

KLAH-CHE-MIN

ʔacaciɬalbixʷ ɡʷɬ tə xʷəlc̣ yəxʷ ti stultuləkʷ. A PUBLICATION OF SQUAXIN ISLAND TRIBE ʔacaciɬalbixʷ ɡʷɬ tə xʷəlc̣ yəxʷ ti stultuləkʷ.

AUGUST 2003

► *People of the Water* ◄

COMPLIMENTARY

Little Creek Casino Hotel Construction Progresses



Samuel Askew, Director of Hotel Operations - Here is what's happening with your NEW Hotel!!

Art of the Squaxin Island Tribe will be featured almost exclusively in the new hotel, and although bids and design ideas from artists were slow to come in, a flurry of last minute activity has helped ensure that our original ideas will come to fruition.

About 5 artists came forward with design ideas based on our call to artists, and we tracked down about 6 more very talented young artists who will most likely round out our art package. We hope to have a full list of artists and their pieces in the next edition of the newsletter. We are sure that the Tribe, as a whole, will be extremely pleased with the representation and outcome!!!

We plan to have a series of 7 painted paddles as a focal piece along with a mural



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Canoe Journey to Tulalip Concludes with Several Days of Celebration

The annual tribal canoe journey concluded at Tulalip this year with several days of potlatching and canoe competitions.

The journey was the "best of both worlds" in two ways: tradition and modern

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First Salmon Ceremony to Take Place August 9th

The celebration for the arrival of the first salmon of the season will take place at noon on August 9th at the Arcadia boat launch beach.

According to ancient tradition, if the first salmon caught each season is treated with respect, his spirit will return to the salmon village under the sea, where he will gather his relatives and lead them back to the rivers and streams. If the salmon is not treated with proper reverence, his people will not return.

This year's First Salmon Ceremony will commence with drumming and singing of Salish songs that will arise and drift down the beach and out over the waters bidding welcome to the salmon. The people will walk silently to the waters edge to await the arrival of their sacred guest. A boat will appear with its bow covered with cedar. When it reaches the shore, its captain will carefully lift the salmon from the vessel to the shore where it will be portaged up the beach, still accompanied by the sweet Salish music and boughs of cedar.

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LITTLE CREEK CASINO



KLAH-CHE-MIN SQUAXIN ISLAND TRIBAL NEWS

70 S.E. Squaxin Lane
Shelton, WA 98584

PHONE: (360) 426-9781
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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 & staff.

Submissions Deadline:
15th of each month

SQUAXIN ISLAND TRIBAL COUNCIL:

DAVID LOPEMAN: *Chairman*

ANDY WHITENER: *Vice Chairman*

VINCE HENRY: *Secretary*

Patti Puhn: *Treasurer*

PAULA HENRY: *First Council Member*

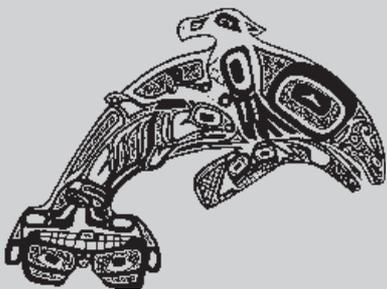
ROY PEREZ: *Second Council Member*

CHARLENE KRISE: *Third Council Member*

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and splash mat. Drums, carvings, mats, murals, paintings and the possibility of an actual canoe round out a spectacular gallery-like lobby!!!

The Tribe's summer program for children will offer a lot of great art for the "Children's Gallery" outside the second floor Conference Center and will include 2 large mosaic pieces done by all the kids! Watch for more information on submitting individual pieces for the Children's Gallery and space for consignment pieces and art on loan.

I want to recognize with special thanks for all their help: Andrea Wilbur-Sigo, Rhonda Foster, Dale Clark, Charlene Krise, and Vicki Kruger.

It is a pleasure to announce the names



for the new food and beverage outlets to be featured in the hotel are: Island Grille and Skookum Spirit Lounge. I know I speak for all the directors when I say the choice was extremely hard as all the submissions were very, very good. The names were chosen with great care so as to best represent and honor the people of the Tribe. Those of you who were fortunate enough to know him will recognize the tribute paid to Bruce Johnson in the naming of the lounge.

Interiors for the restaurant have been expertly selected to invoke the feel of water and the life of the Squaxin Island tribe on the water; hence the name Island Grille. Historical and modern-day photos of fishing, canoeing and a tribute to the life provided by the waters will be featured along with artifacts such as nets, clam baskets and the like. Richly colored fabrics, deep woods and original lighting tie together a truly beautiful dining experience. Congratulations and thanks to Deb Hutchins, our Food and Beverage Director, for leading the design team and

giving the Tribe another source of great pride and dining joy.

Just wait till you see the menu! YUM!!!

As for the hotel rooms, the furniture has been ordered and manufacturing of nearly 900 pieces is well underway as you read this. We chose a lighter stain called "Cocoa Cherry" that is a cross between walnut and cherry. It has a very warm feeling and it matches the new interior wall colors better than the darker "bronze" that was previously an option. You can feel proud in the knowledge that, unlike many hotels, all the pieces placed in your hotel are made of SOLID alder wood.

Now that all the beautiful Northwest-style fabrics have been selected, soft goods will be ordered in the very near future and detail items like televisions, hairdryers and ice buckets, will be the next on our hit list to get worked on.

Construction races along, as many of you have seen, and you can expect to see the roofing decks on the hotel tower any day now. We hope that as the remaining steel progresses quickly, we will have the concrete poured for the second floor Conference Center directly next to the casino on or about the 17th. Likewise, exterior sheet rock will begin enclosing the lower floors in the next couple of weeks and will soon be topped with windows and siding.

Studs for the walls are now up on the first, second and third floors, and the guest rooms are taking shape. Rough-in for electricity and plumbing is taking place at a furious pace and the contractor is ensuring a comfortable stay for all!

We are very enthusiastic about our construction team, and I am glad to tell you that over 10 tribal members are employed by the various companies working to build you a great hotel.

Along that same thought process, I am pleased to announce that our Employment Information Expo was a big success. We had over 100 excited and interested individuals who showed up and participated. Please accept my thanks to all those who came. I hope I get the chance to work with many of you as the hotel comes online. Our Human Resource Director, Peg Johnson, and her team



did an outstanding job. Look for more information to follow in early autumn about the available positions and when we



will begin to hire!!

I know many of you want to be the first to stay in the new hotel and are wondering

when reservations will be taken. We expect that by the end of September we will have an extremely accurate completion date and will start taking reservations then. If you are interested, you can call or email me (hoteldir@little-creek.com)



a request. Please bear in mind, that to keep it fair, we will not be keeping a waiting list for anyone for New Years Eve at this time. We will announce when we will be taking reservations here ahead of time. Expect some great packages too!!

As always, if you have questions, concerns or ideas, please do not hesitate to ask Doug Boon, Mike Peters or myself. We would love to get your feedback. I look forward to updating you again soon on all the fantastic happenings here at the hotel!

