

WELCOME



Let's give a warm welcome to Ed Weller. Ed is our new Computer User Support Specialist. He will be providing technical assistance to the organization's users, answering questions concerning the use of computer hardware and software, including printing, productivity software, electronic mail, and operating systems.

Welcome aboard Ed!

SHOALWATER BAY TRIBE
P.O. Box 130
TOKELAND, WA 98590



namscac

Shoalwater Bay Indian Tribal News

P.O. Box 130, Tokeland, WA 98590

June 2016

MEDICINE WHEEL GARDEN CLASS

On May 21st, the Shoalwater Bay Tribal Library hosted a Medicine Wheel Garden class taught by Travis Torset, Master Gardener and husband of tribal member Kristine Torset. The class was a hit, with 50 people in attendance!

Travis taught the group about the medicinal properties of various plants. There was a lot of information regarding the uses, properties and names of medicinal plants.

A fabulous and healthy lunch was served and each at-

tendee was able to leave with a plant or an adorable garden decoration. The amount of information learned in the class was too large to add to this month's newsletter, however, keep your eyes out for a breakdown of some of the plants and uses next month!

We should be proud of the knowledge of our ancestors, and I hope we all work together to preserve this knowledge and keep it living for future generations. Thank you Travis.



50 attended Garden Class on May 21st



Neveah Anderson, daughter of Richard Anderson



Edible and Medicinal Plants



Travis Torset, Master Gardener

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 May 2016

Alarm	1
Animal Problem	2
Agency Assist	4
Domestic Violence	2
Traffic Hazard	1
Lockout	3
Medical	2
Citizen Assist	1
Malicious Mischief	2
Property Damage	1
Suspicion	4
Traffic Offense	88
Unsecure Premises	7
Other	2
Total	120

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!



**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

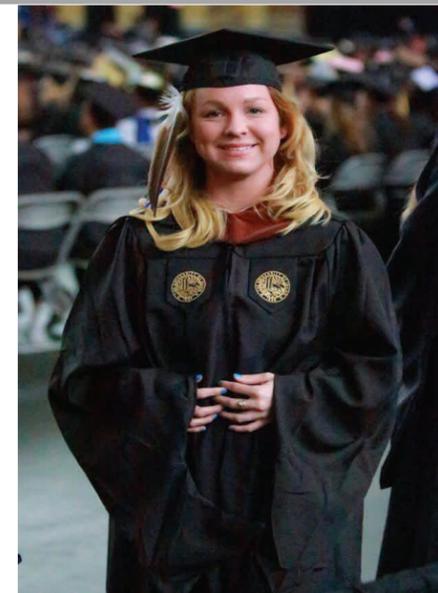
Community-Our Graduates, Our Future



CONGRATULATIONS TO OUR PRESCHOOL GRADUATE BROOKLYN! YOU ARE OFFICIALLY A KINDERGARTENER! YOU ARE ON YOUR WAY TO A BRIGHT FUTURE. WE LOVE YOU AND ARE SO PROUD OF YOU! LOVE MOM, DAD, AND LITTLE SISTER OLIVIA

TODD ELLINGBURG AND LORY SHIPMAN ELLINGBURG ARE PROUD TO ANNOUNCE THE GRADUATION OF THEIR DAUGHTER, SHANA SHIPMAN ELLINGBURG, FROM HOUSE OF THE LORD CHRISTIAN ACADEMY.

SHANA IS GRADUATING WITH HONORS AS SALUTORIAN OF HER CLASS, AND WILL ATTEND WHITWORTH IN THE FALL, WHERE SHE HAS BEEN AWARDED THE PRESTIGIOUS ACTSIX SCHOLARSHIP. SHANA IS THE GRANDDAUGHTER OF GORDON AND ROSEMARY SHIPMAN AND THE ANCESTRAL DESCENDENT OF CHIEF GEORGE ALLEN CHARLEY.



MISTY SHIPMAN ELLINGBURG GRADUATED WITH HER MASTER'S OF FINE ARTS IN CREATIVE WRITING FROM THE UNIVERSITY OF IDAHO WITH A 3.8 GPA. SHE WAS AWARDED THE HEMINGWAY FELLOWSHIP AND THE GRACE NIXON SCHOLARSHIP DURING HER TIME AT THE U OF I, AND HER WRITING WAS PUBLISHED AND SHORTLISTED EVERYWHERE FROM QUEEN'S FERRY PRESS TO WIG LEAF'S BEST SHORT FICTION (2015 AND 2016). MISTY PLANS TO CONTINUE TO TEACH WRITING.



Celeste McGuire	June 1st	Patrick Rogers	June 14th
Kenneth Baker	June 2nd	Shalynn Bailey	June 21st
Tasha Rosander	June 2nd	Jesse Downs	June 24th
Nicolas Downs	June 3rd	Hope Ellingburg	June 24th
Douglas Davis	June 6th	Neveah Anderson	June 25th
Kylie Christensen	June 7th	Holly Blake	June 26th
Joseph Hisle	June 8th	Stephen Radencich	June 26th
Sarah Beck	June 10th	Chad Fryback	June 28th
Joanah Rosander	June 11th	Taryn Clark	June 28th
Shad Bizer	June 12th	Erik Sanchez	June 29th
Nathan Fryback	June 13th	Lia Frenchman	June 29th

Employee Anniversaries

- Kristine Torset-Tribal Gaming Agent-1 Year
- Kristof Aho-Police Officer-4 years
- Jack Hatton-Outdoor Maintenance-4 years
- Jamie Judkins-Grant Program Coordinator-6 Years
- Tracy Williams-Medical Assistant-7 Years
- Jeanne Paul-Mental Health Counselor-11 Years
- Candace Gruginski-RN/Diabetes Counselor-11 Years
- Lenore Psait-Voth-Cook-11 Years
- Kenneth Waltman-Gym Supervisor-12 Years
- Earl Davis-Heritage and Cultural coordinator-12 Years
- Kathirine Horne-Social Services Director-18 Years

Tribal Council Resolutions

Resolution 05-17-16-18

Whereas, The Shoalwater Bay Tribal Council has received and reviewed a notice of intent from Verizon Wireless (VAW)LLC, and

Whereas, the telecommunications facility will be located at 2406 Elm Street, Tokeland Washington, BIA Tract No. 157-T-1172, Pacific County Tax parcel No. 14110234009 and 1411025002

Whereas, The Shoalwater Bay Tribal Council requires that any testing, collection or removal of any soil, needs pre approval and be permitted by the Tribal Natural Resource Department; and

Now Therefore Be It Resolved, The Shoalwater Bay Tribal Council grants Verizon Wireless (VAW) LLC, permission to survey, and all other activities they may deem necessary at their cost, for a total of Ninety (90) days from the date of this resolution, Verizon Wireless agree to comply with all requirements of 25 C.F.R. 169.4 Permission to survey; and

Be It Further Resolved, The Shoalwater Bay Tribal council authorizes the Tribal Council Chairperson to sign all documents required for the permission to survey.

