The Squaxin Island Tribe is Honored to Host

Paddle to
Squaxin 2012
Welcome Canoe Families
From throughout the Salish Sea!

We have been busy and excited preparing for your arrival!
We hope you enjoy your visit to Squaxin Island Tribe!

Parking is off-site for everyone except residents of the Squaxin Island community. Passes will be required. Volunteers are asked to park at the Skyline Drive-in Theater and all others in the parking lots at the south end of Little Creek Casino Resort. Shuttle buses will run every half hour.
This is a Drug and Alcohol Free Event!

Paddle to Squaxin Island
gwadad - Teachings of Our Ancestors

Day of Landing
July 29th
Tribal Canoe Journey — Olympia
Canoe Landing Protocol
Approximately 1:00 p.m.

Tribal Elder Prayer
Recognition of dignitaries
Water Ceremony

The Celebrations Continue
July 30th to August 5th
Potlatch Protocol Celebration

Potlatch Protocol begins as soon as the canoe landing gets underway. Canoe Families traveling the furthest perform earliest. The host for 2013, Quinault, will perform second to last. The Squaxin Island Tribal Community ends the festivities and celebrations on August 5th. There will be a schedule available.
Squaxin Island Employee/Volunteer Parking
& Volunteer Camping
2012 Canoe Journey - Kamilche, WA

Key
- Protocol Area
- Volunteer Camping
- Parking Areas
  - Event Parking
  - Reserved Parking
  - SIT Staff and Volunteers
- Bus Routes
  - Volunteer/Staff Shuttle
  - Casino Shuttle
  - Mason County Transit
  - Shuttle Stops

Volunteer & SIT Staff Parking

There will be Frequent Shuttles between Campground, Event Parking, Volunteer/Staff Parking and Protocol on Reservation.

For Mason County Transit schedule between Shelton and Olympia please visit www.masontransit.org

Volunteer Registration (Tribal Center Lobby)

Volunteer Camping

Directions from Hwy 101:
- Take WA-108 Exit toward McCleary.
- Turn Right if Northbound (Left if Southbound)
- Volunteer Camping at blue house on right (3711 SE Old Olympic Hwy, Kamilche, WA)

Limited On-Site Street Parking Available

SIT Staff and Volunteer Parking

Directions from Hwy 101:
If HWY 101 N (From Olympia)
- Take Sharp Right Turn Exit at Lynch rd. (Near 76 Gas station)
  (Sharp Left Across Highway if on HWY 101 S from Shelton)
- Take immediate left onto SE Brewer Rd
- Take right at Skyline Drive-In on Right
  (Inside Drive-In Theater) (182 SE Brewer Rd, Shelton, WA)
- RV Parking Available at Sundance just before Skyline)
Per Capita Tax Withholding

Please remember that according to the IRS, distributions of Indian gaming profits to tribal members are taxable income. As long as the total payments to an individual for calendar year 2012 are $9,750 or less, the Tribe is not required to withhold the tax.

As an option to assist tribal members in managing their tax consequences, the Tribe plans to implement per capita Federal tax withholding, effective January 1, 2013. To accomplish this we need a completed W-9 form from every tribal member. These forms are available in the Finance Department, see Joanne Decicio or Waynette Tyler, or go to the IRS website, irs.gov, Forms and Publications, Form W-9. We plan to have the forms available at the next two per capita distributions and include them with the checks when mailed. The completed forms need to be returned to Joanne or Wayne.

For the balance of calendar year 2012, please monitor your individual tax situation. Two ways to avoid a potential tax penalty are: 1) increase your tax withholding by submitting a W-4 form to your payroll office (if you are employed) or 2) make quarterly payments to the IRS.
Paddle to Squaxin 2012

Free Shuttles:

Paddle to Squaxin Event Shuttles 10am to 8pm:
First Student buses will run on approximately 15-minute intervals from the designated parking zone to the landing site. Over 2,000 convenient on-street and surface lot parking spaces are available.

Intercity Transit’s Dash Shuttle 9am to 5pm:
Intercity Transit’s free Dash Shuttle will run on Capitol Way between the State Capitol Campus and the Farmers Market approximately every 10 minutes. Landing attendees should not park at the Farmers Market lot – it is reserved for Market customers only.

While visiting Olympia, you may wish to...

