SEPTEMBER 2010

dibəl ti ?acaciltalbix" g"əl ti x"vəlč yəx" ti stultulək" yəx" ti calcaləl.

COMPLIMENTARY

To All Squaxin Island Veterans

We have been collecting photos and data on all Squaxin Island veterans which we hope to publish in a book. As part of that book, we would like each of you to write a sentence, paragraph or story about something that was memorable to you while serving and in armed forces. These can be submitted to Glen W. Parker, Bob Whitener or any member of the committee. Glen has a box in the tribal hall for mail.

This is the last call for information, pictures and stories before we start the process of publishing the book. At this point we have identified eighty-seven veterans, both living and deceased. If you have not given us your information, please contact one of the committee members by October 1st.

Glen W. Parker, Chairman 360-426-1755 Bob Whitener, Vice Chairman 360-426-3236 360-426-3236 Alene Whitener, Secretary Peggy Johnson, Treasurer 360-426-0833 or 427-7711 Don & Rose Brownfield 360-273-9414 Cecil Cheeka 360-352-7227 Cal Peters 360-537-7434 Joe Seymour 360-556-0965



THE DEADLINE FOR INFORMATION IS OCTOBER 1, 2010

Dee's Tea Co in Enchanted Garden

Tribal entrepreneur Dee King has turned her love for tea into a profitable business. Her to-go tea shop is located within Enchanted Garden antique shop at 422 N. 3rd (3rd & Alder) in downtown Shelton.

Dee is offering free tea tasting on Tuesdays and Thursdays from 10 a.m. to 2 p.m. She has 25 varieties that can be purchased by the cup, pre-packaged or in loose leaf form. A package is available with a sample of each blend. She also sells artisan tea balls that actually bloom inside beautiful glass candle-lit tea kettles.

Tea classes can be scheduled for small groups. Fees start at \$10 per person for a one hour lesson. You can learn about what tea is, how its processed and blended, and how to make ice tea or develop your own blends.





Dee says she is very appreciative of the partnership opportunity provided to her by Heather Sundsten, owner of Enchanted Garden. "She's been so great. She is here all the time and helps keep my product moving. I make money even when

I'm not actually here. And her store is absolutely gorgeous!"

In addition to selling her product retail through Enchanted Garden, Dee supplies Little Creek Casino Resort, Vern's Restaurant, Mason General Hospital and Robin Hood Restaurant.

"This is a great opportunity for me. I can prepare my orders here in the tea shop," Dee said. "And the best part is, I get to have tea parties every day!"

For more information or to schedule a tea tasting class, contact Dee at deesteaco@hcc.net or 360-427-7453.





ISLAND ENTERPRISES—



SOLIAM KSIN S'HOTI MA MISH NOO-SEH-CHATA

S q u a x i n I s l a n d RIBAL NEWS 10 S.E. Squaxin Lane

PHONE: (360) 426-9781 TOLL FREE: 877.386.3649 FAX: (360) 426-6577

Shelton, WA 98584

www.squaxinisland.org

Articles and opinions expressed in this publication are not necessarily the opinions of this publication or the Tribal Council.

The Klah-Che-Min encourages Tribal Members to submit letters, articles, photographs and drawings to be considered for publication, but are subject to editing.

Contributing writers and artists include Squaxin Island community members and staff.

Submissions Deadline: 15th of each month

SQUAXIN ISLAND TRIBAL COUNCIL:

DAVE LOPEMAN: Chairman
ARNOLD COOPER: Vice Chairman
PETE KRUGER: Secretary
ANDY WHITENER: Treasurer
MISTI SAENZ-GARCIA: 1st Council Member
MARCELLA CASTRO: 2nd Council Member
CHARLENE KRISE: 3rd Council Member

Klah-Che-Min Staff: THERESA M. HENDERSON: Ext. #3945 thenderson@squaxin.us

September 2010 Update

Tyson Kruger-IEI Marketing



Cameron Goodwin has recently joined the Skookum Creek Tobacco Team! **WE WELCOME YOU, CAMERON!!**

"I am happy to be here with Skookum Creek, and looking very forward to this new opportunity!"- Cameron Goodwin

New Racing Canoe proves to be 'Strong and Swift'!!!

This year at the Black Lake Regatta, Skookum Creek Tobacco General Manager Bryan Johnson and all of his crew were proud to be "launching" the newest member of their team, the Skookum Creek racing canoe. The Coast Salish word "Skookum", meaning 'Strong and Swift,' really fits the canoe name, and the team well!

The entire crew at Skookum Creek all pulled together, all with one common goal...to represent their company. They each, one by one, had their own part in making this possible throughout the entire process, start to finish...From the design planning, purchasing of the supplies, craftsmanship of both the trailer and the canoe, shining, polishing, and leading up to those responsible for transporting, pit-crew and of course.....The Driver, Richard Goin, came through with his interest in being the driver that took the canoe out for its first race. Local tribal canoe racers from LaPush, Queets, Quinault, Squaxin Island, Lummi, and Nooksack also took part in the welcoming, and are excited to now be racing alongside. Watch for updates and new race event information!

General Manager, Bryan Johnson is pleased with the success of his crew's efforts, and the outcome, adding "We are looking forward to racing again on August 21st at Amanda Park. Not only does this offer Skookum Creek an opportunity for team building, but also an opportunity for fun racing with other racers, from around the Northwest." Below are some photos of some of those responsible for this "job well done!"