New Natural Resources Hotline Number

360-432-3899

Regs are also online at
www.squaxinland.org

Canoe Journey *Continued from Page One*

convenience . . . a little bit of paradise and a lot of earthly hard work and sweat.

Aided by support boats sporting the best in modern technologies, such as depth finders, Global Positioning Systems (GPS), cell phones and CB radios, the canoe paddlers made their way up Puget Sound, in the traditional way of their ancestors - by the sweat of their brows, often paddling against the tides and through sometimes treacherous waters. But for these now-seasoned paddlers there was never a worry, not even as they entered the Narrows, with all its strong currents, whirlpools and large boulders.

At *every* evening destination spot, an eagle was there to greet them, an acknowledgement that all was well in both the natural and spiritual realms.

A host of "ground crew" also greeted the paddlers each evening, applauding their hard work with feasting, singing and dancing.

Members of the Nisqually canoe family arrived at the Squaxin Island Tribal Center on Monday, July 21st and camped overnight near the ballfield. The following morning they put their canoe the water and headed to Squaxin Island for another night of camping.

The Squaxin Island and Nisqually canoes departed from Squaxin Island on Wednesday, July 23rd. Along the way through Puget Sound, the voyagers stopped over at Nisqually, Puyallup, Muckleshoot and Suquamish, visiting family and friends and adding more canoes to the flotilla.

Suquamish was the gathering place for canoes arriving from all directions along the coast and Vancouver Island. From Suquamish, nearly 40 canoes took to the waters together on the last leg of the journey to Tulalip.

Special thanks go out to all the canoe paddlers, the ground and support boat crews and all who supported this year's journey in their own way.

First Salmon Ceremony *Continued From Page One*

When it nears the fire, the music will taper, and silence will fall as the salmon is opened and its spirit released. Then the remains, still surrounded by cedar, will be returned to the waters from which they came.

The fillets will be placed on cedar sticks and smoked over an alder fire. Everyone will then be asked to partake of it in good spirit.

Along with the delicious salmon, other traditional delicacies served will include clams, mussels and fry bread.

The First Salmon Ceremony is hosted by the Squaxin Island Natural Resources Department and the Squaxin Island Tribal Council.

"We remember the stories of our ancestors, and we are here to create new ones," Squaxin Island Deputy Executive Director David Whitener said.

"We must also remember the message the salmon is bringing to us - we must care for our lands and our waters; we must take care of the earth."

There is no charge for attending this event, but guest are asked to refrain from taking photographs while the salmon's spirit is being released.

Camping at the Squaxin Island Tribal Center





BIKE WALK-A-THON



The Second Annual Bike/Walk-A-Thon to benefit the Squaxin Island Tribal elders was held on June 14th at Long Beach.

Participants either walked or rode bikes up to 33 miles. Walkers took on a five-mile stretch through town (shops included), while the bikers took to the streets on 11, 22 and 33-mile routes. As of press time, the twenty-seven participants raised \$840 that will go into the elders' tribal account to be used any way they choose.

Police Officer Mike *The Tailgater* Evans ran over his brother, Chuck, after he crashed in front of him!

"It was called drafting!" Mike tried to explain. "I was riding a couple feet behind him

(maybe less!) to save energy as he broke the wind. There's not much you can do at 17 miles an hour when someone just drops in front of you. I don't know how it could be my fault."

Ok.

The event concluded with a great all-you-can-eat tsunami hamburger feed.

Thanks to all the participants and their supporters!!!

Thank You, Participants

- Pamela Hillstrom
- Penni Giles
- Rusty Pleines
- Patti Puhn
- Kim Heller
- Ruth Creekpau
- Stub Creekpau
- Tim Heller
- Jaron Heller
- Brycen Huff
- Tasha Hillstrom
- Sheena Hillstrom
- Josh Miller
- JeNene Miller
- Holly Hillstrom
- Larry Hillstrom
- Mike Evans
- Chuck Evans
- Brian Evans
- Dave Puhn
- Lois Allen
- Shannon Bruff
- Randy Bruff
- George Cowan
- Alisha Ward
- Kent Ward
- Jane'L Giles

Thank You, Rusty

Thanks, Rusty, for all your hard work and great organization of the Second Annual Bike/Walk-A-Thon!!!



Brian and Chuck Evans are wondering, "Can we do it?"





SUMMER YOUTH EMPLOYMENT



Hello, my name is Jennifer Lee Johns. I live in Tumwater, with my Mother, Judy Johns, and my brother, Marcus Johns. My favorite hobby is photography and my interests are fishing and camping. I attend Black Hills High School, and I will be a senior this year. Two of my favorite subjects in school are English and History. When I graduate from school, I will attend a community college, but I'm not sure what I want to be when I get older. I am working for the Squaxin Island Museum this year. Last year I worked for Island Enterprises. This employment opportunity helps me in figuring out what I want to be when I get older; it gives me a little taste in about everything. I know one thing about my future; I sure don't want to be locked in an office all day!



Hi, my name is Marjorie Penn. I'm working at the museum this summer, and I like it a lot. I really had fun on the canoe journey too. I hope you're all having fun this summer too.



Hello my name is Morningstar Green. I live in Auburn with my dad, but I am staying with my mother, Donna Penn, for the summer. My hobbies are playing basketball and hanging out. My favorite subject in school is math.

This summer I am working at the museum for the summer youth program and I enjoy it a lot. After summer my plans are to hang out with friends and family and also get ready for school.

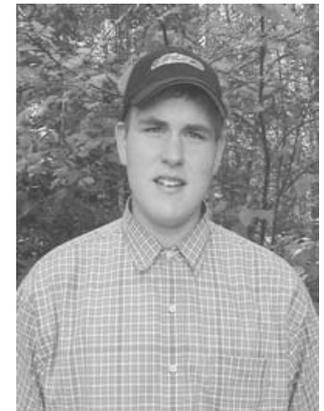


Hello, my name is Susan McFarlane. Most of you probably know me as "Wicket". I am 17 and I live here on the Squaxin Reservation with my mom and my two nieces. I was hired in the Health and Human Services Department at the clinic as a summer intern.

I enjoy spending time with my family and friends, going shopping, listening to music and going for long car rides. After the summer I plan to continue trying to get my GED at the Five Tribes Career Center and maybe go to a community college in Olympia. I have enjoyed working at the clinic so far, and I am looking forward to learning more new things, and meeting more new people. - Hoyt.



Hi, my name is Chris Henry and this is my fourth summer working in the summer youth program. I really enjoy working for the Tribe; it gives me many more opportunities that I would not have otherwise. I work with Rhonda Foster in Cultural Resources, and I am out at the dig site at Mud Bay nearly everyday. I will be a senior this year at Elma High School. My hobbies include weightlifting, history, and really anything I can do to pass the time. After high school, I plan to attend South Puget Sound Community College. I'm not too sure what I want to do when I grow up, just so long as there is no paperwork involved.