- Walk along Olympia’s mile-long Percival Landing boardwalk.
- Splash in Heritage Park Fountain.
- Enjoy the annual Olympia Symphony free outdoor concert on the lawn of the State Capitol building at 5:00 p.m. on landing day.
- Shop and dine in downtown Olympia’s eclectic mix of restaurants and family-owned businesses.
- Enjoy free showings of Fast Runner, Nanook of the North, and In the Land of the War Canoes on Sunday, July 29, 11:00 a.m., 2:30 and 5:30 p.m. at the Capitol Theater, 206 5th Avenue SE in downtown Olympia.

THIS IS A DRUG, ALCOHOL AND WASTE FREE EVENT.

Thank you...

- Port of Olympia: Landing facilities, event logistics, volunteer coordination.
- City of Olympia: Parking and shuttle coordination, landing site sanitary and waste, public safety/traffic control/harbor patrol, medic van, and vendor coordination.
- Thurston County, Thurston County Health Department and the Thurston Medical Corps: First Aid/medic services; soft landing facilities and logistics at Burfoot Park.
- First Student: Park and ride shuttle services.
- International Brotherhood of Electrical Workers (IBEW): Power connections.
- Intercity Transit: Dash shuttle; bike racks.
- Hands on Children’s Museum: Children’s activities.
- KGY Radio: Onsite radio/traffic updates.
- Olympia-Lacey-Tumwater Visitor and Convention Bureau: Welcome and information booths.
- Puget Sound Energy: Landing site power.
- Vine Street Group: Donated use of parking lots.

AND THE HUNDREDS OF COMMUNITY VOLUNTEERS who are keeping the site clean, welcoming visitors, and assisting with parking, traffic control, and canoe removal.

Beautiful landscaping and protocol tent in preparation for Paddle to Squaxin 2012.
**Summer Youth Employment**

**Marcus Johns**
Hi, my name is Marcus Johns, and I’ll be working as a Fish Tech Trainee this summer. I am from the Johns family. My parents are Del Johns and Judy Johns. I attend Shelton High School, and completed 10th grade. This could be a job I would like later in life after I graduate. I’m excited to go out on the boat and have some fun! See you guys around!

**Keenan Vigil-Snook**
Hi, my name is Keenan, and I’ll be working as a Fish Tech Trainee this summer. My parents are Alexsii Vigil and Heath Snook. I attend Shelton High School, and completed 11th grade. This summer I will improve on taking directions and my labor skills will improve. I’m excited to learn how to work on the beaches, such as setting up the clams. I look forward to working with you. See you around!

**Dakota Riley Lorentz**
Hi, my name is Dakota Riley Lorentz, and I’ll be working as a Fish Tech this summer. I am from the Krise/Whitener family. My mom is Lascu McClung and my dad is Walter Lorentz. I recently earned my GED and I plan on pursuing a career in fisheries. I’m excited to learn how things work and are done and what I can do to positively help this department. I give thanks to my people for giving me this opportunity.

**Elena Capoeman**
Hi, my name is Elena Capoeman, and I’m a museum employee. My mom is Terri Capoeman. I’m in 11th grade at Shelton High School. I hope to learn more this summer so I will know what to do when I get older. I’m excited to learn more about my culture and to see what my experiences are. I will be looking forward to seeing you and working with you.

**Dustin Valderez**
Hi, my name is Dustin Valderez, and I’ll be working as a Fish Tech Trainee this summer. Although this job doesn’t tie into my future plans, I look forward to learning new skills and working with the tribal fisheries.

**Bianca Saenz-Garcia**
Hi, my name is Bianca Saenz-Garcia, and I will be working as an Office Assistant Trainee at Natural REsources. I am from the Henry family. My parents are Miguel and Misti Saenz-Garcia. I attend East Valley High School in the 10th grade. I’m stoked to work with my Momma Julz.

**Angelina Sosa**
Hi, my name is Angelina Sosa, and I will be working as a Summer Rec Assistant. I am from the Port Gamble S’Klallam Tribe, and my parents are Trisha and Jimmy Price. I graduated in 2011. I’m excited about learning more about the Tribe and hosting the Canoe Journey. See you soon.

