Canoe Journey 2010, Paddle to Makah

The Squaxin Island Canoe Family invites everyone to experience the Canoe Journey. Open to all newcomers!

*Canoes will land in Neah Bay on July 19th, 2010
*Cultural Potlatch Protocol July 19-24

Squaxin Island will host Canoe Families on July 7th, 2010

**Tribes Traveling with Squaxin Island to Makah**
Squamish First Nations, Chehalis and Warm Springs
- Camping will be at the baseball field next to the gymnasium
- Dinner and cultural potlatch protocol at 5 p.m. at the gym
- Canoes will launch from Arcadia boat launch on July 8th
- Tides need to be checked to confirm, but canoes are usually trailered to Arcadia to unload at the beach between 6 & 7 a.m.
- Canoes launch for the 14-mile trip to Nisqually between 7 & 9 a.m.

Any questions please contact Jeremiah George
jgeorge@squaxin.us * Office: 360.432.3865 * Cell: 360.229.0547

### Canoe Journey 2010 Map

![Canoe Journey 2010 Map](image)

**Construction Continues**
*It's starting to look a lot like a golf course!!!*
LCCR Employee Saves Baby
A Little Creek Casino Resort employee is credited with saving an 8-month-old boy who was in a stroller when it rolled into the Tumwater River May 14. Rebecca Bennett was at Tumwater Falls Park around 6:30 p.m. with her 8-month-old boy in a stroller and her little girl. Her daughter needed help so Bennett set the brake on the stroller and turned, but the stroller started to roll.

"I watched him go over the edge," Bennett said. She was terrified when the stroller carrying Wesley flew down the bank and into the churning rapids at Tumwater Falls. "I was frozen and I screamed for help. I screamed and screamed for help," Bennett said.

Robert Moffett from Shelton didn’t hesitate when he saw what was happening. He ran downstream to a place where it was safe to jump into the water and that’s what he did.

"I saw the baby’s diaper bag and I figured that’s where it was going to be. I got in the water immediately and here comes the baby tumbling, lifeless; he was blue," Moffett said. He got Wesley to shore as the baby’s mother watched.

"He started CPR, and within seconds Wesley opened his eyes and took a breath," Bennett said. After two days at Mary Bridge Hospital, Wesley was home again and doctors said he is absolutely fine.

His mother said she is eternally grateful to his rescuer. "He’s a hero; he’s an angel," Bennett said.

"I’m just glad I was there," Moffett said.

Bennett said the incident has raised concerns about the safety and the park. She said she’s expressing those concerns to the private foundation that operates the facility.

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**Canoe Journey**

**Provisional: July 2010 Journey Routes ARRIVAL DATES For Lumm to Neah Bay (North Sound); Squaxin to Neah Bay (South Sound)**

*(Please use for planning purposes only. Subject to change.)*

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SQUAXIN ISLAND TRIBAL COUNCIL:
Dave Lopeman: Chair
Arnold Cooper: Vice Chair
Pete Kruger: Se’I Cretary
Andy Whittener: Treasurer
Misti Saenz-Garcia: 1st Council Member
Marcella Castro: 2nd Council Member
Charlene Krise: 3rd Council Member

Klah-Che-Min Staff:
Theresa M. Henderson: Ext. #3945

thenderson@squaxin.nsn.us

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For More Information Contact Jeremiah George
Office: 360.426.9781 Cell: 360.299.0647 jgeorge@squaxin.nsn.us
Community

Tribal Council Resolutions

10-42: Designates the director of the health clinic to the northwest Portland Area Indian Health Board
10-43: Adopts the recommended FY10 PST Proposal for funds and the FY09 PST Progress Report presented in the attached documents submitted by Joseph Peters, Fish Biologist
10-44: Authorizes submission of a grant application to the ANA Native Language Preservation and Maintenance Program for up to $645,000 over three years for the purpose of establishing a full-immersion Language Nest as a program of the MLRC with services delivered at the Child Development Center
10-45: Authorizes submittal of the Local Agency Agreement for the environmental and permitting phase of the Squaxin Island Access Improvement Project
10-46: Authorizes submission of a funding request to the Bureau of Indian Affairs for the implementation of a tribal TFW project and further resolves the available dollars be provided through the Tribe’s Self-Governance Annual Funding Agreement
10-47: Agrees to enter into the Equipment Waiver and Disclaimer with Key Equipment Finance Inc (KEF) for the purpose of retrieving equipment in the event of default
10-48: Authorizes SPIPA to submit and administer a grant proposal for the Native Employment Works grant program
10-49: Authorizes TLC, PSJ and the MLRC to jointly submit 4 multi-year projects through the Coordinated Tribal Assistance Program
10-50: Rescinds Resolution 00-66
10-51: Approves and enacts the Squaxin Island Tribe Workers Compensation Plan
10-52: Authorizes the Articles of Organization and Operation of Island Construction LLC
10-53: Authorizes the executive Director to sign Memorandums of Understanding with the State of Washington, Mason County and Thurston County in regard to Indian Reservation Road (IRR) Inventory
10-54: Authorizes the Health Clinic to submit a Category I Planning project proposal for 24 months through the Elder Care Initiative Long-Term Care Grant program
10-55: Appoints Penni Giles as the Davis-Beacon Compliance Officer
10-56: Enrolls Halia Marie Cooper-Lewis
10-57: Enrolls Crisaleena N.M. Rees
10-58: Enrolls Kenai James
10-59: Authorizes the Legal Department to seek reimbursement from the insurance carrier incurred by pending litigation Ruddel v. U.S.

New Employees

Chris Henry

We Honor Our Veterans

Hi, I’m Vince Henry, Jr., and I was recently hired in the Maintenance Department. I’m glad to be FINALLY working up here. I’m looking forward to a great summer and seeing everybody around the Rez.

Tamika Green

Hi, my name is Tamika Green. My mother is Donna Penn. I have two beautiful boys, Kameron and William. They also have a great dad, my boyfriend, Justin. I am the Voc Rehab Assistant, and I work with June Krise who is awesome and a great trainer. I hope to gain a lot of experience in this field. I enjoy serving my community and I especially like dressing up. I hope to see everyone around.

Attention Bagley Family

There will be a Bagley Family Reunion Saturday, Aug. 14, 2010
I have not decided where to have this event yet, so please watch for more information.

Any comments/questions, please contact
Gloria J. Hill @360-229-6324
Or Kiat58@yahoo.com
Summer Recreation
The Summer Recreation Program, for 5-12 year-old children, is fast approaching. We have many different activities planned, such as, arts and crafts, field trips, and games. We will also be having a reading program and swimming lessons. Come and join us for lots of summer fun.

SQUAXIN ISLAND POOL
Open Swim
Mondays & Wednesdays 3:00 - 6:00 p.m.
Fridays 5:00 - 8:00 p.m.
Saturdays 1:00 - 4:00 p.m.

Squaxin Youth Education, Recreation and Activities
All activities are Drug, Alcohol and Tobacco Free!!
Co-Sponsored by DASA
TLC Hours 8:30am-7:30 pm Phone: 432-3958

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<td>Sylvan M-Th 4:30-7:30</td>
<td>OSPI/USDA Food Program: Breakfast 9:00-9:30 Lunch 12:00-12:30</td>
<td>Summer Rec. Hours 8:30am – 3:00pm</td>
<td>Summer Rec. Staff Training Research Team CLOSED No Youth Activities</td>
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<td>CLOSED ALL STAFF MEETING</td>
<td>Happy Birthday to all those born in July!</td>
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Sylvan Families

Summer is here, and its your child’s continued opportunity to learn. For most children, summer is a time to leave classes and homework behind. However, when the children return to school in the fall after the long summer break, they might find themselves struggling to remember skills they worked on the previous year. It is the ‘Tu Ha’ Buts Learning Center’s wish for Sylvan to continue throughout the summer on their regular schedule so that learned knowledge stays current and our children return to school with the enthusiasm essential to learning. Parents play a key part in emphasizing education, so as to strengthen your children academically by promoting learning as an everyday process. We hope that summer is full of water play and we look forward to seeing the children in Sylvan as regularly scheduled.