Hi, I'm Matt Trotter. I was born July 27, 1985 in Eureka California. I am the son of Richard and Kimberli Burrow; my grandparents are Donald and Sallee Elam and my great-grandmother is Fame Rankin, Squaxin Island Tribal Elder. I have two brothers Michael and Tyler and one sister Kaitlyn. I have lived in Kamilche, Washington for the past twelve years. I attended Evergreen Elementary, Shelton Middle School and graduated from Shelton High School June 13, 2003 with a grade point average of 3.2. While attending Shelton High School, I participated in football, wrestling and ROTC. I enjoy hunting, fishing and participating in the extreme sport of paintball. I plan to attend SPSCC in fall and will be working to earn my associates degree. I plan to pursue a career in Law Enforcement and will be attending the Washington State Patrol Junior Academy in July. I am working for the Squaxin Island Tribe Summer Youth Employment program this summer as a Law Enforcement Trainee. I am very thankful to the Squaxin Island Tribe for the scholarship that has been awarded to me and the opportunities that they have provided me over the years.



Summer Youth at Mud Bay





SUMMER YOUTH EMPLOYMENT



Hello, my name is Che-Vonne Obi and I work in the Education department. I go to Shelton High School. After that, I want to go to college. I live with my aunt, Connie Napoleon; she went for her GED and she got it. I like to do math, PE and Art - they are my favorite subjects. I want to have fun and hope to get work experience in this position.



Hi, my name is Kurt Poste. I am 16 years old and I go to Shelton High School. My hobbies are skateboarding, building things and doing other activities. I live here at the Squaxin Island reservation on T'Peeksin Lane. I'm working with the Tribe this year; I also worked with the tribe last year. This year I am working with the summer recreation program.



Hi, my name is Daniel Kuntz. I am 17 years old and attend Tumwater High School. This is my 4th year working in the Natural Resources Department with Will Henderson. I hope to take the knowledge I gain from working here to school and my future employment opportunities. This summer when I am not working I will be riding and showing horses and fishing.



Hi, my name is David York. I live in the Skokomish Valley with my mom, dad, sister, and two dogs and cats. The things that I like to do on my free time are to ride my quad and play computer games. One of my favorite subjects in school is math. The thing I plan to do after I get out of high school is to go to college and get a degree for computers. The kind of things that I plan to learn from the Squaxin Island Tribe Summer Youth Project is to get up early. This will help me because it will give me enough time to get everything done in the morning before I need to go. Some of the things that I already know that will help me in this summer program is that I respect authority, I'm a good worker, and I work hard on the job.



Hi, my name is David Dorland. I am fifteen years old. I have five dogs and like to take long walks on the beach. My job is hard work. I am employed this summer in the maintenance program.



Hi, my name is Daniel Snyder and I am working at Natural Resources this year. This is my 2nd year working in the summer youth employment program. I'm 15 years old, and I live on the Rez. This is also my second year working in Natural Resources. I feel this experience will help me with my career goal to become a Tribal game warden. Well, I hope to make many friends as I continue my work experience with the Squaxin Tribe. HOYT.



Hey! My name is Amber Snyder. I am 16 years old. This summer I was hired in the Health and Human Services Department at the clinic. I live here at Squaxin with my mom. I enjoy shopping, photography and hanging out with my friends. This summer I am going to have my baby girl. In the future I plan to graduate from Choice High School and then attend cosmetology school. I'm looking forward to meeting new people, so stop by and say Hi! Hoyt.



Hello, my name is Jaron Heller and I live in McCleary, Washington. I have a Chinese pug dog named Odie. I like to shoot bows and I'm getting pretty good at it. My favorite subjects in school are history and science. I plan on going to college at St. Martin's and becoming a structural engineer or an architect. This is my first job so I hope to learn some basic job skills. This job will provide money for college tuition. I am very fast and can turn my hand to most things. This summer I plan on hanging out with my friends and family.



Hi, my name is Shawn, and I plan to go to vocational school after high school. This year I'll be a junior. I hope that my summer jobs here can help me along the way. I started to work with this program last year. This year I work in the Visitor Center behind the KTP. I also plan to work in this program again next year.



SUMMER YOUTH EMPLOYMENT



Hi, my name is Michael Trotter. I am 16 years old and will be a Junior at Shelton High School in the fall. I am a member of the Shelton High School Swim Team and also a certified Lifeguard. I am the son of Kim & Richard Burrow, and my Great Grandmother is Fame Rankin, Auntie Fame to many. I have two brothers, Matt and Tyler, and a two year old sister, Kaitlyn. In my free time I enjoy playing video games, paintball and swimming. I am working with the youth program for a second year and am glad to have the chance to put my lifeguard skills to use keeping watch while the kids practice for the canoe journey. Look forward to seeing you around.



Hello! My name is Samantha LeClair. I'm working for the Squaxin Island Summer Youth Employment Program this year. I'm working at the Tribal Center and I am also working for Island Enterprises. I enjoy working in both places. On my days off, I like to just hang out with my friends.



Hi, my name is Ryan Fox, and I am a part of the Squaxin Island summer youth employment program. This year I happen to be working in the Legal Department. It gets kind of boring in there, but things are alright I guess. I live on the reservation, so it makes it easier to get back and forth to work. I am also a tribal member of Squaxin so that's good also. Most of my hobbies include music and basketball. I love to rap and freestyle and such, so that comes easy to me, too. While I was in school, a couple of my favorite subjects were science and English. At lunch I would rap battle, so that's how I got good at that. My career and academic goals include being a famous rapper and coming out with a C.D.



Hi, my name is Sky Upham. I live in Tumwater with my mom, step dad, my brother and two sisters. I am going into the 9th grade and will be attending school in Tumwater. I am working in the planning department over the summer.



Hi, my name is Patricia Green. I live in Auburn with my father, two sisters and brother. In school, my favorite subjects are math (not geometry) and biology. I hope to gain greater communication skills from working at the Museum and a better understanding of why it is important to work with others on the job.



Hi, my name is Niki Fox. I work at Natural Resources in the office with Julie Owens and Jennifer Whitener. Next fall I will be attending Shelton High School for my senior year. I will also attend Quality Beauty College. I am looking forward to graduating high school and Beauty College by next year. After graduating I plan to attend South Puget Sound Community College to pursue my career. I enjoy working at Natural Resources with everyone and plan to meet everyone there.



Hi, my name is Tamika Green I live on the Squaxin Island reservation. I am part of the Summer Youth Employment Program. I work at the Museum with Charlene Krise and Liz Yeahquo. I live with my mom and sister. My hobbies include basketball and Art. My favorite subjects in school include Language Arts and Art. My career goals include going to college to be an artist and learning computer technology.



Hi, my name is Heather McGhee. I live with my mom and my sister in Shelton, and we own a variety of animals. I am a sophomore at Yakima Valley Community College. This summer, which is my first year working with the Squaxin youth program, I am working with Natural Resources. My hobbies are fishing, hunting, and riding horses. After finishing YVCC I plan to go to WSU.



Hi, my name is Yolanda Silva and I am a Squaxin Island community member, but I am a Puyallup Tribal Member. I live here on the Rez with my mom. I got hired here as a Summer Rec Assistant. I like going on field trips and working with the little kids. I enjoy shopping, listening to music, and hanging out with my Rez friends. Hope to see ya around!