L -R: Vern Henry, Dean Johnston (Quinault tribal member and canoe builder), Buck Clark and Richard Gouin

WAY TO GO CREW ON A JOB VERY WELL DONE!!



Business Hours

Tues-Thurs 2 p.m. - 6 p.m.

Tell Us...What do YOU think about starting YOUR OWN business? Have a great idea, but don't know where to start? WE CAN HELP!



Thank You to ALL of the staff at KTP Express/Espresso for your proven dedication in providing an outstanding "1 year anniversary party" for the community to enjoy! AND a special THANK YOU to Patti Riley for doing such a great job on the upkeep of plants & flowers, giving a very warm welcome to our customers, daily!



Don't Forget!! The Farmers Market/ Jose's Fruit Stand is now open behind the KTP. BEST PRODUCE AROUND! YOU WON'T FIND ANY FRESHER! Open 7-days a week, 9 a.m - 6 p.m.



New Home of KTP Espresso?

Many of you may have noticed the new coffee stand that is sitting down beside the Business Development Center.... And yes, it is indeed going to be the home of what you now know as "KTP Espresso." Along with a new name and an expansion of our location, you will also notice new menu



ISLAND ENTERPRISES-



items, including breakfast and lunch, freshly brewed tea's, lemonade and more!

Our recently expanded hours are going to remain the same, which are 6 a.m.-6 p.m. Monday-Sunday!

We plan on making this transition as smooth and convenient as possible!

Thank you for being such awesome customers, and stay tuned for more specific updates as they become available!



Thank you, Landing staff for starting off your customer's "4th of July" with a BANG! The staff at The Landing did a great job of giving the community an event to remember! There was live music performance, dancing, a HUGE 4-hour price drop in Skookum Creek Tobacco brands, hot dogs, soda, free scratch from Lottery, and LOTS of great prizes to be drawn.... and, at one point, even Karaoke! WAY TO GO!



Don't Forget About Your Discount

Head down to see Joanie and ask what your TRIBAL MEMBER discount is today!!

Skookum Creek Tobacco Factory Store is Now Open!

Hours: Mon – Fri 9 a.m. to 3 p.m.

Located at Skookum Creek Tobacco Factory!! Squaxin Tribal members receive a discount on cartons of Skookum Creek Tobacco Products!!



Board of Directors Vacancy Position



Skookum Creek Tobacco Co., Inc., currently has a vacant board of directors position that will be appointed by the Squaxin Island Tribal Council and serve an initial one (1) year term. Skookum Creek Tobacco is seeking an individual with expertise in cigarette manufacturing or other suitable business experience and must be able to complete a Personnel Questionnaire background for TTB. Candidates interested in this position please submit a cover letter to the Squaxin Island Tribal Council no later than September 17, 2010.



ISLAND ENTERPRISES INC

Weaving a strong business foundation for the Squaxin Island Tribe's future.

Canoe Family Support Boat Captains Appreciated

I would like to take this opportunity to thank the Squaxin Island support boats. I paddle with the Ed Green Canoe family from Skokomish. We experienced mechanical problems with our support boat during the pull from Port Gamble to Port Townsend. After a couple of hours drifting along the shoreline, despite the best efforts from those aboard the support boat, it became apparent that we didn't have what we needed to make the repairs. I called the Squaxin Island Fisheries Department, explained our situation and asked if they had cell phone numbers for the skippers on your support boats. They were extremely helpful at fisheries and provided us with Tully's phone number. Tully was more than willing to help. He located our two canoes and made sure they had water, and sent Arnold Cooper, the other support boat driver back to find us. Arnold towed us in to Port Ludlow, and Tully assured us that our canoes were safely making their way towards Port Townsend. Tully, Arnold, and crew members, I cannot express how grateful we were for your help! On behalf of the Skokomish Canoe families and our council I would like to thank you for protecting our Skokomish people.

Terri Twiddy-Butler

Skokomish General Council President





Tully Kruger

Arnold Cooper



Tu Ha' Buts Learning Center -



Homework Support

The new school year is beginning. Start the school year off on a good note. Beginning September 6th, homework support and tutoring will be offered in the classroom of the Tu Ha Buts Learning Center Tuesdays, Wednesdays and Thursdays beginning at 4:00. I am here to help you with any projects, essays or homework you may have throughout the school year. I will also help you study for upcoming tests. Please feel free to drop in. You don't need an appointment to receive help from me. For more information or if you have any questions, please feel free to contact me: Jamie Jhanson (360) 292-3301 or email me at jjhanson@mccleary.wednet.edu.

Squaxin Youth Education, Recreation and Activities Calendar

TLC office hours 8:30am-5pm M-F Front Desk: 432-3958 Recreation program hours 3-7pm M-F Meghan Brandt: 432-3992

All activities are drug, alcohol and tobacco free!

