

OVERLOOKING OUR HOMELANDS



SHOALWATER BAY TRIBE

P.O. Box 130

TOKELAND, WA 98590

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Shoalwater Bay Indian Tribal News

P.O. Box 130, Tokeland, WA 98590

July 2016

WELCOME SUMMER TEA

As part of the “Your Health: The Journey” nutritional education series (an education event held twice a month on the 2nd and 4th Tuesdays from 12-1pm in the Wellness Center), a Welcome Summer Tea lunch was held on June 28th at the Tradewinds event center. The event was well attended by many tribal and community members. A wonderful, healthy box lunch was provided by Pam Drake and a variety of loose leaf herbal teas, as well as a tea infusing cup as a gift for attendees, was funded by the Indian Diabetes Prevention Program. Diabetes screening was also available on site at the event as well as a take home packet with recipes and information on the benefits of herbal teas. Thank you Pam Drake and Candace Gruginski for the fabulous event!



Newsletter also on Website at www.shoalwaterbay-nsn.gov

Newsletter now printed on recycled paper

**Shoalwater Bay
Tribal Council**

Charlene Nelson, Chairperson

cnelson@shoalwaterbay-nsn.gov

Jennifer Taylor, Vice Chairperson,

jtaylor@shoalwaterbay-nsn.gov

Lynn Clark, Secretary,

lclark@shoalwaterbay-nsn.gov

Joel Blake, Treasurer,

jblake@shoalwaterbay-nsn.gov

Dennis Julnes, Member at Large,

djulnes@shoalwaterbay-nsn.gov



Shoalwater Bay Tribal Police

Robin Souvenir, Chief of Police

Matt Padgett, Patrol Sergeant

Kristof Aho, Officer

Christopher Boggs, Officer

Sarah Boggs, Officer

Police Office 267-8164 (Questions Only)

[For Police Dispatch call](#)

(360) 267-8391

This is a brief summary by nature of our officers calls for the
Month of June 2016

Agency Assist	2
Citizen Assist	3
Disorderly Conduct	2
Fire	1
Fraud	1
Harassment	1
Juvenile Problem	1
Lockout	1
Narcotics	1
Other	1
Suspicion	4
Theft	2
Threats	1
Traffic Offense	46
Unsecure Premises	5
Warrant	1
Total	73

We want to share your news!

Send any news, announcements, birthday's, births, weddings, anniversaries, photos (with caption), etc.,

To:

mjohnson@shoalwaterbay-nsn.gov

Hayu Masi!

Community

Shoalwater Bay Tribal Member, Madison Judkins and her teammate, Doralin Bennett won 1st place in the 2nd years Cupcake Wars competition held at Aberdeen High School on April 30, 2016 against 6 other teams within Grays Harbor County. Their cupcakes were honey and vanilla infused white cake with honey buttercream frosting and sugar cookie cutouts covered with decorating sugar then drizzled with honey. The bumblebees are made out of white chocolate covered almonds and dark chocolate stripes and white chocolate covered almond slices for the wings.



Submitted by Jamie Judkins

REMINDER

Please email mjohnson@shoalwaterbay-nsn.gov, or call 360-267-8202 if you have a birth announcement, birthday wish, engagement, graduation, anniversary, wedding, or any other milestone you would like to share on the community page.

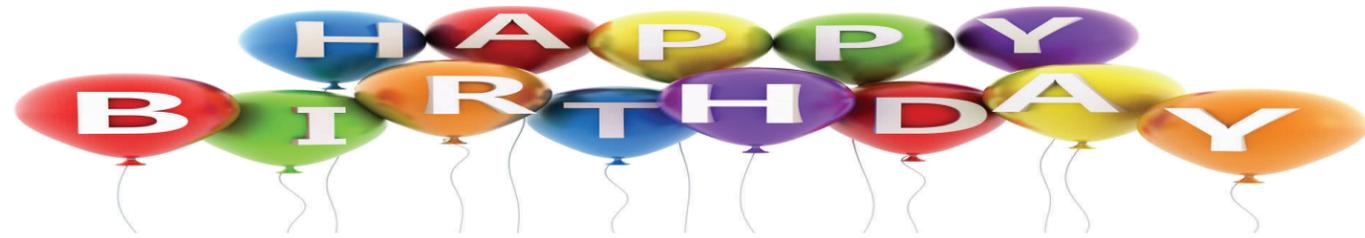


**The Shoalwater Bay
Newsletter**

The newsletter is a monthly publication of the Shoalwater Bay Tribe. Your letters, articles, photographs and drawings are encouraged. We reserve the right to edit for clarity or length or to decline any letter. Opinions expressed do not necessarily reflect the views of this publication or the Shoalwater Bay Tribe. Accuracy is important to us. We take care in editing, but errors do occur. We want to correct them. If you believe printed information is in error, please let us know.

Submission Deadlines are the 20th of each month

Mechele Johnson, Public Relations Specialist
PO Box 130
Tokeland, WA 98590
360-267-8202 Direct Line
1-800-633-5218 ext. #2103
mjohnson@shoalwaterbay-nsn.gov



Brooklyn Blake	July 1st	Joan Julnes	July 18th
Yvonne Thompson	July 6th	Lorraine Morrison	July 19th
Kaylynn Taylor	July 6th	Kristopher Clark	July 21st
Trae Ardeneaux	July 6th	Steven Johnson	July 23rd
James Kranich	July 7th	Ryan Trowbridge	July 24th
Jaques Fracchia	July 8th	Victoria Judkins	July 24th
Tristan Hoepner	July 8th	Earl Davis II	July 25th
Kenneth Waltman	July 10th	Braelynn Murphy	July 25th
Kianna Anderson	July 11th	Jodee Lopez	July 27th
Anne Steinhilb	July 14th	Chavala Shillinger	July 29th
Cody Blair	July 14th	Macy Taylor	July 29th
Jake Christensen Jr.	July 14th	Shane Thomas	July 31st
Mollyanne Taylor	July 14th	Raleigh Anderson	July 31st
Joshua Moore	July 17th	Joselyn Hoepner	July 31st