Hoyt



Hi, my name is Josh Penn. I live in the Steamboat Island area. I have two dogs and a cat. This summer I am working as the Assistant Cook for the summer recreation program. When I'm not working, I like to listen to music, ride my quad and get new shoes.



Dear Nutritionist

Dear Nutritionist: My mom has diabetes, and I want to know what she should eat. I heard that its okay for her to eat sugar sometimes, but what else?

Signed,

Want my Mom to live a long & healthy life & see my kids grow up

Dear "Want my Mom to live a long & healthy life & see my kids grow up"

Thanks for writing. Years ago, we told people with diabetes to stay away from sugar. Research shows that now it is okay for people with diabetes to eat sugar.

Your Mom CAN eat things with sugar in addition to ALL foods. The catch is HOW MUCH food and HOW OFTEN.

There is no need to buy special products for your mom. She does not need to have a sugar-free food when others are having the real thing. Looking at carbohydrates instead of sugar is new information. However, it would be best for her (and all family members) to limit portions of high-fat, high calorie foods, such as cakes, cookies, chips, etc, and eat more vegetables. The food pyramid is a good place to start. I would recommend this for anyone who wants to take good care of their bodies to last a long time, whether they have diabetes or not. Eating is just one part of taking care of her diabetes.

The key to living a long & healthy life with diabetes is for your Mom to check her blood sugar regularly and keep her blood sugar in range. She should check with her doctor for the best range for her.

The American Diabetes Association recommends these blood sugar level readings:

Fasting and Before meals: 80-120

2 hrs after eating: 140-160

(at least below 180)

Bedtime: 100-140

If your mom is having trouble keeping her blood sugars at these levels, she may need

additional medication, more activity, and/or a change in eating habits. If she keeps her blood sugar in range, she can live a long & healthy life and minimize problems such as blindness, amputations, dental disease, kidney failure and loss of sensation or feeling.

Foods containing mostly carbohydrates increase blood sugar levels and should be limited at each meal. Carbohydrates are found in sugary foods, the bread/grain group, the fruit group, starchy vegetables such as corn, peas, and potatoes and the milk group. It is important to eat carbohydrate foods for good health. The key is how much carbohydrates to eat at each meal or snack. There is a lot more information about these foods and I would be happy to meet with you and your Mom individually so we can see what would be realistic for her to modify in her eating plan, if she is interested.

When looking at food labels, notice the amount of CARBOHYDRATE, not the amount of sugar in the product.

KEY POINTS

- Check blood sugar to see where it is- if she needs a monitor to check her blood sugar, have her call me.
- If out of range, get help with medications, activity or changes in diet.
- Look at carbohydrate on food labels, not sugar
- Make an appointment with Patty Suskin, or other staff to set individual goals

Submit questions to Patty Suskin, Diabetes Coordinator at: 90 SE Klah- Che-Min Drive, Shelton, WA 98584, call (360) 432-3929 or stop by the clinic.

Outdoor Activity

Column Coming

Each month in the Klah-Che-Min we will be featuring an outdoor activity to provide ideas for families and individuals to be active. This month we're featuring Shelton's Huff & Puff, a great place close to home to get a great workout.

Huff & Puff Shelton

Parks & Recreation Exercise Trail

Five connected loops of trail that joins together to total 1.85 Miles

- Hours: 8:00 till dusk
- Wooded
- No bikes
- Dogs are okay on a leash
- Directions: ~Take Hwy. 101 North to the Wallace Kneeland Exit in Shelton. Make a right off the ramp. Stay on Wallace Kneeland passing Wal-Mart and Shelton Middle School and take a left on Shelton Springs. It's about a mile down Shelton Springs right across from Shelton High School. Enjoy! Bring your family!

**Submit your favorite place for future newspapers to Patty Suskin, Diabetes Coordinator at the clinic-(360) 432-3929 or email psuskin@squaxin.nsn.us*

August 14, 2003

Walk for Elder/Seniors

Meet at the Senior building for a walk around Capitol Lake in Olympia. We will leave at 8:30 am and will be back for lunch at the Senior Building at noon.

Join us for the 1.6 mile walk around the newly-reopened trail around Capitol Lake. The trail is flat with a nice view of the lake.



Six Ways to Help Your Children Avoid Diabetes

Being physically active and eating less fat and sugar foods and drinks can help prevent diabetes. You can help your children. You can have fun helping your children avoid or delay diabetes! Here are some ways:

1. **Play with your child.** Shoot some hoops, ride a bike, or take a walk.
2. **Set aside time each day for your child to be active.** Try a "turn off the TV night." Invite other children over for play time. Ask the children to go outside and play!
3. **Offer your children more low-fat, low-sugar food.** Change from sugar pop to sugar-free drinks and water. Limit chips and candy. Use fruits and vegetables as snacks.
4. **Serve meals at the same time each day.** Eat dinner as early as you can. Eating around 6:00 p.m. is better than eating at 8:00 p.m.
5. **Be a good role model.** Be physically active every day. Choose low-fat, low-sugar food. Eat smaller portions of food. Serve your family vegetables and fruits each day.
6. **Contact your diabetes coordinator-** Patty Suskin at the clinic @ (360) 432-3929 for more individualized ideas for you and your family.

Source: *Health for Native Life Magazine*

The Skinny on Fat

Eating and drinking a lot of foods and beverages high in total fat and saturated fat increases risk of chronic health problems such as heart disease, type 2 diabetes, obesity & some cancers. Not all kinds of fat are bad, however.

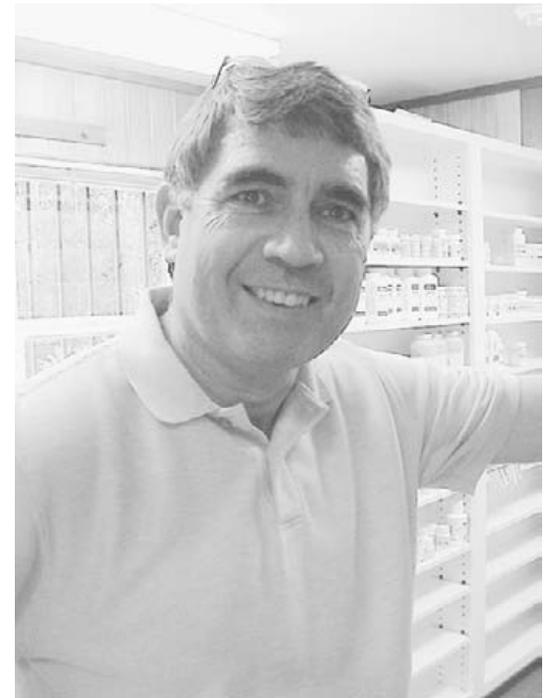
Test your knowledge with this quiz.

