Elections were held on Monday, July 10th, for three Port Gamble S’Klallam Tribal Council positions. Congratulations to Jeromy Sullivan (incumbent) elected Chairman, Donovan Ashworth, elected Councilman II and Lena Tunkara (incumbent) elected Councilman III.

Newly elected at Council II is Donovan “Doc” Ashworth. A commercial fisherman and geoduck diver, Ashworth has actively worked to support treaty rights by serving as Chairman of the Tribe’s Fisheries Committee. He has also held a board position on the PGST Hunting Committee. While he is passionate about ensuring strong treaty rights today and for future generations, his goal as Council member is to work towards creating a better future for the Tribe and its members as a whole.

"I would like to thank everyone who supported me in my run for Tribal Councilman II," said Ashworth in a written statement. "Please be assured that as your new Councilman, I will serve to the best of my ability. I do not represent any special interest group. I am committed to representing the Tribe as a whole and will always listen with an open ear, keep an open mind, and act in the Tribe’s best interest. Being elected by my people is a great honor that I do not take lightly. Again, thank you for your confidence in me. I won't let you down."

Jeromy Sullivan, who has served as PGST Chairman for the past eight years, was elected to another term. During his tenure, Chairman Sullivan has overseen the cleanup of Port Gamble Bay, the construction of The Point Hotel, Wastewater Treatment Facility and strengthened tribal treaty rights.

Lena Tunkara was also re-elected and will serve her third term in the Council III position. Over her last four years in office, Tunkara has supported issues related to land acquisition, growth of educational programs, furthering cultural revitalization, and educational and social programs that support children, elders, and families. Lena’s re-election was confirmed in a recount on July 12, which showed a narrow win over her closest opponent, Matthew Ives.

Each of the six elected Tribal Council members serve two-year terms with three of the positions up for re-election each year. Only enrolled PGST members aged 18 years or older can run for positions on Council or vote in elections.
Dallas I. DeGuire Retires After 40 Years Working for Tribe

The Port Gamble S’Klallam Tribe bitterly-sweetly announces the retirement of our dear friend and beloved employee, Dallas DeGuire.

The Tribe recognizes Dallas for his unconditional dedication, compassion, and congeniality. He will be deeply missed, but we can only feel happy for him after his many years of service.

Dallas began working for the Tribe as an accountant in 1977. At that time, the Tribe had less than 35 employees.

By 1990, he was the Tribe’s Executive Director, with more than 250 employees working under him.

During his time with the Tribe, he witnessed several milestones, such as the Tribe achieving self-governance, the opening of The Point Casino, and land purchases that expanded the size of the Reservation.

When asked about his favorite memories working for the Tribe, he said, “It would have to be the elder women who used to gather in the break room or were at Senior Lunch in the kitchen. I always enjoyed visiting with them and hearing their stories.”

We thank him for his commitment and dedication over the past four decades and wish him all the best in his retirement.

Our gratitude to Dallas DeGuire: Thank you for your dedication and hard work. We will miss you!

Dallas I. DeGuire, whose most recent position was as the Executive Director of Tribal Services, retired this summer after more than 30 years of dedicated work to the Tribe and its interests.
2017 Summer Enrichment Ends with a Splash

Over twenty middle school students participated in the 2017 Middle School Summer Enrichment program this year. Sixth to ninth-grade students were engaged in lessons and experiences that extended over three weeks from 9 am to noon. Students would get breakfast in the morning and lunch after class. Little did they know that on the last day of class, they would be watching others eat.

Chris Seidel who teaches at Klahowya Secondary school during the school year was in his third year of teaching the course. He was very excited to see many returning students but interested in meeting new students, too. “My goal is to keep them engaged in learning so that they are better prepared for the next school year. I want them to learn, but I want them to have fun at the same time,” Chris remarked. With the help of two academic coaches, Bethany Swift and Dayna Benefield, Chris provided the enrichment class lessons about math, science, English, and S’Klallam culture. This year’s theme was “Journey,” and each lesson was directed toward that focus.