**Jessica Cruz**
Hi, my name is Jessica Cruz, and I’ll be working as a Cultural Preservation Assistant. I am from the Krise family and my mom is Leanora Krise. I’m a graduate of Shelton High, and I want to be a Native Studies Teacher. I’m excited about being host of the 2012 Canoe Journey. I would be happy to see you around!
Summer Youth Employment

Tenaya Johnson
Hi, my name is Tenaya Johnson, and I’m working as a Teacher’s Assistant at the Squaxin Island Child Development Center. I come from the Bagley family. My mother is Janita Raham and my grandmother is Janette Sigo. I attend Shelton High School and just completed my sophomore year. I’m excited about learning how to be a role model to children of multiple age groups. Have a great summer.

Elijah Krise
Hi, my name is Elijah Krise, and I’ll be working as a Cultural Preservation Assistant. I am from the Krise family and my parents are Jill and Casey Krise. I go to SHS, and I completed my 11th year. This job will help me develop work skills, social skills which I will be able to put on my resume. I’m excited to learn about my culture. I look forward to employment.

Isaac Ackerman
Hi, my name is Isaac Ackerman, and I’ll be working as a Cultural Preservation Assistant. I belong to the Henry family, and my mother is Katherine Ackerman, daughter of Beverly (Verna) Henry. We come from strong lineage, and are proud to represent our family in the best of ways. I just completed 11th grade at Shelton High School. Working at the Tribe is definitely an option in my future, especially for the museum. I am always excited to learn more about my heritage, and how we originated as people of Squaxin Island. I look forward to meeting new faces and working with familiar ones. See all of you soon!

Sha-Shoney Fenton
Hi, my name is Sha-Shoney Fenton, and I will be working as a Summer Recreation Assistant. I am from the Cooper family, and my mom is Elizabeth Fenton. I just completed 10th grade at Shelton High School. I plan to be a vet and seeing little kids’ faces smile when their animal is better makes me feel good. I am excited to learn other kids’ culture and to get to know them a little bit more. Thanks and have a great day!

Julito Valencia
Hi, my name is Julito Valencia, and I will be working as a Cultural Preservation Apprentice. I am from the Krise family, and my parents are Jill and Casey Krise. I just completed my GED through the TLC. I might work for my Tribe in the future, and I will learn a lot about it. I’m excited to learn other Tribes’ singing and dancing.

Jon Holden
Hi, my name is Jon Holden, and I will be working as a Summer Recreation Assistant. I am not Squaxin, but my parents are Grey Holden and Jenna Kenyon. I’m in my junior year at Shelton High School. I hope to gain life skills from this job. I’m excited about getting to know any new employees! I hope this helps you understand me.

Per Capita Checks will be distributed at the Administration Building on Thursday, August 16 from 8:00 am until 3:00 pm.

If you have signed up for direct deposit, this distribution will be deposited into the account you have provided.

If you would like to sign up for direct deposit and have not done so, please call or stop by the Tribal Center to receive and fill out a Direct Deposit Form.

Please contact the Tribal Center if you would like to have your check mailed, or to update your mailing address: 360-426-9781.
**Summer Youth Employment**

**Douglas McFarlane**
Hi, my name is Douglas McFarlane, and I’m working as a Facilities Tech for LCCR again this year. I’m from the Henry-McFarlane family. I go to Shelton High School and I’m hoping to keep working at LCCR. I’m excited to be back. See you down there.

**Kira Coley**
Hi, my name is Kira Coley, and I’ll be working in Housekeeping at LCCR. I’m from the Blueback and Johns families. I’m currently working on my GED. This job will be good experience for me, and I hope to continue working at LCCR. I’m very excited to start work and learn new skills.

**Clara Capoeman**
Hi, my name is Clara Capoeman, and I’ll be working at LCCR Hotel Services. My mom is Terri Capoeman and my father is Wilson Johns. I’m currently working on my GED, and I plan on keeping my job after summer until school goals are over with. I’m excited to work with everyone this summer. See you all soon.

**Colton Gott**
Hi, my name is Colton Gott, and I’ll be working as a Groundskeeper. My parents are Stephanie James and Jeffery Gott. I go to Shelton High School and just completed 11th grade. This job will help me experience diversity in golf course maintenance and necessary fundamentals. I’m excited to be learning these new skills. I hope you enjoy significant recess from our poor Washington weather.