Employee Anniversaries

James Anderson, Tribal Gaming Commissioner/TGA Director-**18 years**

Shannon Kanavan, Certified Professional Coder(CPC)-**16 years**

Christopher Boggs, Police Officer-**2 years**

Amanda Pollard, Certified Medical Assistant and Phlebotomist-**2 years**



Tribal Council Resolutions

Resolution 06-10-16-20

Whereas, the Shoalwater Bay Indian Tribe provides members and other Native Americans in our service area with a range of programs and services through the South Puget Intertribal Planning Agency (SPIPA) including the Child Care and Development Fund Block Grant; and

Whereas, the Shoalwater Bay Indian Tribe has been advised by SPIPA, as the Lead Agency, of the availability of continued funding for the period of October 1, 2016 through September 30, 2019 through the Department of Health and Human Services Administration for Children & Families, Child Care and Development Fun.

Now, Therefore, Be It Resolved, the Shoalwater Bay Indian Tribal Council does hereby commit to, support and authorizes SPIPA, to submit a grant application to the Department of Health and Human Services Administration for Children & Families, Child Care and Development Fund which will include an updated plan and project budget which will be distributed on a formula basis and any amendments thereto, for the period of October 1, 2016 through September 30, 2019, on behalf of member Tribes.

5 For 0 Against 0 Abstain

Resolution 06-10-16-19

Whereas, a National Tribal Transportation Facility Inventory (NTTFI), (formerly IRR), Update and Long Range Transportation Plan (LRTP), was prepared by Red Plains Professional, Inc. for the Shoalwater Bay Tribe, under contract with the Tribe; and

Whereas, the Shoalwater Bay Tribe's NTTFI and LRTP identifies and inventories transportation networks that are eligible for addition to the NTTFI system; and

Whereas, the Shoalwater Bay Tribe's NTTFI and LRTP update was performed to add the eligible roads providing primary access to and from tribal trust and fee properties including properties located in Grays Harbor County and Pacific County; and

Whereas, the Shoalwater Bay Tribal Council has now reviewed the Shoalwater Bay Tribe's NTTFI and LRTP update which inventories existing roads and trails recommended for addition to the NTTFI System; and

Therefore Be It Resolved, the Shoalwater Bay Tribal Council hereby approves the Shoalwater Bay Tribe's NTTFI and LRTP update, and directs the Chairperson to transmit this approval to the Bureau of Indian Affairs.

5 For 0 Against 0 Abstain

Continued on page 19

Medical

Stephen Bell D.O.

Doctor of Osteopath

Emily Maldonado PA-C

Physicians Assistance Certified

(360) 267-0119 or (800)841-2244 option 0



Dental

Greg Cebulla, DDS

Doctor of Dental Surgery

Lindsey Gerow, RDH

Registered Dental Hygienist

(360)267-8103 or (800)841-2244 option 2

Wellness Center



Mental Health

Jeanne Paul, LMFT

Licensed Marriage and Family Therapist

Advanced Clinical Hypnotherapist

(360)267-2508

Sally Heath, LICSW, CDP

Licensed Clinical Social Worker

Chemical Dependency Professional

(360)267-2508

James States, MD

Medical Doctor

Adolescent Medicine Specialist

(360)267-2508

Substance Abuse

Laura Hamilton, CDP

Chemical Dependency Professional

Program/Manager/Clinical Supervisor

(360)267-8126

Robert Wood Johnson *Culture of Health Prize* Site Visit



WIC at SPIPA wants your baby to get the best start on life.



Wait until 5-6 months to feed your baby solid foods.

Why? Early introduction to solids can promote overfeeding, obesity, choking/aspiration and food allergy.

Research shows feeding early does not help babies sleep through the night







SHOALWATER BAY

CASINO



seafood & grill



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

For appointments or questions,
Contact at SPIPA:

Debbie 360 462-3227
gardipee@spipa.org
Or
Patty 360 462-3224

Next WIC date:
Tuesday, August 2nd, 2016
at Wellness Center
10:30 am—1:00 pm
(Date & times may change) SPIPA main number: 360 426-3990

Don't Forget

Tribal Members now get 10% off fuel purchases.



Must present tribal ID to cashier and pre-pay for fuel purchase.

CHIEF LIGHTHOUSE CHARLEY'S LLC



MONTY BAKER - OWNER
Phone: 360-267-1092
4020 STATE ROUTE 105
TOKELAND WA. 98590
chiefcharleyllc@comcast.net
www.chiefcharleys.com



John Taylor, Squaxin Island Emergency Manager, Charlene Nelson, Tribal Council Chairperson, Lee Shipman, Shoalwater Bay Tribe Emergency Director, Ken Murphy, FEMA Region 10 Administrator, and Tribal Police Chief Robin Souvenir.

We used THSGP (Tribal Homeland Security Grant Program) from 2011 to purchase our Mobile Command Center (MCC). We are isolated here at Shoalwater Bay Tribe quite often during the year due to storms and power outages. There is only one internet service that operates here and if the power is out so is the internet. Cell phone service is intermittent at best during “normal” days. We were able to use our new Mobile Command Center during the Cascadia Rising exercise. Our communication capabilities are greatly enhanced. We were able to make contact with many agencies and other tribes by using the equipment in the Command Center. Since we live on the Pacific coast and have the threat of earthquake and tsunamis, we store the vehicle on Eagle Hill Road at an elevation of 88 feet which is where we operated it during the Cascadia Rising exercise. We are quite pleased with the results. Thank you for helping us to enhance one of our most needed capabilities.

