

Klah-Che-Min

ʔacacihtalbiᵂ ɡʔl̥ tə x̣ẉəl̥c̣ yəx̣ẉ t̥i stultuləḳẉ.

A PUBLICATION OF SQUAXIN ISLAND TRIBE

ʔacacihtalbiᵂ ɡʔl̥ tə x̣ẉəl̥c̣ yəx̣ẉ t̥i stultuləḳẉ.

SEPTEMBER 2005

COMPLIMENTARY

My Canoe Journey Experience

By Marjorie Penn (age 17, with help from Mom, Vicki Kruger)



with us. The next day we arrived in Suquamish where we rested for a whole day!

We had a small incident at Suquamish where the youth there wouldn't help unload my Grandmother's wheelchair. It goes to show that we all represented not only our parents, grandparents or just our canoe families, but also our entire tribe. Our relations from Suquamish later apologized for the incident.

After Suquamish we went to Little Boston (or Port Gamble) then to Port Townsend. The final stop before Elwha was in Jamestown. On Monday August 1st the canoes left Jamestown for Lower Elwha. Everyone was up at 4:00 am to try and beat

I've always loved camping at Squaxin Island and it was awesome that the Nisqually, Chinook and Grande Ronde camped with us to begin our 2005 tribal journeys. After the canoes requested permission to come ashore we ate clams, hotdogs, turkey and roast (thanks Yum). Then we drummed and danced around the camp fire.

On Saturday, July 24th, Justin Johns loaded us all up on the barge (thanks). As the canoes were requesting permission to leave we were all excited to be a part of the Chinook/Grand Ronde's first canoe journey. We then traveled to Nisqually where our friends and relations had an awesome feast waiting for us.

From Nisqually we were off to Puyallup, then Muckleshoot, we spent one night at a camp ground and had a potluck where Island Enterprises donated 100 pounds of clams for us to share with the canoe families camping

the bad weather we knew was coming. Our canoe left the beach but, because the current and winds were so strong, we had to go back. Due to the bad weather the canoes were called off by the Coast Guard.

If you were to ask me "what was the best part about the canoe journey?" I'd have to answer "When the Makah's gifted a canoe to the Wa-He-Lut School". I found out later that it was bought and paid for but still nothing could beat the excitement

when the 36 foot canoe was carried into the big tent on the pullers shoulders and the crowd and the drums and the dancers were going crazy.

I really enjoyed visiting with family and friends. I also enjoyed making new friends with the people from the other tribes. Nearly every night we sang our canoe families songs and listened or participated in the other canoe families' songs and dances. I enjoyed having my Granny there and the other elders that traveled with us. I want to thank everyone that went with us or helped out – especially my brother Jeremiah "keep learning the language Jer". I can't wait until the journey next year to Muckleshoot, hopefully you can take some time to join us.



SQUAXIN ISLAND TRIBE

10 S.E. Squaxin Lane
Shelton, WA 98584

PRSR STD
U.S. POSTAGE
PAID
SHELTON, WA
PERMIT NO. 96

People of the Water



PADDLE TO ELWHA



Journey 2005, Honoring Our Ancestors

Jeremiah George - u? si?iab now assuming this gets published in the correct font (thanks, Theresa) this translates to "Hello noble/high class people." 2005 was Squaxin Island's fourth consecutive year of participating in the Northwest First Nations Tribal Canoe Journeys. We (members of the Squaxin Island Canoe Family) are not separate from the Squaxin Tribe. It is this tribe's bloodline, attitude, accent, slang, swagger, style and culture we travel with. Having had new participants this year increases the likelihood that a relative of yours, or someone you know, traveled with us.

came from miles and miles away to a potlatch we called the 4th of July Celebration at Squaxin Island. That celebration must have had an impact, because an elder from Canada in his 70's-80's recalled when he was young an "old" elder claimed his favorite place was Squaxin Island. Culture got us through hard times and the assimilation that keeps us distant from culture and the apocalyptic measures of genocide that will continually go unaccounted for. That is a major reason why we do the canoe journeys - and practice culture for that matter - for healing at a deeper level.