Co-sponsored by DASA



September 2010: Jumping Into Fall

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Open Gym/ Rec. Room M-F 3-7 After school snacks M-F 4-5 Open Swim: M & T 3-6; F 5-8; Sat 1-4 Homework Help & GED Prep. in TLC classroom M-W 4-7pm Computer Lab M-Th 3-6, F 3-5		1	2	3	4	
5	6 Labor Day TLC Closed	7 1st Day for SSD 1st Day Wa He Lut Parachute	8 Ist Day GSD E.R. GSD @ 2:15 Sand Art 5pm Youth Council	9 PAK activities	Lushootseed Bingo	11
12	PAK Activities	14 Beading	15 E.R. GSD @ 2:15 Capture the Flag 5pm Youth Council	PAK Activities	17 1.5 hr. E.R. SSD Team Building, Lushootseed Chutes and Ludders	18
19	Tether Ball, Ping- Pong	21 Capture the Flag	22 E.R. GSD @ 2:15 Autumn Equinox: First Day of Fall! Fall Art 5pm Youth Council	PAK Activities	Lushootseed Bingo Make Parachutes	25
26	Popsicle stick bridges	Popsicle stick bridges	29 E.R. GSD @ 2:15 Bridge competition! 5pm Youth Council	HAPPY SEPTEMBER BIRTHDAYS!	Key E.R. = early release SSD = Shelton School GSD = Griffin School	



Tu Ha' Buts Learning Center —



Farewell to Les Holliday



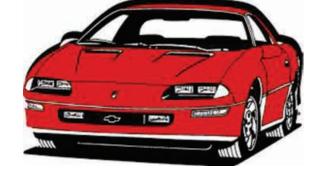
Summer Rec Fun











Shelton High School Parking Passes

All students who will be driving a vehicle to school must purchase a parking permit and display it in their vehicles. Applications are available at the Activities Office window. Parking permits will be \$30 if purchased before or during first semester and \$15 if purchased at the beginning of or during second semester. Students will not be allowed to purchase a parking permit if they have outstanding fines. Parking rules will be enforced the first day of school, so don't delay in taking care of this. Students need to bring their driver's license and proof of insurance along with the completed permit application form signed by a parent in order to purchase a permit. The parking lot is off limits between the first and last bells of the day

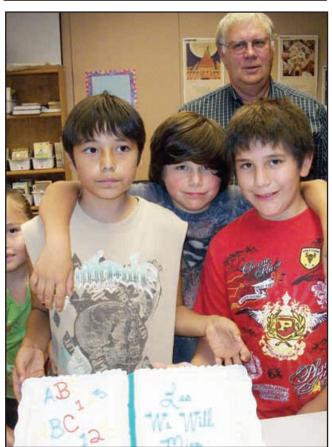
Tracey Burnfield Shelton High School 426-4471; Ext. 16000

GED Preparation Classes

Have you been thinking about getting your GED? Has getting your GED been something you have been putting off? Now is the perfect time to start working towards your GED. Beginning September 6th, GED Preparation Classes will be held Tuesdays, Wednesdays and Thursdays from 5-7pm in the classroom of the Tu Ha Buts Learning Center. I am here to help you take practice tests, identify what subjects need further study, identify specific skills you need to work on and help you work through any and all areas to prepare to take the GED tests.

For more information or if you have any questions, please feel free to contact me: Jamie Jhanson (360) 292-3301 or email me at jjhanson@mccleary.wednet.edu.







Tu Ha' Buts Learning Center —

Summer Rec Fun

























Tu Ha' Buts Learning Center —



Summer Rec Fun







































-Family Services ———



Who We Are, Where We Are & What Services We Offer

Lorraine Van Brunt, Director

The new Family Services Department was created about a year ago. It now includes TANF, ICW, Vocational Rehabilitation, Domestic Violence Advocacy, Wellness and Prevention, Elder's Activities and Meals, Childcare and Emergency Services.

Our Mission

"To Strengthen families through services promoting family safety, wellness, and self-sufficiency with respect for Tribal Culture and Tradition."

Where Are We

We are currently in the mobiles behind the clinic. TANF should be moving to our location soon. VR is located in the Administration Building and Elder's Programs are located in the Elder's Building.

What We Are

SERVICES

The Elder's Activities Coordinator coordinates all Elder fund raisers, trips and activities. The cooks provide lunch on Mondays and Thursdays and dinner on Wednesdays. They have also been able to provide soup and sandwiches on Tuesdays.

The primary role of ICW is to provide services to families in crisis that assist in keeping families together.

TANF (Tribes Assisting Native Families) assists families in obtaining needed services to gain self-sufficiency. Services may include: education, GED completion, vocational training, job readiness training, work experience and job training and other identified resources to meet the needs of the family.

Vocational Rehabilitation is set up to help eligible people with disabilities prepare for work. General Assistance is also available, along with Native Employment Works and Western Washington Training Program.

The Prevention and Wellness Program provides information and education to the Squaxin Island Community to encourage personal and community wellness, healthy practices and lifestyles. Janita Raham works with other departments in coordination of the annual Community Health and Awareness Fair.

The Childcare Program provides assistance with childcare. Emergency services include help with utilities, rent, food, etc., on an emergency basis.

Domestic Violence Prevention Program provides referrals to services, DV assessments, and assists DV clients in court, and in emergencies with temporary housing for victims. Gloria Hill has conducted several community events and will be starting up the Women's Circle again very soon.

The Family Services Department has taught young mothers how to make cradleboards for their babies. Janita Raham can help you check your car seats to make sure they are installed properly. We are planning to facilitate Positive Indian Parenting Classes and other trainings that should be of interest to the community. TANF staff works with youth through different cultural activities.