This year’s enrichment class benefited from the State of Washington’s Since Time Immemorial curriculum. In 2015, the state legislature passed SB5433 that required the inclusion of tribal sovereignty curriculum taught in all schools. This curriculum has been endorsed by all 29 federally recognized tribes in our state. Students learned, through this curriculum, about the Point No Point Treaty of 1855. They also learned about the journey of salmon and the importance of salmon on the Salish tribes.

David Fuller (a retired hydrologist who worked for PGST) was a guest speaker and showed the students a model of the watershed of Little Boston and Port Gamble Bay. Students studied maps and determined distances of the tribal center buildings. By the use of scale, they were able to create a sidewalk chalk-map of the tribal center. Students were also shown the recently adopted twenty-year master plan for the new tribal center. They were told that in 20 years, it would be up to them to carry out this vision because they will be the future leaders of the S’Klallam tribe.

When it came to culture, students learned the skill of beading. With a lot of patience and attention to detail, they were given a chance to make their own beaded pendants and earrings. Students also learned about the great legacy of baseball for the S’Klallam that extends back to the late 1800’s. They played a game of whiffle baseball on the tribal center’s age-old baseball field. Finally, students learned about the contributions that their people are making on mass culture. Students viewed and studied the artwork of S’Klallam tribe member Jeffrey Veregge who has been recognized for incorporating Salish design in his contemporary art.

Another aspect of the enrichment experience was the chance to be mentors to the early childhood students. The middle school students wrote and illustrated their own children’s books that they then read to four and five-year-olds. They learned about the importance and satisfaction of being good role-models to the younger generation.

Several field trips showed the students their U and A (Usual and Accustomed grounds for hunting and fishing). They ventured to the bunkers at Fort Warden, and they traveled to Point no Point, Rocky Brook Falls, and finished the experience with a whale watching tour that launched out of Port Townsend. On this last day, the students were able to see an orca family as it progressed through Admiralty Inlet feeding on salmon and porpoise. According to Chris, “It was the perfect ending to our great summer enrichment program--my students were fed physically and educationally, they fed others as mentors, and then finished by watching orcas getting fed.”

Want to learn more about a something you’ve read about in Syecem or submit an article?

Contact Sharon Purser, at the Port Gamble S’Klallam Tribal Center, 31912 Little Boston Road, Kingston, Washington (360) 297-6276 or sharonp@pgst.nsn.us
Congratulations to ALL our 2017 graduates!

Andrew Bidtah
Kingston High School

Who has helped you to graduate and how? My friends and family for always supporting me.

What advice would you share to encourage other teens to finish school? Find what you’re interested in and pursue it.

Angel Stewart
Cotiva Institute of Massage Therapy

How was going to college different than high school? I really felt like what I was learning was leading up to a future.

What advice would you share to encourage others to attend college? Don’t talk about it, be about it!

What goals do you have for yourself now that you have a degree? Help as many people with their self-care as possible.

Ariana Griggs
Kingston High School

Pictured at left. Family: Ives/Griggs

Do you have any special accomplishments that you want recognized? I started the year with all C’s and D’s and ended the year with A’s and B’s.

What goals do you have for yourself now that you have graduated? My goal for the next year is to work on finding what makes me the happiest and pursue those things.

Bethany Swift
NW Indian College (AAS)

Do you have any special accomplishments that you want recognized? I finished my AA with Honors. I kept my name on the Dean’s list for all but one quarter, the whole two years.

What goals do you have for yourself now that you have a degree? I will be enrolling back into school for my Bachelor’s in Tribal Leadership.

Brandon Wellman
Kingston High School

What do you like to do in your spare time? Basketball, baseball, hang with friends.

What goals do you have for yourself now that you have graduated? Graduate from college and make money.

