Shoalwater Bay Newsletter
NAMPS CHAAHTS

Shoalwater Bay Indian Tribe, P.O. Box 130, Tokeland, WA 98590
lthomas@shoalwaterbay-nsn.gov Direct line 360-267-8202 **(Toll 1-800-633-5218 ex# 8202)**

July 2015

SHOALWATER BAY GENERAL COUNCIL MEETING

August 1, 2015

SHOALWATER BAY GYMNASIUM @ 10:00 a.m.

AGENDA

WELCOME AND INTRODUCTIONS.....MICHAEL ROGERS, TRIBAL ADMINISTRATOR

OPENING BLESSING.....TBA

REMEMBERING THOSE WHO HAVE PASSED.....MOMENT OF SILENCE

ESTABLISHING QUORUM - TRIBAL MEMBERS.....DOUG DAVIS, TRIBAL CHAIRMAN

REVIEW/APPROVE AUGUST 1, 2015 AGENDA.....DOUG DAVIS, TRIBAL CHAIRMAN

REVIEW/APPROVE AUGUST 2, 2014 MINUTES.....DOUG DAVIS, TRIBAL CHAIRMAN

COUNCIL REPORT

1. ENROLLMENT.....LYNN CLARK, TRIBAL SECRETARY
   a. New Members
   b. Adoption

2. 4106 HIGHWAY 105 HOUSE CONDEMNATION.....DOUG DAVIS/TIM RYBKA

3. INVESTMENT COMMITTEE REPORT.....KEN BAKER

4. REAL ESTATE REPORT.....DOUG DAVIS
   a. Land Acquisition - The Ranch Property
   b. Wetland Mitigation Bank
   c. Forestry Plan

5. FINANCIAL REPORT.....LARRY KERNS

WILLAPA BAY ENTERPRISES

1. GEORGETOWN STATION.....MARY DOWNS
2. CASINO/BINGO.....JOHN MC LAIN
3. SAND VERBENA.....JOHN MC LAIN
4. TRADEWINDS BY THE BAY.....JOHN MC LAIN

LUNCH WILL BE SERVED IN THE GYMNASIUM AT NOON!

TRIBAL IDENTIFICATION CARDS AVAILABLE FOLLOWING THE MEETING IN THE TRIBAL COURT BUILDING.

***Newsletter NOW on Website!!!!*: www.shoalwaterbay-nsn.gov**
For up to date Council minutes e-mail me at lthomas@shoalwaterbay-nsn.gov for login & password! *(minutes for Tribal members ONLY)*

The Shoalwater Bay Newsletter

This 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 reject 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.

Submissions Deadline: 15th of each month

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SHOALWATER BAY TRIBE
NAMPS CHAAHTS

The NAMPS CHAAHTS wants to share your news!

Shoalwater Bay Tribal Council

Doug Davis, *Chairperson*,
dodavis@shoalwaterbay-nsn.gov
Jennifer Taylor, *Vice-Chairperson*,
jtaylor@shoalwaterbay-nsn.gov
Lynn Clark, *Secretary*,
lclark@shoalwaterbay-nsn.gov
Mechele Johnson, *Treasurer*,
mjohnson@shoalwaterbay-nsn.gov
Dennis Julnes, *Member at Large*,
djulnes@shoalwaterbay-nsn.gov

Send any news, stories, comments, suggestions, and/or photos (with caption) to:
lthomas@shoalwaterbay-nsn.gov
Please include your name and contact information.
MUST INCLUDE CONTACT NUMBER. Hiyu Masi
Any Veteran's news: we HONOR all who serve!

Shoalwater Bay Law Enforcement

This is a brief summary by nature of our officers calls for month of May 2015:

Agency Assist	6
Alarm (Audible)	1
Citizen Assist	1
Disorderly Conduct	1
Littering	1
Suspicion	4
Theft, Property, Other	1
Traffic Accident, Prop Damage	3
Traffic Offense	52
Unsecure Premises	7
Total Stops	***77***

Police Office 267-8164 (Questions Only)

Robin Souvenir, Chief of Police
Matt Padgett, Patrol Sergeant
Kristof Aho, Officer
Christopher Boggs, Officer
Sarah Boggs, Officer