Robert Wood Johnson *Culture of Health Prize* Site Visit

As you may have seen in the June newsletter, the Shoalwater Bay Tribe was chosen as 1 of 16 finalists for the fourth annual RWJF Culture of Health Prize given by the Robert Wood Johnson Foundation.

The prize is based on the principle that every community has the potential to improve and be a healthier place to live. In order to become a finalist, we had to show how we excelled in six criteria:

Defining health in the broadest possible terms.

Committing to sustainable systems changes and policy-oriented long-term solutions.

Cultivating a shared and deeply-held belief in the importance of equal opportunity for health.

Harnessing the collective power of leaders, partners, and community members.

Securing and making the most of available resources.

Measuring and sharing progress and results.

Just based on the list of criteria, as a tribal member, give yourself a big pat on the back. That isn't easy. Be proud that the community stood out from the many applicants.

The site visit from RWJ prize committee members was phase 2 of the contest. The last phase, which will be in July, is the announcement of the \$25,000 winners.

The visit could not have come together without the hard work of community members and employees. Jamie Judkins and Charlene Nelson worked very hard to organize the details of the visit, including a detailed tour of our community.

The guests arrived on June 8th and were given a tour of the facilities such as the Community Center, the Wellness Center and the Gymnasium. They also enjoyed the walking paths. The tour then took them down to see Tokeland, the Marina and a stop at tribal member Kristine Torset's home to see the beautiful, sustainable garden that herself and husband Travis have been diligently working on. Kristine and Travis' pet pig Iona, was a hit!

The tour then headed uphill to view the tribal property we recently purchased, as well as to see the gorgeous view of our beautiful homeland.

The day ended with a delicious meal at our own Sand Verbena restaurant and a very thought provoking question and discussion period with the RWJ visitors.

The following morning, Pam Drake catered a very healthy and nourishing breakfast for our guests. There was smoked salmon, berries, and a fish broth bar.

Following breakfast was a community roundtable in which a lot of discussion surrounding health and community happened. We discussed the importance of youth involvement here in Shoalwater Bay, as well as the upcoming greenhouse and community garden project. We also discussed the important impact the clinic has had on our community.

A lot was learned from all during this visit. The amount of volunteering, bonding, community involvement, and pride in our home was remarkable.

One of the questions asked by the RWJ visitors was, “What are you proud of in your community?” I thought that was a simple, yet very thought provoking question we need to all ask ourselves frequently. It forces one to focus on all the good things going on here at Shoalwater Bay. So, ask yourself, what are you proud of?

The visitors all came from various states in the Midwest and the East Coast. I heard several times from them that they wish they could stay longer and how beautiful this community is.

Let's put our hands up to Jamie Judkins, Charlene Nelson, Tribal Council, the Pulling Together for Wellness Team, the Wellness Center staff, Pam Drake (and her fabulous food), Jan Olmstead from the American Indian Health Commission, the Heritage Department (who graciously chauffeured the tour), Mike Rogers, Kristine and Travis Torset, and many others who worked hard to see that the visitors had a wonderful experience here in Shoalwater Bay.

Renewal of the Cross Commission and Inter-Local Agreement

On June 21st, Chairwoman Charlene Nelson and Sheriff Scott Johnson (Pacific County) signed the renewal of two important agreements between the Tribe and Pacific County.

The first agreement is called the Cross Commission agreement. This gives our tribal officers the ability to act in the same capacity as a Sheriff's Deputy inside the boundaries of Pacific County.

The second agreement is called the Inter-Local agreement. This agreement is part of Revised Code of Washington Chapter 10.92. This law authorizes tribal officers to act as general authority peace officers in Washington State. This gives tribal officers criminal jurisdiction over non-Indians on the reservation.

The agreements are renewed every 4 years and according to Chief Souvenir, they enable our police to serve the community fully. Without the agreements, if a non-Indian committed a crime, a deputy would have to be called and it could take hours depending on how busy the county is.

If you would like more information on the whole process visit the link below:

<http://app.leg.wa.gov/rcw/default.aspx?cite=10.92&full=true>



Charlene Nelson signs the agreements



Left to right: Tribal Chief of Police Robin Souvenir, Chairwoman Charlene Nelson, Pacific County Sheriff Scott Johnson



Charlene Nelson and Scott Johnson shake hands after signing

Submitted by Jamie Judkins

Tribal Council Resolutions Continued from page 3

Whereas, the Shoalwater Bay Tribal Council, pursuant to Article VI, Section 1 (f) of the Tribe's Constitution, has the authority to enact ordinances and laws governing the conduct of all persons and defining offenses against the Tribe; maintain order and protect the safety and welfare of all persons within the Tribe's jurisdiction; and pass any ordinances or laws necessary to govern the administration of justice and the enforcement of all laws, ordinances and regulations; and

Whereas, the Shoalwater Bay Tribal Council has the authority, pursuant to Article VI, Section 1 (o) to develop, manage, protect and regulate the use of water, fish, animals, wildlife, minerals, timber and all other natural resources within the Tribe's jurisdiction; and

Whereas, the Shoalwater Bay Tribal Council has authority, pursuant to Article VI, Section 1 (w) to enact ordinances governing persons, property, lands, water, air space, and resources within the Tribe's jurisdiction to the extent necessary to implement and protect those rights and powers reserved by the Tribe by treaty and the authority granted to the Tribe by the Constitution and laws of the U.S.; and

Now Therefore Be It Resolved the Shoalwater Bay Tribal Council has held a Public Hearing on March 24, 2016 pursuant to Article VI, Section 2, and hereby adopts **Title 24A Wildlife Ordinance with Map**, which may be amended as needed.