Braydon Flores
Marysville Getchell Ace Academy

Who has helped you to graduate and how? My girlfriend Jasmine because she motivated me and encouraged me to keep up on my school work.

What advice would you share to encourage other teens to finish school? Do not give up, even when life seems hard.

Brienna Metcalf-Donaldson
Kingston High School

Who has helped you to graduate and how? Steph Carpenter was always there for me, Monica & RJ Fabre were always there for me and willing to help.

What goals do you have for yourself now that you have graduated? Get into Western Washington University in September of 2018.

Carilla Trevathan
Olympic College (ATA)

What goals do you have for yourself now that you have a degree? I plan to open my own business someday.

What advice would you share to encourage others to attend college? Though it may be difficult at times, it’s worth it in the long run. It’s a chance to expand your knowledge and create a career in something you are really interested in, and enjoy doing.

Cassandra Sky Portnow
Charles Wright Academy

Who has helped you to graduate and how? My friends, mother, and sisters helped support me and kept me on track to graduation and college.

Do you have any special accomplishments that you want recognized? Received award for “Student Who Took The Best Advantage Of Financial Aid”.

Family: Raymond (Better Half)
Kids: Isaiah, Harmony, Lilian, Charity and Lenaya

What do you like to do in your spare time? Basketball, baseball, hang with friends.

What goals do you have for yourself now that you have graduated? Graduate from college and make money.

Braydon Flores
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Who has helped you to graduate and how? My girlfriend Jasmine because she motivated me and encouraged me to keep up on my school work.

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Do you have any special accomplishments that you want recognized? Received award for “Student Who Took The Best Advantage Of Financial Aid”.

Family: Greg Donaldson, Monica & RJ Fabre

What goals do you have for yourself now that you have graduated? Get into Western Washington University in September of 2018.

Carilla Trevathan
Olympic College (ATA)

What goals do you have for yourself now that you have a degree? I plan to open my own business someday.

What advice would you share to encourage others to attend college? Though it may be difficult at times, it’s worth it in the long run. It’s a chance to expand your knowledge and create a career in something you are really interested in, and enjoy doing.

Cassandra Sky Portnow
Charles Wright Academy

Who has helped you to graduate and how? My friends, mother, and sisters helped support me and kept me on track to graduation and college.

Do you have any special accomplishments that you want recognized? Received award for “Student Who Took The Best Advantage Of Financial Aid”.

Family: Claire R. Ives, Victoria L. Lucyk & Alexandra H. Portnow
Catherine Jones-Taylor  
*Kingston High School*  

*Family:* Bridgette, Mom; Linda, Grandmother  

*Do you have any special accomplishments that you want recognized?*  

Graduating.  

*What goals do you have for yourself now that you have graduated?*  

Be successful with a good job.  

*What advice would you share to encourage other teens to finish school?*  

Don’t give up.  

---  

Conner Anderson  
*Kingston High School*  

*Who has helped you to graduate and how?*  

My grandparents and abroad, they never gave up on me and kept me motivated.  

*What goals do you have for yourself now that you have graduated?*  

My want to continue furthering my education.  

---  

David Perry  
*Centralia College (AA)*  

*Family:* Debi & Brian Perry, (Daughter) Kimberly Perry, Leslie Saiger, Raina Perry, Donna Jones  

*What challenges did you overcome to attend college?*  

Working night shift at work, being a father and going to college.  

*How was going to college different than high school?*  

It was different because I am a parent now and was not in high school. Also working and going to college.  

---  

Daylon Martin  
*Kingston High School*  

*Family:* Sasheen DeCoteau, Michael Martin, parents; John DeCoteau, Edna Ives, Pete Hawk, Sue Martin  

*Who has helped you to graduate and how?*  

Susan Riererson has helped me every year, I wouldn’t have been able to do it without her. My Mom helps me more than anyone.  

*What do you like to do in your spare time?*  

Outdoor activities, like camping, fishing and sports of all kinds.  