For Police Dispatch
Phone# (360) 267-8391

ALL EMERGENCIES
ALWAYS
DIAL
911

Mobile Command Center

Submitted by Lee Shipman, EM Director

If it had not been for the great effort by a team of our employees and our communications volunteer, and the ok from our Tribal Council, we would not have been able to pull off the saving of the $399,000 Tribal Homeland Security Grant in such a short amount of time. We owe a debt of thanks to the team who pulled this off. The team consists of Robin Souvenir, Rick Wilcox, Cynthia Toop, Brad Phernetton, Jamie Judkins, Judy Lawrence and Lee Shipman. Because of their tireless work, expertise and all the effort it took to gather the information and costs associated with the Mobile Command Center and to convince FEMA that since a building was not going to happen in time to expend this grant our next best option was to obtain the Mobile Command Center that was delivered today. There will be very specialized communications equipment in the MCC when it is completed within a month. Unfortunately, this MCC is not for use by our CERT team members. It is for the use of our Police Department and personnel who will receive the necessary training for using the specialized equipment. We will be offering the training to key personnel including some of our partners from surrounding agencies in order to benefit all of our people in case of a disaster or emergency. The communication equipment is the same equipment that would have gone into the EOC if it had been built. We will be able to reach many, many agencies for help and resources during events if needed. This grant does not pay for construction, it would only pay for infrastructure and communication, therefore none of the money could be spent on a building. Much thanks goes to our Tribal Council for seeing the benefit of this MCC and taking action quickly in order that we not lose this grant. We have, together, made it possible to continue to be eligible to receive FEMA grants. Thank you again to Council and our great Team for everything. This is a job very well done by all who were involved. Our hope is to showcase this vehicle at our Yellow Brick Road Tsunami/Health Walk on July 21st. That will make us and FEMA very proud.

Shoalwater Bay Tribal Council Resolutions FY-2015

Resolution #06-19-15-30

RE: The Acceptance of a restricted donation from the Sound Development Association.

WHEREAS, on August 11, 2014, the Tribe became the beneficiary of a Washington State Department of Commerce Housing Trust Fund contract (#95-494-06A) funding housing related loans to low -income families; and

WHEREAS, the Tribe has had legal responsibility for the management, implementation, and reporting of the Housing Trust Fund contract and has been fulfilling that commitment through the activities of the Sound Development Association, a 501c3 corporation; and

WHEREAS, the Sound Development Association board wishes to dissolve the organization and donate the remaining funding to the Tribe with the restriction that said funds be used solely for the purposes of the Housing Trust Fund contract; and

WHEREAS, the Tribal Council has determined that a housing loan committee of Tribal Government would best fulfill the obligations of the Housing Trust Fund contract.

NOW THEREFORE BE IT RESOLVED, that the Tribal Council accepts the restricted donation from the Sound Development Association as of 10/01/2014, and will appoint a housing loan committee for continuation of the low-income housing loan program for Native Americans.

4 For 0 Against 0 Abstain

Resolution #006-19-15-31

RE: Purchase of Green Diamond. Adjacent to the West boundary of the Shoalwater Bay Indian Reservation.

WHEREAS, the SBIT has chosen to acquire 206 Acres of property from Green Diamond Company. This property is located on highway 105 adjacent to the West boundary of the Shoalwater Bay Indian Reservation. Pacific County Property Tax Parcel number 1411041000; and

WHEREAS, the SBTC agrees to the management requirements for comparable transferee of the Habitat Conservation Plan (HCP); and

THEREFORE, BE IT RESOLVED, the SBTC does hereby approve Mike Rogers, Tribal Administrator as signatory for the Shoalwater Bay Indian Tribe for acquisition for the Green Diamond Property 2, for the sum not to exceed Seven Hundred Eighty-seven thousand Eight hundred Ninety-three dollars ($787,893).