A cultural leader made the statement at a potlatch (not potluck) that we need to begin to take ourselves as Natives more seriously; that we need to inform others of our history so that we can relate to each other by discovering our ancestral webs crossing one another's; and that we need to "sit and listen" to the cultural sharing, so that when those who care for the songs and the dances are gone, the next generation who are alive now can carry them on.

The need for healing is why it was so great that this year's hosting tribe was Lower Elwha. Some, but not all, know the Washington State Department of Transportation's construction site for a dry dock to build new parts for the Hood Canal Bridge was at Port Angeles on the Elwha tribe's ancestral land. The WSDOT informed the tribe that remains had been found but, either because they did not have the resources to give an accurate count or they just wanted to continue their construction and gave a false count of the remains discovered (If there were construction in Rome in 2005 would they so blindly go about it?), Elwha allowed them to continue construction. There were considerably more remains than Elwha was originally told and, though they continued to find more and more remains, they held the tribe to the agreement that had been negotiated when only 25 remains had been found. Over 300 remains of

This culture that we practice along the canoe journeys will always be so vital, not only to us as Squaxin Island people, but as 1st Nations people. I can't say Native Americans because we're older than America, older than time, European countries and the dark, stone and golden ages.

When we practiced our culture in secrecy (for our European conquerors were quick to label us as hostile savages, disposing of us as such) tribes

Squaxin Island TRIBAL NEWS

10 S.E. Squaxin Lane
Shelton, WA 98584

PHONE: (360) 426-9781
FAX: (360) 426-6577



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:

- JIM PETERS: *Chairman*
- ANDY WHITENER: *Vice Chairman*
- VINCE HENRY: *Secretary*
- PATTI PUHN: *Treasurer*
- WILL PENN: *First Council Member*
- PETE KRUGER: *Second Council Member*
- CHARLENE KRISE: *Third Council Member*

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





COMMUNITY



men, women, children and infants were eventually extracted from the site before the Washington State Department of Transportation construction was brought to a halt. Though there are different publicized estimations of how many remains there are at the village, I heard an elder state during last year's canoe journeys that there are over 800 remains there. I also remember a skipper from Elwha say last year that some of the remains had already been disturbed while the soil was prepared during past city construction. Elwha's hoping they can rebury the remains and are seeking out consultation on the proper way to do it. I hope and pray that they are allowed to take care of the village site they've named čix'icən or Tse-whit-zen without anymore fighting from the government. Port Angeles city officials, state and government officials, Port Angeles business owners, surrounding city officials and surrounding city business owners are already lobbying for the re-opening of the construction site because they believe it brings in money/profits, and some feel it wasted tax payer's money.

I don't ever think I could enjoy one year's canoe journeys more than others, but if I did, this year would rank towards the top. Not just because of my own experiences, but because of everyone else's. We grow more and more each year, even if some of our lives create situations where we aren't able to participate. Again this year, I received the honor of being a skipper, canoe captain or person who sits in the rear-most seat steering and directing paddlers or pullers (not rowers or oarsmen). Actually, I'm more of a skipper in training, skipper intern or maybe more like a skipper understudy. I got to be in a new position again this year also - a position in which, if I may quote myself, I got to say, "JAY OR DANIELL HALL YOUR SKIPPIN' THE CANOE TODAY!" as was done to me last year, even though Jay and Joe Seymour (another of our fine first year skipper understudies) got off easily, because I had to go all the way up to Canada, if I may quote myself again, "CAUSE GEORGE SAID SO!" Honestly, they did an honorable job. So much so, it makes me stand up tall, stick out my chest and chin and wipe the tear from my eye, because I'm proud of those kids! (Even though Joe's like 40, he's still a kid.) Speaking of Joe, there were some strange gazes at your drum. But not to forget Dan, I mean Jay, dang that guy could paddle 30 miles with our huge seven foot 60 pound skipper's paddle and still have enough energy to give his little

sister, Jessica, a hard time.