Back Row L-R: Lorraine Van Brunt, Vicky Engel, Jill Krise, Tamika Green, Elizabeth Fenton, Rose Boggs, Deanna Warren, Janita Raham, Jennifer Howell, Mary Lou VanBrunt, Colleen Woodard, Jillene Joseph (Native Wellness Institute)

Middle Row L-R: Vicki Kruger, Deb Boelk, Tiffany York, Paula Henry

Front Row: Gloria Hill and June Krise

Not pictured: Marcella Castro

We recently attended a two-day "Wellness in the Workplace" Conference, facilitated by Jillene Joseph of the Native Wellness Institute, giving us a chance to strengthen our department through teamwork and learning skills about how to take care of ourselves and support each other as we work together in our service to the community.



Family Services / Community —



Who We Are

Lorraine Van Brunt 432-3914

ADMINISTRATIVE ASSISTANT

Shelley Wiedemeier Stay tuned

ELDER'S ACTIVITIES

Colleen Woodard, Coordinator 432-3936

COOKS

Mary Lou Van Brunt	432-3854
Deb Boelk	432-3854
On-Call Cooks:	432-3854
Lydia Algea	432-3854
Stella Yocash	432-3854

INDIAN CHILD WELFARE

Jennifer Howell, ICW Worker	432-3885
Deanna Warren, ICW Worker	432-3994

TANF

171111	
Vicky Engel, Site Manager	462-3246
Rose Boggs, Case Manager	462-3245
Jill Krise, Case Manager Trainee	462-3244
Paula Henry, Case Aide	462-3255
Vicki Kruger, Education &Training	462-3216
Elizabeth Fenton, Family Support	462-3231
Tiffany York, Intake	462-3250

VOCATIONAL REHABILITATION

June Krise, Counselor	432-3821
Tamika Green, Assistant	432-3934

PREVENTION/WELLNESS

Janita Raham, Prevention & Wellness 432-3972

DOMESTIC VIOLENCE PREVENTION

Gloria Hill, Advocate 432-3927

CHILDCARE/EMERGENCY SERVICES

Marcella Castro, Childcare

Program Coordinator & Community Advocate

432-3931

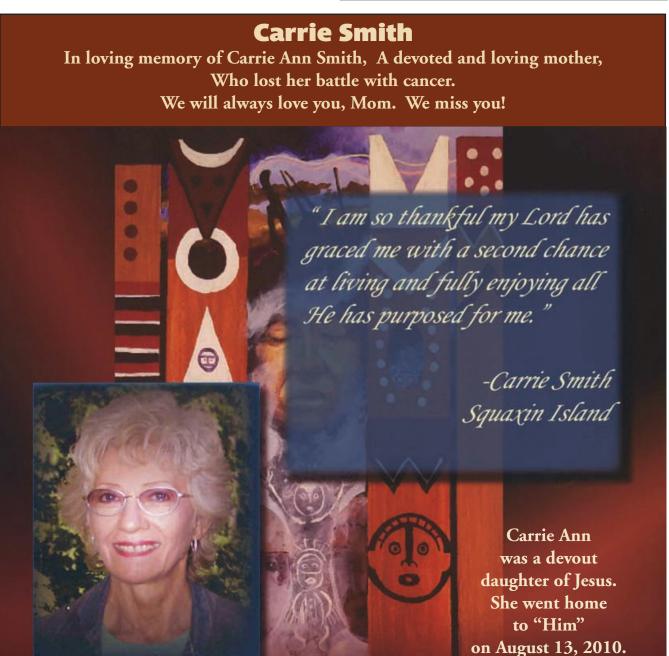
Please stop by with your ideas about any other community events we may be able to assist with in supporting our families. Thank you.

Congratulations Stephen Henry

Manager of the New Shoalwater Bay Store Georgetown Station! Dad and I are very proud of you! Love, Kathy & Ron Daily

Note: Stay tuned for the Grand Opening of the store in mid to late September







FIRST SALMON CEREMONY 2010 —



























FIRST SALMON CEREMONY 2010 ——























Museum







Tuesdays or Wednesdays starting in September MLRC Classroom from 4:00 - 7:00 p.m.

Contact: Ruth Whitener at 360-432-3841

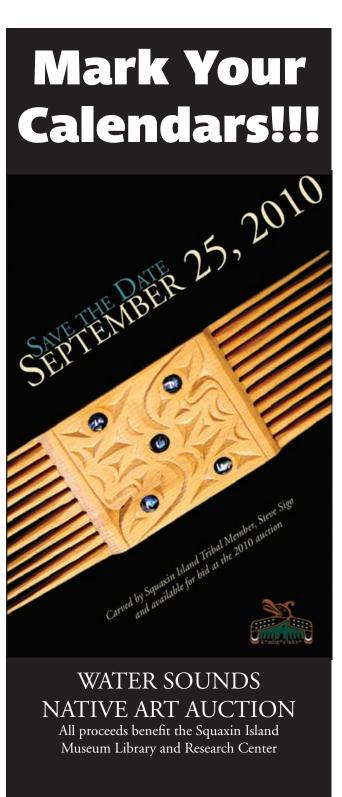
Squaxin Island tribal members first come first served!

