

Welcome



Let's give a warm welcome to Jessica Rowlett and Dr. Denny Homer. Jessica has been hired as our Emergency Management Specialist. She will be coordinating community efforts for emergency preparedness.

Dr. Homer is our new dentist.

Welcome aboard Jessica and Dr. Homer!

SHOALWATER BAY TRIBE

P.O. Box 130

TOKELAND, WA 98590



naṁsčac

Shoalwater Bay Indian Tribal News

P.O. Box 130, Tokeland, WA 98590

August 2016

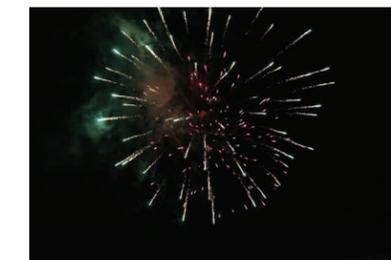
And the Winner is...

Smack Dab!

On July 3rd, Shoalwater Bay tribal member owned fireworks businesses had a "battle of the stands" competition. The "Best of Tokeland" fireworks competition was a blast that hopefully becomes an annual event. Six businesses, Smack Dab, KC's, Bill and Leah's, GNT, Lulu's Last Stand, and Shoalwater Bay Fireworks, participated in the event. The judges picked the winner



based on timing, height, longevity and crowd hype. There was definitely a lot of crowd hype as each business put on an amazing show. The winner of the show, which had a fabulous finale by the way, was Smack Dab, owned by Serena, Mike and Naomi Hermon. Congratulations Smack Dab on a job well done.



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 July 2016

Animal Problem	1
Citizen Assist	1
Disorderly Conduct	1
Fire	2
Fraud	1
Fireworks	3
Harassment	1
Lockout	3
Motorist Assist	2
Order Violations	1
Suspicion	2
Traffic Offense	73
Unsecure Premises	6
Warrant	1
Total	99

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

Hello my name is Blanca Helen Cervantes-Duarte

My grandmother is Junel Davidsen. I have 2 brothers, Jaime Jr and Mateo and two sisters Jay and Sarina. I am 12 years old and the middle child. My parents are Elena and Jaime Duarte and we live in Surprise, AZ. It is really hot this summer - 120 degrees some days! My hobbies are writing poems, coloring and short stories. I also sing at my local church and go hiking with brother M.J. I have a dog and her name is Diamond. This year I will be going into the 7th grade and looking forward to playing volleyball again in school. I am proud to be part of the Shoalwater Bay Tribe and read the tribal newsletter online.



My name is Mateo Joseph Capoeman-Duarte and my nickname is M.J. I am 11 years old and live in Surprise, Arizona. My favorite sport is basketball but currently I am playing football. Last season I played offense and defense for the Surprise Scorpions. My hobbies at home are playing video games on my PS3, but also enjoy drawing inventions to help the military armor, board games, camping, fishing and swimming.

I will be in the 6th grade when school starts in August. Last school year I made honor roll all 4 quarters. My grandmother is Junel Davidsen and look forward to an opportunity to visit my tribe one day.

Sincerely

Mateo Duarte



**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.

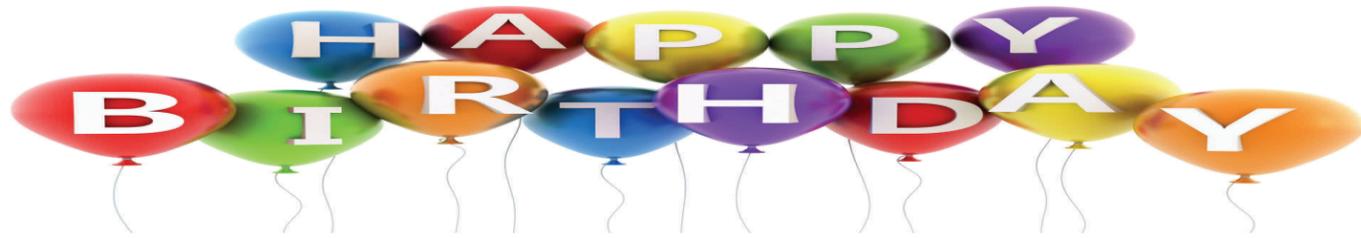
Submission Deadlines are the 20th of each month