3 For 1 Against 0 Abstain 1 Absent

July Library Snippets

By Linda Rose, Library Manager

Hi! Everyone! We have programs scheduled that are so fun and interesting.
I hope you all will come and check them out.
First in July we have Don Ehlen, with Insect Safari. He could really bug you if you give him a chance. He is here July 10 in the Tribal Center meeting room, @ 4:30PM.
In August we will have Geoff Larson Executive Director who will bring the group called The Bushwick Book Club Seattle. "Not Your Run-Of-The-Mill Book Club. We love to read, it's true! Bushwick artists write and perform original songs inspired by books because that is what they do. These people write songs according to the books they have read." So for some original awesome music come join us August 28, at the gym in Tokeland @ 5PM. If you like the big bass you will love these guys. I've heard them and they are great.
http://www.thebushwickbookclubseattle.com/
Langdon Cook, writer, instructor, & speaker, will do a presentation on mushroom hunting. The Mushroom Hunters: On the Trail of an Underground America is his book. We have a copy in the Library. Come learn how to identify mushrooms and how to cook them. He will be in the Tribal Center meeting room with a power point presentation @ 4:30 PM September 3, 2015.
Chiyo Senada will perform a demo on authentic Japanese cooking.
No date has been set but it will be in September. The class has filled up nearly as fast as I sent the e-mail. Thank you everyone. I will contact you as soon as I get the date set.
All our programs are free and snacks will follow each program.
Come see some great entertaining educational presentations compliments of the Shoalwater Bay Tribal Community Library, IMLS Grant and our 1% funding.
Thank you for participating and being a part of our library.

Chiyo Sanada, Japanese Sumi-e Painting Artist

The art of Japanese Sumi-e painting was demonstrated for us as we participated in a class given by Chiyo Sanada. She was dynamic. She has a very heavy Japanese accent so it can be hard to understand her at times. Everyone enjoyed the class while learning some calligraphy and Sumi-e Painting with inks. Adults and children alike were welcome to the class. When we were done, we got to take our masterpieces home with us.

Chiyo has been painting and doing calligraphy since she was 7, and she is 42 now. She explains that there are many ways to paint calligraphy and shows us with a book she has. Then she tells you which style is her favorite and demonstrates it for you. Her work is simply stunning

Chiyo also cooks authentic Japanese food and has offered to come do a Japanese cooking class. The class is already full. We hope to bring her back for another painting class so others may participate as well. Her classes fill up fast.

We had 16 people attend the class from ages 10 to adult elders. The photo is one of the paintings we practiced. Please check out her web page: http://www.chiyosanada.com/

Here is a little history of the art.
History of Sumi-e
The 2000 year-old art form of Japanese brush painting is spiritually rooted in Zen Buddhism. Sumi-e's earliest practitioners were highly disciplined monks trained in the art of concentration, clarity, and simplicity. These early Zen Masters dedicated themselves to the art form with spiritual intensity through long years of serious reflection and strict discipline. Respect for Sumi-e's demands shaped their aesthetic direction.

The monks adhered to a rigorous schedule of meditation in preparation for painting. Entering a deep contemplative state was at the core of the creative process: preparing the inkstone, grinding the Sumi ink, loading the brush (fude), releasing the brush stroke on rice paper or silk scroll. Mastering the nuances of the black Sumi ink was more difficult than painting with color and required consummate skill.

Throughout its long and venerable history, Sumi-e has been held in high esteem and became a powerful way to inculcate the values of Bushido, the Samurai Code of Conduct. For the swordsman, composure on the brink of battle had its artistic parallel in the calm and tranquility essential before the fearless release of a brush stroke. Embodying the honorable ancient warrior codes, Sumi-e was a metaphor for the ephemeral world of the courageous Samurai swordsman.

Today, becoming a Master Sumi-e artist requires the same investment of effort and time in rigorous training and discipline.

By Linda Rose, Library Manager

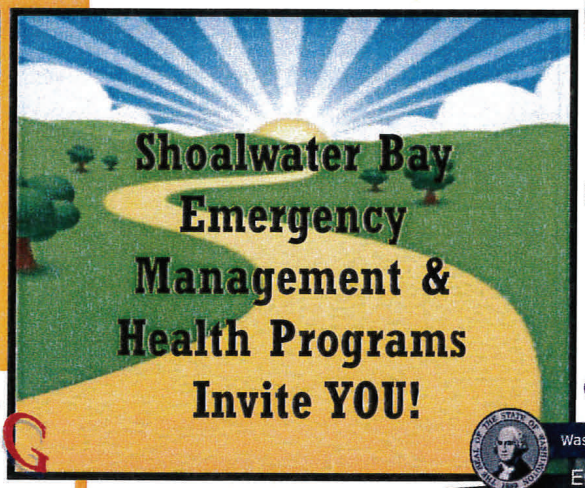
YELLOW BRICK ROAD TSUNAMI/HEALTH WALK

DON'T FORGET YOUR WALKING MAP!