~ September 2010 ~						
Sun	Mon	Tue	Wed 1	Thu 2	Fri 3	Sat 4
5	6	7	8 CEDAR REGALIA CLASS 4:00 TO 7:00 MLRC	9	10	11
12	13	MLRC	CLASSROOM 15 CEDAR REGALIA CLASS 4:00 TO 7:00 MLRC CLASSROOM	16	17	18
19 Ruth out of office	20	21	22	23	24	25 WATER SOUNDS ART AUCTION
26	27	MLRC	29 CEDAR REGALIA CLASS 4:00 TO 7:00 MLRC CLASSROOM	30	Notes:	Salendar, Calendar Templat

More Calendars: 2011 Calendar, 2012 Calendar, Calendar Template

Ruth Whitener MLRC Culture & Tour Coordinator

150 SE Kwuh-Deegs-Altxw Shelton WA. 98584 360-432-3841





-Elders



Rose Brownfield- Our Squaxin Elders and several from Taholah had a very enjoyable trip and luncheon with Upper Skagit Elders August 18th. Our first timers were newlyweds Mike and Rose Davis. The theme was Hawaiian. A couple of Elders won door prizes and we all had wonderful time.























ELDERS



July Cruise to Alaska

Ann Parker - The weather could not have been better for the cruise to points in Alaska. The ship stopped in Ketchikan, Juneau, Skagway and Prince Rupert. Many of the seniors signed up for shore excursions or went into the towns to see what they could see. They have built docks for the cruise ships, so they no longer stop right in the towns as they used to and they no longer ferry the passengers from the ship to shore.

There was an abundance of beautiful scenery and it was exciting to see the glaciers with their bright blue bases. Huge waterfalls fell from the top of the mountains to the water below. A highlight of the tour was Sawyer glacier and the calves that had broken off and fallen into the water. Many people doubted the ability of the ship to turn around in place to go back out of the small cove where the glacier came down to the water.

There were many activities aboard the ship and a show each night in the theater. And of course, there was the food. You had a choice of the buffets or several very nice restaurants. If you were a shopper, there was no end to the shopping on the ship or on the shore.























-Elders-







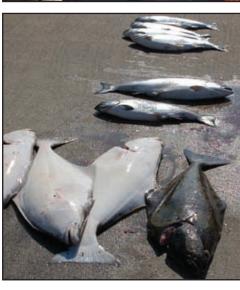
















-Elders -























COMMUNITY -



New Employees





Klah-Che-Min Drive Gets a Face-Lift

Construction started August 3rd on the Klah-Che-Min Drive Improvements Project. American Recovery and Reinvestment Act funds, via the Bureau of Indian Affairs, are funding the construction. The project will improve the quality and longevity of the road surface, correct minor alignment variances, and improve drainage. The contractor is Rodarte Construction, a Native-owned firm based in Auburn. Rodarte also did the work on the SR 108 Turn Lane. Thanks to everyone for their patience during construction!



Kathy Block

Hi, my name is Kathy Block. I am the new Director of Planning and Community Development replacing Brian Thompson. I worked for the federal government for 36 years, mostly with the Indian Health Service in the field of contracting for health services and planning and contracting for housing, administrative buildings, clinics and management.

I grew up in Yelm, Washington and attended Centralia Community College and the University of Phoenix. I have extensive experience in working with tribes across the country on Indian Self Determination Contracts and Self Governance Compacts for services and construction. This experience took me down so many paths and elevated my cultural awareness of Alaska Natives and Native Americans across the nation. I would never had been able to experience this had I not worked for the IHS and been willing to leave home. For that experience I am forever grateful.

I am so excited to finally be able to work with my own tribe and to be home. I am part of the Peters and Bagley families. My parents are Ruth and the late Emory Peters.

Brian McTeague

Hello! My name is Brian McTeague. I have replaced Levi Keesecker (who is pursuing a graduate degree at the University of Idaho) as the Natural Resources Department's Quantitative Services Manager. I am very excited to be joining the Squaxin Island Tribe's well regarded and progressive Natural Resources Department. For most of the last nine years I worked for the Washington Department of Fish & Wildlife (WDFW) as mostly a Geographic Information Systems (GIS) analyst & information technician and occasionally as a biologist & fish sampler.

I grew up on the Atlantic coast in Brunswick Maine, moved to Seattle in 1994, and in 2000 received my Bachelor of Science degree from The Evergreen State College in Olympia. My educational focuses were biology and landscape ecology with an inclusion of GIS and the development & management of spatial information. During my time with WDFW my primary duties included multiple projects relating to fish distribution and use for the entire State of Washington, developing, designing, & maintaining databases, and collaborating with various federal, state, tribal, and non-governmental organizations to foster cooperative relationships towards the goals of maintaining and restoring Washington's natural resources.

My interests include reading, maps, sports, being outdoors, and especially spending time with my fiancée Alison, stepson Chase, and my extended family of in-laws in the Olympia area. I enjoy being in the woods, on the water, and especially sharing the wonderful community events that are available throughout the South Sound. I am absolutely thrilled to be joining the Natural Resources Department in particular and the Squaxin Island Tribal community in general. I enjoyed the First Fish Ceremony at Arcadia Point: the people, the ceremony, and the food! I look forward to building relationships and sharing experiences with my work colleagues and tribal members. Thanks for having me and it's great to be on board!

Five dumpsters for end of summer clean up of the community and housing are being delivered around the housing area
Please participate in cleaning up yards and misc. debris.