3 For 0 Against 0 Abstain

Resolution 5-13-16-15

Whereas, The Shoalwater Bay Indian Tribe is a Federally Recognized Tribe headquartered on the Shoalwater Bay Indian Reservation in the State of Washington;

Whereas, The Shoalwater Bay Tribal Council is the governing body of the Shoalwater Bay Indian Tribe in accordance to their Constitution and By-Laws; and

Whereas, The Shoalwater Bay Indian Tribe has enrollment requirements that are specific to the membership of the tribe, now

Therefore Be It Resolved That the Shoalwater Bay Tribal Council does hereby approve the membership of the following:

Connor Martin Lagergren-Collateral Descendant of Agnes James through Sister Isabelle Salakie

Thomas James Lagergren-Collateral Descendant of Agnes James through Sister Isabelle Salakie

Levi Charles Lagergren-Collateral Descendant of Agnes James through Sister Isabelle Salakie

5 For 0 Against 0 Abstain



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

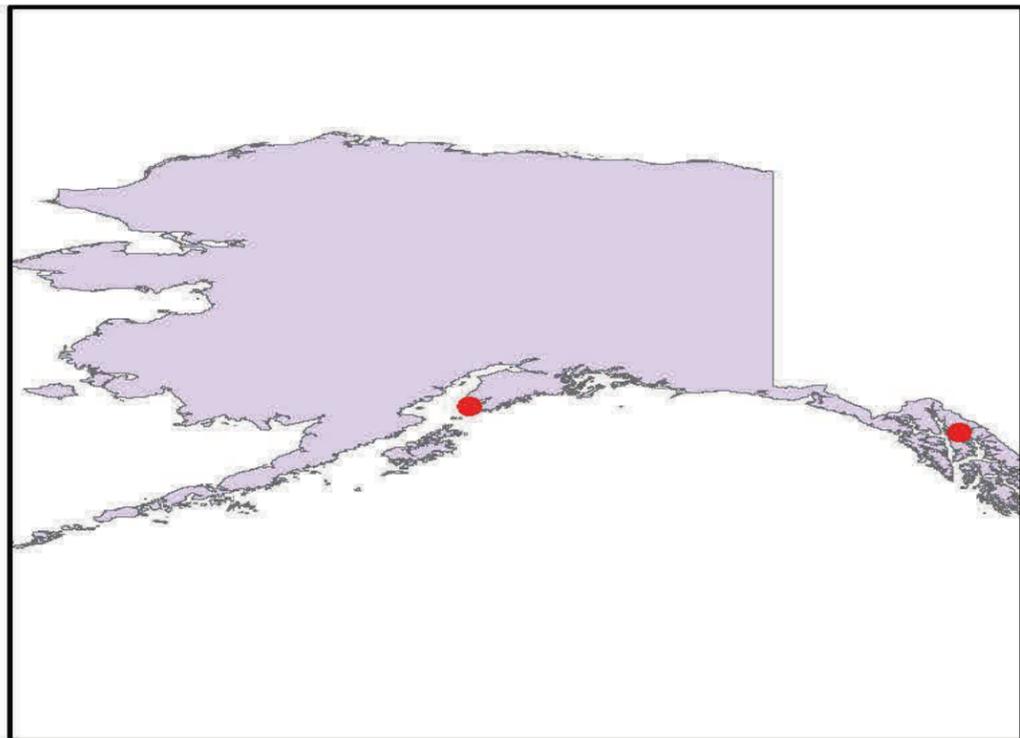
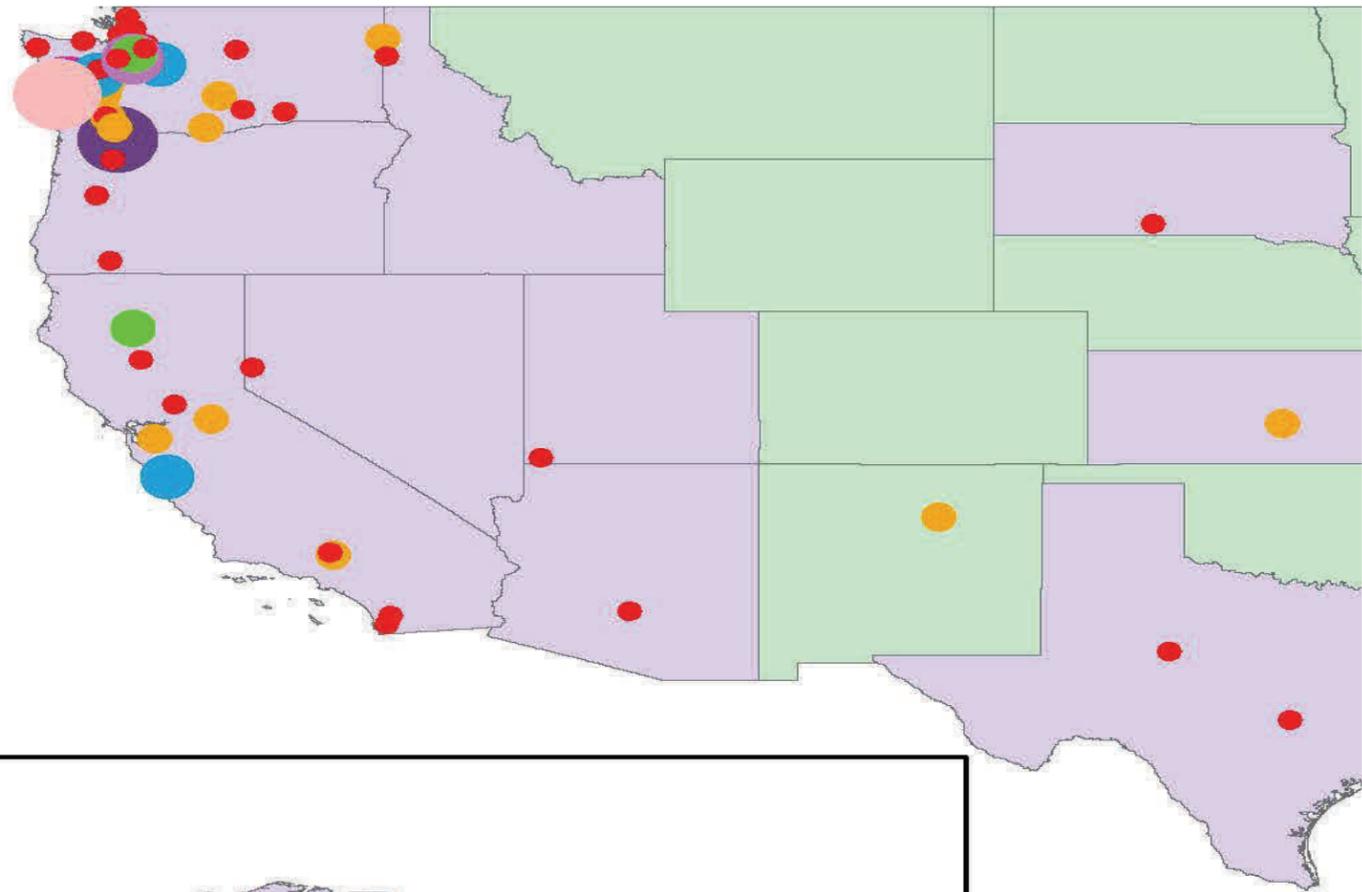
Laura Hamilton, CDP