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



Submitted by Jamie Judkins

**Happy Birthday to one of the
Funniest Bug's we know (Victoria)! We are so proud
Of you!
Love, Mom and Dad**



August Birthdays

- | | | |
|---------------------------|---------------------------|------------------------|
| 1st-Dana Persson-Zora | 12th-Karen Morrison-Perry | 18th-Thomas Persson |
| 1st-Vernita Shipman | 12th-Kevin Willoughby | 20th-Elizabeth Shipman |
| 2nd-Charles Lea | 12th-Brianne Norman | 22nd-Karen Engel |
| 2nd-Shawn Van Giesen | 12th-Palix Welch | 26th-Angelic Johnson |
| 2nd-Evan Steinhilb | 13th-Christine Walker | 28th-Ayla Griffith |
| 2nd-Kaden Powell | 15th-Brock Johnson | 28th-Kobe Beck |
| 3rd-Joshiwa Schoettler | 16th-Anita Blake | 30th-Lon Clark |
| 4th-Tuh-Wahun-Nuh Shipman | 16th-Victoria Johnson | 30th-Courtney Persson |
| 8th-Jasmine Blair | 16th-Charmaine Sanchez | 30th-Sirena Sanchez |
| 9th-Donald Lea | 17th-Heidi Persson | 31st-Harry Blair |
| 12th-Mary Downs | 17th-Everett Walker | |
| 12th-Bruce Davis | | |

Employee Anniversaries

- Roberta Merkel, Accountant/Payroll-20 years
- Michael Hermon, Water system and Outdoor Maintenance Director-15 years
- Michael Taylor, Indoor Facility Maintenance Director-13 years
- Jennifer Stepp, Gaming Agent-11 years
- Tanya Brown, CHR/Diabetes-11 years
- Crystal Ashe, Lab Manager/X-Ray Tech/Phlebotomist-10 years
- Joel Blake, Outdoor Maintenance-8 years
- Tony Johnson, Education Director-6 years
- Ashlea Pollard, Dental Assistant-5 years
- Larissa Pflieger-Ritzman, Natural Resources Specialist-4 years
- Emily Maldonado, Physician's Assistant-Certified,-2 years

Tribal Council Resolutions

Resolution 7-1-16-21

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 energy assistance programs; and

Whereas, the Shoalwater Bay Indian Tribe has been advised by SPIPA, as the Lead Agency, of the need to submit a renewal grant application to the US Department of Health & Human Services/Administration for Children & Families, Community Services Low Income Home Energy Assistance Program to provide ongoing funding for energy assistance to qualified low income consortium Tribal members;

Now, Therefore, Be It Resolved, the Shoalwater Bay Indian Tribal Council does hereby commit to , support and authorizes SPIPA, as the Lead Agency to submit a renewal grant application to the US Department of Health & Human Services/ Administration for Children & Families, Community Services Low Income Home Energy Assistance Program to provide ongoing funding for energy assistance to qualified low income consortium Tribal members.

5 for 0 against 0 abstain

Resolution 7-1-16-22

This resolution approves the submission of the Shoalwater Bay Indian Tribe Indian Housing Plan/Indian Housing Blog Grant to the United States Department of Housing and Urban Development for \$262,339.00

Whereas, the Shoalwater Bay Tribal Council believes that the provision of decent, safe, and affordable housing and housing services is of utmost priority for members of the tribe;

Now Therefore Be it Resolved, that the Shoalwater Bay Tribal Council hereby authorizes the submission of the FY2017 Indian Housing Plan/Indian Housing Block Grant application no later than July 18th, 2016.

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

“The Best of Tokeland Fireworks Competition” participants

put on a quite a spectacular show.



From top left is K.C Fireworks (owned by Kenny Waltman, pictured), and Colleen Dietle, top right is Bill and Leah’s stand owned by the Thomas family, bottom left is Lulu’s Last Stand (owned by Anita “Lulu” Blake), bottom right is GNT (pictured is Gordy Shipman, owner)



Center is Shoalwater Bay Fireworks (Jeremy Whitish, Joel and Justine Blake, Jake and Ashley Christensen)



Colleen and Ron Dietle sold their delicious fry bread throughout the day, and even passed out samples to the crowd. Yummy!

The North Cove/South Beach Fire Department was on hand in case of emergency. Thank you!

LET'S GET OUR KIDS HOOKED ON SOMETHING... BEFORE SOMEONE ELSE DOES.

We've got over 30 alternatives to teen pregnancy, drug/alcohol use, acquiring AIDS and other sexually transmitted diseases... GET WITH THE PROGRAM!

SHOALWATER BAY CASINO

Sand Verbena 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
SPIPA main number: 360 426-3990

Next WIC date:
Tuesday, August 2nd, 2016
at Wellness Center
10:30 am—1:00 pm
(Date & times may change)

Don't Forget Tribal Members now get 10% off fuel purchases.

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

August Is Breastfeeding Awareness Month

A Mom who Breastfeeds Shares her Story

Santana Krise is a busy mom. She is working full time and going to school. Even with all she is doing, she finds the time to breastfeed her 9 month old son, Atawit.