---  

Domynique Archambault  
*Kingston High School*  

*Family:* Dawn Mae, Justin Bradley, Cheryl, Hokisla  

*What goals do you have for yourself now that you have graduated?*  

Plan to study art in the future.  

*What advice would you share to encourage other teens to finish school?*  

Keep going forward.  

---  

Gabrielle Turnier  
*Kingston High School*  

*Family:* Stephanie, Mom, Siblings: Greg, Keonie, Rowan and PJ  

*Do you have any special accomplishments that you want recognized?*  

I graduated!  

*What do you like to do in your spare time?*  

Drawing, painting, cooking, and singing.  

*What goals do you have for yourself now that you have graduated?*  

Study culinary & business.  

---  

Heather Sullivan  
*NW Indian College (AA)*  

*Family:* Sullivan/Jones  

*How was going to college different than high school?*  

When you are in college you give up a lot of your free time.  

*What goals do you have for yourself now that you have a degree?*  

Work towards a B.A.  

*What advice would you share to encourage other teens to finish school?*  

Don’t take time off, stay on track and finish.  

---  

Irene Purser  
*Northwest Academy*  

*Family:* My mom-Darcie Perry, Dad-Don Purser, Sister-Allison Barker  

*Who has helped you to graduate and how?*  

My teacher Robin Summerveld helped me every step of the way and I couldn’t have done it without her constant love and encouragement.  

*What advice would you share to encourage other teens to finish school?*  

Once you get out of it you have a whole world of opportunities in the palms of your hands. Graduating high school is just one stepping stone to all of the amazing things you are capable of accomplishing.  

---  

Issiquah DeCoteau  
*Kingston High School*  

*Who has helped you to graduate and how?*  

My family. They supported me and helped me until now. I owe a great deal to them.  

*What goals do you have for yourself now that you have graduated?*  

I want to go to college and then work towards becoming a commercial pilot.  

---
Jacob Fundak  
*Kingston High School*

Do you have any special accomplishments that you want recognized?  
3rd in the state for a personal finance project.

What do you like to do in your spare time?  
Lift weights.

What goals do you have for yourself now that you have graduated?  
Go to college.

---

Jarod DeCoteau  
*Olympic College (GED)*

Who has helped you to graduate and how?  
My family encouraged me to be the person I should be.

Who has helped you to graduate and how?  
My dad by pushing me to keep good grades.

Do you have any special accomplishments that you want recognized?  
I did it with all odds against me and when no one thought I would, but look at me now!

What do you like to do in your spare time?  
I like to fish or hang out with my friends.

What goals do you have for yourself now that you have graduated?  
To graduate UTI.

---

Jayden Fulton  
*Kingston High School*

Who has helped you to graduate and how?  
My family, friends, and teachers.

Do you have any special accomplishments that you want recognized?  
I did it with all odds against me and when no one thought I would, but look at me now!

What do you like to do in your spare time?  
Lift weights.

What goals do you have for yourself now that you have graduated?  
To attend college.

---

Judy Fitzgerald  
*Kingston High School/PAL*

Who has helped you to graduate and how?  
My mom because she has always been there for me.

What goals do you have for yourself now that you have graduated?  
To work at PSNS.

What advice would you share to encourage other teens to finish school?  
To keep going even if it is hard.

---

Lillian Ives  
*Kingston High School/West Sound Tech*

Who has helped you to graduate and how?  
My family: parents; Ben and Amanda Ives, sisters: Katamia, Camilia and Aletcia.

Do you have any special accomplishments that you want recognized?  
I was ASB treasurer at WST and class President in my Culinary class. Also went to the Dominican Republic to help with an environmental school.

What goals do you have for yourself now that you have graduated?  
To go to Culinary School and run a Commercial Fishing boat.

---

Malachi J. Stultz  
*Kingston High School*

Who has helped you to graduate and how?  
All my teachers for teaching and my parents for raising me correctly.

Do you have any special accomplishments that you want recognized?  
Straight A’s last semester except one class.