July 21, 2015

10AM - 1PM

Register at the Shoalwater Bay Gym and **get your "Rescue Card"** between 10AM & 12PM



Washington Military Department
Emergency Management Division

PARTICIPATING AGENCIES

Shoalwater Bay Indian Tribe
Emergency Management Department
Police Department
Library
Health Department
Medical & Dental
Contract Health
Behavioral Health
Diabetes & Nutrition

Willapa Bay Enterprises
Shoalwater Bay Casino
Georgetown Station

WA State EMD
Map Your Neighborhood/MRC
Fire Department
South Beach Ambulance
Tsunami Debris Info
S Puget Inter-Tribal Planning Agency

PRIZES @ 1PM

FREE BBQ served between 11AM and 1PM

Come see our new Mobile Command Center!

Information booths all along the route to browse and gather goodies.

Gym Physical Address: 2405 Elm St.
Mailing: PO Box 130
Tokeland, WA 98590
Phone: 360.267.8120
E-mail: leshipman@shoalwaterbay-nsn.gov

Shoalwater Bay Tribe Calendar Of Events

July 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Gym 10-6pm	2 Gym 11-7pm	3 Gym Closed **All Tribal Facilities Closed**	4 Gym Closed ***Independence Day***
5 Gym 11-7pm	6 Gym 11-7pm AHAB Testing Noon	7 Gym 11-7pm **Lunch Discussions 12-1pm/Tribal Center** **GOT HOPE MTG 5:30 pm Court Bldg.**	8 Gym 10-6pm Tribal Court 1pm	9 Gym 11-7pm **USDA Food @ Gym11-1pm**	10 Gym 11-7pm **Food Bank 8:30am-Until Disbursed** **Tribal Council 2pm**	11 Gym 11-7pm
12 Gym 11-7pm	13 Gym 11-7pm	14 Gym 11-7pm **"Your Health the Journey" Wellness Center Lunch Room Noon-12:55** **GOT HOPE MTG 5:30 pm Court Bldg.**	15 Gym 10-6pm	16 Gym 11-7pm	17 Gym 11-7pm **Tribal Council 2pm**	18 Gym 11-7pm
19 Gym 11-7pm	20 Gym 11-7pm	21 Gym 11-7pm **Lunch Discussions 12-1pm/Tribal Center** **GOT HOPE MTG 5:30 pm Court Bldg.**	22 Gym 10-6pm	23 Gym 11-7pm	24 Gym 11-7pm **Tribal Council 2pm**	25 Gym 11-7pm
26 Gym 11-7pm	27 Gym 11-7pm	28 Gym 11-7pm **"Your Health the Journey" Wellness Center Lunch Room Noon-12:55** **GOT HOPE MTG 5:30 pm Court Bldg.**	29 Gym 10-6pm	30 Gym 11-7pm	31 Gym 11-7pm **Tribal Council 2pm**	1 August **General Council Meeting 10am Gym**

July

Everyday Salad Bar

Monday and Friday are Dessert Days

Menu is Subject to Change At Any Time

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Lemon Chicken Rice Vegetable	2 Pulled Pork Sandwich	3 Closed	4 Independence Day
5	6 Salisbury Steak Potato Vegetable	7 Soup	8 BBQ Drumsticks Baked Beans Vegetable	9 Philly Steak Sandwich	10 Hearty Salad	11
12	13 Baked Chicken Potato Vegetable	14 Soup	15 Tacos	16 Hamburgers	17 Hearty Salad	18
19	20 Tater-Tot Casserole Vegetable Dinner Roll	21 Soup	22 Roast Potatoes Carrots	23 Taco Chicken Wraps	24 Hearty Salad	25
26	27 Pork Loin Potato Vegetable	28 Soup	29 Enchilada Pie Rice	30 Sloppy Joe's Potato Vegetable	31 Hearty Salad	

Everyone's Welcome

SHOALWATER BAY TRIBAL CENTER
Monday – Friday Lunches $4.00
11:30 A.M. – 1:00 P.M. 267-8166
To Go Lunches are .75 extra

2015

Pumpkin Bread

Submitted by Tribal Member Gail Leber

Pumpkin Bread

Makes 2 Loaves *Preheat 350°*

Ingredients

3 1/2 cups flour
1 1/2 teaspoon salt
2 teaspoons baking soda
1 teaspoon cinnamon
1 teaspoon nutmeg
1 teaspoon allspice

2 cups canned pumpkin
3 cups sugar
4 eggs
2/3 cup water
1 cup vegetable or olive oil

Sift first six dry ingredients together in a bowl and set aside.