1. From 1955 to 2003, the percentage of Americans who are overweight grew from 25 percent to 60 percent. During this time, American's consumption of fat (as percentage of total calories eaten):
A. Increased
B. Decreased
C. Stayed the same
2. Butter and lard contain what type of fat?
A. Monosaturated
B. Polyunsaturated
C. Saturated
D. All of the above
3. If you're concerned about the level of your blood cholesterol, which of the following matters most in what you eat or drink?
A. Saturated fat
B. Dietary Cholesterol
C. Total Fat
D. All of the above
4. How do health experts suggest that you maintain a healthy weight?
A. Eat plenty of lowfat, non-fat and reduced-fat products
B. Go on a high-protein, low-carbohydrate diet
C. Consume only as many calories as you burn in a day.

Answers:

1. B
In 1955, Americans consumed about 40 percent of their calories from fat. In 1995, that figure dropped to 35 percent. So why did the percentage of overweight Americans increase? It is thought that even though people have been eating less fat (in reduced fat and fat-free products) they have been eating more calories. In addition, people have been less active with more TV and computer time.
2. D
Most fats found in foods are a mixture of saturated, monounsaturated, and polyunsaturated fatty acids. For health

New Employee



Bob Johnson
Pharmacist

Visit the Kamilche Pharmacy and introduce yourself. It will be a great chance to renew old acquaintances and make new ones. Hi! My name is Bob Johnson and I am YOUR pharmacist. Although I have worked in a Shelton area pharmacy in the past, I have been out of touch with what is going on with you and your families. Many of you may remember me from Neil's Pharmacy (hopefully good memories), and I am proud to be a part of the exciting wellness and health program that exists here.

I have been married for 35 years and my wife recently retired. She plans to help care for our grandchildren. We have two sons and daughters-in-law who live in the area. This allows us to recognize the strength of family. We currently live in Olympia and enjoy the great northwest.

Most prescriptions will be available the same day or following morning. If you require a refill on medication please call your request in early to avoid any delays. The Kamilche Pharmacy telephone number is 432-3990. If your prescription has no refills, please call us for a renewal. We will also be happy to transfer prescriptions from other pharmacies so that you may use the convenience of YOUR OWN pharmacy.

May you all enjoy good health today..

Continued on Page 14.



HEALTH AND HUMAN SERVICES



Upcoming Events

- Everyone is welcome to join walks from the Senior Building every Thursday at 12:40 p.m.
- Mark Your Calendar for America's Walk For Diabetes 2003, Saturday, October 4, 2003, at Olympia High School.
- Senior Walk around Capitol Lake, Thursday, August 14th, leaving Senior Center at 8:30 a.m. and returning by noon.
- Cooking demonstration with tasting coming in September, date to be determined.

- Gather at the Health Center at 4 p.m. on Mondays, Wednesdays and Fridays at 4 p.m. to walk with others.
- * If you would like to know more about these upcoming activities, contact Patty Suskin, Diabetes Coordinator at 432-3929 or stop by the Health Center.

The Whirlpool from the Health Clinic is missing.

If you have any information about this item, please call the clinic at 427-9006



Thursday, August 14th, 2003

Elders and Seniors are invited to walk around Capitol Lake in Olympia.

Join us for the 1.6 mile walk around the newly-reopened trail. The trail is flat with a nice view of the lake.



When: 8:30 am till noon (back for Elder's lunch)

Where: Leave & return Elder's Building

Contact: Lea Cruz 432-3936 or Patty Suskin 432-3929

SENIOR MENU

Food Group	Monday	Wednesday	Thursday
Meat Vegetable Fruit Grains/Bread Milk	Crab Salad 4 Carrots, Celery & Dip Fresh Fruits Wheat Rolls, Apple Cake 2% and Fat Free Milk	Potato Bar with Chili 6 Broccoli Salad Fresh Fruits Crackers 2% and Fat Free Milk	Cube Steak 7 Mixed Vegetables Fresh Fruits mashed Potatoes & Gravy 2% and Fat Free Milk
Meat Vegetable Fruit Grains/Bread Milk	Chef's Salad 11 Veggies & Dip Fresh Fruits Wheat Rolls 2% and Fat Free Milk	Roast Turkey 13 Green Beans, Salad, Potatoes Fresh Fruits Stuffing, Lemon Pie 2% and Fat Free Milk	Beef Fajitas 14 Veggies & Dip Fresh Fruits Wheat Tortillas 2% and Fat Free Milk
Meat Vegetable Fruit Grains/Bread Milk	Sandwich Bar 18 Carrots, Potato Salad Fresh Fruits, Raisin Salad Wheat Bread, Ginger Snaps 2% and Fat Free Milk	Breakfast 20 Baby Carrots & Dip Berries Waffles 2% and Fat Free Milk	Baked Cod 21 Steamed Broccoli, Salad Fresh Fruits Brown & Wild Rice, Pudding 2% and Fat Free Milk
Meat Vegetable Fruit Grains/Bread Milk	Cornflake Chicken 25 Corn on the Cob, Zucchini Fresh Fruit Salad Orzo Pilaf 2% and Fat Free Milk	Baked Snapper 27 Red Potatoes, Green Salad Fresh Fruits Wheat Rolls 2% and Fat Free Milk	Chalupas 28 Green Salad, Veggies & Dip Fruits, Jello with Raspberries Pinto Beans, Rice, Corn Chips 2% and Fat Free Milk

*Sandwiches available on request instead of the entrée listed
Want seconds? - Just ask!
Free to seniors 55 and older
\$3 for all others*



God Turned My Life Around

Nancy Rose - I pray the following words might be a blessing and offer a glimmer of hope to each person who is hurting and ready to give up. May each one know today that there is hope in situations - and circumstances do change with time.

I would like to talk to you about God's love - God's love for me and my family and God's love for you. I have not always had faith in God and today I am going to share with you how God turned my life around and brought me to himself.

It has not been very many years ago. In 1985 grief and anguish deeper than there are words to express filled my being. The doctor's words cut to my soul: "We've given you every known anti-depressant. Not one has been helpful in alleviating the major depression you are in. We've nothing else to try."

In the six months prior to that time, my husband and I had separated, my three children's custody was given to their natural father, two close relatives had died, one of whom was also my best friend. Only ashes of our home remained. And I had two major surgeries. And now my only hope of regaining custody of our three children was gone. I needed written testimony from a psychiatrist that the major depression I was experiencing was being controlled medically. The doctor said, "There is no hope."

I requested the chaplain of St. Joseph's Hospital in Tacoma to come and talk with me. He came and I asked him which denomination he was and he told me, "Lutheran." He asked me why I was in the hospital. I told him I had come to be regulated on anti-depressants so I could regain custody of my children. I asked him if people who took their own lives go up to Heaven. He told me, "yes, if a person has accepted Jesus Christ as their savior and the suicide results from illness."

In the next couple days I requested discharge from the hospital. My doctor released me and gave me three large bottles of anti-depressants, enough medication for nine months, which is what I had brought with me to the hospital.

I packed my suitcase and left the hospital. I had left my suitcase and the purse in the elevator, thinking I would not need them any more. I unlocked my car and got in. I picked up and opened a warm bottle of Pepsi and swallowed most of the pills and then I prayed, "God, if there is a God, if taking my own life is a sin, then please forgive me. I cannot go on living like this any more. The doctor said, 'They couldn't help me' and I miss my children so much, I can't continue hurting like this when I can't have them back."