Chemical Dependency Professional

Program/Manager/Clinical Supervisor

(360)267-8126

Shoalwater Bay Indian 7 Where We




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, June 7th, 2016
at Wellness Center
10:30 am—1:00 pm
(Date & times may change) SPIPA main number: 360 426-3990



SHOALWATER BAY
CASINO



Sand Verbena
seafood & grill



Sydney
Office Technology
Opita Lakota College, SD

It's hard when not everyone on the rez has access to a computer or knows how to use one. It feels like you're not living in the same world with everyone else. I'm getting my degree because I want to give my people tools to document their thoughts, simplify their lives and even communicate globally.

Less than 5 percent of American Indians can afford college without assistance.

AMERICAN INDIAN COLLEGE FUND

**Tribal Members get
10% off fuel purchases
starting June 1st.**



Must present tribal ID to cashier and prepay 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

OUR RESERVATION

On Monday, May 9th, the Shoalwater Bay Tribal Council was presented with a copy of our original reservation boundary map. The map was originally signed by our 17th president, Andrew Johnson and is dated September 22nd, 1866, the day our reservation was created. The map was gifted to our tribe by Joel Penoyar, retired appeals court judge from South Bend, Washington. He obtained the map from the National Archive in Washington DC.

Joel Penoyar is a friend and colleague of the tribe. Thank you Mr. Penoyar for the thoughtful gift.



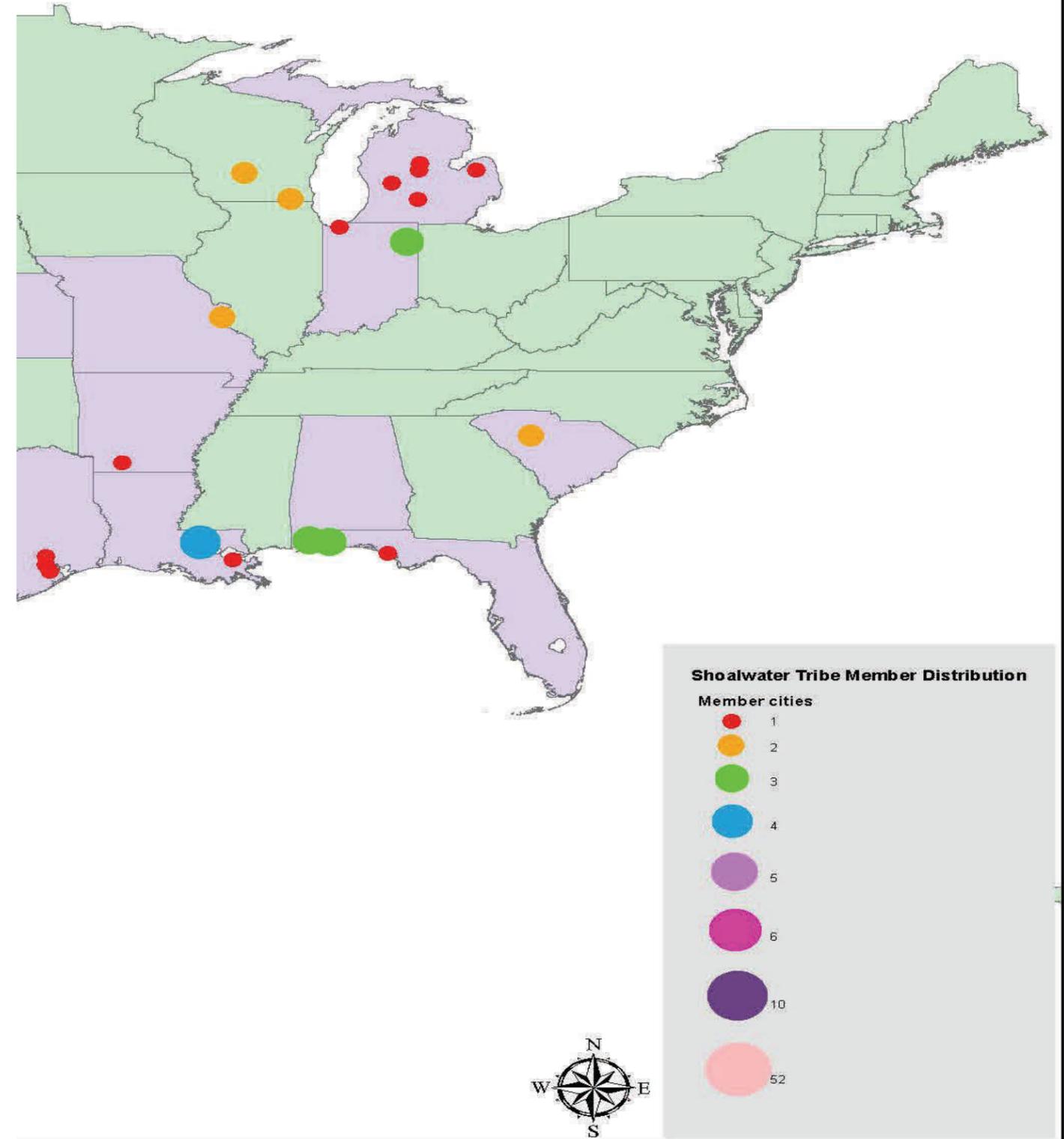
Chair Charlene Nelson and Treasurer Joel Blake



Map of Original Reservation Boundaries

Tribe Member Distribution

Live



Save Highway 105 meeting

The second meeting of the Willapa Erosion Control Alliance Now was held on May 4, 2016. This group is concerned with the wind and wave onslaught to highway 105. This Highway is an important link to the north, it supports our economies, allows emergency vehicles access to this area, and allows our children to attend schools to the north. The highway itself also helps protect historical sites for our Tribe, North Cove, Tokeland and the Cranberry growers. This group considers the heritage, history, unique lands, beaches and birds of our beautiful coastline on the Salish Sea to be irreplaceable and want to protect it forever. When it is gone it is gone forever.