In addition, she is often a resource to new moms in the Squaxin Island Tribe community needing breastfeeding support . I caught up with her on her lunch break when she fed her son at daycare.



Santana Krise (Squaxin Island) & Atawit

Q. *Santana, why do you breastfeed?*

- **Breastmilk is the best food** for my baby— I want my children to get the best. (*Atawit is her 4th child— she breastfed them all.*)
- **Great for bonding.** I love to look at his little face when I'm feeding & knowing he's getting the best.
- **Breastfeeding is convenient.** No mixing anything. No making a bottle in the middle of the night.
- **Breastfeeding lowers your breast cancer risk.**
- **Breastfeeding saves you money**-nothing to buy
- Breastfeeding is **nature's way.**

These are just a few of the reasons Santana breastfeeds.

Q. *Santana, what breastfeeding advice do you have for new moms ?*

- **Feed , feed , feed**—even if you do not think the baby is getting anything. They are. The more you feed, the more milk your body makes.



- **Patience.** It takes time to get a routine going with positioning and latching on.
- Use **pillows** to bring the baby up close to your breast. A newborn baby's entire body should face you.
- **Relax.** Try different positions— football hold, cradle hold, or some babies like feeding while lying down.
- Have **confidence** that you can breastfeed in time.

For more breastfeeding tips and support, contact WIC at SPIPA: Debbie 360.462.3227 gardipee@spipa.org or Patty at 360.462.3224

Shellfish and Biotoxins: A talk with Jerry Borchert

On the evening of July 12th, Jerry Borchert from the Washington State Department of Health Shellfish and Marine Biotoxin program, took the time to come to Shoalwater Bay Tribe and speak about marine and shellfish toxins. Did you know that Washington state has the largest marine toxin program in the nation?

Jerry's talk was packed with important and necessary information. I will highlight a few interesting facts he covered, and have included below the website's and phone number so you can get the information from the Department of Health. It is imperative to get the facts from the State as it could be a life or death situation in the worst case scenario.



Jerry Borchert answering questions from attendees

- Cooking or freezing does NOT destroy toxins
- There are three types of shellfish poisoning:
 - **PSP (Paralytic Shellfish Poisoning)**
 - **ASP (Amnesic Shellfish Poisoning)** This is from Domoic Acid and is the common poisoning from our Area.
 - **DSP (Diarrhetic Shellfish Poisoning)**
- The Alfred Hitchcock movie "The Birds" was possibly based on the behavior of birds after eating toxic shellfish, however, they do not become aggressive. They do however, appear intoxicated.



A few key facts to know:

- The biotoxin growing season has been starting earlier and lasting longer
- Mussels tend to have higher levels of toxins than other shellfish

Questions?

<http://www.doh.wa.gov/CommunityandEnvironment/Shellfish>



Jerry Borchert
jerry.borchert@doh.wa.gov
360-236-3328

Audrey Kuklok
audrey.kuklok@doh.wa.gov
360-236-3354

Shellfish Safety Resources

- www.doh.wa.gov/shellfishsafety "clickable" map
- [Mobile-friendly version](#)
- 1-800-562-5632 Biotoxin Hotline
- [Marine Biotoxin Bulletin](#) (text version)
- www.facebook.com/WAsheffishsafety



NOTES FROM HOME

By Charlene Nelson, Tribal Chairperson

July 15, 2016

Notes from Home

Dear Tribal Family,

The 4th of July Holiday went well, the weather was just right, not too hot and not too cold. The fireworks vendors sold lots of fireworks. Sunday the 3rd the Fireworks Stands who wanted to compete did their own displays which were a great success. Smack Dab in the Middle won the prize. Visitors and local folks really had fun at this local fireworks display but also enjoyed the Commercial display on the 4th. I have heard lots of positive comments since the 4th. The Old Fashioned Tokeland parade and the Trek were very well attended by people from all over. Our Tribe helped with both of these events.

The summer program for kids has started. The older youth have jobs, and the younger ones are taking swimming lessons right now in Aberdeen. I think the kids are having fun.

Great news, our Pulling Together for Wellness team who represents our Tribe has been selected in the last round of finalists in the Robert Woods Johnson Foundation health prize; the winner will be announced nationally in mid-September. Cross your fingers.

Tuesday night we had a presentation by Jerry Borchert, a marine toxins biologist. We had about 45 people show up for the meeting. We all learned more than we knew before, most of us did not know there were four different shellfish diseases. Jerry was a great speaker and he loved to eat clams, healthy clams. The Tribe will be testing the clams on our Spit with the help of the State. It is a great partnership.