Scouting Fun

Joe Peters - We took the Tiger scouts to visit the radio station KRXY 94.5 FM in Olympia. My son Nairn and nephew Kody are part of this group. They got to be on air. They thought it was the coolest thing!

Elders Beach in Little Skookum Inlet

Emmett O’Connell - Squaxin Island tribal elders have their very own beach on which to harvest shellfish in Little Skookum Inlet.

“Most of our other commercial shellfish beaches are either accessible only by boat or down a steep cliff,” said Andy Whitener, natural resources director. “We are working with a local shellfish grower to provide our elders with a beach that is much easier to access.”

The arrangement between the tribe and Taylor Shellfish was set up within the framework of a legal settlement between the state and federal governments, private shellfish growers and treaty tribes. The agreement resolved thorny legal issues stemming from a 1994 federal court ruling that upheld the tribes’ treaty-reserved right to half of the harvestable shellfish in inter-tidal waters.

As part of the agreement the tribes agreed not to harvest naturally occurring shellfish on commercially operated shellfish beds in exchange for funding to aid them in acquiring their own beds.

In a twist on the agreement, Taylor Shellfish agreed to swap harvest with the tribe for easily accessible tidelands it leases on Little Skookum Inlet. “We have a great working relationship with the Taylors, we’ve been sharing the beaches with them for decades,” Whitener said.

Little Skookum Inlet is the closest bay to the tribe. “Little Skookum is a very special place for the Squaxin Island Tribe,” And said. “It is the back yard for many of our tribal members. A lot of our tribal members make a good portion of their income on harvesting natural resources, like shellfish. For many of our elders, this harvesting opportunity helps makes ends meet. It also provides a source of traditional food that is important to the tribes.

“We live in one of the most productive shellfish areas in the world, so we’ve always depended on shellfish as a vital part of our culture and economy. Working with our neighbors not only makes us better managers, but also protects our treaty rights.”

For more information, contact:
Eric Sparkman, shellfish biologist, Squaxin Island Tribe, (360) 432-3811
Emmett O’Connell, information officer, NWIFC, (360) 528-4304, eoconnell@nwifc.org
Museum and Library Hours of Operation
Tuesday open by appointment only
Wednesday - Saturday: 9:00 a.m. - 5:00 p.m.
Sunday: 1:00 p.m. - 5:00 p.m.
Call (360) 432-3839 for closures

Cook Basket
This basket is from the Cook Collection currently displayed at the MLRC.

Below are tips for properly caring for baskets.
1. It is not recommended to coat baskets with ANY substance it can significantly reduce the value of the basket. Adding a substance can cause direct damage. Substances can attract and hold dust and soil and can change the dyes and natural colors of the basketry materials.

2. Washing baskets in most cases not a recommended approach to cleaning, fibers swell, then dry and shrink. There are proper steps to take if a basket needs to be cleaned.

If you missed the Native American Art Exhibit at The Kenneth J. Minnaert Center for the Arts Gallery you can now view the art at the Squaxin Island Museum. There are Artists from the Squaxin Island Tribe, other Tribal members from the Northwest Coast and beyond. This is a temporary display that will be changing again soon. Please come by and enjoy the new changes.

Cedar Baskets
By Patti Puhn
Squaxin Island Tribal Member

Raffia and Cattail Basket
By Paula Henry
Squaxin Island Tribal Member

Cedar Sun Mask
By David Wilson
Lummi Tribal Member

If you have any questions about the Cook collection, basket storage or exhibits at the MLRC, please contact the MLRC Curator Mandy McCullough (360) 432-3843

If you have any questions about the MLRC gift shop or Library, please contact Liz Yeahquo (360) 432-3840

Need Nets Repaired or Hung?
Will hang, splice and patch
seine and gill nets
Gill nett: Hang 300 feet for $225
Call Stan @ 360-547-9181

Please come join us
For storytelling
Zalmai “Zeke” Zahir will be telling traditional stories of the Puget Sound region in both Lushootseed and English. Lushootseed or Puget Salish is the ancestral language of Puget Sound. It is the language of this land. Come hear how these stories of animals and cultural characters were originally told.

Date: Wednesday, July 7, 2010
Time: 1:30
Place: Squaxin Island’s Museum, Learning and Research Center (MLRC)
Congratulations Graduates

High School

Markie Smith, the daughter of Bob and Pam Smith and granddaughter of Don and Jackie (Peterson) Smith, graduated from Shelton High School on June 12th. She participated in Running Start during her senior year, and will complete her Associate of Arts degree at either Olympic College or South Puget Sound Community College next year before transferring to a 4-year university.

Markie has been employed at the Squaxin Island Child Development Center for two years and enjoys hanging out with family and friends during her free time.

Deanna Hawks

Hello, my name is Deanna Mary. If you don’t already know. Well I’m the daughter of Beverly Jean, and my fathers are Christopher Furtado and Levi Connally. The Class of 2010 is a blessing because its my class LOL. Well, anyways, I’m the first high school graduate from both my mother’s and father’s kids. My saying is if you believe in yourself and set your mind to it, you can do anything you reach your hands for. : ) Love you all. Peace out Girl Scout.

Sapphire Ward

Sapphire Ward, the daughter of Thomas Blueback, Jr. and Angelina Blueback, graduated from Shelton High School on June 12th. While attending New Market Skills Center in Tumwater, Sapphire scored straight A’s in clinical science investigation which led to her decision to pursue a degree in criminal science investigation at Washington State University.

During high school, Sapphire made it to the state championships in powerlifting even though it was her first year lifting weights.

Cassidy Gott

Cassidy Gott is a 2010 graduate of Shelton High School. She is the daughter of Stephanie and Jeff Gott. She plans on attending Western Washington University this winter where her intended courses of study will be English and Communications.

Jerad Fry

Jerad Fry, the son of Jonathan Fry and Christina Lopeman, graduated from Capital High School on June 19th with a 3.0 GPA. During high school, he especially enjoyed shop classes. He will be attending Black Hills State University in South Dakota this fall, and will major in Outdoor Education. In his spare time, he enjoys hunting and being outdoors.

Markie Smith

Deanna Hawks

Sapphire Ward

Cassidy Gott
Emily Sigo, the daughter of Steve Sigo and step-daughter of Andrea Sigo, graduated from Shelton High School on June 12th. She will be attending SPSCC in the fall and will transfer to The Evergreen State College in 2011 to earn her Masters in Teaching. Her goal is to become a high school marketing teacher.

During high school, Emily was very active in theater and advanced English. She also enjoys philosophy, reading, playing frisbee, riding quads and spending time with family. "I love my family," she said. "I love hanging out with them." She especially wants to thank her step-mom Andrea. "I really appreciate everything she has done for me. I wouldn’t have been able to do this without her and I want her to know how much she is appreciated."

My name is Sha’Nika Cooper and I am 17 years old. My dad was Barney Cooper and my mom is Nichoel Campbell. I graduated from Sheldon High School in Eugene Oregon this year and I am planning on attending Lane Community College this coming fall. I haven’t decided what I want to do yet, but I know I want to work with kids - and I am looking towards nursing as a possible career choice. Either way, I know my future is open wide and I can’t wait to see where I go.

Joseph Bisson is a member of the Squaxin Island Tribe. He is also Skokomish and Muckleshoot. He is the son of Lori Simonson (mom), Steve Korndorfer (step-dad) and Joseph Bisson (father), grandson of Joseph James, Sr. and Linda Lou Simonson, and great-grandson of Percy James and Marie James and Shirley Wiedmen.