First item on the agenda was naming the group the Willapa Erosion Control Alliance Now. Our acronym is now WECAN.

Rep Brian Blake suggested we should try to get something into the Governor's budget before the Legislature meets on budget.

Several needs were discussed, repair of the existing groin (Jacobson's Jetty), the need for a short term emergency plan and the need for money from a quick turnaround source for assessments and data collection.

At our third meeting which was held May 25th erosion assessment was presented as a major first step, we have a bid for this work, and we will now raise money to cover this first step. We also will be working on a public relations plan.

If you come home to attend the General Council Meeting please drive up to see the part of Highway 105 which is now beach sand, and drift with a few trees left standing, part of this area used to be a first class wetland.

Another bit of info.

Our Shoalwater Bay Council considered the grant that we were going to submit for our road up hill, but we decided our part would be too expensive this year since some tests that are necessary for the project to be considered have not been done. We now will discuss the need for monies in the budget to cover geotech studies uphill on our new lands to be sure the land is stable and also in the area where we will be building the road. A Mepa and a Sepa study also will need to be done. If land is stable and the other studies are completed we will be able to try for the grant next spring and that will be the first step uphill for our Tribe.

For Members of Tribe: If you are coming to the General Council meeting an plan to stay at the Tradewinds Motel, please call now to make your reservations. There are only a few rooms left. Hope to see you in August.

If you are coming to the General Council meeting and plan to stay at the Tradewinds Motel please call now to make your reservations. There are only a few

TRIBE SELECTED AS FINALIST

SHOALWATER BAY INDIAN TRIBE SELECTED AS FINALIST FOR *RWJF CULTURE OF HEALTH PRIZE*

We were chosen out of 200 community applicants across the country as 1 of 16 finalists for the fourth annual *RWJF Culture of Health Prize* given by the Robert Wood Johnson Foundation. As a finalist, we are one step closer to the national Prize which honors communities that place a high priority on health and bring partners together to drive local change. Winners will be announced in September.

We have many staff, members and family devoted to the sustainability of our community and Tribe whether it be through gardening, diet, programs or multi-modal transportation improvements.

The Prize is guided by the principle that every community has the potential to improve and be a healthier place to live. To earn finalist status, we had to demonstrate how we excelled in the six Prize 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.

If selected as a Prize winner, we will be given a \$25,000 cash prize and an opportunity to share our story and lessons learned with the nation. To learn about the work of the 20 previous Prize winners, visit www.rwjf.org/prize.

Submitted by Jamie Judkins

Heritage Corner

Submitted by Heritage and Education

mak^wat xaš (mah-kwat haa-sh)

A new home for our ancestors.

Tribes today often face something that no other cultural group in this country can even imagine the returning of our ancestors from museum and education collections. In the late 19th century and up until as late as the early 1970's it was common practice for Museums, Universities, and private collectors to take human remains and funerary objects from tribal grounds under the banner of research and education. For tribal people this was a very sad and dark period of our history. Not only were our relatives being stored in archives like nothing more than curiosities, but at the same time our traditional burial methods were outlawed by the authorities of the time.

Today things are much different, museums and other organizations that receive any federal funding at all are required to by federal law to return any human remains, funerary items or spiritual items to the tribes. Over the years we have received home a few of our ancestors from such organizations. We continue to bring home items and remains once every few years and have been in need of a proper, respectful, traditional manner in which to treat our people and items that have been away from home for so long. Looking to the past we found the answer. Our tribal burial grounds were once the sight of many small houses. These were modeled after our traditional homes and functioned much like tombs on the living side of the world. On the spirit side these houses were meant to be homes for our relatives now in the spirit world.

The culture department has been constructing a new house or mak^wat xaš (ghost or deceased house) to honor our ancestors and provide them with a final place to rest once they return home. We hope that this will make those coming home feel welcomed and in some way finally able to rest.

Director's Corner by Steven Spencer, tribal Natural Resource Department

One of the invasive weeds we control each year is Knotweed. There are four similar species of knotweed found in the Pacific Northwest (Bohemian knotweed, Japanese knotweed, giant knotweed and Himalayan knotweed). The Shoalwater Bay Reservation has a few small infestations of Japanese knotweed (*Polygonum cuspidatum*). All four species were introduced to the United States from Asia as ornamentals during the 1890s.

Knotweed is bamboo-like in appearance and tends to grow in dense stands 6-12 feet tall. The stems are cane-like and hollow between the nodes. As the plant matures, stems tend to turn reddish-brown. The leaves of Japanese knotweed are 2-7 inches long and heart shaped. The flowers are small creamy white to greenish white and grow in plume-like clusters. Knotweed thrives in moist, rich soil. It can be found along trails, roadsides and along rivers and streams as well as residential properties.

There are multiple methods of control available, all of which require a great deal of persistence. Digging, repeated mowing, covering and chemical treatment are the common methods of control. Most of the infestations on the Reservation preclude mowing, covering or digging as they are located in uneven terrain, forested areas and along drainages. All three methods create a risk of spreading plant parts that can sprout into new plants. As a result of these factors, the Tribe's Natural Resources Dept. utilizes chemical treatments. Over the past 3 years the Department has been able to reduce reservation knotweed infestations by approximately 70%.



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

GIVE WEEDS A CHANCE

Many of us are often at war with our yard. Especially during this time of year when everything seems to grow incredibly well, especially the plants that weren't intentionally planted. We mow them, spray them and dig them up. We even call them bad names, like "weed." It seems to be a never ending battle.

We buy and plant packets of common flowers, vegetables and herbs. We spend a lot of time, energy and water getting them to grow. We take pride in our efforts and excitedly monitor their progress daily. However, if a plant is identified as a "weed" we have a tendency to not view it as food at all. Part of the resistance to eating weeds is that we are conditioned to only consider the items we find in the store as food, and the plants in our yard as unwelcome invaders.

Let's look at some of the culprits and re evaluate their purpose and worth. Before you mow that lawn, make yourself a free, vitamin packed snack or salad. I am not suggesting you quit mowing and have your yard become a jungle. All I am saying is, give weeds a chance.