The Council will be having a budget meeting next week. Today we are having a presentation from Red Plains about our land plans. We are thinking of acquiring more land but we want always to keep a safeguarded amount to cover all of our expenses and programs.

The Canoe Journey begins next week, and we have some tribal members traveling.

I hope many of you will come to our General Council meeting this year. Find the hiking shoes, or wind up the propeller on the plane, rev up the car, bail the canoe and pull for Home.

Remember if you arrive here on Friday the 5th you are invited to a One Tribe, One Family Gathering at the Event Center which is right by the Tradewinds. Come by anytime between 3 PM and 8 PM and have a snack and visit. Stay as long or short a time as you want. Remember we have different families but we are all One Tribe One Family. I have invited friends too.

Visit, eat so we will not have a single leftover, talk and laugh with people but no politics please.

Be safe.

Charlene Nelson

Shoalwater Bay Women's Group

September 18
At 10 am
Shoalwater Bay Tribal Center

It is that time of year again for the women of Shoalwater Bay to come together. Starting September 18, 2016 at 10 am we will come together do crafts and have lunch. Remember you must be 13 or older or going into the 7th grade. This is a clean and sober event. Hope to see you there

For questions call:(360)267-6766
Tanya, Holly, Sabina,

HERITAGE CORNER

Lalaam (Lower Chehalis)

Pronounced lah-lahm

Meaning: paddle



Isik (Chinook Wawa)

Pronounced ee-sick

Meaning: paddle



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

Anticipating the Harvest of Berries this Summer

Thimbleberries

Written by Lonni Rickard Recipe from the Book: Feeding the People, Feeding the Spirit

The season is upon us when the indigenous berries of the Pacific Northwest are ready to harvest. How blessed we are to live in such a bountiful area where we can pick not just one type of berry, but many, many different types!

I will just highlight a few of my favorite, easily identifiable berries I have enjoyed harvesting since I was a young girl, starting with the Thimbleberry (*Rubus parviflorus*). Also known as "Indian toilet-paper" due to its thorn-less nature and soft fuzzy leaves. It can come in handy when you are out in the forest when nature calls. The young shoots of the thimbleberry bush were also eaten raw as a vegetable in early spring. The thimbleberry is both low in fat and calories and is a great source of vitamins A and C with traces of Potassium, Calcium and Iron.



Thimbleberry Dressing

1/2 cup Thimbleberries, mashed

1/2 cup olive oil

1/4th cup white wine or rice vinegar

Juice of one lemon

Salt to taste

Combine all ingredients in a jar with lid and shake vigorously, use as salad dressing or dipping sauce for bread. This keeps in the refrigerator for a couple of weeks.

Things to Know before you Gather:

- ◇ Be absolutely certain you have properly identified the plant. If you are unsure, it is best to observe the plant through several seasons and stages of growth to be certain you have the correct plant.
- ◇ Do not over harvest. Leave ample fruit for reseeding and feeding the wildlife.
- ◇ Respect that native plants are already in extreme competition with both human development and invasive species such as scotch-broom. Only pick in areas where there are large enough numbers of the plant to support harvesting.
- ◇ It's best to harvest with a plan in mind. Take only as much as you will need and don't waste.

Library Snippets August, 2016.

By Linda R Rose, Manager

The library is very busy this August. We have 4 programs of different capacities to offer the inquiring minds. And did you know? You can travel the world when you read. Fascinating!

August 3, 2016 @ 1PM we have Sam Martin who will read, teach a little about writing, sell his books and sign them. This will be in the Library.

August 13, 2016 Raindancer Wild Bird Rescue @ 11AM in the Tribal Center meeting room. We will get to see some birds in person and learn more about them.

August 17, 2016 @ 5PM Blitz the Seahawks Mascot is coming to the Tribal Gym on Elm St. He will pose with you for a photo and sign them.

August 26, 2016 @5PM Nick Adams, Lakewood novelist & Civil War re-enactor will read from his book "My Dear Wife and Children". These are Civil War

Letters are from a 2nd Minnesota volunteer who was his great, great, grandfather. He will dress the part, sell his books and sign them for us.

September 9, 2016 @ 5PM WA State Poet Laureate Ted Marsh will do a workshop on poetry in the Shoalwater Bay Library.

September 15, 2016 ALL Libraries will be closed for All Staff Training Day!! Thank you!

Saturday September 17, 2016 @ 1PM Rowdy Referees will come. These guys are funny, include the kids, give prizes, and just a barrel of fun. They do apologize for having to reschedule because of a series of unfortunate events occurred.

September 30, 2016 @ 1PM, Sydney Stevens wrote Jailhouse Stories of Pacific County and will share this book with us. A signing and sales of the book will also be available.

All programs are free for attendance by everyone.