He graduated from Chief Leschi High School with a 3.5 GPA where he was enrolled in the Running Start program. He was honored by the school for being an “Academic Achiever” and broke cross country track records at state competitions two years running. He also played basketball, and was featured on KONG 5’s Prep Sports Academic Achiever news profile.

He was accepted at both Seattle University and the University of Washington (UW). He decided to attend the UW, where he will study architecture and engineering. He received a Will Fry Foundation scholarship from Chief Leschi High School for tuition expenses.

Tawny Fox, the daughter of Jonie and Gary Fox, graduated from Shelton High School on June 12th. She will attend either Grays Harbor Community College or South Puget Sound Community College on a softball scholarship this fall. She plans to earn a degree in business and interpreting for the deaf. During high school, she maintained a 3.0 GPA.
Congratulations Graduates

High School

Allison Ohashi

Hello, I am Alison Ohashi, daughter of Debi and Rob Ohashi and granddaughter of Ruth and Stub Creekpaum. I recently graduated from Montesano High School and will be attending Gonzaga University in Spokane. I hope to make it on the women’s soccer team while attending Gonzaga.

Zachary Clark

Zachery Gene Clark, born January 7, 1992, graduated from Shelton High School June 12, 2010. He is the Son of Winona Poulin, Skokomish, and Buck Clark Jr. and the grandson of Jeanne Evernden (Miller) of Skokomish and Edith (Dec) Clark (Johnston). Dee’s mother, Dorothy, came from the Squaxin Island Tribe’s Krise family. He loves playing Rugby, right wing position, and power-lifting, 165-weight class. He took 7th at state in 2009. He is looking forward to attending Central Washington University as his first choice in college and hopes to obtain a degree in teaching (history) or law & justice.

Thomas Blueback

Thomas Blueback, the son of Thomas Blueback, Jr. and Angelina Blueback, graduated from Shelton High School on June 12th. Thomas plans to open a restaurant serving Native American and Italian foods. He plans to attend Washington State University to earn double majors in culinary arts and business.

During high school, Thomas made it to the state championships in powerlifting.

Thomas’ hobbies include snowboarding, exercising and hanging out with his family.

Jackie Henry

Hello, I am Jackie Henry, daughter of Diane and Jeff Young and granddaughter of Ruth and Stub Creekpaum. I recently received my AA degree from South Puget Sound Community College. In the fall, I will join my brother and cousin at Saint Martin’s University. I plan to major in business administration and currently work part-time as an office assistant at Panorama City in Lacey.

Name Changes

Every time you change your name for whatever reason, it is important that you file that name change with the State of Washington. In order to do this, you must provide a copy of your original birth certificate showing your given birth name and then the court orders that changed your name (could be marriage certificate, name change as part of divorce...). There is also a cost of $20 to get a new birth certificate. If you have any problems with this process, you can contact Kathy Devine at the state at 360-236-4344. She has graciously offered to walk you through the process.

You will need this new birth certificate when you go to change your name with Social Security. You should also make sure you change your name on your driver’s license by visiting the local DMV office which is located in Shelton behind McDonalds. If your name change was done through our tribal court, the court clerk will file a copy of the name change order with the BIA and also with our tribal enrollment office.

It is really important that name changes be filed with all the above listed agencies so that all your information is current and correct which will avoid confusion and delays if you ever decide to apply for a passport, social security benefits, TANF, or many other services you may need.

If you have any questions on how to get started with this process, the court clerk can assist you.
Summer York, the daughter of Vicky Engel and Chuck York and the granddaughter of Misty and Nancy Bloomfield, received her GED from Olympic College. Prior to entering the Olympic College GED Program, Summer's education progressed from Skokomish Head Start, Hood Canal School, Pioneer School, Shelton High School and C.H.O.I.C.E. High School. She completed her GED requirements in July 2009.

Summer's childhood activities included family volunteer work, Shelton Indian Education Button Robe Project, Mason County Explorer Search and Rescue, Blazing Stars 4-H Club, dog shows participation, Bukutan Karate, Shelton High Swim Team, National Park trail maintenance, Mason County Fair and Forest Festival activities.

Summer is another one of the tribe’s Youth Employment Program success stories. She began working at Summer Recreation for a couple years and, later, the Child Development Center. She changed career focus from youth caregiver to elder caregiver.

Summer is currently working at Alpine Way Retirement as a caregiver. She completed the class for Fundamentals of Caregiving and is currently taking classes on dementia and mental health. Her current goal is to become a Certified Nurse’s Assistant with long term goals of continuing upward in the nursing field.

Tully Kruger

Congratulations to Tully for completing his GED!!! "WOO HOO, I finally did it," Tully said when he learned he completed the General Education requirements. It was the day before Olympic College held GED graduation ceremonies. With such short notice, he was grateful Pete, Lil, Kathy, Jeremiah and Astid were able to attend the graduation ceremony. Unfortunately, along the way the exam was changed and all previous tests were no longer valid. “I often hear Tully encourage the youth to complete their education. At nearly 42, I’m sure he will serve as an example to the kids about doing things you put your mind to,” said his wife Vicki.

Miguel Saenz-Garcia

Miguel Saenz-Garcia, the son of Misti and Miguel Saenz-Garcia, received his GED in May from South Puget Sound Community College.

He will be employed at Little Creek Casino through Squaxin Island Summer Youth Employment program. He worked the previous four summers at the Natural Resources Department.

He is still considering his options for the future. He enjoys hunting, fishing, clam digging and hanging out with friends and family.

Ya-Ya-Ya- You know me . . .

You know what I call it? A GOOD ENOUGH DIPLOMA. - Ayze - as long as its done. Now I can go for CDP (Chemical Dependency Program) Counseling certification.
Congratulations Graduates

GED

Tiffany Valderas

Hey, most of you know me, I’m Christine, Shila Blueback’s mom. What most of you may not know about me, is that I am a 5th grade drop-out and have battled with drug addiction my whole life. If I can get sober and get an education, anybody can.

I want to say thanks to the tribe for supporting me through my educational journey . . . three years to get a two-year degree, but hey I got it! I also want to say thanks to those of you who believed in me when I wasn’t able to believe in myself, like the Tu Ha’ Buts Learning Center, Geene Felix, June O’Brien and the good folks at Northwest Indian Treatment Center. Thank you!

I graduated with High Honors from Tacoma Community College and managed to make it into Phi Theta Kappa, the International Honor Society. Wow!

I now work as a chemical dependency counselor in a 210-bed treatment facility and will attend The Evergreen State College this fall where I will be exploring criminal justice and business management.

Christine Semanko

Dillon Decicio

Karen Blueback

Dillon David Decicio, 19 years old, graduated from South Puget Sound Community College in Olympia Washington on June 18, 2010 with an Associates in Applied Science/Computer Network Administration degree.

Dillon graduated with High Honors, on the Vice President’s List, and is a member of the National Honor Society, Phi Theta Kappa.

Dillon is the 2nd and youngest born to Dino & Joanne Decicio and grandson to Barbara Anne Henry. Dillon did a wonderful job as he accomplished so much in such little time. Dillon just graduated from Capital High School in Olympia in June 2009 (one year ago) and his entire family is very proud of all of his accomplishments. Way to Go Dillon!!!

Karen Blueback graduated from South Puget Sound Community College (SPSCC) as a Nurse’s Assistant Certified (NAC) with a 3.67 GPA. She will be returning to SPSCC this fall to become a Licensed Nurse Practitioner (LPN). She has been employed at Little Creek Casino Resort for several years, but is very excited about moving into the medical field.

Do You Know Who This Is?

Its going to be her birthday July 18th

Happy Birthday

Be a good girl too!

Love Stella & Stan

Ginny Mae Beruman Krise

Tiffany, the daughter of Jamie Lewis, received her GED in February through South Puget Sound Community College. She also completed Job Corps this past winter.