**Marissa Morken**
Hi, my name is Marissa Morken, and I will be working at Hotel Guest Services. I am a member of the Sigo family. My mother is Janette Sigo. I just graduated from Shelton High School. This job will help me with customer service and people skills. I am planning on being a psychologist. I want to improve more on my people skills and not being as shy. I look forward to seeing all of you down at the hotel.

**Ronnie Penn**
Hi, my name is Ronnie Penn, and I’ll be working at Little Creek Casino Resort. I am from the Penn family. My parents are Lisa Blevins and Nathan Penn, and my step-father is Michael Blevins. I just finished an amazing 10th grade at Shelton High School. This job will help me expand and improve my skills so I can broaden my future. I really hope to learn more to be more patient with paperwork, so I can fill it out properly. This is Ronnie Penn signing off.

**Kaitlyn Sweltzer**
Hi, my name Kaitlyn Sweltzer, and I will be a Trainee at Little Creek Casino Resort. My parents are Chad Sweltzer and Louise Rioux. I attend Choice Alternative School and I’m excited for this job to help me save for college and gain experience. I’m also excited about anything that can help with future jobs, new skills and new concepts. I look forward to meeting new people and gaining experiences!

**Lorenzo Solano**
Hi, my name is Lorenzo Solano, and I’ll be working at Hotel Guest Services. My parents are Marco and Jessica Solano. I just completed 10th grade at Shelton High School. I would like to work for the casino in the future, and I’m excited about learning how to help people and be good at a job. See you around.
Stepping Stones

Preparing for Paddle to Squaxin 2012
**Sylvan**

Would you like your student to gain some ground in their Reading or Math skills? Could they use more confidence and abilities to help them in school?

Squaxin students are eligible to receive services at the ‘Tu Ha’ Buts Learning Center after school throughout the school year! This program is facilitated by Sylvan Learning Center from 4:30 p.m. to 6:30 p.m., Mondays/Wednesdays & Tuesdays/Thursdays in 1 hour time slots.

**New Sylvan student testing** begins August 21st and August 22nd at TLC. Times available include 10:00 a.m., 12:00 p.m. and 2:00 p.m. Testing lasts about 90 minutes. If your student was attending in June, they are eligible for this block of scheduling.

**Continuing Sylvan student testing** begins August 21st and August 22nd at TLC. Times available include 10:00 a.m., 12:00 p.m. and 2:00 p.m. Testing lasts about 90 minutes. If your student was attending in June, they are eligible for this block of scheduling.

**Learning Academy**

Students from 8th to 12th grade (up to 21st birthday) are eligible to attend. This program also offers GED coursework and credits that apply for your diploma! A Washington State Certified Teacher is present to assist students in their online or independent packet course work from Monday-Thursday from 9:00 a.m. - 3:00 p.m. at the ‘Tu Ha’ Buts Learning Center. Sign-ups begin Monday, August 13th. Stop in, pick up an application and meet teacher-Lynn White.

For Questions or more information: Rebecca Roadman  
TLC Education Liaison  
WA State Certified Teacher  
Office: (360) 432-3853  
Email: rroadman@squaxin.us

**GED**

**Homework Help**  
PLEASE NOTE!!!!!!  
* GED and Homework Support will be cancelled on Tuesday, August 28th.

**GED PREPARATION CLASSES**

Have you been thinking about getting your GED? Has getting your GED been something you have been putting off? Now is the perfect time to start working towards your GED. GED preparation classes are held Tuesdays, Wednesdays and Thursdays from 4-7:00 p.m. in the classroom of the ‘Tu Ha’ Buts Learning Center. There is help for you to take practice tests, identify what subjects or skills need improvement while working through math, reading, Writing, Science and Social Studies.

For more information or if you have any questions, please feel free to contact: Jamie Jhanson (360) 292-3301 or email me at jjhanson@mccleary.wednet.edu.

**HOMEWORK SUPPORT**

Taking courses over the summer? Need help studying for finals? Homework support is offered throughout the summer! Support is available Tuesdays, Wednesdays, and Thursdays from 4-7:00 p.m. in the classroom of the ‘Tu Ha’ Buts Learning Center. For more information or if you have any questions, please feel free to contact me: Jamie Jhanson (360) 292-3301 or email me at jjhanson@mccleary.wednet.edu.