3 for 2 against 0 abstained



CHAIRMAN BOYD WALKS ON

NESPELEM, WA — The Colville Business Council has announced today that the Chairman of the Colville Tribes, James L. Boyd, has passed on. He was 60.

Boyd, a prolific songwriter and entertainer, was well known throughout Indian Country. He travelled throughout the United States, was known for his love of Harley Davidson Motorcycles, and won numerous awards for his music, including 7 Native American Music Awards & Associations awards, including the Lifetime Achievement

Award in 2014. He has held the post of Tribal Chairman since 2014. Representing the Inchelium District of the Colville Indian Reservation, Boyd previously held the position of the Council's Law and Justice Committee Chairman.

Boyd was well-liked and respected by his peers and colleagues. "He will be greatly missed" said Colville Business Council Vice Chairman Michael Marchand. "Jim was a guy that was very focused and intelligent, a great storyteller. He lived life to the fullest and his good nature and sense of humor were infectious" Marchand added.

"This is a very, very sad day for the Colville Tribes. One of our most respected leaders, and talented tribal members is no longer among us. The sheer enormity of our loss has not set in yet, and I doubt that it will for quite some time. We are especially saddened for his family, who loved this caring man greatly" Marchand concluded.



FEED YOUR SPIRIT

"If you get sick, eat your traditional foods. You have to feed your Indian.

Native foods feed your body, but they also feed your spirit."

-Hank Gobin

HORSETAILS: YOUR MANE WILL THANK YOU



We are very fortunate to have an abundance of horsetail here in the Northwest, and right here at Shoalwater Bay as well. Have you ever noticed in old photos of our ancestors how healthy and thick their hair looked? Horsetail could very well be one of the reasons why. Among other things, horsetail contains silica, which helps strengthen bones, cartilage, skin, hair and nails. Horsetail tea is also a traditional remedy for bronchitis and asthma, as well as urinary tract infection and kidney issues.

Harvesting

Harvest and dry the above ground plant, taking care to gather in clean areas that are free of agricultural and industrial run-off.

Parts Used

The spring green tops are gathered when the leaves are still vibrant green colored and pointing upward. Supposedly as the plant ages, silica crystals in the leaves become more developed and less water soluble.

Preparation

Tea-Use one heaping tablespoon of crushed dried leaves per cup of boiled

water. Steep 15 minutes to several hours. Drink two to three cups per day. The tea is good for hair, skin and nails. It is also used to strengthen the tissue of the bladder and make it more resistant to infection, as well as helping urinary tract infections.

Hair Rinse-Prepare a tea as described above. When it has cooled to just above body temperature, pour it over clean washed hair in the shower or in a sink. Catch the excess tea with a bowl and pour it over the hair several more times.

Skin Tonic-Make the same as the hair rinse (add lavender, calendula or other skin enhancing herbs if you choose) and

splash on clean face prior to applying moisturizer.

Caution

Horsetail stalks should not be eaten raw. They contain thiaminase, an enzyme that destroys thiamine or vitamin B1 stores in the body. Cooking or drying the plant destroys this enzyme however.

Be careful not to gather horsetail in areas where water drains from agriculture or industry. Inorganic nitrogen compounds are absorbed into the plant and create less toxic alkaloids from them including nicotine and acanthine, which are harmful to the body.

Add some raw honey, Stevia, or other natural sweetener to your tea. Mint leaves also pair well with horsetail tea and give it a sweet minty taste.



Horsetail tea and supplements are available commercially too for those who don't have time to harvest themselves.

Library Snippets, May 2016

By Linda R Rose, Manager

July 2016 Library Snippets

By Linda R Rose, Manager

As we come to the summer months, I hope to see more children come in to visit the Library. School is out and they can get bored real quick. We will be having Summer Reading Program which kicks off June 18, 2016. . Please bring you children in to see what it is all about. I will have a guessing jar with some items in it and they will have to enter their guess to win.

We will have a nice surprise for the winner at the end of SRP.

July 1, 2016 @ 5 PM Todd Ellingburg will be presenting a class in the Library on the operation of a digital camera.

July 15, 2016 @ 1 PM in the Library Loretta Brockoff will share her story about growing up in Tokeland, WA.

July 20, 2016 @ 6:30 PM on the Library lawn Scott Pedersen will share his live Reptiles with us. This will be a hands on program, so if you like reptiles, please come join us.

He has an Alligator, Python, Cobra, Tortoise, just to name a few.

August 13, 2016 @ 11 AM in the Tribal Center we have Raindancer Bird Rescue.

August 26, 2016 @ 5 PM in the Library Nick Adams, "My Dear Wife & Children, Civil War Letters".

We have the book in the Library if you would like to take a look at it.

Mark your calendars and join us for these interesting events. They are educational and enjoyable.

Hope to see you there. Thank you, Linda

The Shoalwater Bay Tribal Community Library Board would like to announce a contest to design the new OPEN flag for the Library. Our current one is worn out.

What we would like from you:

A black and white Design behind the word OPEN.

It will be made into a 3 ft by 28 inch flag.

If you aren't sure what to do, check out the old tattered flag in front of the Library.

All ages designs will be considered.

The Deadline is August 1, 2016.

There will be a prize for the final design we like the best.

The Board Members say Thank you!

After Long Wait, Treaty Tribes and Washington State Agree on Puget Sound Salmon Fishing by Terri Hansen

After more than a month of overtime negotiations, the treaty tribes in western Washington have reached an agreement with Washington state on the Puget Sound salmon fisheries for the 2016 season.