She will be continuing her education at Tacoma Community College this fall to work on her general degree and then transfer to The Evergreen State College where she will complete studies in music. She’s going to be a music producer.

She loves dancing, cooking and eating. She is living in Tacoma - which she loves!

She is a somebody, never a nobody!

Love Stella & Stan

Happy Birthday

Be a good girl too!

Squaxin Island Tribe - Klah-Che-Min Newsletter - July 2010 - Page 11
Derick Hunt ended his spring quarter adding 4 straight A’s to his record, officially graduating with honors from Olympic College with an Associates in Arts. Way to go Derick! After taking some time off, Derick has plans to use his degree to obtain a job as a welder. He says there isn’t anything he would rather do than put on his welding helmet and work on a bead. He is knowledgeable in all types of welding, including Flux Core, Aluminum, Mig and Tig and enjoys all he learned while attending Olympic College.

Elena James graduated with an Associates Degree in Nursing (ADN) from the University of Alaska, Anchorage in November of 2009. She is employed as a Registered Nurse at Ketchikan General Hospital on the Med Surg unit, Long-term Care, Primary Health Clinic, and the Pediatric Clinic. She will be married on August 7th of this year in Metlakatla, Alaska to AJ Slagle of Ketchikan. She has a 11 year-old daughter, Hurricane James, who helped her study through nursing school. She says one of her goals is to serve Native people, and she is very proud and happy to be a nurse. She plans to go on to her Bachelors degree and eventually a Masters.

Jolene Grover "tsi sqaqibb" graduated from The Evergreen State College with a Bachelors degree this June. Her parents are Margaret and Vince Henry and Tom Grover.

Jolene graduated from SPSCC in 2008 where she worked closely with Dr. Dale Croes at the Eu?Ges! archeological site. She decided to pursue her education through The Evergreen State College where she diversified her studies in tribal governance, indigenous environmental studies and botany. She encourages other tribal members to take advantage of educational opportunities. "I got to do a lot of great things and travelled to the Grand Canyon, Colorado and The Herb Farm in Oregon.

She has discovered that her passion is traditional plants and medicine. "Our ancestors used to live to be 100 years old by living on what the land had to offer, and I would like to bring those connections back into our every day life."

Jolene's ultimate goal is to start a business with her own line of natural body care products. She would also like to start a community teaching garden on our Rez.

She would like to thank her family and friends for supporting and encouraging her and the tribe for supporting her financially.

She is looking forward to studying abroad in Costa Rica this January where she study indigenous arts and culture.

Russ Addison graduated on May 15 with a Bachelor’s of Science in Mechanical Engineering from the University of Louisiana at Lafayette with a 3.0 GPA.

He was just married on May 29th, and enjoys playing music in his spare time.
FIREWORKS AND PETS DO NOT MIX:
The Great Spirit gives us our pets as an opportunity to learn compassion.

This is a dangerous and frightening time for all our animal companions. According to behavior specialist Dr. Elizabeth Shull, "low frequency, percussive noises such as fireworks trigger wild fear in dogs. During fireworks, ordinarily well-behaved pets may become aggressive, destructive and/or unpredictable. Worst of all, they can lose their hearing or go into seizures."

A loud bang to us feels like a volcano erupting to a dog

Every year, animals’ shelters are flooded with lost pets because of fireworks. Some dog guardians are simply unaware of the effect these festivities have on their pets, and bring them to the party with them. Some believe that their dogs like fireworks because they chase them. They don’t realize that the dog is trying to protect the human by attacking the firework. This is very dangerous. Four years ago, we rescued a dog that had his ear blown up during a chasing episode. The Humane Society of the United States urges pet owners to take the following safety measures:

• Do not let your pets outside during fireworks, even in a fenced yard. Keep pets at home, inside, in a cool, quiet area. Choose a windowless cool room. Frightened dogs have been known to jump through screens and windows. Turn on a radio or TV to dampen the noise outside. Put safe chew toys in the crate to occupy and distract your pet.
• Make sure your pets are always wearing comfortable-fitted collars and ID tags.
• Don’t take pets to events with fireworks. PLEASE!!! It is very CRUEL.
• Scolding a scared dog will not help. Give your pet a gentle massage, or even just place your hand calmly on your pet’s head.

Please keep plenty of water available during this hot season. And remember, dogs (like humans) are pack animals. If you keep your dog tied down all the time, it literally goes Insane, just like a human would. Let him/her be part of your pack.

"If you have men who will exclude any of God’s creatures from the shelter of compassion and pity, you will have men who will deal likewise with their fellow man." (St Francis of Assisi)

Call Tammy or Alexandra at 427-9507 if you see a pet in distress, lost, or abused. Animals need your voice.

Happy Birthday Janice
From Meltdown

Happy 19th Birthday Sweety!
Love, Mom, Dad & Wes

Saying Goodbye to Uncle, Brother, Father
Joseph Seymour
Going back to where he started in Taholah
June 13th, 2010
Thanks to everyone who helped us all come together in a good way, and special thanks to those who helped in the kitchen!
- With love from Dorinda
Sgwi' Gwi Celebration

The 2009-2010 school year has passed in the grand style and tradition of the Squaxin Island Tribe’s Sgwi’ Gwi celebration. The 13th Annual Sgwi’ Gwi Banquet was a huge success. We advanced over 290 K-11 students, 13 graduating seniors, 4 graduating GED’s, 4 Associates degrees, and 3 Bachelor’s degrees. Of the 336 progressing students, 131 were present to be honored, receive recognition of their accomplishments, and move forward across the stage from one phase of their lives to the next. The Learning Center would like to thank all of those people who helped to make this a successful event. We would also like to wish “Good luck” to ALL in their educational endeavors; you make us all proud.

More photos on pages 4-9 & 28
Customers caught off guard with special 4-hour gas price drop
Made for KTP’s Craze Daze to be just that!
KTP held its annual customer appreciation event on Friday, May 28th between 2 p.m. and 6 p.m. This year, we decided to put a "spin" on the event by giving it a camping specific theme to help kick off the start of the camping season. We gave away everything you needed for your big Memorial Day weekend, such as full campsite packages, outdoor fire pits, BBQ grills, coolers...and the gas to take you to your final destination.

Vendors came and showed their support by providing prizes and 4 hour only specials, such as free samples from Skookum Creek Tobacco, oyster tasting by Salish Seafoods, drinks from KTP Espresso, 10 for $10 Monster Energy drinks, free stays at Little Creek Casino Resort and, of course, the much talked about “special $1.99 gas price.”

At 2 p.m., the KTP electronic reader boards switched to read $1.99 per gallon. By 2:10, calls were coming in asking if our freeway sign was broken because it was advertising an extremely low price on gas. As the word spread, so did the traffic… Below are some pictures of the event and the traffic in attempt to get there! Lastly, THANK YOU to the staff at KTP, who all did an amazing job in providing their customers with a great day of giving back to them as a THANK YOU.
Oysters for Breakfast?
Salish Seafoods Does!
Salish Seafoods joined golfer’s at this year’s Squaxin Island Museum Library Research Center’s benefit golf tournament on June 7th. On hole one of the tournament, you would come to find everything you need for a good day on the course…A cigar, a familiar face and the infamous Salish Seafood Oyster! Salish Seafoods is proud to share their recipe with you below! Enjoy!

Blue Cheese with Bacon Oyster
Compliments of your friends at Salish Seafoods

1) BBQ your Salish Seafood oysters on the half shell.
2) Add your crumbled blue cheese and your bacon to your desired amount.
3) BBQ to your liking…. 
4) ENJOY!!

July 1st KTP Express
1 Year Anniversary
(Can you believe it has been open a year!!)