**Back to School Backpack Blowout**

Who: Tribal Students (k-12) & Their Parent/Guardian  
What: Backpack/ School Supply Gifting  
When: Thursday, August 16th, 2012  
9:00 a.m. - 3:00 p.m.  
Why: Support our students & promote life long learning!  
Where: Squaxin Island Tribal Center

**Looking for WALDO?**

NO! It’s the POSTER PROJECT …and we’re looking for our own AWESOME SQUAXIN YOUTH!!!!

Keep an eye out for POSTERS featuring the voices of Squaxin young people in August and September. The ANA/SEDS Integrated Youth Development Project (IYDP) and the Family Services Prevention and Wellness staff will be bringing you the Wellness Poster Campaign from the Canoe Journey through the start of the school year. In 2010, the IYDP enlisted the help of a Young Adult Assessment Team to research opportunities and challenges youth experience in the Squaxin Island community. The team’s report, compiled from surveys and focus groups around the community, has helped shape the work of the project wrapping up this fall. To end on a positive note, the campaign will highlight some of the best research results in posters hung around the community, reminding us of what we have to be proud of and what we can continue to do to support healthy youth.

**Questions/Comments about this project:**  
Evan Welkins-TLC-ANA SEDS Grant Coordinator Office: (360)432-3826 ewelkins@squaxin.us

**Basketball Camp in August**

A joint effort of the Squaxin Island and Skokomish Tribes is leading to a youth basketball camp during the week of August 20-24. Planning of the event is underway as I write this, so a lot of details still need to be worked out – ages of the participants, numerous locations, skilled trainers being brought in, etc. Watch for updates in the Daily Scoop, mailers, and all the usual locations.

Gordon James 432-3904  
Email: gjames@squaxin.us

**Acting Education Director**

Hello to everyone, Gordon James here. While many are already familiar with me as the Youth Activity Manager, there have been some changes in the Education Department that I want to let the community know about. Sally (Sis) Brownfield and Lisa Evans have taken other roles within the Tribe and are no longer at the ‘Tu Ha’ Buts Learning Center. I have been appointed Acting Education Director and will be working with Rebecca Roadman and Evan Welkin to create a plan of action for addressing the ongoing efforts of the department while we have vacant positions. Feel free to contact any of us with your questions, as we continue to develop our plan of action for any and all education-related issues.

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**Community / Health Clinic**

**August Menu**

<table>
<thead>
<tr>
<th>Day</th>
<th>Meal</th>
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<tbody>
<tr>
<td>Wed. 2</td>
<td>Canoe Journey</td>
</tr>
<tr>
<td>Thurs.</td>
<td>Canoe Journey</td>
</tr>
<tr>
<td>Mon. 6</td>
<td>Sloppy Joes</td>
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<tr>
<td>Tues. 7</td>
<td>Soup &amp; Sandwich</td>
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<tr>
<td>Wed. 8</td>
<td>Fried Chicken</td>
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<tr>
<td>Thurs. 9</td>
<td>Pizza</td>
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<tr>
<td>Mon. 13</td>
<td>BBQ Beef Ribs</td>
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<tr>
<td>Tues. 14</td>
<td>Soup &amp; Sandwich</td>
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<tr>
<td>Wed. 15</td>
<td>Sweet &amp; Sour Pork</td>
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<tr>
<td>Thurs. 16</td>
<td>Tuna Melt</td>
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<tr>
<td>Mon. 20</td>
<td>Burritos</td>
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<tr>
<td>Tues. 21</td>
<td>Soup &amp; Sandwich</td>
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<tr>
<td>Wed. 22</td>
<td>Pork Roast</td>
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<tr>
<td>Thurs. 23</td>
<td>Vegetable Chow Mein</td>
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<tr>
<td>Mon. 27</td>
<td>Chili, Baked Potato Bar</td>
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<tr>
<td>Tues. 28</td>
<td>Soup &amp; Sandwich</td>
</tr>
<tr>
<td>Wed. 29</td>
<td>Halibut</td>
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<tr>
<td>Thurs. 30</td>
<td>Shrimp, Broccoli Stir Fry</td>
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**Upcoming 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 Juana Perry @ 432-3863 to get on the waiting list to have a garden placed in your yard – for FREE

- **Smart Shopping/ Food Label Reading Workshops**
  Contact Patty to schedule a family & friends session

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

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

- **Mammogram Clinic**
  August 7th from 9 a.m. to 3 p.m.
  @ the Health Clinic
  Contact Elizabeth Heredia at 432-3930

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

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**Veterans Thank LCCR**

The Veterans Committee would like to convey a thank you to Little Creek Casino Resort. They graciously refinished all the benches in the memorial.

