Eleven Years at q’uʔ  gʷəs

Recovery Act Provides New Homes for Squaxin Island Reservation

The Squaxin Island Tribe has received two American Recovery and Reinvestment Act (ARRA) grant awards for housing for a total of $1,522,598. Both grants are through the U.S. Department of Housing and Urban Development and will be used to build Slocum Ridge Phase III, a multi-family housing complex.

This project is designed to meet the Tribe’s urgent need for more two-bedroom housing on the Reservation. The project will construct two buildings with six two-bedroom units in each building, for a total of 12 new apartments. It will be built adjacent to the Slocum Ridge housing area (Phase I and Phase II).

The first grant for $326,438 was allocated to the Tribe through a formula established by HUD. It will fund infrastructure, environmental review and design.

The second award for $1,196,000 resulted from a competitive process in which priority was given to “shovel ready” projects that would create employment opportunities for low-income and unemployed persons.

In June the Tribe hired J.A. Morris Construction, LLC as the Design/Build team. Weekly project team meetings are currently being held to report on progress and assure the design will best meet the needs of the community. Actual ground breaking on the infrastructure portion of the project is expected in late August with construction of the structures starting in the spring of 2010.

Canoe Journey 2009, Paddle to Suquamish

Photos on Pages 12-17
Drive Hammered, Get Nailed:
Busting the Myths of Impaired Driving
Specially Trained Law Enforcement Drug Recognition Experts Now Statewide

Through September 7 extra DUI patrols will traverse Mason County roadways in search of impaired drivers.

Participating in this summer’s Drive Hammered, Get Nailed enforcement campaign are the Shelton and Squaxin Island Police Departments, the Mason County Sheriff’s Office and the Washington State Patrol, with the support of the Mason County Target Zero Traffic Safety Task Force.

There are numerous myths surrounding impaired driving, chief of which is that one must have consumed alcohol in order to be arrested for DUI. Drivers can become impaired by the use of illegal, prescription, and even over-the-counter drugs, or some combination of these, with or without the presence of alcohol.

OTHER MYTHS ABOUT IMPAIRED DRIVING:
FALSE: You can sober up quickly by drinking coffee, taking a cold shower or consuming an energy drink. TRUTH: Only time will sober you up. It typically takes about one hour for each drink that has been consumed.

FALSE: It’s OK to drive impaired if you are only going a short distance. TRUTH: It is never safe to drive under the influence.

FALSE: My doctor wouldn’t have prescribed the medicine if it wasn’t safe to drive while taking it. TRUTH: Prescription medications can impair you. If the bottle indicates that it is not safe to operate heavy machinery, you should not drive after taking that medication.

FALSE: I can’t be arrested for DUI if I am under a .08. TRUTH: You can be arrested for DUI if your ability to drive is affected by any substance, regardless of your blood alcohol content (BAC).

All of these and many more myths are untrue, yet recognizing and identifying the source of impairment can be complicated.

Today, there is a statewide network of specially trained law enforcement officers able to identify drivers who are under the influence of illegal, prescription, and/or over-the-counter drugs. They are called Drug Recognition Experts (DRE) and they are...
Ceremonial Pipes

By Clinton Larry, Puyallup Tribe, Submitted by Squaxin Island Tribal Chairman David Lopeman - Smoking kinnikinnik in a ceremonial pipe is traditional and involves ceremonial practices which include singing and dancing. Tribes throughout the United States use the pipe. This may vary from tribe to tribe and various bands and clans of tribes which do smoke kinnikinnik and use the pipe.

Some tribes, bands and clans will participate in the sacred ceremony while other may not. When the pipe is smoked it is the center of the universe, and when the bowl is filled with herbs and kinnikinnik, prayers are said by the pipe carrier to the Creator.

When the pipe is filled, the pipe carrier opens the ceremony with a prayer and passes the pipe to the participant on his left. Upon receiving the pipe, it is held close to the heart with the stem and bowl in a slanted up/down direction across the chest. Upon puffing the pipe, prayers are said as the pipe is passed (in the ceremony) in a clockwise manner and prayers are carried on the smoke to the Creator up on high in a sacred manner. Often this is done to each direction to honor the spirits and all the Creators on the Earth which the Creator has given to us.

In this manner we honor, not only the Creator and all the gifts which he has given us, but also "our ancestors and future generations." One would have to attend a ceremony to understand fully.

For some, the ceremony is done at each sweat lodge, change of seasons, when deaths occur, weddings or special times when the Creator is called upon. Various tribes, clans and bands have different times and events at which the pipe is used.

The substance which is smoked is, for many tribes, bands and clans, a mixture of kinnikinnik and other herbs, such as sage, cedar, peppermint, osha, berry and other natural substances. Tobacco-free kinnikinnik can also be used. No of the herbs which are used create a threat to persons and do not create a danger to prisoners, guards, visitors, chaplains, nor to the substances used pose a threat to security or the orderly operation of the facility.

Some members of my tribe do follow the practices of using kinnikinnik and smoking a pipe. To my knowledge, no other religious group other than a tribe practices the use of kinnikinnik and smoking the pipe in a sacred ceremony.