Jim Unsworth, director of the Washington Department of Fish and Wildlife (WDFW) said state and tribal fisheries would be greatly reduced this year in Puget Sound because low returns of chinook, chum and coho were expected.

It was the first time state and tribal co-managers could not reach an agreement during the annual season-setting process, which concluded in mid-April.

“Cooperative co-management showed us the way,” Lorraine Loomis, chair of the Northwest Indian Fisheries Commission, said in a statement.

“Our first priority is to develop fisheries that are consistent with efforts to protect and rebuild wild salmon stocks,” Unsworth said in a statement. “Reaching an agreement on how to do that proved very challenging this year. Ultimately, we agreed on a package of fisheries that places a priority on conservation while allowing for limited fishing opportunities in Puget Sound.”

Western Washington is unique because 20 treaty tribal nations and the WDFW jointly manage the salmon resource and share the harvestable number of fish returning each year.

“That job was a lot easier when there were more fish to go around,” Loomis said. “But salmon populations have been declining steadily for decades because their habitat is disappearing faster than it can be restored. Salmon returns the past couple of years—especially coho—have taken a sharp turn for the worse.”

With this season’s fisheries resolved, state and tribal co-managers plan to address long-term resource management concerns, such as restoring habitat and boosting salmon stocks.

“There is a direct connection between salmon habitat and fishing opportunities,” Loomis said. “We can’t expect salmon to thrive while their habitat continues to be lost and damaged. From birth to death, habitat is the single most important aspect of a salmon’s life. As the habitat goes, so go the salmon and tribal culture and their treaty fishing rights.”

Governor Jay Inslee’s office, officials from the treaty tribes, and WDFW officials also agreed to work together to improve the process of setting salmon-fishing seasons, which they call North of Falcon.

Apart from the agreement, a federal action under the Endangered Species Act through the Bureau of Indian Affairs allowed a tribal fishery for three, two-day openings during May that gave tribes the chance to catch the first salmon of the season.

The move angered some sports anglers, even though these fisheries had no impact on the long-term sustainability of salmon runs, and despite the cultural importance that first salmon ceremonies have held for their culture for centuries.

The anglers gathered 20 strong to protest while Swinomish tribal fishers used gill nets to catch hatchery and wild spring salmon on May 4th on the Skagit River. The sports fishermen waved signs that read, “Fair Fisheries for Washington,” and “Pull the Nets,” among other slogans.

Loomis said these fisheries allowed the tribes to exercise their treaty rights within conservation objectives developed by National Oceanic and Atmospheric Administration (NOAA), and agreed to by the treaty tribes and state.

The protest was reminiscent of the “Fish Wars” during the 1960’s and ‘70s between sports anglers and tribal fishers like Billy Frank Jr., who were fighting to have their treaty fishing rights recognized by the state.

“We are disappointed that some sportsmen may protest our treaty fisheries,” Loomis said. “All winter and spring, sports anglers in Puget Sound have targeted immature chinook salmon called blackmouth. Some of these blackmouth are spring chinook destined for tribal terminal fishing areas in rivers. If sportsmen wanted to spend their energy more productively, they could work with the tribes to protect and restore salmon habitat, which is being lost faster than it can be restored, and is the main cause for the ongoing decline of salmon across the region.”



Tribal Fishermen



Sports Anglers Protesting

July 2016

Sun Mon Tue Wed Thu Fri Sat

		Dessert on Monday and Friday 			1 Hearty Salad	2
3	4 4th of July 	5 Soup	6 Tacos	7 BBQ Pulled Pork	8 Hearty Salad	9
10	11 Baked Chicken Potato Vegetable	12 Soup	13 Meatloaf Potato Vegetable	14 Hamburgers	15 Hearty Salad	16
17	18 Tater Tot Casserole Vegetable Dinner Roll	19 Soup	20 BBQ Drumsticks Baked Beans Vegetable	21 Taco Chicken Wrap	22 Hearty Salad	23
24	25 Pork Loin Potato Vegetable	26 Soup	27 Nachos	28 Sloppy Joe's Potato Vegetable	29 Hearty Salad	30
31		11:30 am-1:00pm Monday through Friday \$4.00				

July 2016

Sun Mon Tue Wed Thu Fri Sat

		"Your Health: They Journey: lunch series is held the 2nd and 4th Tuesday in the Wellness Center Lunch Room From 12-1 pm			1 Gym 11-7 Council 2 pm Food Bank 8:30 until supply depleted	2 Gym 9-5
3 Gym 9-5	4 Independence Day!	5 Gym 11-7 Lunch Discussion 12-1 pm Got Hope MTG 5:30	6 Gym 11-7	7 Gym 11-7	8 Gym 11-7 Tribal Council 2 pm	9 Gym 9-5
10 Gym 9-5	11 Gym 11-7	12 Gym 11-7 Neighborhood Watch 6-8 pm Got Hope MTG 5:30	13 Gym 11-7 Tribal Court 1 pm	14 Gym 11-7	15 Gym 11-7 Tribal Council 2 pm	16 Gym 9-5
17 Gym 9-5	18 Gym 11-7	19 Gym 11-7 Lunch Discussion 12-1 pm Got Hope MTG 5:30	20 Gym 11-7	21 Gym 11-7	22 Gym 11-7 Tribal Council 2 pm	23 Gym 9-5
24 Gym 9-5	25 Gym 11-7	26 Gym 11-7 Got Hope MTG 5:30	27 Gym 11-7	28 Gym 11-7	29 Gym 11-7 Tribal Council 2 pm	30 Gym 9-5
31 Gym 9-5						

Scotus Overturns Ninth Circuit, Upholds Tribal Court Convictions

In a historic victory for tribal jurisprudence, the United States Supreme Court ruled that prior uncounseled tribal court convictions used in subsequent criminal cases does not violate the Constitution when the proceedings were in compliance with the Indian Civil Rights Act. The unanimous decision in *U.S. v. Bryant*, which was delivered by Justice Ruth Bader Ginsburg, reversed a Ninth Circuit Court decision which held that using uncounseled tribal court convictions was "unconstitutionally impermissible." In plain English, today's decision makes it possible for federal prosecutors to establish "habitual offender" status in domestic violence cases for enhanced sentencing under federal statute.



unconstrained by those constitutional provisions framed specifically as limitations of federal or state authority."