What goals do you have for yourself now that you have graduated?  
To go into the medical field and achieve neo-surgeon status.

---

Melissa Streun  
*NW Indian College (BA)*

Who has helped you to graduate and how?  
Family all pulled together to help me accomplish my goals.

Do you have any special accomplishments that you want recognized?  
Graduated with highest honors.

What challenges did you overcome to attend college?  
Working full time as an only parent.

---

Mistaya Benefield  
*Kingston High School*

Do you have any special accomplishments that you want recognized?  
KHS gymnastics team all 4 years.

What do you like to do in your spare time?  
Gymnastics. Watch Netflix.

What goals do you have for yourself now that you have graduated?  
Live a fulfilled life.

---

Morgan Veregge  
*NW Indian College (BFA)*

Who has helped you to graduate and how?  
My family and my girlfriend Katie helped support me along my college journey. Their love and support helped keep me motivated and striving to work hard.

Do you have any special accomplishments that you want recognized?  
Graduated with highest honors.

What goals do you have for yourself now that you have a degree?  
I will be striving to transition into the film industry. Outside of my office job, I will be directing and creating my own films and animated shorts.
Raina Perry
Eastern Washington Univ. (BA)

Who has helped you to graduate and how? My fiance Dave has been my number one supporter. He encourages me to keep going.

What challenges did you overcome to attend college? Choosing an online college allowed me to overcome the hurdle of time management and still work 40 hrs a week.

What goals do you have for yourself now that you have a degree? To get a job in the juvenile rehabilitation field.

Roxanne Cummings
Everest University Online (BA)

Who has helped you to graduate and how? My fiance Dave has been my number one supporter. He encourages me to keep going.

What challenges did you overcome to attend college? Choosing an online college allowed me to overcome the hurdle of time management and still work 40 hrs a week.

What goals do you have for yourself now that you have a degree? To get a job in the juvenile rehabilitation field.

Sammie Sullivan
Kingston High School

Who has helped you to graduate and how? My parents for pushing me to my best and Mike and Laura for always being there.

What goals do you have for yourself now that you have graduated? To go to college and be happy.

What advice would you share to encourage other teens to finish school? You made it this far, might as well go all the way.

Sandra Horton
NW Indian College (BA)

Who has helped you to graduate and how? My husband Ashley, my mom Kara, and my mother-in-law Juanita. They all pushed me to do my best and helped care for my kids.

What challenges did you overcome to attend college? Having kids, working full time, and going to school full time.

How was going to college different than high school? I had to hold myself accountable for going to school.

Shawn Jones
Chief Kitsap Academy

Who has helped you to graduate and how? My family and other mentors have helped me to graduate. They were there to push me to do my best.

Do you have any special accomplishments? Basketball team made it to State.

What advice would you share to encourage other teens to finish school? Life without an education will get you nowhere.

Shelaya Jones
Kingston High School

Who has helped you to graduate and how? Eva and Billy Jones

Do you have any special accomplishments that you want recognized? I was awarded student of the year this year.

What advice would you share to encourage other teens to finish school? Don’t do it for anyone but yourself.

Teah Cree Medicine
Chemawa Indian School

Who has helped you to graduate and how? Ciana Fulton motivated me to keep going to school and my dad also encouraged me to stay in school.

What goals do you have for yourself now that you have graduated? Go to college, Lane Community College in Eugene, Oregon.

William Headley
Kingston High School

Who has helped you to graduate and how? My family.

What do you like to do in your spare time? Workout.

What goals do you have for yourself now that you have graduated? Get a job and go to college.

CONGRATULATIONS!
We’re proud of you and know you’ll do great things in the future!

Class of 2017
Youth Hunting Education

**Classes Available**

Are you under the age of 18 and interested in hunting? If so, you're in luck!

Under the Port Gamble S'Klallam Tribe's Hunting code, you are required to complete a Hunter's Education class before you can obtain hunting tags.