Kick-Off the Boating Season at KTP Express
2 p.m. – 6 p.m.
Kamilche Trading Post,
Skookum Creek Tobacco & LCCR
Bring you for its 6th year
Black Lake Regatta
July 9th
Come see the boats at KTP, win a ride!
July 10th & 11th race viewing at Evergreen Shores Park

CONGRATS to barista Cassidy Gott on your graduation accomplishment!

EXPANDED HOURS!
The KTP Espresso is now open 6 a.m. to 6 p.m., 7 days a week.
Stop by and meet your Barista!

Farewell, Free Samples!
Unfortunately, Skookum Creek is counting down the days until new restrictions come into play…again.
Effective June 22, 2010 the new(est) set of federal restrictions come into play, limiting the marketing efforts of tobacco companies… One of the restrictions that really hits close to home for us is no longer having the privilege of offering our loyal customers product samples and special promos. With that said, Skookum Creek Tobacco would like to take this time to thank you for your understanding and let you know that, as always, our commitment and loyalty to our customers and the community will continue to be our number one priority and will remain unaffected!

Opportunities still available for artists/crafters, produce growers and more!!
This years Kamilche Valley Market is now open and we still have some vendor space available. Open Friday-Sunday between the hours of Noon and 6:00pm located on the back side of KTP! Here are just a few of upcoming events that are expected to increase business at the market.

Skookum Creek Tobacco Factory Store is Now Open!
Hours: Mon – Fri 9 a.m. to 3 p.m.
Located at Skookum Creek Tobacco Factory!!
Squaxin Tribal members receive a discount on cartons of Skookum Creek Tobacco Products!!

HAVE YOU USED YOUR TRIBAL MEMBER DISCOUNT YET???
Elders

Photos by Dorinda Thein and Rose Brownfield and information by Rose Brownfield - June 1 our Elders attended a luncheon at Swinomish near Mt. Vernon. A few of us brought home raffle gifts, and some of our group were honored during presentation of the flags and were given gifts. We were entertained by their guitarist during lunch. On May 18, we were guests a luncheon in Taholah and on the way home were treated to ice cream in Aberdeen.

Foot Exam Morning for People with Diabetes

When: Friday, July 9th, 2010
9:00—11:30 Foot Exams by Podiatrist, Dr. Molina Kochhar.

Bring your foot questions for Dr. Kochhar

People with diabetes first priority, if appointments available, will schedule others.

Where: Squaxin Island Health Clinic

Questions? Want an appointment? Contact Patty Suskin, Diabetes Coordinator at (360)432-3923
Thank you
Hello to my friends and family. I am writing this letter in regard to my two boys, Josiah Legend Perez and Roy Journey Bear Perez. I would like to thank ICW, especially Deanna Warren, who brought the boys for their visit. They have to drive to Steilacoom, then catch a bus to the dock, then catch a ferry to the island, then walk to the visiting room. Thank you, Deanna. I would like to thank the Family Wellness team and Heidi Chambers who arranged the visit, Arnold and Elizabeth who came here to make sure it was an appropriate place to visit, the council who supported me in this matter and Dave Lopeman whose words of encouragement throughout these past years keeps me going.

It was my first visit in three years and it was worth the wait. The boys are so handsome. They knew I was Daddy. It was a good visit for us all. By the end of the visit, I had a ketchup stain on my white shirt. Josiah had chocolate milk on his and Journey had Cheetos on his.

As for me, I’m doing good for being where I’m at and where I am in life making this a positive experience isn’t that easy. I’m trying my best for myself and my children. I used to try and control everything and everyone around me. I’ve come here. I have no control. DOC has all the control. So it has taught me if something happens or doesn’t happen, it’s for a reason. It is what it is. You know I lift weights six a week. And some say I should hit 405 pounds by the time I go home. But you want to know something? I just pray I have the strength it takes to be a good father. No matter how strong I get, the strength it takes to be a father is far greater than physical strength.

Well, I’m gonna end this now. I miss you all. Once again, I would like to thank you all who made it possible for me to see my boys.

Sincerely,
Lano Roy Perez
Health Clinic

Meal Program Entrees
July 2010

Thurs., July 1: Lasagne
Mon., July 5th: Closed for Holiday
Tues., July 6: Soup & Sandwich
Wed., July 7: Pork Chops
Thurs., July 8: Baked Potato Bar & Chili
Mon., July 12: Chicken Fajitas
Tues., July 13: Soup & Sandwich
Wed., July 14: Salmon
Thurs., July 15: Meatloaf
Mon., July 19: Spaghetti & Chef’s Salad
Tues., July 20: Soup & Sandwich
Wed., July 21: Beef Stew
Thurs., July 22: Grilled Fish Sandwiches
Mon., July 26: Steamed Clams
Tues., July 27: Soup & Sandwich
Wed., July 28: Roast Beef
Thurs., July 29: Chicken Tacos

Menu Subject to Change

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, July 12th, 9 a.m. to 4 p.m.
Contact Debbie Gardipee-Reyes:
462-3227
Dates subject to change

USDA FOODS AT SPIPA
Tuesday, July 6th
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

Menu Subject to Change

Need Food?
Check these out..

Meal Program Entrees
July 2010

Thurs., July 1: Lasagne
Mon., July 5th: Closed for Holiday
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Contact Melissa Grant: (360)432-3926

Menu Subject to Change

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
Tuesday, July 6th
10 a.m. to noon
Contact Shirley or Bonita at 438-4216 or 438-4235
Dates subject to change

FOOD BANK
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If you would like to be on call list for fresh produce or bread, let me know.
Contact Melissa Grant: (360)432-3926

Menu Subject to Change

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

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

Goodbye, Commodities

Hello, USDA Foods!

USDA Foods is the new name.

What’s with the Name Change?

USDA Food and Nutrition Service announced that the food items available through this program should no longer be referred to as “Commodities,” the new language to use for these food items is “USDA Foods.”

This information was shared at The National Association of Food Distribution Programs on Indian Reservations (NAFDPR) annual conference held in April 28-30.

Contact Shirley or Bonita at (360) 438-4216 or (360) 438-4235 for more info and applications for USDA Foods.

Contact Debbie Gardipee-Reyes at (360) 462-3227 for more information.

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
Health Clinic

Diabetes Facts & Fiction:
Q. Diabetes is the leading cause of adult blindness, amputation, and kidney failure. True or False?
A. False. To a large extent, it is poorly controlled diabetes that is the leading cause of adult blindness, amputation, and kidney failure.

Well-controlled diabetes is the leading cause of … NOTHING.

Health clinic staff is available to help you control your diabetes, but we need to see you in order to know how things are going.

Please make your appointments for your fasting blood draws, urine tests for kidneys, “diabetes physical” and other exams as recommended by the IHS Standards of Care. Call the clinic at (360) 427-9006 to schedule these appointments or contact Patty Suskin, Diabetes Coordinator, at 360 432-3929 for more information.

Bicycling in Thurston County
Want to know more about traveling by bicycle in Thurston County? Check out the updated Online Thurston County Bicycle Map. Thurston Regional Planning Council has recently updated the online version of the Thurston County Bike Map. In addition to new route information, the online map includes road construction project details for the Spring through Fall 2010 construction season. The website also includes an updated and expanded list of “Who to Call” for bicycle facility maintenance and safety issues.

You can view the online Bike Map at this link:
http://www.trpc.org/programs/transportation/bike+map/index.htm

If you have questions, you can contact; Scott Carte, Thurston Regional Planning Council cartes@trpc.org, Phone: (360) 956-7575

RECREATION OPPORTUNITY GUIDE
Olympic National Forest
http://www.fs.fed.us/r6/olympic

Spoon Creek Falls #885
Hood Canal District – Quilcene Office
29142 Highway 101 S. P.O. Box 280
Quilcene, WA 98376 (360) 956-2200

ACCESS: From Route 12 – Montesano: Turn north on the Wynoochee Valley Road (1 mile west of Montesano). Drive approximately 35 miles on the Wynoochee Valley Road (FS Rd. #22) to a major intersection. Continue straight for a short distance and then turn right onto FS Road #23. Drive short distance to trailhead on right side of road.