This is one of the seven rights, that were given to the people (Native Americans) by White Buffalo Calf Woman (dating back generation upon generation seven times seven). A good description and discussion can be found in Dunsmore Francis "Teton Sioux Music," Bureau of American Ethnology Bulletin 61 (1918).

Of all the sacred objects employed in Native American ceremonial events, the "sacred pipe" is the most revered. In terms of history in this geographical area, pipes date back to Mummy Cave, NE Wyoming and date to 2400 BC. Closer to this area, there are pipes which have been found on the Columbia River (in Washington) that date back to 1000 BC. See the Sun Dance and other ceremonies of the Oglala Division of the Teton Dakota, American Museum of Natural History (1917).

Each act in the pipe ceremony represents a specific sacred meaning. Sacred pipes used today may be active through a sacred ceremony in which a spirit comes and picks up the new pipe. The spirit consecrates the new pipe by touching it to the sacred calf pipe bundle and returning it blessed. This connection gives the healing powers to the user of the pipe. See Encyclopedia of Native American Healing, Williams, S. Lyon (1996) pages 237-8.

In many tribes, bands and clans, the pipe ceremony is central to traditions such as the change of seasons or sunrise ceremony. Every pipe ceremony is precise and while it appears loosely in custom, it includes sacred prayers and offerings when smoked with various herbs and kinnikinnik. This is referred to as the pipe ceremony or chanunpa and must never be touched or used in a manner which is irreverent. An example of a pipe prayer is that of Nipo Strongheart, Yakama Nation, prayer given in dream Monday morning 2:00 a.m. January 1945 as follows:

"Great mystery, Creator, a needy one stands before you. I am he. Warm my heart and guide my words that they shall speak only that which is not false. Upon the hearts of the listening ones, that words which you shall give me may enter therein and dwell for all times, that we may walk together as brothers, and know one another with an understanding heart. So the time when you shall call us, we may come before you with no blood on our hands."

The sacred pipe is to be held in a good way. The pipe is like a human being. It is not just a thing. The pipe is alive with spirit and power. The pipe teaches us to live in a sacred manner with the pipe in your hands. You must only speak the truth. You must concentrate and only have good thoughts.

Within the pipe are male and female powers. The stem is the spine, man is the stem. The bowl is the head, woman is the bowl. The red pipe stem bowl is the flesh and blood of our people. When the pipe is not smoked, the stem and bowl should be separated. They are too powerful to be joined together for any length of time.

Great Spirit powers dwell inside the pipe. One can feel the power when you hold it. The pipe is a spiritual bridge to the Great Spirit. The pipe unites us and makes us one. The pipe is one of the most sacred ceremonies. The pipe stands in the center of all the seven sacred ceremonies.

The smoke from the pipe is prayers made visible. Every puff is a prayer, a thought to the Creator. Every breath mingles with all living things. The pipe breaks down the walls that separate us. Smoking in a circle, we renew the sacred hoop of life. The pipe is us; the pipe and the Native American go together. They should not and cannot be separated.

Drive Hammered, Get Nailed:

trained extensively about the differing effects of drugs and/or alcohol on the body.

In Washington State, the DRE program and toxicology testing are resulting in better identification of the effects of drugs on drivers. Between 1998 and 2007, drug-involved traffic deaths increased by 150 percent. During this time, the number of deceased drivers tested for drugs increased by 60 percent.

It is also important to emphasize that any law enforcement officer can arrest a driver suspected of DUI.

Impaired driving is the leading cause of traffic deaths in Washington. Last year, impaired drivers contributed to the deaths of nearly half of the 522 people who died on Washington’s roadways. The 233 impaired driver-involved deaths in 2008 represent a decrease of 40 fatalities compared to the previous five-year average.

Nationally, there were almost 13,000 people killed by impaired drivers during 2007. Those preventable deaths represent an average of one person being killed every 40 minutes in the United States.

For additional information about the Washington Traffic Safety Commission, visit www.wtsc.wa.gov
When Prices Rise: Living on Your Income

Remember
You can control your financial situation if you plan carefully. Communicate with your family. Together, analyze what is important and decide on a plan of action.

Examine your expenditures. Be prepared to change your standard of living, at least temporarily, so you don’t have to give up essentials.

Don’t default on payments. Contact your creditors, explain your situation and work with them to make adjustments. Some creditors may have hardship programs for those experiencing financial duress. You may qualify for those programs.

Begin to make plans for the future.

An increase in the price of goods and services can be traumatic. When you have to pay more for things like gasoline, food and health care, other difficulties may arise, especially if you are retired and/or are living on a fixed income. Realizing that your income does not go as far as it used to, even in covering the basics, can be alarming.

An increase in the price of one essential product may trigger an increase in the price of other products and services. For example, an increase in the price of a barrel of oil may result in an increase in the price of gas at the pump. That increase may in turn add to transportation and heating and cooling costs. As price increases continue, it doesn’t take long for a consumer to feel the effect, perhaps even to the extent that you have little or no discretionary funds and/or you strain to pay all your bills.