Dandelion: did you know that every part of it is edible and tasty? The leaves can be harvested at any point and make a fabulous salad green. They can also be steamed or added to a stir fry. The flowers are sweet and crunchy and can be eaten raw, breaded or fried. The roots of the dandelion can be fried and roasted and used as a coffee substitute or used raw in any recipe that calls for root vegetables.



Purslane lays close to the ground and you more than likely have found it invading your garden bed. This "weed" is a nutritional powerhouse! It contains more omega-3 fatty acids than any other leafy vegetable and can be a great addition to a salad or stir fry. It is a succulent and has a nice crispy texture. It can be eaten raw or cooked and adds a peppery flavor to any dish.



Plantain is very versatile. It can be used topically to soothe burns, stings, rashes and wounds. It is also a great green for the table. The young leaves can be eaten raw, steamed, boiled, or sautéed. The seeds, which are found in the flower spike, can be cooked like a grain or ground into a flour and are very high in fiber.

Library Snippets, May 2016

By Linda R Rose, Manager

Ok, its summertime and everyone is wondering what to do to keep themselves entertained. Well, here are the top reasons to go to the local Library.

- # 1. Air conditioning
- #2. Computers
- #3. Help finding a job
- #4. Summer reading programs
- #5. Someone to talk to in a comfortable environment
- #7. Plenty of books to read

We have many programs coming up, that we have never offered before. **Rowdy Refs! Saturday June 18, 2016 @1PM** in the Tribal Gym on Elm Street. These guys perform with the audience, interacting, joking and just a whole lot of fun. You will laugh so hard & you will be sorry if you miss these guys.

Todd Ellingburg, Basic Photography July 1, 2016 @ 5PM in the Shoalwater Bay Library. Todd will explain the f/stop, aperture, camera speed, & the basics of the camera and photography. . Come take a look at the different types of cameras as well. Snacks served afterwards.

Loretta Brockoff July 15, 2016 @ 1PM in the Shoalwater Bay Library. She will read from her book "Our Father's Children". Loretta grew up in Tokeland and raised her family here. Light snacks will follow.

Scott Pedersen, Reptile Man July 20, 2016 @ 6:30PM in the Shoalwater Bay Library, with weather permitting to be outside. He has been here once before with his reptiles a couple years ago. Snakes, alligator, tortoise, cobra, and I don't recall what else but they were all incredible. And this program is hands on as well. Please come check out the critters..

Also, I would like to let you know we now offer Teresa Greenway's "Northwest Sourdough" courses on the library computers for free. She has sent 4 courses to us for your convenience. Sourdough, Bagels, Challah and Pizza. You also learn how to make the sourdough starter. So, if you are interested, come on in to our library and learn all about Sourdough Bread baking. **It's free!**

Have a great Summer Everyone!!

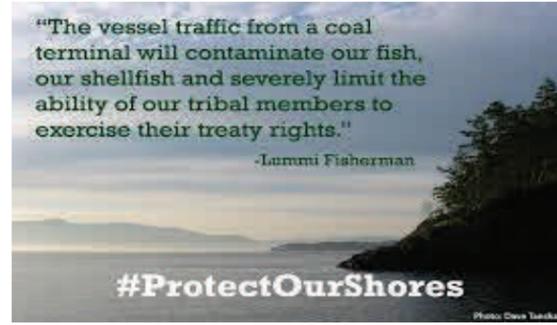


Announcement

As of June 1st, Georgetown Station will be offering a 10% discount off of tribal member fuel purchases. Tribal members must present their tribal ID to the cashier and prepay for their fuel in order to receive the 10% discount.

Historic Victory for Treaty Rights:

Northwest Tribes Rejoice as Army Corps Rejects Coal Terminal



Northwest tribes were elated after the U.S. Army Corps of Engineers denied a permit for a proposed coal shipping terminal in the Lummi Nation's historical territory on May 9, ruling that the potential impacts to the Lummi's usual and accustomed fishing rights could not be mitigated.

"This is an historic victory for treaty rights and the U.S. Constitution," Lummi Chairman Tim Ballew said in a statement released after the decision was announced.

"It is a historic victory for the Lummi Nation and our entire region," he said. "This decision is a win for the treaty and protects our sacred site. Our ancient ones at Xwe'chieXen, Cherry Point, will rest protected. Because of this decision, the water we rely on to feed our families, for our ceremonies and for commercial purposes, remains protected. The impact of a coal terminal on our treaty fishing rights would be severe, irreparable and impossible to mitigate."

The decision was made by Col. John Buck, commander of the Army Corps' Seattle District.

"I have thoroughly reviewed thousands of pages of submittals from the Lummi Nation and Pacific International Holdings," said Buck in a statement from the Army Corps. "I have also reviewed my staff's determinations that the Gateway Pacific Terminal would have a greater than *de minimis* impact on the Lummi Nation's U&A rights, and I have determined the project is not permissible as currently proposed."

Gateway Pacific Terminal, proposed by SSA Marine subsidiary Pacific International Terminals, was planned to handle the export of up to 54 million dry metric tons per year of bulk commodities, mostly coal. BNSF Railway Inc. had proposed adding rail facilities adjacent to the terminal site.

The project was opposed by First Nations in the Pacific

Northwest and Canada, particularly those who share the Salish Sea. The risk of coal and oil spills was too great, they said, and they contended that coal dust from the railway and terminal would affect the health of marine waters and nearby communities. They also contended that increased shipping would result in substantially increased ballast water discharges, which would introduce invasive species to the local marine environment.

SSA Marine claimed its terminal was designed to minimize environmental impacts. A site map shows extensive buffering, enclosed rotary dumpers, on-site storm water treatment, and covered or enclosed conveyors.

The Lummi Nation believed the impacts from the project could not be mitigated, and in 2015 asked the Army Corps to deny the permit based on impacts to treaty rights. Approval of the permit, Lummi argued, would be a violation of the treaty. SSA Marine wanted the Army Corps' decision on its permit to be made based on a full environmental impact study. Buck ruled in favor of the Lummi.

The Lummi Nation and Pacific International Holdings provided voluminous information regarding historic and current fishing practices, potential impacts, and mitigation to support their positions. The district's evaluation of effects of the proposal on the Lummi's U&A fishing rights was "undertaken to fulfill the federal government's responsibility to protect treaty rights," Buck said. "The Corps may not permit a project that abrogates treaty rights."

SSA Marine's next course was not immediately known. ICTMN left a phone message for Bob Watters, senior vice president of project proponent SSA Marine, but the phone number listed on the Gateway Pacific website had been disconnected.