FACILITIES: Potable water and flush toilets are available at Coho Campground when open during the summer season. Small roadside parking area.

SETTING: Small stream and waterfall in old growth and second growth conifer forests.

TRAIL INFORMATION: This trail is a short 0.4 mile trail that descends steeply to the creek near the base of the waterfall. Last part washout.

<table>
<thead>
<tr>
<th>Destination</th>
<th>Miles</th>
<th>Elev.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Trailhead</td>
<td>0.0</td>
<td>150'</td>
</tr>
<tr>
<td>End of trail near bottom of waterfall</td>
<td>0.2</td>
<td>150'</td>
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</tbody>
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PASS NOT REQUIRED: A Northwest Forest Pass is NOT REQUIRED at this trailhead.
Helping your pet cope with the 4th of July

Here are some friendly tips for your dog to cope with the forth and all the fireworks it will be faced with.

Did you know your dogs hearing is 10 times more sensitive than a human's, so the fireworks are likely to cause your dogs some anxiety, stress and fear, and can hurt their ears.

Humane societies and shelters typically take in more stray animals during the 4th of July holiday because many pets are scared off by fireworks. In the event your dog does disappear please check with the Shelton Animal Shelter at 427-7503 or contact law enforcement to see if a dog was picked up.

Frightened dogs have different reactions: some tremble at their owners’ feet, others retreat to a hiding place, some try to run off (traveling for miles), and others display bizarre behavior. According to animal behavior specialists, low-frequency, percussive noises such as fireworks and summer thunderstorms trigger wild fear in about 20% of dogs. Under such circumstances, ordinarily well-behaved pets may become aggressive, destructive and/or unpredictable.

Some helpful hints to protect your animals during the holiday:

- Don’t take your pet to a fireworks events
- Make sure you pets have their collars with tags and ID’s on.
- Do not leave your pets outside.
- Place your pet in the quietest place in the house.
- Let your dog outside to do their thing prior to the fireworks starting.
- Vets can prescribe tranquilizers for frightened dogs.
- Turn on the TV or radio up loud to help absorb the fireworks sounds.
- Place cotton in the dog’s ears will certainly help.
- Remember, scolding or coddling a scared dog will not help, just play with them.

Remember, you are the one that says your pet is part of your family, please take care of them.

If you have any questions regarding fireworks and dogs, please contact Jim Reinhold at 432-3953.

Office of Housing Highlights

PET CARE 101- MAY 24, 2010
The OOH would like to thank Dr. Murphy from Steamboat Animal Hospital and Amy Loudermilk from RARE for assisting with this workshop and sharing all their wonderful knowledge about animals.

PLUMBING BASICS – JUNE 14, 2010

UPCOMING EVENTS

PET Care
Basic Obedience and Leash Commands
Monday, July 19th - 4:30
Administration Bldg – 2nd floor

Housing Fair
Friday, August 20th 3:00 pm – 7:00 pm
Squaxin Gym

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.

PHOTOS
Pet Care: Dr. Murphy and staff
Plumbing: Mitzie Whitener, Kurt Poste, Paula Henry
Plumbing: Elroy Ellerby, Housing Maintenance Technician

Yay Summer!!!
These foxgloves were blooming at Salish Cliffs
**Community Development**

**Saving Starts at Home:**

**The Inside Story on Conserving Energy**

**TAKING OUT THE TRASH: Sorting Out Recycling Claims**

Store shelves are filled with items that say they are eco-friendly. Some products that claim to be better for the environment live up to the hype. Others don’t. Claims that a product or packaging is “environmentally friendly,” “eco-safe” or “better for the environment” may sound good, but may not deliver on their promises. Look for products that explain why they are better for the environment.

**Translating ”Eco-Speak”**

Understanding terms like “recyclable,” “biodegradable,” and “ozone friendly” can help you protect the environment and make better buying decisions.

“Recycled” and “recyclable” may sound alike, but they mean very different things. If a label says a product is “recycled,” check for more details. Unless the product or package is made of 100% recycled materials, the label must tell you how much is recycled. A product that says it’s recycled from “post-consumer” material means that it’s made from previously used products like newspapers, plastic bottles, glass containers, or aluminum cans. A product that says it’s recycled from “pre-consumer” material may be made of scraps from the factory. For example, a company making envelopes might recycle paper clippings left over from the manufacturing process to make other paper goods.

“Recyclable” - Claims on labels and advertising that a product is “recyclable” mean that it can be collected and used again or can be made into other useful products. A “recyclable” product is a good choice for the environment only if your community offers a recycling program for that material and you follow their rules for recycling.

Some companies make it easy for you to recycle. For example, grocery stores may take back plastic grocery bags. Some manufacturers of ink cartridges for printers may let you return empty cartridges. Check with your local recycling or solid waste officials about what can be recycled in your community.

“Biodegradable” and Photo-degradable” - “Biodegradable” and Photo-degradable” materials break down into elements found in nature when they are exposed to air or moisture. Cleaning products, like detergents and shampoos, often say they are “biodegradable.” Most of these products degrade in wastewater systems, causing no harm to the environment. "Photodegradable" materials disintegrate when exposed to enough sunlight. However, the breakdown of any material happens very slowly in landfills, where most garbage is taken. Even "biodegradable" materials like paper or food may take decades to break down because they’re buried under tons of other garbage. Just because a product claims to be "biodegradable" or "photodegradable" doesn’t necessarily mean that it’s better for the environment, especially if it winds up in a landfill.

"Compostable " - Composting turns certain things into compost—a material that enriches the soil and returns nutrients to the earth. Some people compost yard trimmings and food scraps. Many communities collect leaves, grass, and other yard waste for composting.

When you see a “compostable” claim on a product or package, it means the product can be tossed into your backyard compost pile. If you don’t have your own composting pile, you might be able to take products to a municipal composting facility.

**Secret Symbols**

Certain symbols on a product or package can tell you whether it’s recyclable or if it’s made from recycled materials. Deciphering those symbols can help you make better decisions for the environment.

"Chasing arrows” symbol

Many products display this symbol. Sometimes it means that a product or package is made of recycled materials. Other times it means that the product or package is recyclable. If only one of these claims is true, the manufacturer should say which one. Since some communities don’t accept every product or package for recycling that bears the symbol, check with your local recycling or solid waste officials before you recycle.

**SPI Symbol**

Manufacturers use this symbol—developed by the Society of the Plastics Industry—to label the type of plastic in a product. SPI codes range from 1 to 7. Containers labeled 1 and 2, such as soda bottles, detergent and shampoo containers, and milk jugs, are the most likely to be accepted for recycling. Some communities have different rules about what they’ll accept, check with your local recycling or solid waste officials before you recycle.

For more information, look for the FTC’s “Green Guided” or call toll-free 1-877-FTC-HELP (1-877-382-4357, TDD: 1-866-653-4261). EPA has information on recycling at www.epa.gov or from the Pollution Prevention Information Clearinghouse at 202-566-0799.

**TRASH ROOM ENERGY SAVERS**

- Participate in your community’s recycling program.
- Don’t throw something that can be recycled into the trash.
- Look for the recycling symbol.
- Buy products that use recycled components or that can be recycled.
- Start a compost pile.
- To help your community save the time and money it spends separating the items it recycles from the ones it doesn’t, find out which are appropriate for the recycling bins.

**Brothers and Sisters**

*Just because its such a great photo!*

L-R, Back: John and Yum Krise
L-R, Front: Bev Hawks and Leah Cruz
Building your teen’s money skills

From a parent’s perspective, it’s just a few short years from lemonade stands to college credit card come-ons. But these transitional years are a perfect time to help your children build sound money management skills.