When prices rise, don’t panic, but don’t become complacent, either. Don’t stop credit payments or ignore that you are facing financial difficulties. You need to adjust your spending and develop a spending plan (budget) to pay bills. Your financial affairs are still within your control. Surviving a financial crisis will take work and planning, but it can be done - and you may even be stronger when the crisis is over. Make an action plan as soon as possible.

Prices are noticeably higher. What do I do first?

Jot down how you spend your income. If you do not already have a good idea of how you spend your money, track your spending for a month or two. This process will give you a good idea about where you will be able to make changes in your spending habits. (See “Methods for Tracking Expenses.”)

Separate your family living expenses into fixed expenses and flexible expenses. Examples of fixed expenses include mortgage payments or rent, installment credit payments, deposits into emergency savings, medical and/or life insurance payments, and utility payments (if on an equal payment plan). Examples of flexible expenses include gasoline, recreation, leisure, food, clothing and personal care spending. Examine flexible expenses, look for areas where cuts can be made when times are tough. Perhaps family members are meeting wants instead of needs. Can less expensive brands or items be used?

Communication is a family affair.

Many people try to hide financial problems from themselves or family members. Hiding financial difficulties from the rest of the family for long is nearly impossible, and it’s not emotionally healthy to try. Not facing up to problems prevents you from taking positive steps forward.

Because financial decisions affect the whole family, talk with others about the present situation. Let them know about the need to change spending priorities. Involve all family members, regardless of their ages. Include your family in decisions that must be made. As a family, discuss how income is spent, what is important, and what is not so important. What must the family have in the next week? In the next month? In the next two months? You may need to alter plans for taking a vacation or scale back the number of people with whom you plan to celebrate a family event.

Communication is sharing. Don’t burden family members with unnecessary worry, but do involve them; they may offer solutions or ideas you haven’t considered.

Communication is listening. Actively listening includes giving full attention to understanding the feelings of another person. Accusing another family member of being responsible for the current economic situation won’t help anyone.

Examine Your Expenditures

Your expenditures hold the key to how well you do when dollars are scarce. If your family does not follow a Spending Plan, this is the time to start. Family input is essential, so is being both realistic and flexible. Be creative about how to cut expenses. Remember, you want to survive comfortably. Here are some suggestions:

• Before making purchases above a certain dollar amount, discuss the potential purchase with other family members.
• Create an emergency spending plan by identifying what you absolutely would have to have to survive. Then add what you would need to be comfortable, prioritizing items as you add them to the list. Thinking through the emergency plan will help you prioritize your spending and see where you can cut back.
• Control impulse buying. Make a shopping list and weigh the importance of each item. Before buying anything, ask yourself: “Is this purchase absolutely necessary? Can we live without it for now?”
• Team up with a relative, friend or neighbor to save money...buy in bulk and divide the product, borrow each other’s tools and equipment, carpool and check with each other before purchasing errands. Trade skills and services.
• Engage in in-home production...cook low-cost meals, do your own housework and yardwork. Make it a family affair. Learn new skills and have fun. Whenever possible, use free or low-cost community services.
• Brainstorm ways to have fun without spending money...have a pizza and movie night at home, pack a picnic and spend a day at the park, take advantage of free and low-cost community events, have potluck dinners with friends and family, spend an evening at the library, join a book club, find a walking partner.
• Postpone the purchases of noncritical items (for example, furniture, a flat-screen television or remodeling) whenever possible. Although prices may be tempting at end-of-season or out-of-season sales, carefully consider the purchase of something out of season (for example, a snow shovel in the spring) to ensure that you have the funds necessary for the current season’s necessities. Stop buying on credit.
• Do not drop insurance coverage. The need for insurance is magnified by the stress you may be experiencing. However, if you have several policies, make sure that you are not paying for duplicate coverage.
• Do not cancel essential medical and dental appointments. Canceling such appointments may prove to be more costly long term. Some medical and dental professionals may be willing to negotiate payment schedules if details are worked out in advance.

Methods for Tracking Expenses

• Envelope method – Strictly uses cash. Less secure than other methods, but it is the easiest. Separate envelopes are used for each budget category (for example, housing, transportation, food, entertainment, personal care, phone, miscellaneous).
• Receipt/account book method – All family members collect receipts to be placed on a ledger at the end of the month.
• Checkbook method – Expenses are recorded only one time. It is easy to use, but you must remember to record transactions. All cash purchases must be recorded.
• Budget register method – More complicated than other methods, but it handles all transactions (for example, cash, check, deposits, withdrawals, credit payments). It is a compact record that goes with you.
• Software/online methods – Examples are Mvelopes.com, Excel Spreadsheet, My Money, and Quicken.

MANAGEMENT STRATEGIES
Be a smart shopper. Resolve to prioritize and focus on needs, not wants. Conserve resources by using them wisely. Make your home energy efficient. Consolidate shopping trips to the store.

Become more resourceful. Consider planting your own garden, cooking items from scratch, offering your services for hire.