Everyday Salad Bar-Monday and Friday Dessert

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Enchilada Pie Rice Vegetable	2 Pulled Pork Sandwich	3 Hearty Salad	4
5	6 Pork Loin Potato Vegetable	7 Soup	8 Chicken & Dumpling	9 Sloppy Joe's	10 Hearty Salad	11
12	13 Meatloaf Potato Vegetable	14 Soup	15 Tacos	16 Hamburgers	17 Hearty Salad	18
19	20 Baked Chicken Potato Vegetable	21 Soup	22 Chicken Broccoli Bake Vegetable	23 Biscuits & Sausage Gravy	24 Hearty Salad	25
26	27 Nachos	28 Soup	29 Salisbury Steak Potato Vegetable	30 Chili Dogs		

SHOALWATER BAY TRIBAL CENTER

MONDAY-FRIDAY LUNCHES \$4.00

11:30 A.M.-1:00P.M. (TO GO LUNCHES ARE .75 EXTRA)

June 2016

Historic Victory for Treaty Rights continued

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Gym 11-7	2 Gym 11-7	3 Gym 11-7 Food Bank 8:30 until supply depleted Council 2 pm	4 Gym 9-5
5 Gym 9-5	6 Gym 11-7	7 Gym 11-7 Lunch Discussion 12-1	8 Gym 11-7	9 Gym 11-7 USDA Food in Gym 11-2	10 Gym 11-7 Tribal Council 2 pm	11 Gym 9-5
12 Gym 9-5	13 Gym 11-7	14 Gym 11-7 Neighborhood Watch Meeting 6--8 pm	15 Gym 11-7 Tribal Court 1 pm	16 Gym 11-7	17 Gym 11-7 Tribal Council 2 pm	18 Gym 9-5
19 Happy Father's Day	20 Gym 11-7 Summer Begins	21 Gym 11-7 Lunch Discussion 12-1	22 Gym 11-7	23 Gym 11-7	24 Gym 11-7 Tribal Council 2 pm	25 Gym 9-5
26 Gym 9-5	27 Gym 11-7	28 Gym 11-7	29 Gym 11-7	30 Gym 11-7		

In an earlier interview, Lummi Chairman Ballew said "it's possible" that SSA Marine would appeal.

The Lummi people know Cherry Point as Xwe'chi'eXen, an ancestral village site. The remains of many ancestors rest in the ground here. Offshore, Lummi people harvest fin fish and shellfish just as they have for centuries-rights they reserved for themselves and their descendants when they made land available for newcomers in the Treaty of Point Elliot of 1855.

According to the Army Corps, the waters off Cherry Point are considered critical habitat for king salmon, bull trout, rockfish, and three pods of killer whales. Other endangered or threatened species found at Cherry Point are Puget Sound steelhead, Stellar sea lions, humpback whales, leatherback sea turtles, marbled murrelets and spotted frogs.

Salish Sea leaders were quick to respond to the Army Corps' decision. "We are thrilled with today's announcement by the United States Corps of Engineers that it is denying the Gateway Pacific Terminal permit at Cherry Point because of the impact it would have on treaty rights," Quinault Nation President Fawn Sharp said in a statement. She is also president of the Affiliated Tribes of Northwest Indians and vice president of the National Congress of American Indians.

"It is an appropriate and just decision," she said. "But everyone who cares about fish and wildlife, the environment and human health should be happy with the Corps' decision. This is an historic victory for tribal treaty rights as well as for everybody else who lives here. Those who understand the great value of our natural resources to our health and culture, as well as the sustainable economy of the entire region, will applaud today's announcement." Sharp added that the decision defending treaty rights advances good stewardship and speaks well for American integrity.

"For too long the treaties have been shoved aside and ignored by developers and others who exert great pressure on government entities for their own interests," Sharp said. "Tribes battle constantly to protect and restore the ecological health of the land, water and sky because we do understand how important and sacred they are. It is time for our message to be heard. We all have to work together to restore hope in this country for a healthy future for our children."

Praise for the decision poured in from several other Northwest tribes, among them the Lower Elwha Klallam Tribe, the Yakama Nation, the Spokane tribe, the Nooksack and the Sauk-Suiattle tribes. "

"The Corps of Engineers made the right decision today. We have lived along these rivers and shores for millennia," said Lower Elwha Klallam Tribe chairwoman Frances Charles. "Just as it is the Corps' duty to uphold our treaty rights, so it is our duty to fight for and protect these waters for future generations."

Yakama Nation chairman JoDe L. Goudy echoed the Lummi in calling the decision a "victory for the Yakama Nation and all other Treaty Tribes," in his statement, noting that the terminal "could have destroyed the way of life for the Lummi and all indigenous people who depend on the Salish Sea for their livelihood and culture" and that in denying the permit, the U.S. Army Corps had sided with its mandate to uphold treaty rights. But Goudy also noted that the proposal was not necessarily nixed for good.

"The fight, however, is not over," Goudy said. "The threat of the coal movement remains, and the Yakama Nation will not abide these threats. We will not negotiate or accept mitigation for destruction or infringements upon the rights our ancestors secured for us and our people."

They also expressed gratitude to the Lummi Nation for fighting against the terminal so long and vociferously, and called it a victory for health and well-being.

"This has been a long journey, and the Nooksack Indian Tribe is happy to be able to share in the joy and success of the Lummi Nation," said Nooksack Indian Tribe council member Lona Johnson in the joint statement. "Washington Tribes have fought long and hard to protect our natural resources-for our people and for all people," said Kevin Lenon, vice chairman of the Sauk-Suiattle Tribe. "By denying the permit, the Corps' recognizes the potentially disastrous consequences of a coal terminal on the health of the Salish Sea and our Tribal economies."

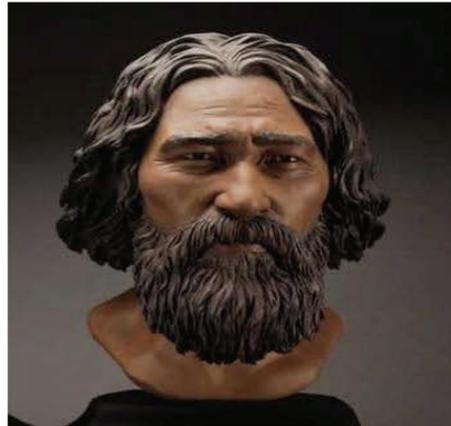


Written by Richard Walker-ICTMN

News From Around Indian Country

Army Corps Finally Agrees The Ancient One Is Native American, Will Return Home

For years, the Colville, Nez Perce, Umatilla, Wanapum and Yakama peoples told the world who the Ancient One is: an ancestor. Let him return home, they said, as the U.S. Army Corps of Engineers turned his remains over to the Burke Museum for storage. Let his relatives honor him and reinter him, they said, as courts allowed him to be handled and subjected to study. He is one of us, they said, even as a federal judge and scientists questioned his origin.