Further, in addressing Bryant's Fifth Amendment challenge, Ginsburg indicated that the Indian Civil Rights Act (ICRA) also requires tribes to ensure due

process of law and accords defendants legal rights and protections "resembling those contained in the Bill of Rights and the Fourteenth Amendment." As well, she noted that ICRA also makes federal review available to those incarcerated in tribal court, a procedural safeguard already approved by Congress and now affirmed by the Supreme Court.

Noting that this case "is illustrative of the domestic violence problem existing in Indian Country," Justice Ginsburg pointed out that Native women suffer the highest rates of domestic violence in the country, along with high rates of recidivism by their abusers.

"Today the Supreme Court affirmed the inherent sovereignty of Tribal Nations to protect their women and children from repeat domestic violence offenders," said Mary Kathryn Nagle (Cherokee Nation), attorney for the National Indigenous Women's Resource Center. "Justice Ginsburg's well-reasoned opinion confirms that a tribe's exercise of its inherent sovereignty in no way 'violates' the Constitution because the tribe's power existed before, during, and after the United States' Constitution came into existence."

"States are unable or unwilling to fill the enforcement gap. Most states lack jurisdiction over crimes committed in Indian country against Indian victims," wrote Ginsburg. "Even when capable of exercising jurisdiction, however, states have not devoted their limited criminal justice resources to crimes committed in Indian country." It is a disparity, she said, which must be addressed by the federal government.

"We're in shock, but very pleased that we have a unanimous decision in favor of the tribes and tribal sovereignty and it will protect the victims of domestic violence in Indian country-of which there are far too many, said John Echohawk, co-founder of the Native American Rights Fund, which launched the [Tribal Supreme Court Project](#) in 2001. "This decision is also important because it recognizes the legitimacy of tribal courts, which is what we are also seeking in Dollar General in regards to tribal civil jurisdiction. We continue to wait on that decision."

This case arose when Michael Bryant Jr., who was convicted in federal court for assaults on two women, appealed his conviction in the Ninth Circuit on the basis that he didn't have a lawyer in the cases that resulted in his tribal court convictions. Bryant was found eligible by the U.S. Attorney for "habitual offender" status and was sentenced to 46 months on each count in federal prison.

Tim Purdon, a former U.S. attorney for the District of North Dakota who is now co-chair of the American Indian Law and Policy Group at Robins Kaplan LLP, said today's decision also reaffirms the Eight Circuit decision in *U.S. v.*

Bryant is an enrolled member of the Northern Cheyenne Tribe, having pled guilty to charges of domestic abuse in at least five cases in tribal court. Bryant's lawyers argued that using his prior misdemeanor convictions to prove "habitual offender" status under Violence Against Women Act (VAWA) violated the Fifth and Sixth Amendment under the Constitution.

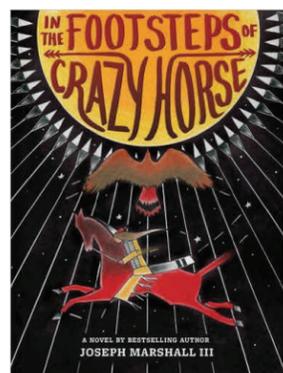
Cavanaugh and will now provide prosecutors with important statutory tools in fighting domestic violence in Indian country. "It means that U.S. Attorneys with responsibilities for public safety in Indian country can make full use of the Habitual Domestic Violence Offender statute to protect Indian women from those who would commit serial acts of domestic violence against them."

In an 8-0 decision, the court ruled that the Sixth Amendment does not apply because, "as separate sovereigns pre-existing the Constitution, tribes have historically been regarded as

By Suzette Brewer

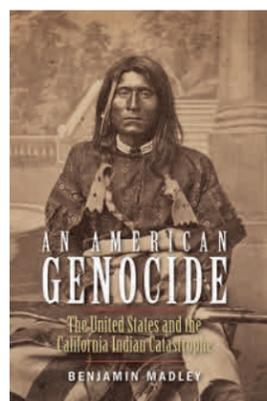
2016 Hot List of Good Reads by Gale Courey Toensing

This promises to be a great year for Native literature, with a long list of promising titles covering the full range of reading tastes, from fiction to nonfiction, from poetry to anthologies, from laughs to grim historical research. Never discount the power of words: To read is to know; to know is to have the power to change.



Brilliant Way to Get The Young Ones Off Their Tablets

In the Footsteps of Crazy Horse (Joseph Marshall III, writer; Jim Yellowhawk, illustrator) is a coming of age story disguised as a biography of a great Lakota warrior...or is it the other way around? Either way, it's a moving and gripping ride as a bullied kid is taken by his grandfather on a road trip to learn about Crazy Horse, and about his Lakota heritage. The target audience is middle-schooler's, but the story and stunning illustrations will entrance readers of all ages. Marshall was raised on the Rosebud Sioux Indian Reservation, and is an enrolled member of the Sicangu Lakota (Rosebud Sioux) tribe. He divides his time between Albuquerque and the Rosebud Reservation in South Dakota. Yellowhawk is a Lakota multimedia artist based in Rapid City, South Dakota.