HEALTH CLINIC —



Meal Entrees

Tater Tot Casserole Wed, 1: Thurs, 2: Sloppy Joes

Mon, 6: Closed for Labor Day Soup & Sandwich Tues, 7: Wed, 8: Halibut with Mango Salsa

Pork Roast Thurs, 9:

Mon, 13: Build Your Own Sandwich

Tues 14: Soup & Sandwich Swedish Meatballs Wed, 15:

Thurs, 16: Chalupa

Mon, 20: Tuna Melt

Tues, 21: Soup & Sandwich Wed 22: Hamburger Steak Thurs, 23: Fish Sandwiches

Philly Cheese Sandwiches Mon, 27:

Soup & Sandwich Tues, 28: Wed, 29: Stuffed Green Peppers

Thurs, 30: Stir Fry Chicken

Menu Subject to Change

Need Food? Check these out...

WIC @ SPIPA

Provides healthy foods and nutrition information for you and your child up to age 5 Please bring: your child, medical coupons or paystub & identification

Monday, Sept. 13, 9 a.m. to 4 p.m.

Contact Debbie Gardipee-Reyes: 462-3227

Dates subject to change

USDA FOODS AT SPIPA

Tuesday, Sept. 7th 10 a.m. to noon

Contact Shirley or Bonita at 438-4216 or 438-4235 Dates subject to change

FOOD BANK

At Health Promotions Building If you need access to the food bank at any time once a week, just stop by. If possible, Wednesday is the best day. If you would like to be on call list for fresh produce or bread, let me know. Contact Melissa Grant: (360)432-3926

Upcoming Health Events

Brief Community Walk

Every Thursday at 12:40 p.m. Meet at Elder's Building after Lunch

Free Diabetes Screening

at Health Promotions Tuesday through Friday Contact Melissa Grant for details

Want a garden in your yard?

Are you low income? Contact Patty Suskin to get on the waiting list to have a garden placed in your yard – for FREE.

Free Pilates classes

Community members welcome Mondays and Wednesdays 4:00 - 5:00 p.m. at Health Promotions

Smart Shopping/ Food Label Reading Workshops

Contact Patty to schedule a family & friends session

Diabetes Support and Education

Monday, September 13th Elders Building Right after lunch (12:45) p.m. Guest speaker: Dr. Karen Anderson

Health Promotions Programs

We have exercise videos in the building across from clinic Work out alone, with us or schedule a time for a group

Our Nationally Recognized Lifestyle Balance Program

If you are ready to lose weight, we can provide support. If you are Native American and over 18, see if you qualify to participate.

Mammogram Clinic

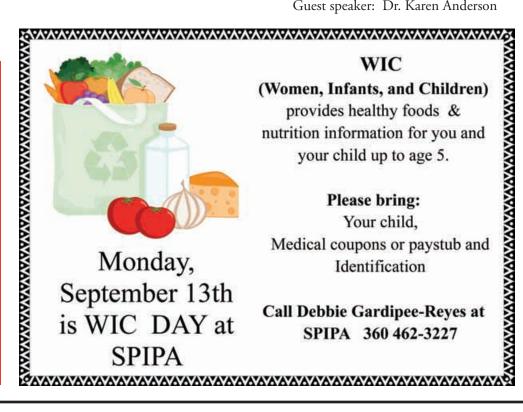
September 30th 9 a.m. to 5 p.m. Health Clinic To schedule an appointment, Call (36)432-3930

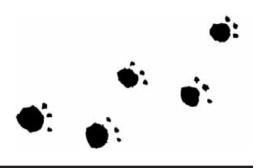
Community Health Walk

Thursday, September 16th Meet at Elder's Building at 12:40 for a 20 minute walk around the REZ If you cannot make it to our walk, report your 20 minutes of fitness to Melissa. All SPIPA tribes will be taking a walk in their area at the same time for diabetes prevention! The tribe with the most walkers each month wins the walking stick. We won it in October ... can we get it back in September?

Contact Melissa Grant (360)432-3926 Patty Suskin (360)432-3929









—— Health Clinic ——



Outdoor Activity of the Month

Lena Lake - One of Brooks Farrell's Favorite Hikes



The day hike to Lena Lake is one of the most popular in the Olympics. Lower Lena Lake, formed by a rock slide that dammed Lena Creek, is snow-free much of the year and is a good choice for almost anyone. Whether you are out for a picnic or a two-day climb, be gentle on the land. The trail is popular and hikers have been hard on the trails. Rangers ask

that you not shortcut switchbacks. Also be forewarned that there is poison oak between the switchbacks on the trail.

Getting there:

Drive U.S. 101 along Hood Canal to the Hamma Hamma River Road (FR 25) 2.3 miles north of Eldon. Drive 7.6 miles to the trailhead, elevation 700 feet.

Brooks recommends this hike:

This is a nice family friendly hike. Take your time. Enjoy nature & enjoy the fellowship with the people you hike with.

Brooks' Tips - Before you leave home:

Bring water & food with you. Wear a supportive pair of shoes to avoid ankle problems. No flip flops or sandals. Go as early as possible & be sure to lock your car & don't leave valuables in site. Get your \$5 permit per vehicle at the trailhead. Safety tip: Stay together and stay on the trail. At the top, Lena Lake is a beautiful setting. It is a mountain lake, so it is cold!

Brooks can reached at 432-3870 for more information.

Lena Lake photo by efheinitz

Check out the New West Bay Park

Location: 700 West Bay Drive NW, Olympia (turn at the "Harrison Hill" roundabout)

Park History

The City of Olympia has acquired over 17 acres on the west side of West Bay for a shoreline park and trail. This spectacular site provides outstanding views to the State Capitol, ship canal and Olympic peaks. A Washington Wildlife and Recreation Program Water Access Grant and an Aquatic Lands Enhancement Grant helped to fund acquisition, development and shoreline enhancement. A partnership with local Rotary Clubs will result in a developed overlook, hand held boat launch and other improvements.