October sends me to Phoenix, Arizona for ATALM Conference. I have nothing planned for October so far.

Have an awesome summer!

Chehalis Tribal Health Fair!

Tuesday, September 20, 2016

10:00AM to 3:00PM

Chehalis Tribal Community Center-Gym

Everyone is welcome to Attend!

Lots of Vendors from Tribal, state programs

Lunch at noon

For more information please contact:

**Christina Hicks, Community Wellness Manager at CTWC
at 360.409.1741 or email chicks@chehalisTribal.org**

Vendors:

Together!, Chehalis Community Services Office DSHS, Alzheimer's Association, DSHS Developmental Disabilities Admin., Heal & Toes Therapeutic Reflexology, WA Division of Child Support, Oakville Timberland Library, Innovative in Sleep Solutions, SPI-PA, Para Transit Services, Rochester Chiropractic Center, Family Education & Support Services, Big Brothers Big Sisters, Senior Services for South Sound, Harmony Hill, Northwest Portland Area Indian Health Board, Costco, Chehalis Tribal Programs and More!



Indigenous Ecology on the Half Shell: Native Methods Preserve Chesapeake Oysters

A new interdisciplinary study of oystering in Chesapeake Bay covers the entire history and prehistory of human impact on the oyster beds and concludes that the most sustainable harvesting methods were those practiced by Native Americans before colonization.

Like the health of the food chain in the ocean depends on the living creatures that make up coral reefs, the health of estuaries depends on oysters. Estuaries are where rivers meet the sea, and the collision between fresh and salt water at a point that moves with the tides and with the river flow creates a unique nutrient-rich environment that feeds fish and birds and, ultimately, human beings.

Modern science tells us that the health of oysters tells us the health of the estuaries that are their habitat. In addition to telling how clean the water is, oysters help to clean it. During their life cycles, oysters function as living water filters.

Twenty-two of the 32 largest cities in the world are located on estuaries. Before the European invasion, the mouths of rivers were good places for hunting and fishing and, in the land around the estuaries that flooded every season, agriculture. After the invasion, the same places became seaports, because the rivers were the cheapest way to ship trade goods in and out of the so-called New World.

Population brings pollution, and keeping the estuaries healthy is a continuing struggle. As the ecosystem that is the Chesapeake Bay deteriorated and that deterioration was reflected in the skimpy oyster harvest, the Smithsonian convened an interdisciplinary team of scientists to examine how-if at all-oysters could be taken in a sustainable manner.

The team of 15, led by Smithsonian anthropologists Torben C. Rick and Leslie A. Reeder-Myers, has reported on a study that analyzed oyster production and harvesting back to the time when humans did not take oysters, in the Pleistocene epoch 13,000 years ago. Published in the April issue of *Proceedings of the Nation Academy of Sciences*, the report concludes that the best hope for rebuilding the Chesapeake oyster beds and maintaining them in a sustainable way is to adopt some of the practices pioneered by the Indigenous peoples of the area.

The natives, the Smithsonian study found, had managed to harvest oysters while still allowing the oysters to replenish themselves in spite of a changing climate, a rising sea level and a growing population of human beings consuming the oysters.

Some of the best practices identified in the study, modern factory oystermen will be quick to point out, were dictated by lack of technology. The most controversial practice that needs to be curtailed is dredging for oysters, dragging a heavy metal net along the sea floor that will dislodge and capture any living thing it encounters. The "catch" may include animals and plants of no immediate use for human beings but critical to the ecosystem of the bay.

Natives may have harvested oysters by hand or with simple tools because simple tools were all they had, but that does not change the overkill aspect of dredging. Another decision drive by available technology is that Indians seldom took oysters from deeper waters, leaving great swaths of oyster habitat untouched, places where the oysters could mature and play out their role as nature's water filters.

Other Indigenous practices recommended for reintroduction were dictated not by technology, but by common sense. The people would rotate among oyster beds, taking from this one now and that one next year, allowing time for the population to recover between harvests. Another common sense practice could have been pulled directly out of the colonists' sacred text, but for some reason the colonists failed to apply it to oystering:

To everything, there is a season. And a time to every purpose under heaven.

As Pacific Standard pointed out in a report on the Smithsonian study, the Natives before 1600 understood there was a time to grow domesticated plants, a time to gather wild plants, a time to hunt deer and a time to gather oysters. The study does not speculate on whether the rotation was driven by ceremonial cycles, but if it was, the ceremonial cycles themselves probably came from observing the plants and animals critical to human life.

By all these methods, the Indigenous peoples of the Chesapeake Bay area were able to harvest oysters for thousands of years with no difference in the size of the oysters. This is the very essence of sustainable harvest.