Bring the Ancient One Home Act is included as part of the larger Water Resources Development Act, which is being considered by the Senate Committee on Environment and Public Works.

“This is about doing right by the descendants of the Ancient One, and I will keep fighting to move this bill forward and bring these remains home,” said Murray, D-Washington. The bill is co-sponsored by senators Jeff Merkley, D-Oregon; Ron Wyden, D-Oregon; and Michael Crapo, R-

Idaho. The Ancient One’s odyssey began on July 28, 1996, when two powerboat race spectators in Kennewick, Washington, found part of a human skull on the bottom of the Columbia River about 10 feet from shore. Later searches by authorities turned up a nearly complete male skeleton. Carbon dating determined the remains to be older than 9,000 years; subsequent research put the age at between 8,400 and 8,690.

The U.S. Army Corps of Engineers maintained possession of the remains because they were found on federal land. In September that year, the Army Corps announced its intention to repatriate the remains. The following month, eight scientists filed a lawsuit to block the repatriation, challenging the determination that the remains could be identified as Native American simply because of age; the first forensic anthropologist to examine the remains had noted that the shape of the Ancient One’s skull appeared to be different than that of modern Native Americans, fueling old human origin and migration theories. The scientists also asserted that the study of the remains would provide scientific knowledge of benefit to all Americans. In February 1997, a U.S. District Court magistrate ruled that the Ancient One could not be defined as “Native American” under NAGPRA. The following month, the Army Corps rescinded its decision to repatriate the remains pending the outcome of an appeal.

On October 16th, 1998, the remains were turned over to the Burke Museum for safekeeping and the Ancient One’s descendants visited him in the ensuing years. On April 19, 2004, the 9th Circuit Court of Appeals upheld the 1997 decision and scientific study of the remains was allowed to take place. There

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Welcome Summer Tea

By Candace Gruginski, RN, CDE, NTP

Summer is almost here and the Nutrition and Diabetes Education Programs have something very special in the works! We are planning a “Welcome Summer Tea.” This will be a fun and educational event, and it will be held Tuesday, June 28th from 11:30 a.m. to 1:00 p.m. at the Tradewinds on the Bay. A wonderful box lunch is being prepared by Pam Drake and funded by the Special Diabetes Program for Indians Diabetes Prevention Program. Our community Diabetes Education Program will provide a variety of loose leaf herbal teas for you to try. The diabetes program will also be providing a gift to help you on your wellness journey. There will be diabetes screening available on site. The tea is a way for us to reach out to those who may be unfamiliar with our nutrition and diabetes education programs. It is also a way to celebrate with those who have attended and supported our education efforts over the years. So if you are wondering what we have been up to, and what services are available, this is your chance to come check out a little of what we do. Space for this event is limited to 58 participants, so preference will be given to people living or working on, or very near, the reservation. Since space is limited, we recommend that you RSVP. You can call Candace to RSVP or get more details at 360-267-8146.

The “Welcome Summer Tea” will be a part of our “Your Health: The Journey” nutrition education series. Don’t know what that is? “Your Health: The Journey” is a nutrition education event held twice a month on the 2nd and 4th Tuesdays of each month from 12:00-1:00 p.m. in the Wellness Center Lunch Room. Pam Drake explores various cutting edge nutrition and health topics, and she also builds classes based on participant interest. For each session, Pam provides a wonderful lunch designed to showcase the topic of discussion that day. This educational series has been going strong for over 2 years now! It has provided inspiration for the new nutrition guidelines recently adopted by the Tribe. Areas of health and nutrition that we have explored include things like the benefits of cultured foods, probiotics, prebiotics, bone stocks, mineral rich foods, and good fats to name just a few. Last week, we had an amazing exploration of fish stock. We learned the health benefits of this collagen rich stock. Pam provided a vast array of herbs, vegetables, spices, and condiments for us to create a unique fish stock to try. We recently featured a class all about olive oil, complete with the sampling of various brands and types of olive oil to find our favorites. Another recent class introduced microgreen gardening. Microgreens are full of nutrients and very flavorful, and they can be grown on a sunny windowsill in your home! We were able to sample some of Pam’s delicious microgreens in the yummy food she brought. So if you are facing challenges with your health or just struggling to find ways to put healthier foods on your table, this is the class for you! This class is open to the public. For more information feel free to call Pam Drake at 360-267-8205 or Candace Gruginski at 360-267-8146.





Shoalwater Bay Wellness Center

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PO Box 500

Tokeland, WA 98590

Phone: 360-267-0119 Fax: 360-267-0417

J Stephen Bell DO

Emily Maldonado PA-C

Hello,

The Smoking Cessation Program has changed! We are excited to announce the promotion of our 'Tribal Tobacco Cessation Program' to our patients who are interested in quitting commercial tobacco and vaping. The program is being offered through the Shoalwater Bay Wellness Center

Our clinics can help guide your cessation efforts. The class has helped many people stay tobacco free and includes amazing tips and resources, including counseling and stress reduction ideas.

We are now including lifestyle classes provided by our Medical, Dental, Behavioral Health clinics and CHR staff. Their training is from the University of Arizona Health Care Partnership for Native Communities.

We will give you a quit kit gift bag and help you choose the option that works best for you!

You can sign up for the 'Tribal Tobacco Cessation Program' through our Medical, Dental, CHR, Behavioral Health (MH/CD) clinics.

You may also choose to use the Washington Quit Line on your own. 1-800-QUIT-NOW (1-800-784-8669)

Please direct any questions you may have regarding the program to Tracy Williams, Tanya Brown, Lindsey Gerow and Jeanne Paul. (360) 267-0119.

Thank you,

Shoalwater Bay Tobacco Interventionists

Ancient One Will Return Home continued

were studies of the Ancient One's skull, measurements of his bones, and studies of his teeth. There was analysis of sediments associated with the remains. There were DNA tests. "Repeated handling and sampling the bones caused some damage to the Kennewick Man remains," according to the Burke Museum.