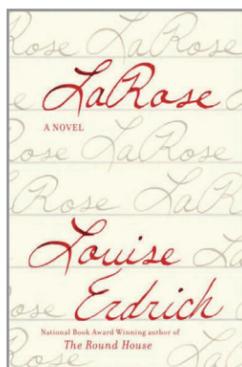
Most Important, Depressing Read of the Summer

The praise has been almost universal for Benjamin Madley's meticulously researched and argued book, *An American Genocide: The United States and the California Indian Catastrophe*. Yale Press says of it, "Between 1846 and 1873, California's Indian population plunged from perhaps 150,000 to 30,000. Benjamin Madley is the first historian to uncover the full extent of the slaughter, the involvement of state and federal officials, the taxpayer dollars that supported the violence, indigenous resistance, who did the killing, and why the killings ended...He narrates the rise of a state-sanctioned killing machine and the broad societal, judicial, and political support for genocide. Many participated: vigilantes, volunteer state militiamen, U.S. Army soldiers, U.S. congressmen, California governors, and others." In a recent *L.A. Times* op-ed, Madley wrote: "It is not an exaggeration to say that California legislators also established a state-sponsored killing machine."

The only off-note in the raves Madley is getting from academics and civilians: many say that someone has finally proved there was a genocide against Natives. To which we say, "Uh, aren't you a little late to the party?"

Great Beach Read...Even If You Don't Have a Beach

Abenaki writer Joseph Bruchac has spun a hilarious, thrilling and chilling mystery in *Chenoo: A Novel*. It involves Jacob Neptune, a smart-ass private investigator who agrees to help protect Pennacooks attempting to take back a state campground that's on tribal land.



Return of the Master

One of the most heralded novelists not just in Indian country, but in all of Western literature, Louise Erdrich has again stunned and delighted her faithful readers with her new book, *LaRose: A Novel*, a gut-wrenching story of an Ojibwe couple who give up their son, LaRose, to another family to atone for a horrible accident. Like two of her previous books, the story is set around a reservation. Philip Roth told *The New York Times* "she is like Faulkner, on of the great American regionalists, bearing the dark knowledge of her place." If you haven't read her yet, you should. If you're already a fan, you've probably already devoured this book which was published in early May.



Loretta Brockhoff, Local who grew up in the area tells her story of growing up during the depression era in Tokeland, WA

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Loretta Brockhoff

How Long Does It Take For A Car To Get Hot?

Every summer, animals left in unattended cars suffer brain damage and die from heatstroke. On mild or cloudy days, with windows open, a parked vehicle quickly becomes a furnace. Car windows act to both absorb the sun's rays and insulate your vehicle: The inside of a car can heat up to 110 degrees Fahrenheit in only ten minutes on an 80 degree day.

Install shade blinds on car windows and never leave animals unattended. A car can quickly become an oven. Also, animals left alone are vulnerable to theft.

Heat Stroke in Dogs/Cats

Stroke is a dangerous condition that takes the lives of many animals every year. A dog's normal body temp is 99.5-102.5 degrees. At 105-106 degrees, the pet is at risk for developing heat exhaustion. If the body temperature rises to 107 degrees, your pet has entered the critical zone of heat stroke. With heat stroke, irreversible damage and death can occur.

At Highest Risk puppies to 6 months; older (large breeds 7+ years, small breeds 14+); short muzzle/snout; short/wide head; ill, overweight, over exerted; black or thick coats; dehydrated; ANY existing medical conditions.

Danger Signs:

Rapid panting, bright red tongue, red or pale gums, thick sticky saliva, depression, weak/dizzy, vomiting/diarrhea, shock or coma. An overheated dog may appear sluggish, unresponsive or disorientated. Gums, tongue and conjunctiva of the eyes may be bright red. He may even start vomiting. Eventually he will collapse, suffer a seizure and may go into a coma.

A heat stricken animal can die in minutes, but proper care may save its life.

If you think your companion is suffering from heatstroke, immediately remove him or her to a cool, shady area. Try to slowly lower the animal's temperature by placing in cool, not cold, water. Apply ice to the head and neck and get to a veterinarian as soon as possible as follow-up care will be critical to his survival.

CAR TEMPERATURE DOG SAFETY CHART

RUNNING INTO THE STORE FOR "JUST A MINUTE" CAN BE FATAL FOR A DOG LEFT IN THE CAR!

IF IT'S THIS HOT OUTSIDE:	IT ONLY TAKES THIS LONG:	TO REACH THIS INSIDE:
75°	10 MIN.	100°
75°	30 MIN.	120°
85°	5 MIN.	90°
85°	7-8 MIN.	100°
100°	15 MIN.	140°

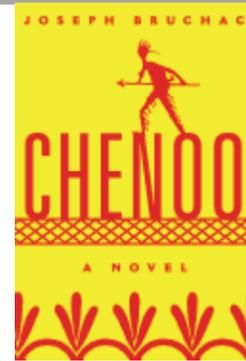


DON'T LEAVE YOUR DOG IN THE CAR THIS SUMMER!

K-10*

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Good Reads cont' d.



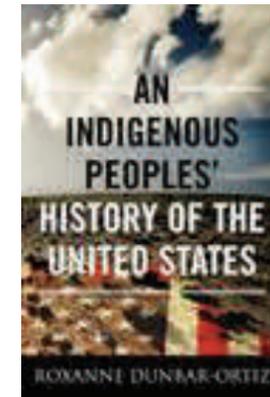
Imagine the great mystery writer Carl Hiaasen transplanted from the swamps of Florida to upstate New York. This book, like much of what Bruchac writes, draws on his Abenaki ancestry, and he and his family are heavily involved in the preservation of Abenaki culture, language and traditional Native skills, including performing traditional and contemporary Abenaki music. Bruchac has written a lot, and in many forms, including poetry, novels, short stories and anthologies. He is, in the best tradition of the "old ways," a storyteller.