Don't miss your chance: Hunters Education classes are now open for sign-up!

Traditional classes will be held at the Bainbridge Island Sportsman Club on:

- August 7th, 8th, 9th, and 10th from 6-9 p.m. with the Field Course on August 12th from 8 a.m. to 3 p.m.
- September 16th: Online classes with test at 8 a.m.

To sign up, go to wdfw.wa.gov and click on Hunting. Under Hunters Education, go to Class Schedules and Information. Options will include Basic Hunting, Bow Hunting, and Trapping. Choose from Traditional or Online options and register for classes at Bainbridge Island Sportsman Club facility.

Children under 12 require a guardian/parent to attend.

Transportation is available upon request. Please contact Charin Godbolt, PGST Wildlife Biologist at 360-297-6282 or cgodbolt@pgst.nsn.us to request transportation or with any questions.

Complete Eats Program

**Supports Healthy Eating**

The Department of Health has announced the launch of its Complete Eats program, which makes it easier for families who use the Supplemental Nutrition Assistance Program (SNAP, formerly known as food stamps) to afford more fruits and vegetables.

SNAP shoppers who buy at least $10 of qualifying fruits and vegetables with their SNAP and Safeway Club Card will receive a coupon for $5 off their next purchase. Complete Eats is a great way to stretch a food budget while buying healthy, fresh foods.

Complete Eats is available at all 150 Safeway store locations in Washington state, and is among the nation's first SNAP incentive programs offered by a national retailer. The program is expected to last two years or until financial support—which is being provided by the National Institute of Food and Agriculture—runs out.

For more information, please visit www.doh.wa.gov/completeeats.

Port Gamble S'Klallam Police Department Launches Operation I.D. Program

Operation I.D. is a simple program that deters burglary and theft, while assisting law enforcement in the event personal property is stolen. The homeowner simply engraves their Washington State driver's license number on their property, like this: W.A. (state driver's license #) D.L.

This format is useful nationwide as well as in Canada. Any officer can usually run this number from their patrol vehicle and attempt to contact the owner to verify ownership.

Once your items are marked, Operation I.D. stickers are available to place in your window to advertise your participation in this program that deters crime.

We encourage each Rez Watch group to purchase an engraver, usually $10 to $20 at a local hardware store, and share it among the group members to mark valuables.

Key property to engrave may include hand and power tools, firearms, lawn equipment, computers, televisions, audio and video equipment, etc. Usually the underside or back of the item on a metal surface (if available) is preferred as an engraving location.

In addition, make a list, take pictures, use a video camera, if possible, to help document your valuables. Keep a copy of these records in a safe place away from your residence.

If you sell an item, you're encouraged to engrave a single line through the number. This will signify the change in ownership. An officer can still see the number through the single line and verify ownership, if needed.

Remember: make a detailed inventory of all the valuables in your home. Record the brand names, model numbers, and serial numbers.

If you have any questions, visit the Port Gamble S'Klallam Police Department. They are open every day, but please call ahead to 360-297-6333, if you want to make sure someone is available to meet you.
In Loving Memory:
Robert Michael Jones, Sr.

Ripped like a carpet from under us,
you were our steady comfort,
now we’re treading unsteady on water
without our Skipper to safely steer our way.
A voice deep and booming, bounced
off the trees when singing,
resonated within and brought us strength,
as a family, a community, as people lost.
Because you took so many in,
embraced those who needed it
in comfort and understanding,
never judging,
ever demanding that people change
so you could love them;
you loved without reserve, with fierce loyalty.
We’ll always remember
your back bent over clam beds or net,
the soft kiss of welcome,
the hand extended open to hold,
the prayers for the lost, for all the reaching souls,
for family feasts.
And, yes, we’ll feel lost in the fog
without you near, without your eager ear,
without your stories that taught and healed.
Without your leadership, sturdy and assured,
we’ll feel the void of your words
that guided us from storms.
The only consolation for a people misplaced
is knowing you’ll sing to us with those who’ve gone before.
You’ll guide us to beautiful shores,
our Skipper forevermore.
~ Hannah Jones