Which bills should you pay first?
If you can pay some bills but not all, set priorities. After paying for secured loans and basic essentials, pay those bills that:
• Maintain vital services (for example, utility, phone, transportation, insurance)
• Have the highest interest rate
• Cost the most to delay (for example, bills that carry late penalties or may lead to repossession or disconnect/reconnect charges)
• May be collected vigorously

Be wary of quick, short-term, high-interest loans. If you miss just one payment, you could become saddled with long-term, high-interest debt payments that seem to never end. An example of this type of debt would be paying off a $500 loan by making 22 monthly payments of $68, which will cost $1,453 (with $953 spent on interest, the interest rate is about 150 percent).

Bankruptcy is not a good option. Financial institutions are also affected by the economy, and as the funds they have available for loans become more restricted, a good credit report for those wanting to borrow money becomes more essential. A bankruptcy will lower your credit rating for years, making it more difficult for you to buy essentials like a home or a car.

Consumer credit counselors offer free financial counseling and can intervene to help you avoid bankruptcy. They will negotiate with your creditors to develop a workable plan for paying off your debts.

Management Tools
Emergency savings are essential. Those attempting to get out of debt may fail to realize that they should have emergency funds available. These funds may help ensure that a debt repayment plan does not have to be postponed for unexpected household expenses or other emergency expenditures.

Reduce consumer debt. Don’t ignore your monthly payments on outstanding loans. Make a list of all your debts. Include in that list each debt’s annual percentage rate, the specific terms of the contract, and any finance charges. Analyze your debt payment options by utilizing a program such as the online program PowerPay (https://powerpay.org). Determine how much you owe to each creditor, then print out a plan for making power payments until you are completely out of debt. Continue making payments to build up your emergency savings to a minimum of three months of expenses.

How To Teach Your Kids About Money
Going to the grocery store this weekend? That’s a great place to teach kids about money, regardless of their age.

You could have your youngest hand over money to the cashier for a small treat, ask your 6 year-old to help you comparison shop, and talk to your 11 year-old about what’s within the family budget to buy during that trip. Take a calculator along if you need help with the math.

It’s been proven that parents are the biggest influence for their children’s financial knowledge, attitudes and behaviors (more than work experience and high school courses combined).

So take something as boring as a grocery store visit and turn it into a fun, practical money management lesson. Any little thing you can teach them gives them a step up later in life. Check out more ideas organized by age groups below.

Kids ages 2-4
• Let your child hand over money for a small purchase at the grocery store. This will help them learn about transactions and gain a healthy respect for the value of money.
• Start a savings jar for coins — make sure the jar’s transparent so they can see the coins that accumulate. At that age, they still can’t understand what they don’t see.
• Play store with them. Your kids could sell bananas, stuffed animals, or spoons! It really doesn’t matter what. Pay for items with coins and use this time to explain the equivalency of coins (e.g., 5 pennies equal a nickel, two nickels equal a dime).

Kids ages 5-7
• Count the coins in their savings jar — it’s a great way for them to practice math skills!
• As they start school, kids should be allowed to handle cash so they get used to it. Start them on an allowance. It should be given on the same day each week and not used as reward or punishment. Even if the kids spend it all at once, don’t bail them out. Over time with your reminders and guidance, they’ll realize it pays more to plan their spending.
• Comparison shopping: kids around 6 to 7 years old are more receptive to the idea of looking for the best price before purchasing. Help them compare prices on food or toys.
• Start talking about credit cards. Kids need to learn as soon as possible that those plastic cards equal money. When you make a purchase with a credit card, explain that you will have to pay it off later and show them your statement online or in hard copy. Make sure to point out the purchase you made and show them when you pay that bill, too. Same goes with the ATM: explain that the money you get is taken out of the money in your account and show them the receipt.

Kids ages 8-10
• Explain how you earn your money and how your child can earn his or her own income, too. This could include tasks around the house or neighborhood that he or she could do.
• Talk about how you spend your money and your different expenses or bills. Your child might be interested in helping you pay bills once a month.
• Explain needs and wants. Consider creating a list to show your child what is a need and what is a want for the family. Then, encourage them to make their own lists and cut out photos from magazines or draw pictures of their own needs and wants to illustrate those lists.

Continued on Page 6
Native Business:

Three Pillars of Achieving Extraordinary Results

In my career as a finance professional I have had the pleasure of working with good people that have achieved some great results. I have been on the number one business banking team in the country and managed a branch of eight people that outperformed our district in business production. I would like to share three points that helped ordinary people achieve extraordinary results: Pick the right people, identify roles and goals, and have everybody vested in achieving results.

First, picking the right person sounds simple and it is, but I expand that it takes a level of diligence that is a step beyond determining if you like someone and objectively matching their natural tendencies with the position's requirements. Second, identifying job responsibilities helps an employee understand where they fit in an organization and how they should interact with their co-workers. Goals help a group focus. The absence of goals leads to poor execution whereby a group pulls in all different directions and makes a company susceptible to giving up market share to competitors. Third, it is paramount that everyone has skin in the game. This means everyone is invested in some way so they can feel the joy of winning or the pain of failure. A rewards system is often used where recognition to individuals or some other benefit is given for extraordinary achievement. An organization brings these three points together by developing cohesiveness and letting groups practice and provide each other feedback on what worked and what could be improved. Cohesiveness is important because it allows an organization to drive results with limited resources and be able to quickly adjust to market conditions and capitalize on opportunity.