On June 18, 2015, Dr. Eske Willerslev, director of GeoGenetics at the University of Copenhagen in Denmark, released new findings based on advanced DNA testing and analysis, including comparison to DNA found in saliva samples provided by two Colville participants. Willerslev confirmed that the Ancient One is a Native American and has a direct link to Columbia Basin Indigenous Peoples. The Army Corps contracted for an independent validation of the genetic evidence; the independent validation concurred that the Ancient One's DNA sequence sample is "genetically closer to modern Native Americans than to any other population worldwide."

Because of the findings, the Ancient One is now subject to the processes and procedures outlined in NAGPRA. In other words, he's on his way home. "My decision regarding this determination has been an important one to make and is based on the best available evidence," Brig. Gen. Scott A. Spellmon reported on April 28. "I am confident that our review and analysis of new skeletal, statistical, and genetic evidence have convincingly led to a Native American determination."

Colville Chairman Jim Boyd said on the Burke Museum website; "Most of the Plateau Tribes want the same thing. Collectively, we want repatriation and reburial. We know who we are and we know that the Ancient One-Kennewick Man-is our ancestor.

"It was a long process for us to decide to submit DNA. We talked to our elders, we talked to our council. There were many discussions because of the way science has treated our people in the past. It was a tough decision. We are happy for the outcome. The outcome is good. But we knew what the outcome was going to be. It's that simple to us.

A description of the Ancient One:

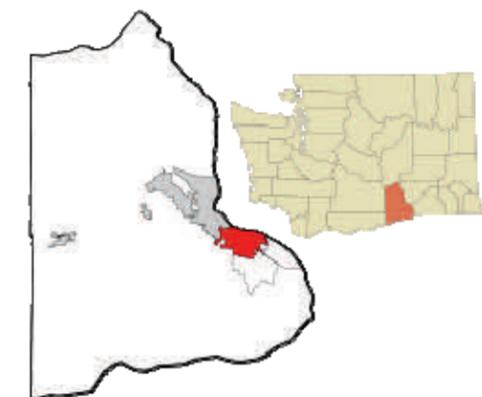
The Ancient One was male and walked on when he was between 45 and 50 years of age. He was approximately 5 feet 9 inches tall. He was well-muscled and "engaged in rigorous activity" employing his arms. He ate mostly seafood. At the time, the now heavily-engineered Columbia River flowed freely and would have been teeming with salmon, eels, sea

lions and seals.

When he was a teenager, he suffered two broken right ribs, which did not heal together properly but would not have caused him any disability or pain. Possibly at the same age, he also suffered a fracture of the right arm between the shoulder and the elbow. This healed well and would have caused no disability.

"Many years before death and probably when he was a teenager (and at the same time as the other trauma), an accident or conflict occurred, which resulted in a projectile point being embedded" in the right side of his pelvis. "Recovery from this wound was complete; there was no infection of the bone and there was no disability associated with this injury."

Just before he passed away, he sustained an injury to the forehead. He was interred shortly after his passing.



By Richard Walker, ICTMN



PACIFIC COUNTY SHERIFF'S OFFICE

Sheriff Scott L. Johnson

300 Memorial Drive, P.O. Box 27, South Bend, WA 98586 | Phone 360.875.9395 | Fax 360.875.9393

CASCADIA RISING

June 7-10, 2016

FOR IMMEDIATE RELEASE

May 12, 2016

Contact: Scott McDougall, Deputy Director
Pacific County Emergency Management Agency
(360) 875-9338 or smcdougall@co.pacific.wa.us

The Pacific County Emergency Management Agency to Participate in Cascadia Rising

South Bend, Washington – The Pacific County Emergency Management Agency has a long history of advocating for individual and community preparedness and endeavoring to educate the residents of Pacific County on how to prepare for a major disaster such as, a Cascadia Subduction Zone earthquake and subsequent tsunami. In June, PCEMA will be participating in a Functional Exercise to gauge the agency's level of preparedness and its ability to support a response to such an event. A functional exercise differs from a full scale exercise, in that, during a full-scale exercise there are actual "boots on the ground" carrying out specific missions.

The Cascadia Rising Functional Exercise, which will be conducted June 7-10, 2016 will give the Pacific County Emergency Management Agency the opportunity to evaluate its ability to coordinate a response to a Cascadia Subduction Zone event. Individuals from nearly every branch of Pacific County Government will staff the Emergency Operations Center in South Bend on June 8th and June 9th and will coordinate with response partners from all over Pacific County, as well as the National Guard, the Washington State Emergency Management Division, various military, and the United States Coast Guard. On June 7 and on June 10, the Pacific County EOC will operate with PCEMA staff only to support operations in other agencies and areas.

Communication will be supported by the Pacific County RACES, a robust group of amateur radio operators that may be able to establish communications when all traditional methods of communication have failed. Not only is this group capable of establishing communication with civil authorities around the state, they have also been developing an ability to communicate directly with the military. The RACES group has proven to be an invaluable part of the PCEMA team.

The Pacific County Emergency Management Agency encourages individuals to take the time during this exercise to discuss (with your family, neighbors, and friends) and evaluate your personal preparedness and how you would respond to such an event. Please use the checklist below, provided courtesy of Chuck Wallace at Grays Harbor Department of Emergency Management.

Scenario: A 9.0 magnitude earthquake lasting 4-5 minutes with numerous large aftershocks. A minimum of 4 tsunami waves, 4-6 feet of subsidence and major liquefaction issues.

Do you truly know and understand the impacts to your community?

1. What is the expected damage and status of infrastructure (e.g., buildings, roads, schools, police and fire stations and utilities)?
2. What are expected damages to residential and business structures?
3. Communication - How will you accomplish it and to whom will you speak?
4. Are you and your neighbors aware of the dynamics and possible site specific impacts of earthquake and/or tsunami? Have you considered multiple aftershocks, landslides, subsidence, liquefaction, or severe weather?
5. Have you identified possible safe havens, assembly and/or shelters, along with possible alternative sites? Does your family, friends and neighbors know this information? What will you do with your pets?
6. Have you discussed the possibility of casualties in your community due to earthquakes? How and where will the injured be cared for?
7. What essential services do you believe will be available (if any)?
8. What is your expectation of time needed to restore these services?
9. What community resources might be available to use? (CERT Teams, faith-based groups etc.)
10. What resources do you believe you will need on day 1, day 4, day7, day 10 & 15 at your location? (Consider food, shelter, generators, fuel, and medical)
11. What is your expectation of a time period before assistance begins to arrive?
12. Based upon your answers, what kind of training and/or assistance would you like to see offered in your community to help prepare for disaster?

After discussing with your friends and neighbors, please send your responses along with your name and a contact number or e-mail to: Scott McDougall, Deputy Director smcdougall@co.pacific.wa.us or FAX to (360) 875-9342

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