When You Need An Unbeatable "Tear Down this Wall" Argument

Donald Trump's promise, if elected President, to erect a wall between the United States and Mexico to stop allegedly dangerous Mexicans from illegally entering the U.S. perfectly illustrates a major theme in Maria Josefina Saldana-Portillo's new book, *Indian Given*:



Racial Geographies Across Mexico and the United States-that the way Mexico and the United States are culturally represented impacts their conduct and mutual perception. She also explains that Indigenous Peoples play the central role in the construction of these national geographies and racialized notions of citizenship. *Indian Given* addresses racialized violence in both countries, with a genealogy that reaches back to the 16th century across languages and geographies, and includes Las Casas, La Malinche, Geronimo, Javier Bardem, Oscar Zeta Acosta and Osama bin Laden.



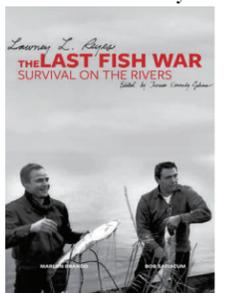
The History Lesson America Needs

Acclaimed Historian Roxanne Dunbar-Ortiz has written a powerful history told from the perspective of Indigenous Peoples. *An Indigenous People's History of the United States* blows away many myths perpetrated in the dominant culture's narratives, reveals how for centuries Indigenous Peoples actively resisted expansion of the U.S. empire and shows why the nation is the way it is today. U.S. history is about settler colonialism, Dunbar Ortiz says, showing that the invaders who swarmed to the shores of Turtle Island beginning in the 17th century founded a state based on the racist ideology of white Christian su-

premacy found in the Doctrine of Discovery, which allowed for the widespread practice of slavery, land theft and genocide. This book should be required reading for every high school and college student in the U.S. But you don't have to wait for it to be placed on your class syllabus, you can order it now from Amazon.

Awesome Hook for a Book

The Last Fish War: Survival on the Rivers is Lawney Reyes' account of one of the 20th century's most important indigenous issues: the Northwest coastal tribes' struggle to assert their treaty fishing rights. During the 1960s and 1970s, indigenous fishermen of the sacred salmon were repeatedly arrested for "fish-ins"-fishing by traditional methods in their historical places. The fish-ins aimed to encourage state governments to respect indigenous fishing rights guaranteed in treaties. More broadly, the acts of civil disobedience expressed resistance to being culturally assimilated into American society. Victory came in 1974, when U.S. District Judge George Boldt affirmed the tribes' treaty-protected fishing rights and established the tribes as natural resources co-managers with the State of Washington. Reyes recounts some of the incidents that took place during the decade long protest and discusses some of the celebrities-including Marlon Brando, Buffy Sainte Marie and Russell Means-who stood in solidarity with the fishermen.



Tribal Member Lynn Clark Honored at AIHC Summit



Seven Tribal and Urban Indian Community Natural Helpers Honored at AIHC's 4th Annual Maternal, Infant, and Early Childhood Home Visiting Summit

Weaving Together Tradition, Culture and Education for Seven Generations of Resilience and Hope. The American Indian Health Commission held its 4th Annual Maternal, Infant, and Early Childhood Health and Home Visiting Summit on Monday, June 13, 2016 at the Tulalip Tribes. The day focused on honoring traditional teachings, practices and sharing knowledge, tools and resources to create wrap around systems and healing environments for moms and babies. Emphasis was placed on efforts to support and hold up pregnant women, dads and families dealing with substances abuse. Speakers and panel topics centered on raising awareness and understanding about cultural protective factors and creating trusting environments. The American Indian Health Commission stressed the important role that natural helpers in our communities.

Natural Helpers are individuals that make a positive impact on the health of our Tribal and Urban Indian communities by contributing to the well-being of mothers, babies, fathers, children, and families. They make it their personal mission to make special connections to pass on their cultural knowledge and traditional teachings. These very special, caring individuals help us to see hope when we struggle. They provide needed encouragement or words of wisdom that help us in our journey forward to good health and well-being. These are people that make the world a better place by their very presence. They perpetuate cultural and traditional knowledge and inspire us to fulfill the vision of healthy Native families for seven generations.

Seven Tribal and Urban Indian Community natural helpers were nominated and chosen for the special gifts and contributions they bring to their communities. From Left to Right: **Pam Nason**, Colville, United Indians of All Tribes; **Carmen Watson-Charles**, Lower Elwha; **Joyce McCloud**, Nisqually; **Lynn Clark**, Councilwoman and trainee, Shoalwater Bay Tribe; **Marie Zackuse**, Councilwoman, Muckleshoot; **Penny Carol Hillaire**, Lummi (Lutie Hillaire accepting on behalf of Penny Carol); and **Linnette Hernandez**, Upper Skagit (not in photo).



The event is a partnership between AIHC and the WA State Departments of Health and Early Learning and was additionally made possible through the generous contributions of the Tulalip Tribes, Nisqually Tribe, and Delta Dental Foundation.

June 19, 2016
American Indian Health Commission

BEST OF TOKELAND
July 3rd
FIREWORKS COMPETITION

Featuring local vendors competing for best Fireworks show.
Join us to see who wins top prize!

FIREWORKS COMPETITION
Starting at dusk (approx. 10pm)

Hot Dogs & Brats \$2 • Pop \$1

Play & Bay
JULY 2016

PARTICIPATING STANDS:

SMACK DAB KC'S LULU'S

BILL & LEAH'S GNT

SHOALWATER BAY FIREWORKS

Join us on July 3rd for a spectacular show!