Jim Stanley is a business banker located in Bellevue, WA. He partners with your Tribal newspaper to share his knowledge in hopes of providing useful information to you. He is a member of the Quinault Indian Nation, serves as Vice President on the Quinault newspaper to share his knowledge in hopes of providing useful information to you. He is a member of the Quinault Indian Nation, serves as Vice President on the Quinault Nation Enterprise Board, and can be reached at sovereign.developments@gmail.com for your comments.

How To Teach Your Kids About Money

Continued from Page 5

- Saving up for something. Now that they understand needs and wants, it’s a good time to talk to them about saving up for something, whether it be a new bike or a pair of jeans. Help your child figure out how much he or she would need to save and for how long to get that something special. It’s a great way to start a savings habit.
- Open a savings account. Consider going to a local credit union or youth-friendly bank where your child can open a savings account with low or no fees and no minimum balance. The bank or credit union representative could talk about various savings options.

Kids ages 11-13

- Resist the temptation to control their spending decisions — they’re facing a lot of peer pressure at this time. Continue to provide guidance and be a strong role model.
- If you can, increase your child’s allowance. Spread out the payments to every two weeks and eventually a month. That way, children will learn to pace their spending.
- Talk to your kids about compound interest. As they’re getting more money, it’s often amazing for kids to see how much $50 or $100 can turn into at various interest rates. Use a compounding calculator online to play around with amount and interest rates.
- Help your child create a budget with his or her income and expenses. There may not be as much on there as your budget, but it’s good to give them a more complete view of their spending and savings.
- Investments for a few. Some middle school children may be ready to learn about investment options and the value of diversifying to minimize risk. However, that’s complex information and should be presented only when both parents and children are ready and prepared. Brush up on your investing knowledge before launching into this discussion.

Teenagers

- Continue helping them with their budget, any investments, and saving for a goal.
- Debit card time. Consider signing them up for a debit card to introduce them using credit before they leave home. Make sure they check their balance online regularly and get into the habit of doing that. With good habits established while they’re still at home, they can steer clear of the credit trouble some young people have gotten into.
- Talk about real world expenses. Around their junior or senior year of high school, you may want to start talking with them about expenses in the real world.
- Going to college? Explain what you are willing to pay and what you expect they will pay while in school. Remember, they’ve lived at home their whole lives so make sure to talk about various common expenses (e.g., looking for an apartment, buying books, using their debit or credit card, buying their own food).
- Heading out on their own? Talk to them about what expenses they should be aware of (e.g., buying their own food, finding an apartment, buying gas and insurance for a car, health insurance).

Tribal Council Resolutions

09-72: Authorizes SPIPA to submit a grant application to the Department of Health & Human services, Office of Community Services, for community activities targeted at Elders and youth.

09-73: Authorizes submission of a grant application to the Indian Community Development Block Grant under the category of Public Facilities and Improvement Projects to support the Squaxin Island Community Canoe Carving Center.

09-74: Authorizes the Tribe to enter into a Title V Section 509 construction project agreement for health clinic facility repairs and Northwest Indian Treatment Center renovation.

09-75: Requests that the Tribe’s American Recovery and Reinvestment Act of 2009 (ARRA) Tribal Improvement Program (TIP) be amended to include design and engineering of maintenance and improvements to Klah-Che-Min Drive.

09-76: Authorizes the Health Department to submit a grant application to the Department of Health and Human Services for a three-year project through the Tribal Management Grant Program for tribal program development and capacity-building.
SPSCC President Gerald Pumphrey, Ralph Munro, Squaxin Island Tribal Chairman David Lopeman, Rhonda Foster and Dale Croes

700 year-old cedar bough clam basket

SPSCC President Gerald Pumphrey and Squaxin Island Tribal Council Members Andy Whitener, David Lopeman, Marcella Castro and Misti Saenz-Garcia

Bone barb point

Squaxin Island basket weavers Ruth Whitener, Rhonda Foster, Patti Puhn, Margaret Henry, Julie Goodwin, Jennifer Ogno and Josh Mason
Summer Rec 2009 Re-Cap
Summer Rec was - again - found to be a wonderful place for children to meet new people and make new friends. It was also a great opportunity for our kids to be exposed to native tradition and cultural learning. The program ran for six weeks and targeted children between the ages of 5 and 13, with each individual assigned to age-appropriate groups and two or three group leaders. The four age groups consisted of 5-6, 7-8, 9-10, and 11-13 year-old children, with as many as 60 to 100 children attending per day.