As parents, you play a key role in shaping your children’s values and attitudes about money management. While you might not think your teen wants to learn these lessons, the Schwab 2007 Teens & Money Survey found that almost two-thirds (60%) of surveyed teens said that learning about money management was one of their top priorities.

The pressure’s on

Very few young people want to be dependent on their parents as adults. Even fewer want to find themselves deep in debt. But there are many pressures in today’s society that cause people to get in financial trouble.

Teens - always under pressure to conform with their peers - also must contend with high-pressure marketing.

Only a strong role model can begin to counteract teen peer pressure. Talk to your kids about money on an adult level. Introduce them to the concept of providing for their basic needs (food, clothing, shelter, education and transportation) and setting priorities on what they want to buy. Life is about realistic choices. Explain that a Porsche is cool, but a dependable used car will get you to school and work just fine, even if your friends tease you about driving a “junker.”

If your neighbor gets a new car, do you want one, too? Such behavior used to be called “Keeping up with the Joneses.” Now the phrase “affluenza” is used to denote money problems such as overspending, misuse of credit and falling into debt. Unfortunately, affluenza can be contagious-your children learn from you. If you’re a shop-a-holic, chances are good your kids will be, too.

Sometimes kids want to buy things because of peer pressure, sometimes out of boredom, sometimes just to see if they’ll get their way. Help your kids understand that there is more to life than trips to the mall by looking at your own habits and asking if your actions are sending the wrong messages.

The working life

Having a job helps your kids prepare for adult life. It teaches them responsibility; gives them job experience, puts money in their pockets and keeps them off the streets.

Work habits formed as a teenager follow you the rest of your life. Some kids naturally want to work, others need encouragement. If you have a comfortable income, you might feel it’s not important for your kids to work—but that’s not necessarily best for your child. No parent wants their children to work so much that their grades suffer, but teaching financial responsibility can be difficult if your child doesn’t know what it’s like to earn his or her own money.

Does your child know how long it takes to earn $50 to buy a video game? According to the U.S. Department of Labor, the median annual earnings of executive secretaries and administrative assistants was $37,240 in 2006. It would take a person with this salary almost three hours to earn the money for the video game.

Teens 16 and older generally can work full time, although some states may limit the times of day they can work. Teens aged 14 and 15 can work 18 hours a week but no more than three hours on school days. In the summer, they can work 40 hours a week, eight hours a day. Younger teens can do odd jobs such as running errands, babysitting, dog walking or lawn mowing.

Many teens work to pay for clothes, video games, gas or cell phones but overlook the added benefits of job experience and seeing what adult life is like. Even a fast-food job can give you some transferable skills such as handling money, using a computer system and dealing with customers. No job is a dead end if you know how to market yourself. Familiarize your kids with job hunting tools. Go over the basics of resume writing—there are many web sites and books on the subject. Gather some job applications from local businesses and review the information they ask for. Read help wanted ads in the local newspaper. Play-acting a call to a potential employer or a job interview can raise your child’s comfort level for the real deal.

Discuss some of the often overlooked traits that please employers, such as neat grooming and dress, politeness, being on time, doing what you’re told, paying attention and asking questions if you don’t understand.

Urge your teen to start looking for a summer job early, instead of waiting until May or June when positions may be scarce. Rather than just dropping off an application, suggest they ask when the manager has time to meet with them. Many teens want a job they consider cool so they have blinders on when it comes to what’s out there. Brainstorm together about possible jobs—depending on their interests, teens may find jobs as camp counselors, tutors, tour guides, lifeguards, receptionists, landscapers, day care workers, auto mechanics, construction crew members, maintenance workers, sales help and library aides.

The incredible shrinking paycheck

Young people who receive their first paycheck are often surprised that their take-home pay is less than they expected. They are expecting the full-or gross-amount of their earnings instead of the after tax-or net-amount.

Federal and state income tax is the largest deduction. Make sure your kids understand that they can avoid withholding too much by claiming additional allowances on the W-4 form they get from their employer. However, they must withhold at least the amount they owed in taxes last year or 90% of what they expect to owe in the current year, whichever is smaller. Let your kids know that they’ll receive a refund of excess withholding when they file their tax returns between January 1 and April 15 of the following year.

Social Security (FICA) and Medicare (MedFICA) taxes are withheld; to pay for government retirement and health care benefits for seniors who reach the eligible age. Explain that employees pay one-half of these required taxes and employers pay the other half, and that taxpayers don’t get refunds for these taxes when they file a tax return.
Diabetes Facts
From National Diabetes Education Program with American Association of Indian Physicians
Submitted by Patty Suskin, Diabetes Coordinator
Many people avoid the long-term problems of diabetes by taking good care of themselves. Work with your health care team to reach your ABC goals (A1C, Blood Pressure, Cholesterol). Use this self-care plan:
• Use your diabetes meal plan. If you do not have one, ask your health care team about one.
  - Make healthy food choices such as fruits and vegetables, fish, lean meats, chicken or turkey without the skin, dry peas or beans, whole grains, and low-fat or skim milk and cheese.
  - Keep fish and lean meat and poultry portion to about 3 ounces (or the size of a deck of cards).
  - Bake, broil, or grill it.
  - Eat foods that have less fat and salt.
  - Eat foods with more fiber such as whole grains, cereals, breads, crackers, rice, or pasta.
• Get 30 to 60 minutes of physical activity on most days of the week. Brisk walking is a great way to move more.
• Stay at a healthy weight by using your meal plan and moving more.
• Ask for help if you feel down. A mental health counselor, support group, member of the clergy, friend, or family member who will listen to your concerns may help you feel better.
• Learn to cope with stress. Stress can raise your blood glucose (blood sugar). While it is hard to remove stress from your life, you can learn to handle it.
• Stop smoking. Ask for help to quit.
• Take medicines even when you feel good. Ask your doctor if you need aspirin to prevent a heart attack or stroke. Tell your doctor if you cannot afford your medicines or if you have any side effects.
• Check your feet every day for cuts, blisters, red spots, and swelling. Call your health care team right away about any sores that do not go away.
• Brush your teeth and floss every day to avoid problems with your mouth, teeth, or gums.
• Check your blood glucose (blood sugar). You may want to test it one or more times a day.
• Check your blood pressure if your doctor advises.
• Report any changes in your eyesight to your doctor.

Talk with your health care team about your blood glucose targets. Ask how and when to test your blood glucose and how to use the results to manage your diabetes. Discuss how your self-care plan is working for you each time you visit your health care team.

Emergency Room Guidelines
Because Contract Health Services has limited funding, it is required that you use the Squaxin Island Tribe Health Clinic whenever possible. If the Clinic is closed, both Shelton Family Medicine (426-2653) in Shelton and Group Health Urgent Care (923-5565) in Olympia have extended business hours. Shelton Family Medicine is open Monday through Thursday from 8:00 a.m. until 8:00 p.m.; Fridays from 8:00 a.m. until 5:00 p.m. and Saturday from 8:30 a.m. to 5:00 p.m. Group Health Urgent Care is open Monday through Friday from 8:00 a.m. until 8:00 p.m. and Saturday and Sunday from 9:00 a.m. until 7:00 p.m. Either of these offices can advise you on how to handle a medical problem. The care you receive at these clinics must fit the priority levels at which CHS is currently operating or you will be responsible for the bill.

An emergency may be defined as “a threat to the loss of life and/or limb”. See partial listing under EMERGENCY ROOM listed below.

Contract Health Services will only pay for Priority Level 1 and Priority II procedures.

Below are some situations in which you might need to go to a Clinic or Emergency Room. Please note that this is not a complete list, and is only meant to provide you with a few examples.