Thank you!

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**Squaxin Island’s Food Bank at the Health Promotions**

*Monday-Friday Between 10 am & 4 pm (our lunch break is from noon to 1 pm)*

*If possible, Wednesday is the best day.*

*If you need access to the food bank, stop by once a week.*

*If you would like to be on the call list for fresh produce or bread.*

*Please call Melissa Grant: 360-432-3926*
**10 Reasons To Get In Shape**

By Dr. George Blevins DC

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**Are You Drinking Your Water?**

What do you, trees, and your pets have in common? Give up? You all need water. All living things must have water to survive, whether they get it from a water fountain, a rain cloud, or a little bottle attached to the side of a hamster cage.

Without water, your body would stop working properly. Water makes up more than half of your body weight and a person can’t survive for more than a few days without it.

**How Much Is Enough?**

Since water is so important, you might wonder if you’re drinking enough. There is no magic amount of water that kids need to drink every day. Usually, kids like to drink something with meals and should definitely drink when they are thirsty. But when it’s warm out or you’re exercising, you’ll need more. Be sure to drink some extra water when you’re out in warm weather, especially while playing sports or exercising.

**What is Dehydration?**

When your body doesn’t have enough water, that’s called being dehydrated. Dehydration can keep you from being as fast and as sharp as you’d like to be. A bad case of dehydration can make you sick. So keep that water bottle handy when the weather warms up! Not only does water fight dehydration, but it’s awfully refreshing and has no calories.

Your body can help you stay properly hydrated by regulating the amount of water in your system. The body can hold on to water when you don’t have enough or get rid of it if you have too much. If your pee has ever been very light yellow, your body might have been getting rid of excess water. When your pee is very dark yellow, it’s holding on to water, so it’s probably time to drink up.

You can help your body by drinking when you’re thirsty and drinking extra water when it’s warm out. Your body will be able to do all of its wonderful, waterful jobs and you’ll feel great!

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**Enjoy the Summer at Kenneydell Park**

6745 SW Fairview Rd, Olympia, WA 98512

This 40-acre park features 1,000 feet of freshwater beach as well as trails, athletic fields and a developed swimming area on Black Lake.

In 2009 two large playground structures were added. There are three covered shelters, each offering a large barbecue grill with three covered picnic tables providing seating for approximately 24-30 people.

The Lodge is a full-featured heated cabin with kitchen, meeting space, fireplace, covered porches, deck, tables and chairs to accommodate 49 people.

Shelters & Lodge can be reserved in advance. Call (360) 754-3800 or reserve at this website: http://www.co.thurston.wa.us/parks/parks-kenneydell.htm

* No fishing, alcohol or animals are permitted on the beach.
* Alcohol is not permitted on the athletic fields.

**Directions**

Take Highway 101 off I-5. Exit onto Black Lake Boulevard southbound. Proceed approximately 2 miles, then turn left onto the Black Lake-Belmore Road. Follow the Black Lake-Belmore Road approximately 2 miles. Turn right onto 66th. At the sharp curve to the left, 66th will become known as Fairview Road. Kenneydell County Park entrance is 600 feet after the curve on the right.

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**More Socks awarded**

Submitted by Patty Suskin, Diabetes Coordinator

Great work & congratulations to Glen Parker for taking care of his diabetes. Glen completed all the 2011 tests & exams recommended by the IHS Standards of Care for Type 2 Diabetes & was unavailable during Spring into Health when others were recognized. Congratulations!
Wise Elder Tip
“i was surprised that it took me juicing 4 oranges to get a cup of fresh squeezed orange juice for a recipe. it is easy to drink a cup of orange juice without giving any thought, but eating 4 oranges at one sitting would be unlikely.”