There were numerous field trips to places like Point Defiance Zoo, Charlie's Safari, Skateland and Millersylvania State Park, as well as movies and bowling. Activities were planned to foster appropriate socialization skills, such as respect, responsibility, patience, honesty and cooperation. “Page to Stage” at South Puget Sound Community College was a favorite field trip where the children were able to enjoy a live performance of the classic story *Beauty and the Beast*. When the play was over, the children received free books and a chance to meet the performers. They all loved the personal attention and had many questions. The agenda was designed to build communication and social skills and expand children’s overall strengths. **Primarily, WE HAD FUN!**
Special Thanks Elroy Ellerbe and Casey Fletcher
Thank you for quick thinking and putting out a fire on the Reservation that saved a home and possibly a few lives. You are very much appreciated!!!
- Dorinda

Walking On... Kyót Blúbear Masoner

Kyót Blúbear Masoner was born and died on July 29, 2009. He was born to Chasity & Michael Masoner, and was brother to Nokomis Masoner, Mykah Masoner, Tom Masoner, Joe Masoner, and Sam Masoner. He was grandson to Dino and Joanne Decicio, & Blanche Hayes; great-grandson to Barbara Anne Henry; nephew to Dillon Decicio, great-nephew to Vince & Margaret Henry, Jonathon & Donna Harrell, Angela Decicio, Victoria Decicio, Victor Decicio, Annette (Fred) Rogers, Roberta Smith and many other relatives.

Services for Kyót were arranged by Forest Funeral Home and the funeral was held at the Foursquare Church in Shelton on Wednesday, August 5, 2009 at 1:15 p.m. with Pastor Ken Nielsen officiating. Grave-side service followed at Shelton Memorial Park’s Babyland with Rose Cooper officiating, offering a Shaker song and prayer. Dinner followed at Squaxin Island Tribe’s Elder’s building. Out of respect for the family, tribal offices were closed at 12:30 August 5th.

I love you very much, Kyót!
Love, Your Sister, Nokomis

Kyót Blúbear

Nothing could begin to touch how I feel for you. I may have lost you, though I feel you. I know you’re here with me. God decided he wanted you to be in Heaven as one of his angels. I cry and wish he would have let me have more time with you, all the same, I am forever grateful for the time he allowed me. Secret treasures for me to forever have and hold. Feeling your movement from kicks to hiccups, these are my memories of my Angel, my Lil Boy Blú. I will never let go of you.
Love, Mom
Keenan Vigil-Snook
Hi, I’m Keenan Vigil-Snook, and I’m 14 years old. I like to play baseball and ride my bike most of the time. My grandparents are Lila and Jose Vigil. My mom is Aleksii Vigil and my dad is Heath Snook. The most I liked about Stepping Stones was making jam.

Kyla Ford
Hi, I’m Kyla Ford. I’m 17 years old and engaged to Jonathan Boelk. This is my first year with the Summer Youth Employment Program and I believe Squaxin Island Child Development Center was a perfect fit for me because I love working with children. I’m getting my GED sometime this year and plan to go to college to further my education in childcare.

Markie Smith
Markie Smith worked at the Childcare Center this summer. : )
Canoe Journey 2009

Photos by Margaret Pickernell, Sadie Whitener, Charlene Krise and Dale Croes
Canoe Journey 2009

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Health & Human Services

Savvy Grocery Shopping
Kate Dugan, WSU Nutrition Educator

Grocery shopping for our families can be challenging. Not only do we have to balance everyone’s food preferences and keep things healthy, the money's tight. We have to be savvy shoppers at the grocery store.

Here are some tips on keeping the total down at the grocery check-out:

• Check the newspapers for what’s on sale at the grocery store and clip the coupons. Small savings can add up to big discounts.

• Make a grocery list during the week & stick to it when you're at the store.

• If you bring your kids to the grocery store with you, let the kids pick out a fruit or vegetable you haven’t had before and try it as a family.

• Bend down or stretch up to get the deals! Most bargains are found on the higher and lower shelves.

• Go grocery shopping right after eating meal. Being hungry at the store makes impulse buys and junk food tempting.

• If you have space & can afford it, stock up with canned or frozen foods when on sale.

• Don’t be afraid of generic brands. They’re just as tasty and usually cost less.

Soup is Easy & Quick…
We served this one at the Diabetes Support Group …It is delicious & healthy, too!

Vegetable and Bean Soup
• 2 Tbsp olive oil
• 1 onion chopped

• 32 ounces chicken broth
• 2 - 10 ¾ oz cans tomato soup
• 2 - 14 ½ oz cans Italian stewed tomatoes
• 3 large garlic cloves, crushed
• 1 tsp Italian seasoning
  (or ¼ tsp dried basil, ¼ tsp dried marjoram, ¼ tsp dried oregano, 1/8 tsp dried sage)
• 1/8 tsp ground red (cayenne) pepper
• 2 - 15 oz cans of beans of your choice: pinto, white, or kidney

• 2 pounds frozen mixed vegetables
  (your choice)
• 1 - 10 oz box frozen spinach, cooked and drained

1) Saute onion in oil. In a big pot.
2) Add chicken broth to beans & simmer.
3) Add vegetables, warm & serve.

Summer Rec Nutrition
Submitted by Kate Dugan, WSU Nutrition Educator -

The kids at Summer Rec learned about healthy eating and making strong food choices this summer. The 5- and 6-year olds explored and tasted foods of different colors. Seven and 8-year olds talked about the Food Pyramid and tried “adventure bites” from all parts of the pyramid. Nine and 10 year olds practiced different ways of putting the Food Pyramid in practice—playing nutrition games, learning about being full, and taste-testing healthy snacks. The 11- and 12-year olds discussed ways to cut back on pop and the value of physical activity.