The Phase I area is approximately 4 acres and will include paved trails and natural and cultural history interpretation. Intertidal and riparian habitat areas will be cleaned up and enhanced.

West Bay Phase I construction is complete and opened July 14, 2010.



Colon Health Program Community Picnic



Thursday, September 9th 3 p.m. TO 6 p.m. In the Squaxin Island Gym FOOD! DRINK! FUN FACTS!

ALL ARE WELCOME!

For more information, CALL CHERYL MAHLBERG 360-432-3933 OR 360-427-9006

DIABETES PREVENTION PROGRAM

WALKING TO PREVENT DIABETES

AREA WIDE

DIABETES AWARENESS WALK

SATURDAY SEPTEMBER 18, 2010

SIGN IN 10:00am

WALK STARTS 12:00 pm at the Squaxin Island Tribe Gymnasium located on Squaxin Lane.

COME JOIN THIS 2nd. ANNUAL DIABETES WALK

LUNCH WILL BE SERVED,.

PROGRAM WILL INCLUDE A GUEST SPEAKER & DOOR PRIZES.





ANY QUESTIONS CALL:

Melissa Grant at Health Promotions

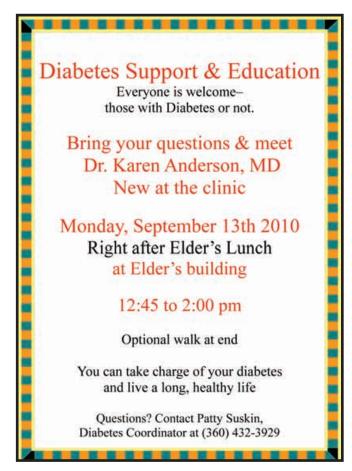
Phone: 360-432-3926 mgrant@squaxin.us



HEALTH CLINIC —



Think about what you're really drinking when you're drinking soda pop. More reger. More colories. More health problems.



TAKE THIS POP QUIZ. Find out why water is wise.

Eleven of the statements below are true. Can you find the one false one?

- One can of cola has more sugar in it than a Snicker's® candy bar.
- The average person can lose 15 pounds by cutting one can of soda pop a day.
- Water is a good thing to offer children instead of juice or soda pop.
- 4. One can of cola contains about 10 teaspoons of sugar.
- Kool-Aid®, Gatorade® and soda pop all have about the same amount of sugar and calories.
- Twenty years ago teens drank twice as much milk as soda pop. Now they drink twice as much soda pop as milk.
- 7. Water can prevent constipation.
- Six cans of soda pop contain 1½ cups of sugar and 840 calories.
- Soda pop has been linked to obesity, weak bones and tooth decay.
- Children can become addicted to the caffeine in soda pop and suffer when they don't get it.
- 11. Water can help you lose weight by making you feel full.
- 12. It is difficult to switch from soda pop to water.

Which statement is false? The last one. It's easy to switch from soda pop to water. You will feel great and save money. Help your child develop a taste for water. It is a gift that will last a lifetime.



Your children deserve the best. Give them water.

Easy ways to get kids to drink more water:

- Keep water cold and visual. Store a pitcher of water in the refrigerator.
- Make water fun. Serve it with a straw or in a fun cup.
- Fill pop-top bottles with water. Take them with you on walks or in the car.
- Make a game of looking for drinking fountains. Stop and drink at each one you find.
- Add flavor to water by adding juice now and then. Add about 2 tablespoons juice to each cup of water.
- Ask for water instead of soda at fast food restaurants. Refill glasses with water before leaving.





HEALTH CLINIC —









All About Physical Activity for People with Diabetes

Toolkit No. 12 En Español

Why is physical activity important for people with diabetes?

Here's what physical activity can do for you:

- It lowers your blood glucose (sugar), blood pressure, and cholesterol.
- It lowers your risk for heart disease and stroke.
- · It relieves stress.
- It helps insulin work better.
- It strengthens your heart, muscles, and bones.
- It improves your blood circulation and tones your muscles.
- It keeps your body and your joints flexible.

Even if you've never exercised before, you can find ways to add physical activity to your day. You'll experience benefits even if your activities aren't strenuous. Once physical activity is a part of your routine, you'll wonder how you did without it.

If I haven't been very active lately, what should I do first?

Start with a checkup—your health care provider will check your heart, blood vessels, eyes, kidneys, feet, and nervous system. If the tests show signs of disease, your provider can recommend physical activities that will help you but won't make your condition worse.

For more information about making physical activity a part of your routine, ask your health care team for a copy of Toolkit No. 14: *Learning How to Change Habits.*



Find an activity you enjoy, such as a dance aerobics class.

What kinds of physical activity are best?

A comprehensive physical activity routine includes four kinds of activities:

- being active throughout the day
- aerobic exercise, such as brisk walking, swimming, or dancing
- · strength training, such as lifting light weights
- · flexibility exercises, such as stretching

Being active throughout the day

Being active helps burns calories. Place a check mark next to the things you'd like to try:

- ☐ Walk instead of drive whenever possible.
- □ Take the stairs instead of the elevator.
- ☐ Walk around while I talk on the phone.
- Work in the garden, rake leaves, or wash the car.
- ☐ Play with the kids.
- Carry things upstairs in two trips instead of one.