GO TO A CLINIC:
Earache
Cough
Ingrown Toenail
Bronchitis
Minor Cuts & Bruises
Headache
Colds

EMERGENCY ROOM:
Heart Attack
Stroke
Profuse Bleeding
Coughing & Vomiting Blood
Sexual Assault
Acute Asthma Attack
Amputation

If you find yourself in an emergency situation, please use Mason General Hospital or St. Peter Hospital, as the Tribe has a discount with these facilities. Please visit the Hospital’s Financial Assistance Department to apply for assistance to satisfy our Contract Health Care requirements if you do not have prior authorization. Hospital Charity Care is available (up to 200% of the federal poverty level) but only if you apply at the hospital.

If you are between the ages of 50 and 64, you are strongly encouraged to have your annual FIT Test done. It is a one time, easy, at home test. You can arrange this test through our Health Clinic at 427-9006 or by contacting Cheryl at 432-3933. If everyone aged 50 years old or older were screened regularly, as many as 60% of deaths from this cancer could be avoided.

Come over to the gymnasium on Saturday July 31st to see the “Giant Colon” and to learn more about colorectal cancer. There will be people to answer any questions and if you would like, set up your FIT test.
**Community**

**Happy Birthday**

- Del Johns 01
- Isaac Johns 01
- Mark Jones 01
- Malynn Foster 01
- Tully Kruger 01
- Fay Monahan 02
- Janessa Kruger 02
- Annie-Beth Whitener 04
- Jeremie Walls 05
- Elijah Garcia 05
- Jon Whitener 05
- Gary Brown 05
- Sadie Lorentz 06
- Dale Brownfield 06
- Celeste Forcier 06
- Martin Sequak Jr. 06
- Todd Hagmann 07
- Virginia Berumen 08
- Kui Tahkeal Sr. 08
- Diana Van Hoy 08
- Steve Witcraft 08
- Clayton Edgley 09
- Keenon Vigil-Snook 09
- Nyla King 10
- Mary Monahan 10
- Leah Gentile 11
- Ruth Creekpaum 11
- Terence Henry 12
- Myrtle Richards 12
- Jonie Fox 12
- William Peters 13
- Jennifer Evans 13
- Elizabeth Yeahquo 13
- Donald Daniel III 13
- Moody Addison 13
- David Lewis 13
- Shaann McFarlane 14
- Antonio Rivera 14
- Cristian Rodriguez 14
- Brett Orozco 15
- Adrianna Hartwell 15
- Seth Thomas 15
- Mario Castillo 15
- Mary Kuntz 16
- Nikita Mowitch 16
- Viola Thomas 16
- Kristina Bechtold 17
- Daniel Johnston 17
- Tiffany Henderson 17
- Alan Depo 17
- Matthew Bell 17
- Alexander Van Horn 18
- Violet Garcia 18
- Victoria Allen 18
- Charles Mickelson, Jr. 18
- Elena Capoeman 19
- Dana Vancleave 19
- Clara Capoeman 19
- Jearid Williams 19
- Leila Whitener 21
- Corri Coleman 21
- Cara Price 22
- Bette Peters 23
- Austin Solano 23
- Chicki Rivera 23
- Richard Piersol 23
- Misty Kruger 24
- Hailey Blueback 25
- Walter Lorentz, Jr. 25
- Eileen George 25
- Thomas Blueback, III 25
- James Brownfield 26
- Brenda Day 26
- Loretta Case 26
- Malia Henry 26
- Marvin Henry 27
- Chas Addison 27
- Dorian Williams 27
- Kira Coley 28
- Felicia Berg 28
- Nathan Armas 29
- Markiemho Johns 29
- Marissa Morken 29
- Judah Thale 29
- Marcus Johns 30
- Rose Arzate 30
- Billie Lopeman-Johns 30
- Tasheena Sanchez 30
- Robert Whitener 30
- Jordon Lopeman-Johns 31
- Stanton Sicade Jr. 31
- Michael West 31
- Nyah Sicade 31
- Jaelin Campbell 31

**What's Happening**

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

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

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**Squaxin Island Tribe - Klah-Che-Min Newsletter - July 2010 - Page 26**
Community

Happy Birthday Aunt Liz
I Love You!
Love, Your Niece Rose

Happy Birthday Dorian!

Even Though Auntie Rose and Daddy Never Get to See You, We Love You With All Our Hearts!!

Happy Birthday to My Beautiful Grand Daughter Leah Marie!!

Happy Birthday to My Nephew Thomas BlueBack III

Love, Aunt Rose, Uncle Cody and Hailey Ann

Grandma Loves You With All My Heart!

Happy Birthday 11th Birthday (7/15)
Brother Bear
Seth William Thomas

We Love You Bunches.....
Love, Mom, Dad & Your Sisters

Happy Birthday Kip
We love you
Mom and sisters

Happy Birthday to My Niece Kira!

Happy Birthday Uncle Ike!
Love you!
-Rose

Love, Aunt Rose, Uncle Cody and Hailey Ann

Happy Birthday Uncle Ike!

Lots of Love,
Mom (Margaret),
Dad (Vinny), Jolene & Kiana

Happy 9th Birthday to the Apple of My Eye!
(Hailey Ann)

Happy Birthday Dorian

Love Aunt Rose, Uncle Cody and Hailey Ann

Happy 1st Birthday to my Beautiful Grand Daughter Leah Marie!!

Love, Aunt Rose, Uncle Cody and Hailey Ann

Happy Birthday Dorian

Love Aunt Rose, Uncle Cody and Hailey Ann

Happy Birthday to My Niece Kira!

Happy Birthday
To My Niece Kira!

Happy Birthday
We All Love You!
Love, Your Family, The Coopers!

Happy Birthday
Andrew Cooper - Happy Birthday, Nephew!
Keep Your Head Up and All the Pieces Will Come Together!

Happy Birthday
Malia Red-Feather

Happy Birthday
To My Niece Kira!

Happy Birthday
We All Love You!
Love, Your Family, The Coopers!

Happy Birthday
Malia Red-Feather

We Love You Bunches.....
Love, Mom, Dad & Your Sisters

Happy Birthday Kip
We love you
Mom and sisters

Happy Birthday to My Niece Kira!

Happy Birthday
To My Niece Kira!

Happy Birthday
We All Love You!
Love, Your Family, The Coopers!

Happy Birthday
Andrew Cooper - Happy Birthday, Nephew!
Keep Your Head Up and All the Pieces Will Come Together!

Happy Birthday
Malia Red-Feather

Happy Birthday
To My Niece Kira!

Happy Birthday
We All Love You!
Love, Your Family, The Coopers!

Happy Birthday
Andrew Cooper - Happy Birthday, Nephew!
Keep Your Head Up and All the Pieces Will Come Together!
Over $20,000 in Cash and Prizes will go!

**BINGO AT THE CREEK**

Friday, July 9th at 6:30pm
Saturday, July 10th at 2:30pm & 6:30pm

**WEAR TIE-DYE**
Receive a free level 1 with buy-in

2:30 Session Blackout prize pays $599
6:30 Session Blackout prize pays $1,199
Early Bird specials 6:30 Sessions
$69 Hotel Stay for Bingo participants*

**LITTLE CREEK CASINO • RESORT**
www.little-creek.com

IT'S NOT HOW FAR YOU GO, IT'S HOW FAR YOU GET AWAY
Restrictions may apply. Must be over 18 to play.
Located in the Skookum Creek Event Center.
*Valid for Bingo participants, must show Players Club Membership.

**S B I L L B U S T E R**

Swipe daily at the kiosk to earn entries, prizes and a chance to...

**WIN $10,000!**

Be here for some Bill Busting fun!
Tuesdays, Wednesdays & Thursdays at 6pm & 8pm detonate the cash load and...

**BUST $100,000!**

See Players Club for more details
Must be present to win! Club Members receive one free swipe each day.
Earn extra entries for every 3 Rewards Points you earn!