Bottom line: Eat your fruit, don't drink it.
- Millie Wagner, Squaxin Island Tribe Elder

5 Reasons to Eat Your Fruit, Don't Drink it
Submitted by Patty Suskin, Diabetes Coordinator
1. **Save on calories**: 12 ounces of OJ = 165 calories, vs. a medium orange = 62 calories.
2. **Save your Teeth**: There are 33 grams of sugar in 12 ounces of 100% orange juice. Compare this to just 15 grams of sugar in 1 medium orange! Next time you have a craving for something fruity...go for the real thing. Your teeth will thank you later.
3. **More fiber**: Fiber is good for your heart, digestion, cancer prevention & more. A small apple has 7 times the fiber of a glass of juice.
4. **Fill your stomach**: feel full longer. Research shows that fiber aside, liquid carbohydrates just aren't as filling as solids. When you chew a food, you generate more saliva, which in turn carries a message to the brain that your gut needs to get ready for digestion. Drinking doesn't require such digestion, so the body doesn't register that it's full as quickly.
5. **Recommended by Squaxin Island Tribe Elder, Millie Wagner**

8 Habits of Healthy Kids
Submitted by Patty Suskin, Registered Dietitian
1. **Spend at least an hour a day being physically active**
2. **Spend less than 2 hours a day watching TV and playing video and computer games**
3. **Eat at least a total of 5 fruits and vegetables a day**
4. **Snack on healthy foods and less junk food & sweets**
5. **Drink or eat at least 3 lowfat dairy foods a day**
6. **Drink at least 2 glasses or bottles of water a day instead of soda**
7. **Eat less fast food and make healthier fast food choices**
8. **Eat smaller amounts- bigger is not better.**

Check out this website www.kidseatright.org full of helpful tips, articles, recipes, and videos to help busy families shop smart, cook healthy & eat right.

National Immunization Awareness Month
Immunizations aren't just for babies and young kids. We all need shots to help protect us from serious diseases and illnesses. Everyone over the age 6 months needs a seasonal flu shot every year. Here are some other shots people needs at different ages:

**Young children**
Children under age 6 get a series of shots to protect against measles, polio, chicken pox, and hepatitis.

**Preteens**
All 11- and 12-year olds needs shots to help protect against tetanus, diphtheria, whooping cough, and meningitis. Doctors recommend HPV vaccine for girls 11 or 12 to protect against the most common cause of cervical cancer. HPV for boys age 13-18 to protect against genital warts.

**Adults**
All adults need a tetanus shot every 10 years. Washington State Health Department is recommending Tdap for adults around children due to the Pertussis(Whooping Cough) Epidemic 2012.

**People 60 & older need shingles shot.**

**People age 65 need a one time pneumonia shot.**

Talk to your doctor or nurse about which shots you and your family need.

Squaxin Island Health Clinic (360) 427-9006

You're Invited

Dr. Carl Ott, MD, new doctor at the clinic, will discuss
What can you do to take care of your heart?
Bring your questions.

Everyone is welcome- those with Diabetes or not.
Thursday, August 16, 2012
Right after Elder’s Lunch
at the Elder’s Building 12:45 to 2 pm

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

FREE Adult Tdap (whooping cough vaccine)
For the Under or Uninsured

If you are age 19 or older and you are a parent of, or care for infants and/or high risk children and you are under or uninsured, please call Mason County Public Health to schedule an appointment to receive your vaccine.

427-9670 x 274

(Leaves your name and number and you will be called to schedule an apt, vaccine given on Thursdays and fridays only)
Happy Birthday

Jonathan Arzate 01
Barbara Kennedy 01
Jeremie Walls 01
Darlene Wood 03
Norman Price 04
Tyrone Seymour 04
Leighton Case 04
Lawton Case 04
Kelly Jones 04
Christopher Brown 05
Jill Kenyon 06
David Johns 07
Robert Koshiway 07
Robert Sigo 08
Ashley Smith 08
Roy Perez 08
River Korndorfer 08
Lisa Frodert 08
Margaret Pickernell 08
Lettie Machado-Olivo 08
David Peters, Jr. 09
Leroy Melton 09
Chasity Masoner 09
Nikieta Fox 09
Juliet Galos 09
Marilyn Mcfadden 11
Arron Edgley 12
Lola Bonin 13
Brandon Campbell 13
Elena James 14
Llewellyn Parker 15
Narahia Gray 15
Zachary Sanchez 15
Matthew Cooper 16
Kevin Spezza 16
Rachel Naranjo 16
Irvin Fletcher 17
Virginia Farron 17
Magdelano Perez 17
Hannah Forcier 18
Dionna Purdy King 20
Aidan Sizemore 22
Jessica Johns 22
Rene Salgado 22
Greg Glover 22
Julio Castillo 23
Jeremiah Obi-Rivera 23
Victoria Sanchez 24
Bryce Penn 24
Nicole Cooper 25
Mitchell Carrington 25
Eden Van Cleave 26
Kaytlyn Henderson 27
Meghan Brandt 27
Eathon Caasi 28
Rhonda Foster 28
Terasa Pinney 28
Angelo Rivera 29
Lindsey Harrell 29
Joseph Furtado 29
Ruben Vasquez 30
Taylor Porad 30
Debra Sayers 30
Loreta Krise 30
Euphamie Whitener 30
Catherine Tuller 30