I then went back into the hospital, got my suitcase and my purse. I remember pulling my car out of the parking lot and onto a Tacoma

street, stopping along the street to take the rest of the pills and remove the labels from the bottles.

The next thing I remember is entering Valley Medical Center, a hospital in Renton. Later someone checked my discharge time from St. Joseph's in Tacoma to my admittance to the emergency room at Valley Medical Center and found there to be a time span of two hours. At Valley Medical Center my body shut down three times. They had difficulty getting my lungs and heart to function at the same time and I had a brain seizure. The third time, all but one of the doctors agreed to let me go. He asked them to try one more time. They did and I lived.

I was in intensive care for three days. And the desire was still so intense to die that when I regained consciousness I tore my arms free from the restraints and unplugged the life-support system. When I awakened again, a relative, Trudy, my sister-in-law, was standing by my bed. Another time a man who identified himself as a minister placed his hand on mine and said, "God loves you and so do I and I would like to go through this with you. May I come again?"

On the fourth day, I was assigned to a private room and then, subsequently, several days later, I was assigned to the hospital's psychiatric wing. There, for the next several weeks, the minister and his assistant, Betty Bitner, came to visit me each day. The ministers name is Wayne Grantham and he was, at that time, an associate pastor at the Assembly of God Church in Renton.

Each visit Pastor Wayne, as I came to know him, talked to me about God's love for me, read the Bible and put his arms around me and prayed that God would allow me to experience God's love for me. God's presence would surround me each time Pastor Wayne prayed. I didn't know it as God's presence. All I knew was that a warm sensation came around my body and stayed with me. Pastor Wayne talked to me about events of my life and each day he prayed that God would allow me to experience His supernatural love. I continued to think about dying. I continued to have deep internal anguish, but something within me was beginning to change. I was sensing the love of God more and more at this time, but the pain of separation from my children was now almost more than I could live with.

Discharge came six weeks after my admittance. The hospital, in search of something to give me to live for, set up a special program, just for me. Weekends, I could return to the hospital. Arrangements were made for me to see a counselor twice a week. His name is Gregory Pritchett, and he made himself available seven days a week, twenty-four hours a day.

Pastor Wayne Grantham asked me to come to his office three days a week. And he gave me his home number, his office number and, when

he wasn't available at either number, he would call and say, "this is where I am going to be" and gave me a third telephone number. Any time, day or night, there were people who wanted to listen when the going seemed tough. And Pastor Wayne was available to pray.

As part of my discharge, someone helped me locate an apartment. I paid the power, the rent, but lacked enough money to make a natural gas deposit. I was sent by the gas company to the Salvation Army. The Salvation Army managed to donate natural gas money and they said they would be happy to pay my deposit.

My pride wouldn't let me just accept that money. I asked them if I could have a job, if there was some work I could do, and I began working the next day.

Spring, summer and then it was fall when Fred, the man from whom I was divorced, called me and asked if I would come over to Port Townsend and go to church with him. I agreed, and the next Sunday I drove over from Renton. For several months I had been working at the Salvation Army, attending church there and, Sunday evening, attending church at the Assembly of God in Renton.

Sunday evening service was already in progress when Fred and I walked in. He asked me where I would like to sit and I chose the place close to the back of the auditorium. I looked around, hardly able to believe my eyes and ears. The people were standing, clapping their hands and swaying to the music. A few were in the aisles dancing. The rhythm of the music was unlike any I'd ever heard in a church.

Under my breath I murmured, "Could God be in this place?" Across the auditorium from me, a lady, as the song ended, began to speak very loudly in a foreign language. Then a man across the auditorium stood and gave an interpretation of what she had just said. He said, "I am the Lord God. I am in this place. It pleases me when my children sing praises and dance before me."

I was awe struck. Only God could have known my thoughts and what I mumbled under my breath as the music was loud. Only God.

I left the meeting several times, going outdoors. And a lot of the reason was that I was frightened of the music and the singing; it was so unlike any I had ever been around. Once outside, my curiosity drew me to listen and watch through the door. After the sermon, the pastor invited everyone to come to the front of the auditorium. He laid hands on them and prophesied and gave words of knowledge about their lives.

I stayed on my feet listening and watching. He lowered his voice and I moved closer to hear. He was getting near the area where Fred was standing and I got scared and went back outdoors.



COMMUNITY



Curiosity brought me back and I know now it was the Holy Spirit. This time, as I approached the edge of the crowd, the pastor called me, "Nancy, isn't it? Are you ready? And he instructed someone to tape what he was about to say. In the next five minutes I heard a summary of my life and what was to come in my life.

That evening I became convinced of God's existence, but I didn't give my heart and life to him. Yes, I asked him to forgive my sins after I had taken the pills, but I hadn't committed my life to Christ. I had a life I hadn't had, but not a life changing experience.

Time went on and things that Pastor Burnell had prophesied began to happen. The deep depression began to lift from my mind. My job at the Salvation Army became a full-time paid position. I received promotions and it wasn't long before I had my own office and was in charge of social work. I started a Bible study combined with a free dinner for the poor in Renton.

Materials for my study were furnished by my friend, Pastor Wayne. The materials were published by Rev. Billy Graham. I asked the Corp Commander to teach the class and he agreed. Each Tuesday, I'd go out during my afternoon coffee break to the streets and the local hotel where the poor were housed and invited them to come. Each time fifteen to thirty people filled the fellowship hall. The people shared their problems and the Corp Commander shared the word of God.

Monday through Friday, I was a nine-to-five Christian. After work and on weekends my life of sin continued. I had worldly friends and Christian friends. I enjoyed spending time with each of them.

Spring came and with it a political change within the Salvation Army. They wanted to place a Salvationist of eight years from Oregon in the Renton office and my job was selected to be his next position. I was told of the change and that it would be my responsibility to train him as he had no previous social work experience. I was hurt. I was angry, but I began to do as I was directed. I then called Fred and talked to him about my disappointment. He suggested that I come over to his church, that there was an evangelist from Ashland, Virginia who had the gift of knowledge and prophecy. Maybe he could help.

Fred and I arrived at the meeting during the altar service and remembering my past experience with the pastor of this church revealing many things about my life, I quickly asked God to forgive all my sins while I was still in the parking lot. With that taken care of, I went inside with Fred. God spoke to me again that night, telling me that if I would come to him with a truly repentant heart, he would anoint me to minister.

After a period of much travail, I was again angry and I didn't understand. I asked Fred to talk with the minister as I thought I was doing a great

job for God as I was sinning but repenting. Fred talked to him and the minister assured him that he had received a word from God and I needed to repent with a truly repentant heart.

When my job ended with the Salvation Army, I moved to Port Townsend where Fred lived. I became more involved with my worldly friends. I was offered a job in another county through them with a salary of \$100,000 a year. I wrote a letter and applied for the job. A date was set for me to travel and begin to work and with it a subtle threat was made to my life. I was told not to discuss the job or its location with anyone.