In a large bowl, mix sugar, oil and eggs until thoroughly blended. Add dry ingredients to large bowl, do not over mix. Add water and pumpkin and mix until blended.

Pour batter into two large loaf pans greased and coated with flour.

Bake at 350° for 1 hour.

Thank you Gail Leber for you recipe donation!

Native Business: **Enacting Change**

When an organization decides to change, the task to do so may be daunting. There is hope. Often, it is best for leadership to focus on the core deliverables that will align people within an organization. Simple directives from the top like increase gross profit margin, volume of products, or customer loyalty provide stakeholders (employees) goals to target. Stakeholders then have greater flexibility to create solutions to problems that result in mitigating obstacles, isolate objectives that can lead to goal attainment, and flex collective energy to drive change.

A long list of action items for improvement is a sign of success (and that list should continue to grow as time goes on). Then the task changes from compiling action items to prioritizing. Action is the investment of time, money, energy, and any other resource necessary to achieve a result. –It is important to note that time, money, energy, and other resources are finite which means one cannot do everything at once. An organization must recognize the limitations of their resources and decide what to do first. The risk of not recognizing resource constriction is to fool oneself into believing that doing a little bit on a lot of things is productive. The result when diluting the application of resources to too many things is almost always failure. The evaluation process to prioritize action items may be based on many things including feasibility, scope of impact on the organization, time necessary to implement, and any other factor that is relevant to the business and the environment in which it operates. Focusing on two or three priorities at once is often best. When an action item is executed it should be replaced by the next priority that is appropriate.

Additionally, change is not easy but often worth the struggle because of the resulting positive outcomes.

Jim Stanley freely shares his business knowledge in the interest of promoting economic development in Indian Country. Jim oversees all fishing operations of the Quinault Indian Nation, is the Treasurer of the Tribal C-Store Summit Group, and has over 12 years commercial lending experience with small and mid-size companies.

Snoqualmie Indian Tribe Youth Camp

Greetings fellow WA Tribes,

The **2015 Snoqualmie Indian Tribe Youth Camp** is August 16-20. It is open to 5th – 12th graders, emphasizes health and fitness, and includes:

- Culture
- Traditional foods and medicine
- Language
- Environmental conservation
- Drug and alcohol awareness
- Safety and first aid training
- Healthy living
- Traditional storytelling
- Community involvement

Find more information, including an application at: www.snoqualmietribe.us/youthcamp.

Youth Camp Contacts:
Rhonda Neufang | rhonda@snoqualmietribe.us | 425.888.6551 ext. 1013
Mary Osier | mary@snoqualmietribe.us | 425.888.6551 ext. 1132

Taryn Clark, MD!

Proud father, Council member Del Clark announces:
May 28th at 12:00 in the afternoon, Taryn Nicole Clark, daughter of Del & Alexandra Clark, granddaughter of Betty Condon, great granddaughter of Charles Armstrong; took the Hippocratic Oath and received her MD from Weill Cornell Medical College. She graduated "with Honors in Research" and "with Honors in Service", the only member of the graduating class to receive honors in both Research and Service. According to the University of Washington Office of Minority Affairs, Taryn is the first member of the Shoal-water Bay Tribe to become a physician. Cornell Med School is located in Manhattan, New York City and is one of the top medical schools in the country. The graduation ceremony was held at Carnegie Hall.

Choose Your Own Screen-Free Week the Month

Submitted by Patty Suskin

National Screen-Free Week is an annual celebration of the magic of being unplugged. During this week, have everyone in the household turn off screen media — including TVs, video games, computers, tablets, e- readers, cellphones and smartphones (except for phone calling/business)
— and get in touch with being unplugged.

