m. Morning lap swim; 5-8 p.m. Open swim
Sat.: 1-4 p.m. Open Swim
Sun.: Closed
**Rose Brownfield**

About 27 elders traveled to Spirit Mountain Casino on July 8th to attend the Grand Ronde Tribe’s Elder host luncheon. On Thursday night we all had dinner at their buffet and Friday was the host luncheon.

My name was pulled from basket for a “raffle” gift. I became their “Queen for the Day,” and joining me was the “King,” Warren Brainard, Chief of Lower Umpqua & Suislaw. We were awarded beautiful fleece blankets, a beautiful walking stick, and a glasses case. I also got a large luggage carrier. Both of us sat a few minutes on stage for pictures. Several of our elders also won gifts.

After the luncheon we stayed for bingo. On Saturday as we left, we were treated to breakfast at Grande Ronde Center and another raffle; we came home with many gifts.

Then we drove past their veterans memorial and took group pictures. Everyone had a wonderful time.

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**A Trip to Grand Ronde**

The King and Queen of Grand Ronde Tribe's "Honor the Elders Day"
Happy Birthday

Jonathan Arzate          Melinda Crosson          Mila Crosson
Barbara Kennedy          Marilyn McFadden         Mitchell Carrington
Jeremie Walls            Arron Edgley            Nicole Cooper
Catherine Tuller          Lola Bonin              Eden Van Cleave
Darlene Wood             Brandon Campbell         Meghan Brandt
Kelly Jones              Elena James              Kaytlyn Henderson
Leighton Case           Naraiah Gray              Rhonda Foster
Lawton Case              Zachary Sanchez          Terasa Pinney
Tyrone Seymour           Llewellyn Parker         Eathon Caasi
Norman Price             Kevin Spezza             Joseph Furtado
Christopher Brown        Matthew Cooper           Angelo Rivera
Jill Kenyon              Rachel Edwards-Johns       Lindsey Harrell
David Johns              Irvin Fletcher           Taylor Porad
Robert Koshiway          Magdelano Perez          Debra Sayers
Lisa Eaton               Virginia Farron          Euphamie Whitener
River Korndorfer          Hannah Forcier           Ruben Vasquez
Lettie Machado-Olivo     Diona Purdy King         Loreta Krise
Margaret Pickernell      Rene Salgado             Mitchell Carrington
Roy Perez                Jessica Johns            Nicole Cooper
Ashley Smith             Greg Glover             Eden Van Cleave
Juliet Galos             Aidan Sizemore           Meghan Brandt
Nikieta Fox              Jeremiah Obi-Rivera       Kaytlyn Henderson
Chasity Masoner          Julio Castillo           Rhonda Foster
David Peters, Jr.        Bryce Penn               Terasa Pinney
Leroy Melton             Victoria Sanchez         Eathon Caasi

What’s Happening

**Per Capitas**
Council Mtg.
AA Meeting 7:30

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<td>Criminal/Civil Court</td>
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**Farewell to Les Holliday**

The Tu Ha’ Buts Learning Center is saying good-bye to Les Holliday after two years of dedicated work with our kids. Les has been a Sylvan teacher and worked as a reading specialist in our summer recreation program.

We know that our Sylvan students will miss Les’ smiling face around The Learning Center. We all came to count on his good nature and positive impact on the students’ learning. Les worked to boost the confidence of each and every student and his passion for teaching always shined through.

The McCleary School District is fortunate to have Les as their new school counselor/principal. We wish Les all the success in the world on his new journey, and can’t tell him enough how much he will be missed. Les’ last day was July 29, 2010.
Happy 6th Birthday
Christopher E. Brown

Church Services
Squaxin Bible Study
Tuesdays @ 6:30 p.m., 30 Ho-Mamish Court
Pastors Ron and Kathy Dailey

Shaker Prayers and Services
Rose and Mike Davis are available
for Shaker prayers and services
Please call 877-0820

Kamilche Valley Farmers Market
Hi, my name is Jose. I am doing fruits and vegetables here
at Little Creek Casino Resort behind KTP. I bring fresh
vegetables and fruit from Washington farmers to you. I
have been doing this for 17 years.

In season now: Cherries and apricots!
Coming Soon: Plums, nectarines, peaches,
corn, green beans and more!

Stay tuned for updates! : )

Come visit daily from 9 a.m. to 7 p.m.

For more info., call 360-509-8505
or
email joesfruitstand@yahoo.com

Memorial
Alison Kay Bridges Gottfriedson
1951 - 2009

Memorial to be held on
Saturday, August 7, 2010
at the Wa He Lut
Indian School located at
11110 Conine Ave. Southeast,
Olympia, WA 98513
Beginning at noon.
Exit #114 of I-5

Congratulations to Daniel Napoleon
and Tuesday Kennedy
Your beautiful baby boy
was born Tuesday, July 27th
weighing in at 7 pounds, 13 ounces!!!
Love, Mom

Love, Mom, Dad, Sisters
and Brother Nathaniel

IT’S A GIRL!!!

Congratulations to Cameron and Annie-Beth
Henry on the birth of their beautiful baby girl!!
We are all so proud of you guys; thanks for
giving us a beautiful addition to the family!!

*Badie Barbara Henry*
Born July 20th at 6:32 am at St. Peters Hospital
Weighing 9 lbs, 11.3 oz and 21 inches long

Love,
Melissa and Family, Dad/Papa, Willow,
Marvin and Shannon, Mom and John
and all the rest of the family, we are all
so proud of you guys!!!
**Paul Rodgers in Concert**

Saturday, October 9th, 2010 • 8pm

Tickets on sale now! $65/$60/$50

For tickets visit the box office or purchase online at www.little-creek.com or call 360-432-7300

PAULRODGERS.COM

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**People of the Water**

10 S.E. Squaxin Lane
Shelton, WA 98584

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**Kennedy Creek Salmon Splash**

You are cordially invited to the 3rd annual

A “fun” fundraising event

on

Sunday, August 22, 2010
3:00 p.m. ~ 6:00 p.m.

held at the

Kennedy Creek Salmon Trail

with live music and food

$35.00/person ticket includes appetizers, shellfish, beverages, and dessert

All Splash proceeds directly support the Kennedy Creek Salmon Trail Education Program

Every $35 raised at Splash will support 10 student visitors

Parking will be at the Kennedy Creek Salmon Trail Lot

Sponsored by:

Mason Conservation District
Taylor Shellfish United

South Puget Sound Salmon Enhancement Group

Please RSVP to SPSSEG by August 19, 2010

Detach and return this form, along with your payment, to the address below. Visit our website at www.spsseg.org for more information.

Name: ____________________________

Address: ____________________________

City: __________________ State: ________

Phone: __________________

# tickets

total $________

I cannot attend but please accept my donation of $_____

Please make checks payable to SPSSEG

6700 Martin Way East, Suite 112

Olympia, WA 98516

360-412-0808

Return Service Requested