Ask your kids what kinds of new foods they’ve tried this summer!

To learn more about what the kids ate and learned in Summer Rec, visit www.nutritionatsquaxin.wordpress.com

Have some tips of your own? Share them at www.nutritionatsquaxin.wordpress.com.

Youth & Teens Cooking Breakfast Burritos with WSU Extension

Marcus Johns mixes Breakfast Burritos during Stepping Stones at Health Promotions this summer. For this recipe & others, visit: www.nutritionatsquaxin.wordpress.com.

Alex & Triston cook up breakfast burritos in after school program. For the recipe & others, visit: www.nutritionatsquaxin.wordpress.com.
**Health & Human Services**

**Looking For Fresh Recipes?**

Watch videos & get recipes with local farmers here:
http://naturescreationfarm.com
Click on "Recipes with Videos"

Or visit
www.nutritionatsquaxin.wordpress.com
Click on "Recipes"

Tribal members can use computers in the museum at no charge when the museum is open!

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**5th Annual Cowlitz Tribal Health Walk**

1055 9th Ave. Longview, WA 98632 (560) 575-6229

Saturday September 19th, 2009

Hernlock Plaza, Lake Sacajawea Longview, WA

**Registration Form**

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Mail, Fax, Phone, or E-Mail registration to Maggie Miller, Tribal Diabetes Program Coordinator
1055 9th Ave.
Longview, WA
Office: 575-6229 Fax: 575-1948
E-Mail: mmiller.health@cowlitz.org

This year we have Hooded Sweatshirts for sale and are available at the Tribal office and the day of the event. Sweatshirts are black with red and silver screen printing.

Size Small - 2XL are $25.00
3XL & 4XL are $30.00

Contact Maggie Miller @ 575-6229 with any questions

http://twitter.com/HealthWalk

I, the undersigned, in consideration of my participation in the 5th Annual Cowlitz Tribal Health Walk on September 19th, 2009, do hereby agree to indemnify & hold harmless the Cowlitz Indian Tribe, Cowlitz Tribal Health & Human Services Department, & the City of Longview, their agents & employees, from & against any losses, costs, damages, & expenses including attorney fees, arising out of or resulting from claims or suits, by or on behalf of any person, for any injuries to my person, including death, arising from my participation in this event. I also understand that my photo may be taken during the event and may be used by Cowlitz Tribal Health Education for future promotion of the Annual Cowlitz Tribal Health Walk.

I HAVE READ AND AGREE TO THIS WAIVER

Participants Signature (Parent/Guardian Signature required if a minor)
Upcoming Health Events

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

Hands-On Cooking Workshop
September 15th at 10:30-11:30 a.m.
Health Promotion

Community Health Walk
Thursday, September 17th
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 to be in the drawing for a gas card!
First place: $25 gas card & Nike visor
2nd place: $25 gas card & Nike socks
3rd place: $25 gas card.
All SPIPA tribes will be taking a walk in their area at the same time for diabetes prevention!
Help us win the Walking Stick!
The tribe with the most walkers each month wins the walking stick for that month.
We won it in May … can we get it back in September?

Mammograms and Women's Health Exams
September 24th at the clinic

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.

Free Pilates classes
Community members welcome
Mondays and Wednesdays
4:00 - 5:00 p.m. at Health Promotions

Meal Program Entrees

Wed. Sept. 2 - Grilled Oysters & Fish
Thurs. Sept. 3 - Cornflake Chicken
Mon. Sept. 7 - Closed for Labor Day
Wed. Sept. 9 - Pork Roast
Thurs. Sept. 10 - Soup and Sandwich
Mon. Sept. 14 - Fish Sticks
Wed. Sept. 16 - French Dip
Thurs. Sept. 17 - Fajitas
Mon. Sept. 21 - BBQ Chicken
Wed. Sept. 23 - Steak Night
(RSVP to Colleen @ 432-3936 by Friday, Sept. 18th. Cost for Non-Elders is $5)
Thurs. Sept. 24 - Fish Tacos
Mon. Sept. 28 - Meatloaf
Wed. Sept. 30 - Stew

Menu Subject to Change

WIC Foods
Submitted by Patty Suskin - Wic Foods include fresh vegetables & fruits and whole grains starting October 1st!

Here are just a couple of the changes:
- Fully breastfeeding moms will get the biggest WIC food package, including: canned tuna, salmon, sardines or mackerel; milk, juice, eggs, bread, fresh fruits and vegetables, peanut butter and beans.
- 1-4 year olds and women will receive vouchers for fresh fruits and vegetables plus 100% whole wheat bread, tortilla, oatmeal, bulgur or brown rice.

For additional information, check out Washington State WIC web site http://www.doh.wa.gov/cfh/WIC/newfoods.htm or contact Debbie Gardipee-Reyes at 462-3227

Are you pregnant or have a child under age 5? You may be income – eligible for WIC. Contact Debbie.

Need Food?
Check these out . . .