Use this time to take a look at your family's screen-use habits. How many hours are spent using a screen compared to doing other activities? Here are some ways to change these habits:

- Create screen-free zones in the home. Establish one spot for storing and recharging everyone's handheld devices.
- Gather the family and come up with a list of alternative activities to sitting in front of a screen. Jot down lots of ideas and post them on the refrigerator. (See suggestions on reverse side.)
- Make changes gradually. Set limits. Experts recommend no more than two hours a day of recreational TV, computers, video games and DVDs for kids.
- Know what your children, of any age, are watching on TV, doing on the Internet and seeing on their smartphones. Ask them open-ended questions about what they're seeing and doing. Ask them whom they are communicating with when emailing and texting.
- Take TVs out of bedrooms. Sleeping with the TV on, even with the sound off, can disrupt sleep patterns and contribute to fatigue.
- During meals, turn off the TV and put away other distracting screens and electronic devices. Instead of using them, talk about everyone's day.
- Keep the TV and other screens off unless someone is watching them.

SDPI DIABETES PREVENTION PROGRAM

By Tanya Brown

Grilled Vegetable Calzones

Minutes to Prepare 10/cook 25 *Servings 4*

Ingredients

2 red peppers, thinly sliced
1 large onion, thinly sliced
2 cloves garlic, sliced in half
4 canned artichoke hearts, rinsed and quartered
3/4 cup 2% cottage cheese, drained*
1/2 cup chopped parsley or basil
8 ounces (1/2 pound) whole-wheat pizza dough
**To drain the cottage cheese, place it in a coffee filter and allow the liquid to drain off before using in your calzone recipe.*

Directions

Preheat the grill to 375°. Place a grill pan prepped with nonstick spray on the grill. Add the peppers, onion and garlic, and cook for 15 minutes, stirring every 5 minutes.
Meanwhile, combine the cottage cheese and herbs in a small bowl.
Raise the temperature of the grill to 400°.
Divide the dough into four parts, and spread each piece on a cool baking stone. Divide the grilled vegetables among the four pieces of dough, and then add the artichokes. (Note: Be sure to place the filling in the middle of the dough.)
Top with 2 tablespoons of the cottage cheese mixture. Fold over the dough and seal the seams with a fork. Mist the top of the dough with nonstick spray. Transfer the baking stone to the grill, cover and bake for 20 minutes, or the calzones are golden brown on top. Serve warm with your favorite tomato sauce.
Cal. 239.9 Fat 2.8g Carbs 40.4g Protein 11.0g

Coconut Cilantro Rice with Lime

Minutes to Prepare 15/cook 20 *Servings 18*

Ingredients

1 2/3 cup Whole Wheat Flour (very well sifted)
1 tsp. Baking Powder
1/4 tsp. Salt
1 cup Banana, mashed (2 large)
1/3 cup Fat Free Sour Cream
1 tsp. Vanilla Extract
1/2 cup Canola Oil
1 cup Splenda No Calorie Sweetener
2 large eggs
1/2 tsp. Baking Soda
**optional - Vanilla frosting or Greek yogurt plus berries for garnish (*NOT included in nutritional content)*

Directions

Preheat to 350. Line 18 cups of baking pan with cupcake liners.

Combine flour, baking powder, baking soda and salt in bowl.

In another bowl, blend bananas, sour cream, and vanilla. Beat in oil and Splenda. Add eggs one at a time, beating well after each.

Alternately add flour and banana mixtures, ending with flour.

Fill baking cups with batter. Bake 15-20 minutes. Cool on wire rack.
Cal. 195.2 Fat 2.4g Carbs 4.2g Protein 0.9g

NEXT WIC DATES:

Next WIC date:
Tues-August 4, 2015
at Wellness Center
10:30 am—1:00 pm
(Date & times may change)

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

SPIPA main number: 360 426-3990

Did you know?

Average U.S. home has 3 TVs;
56 percent have 3 or more.
59 percent of U.S. homes with TV have digital cable.
90 percent of U.S. homes with TV also have a computer with Internet access.
Approximate hours of TV watched per week:
- 39 by women over age 18
- 35 by men over age 18
- 24 by youth ages 12 to 17
- 26 by children ages 2 to 11

Reducing TV time can help prevent excess weight and obesity.
For children under age 3, screen time is linked with sleep problems.