Discount Hair Styling for Tribal Members

Come visit Carmen and get your hair done. Perms, colors, haircuts, pedicures for men and women.

I’m from a tribe in Canada called Sechelt.

All month perms and hair colors or foils will be $5.00 off services for all tribal members. My phone number is (360) 432 8771. I’m located at 103 Railroad W. Shelton. Call for an appointment today, or walk in’s are welcome.
Members of the 1910 Indian Shaker Church had a sign dedication at Church Point on July 6th, 2012, with a luncheon afterwards at the Mud Bay Church.

This event was to remember John & Mary Slocum, who received the Shake in the late 1800’s. It was Mary who first received the Shake at the Skookumchuck Creek.

It was wonderful and eventful day on Hammersley Inlet, which used to be named Big Skookum. Shaker Church Bishop Leon Strom opened up the event with a few words and then turned it over to Katherine Barr who sang a beautiful song & prayer.

Thanks to Mike & Rose Davis, who followed through with the vision from Uncle Jimmy & Randy Krise (descendants of the Slocum Family) along with the Squaxin Island Heritage Committee, to have a sign/monument put up at Church Point so that all people could visit the site & remember what an important & spiritual place this was and always be.

A big thank you goes out to the Squaxin Tribal Council for all their support, Rhonda Foster & Margaret Seymour-Henry for applying to the Squaxin Island 1% Committee, which matched the funds that Mike & Rose made during their fund-raising endeavors, the Maintenance Department, Virginia Berumen, for making pies for the fund-raising. Executive Director Don Whitener, all the people who traveled from Canada, Warm Springs, Idaho and California to be here for this event, and also the Department of Community Development.

“We want the Shaker people to know where the Shaker religion was born, right here in the Squaxin Island tribe’s homelands at Skookumchuck Creek, now known as Church Point,” Shaker Minister Mike Davis said.
You are invited
to an outdoor mass to honor
Blessed Kateri Tekakwitha

Tuesday
July 31st

12:00 Noon
St Edwards Catholic Church
601 West C St.
Shelton, WA 98584

Whaling Canoe Dedicated to Blessed Kateri
We are privileged to have a 30’ whaling canoe that was dedicated to Blessed Kateri when it was built in 2006. This canoe is truly a masterpiece and will be on display so that you can have your picture taken by it. The canoe has an image Blessed Kateri on it. We will have a beautiful 17’ canoe that will serve as the altar for this special outdoor mass to honor the upcoming canonization of Blessed Kateri.

Jake Finkbonner, an 11 year-old Lummi boy, was healed of a deadly infection through the intercession of Blessed Kateri.

In October, she will be the first Native American proclaimed a saint by the Vatican.

Please come and participate in this magnificent story Everyone is welcome!

MORE INFORMATION:
Don Smith:
(360) 791-9304
donalds7777@yahoo.com

Father Ron Belisle, Pastor
Email: belisle@hcrec.com
Phone: (360) 426-6134
Fax: (360) 426-6231

SPECIAL NOTE:
This mass is taking place while Canoe Journey protocol is occurring at Squaxin Island Tribe, but is not an official part of that event. St. Edwards church is about 10 miles from the reservation.

CONCERTS AT LITTLE CREEK

MORRIS DAY AND THE TIME
Saturday
July 21st
8pm
Tickets on sale now! $40/$30/$20

JOE WALSH
Friday
August 24th
8pm
Tickets on sale now! $70/$60/$50

LITTLE CREEK CASINO • RESORT
www.little-creek.com
For tickets and more information visit the box office, online or call 360-432-7300.
Must be 21 or older. Call for Skyboxes.