These ideas for a sustainable oyster harvest cannot coexist with, as *Pacific Standard* put it, our demand for "whatever food we want whenever we want it, regardless of the season."

If the modern settler state cannot find a way to accommodate the indigenous practices that let the deep water beds grow and reproduce and let the shallow water beds recuperate between harvests, then the modern settler state will have to give up consuming oysters and protecting the estuarial ecosystem.

As the oysters go, so goes the estuary. Loss of the estuary would mean destruction of substantial food supplies in addition to oysters. Unless humans turn their backs on the shellfish that have been food for thousands of years, the choices will be sustainable harvest or no harvest.



By Steve Russel

11:30AM-1:00PM

MONDAY THROUGH FRIDAY \$4.00

Sun Mon Tue Wed Thu Fri Sat

	1	2	3	4	5	6
	Salisbury Steak Potato Vegetable	Soup & Sandwich	Chicken Cordon Bleu Potato	Soup & Sandwich	Hearty Salad	
7	Meatloaf Potato Vegetable	Yellow Brick Road No Lunch	Biscuits & Gravy	Soup & Sandwich	Hearty Salad	13
14	Ham Potato Vegetable	Soup & Sandwich	Tacos	Soup & Sandwich	Hearty Salad	20
21	Tater Tot Casserole Vegetable	Soup & Sandwich	Baked White Fish Rice Vegetable	Soup & Sandwich	Hearty Salad	27
28	Pork Loin Potato Vegetable	Soup & Sandwich	Spaghetti Vegetable Garlic Bread			
29						

August 2016

Sun Mon Tue Wed Thu Fri Sat

	1	2	3	4	5	6
	Gym 11-7	Gym 11-7	Gym 11-7	Gym 11-7	Gym 11-7 Council 2 pm Food Bank 8:30	Gym 9-5 General Council
7	8	9	10	11	12	13
Gym 9-5	Gym 11-7	Gym 11-7 Neighborhood Watch 6-8	Gym 11-7	Gym 11-7 USDA Food In gym 11-2	Gym 11-7 Tribal Council 2 pm	Gym 9-5
14	15	16	17	18	19	20
Gym 9-5	Gym 11-7	Gym 11-7 Tribal Court 1 pm	Gym 11-7	Gym 11-7	Gym 11-7 Tribal Council 2 pm	Gym 9-5
21	22	23	24	25	26	27
Gym 9-5	Gym 11-7	Gym 11-7	Gym 11-7	Gym 11-7	Gym 11-7 Tribal Council 2 pm	Gym 9-5
28	29	30	31			
Gym 9-5	Gym 11-7	Gym 11-7	Gym 11-7			

News From Around Indian Country

Good Luck Ashton Locklear! Lumbee Olympic Gymnastics Hopeful

Ashton Locklear, 18, is one of America's leading gymnasts. She won national and international titles in uneven bars in 2014, 2015, and 2016, and was a member of the gold-medal winning U.S. team at the 2014 World Artistic Gymnastics Championships in Nanning, China.

Now, she is in San Jose, California for the U.S. Women's Gymnastics Olympic Team Trials, one step closer to achieving her lifelong dream: A spot on the U.S. Women's Gymnastics Team that will compete in the 2016 summer Olympics in Rio de Janeiro.

Locklear, who won her first title at age 5, hopes to be the first citizen of the Lumbee Tribe-and the first Native American-to compete in gymnastics for the United States at an Olympic Games.



What's in your head when you're performing a difficult move?

I just tell myself I've done this a thousand times before in practice and just go through the motions.

Your parents are an important part of your team. Can you tell me what their role has meant to your success thus far?

I'm so appreciative of my parents for all that they do to help make it possible for me to pursue my dreams. Without their support none of this would have been possible. My mother works at my gym to pay for my tuition and competition expenses. She drives me to and from my gym every day and sees that I have what I need to help make this journey a success.

What do people from the Lumbee Tribe say your performance means to the Lumbee nation?

There has never been a Lumbee gymnast in the Olympics and they are all relying on me to be the first. And I hope to make them all proud and to bring recognition to my people.



Indian Country Today caught up with Locklear before the Olympic trials to discuss her journey to Rio-and what Olympic competition would mean to her as an American and as a Lumbee.

What is your training schedule?

I train for three or four hours in the morning and then break for lunch, which usually consists of some sort of protein and fruit or veggies. Then I return and practice for another three hours.

Crowds, sounds, pressure...when you're on the bars or beam, how do you maintain your focus?

I actually prefer noise to silence. It's much easier to keep focused. I just focus on one skill at a time.

-By Richard Walker of ICTN



2016 Hot List: 6 Exhibits to Check Out by Alex Jacobs

Inspiring awe and learning, these museum exhibits bring together the best of Native culture and history.