Robert Michael Jones Sr
Sunrise: March 25, 1945
Sunset: June 24, 2017

Proceeded in Death by Parents, Robert & Lillian Jones,
Children: Rhonda & Sonny Smith, Nelli Kim Sorenson.
Grandson, James Smith. Sister Karen Harris & Brother,
Alan Jones

Survived by Wife Barbara Jones. Children; Mike Jones
Jr, John Jones, George Jones, & Brenda Anderson,
Siblings; Oliver Jones, Kevin Jones, & Donna Jones,
And many grandchildren, nephews & nieces.

Return of the Salmon Ceremony
Point Julia, August 12, 2017
Community Event for the Whole Family
Fred Fulton Annual Fishing Derby 6-11am **Prizes**
First Salmon Ceremony and Blessing (noon) followed by
Salmon Hash/fish head soup and biscuits
“Fisherman’s Look Out” Totem Pole Raising 2 pm

For information contact Natural Resources 360.865.2678
A Happy Birthday to You!
Celebrating your special day in the month of August!

"When you were born, you cried and the world rejoiced. Live your life so that when you die, the world cries and you rejoice." ~ Cherokee proverb

August 1
Kyle Clausen
John S. DeCoteau
Cynthia Thompson

August 2
Domynique Archambault
Gordon Donaldson
Justin McGovern
Brian Smart
Tyler Streun

August 3
Talia DeCoteau
Richard Fulton
Thaddeus Harrison

August 4
Skylene Gritton
Joseph Tom

August 5
Earl Affonce
Dakota Gaines-Melton
Janie Whisler

August 6
Tristan DeCoteau-Gurney
Brooklyn Weaver

August 7
Ian Baze
Lisa Magdaleno

August 8
Ciara Hanna
Faith Williams

August 9
Sophia Clifton
Sabrena Edwards
Naomi Reynolds

August 10
Phillip Davis
Brad Ives
Kiana Jones
Alishawnee Pierce

August 11
Devlin Bowling
Justeen Komok

August 12
Lenny Murphy

August 13
Walter Jacobsen
Georgia Makris
Gregory Sullivan
Linda Turman
Ann Zent

August 14
Geronimo Jones

August 15
Sylvia Charles
Judith Fitzgerald
Viola Loescher

August 16
Cheyenne DeCoteau
Leonda Najera
Aaron Newman
Katrina Plankenhorn

August 17
Tawny DeCoteau
David Perry
Victor Tom
Joshua Wooster

August 18
Joanne Collins
John DeCoteau
Randal Michalscheck
Jayla Moon
Johnathan Smart

August 19
Penny DeCoteau
Edna Ives
Sara Leavitt
Presley Veregge

August 20
Alexander Moff
Alan Nystrom

August 21
Derrycck DeCoteau

August 22
John Gresham
Benjamin Knowlton
Conlee McDonald

August 23
Rodolfo Alarcon
Josef Holley

August 24
Scott Fulton
Darlene Peters
Marcelene Sparks
Adrienne Trevathan

August 25
Jeffrey Land

August 26
Rayna Espinosa-Ives
Misty Gamble

August 27
Lorrreene Broten
Aletcia Ives
Jennifer Wise

August 28
Hillary Purser
Francine Swift
Samantha Wise

August 29
Cindy Combes
Mark Nilluka
Kelly Tom

August 30
Carla Edwards
Sharlene Jackson
Cassandra Laroche
Danielle Maxwell

August 31
Kish Castonguay
Grace Gouley
Misty Ives
Payton Moyer
Ashton Purser
A Happy Birthday to You!

Celebrating your special day in the month of August!