Health Clinic Rights of Patients and Employees

Rights of the Patient

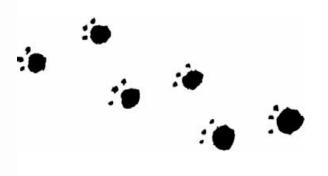
All Health Clinic staff and providers shall ensure that each patient:

- Is treated in a manner sensitive to individual needs and which promotes dignity and selfrespect.
- Has all clinical information and medical/ dental files treated in a confidential manner.
- Has the opportunity, upon request, to view patient's own files.
- May ask for an exam room chaperone at any time.
- Is protected from abuse (sexual, financial, physical and mental) by staff at all times.
- Be given the opportunity to express concerns or grievances confidentially.
- Have the right to refuse any treatment and to be informed of the consequences of refusal.

Rights of the Employees

Employees of the Health Clinic have the right to work in a safe environment. Patients interacting with Health Clinic employees will treat them with respect and decorum. Loud, intimidating, abusive or profane language will not be tolerated. Patients displaying any of these behaviors on site will be asked to leave and may be escorted off the premises by tribal police. Similarly, telephone abuse will not be tolerated.

Abuse that continues despite two prior warnings may result in exclusion of the offender from direct and Contract Health Services.





Community



19

19

Happy Birthday

Vanessa Algea	01	appy bit c	
Patrick Whitener	01	Alexsii Vigil	09
Alexander Solano	01	Joseph Stewart-Kinchler	09
Jeramiah Longshore	01	Lewis Napoleon	09
Kui Tahkeal Jr.	01	Jasmine Nelson	10
Jason West	02	Stuart Mowitch	10
Kezia Wentworth	03	Roger Peters	10
Austin Peters	03	Debra Mattson	10
Rose Krise	03	Madeena Rivera	11
Kathrine Neilsen	04	Austin Brearley-Lorentz	12
Mckenzie Brearley-Lorentz	05	Kaitlyn Brandt	13
Latoya Johns	05	Robert Farron	13
Elijah Krise	06	Anthony Ramirez III	13
James Youngs	06	Kristen Davis	15
Wayne Lewis	07	Jonathan Harrell	15
Danielle Leas	07	Florence Sigo	15
Talon Peterson	07	Jamie Lewis	16
Joshua Coble	07	Kenedee Peters	17
Barry Hagmann	08	Carmen Jones	17
Justine Mowitch	08	Cassie Colbert	17
Dustin Valderas	08	Markie Smith	17
William Hagmann	08	Tiana Henry	18
William Weythman	08	Tia Jordan	18
Charles Scheibel	08	Willow Henry	18
Levi Connally	09	Stephen West	18
		_	

	W	hat's	Нар	peni	ng	
			1	2	3	4
			Family Court	AA Meeting 7:30		
5	6	7	8	9	10	11
				Council Mtg.		
				AA Meeting 7:30		
12	13	14	15	16	17	18
		Criminal/Civil Court		AA Meeting 7:30		
19	20	21	22	23	24	25
				Council Mtg.		
				AA Meeting 7:30		
26	27	28	29	30		
		Criminal/Civil Court				

Frances Starr	19
Sophia Pinon	19
Raiatea Villanueva	19
Kayla Johnson	20
Terry Brownfield	20
Jada Krise	21
Kassidy Burrow	21
Esther Fox	21
Gregory Koenig	21
Desmond Smith	21
Kim Cowing	22
Michael Peters	22
Kiona Krise	22
Gloria Hill	22
Angel Sen	23
Mykah Masoner	23
Chris Clementson	23
Amanda Peters-Pierce	23
Peter Kruger, Jr.	23
Donald Whitener	24
Linda Lake	24
Joan Koenig	25
Ronald Fletcher	26
David Seymour	26
Harry Fletcher	26
Susan McKenzie	26
Dawne Elam	27
David Lopeman	27
Donald Smith	29
Kim Kenyon	30
Isaiah Schlottmann	30

Calvin Farr

Francis Bloomfield

Church Services

Squaxin Bible Study

Tuesdays @ 6:30 p.m., 30 Ho-Mamish Court
Pastors Ron and Kathy Dailey

Shaker Prayers and Services

Rose and Mike Davis are available for Shaker prayers and services

Please call 877-0820



COMMUNITY / HUMAN RESOURCES -



Welcome to our world



Hermione Gwen Evangeline Ellerbe (Elroy's granddaughter)

Born 8/11/10 6 pounds, 6.3 ounces

Happy Birthday to My Baby Sis Angel!



Love you with all my Heart Sis!!

Hope it's a good one!!

Love, Rose

2010 Stepping StonesAstrid Poste - The Stepping Stones Program empow-

Astrid Poste - The Stepping Stones Program empowers Tribal youth ages 13-15 by strengthening work ethics and increasing cultural awareness. Throughout the summer participants invested time and energy into a variety of community projects. Constructing picnic tables, building trails, bird houses, making jam, and weaving are just a few of the endeavors accomplished this year. Items will be donated to tribal events, canoe family and elders. The success of this program is evident in the impact it has on all who participated. Our young people showed persistence in tackling new and difficult projects. This program has provided a venue to better equip our tribal youth with the necessary skills to enter the workforce.

Thank you to all departments and individuals who supported the program.