Historic and Modern Ledger Art

The National Museum of the American Indian in New York City presents a visual treat with its current exhibit, **Unbound: Narrative Art of the Plains**, which runs through December 4, 2016. The exhibit, curated by Emil Her Many Horses, features 50 contemporary pieces of ledger and narrative art in various media commissioned for the show, and nine contemporary pieces as well as 17 historical artworks from the museum's collection. The historical pieces date back as far as 1840-some were made by Native warriors imprisoned at Fort Marion in St. Augustine, Florida. Her Many Horses (Oglala Lakota), a Native artist, included legendary Plains figures and artists, White Swan (Crow), Long Soldier (Lakota/Nakota), Mountain Chief (Blackfeet), Black Chicken (Yantoni), and Chief Washakie (Shoshone).

First Person: Remembering Little Bighorn is an exhibit of Lakota artists Stephen Standing Bear (1859-1933) and Amos Bad Heart Bull (1868-1913), who were at the battle, and recorded their experience using traditional pictographs drawn on cloth and paper. For years, any Indians who claimed to be at the Battle of Little Bighorn could've been jailed for their participation. This kept the Native American narrative hidden and historical truths censored. Until now. The exhibit runs until November 20, 2016.



Native Fashion 'Beyond Feathers and Fringe'

The Portland Art Museum presents **Native Fashion Now**, a groundbreaking gathering of contemporary Native American fashion, described by *Racked* as "the intersection of aesthetic and spirituality." *Hyperallergic* says it is "fiercely contemporary." It's all covered, from Rez street wear to exquisite haute couture-*Native Fashion Now* celebrates the visual range, creative expression and political nuance of Native American fashion. Nearly 100 works covering the last 50 years explore the vitality of Native fashion designers and artists from innovative Native trail makers to today's maverick designers making their mark in the modern world of fashion. The exhibit is on display until September 4, 2016.



Learn the Truth of Little Bighorn

The Philbrook Museum of Art in Tulsa, Oklahoma, is offering original and historic Lakota ledger art at their downtown venue. On June 25, 1876, Lakota, Cheyenne and Arapaho warriors under Crazy Horse, Gall and Sitting Bull, defeated General George A. Custer and his 7th Cavalry regiment on the banks of the Little Bighorn River in present day Montana. Called the Custer Battalion, five out of 12 companies were annihilated. This was a major even in U.S. history, but the Native viewpoint has only come to light in the last generation or so.



<http://www.raindancerwildbirdrescue.org/>

**Raindancer Wild Bird Rescue
in the
Tribal Center
Meeting Room
Saturday
August 13, 2016
@ 11AM
This is a Free
Family Program!!**

"Raindancer Wild Bird Rescue is a 501(c)(3) wildlife rehabilitation organization based in Olympia, Washington. We specialize in the rescue and rehabilitation of injured or orphaned birds of prey, including eagles, osprey, hawks, falcons, kites, owls, and vultures. We also admit other birds as space and resources allow.

In addition to rehabilitating birds, Raindancer Wild Bird Rescue is one of the few rehabilitation centers in the state that rescues and rehabilitates injured or orphaned bats."

Raindancer Wild Bird Rescue is dedicated to the rescue, care, and rehabilitation of orphaned, sick, or injured birds of prey, and the reintroduction of these birds to the wild. The organization is also committed to public outreach and education to promote conservation of species and habitats.

www.facebook.com/RaindancerWildBirdRescue

www.shoalwaterbay-nsn.gov

Tribal Journey 2016 Route Map



August 1-6th will be Protocol* on the Nisqually Reservation

*Protocol is each Canoe Family's songs and dances

6 Exhibits to Check Out

Indian Pueblo Culture

The Indian Pueblo Cultural Center in Albuquerque, New Mexico is celebrating its 40th anniversary with renovations and their first permanent exhibit, **We Are of This Place: The Pueblo Story**. Cultural Engagement Officer Travis Suazo (Laguna, Taos, Acoma) said of the new exhibit: "The renovated museum is the culmination of years of working with our Pueblo communities to create a modern museum that does justice to our living culture. *We Are of This Place* gives visitors the tools to understand and learn from our history of strength and resilience."

The IPCC central building's semi-circular shape was modeled after Pueblo Bonito in Chaco Canyon, one of Pueblo peoples' great architectural achievements. IPCC has become a leading artistic and cultural institution and a much needed educational resource. It has become a gathering place for Pueblo people and all tribes of the Southwest. It is off I-40, not from I-25, downtown and Old Town Albuquerque.



Have You Heard?