Matthew 16:26 reads:

What if a man profiteth, if he should gain the whole world, and lose his own soul? What should a man give in exchange for his own soul?

Proverbs 14:12 reads:

There is a way that looks right to a man but the end of it is the way of death.

I Corinthians 10:13 reads:

No temptation has taken you except what is common to man but God is faithful. He will not let you be tempted beyond what you can bear, but when you are tempted, he will also provide a way out, that you can stand up under it.

Though I desired the money and a fine lifestyle I was promised by the ones I called my friends, fear gripped my heart. I didn't understand what I should do next. Fred was at work and I was in his home alone.

I picked up his Bible and it opened to the Book of Matthew and the 28th verse of chapter 10 stood out from the page:

Do not be afraid of those who kill the body, but cannot kill the soul, but rather be afraid of the One who can destroy both body and soul in Hell.

I picked up the telephone directory and found the number of the church where Fred attended. I dialed the number and asked to speak to the minister. His secretary told me he had just left, but for me to wait a minute and she would see if she could locate him. Moments later he said "hello" to me and I spilled out my story to him.

He asked me to come directly to his office and, as I entered and sat down, he asked me what was standing in the way of my committing my life to Christ. I began to make excuses about folks who call themselves Christians who weren't living the life. He interrupted me and said, "let's ask Jesus now to forgive you, and commit your life to him." I did so. He then asked me to praise the Lord, but I didn't understand what he meant, so he praised the Lord and thanked him for giving me salvation. As he concluded praying, he asked me if I would set up a program for reaching the poor in Port Townsend through the church. He gave me the office next to his and said I would be a part of his staff. I told him I needed to think about it. I told him the folks who wanted me to go to another country were a threat to me and he told

me that if they knew where I was and what I was doing, they wouldn't cause me any problems.

I went to Kent and stayed for a few days with a Christian lady friend and while I was there, God spoke to me about his blessings on the program I had been asked to start. I told the Lord I would return to Port Townsend.

The word says in Isaiah 42:16:

And I will bring the blind by a way they know not. I will lead them in paths that they have not known. I will make darkness light before them and crooked things straight. These things will I do and not forsake them.

In Psalm 91, verses 14-16, He says:

Because he loves me, says the Lord. I will rescue him. I will protect him for he acknowledges my name. He will call upon me and I will answer him. I will be with him in trouble. I will deliver him and honor him with long life. I satisfy him by showing him my salvation.

I have talked about loss. I have talked about suicide. I have talked about God's love and restoration. God first restored my husband Fred and myself individually to him and then to each other. And he has restored my children to me. I now have two grandchildren. I wouldn't have known them if my attempted suicide had been successful. If I hadn't given God a chance, I wouldn't have known restoration. God's love turned my life around.

God's love gave me an opportunity for a new life. My message has been one of deep emotion, strength and God's power to put the pieces together, of five broken lives in a continuous process of healing. My life is not my own. I have been bought with a price, the precious blood of Jesus Christ.

A couple months after I committed my life to Christ, the thought came to me early in the morning to sterilize my car. I thought that is ridiculous. The thought would not go away. Finally, I got out a bottle of 409 cleanser and began to scrub the outside of my car. I cleaned the inside with the 409 and the thought was still just as strong. OK, I'll clean under the hood. So I began cleaning the engine and the parts that were exposed. A gust of wind came up, pulling the insulating pads that attach to the hood down, and there were two large white, slightly yellow envelopes. I took the envelopes down and looked in them and they contained a white powder substance in large quantities. In my heart I know that my worldly friends had placed them there and they were using me. I asked the Lord what I should do. I felt impressed just to burn them. And so I did. The message I want you to hear is that when life seems at its worst, there's still hope as the God who created the universe has a concern for each and every individual and the circumstances each individual is in, every minute of every day. I have an awareness that not enough has been said about



the emotional needs of God's people. My friend, we need the Lord God and we need each other.

Romans 15:1-3 says:

We who are strong ought to bear with the failings of the weak and not please ourselves. Each of us should please his neighbor for his good, to build him up. For Christ did not please himself, but as it is written, 'The insults of those who insult you have fallen on me.' For everything that was written in the past, was written to teach us, so that through endurance and encouragement of the scriptures we might have hope.

Copies available through Nancy Rose, 360.432.8962.

Police Chief Russel Cooper on Bike Patrol



The Tribe's cedar dug-out canoe was safely moved in mid-July to the site where the future canoe-carving shed will be located (near the entrance to the Museum Library and Research Center).



Buddy Update

Mike Evans - As some of you may have realized, the Squaxin Island Public Safety Department's narcotics K-9, "Buddy," has been off to more training and recertification. On Friday, July 11th,



Buddy was requested by the Washington State Patrol to assist in a search of a vehicle after a traffic stop on Hwy 101.



Buddy had several positive alerts on the vehicle which helped obtain a search warrant. The search of the car produced almost 11 grams of marijuana and a .45 caliber handgun.

Buddy has assisted several law enforcement agencies including the Mason County Sheriff's Office, Shelton P.D., Washington State Patrol, Bremerton P.D., the West Sound Narcotics Enforcement Team and the U.S. Border Patrol.

As of late July, Buddy has been used 39 times. In 21 of those instances, Buddy has had one or more positive alerts and there have been 60 locates of controlled substances and paraphernalia. This has led to the arrest of, or reinforced the probable cause for the arrest of, 27 suspects.



National Congress of American Indians

A series of articles written by Frank W. Parker, referring to the first meetings and organization of the National Congress of American Indians (NCAI), will be reprinted in this and the following two issues of the Klah-Che-Min, courtesy of Glen and Ann Parker. Frank was a founding member of NCAI.

Forward

In the year 1942, the Commissioner of Indian Affairs called together the Indian employees of the Indian Office, then located in Chicago, for the purpose of asking them, on behalf of the Indians of North America, to sponsor a Pueblo Indian who was doing some research about South American Indians.

After holding several meetings with the Indian Office, Indian employees turned down the request of the Commissioner. They felt that they did not represent the Indians of North America - that representation should come directly from the reservation level. Although several attempts had been made to organize the Indians of the continent and of Alaska, at that time there was no truly representative organization of the reservation Indian.

The above occurrence was the spark for the start of the National Congress of American Indians, because it got the Indian employees to thinking about the situation and resulted in a called pre-organization meeting in the Chicago Loop. It was the thinking at this meeting that the organization being proposed was vital to the neglected Indian people, that its membership should be nation-wide and composed of enrolled Indians as its base. It was felt that each reservation should be represented. It was decided to contact, and invite to the first annual convention, all of the well-known and prominent Indians we could find to help start the organization.

As of this 25th anniversary of NCAI, it has had its ups and downs. Much progress has been made in cooperation with our friends and sponsors and other organizations in the fields of voting rights, discrimination, holding of Indian lands, water rights, tax exemptions, education,

health and welfare, hunting and fishing rights and a more general recognition of all Indian rights. Perhaps the greatest accomplishment has been the lessons learned in trying to work together in a democratic organization.