WIC
(Women, Infants, & Children) at SPIPA
Provides healthy foods and nutrition information for you and your child up to age 5

PLEASE BRING:
Your child, medical coupons or paycheck stub, and identification

Monday, Sept. 14th 9 a.m. to 4 p.m.
CONTACT:
Debbie Gardipee-Reyes @ 462-3227

Commodities at SPIPA
Monday, Sept. 8th, 10 a.m. to noon

CONTACT:
Shirley or Bonita at 438-4216 or 438-4235

Squaxin Island 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 when we receive fresh produce or bread, let me know.

CONTACT:
Melissa Grant @ 432-3926
Community

Happy Birthday

Jeramiah Longshore 01   Levi Connally 09   Raiatea Villanueva 19
Kui Tähkeal Jr. 01   Alexsii Vigil 09   Francis Bloomfield 19
Patrick Whitener 01   Joseph Stewart-Kinchler 09   Calvin Farr 19
Vanessa Algea 01   Lewis Napoleon 09   Frances Starr 19
Alexander Solano 01   Roger Peters 10   Sophia Pinon 19
Jason West 02   Jasmine Nelson 10   Terry Brownfield 20
Austen Peters 03   Debra Mattson 10   Kayla Johnson 20
Riley Lewis 03   Stuart Mowitch 10   Kassidy Burrow 21
Kezia Wentworth 03   Madeena Rivera 11   Jada Krise 21
Rose Krise 03   Austin Brearly-Lorentz 12   Gregory Koenig 21
Kathrine Neilson 04   Robert Farron 13   Esther Fox 21
Latoya Johns 05   Kaitlyn Brandt 13   Desmond Smith 21
Mckenzie Brearly-Lorentz 05   Anthony Ramirez III 13   Kiona Krise 22
Elijah Krise 06   Kristen Davis 15   Gloria Hill 22
James Youngs 06   Jonathan Harrell 15   Kim Cowing 22
Joshua Coble 07   Florence Sigo 15   Michael Peters 23
Wayne Lewis 07   Jamie Lewis 16   Peter Kruger, Jr. 23
Talon Peterson 07   Carmen Jones 17   Angel Sen 23
Danielle Leas 07   Cassie Colbert 17   Mykah Masoner 23
William Weythman 08   Kenedee Peters 17   Chris Clementson 23
Charles Scheibel 08   Markie Smith 17   Donald Whitener 24
Justine Mowitch 08   Tiana Henry 18   Linda Lake 24
Barry Hagmann 08   Tia Jordan 18   Joan Koenig 25
William Hagmann 08   Stephen West 18   Susan McKenzie 26
Dustin Valderas 08   Willow Henry 18   David Seymour 26

What's Happening

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

Walking on
Nancy L. Barker

Nancy Lee Barker died July 16 at Harborview Medical Center. She was 56 years old. She was born September 2, 1952 to Donald and Carol (Todd) Barker in Mount Vernon. Mrs. Barker graduated from Shelton High School in 1970. Shortly after she married Ken Selvidge Jr. in Kamilche. They divorced in 1993.

She enjoyed taking care of children, quilting, traveling, baking and sharing her skills with her children. She was known for her popcorn balls and peach cobbler. She always had an open door and kitchen for any extra children. She devoted the last 16 years to being a foster mom.

She worked for Squaxin Island Tribe and Little Creek Casino.

She is survived by daughter Rachel Aldrich of Shelton; son Hee Selvidge of Malott; foster daughter Teresa Sanchez; step-father Bill Blutcher of Shelton; brothers Jeff Barker of California, Marvin Barker of Wyoming, Dale Barker of Wyoming, Don Barker Jr. of California, Mark Lester of Lakewood and Tim butcher of Lacey; sister Kris Hanson of Tacoma, Linda Maginnis of Tacoma and Patty Blutcher of Tacoma; grandchildren Alysha and Jake Aldrich, Brier Selvidge, Donovan Henry and Zachery Sanchez.

She was preceded in death by her parents Carol Blutcher and Don Barker.

The family held a service at the Squaxin Island Tribal Center on Monday, August 3, at 11 a.m.

Online condolences may be sent to the family at www.mccombfh.com.
Joanie's a New Gram!

Congratulations Graduate!

Natasha Euphamie Sampson
Natasha Sampson was born July 1, 1991 in Richland, WA. Her mother, Serena Phillips, is a tribal member. Her grandmother, Euphamie L. Whitener, is also a tribal member. The late Fame Rankin was her great-great-aunt. She will attend Columbia Basin College in Pasco, WA this fall.

Myrtle Richards and Great-grandson

Wesley "Curtis" Fletcher
(April 11, 1920 - September 15, 1979)

Dad
How well I remember all the special times we had,
Those times and seasons of my life
With a very special Dad!
How well I remember
That day 30 years ago
When God called you home...
You slipped into His loving arms,
And I felt so alone.
Now my heart is carrying the memories
Of the love you gave to me...
Until we meet again in Heaven,
Where the best is yet to be!

I miss and love you, Daddy
- Jacky

Congratulations!

Tootsie Is A New Gram!

Back to School and Fishing . . .
Best of Luck and Fun to All!

Class of 2009