Wellness Center

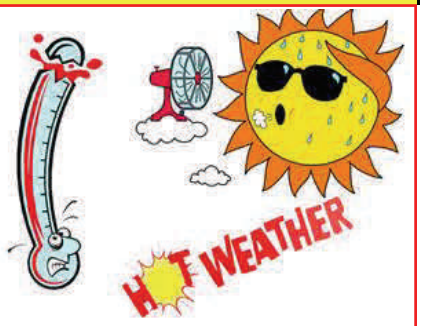
Medical
360-267-0119
1-800-841-2244
Dr. Brian Fox, DO
Emily Maldonado, PA-C

Dental
360-267-8103
1-800-633-5218 Ext 5106
Dr. Greg Cebulla

Behavioral Health
360-267-2508
1-800-633-5218 Ext 5216
Dr. James States
Coleen Chapin
Sally Heath
Jeanne Paul

Extreme Heat: Protect Yourself & Others

As temperatures continue to rise throughout the country, it's important to understand the risks associated with extreme heat and how to prepare.



While most of us know the importance of staying cool and hydrated, here are a few other tips to make sure everyone stays safe during these warmer months.

- Check on family, friends and elderly neighbors who do not have air conditioning, who spend much of their time alone or who are more likely to be affected by the heat.
- Know the signs of heat exhaustion: cool, moist, pale or flushed skin. Heavy sweating, headache and nausea.
- Check on animals frequently. Make sure they have plenty of shade and cool water and consider moving them inside.
- Call 911 immediately if someone exhibits signs of heat stroke including, hot, red skin which may be dry or moist; changes in consciousness; vomiting and high body temperature.

For more information on how to stay safe in the summer heat, review these tips from the American Red Cross. ***www.redcross.org**/prepare/disaster/**heat-wave***

July Birthdays *(Italics are Tribal Employees)*

Brooklyn Blake	1st	Macy Taylor	29th
Yvonne Thompson	6th	Shane Thomas*	31st
KayLynn Taylor	6th	Raleigh Anderson	31st
Trae Ardeneauz	6th	Joselyn Hoeppner	31st
Jacques Fracchia	8th		
Tristan Hoeppner	8th		
Ken W. Waltman*	10th		
Kianna Anderson	11th		
Linda Kauzlaurich	*14th*		
Anne Steinhilb	14th		
Cody Blair*	14th		
Jacob Christensen Jr.	14th		
MollyAnne Taylor	14th		
Joshua Moore	17th		
Joan Julnes	18th		
Lorraine Morrison	19th		
Kristopher Clark	21st		
Andrew Taylor	22nd		
Steven Johnson	23th		
Ryan Trowbridge	24th		
Victoria Judkins	24th		
Earl Davis II*	25th		
Braelynn Murphy	25th		
Jodee Lopez	27th		
Chavala Schillinger	29th		

Tribal members with a * after their names are also employees of the Shoalwater Bay Tribe, Casino, or Willapa Enterprise Board

Employee Anniversaries
(Employee Position are CURRENT position)

Jim Anderson* - *Tribal Gaming Commissioner/ TGA Director* ..... 16yrs.
Shannon Kanavan - *Certified Professional Coder* ..... 14yrs.
Chris Boggs - *Police Officer* ..... 1yr.
Amanda Pollard - *Certified Medical Assistant and Phlebotomist* ..... 1yr.

(*Indicates Tribal Member)

Years of service are years employed with Shoalwater Bay Tribe -possible not in same position. (includes-Georgetown, WBC, WBE and WBT)

Dear Patrons,

It is with deep regret to inform you that Dr. Brian Fox is leaving our employment at the end of July to pursue a new endeavor. We all wish him well.

We want to assure you that we are still here and available to take care of your health care needs. However, depending on your insurance plan, you may need to notify your insurance carrier that Dr. Fox can no longer be your Primary Care Provider at the Shoalwater Clinic as of July 31, 2015. We are working on getting a new provider as quickly as we can and appreciate your patience during this transition.

Please feel free to advise us if you need any information or assistance with this upcoming change. Emily Maldonado PAC will be here ready and willing to serve you, along with the rest of our health care team.

We are sorry for any inconvenience this may cause.

Kim Zillyett-Harris

Health Director

NAMPS CHAAHTS

Shoalwater Bay Tribe
P.O. Box 130
Tokeland, WA 98590

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