The Heard Museum in Phoenix, Arizona has grown from a small museum 75 years ago into an internationally recognized museum known for the quality of its festivals, educational programs, and collections. The Heard presents six to eight exhibits every year, and has 11 galleries that present both traditional and contemporary Native American artwork.

The Heard Museum Guild Indian Arts Market is a major annual event held in early March that attracts some of the best Native artists. Currently, there are exhibits

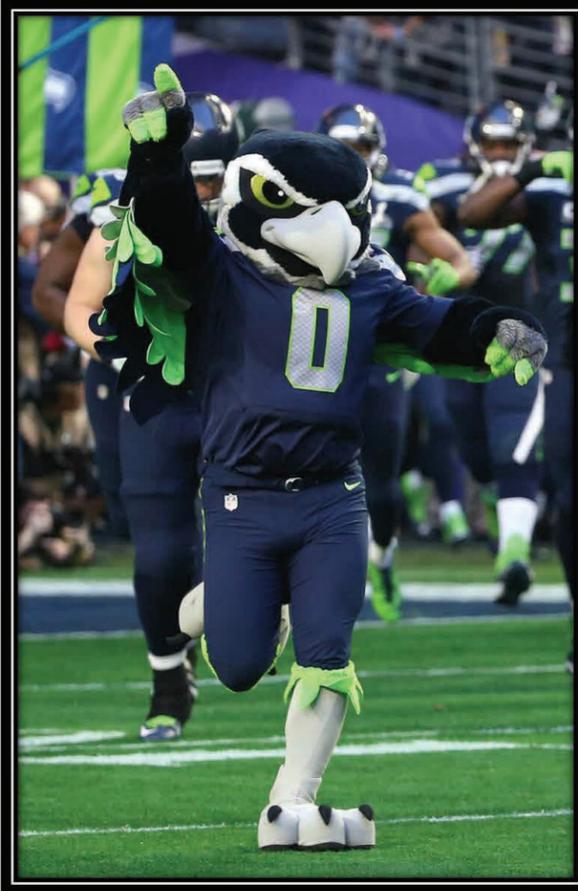
showing Native stone and bronze sculpture, landscapes by Native painters, a Helen Hardin portfolio of rarely seen prints, and a Fred Harvey Indian Detours exhibit. There is an excellent gift shop with family days, workshops, artist lectures and other public programs that are offered.



If You Know The Way To Santa Fe...

The IAIA Museum of Contemporary Native Arts is a must see stop in Santa Fe, a city that has an impressive number of private and state run museums. Cherokee designer and IAIA president, Lloyd "Kiva" New, has a number of exhibits this summer as part of a three museum celebration of his 100th birthday in Santa Fe. Also showing through December 31, 2016 is *Akunnittinni*, an excellent exhibit of Inuit printmaking by three generations of women: grandmother, mother and daughter; *Visions and Visionaries* from the MoCNA permanent collection, striking "shamanic" or visionary alumni work through July 2017; and *Forward*, an installation by Eliza Naranjo Morse through December 31, 2016. A Rick Bartow retrospective opens in August. The wonderful gift shop carries Native books, music, videos, children's books, food and gift items, jewelry and artwork from IAIA alumni who are from all around Indian Country.





Wednesday August
17, 2016
@ 5PM in
Shoalwater Bay
Tribal Gym,
2405 Elm St,
Tokeland WA.
BLITZ, Mascot of
the SEAHAWKS
will pose
for photos
and sign his
autograph.

If you Love the Seattle SEAHAWKS you
will really enjoy spending some time with
BLITZ. This program is free and for the
whole family.

Presented by the Shoalwater Bay Tribal
Community Library!

Blitz is the official mascot of the [Seattle Seahawks](#), a team in the [National Football Conference](#) of the [National Football League](#). A large blue bird, Blitz made his debut on September 13, 1998 at the Seahawks' home opener at the [Kingdome](#) in Seattle, Washington.



Yellow Brick Road Tsunami/Health Walk

Shoalwater Bay Emergency Management
& Health Programs invite you!

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

August 9, 2016

Shoalwater Bay Gym
2405 Elm St. | Tokeland WA, 98590

10am - 2pm

Lunch 11:30am - 1pm | Prizes at 1pm

Register at the Gym from 10am - 12pm
to get your "Rescue Card"



Participating Agencies

Shoalwater Bay Indian Tribe

Emergency Management

Police Department

Health Department:

Medical & Dental

Contract Health

Behavioral Health

Diabetes & Nutrition

FEMA

Fire Department/S. Beach EMS

National Weather Service

Red Cross

Rez Animals

SPIPA/CCCP/NWWP

State DOH

WA State EMD

Willapa Bay Enterprises

Shoalwater Bay Casino

Georgetown Station