COMMUNITY NEWS — When you need information, we are here for you. We have provided auto repair manuals, copies of old magazine articles, study books and online resources for various tests, travel tips for anywhere in the country, and consumer buying guides. This summer we are fortunate to have two local teens working in our library to learn about libraries, science, art, and technology. In August we hope to see you at one of the following classes:

- **Be: Kid S'Mores Scientist:** August 1, 3:00-4:00 pm. Become a scientist using solar power to make s'mores. All materials provided. Weather permitting.

- **Family Storytime:** August 1 and 8, 10:30-11:00 am. Early literacy learning fun! Lots of full-body movement, songs, stories, and rhymes designed to build letter knowledge, vocabulary, and narrative skills.

- **Book Group:** August 2, 1:00-2:00 pm. Shakespeare Saved My Life: ten years in solitary with the Bard by Laura Bates.

- **Crafternoon:** August 2, 9, 16, 23, and 30, 2:30-3:30 pm. Bring your craft projects and discover our extensive craft book collection.

- **Ukulele Lessons:** August 4, 11, 18, 25, and September 1, 4:30-5:30 pm. Learn ukulele basics in this five-lesson series. Registration required.

- **Be: Kid Ice Cream Chemist:** August 8, 2:00-3:00 pm. Become a chemist and make an individual serving of ice cream. All materials provided.

- **Dream: Lego:** August 15, 2:00-3:00 pm. If you can dream it, you can build it. Creative design using Lego bricks.

Are you interested? Call us with your name and number and we will contact you with more information.

PGST Diabetes Program
Abby Purser, Prevention CHR 297-9637
Beth Nichols, RN 297-9605

Follow these steps to lower your risk for Type 2 diabetes:

- Move more each day.
- Choose healthy foods.
- Eat smaller portions.
- Take off some weight.
- Set goals you can meet.
- Start with small changes.
- Keep track of your progress.
- Find support.

CHECK IT OUT AT YOUR LITTLE BOSTON LIBRARY
by Tomi Whalen, Branch Manager, Little Boston Library

You can make small measurable changes and improve your health! Healthier eating, increasing your physical activity, and reducing your body weight by 7 percent can help reduce your risk of developing diabetes and live a happier, healthier life.

The Diabetes Prevention Program gives you the support you need to make healthy changes. Let’s face it, if change were easy, we’d all do it! You’ve spent years developing habits that you can’t expect to change overnight. It’s tough and this program can help. You don’t have to do it alone.

We are currently planning another session of the Diabetes Prevention Program, here at the Port Gamble S’Klallam Tribe, starting in September. It’s a great opportunity to take a positive step for your health and wellness.

In a relaxed small group setting, you will learn how to eat healthier, be more physically active and build skills for continuing healthy habits. It has been a very successful program in many communities, including the first session here at PGST.

The class consists of a group of 10-15 participants and a facilitator. There is no cost. The time commitment, over one year, is 25 sessions. Each meeting is one hour. Start weekly for first 16 sessions, then every other week, then monthly.

Do you qualify?
To participate in the program, you must be:
- 18 years or older
- Overweight (BMI greater than 25)
- Diagnosed with Prediabetes with a blood test, or a qualifying risk score from the Prediabetes risk test, which is available through Abby Purser or Beth Nichols.

For updated program information, check our website krl.org or call us at 360-297-2670.

See you at the library!
TIDE TABLES FOR PORT GAMBLE, WASHINGTON

AUGUST 2017

<table>
<thead>
<tr>
<th>DAY</th>
<th>SUNRISE</th>
<th>SUNSET</th>
<th>1ST TIDE</th>
<th>2ND TIDE</th>
<th>3RD TIDE</th>
<th>4TH TIDE</th>
<th>COEFFICIENT</th>
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<tbody>
<tr>
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<td>5:49 am</td>
<td>8:45 pm</td>
<td>12:01 am, high tide</td>
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<tr>
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<tr>
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<td>Thu, 8/31</td>
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<td>3:06 pm, high tide</td>
<td>8:46 pm, low tide</td>
<td>40, low</td>
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