The greatest weakness in the early years concerned the lack of issues. That is to say, time and research are required to prepare adequate resolutions and programs. Without paid professional assistance, it is most difficult to prepare something that will stand on its own merits.

The foundation of the national organization is the reservation. Each reservation must work out its own problems; build its own economy. Nothing much can be accomplished without votes. Indians must therefore, get into politics. A free exchange of information on the experience of each reservation should be obtained. When federal legislation is needed, or when public opinion should be influenced, this is where the national organization should function.

All of these things we are beginning to learn. This publication is a well-earned tribute to all those Indians and their friends who have contributed so much in bringing the organization to its present-day status.

Originally, the U.S. government thought the Indians could be "civilized" in 25 years. We have learned, as the government has learned, that it takes a little longer than that to change the culture of a people or to learn to work together as one "tribe" or to learn to make our own way in a new and different world. Our experiences of the past 25 years should teach us to have patience, to do our work from day to day, to keep on planning and scheming and if necessary, to become more militant.

Happy 20th birthday Lissa
Love, Mom,
Mishell and Josh

Happy 10th birthday Josh
Love Mom,
Shell and Lissa

The Skinny on Fat

Continued From Page Nine

reasons, you should limit foods high in saturated fat, like butter and lard, which has been connected to heart disease and cancer risk.

3. A

Saturated fat raises your cholesterol more than anything else. Since cholesterol is found only in animal products, eating less fat from meat, eggs, and milk products will help lower your intake of both saturated fat and dietary cholesterol. High blood cholesterol is a well-known risk for heart disease; it also possibly increases the risk of lung and pancreatic cancers.

4. C.

When you eat more calories than you burn, an energy imbalance results. This can lead to overweight and obesity, increasing the risk for some cancers. A diet high in vegetables, fruits, whole grains and beans can help. Plant foods are naturally low in calories and full of vitamins, minerals, and fiber that are important for good health and fighting cancer. Regular exercise is the other half of the healthy weight equation. Try adding physical activity to your daily routine and fitting in a brisk 10 minute walk into your schedule.

Source:

American Institute of Cancer Research.

The number of overweight children has doubled since 1980, and the proportion of overweight teens has tripled. Type 2 diabetes, which used to occur mostly in adults and is linked to obesity, has skyrocketed among heavy teens.

Contact Patty Suskin, Diabetes Coordinator, for an appointment to brainstorm ideas about what you and your family can do to be healthier. Stop by or call her at the Sally Selvidge Health Center, (360) 432-3929



HEALTH AND HUMAN SERVICES



Caregivers

Paula Henry - Do you care for elders, grandchildren or family members? I would be glad to help organize a support group for you. Some ideas would be a lunch or dinner at the Senior Center or a day trip to get away for a hours. What would you enjoy doing for a day, a few hours or even one hour? Call and share your ideas and we will see what can be done. My number is 360.432.3934.

Oysterfest is Approaching Volunteers are Needed

OysterFest will take place the first weekend in October (4-5). We are beginning preparations for this great fundraiser that supports our tribal elders. Please call Lea Cruz at 360.432.3936 or 360.427-9006 to volunteer.

**Happy Birthday
Son Angelo
Love,
Mom**

Congratulations Raffle Winners



**Connie Whitener
April Winner**



**Violet Perez
April Winner**



**Nadia Hovid
June Winner**

**Not Pictured
Cala Ross June Winner**



Connie Napoleon waiting patiently for family

**Mammogram Clinic
August 25th from
9:00 a.m. to 4:00 p.m.**



CANOE JOURNEY 2003





CANOE JOURNEY 2003





BIKE / WALK-A-THON 2003





HAPPY BIRTHDAY



Arron Edgley 8/1
 Darla Whitener 8/1
 Nathan Shelton 8/1
 Jeremie Walls Jr 8/1
 Darlene Wood 8/3
 Tyrone Seymour 8/4
 Lawton Case 8/4
 Leighton Case 8/4
 Josh Miller 8/5
 Lois Cuch 8/6
 David Johns 8/7
 Bob Koshiway, Jr. 8/7
 Lettie Ann Machado-Olivo 8/8
 Lisa Frodert 8/8
 Chasity Parish 8/9
 Nikieta Fox 8/9
 Juliet James 8/9
 Larry Melton 8/9
 David Peters, Jr. 8/9
 Alex Garcia 8/12
 Chucky Wilbur 8/14
 Elena James 8/14

Lewellyn Parker 8/15
 Mathew Cooper 8/16
 Rachel Johns 8/16
 Virginia Farron 8/17
 Irvin Fletcher 8/17
 Roy Perez 8/17
 Anthony James 8/18
 Melissa Miller 8/18
 Ariel Choate-Krise 8/20
 Greg Glover 8/22
 Jessica Johns 8/22
 Rene Larios 8/22
 Eva Charles 8/23
 Nicole Cooper 8/24
 Victoria Sanchez 8/24
 Mitch Carrington 8/25
 Meghan Brandt 8/27
 Rhonda Foster 8/28
 Lindsey Harrell 8/29
 Angelo Rivera 8/29
 Joseph Furtado 8/29
 Cathy Campbell 8/30

Debra Henry 8/30
 Euphamie Whitener 8/30

Happy Birthday Hailey Love, Mom



WHAT'S HAPPENING						
					1	2
					Housing Commission 9:00 in the Annex AA Meeting 7:30	Good News Book Club 10:30
3	4	5	6	7	8	9
		Court Church 7:30	Drum practice 6:00 p.m. in the Gym Bingo @ 6:45	Scrapbooking @ 1:00	AA Meeting 7:30	First Salmon Ceremony Noon @ Arcadia Good News Book Club
10	11	12	13	14	15	16
		Church 7:30	Drum practice 6:00 p.m. in the Gym Bingo @ 6:45	Tribal Council Senior Walk Around Capitol Lake Leaving at 8:30 Scrapbooking @ 1:00	Housing Commission 9:00 in the Annex AA Meeting 7:30	Good News Book Club 10:30
17	18	19	20	21	22	23
		Court Church 7:30	Drum practice 6:00 p.m. in the Gym Bingo @ 6:45	Scrapbooking @ 1:00	AA Meeting 7:30	Good News Book Club 10:30
24/31	25	26	27	28	29	30
	Mammogram Clinic 9:00 - 4:00		Drum practice 6:00 p.m. in the Gym	Tribal Council	AA Meeting 7:30	

Upcoming Budget Hearings

The First Fiscal Year 2004 Budget Public Hearing is scheduled for July 30, 2003 at 4:30 PM in the Mary Johns Room. This hearing is to gather community input and prioritize community needs. Island Enterprises and Little Creek Casino

will present an overview of their annual budgets.

The Second Fiscal Year 2004 Budget Public Hearing is scheduled for September 9, 2003 at 4:30 PM in the Mary Johns

Room. This hearing is to present the Draft Budget for public comment.

Please plan to be a part of our annual

Journey to Tulalip 2003



SQUAXIN ISLAND TRIBE

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SHELTON, WA 98584

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