Davey George Krise had some physical ailments that kept him out of the canoe for most of this year. We were kind of iffy about letting him skipper one day, but he handled it as if he never left his seat on our cedar canoe Swiss-ah-loh. I can't go without giving props to our other "Big Skip" Ray Krise who we requested take the helm for half the journey, and he made tough days seem easy. Big Ups to our "ground crew," the one's who had the duty of making and breaking camp, whose average age was 11, a.k.a. Elena Capoeman, Clara Capoeman, Jessica Cruz, Jaimie Cruz, Adrian and Elijah Garcia, Latoya Johns, Nikki Seymour, Korina Capoeman and Lachelle Capoeman. You kids saved us.

Thanks to the elders who were a huge help also: "Grama Turtle" Myrtle Richards, Aunt Lizzy Perez, Aunt Lila Jacobs, Aunt Ila May Ball, Pete and Lil Kruger and Aunt Loretta Case. Also thanks to Terry Capoeman and Sam Penn for their coordinating support. I was thankful to have my Dad, Tully. He's been more to me than anyone else with all the love and advice he gives and the helping hand he keeps extended to me. He was our main support boat captain. Thanks to my mom, Vicki, who I think helps us a lot with the daunting task of keeping everyone in line, and sister, Marjorie, who gives everyone all the love she has. It's been said (not printed yet), but I have to acknowledge our lead pullers who were on the canoe nearly every day, even when they were tired and didn't feel up to it: Morningstar Green (see, I love you enough to list you first), Candace Penn (I'm glad you took the bangs out of your face so you could see with both eyes), Aleta Poste (like another little sister whose growing up too fast), Aunt Donna Penn (you can't be the second oldest of gram's kids) and Tamika Green (I didn't put you after Star or before her cuz she says everyone love's you more). For the sake of not making the Klah-Che-Min the "Jeremiah Monthly," I have to cut my acknowledgements... after mentioning these thanks: Bear and Mari (more help than I could ever speak for), Lenny (keep it up, Len), Brandon (or B-ran-don), Dustin (not the only one who kicked it in the support boat), Josh Whitener and his mom, Sadie, (he was in the canoe every day in his 1st journey, and his mom was a huge help), Josh Penn (Brandon's sidekick or vise-versa), Sally Heath (our Land O' Lakes princess), Sally Scoutmore (though you weren't there the whole way, you

were there), Rusty (not 2 B stranded in P.A. driver and support boatman), Daniel Kuntz (ground crew and driver) Robbin Rhoades (great representation of a department leader), Shelly Rawding and her family (they thought we were going to Tillacum Village when they were our support boat) Mark Snyder and my boss, Kim Cooper (thanks for finding the money for supplies, it helped a lot), Charlene and Dale (huge help - more than crossing the t's), Angel, I mean Evelyn Hall (I'm grateful you were there), Jolene and Jer and little Jer (glad you stuck it through for the duration), Mike Ogden (turning from a house into an Evinrude), Gloria Hill (happy you were there 4 most of the way), Violet and Negro Garcia (drove and were part of the ground crew), Doe (thanks) and Lisa Braese (thanks), Annie Beth Whitener (thanks) Abey and Rostilen (thanks).

Thanks to Tribal Council; we appreciate your support. That day we got Jim in the canoe, I wanted to speak for the canoe, announce him and state what is now a known fact - since you got in and paddled with us, you have no choice but to continue to support us.

Lastly, I know Council worked on a budget for us already, but I have an announcement that changes everything! WE ARE GOING FROM CANADA TO MUCKLESHOOT NEXT YEAR! Sorry, to ruin everyone's belief, including my own, that it was going to be an easy 3 or 4 day paddle to Muckleshoot.

If you are interested in getting to know what the canoe journey experience is like, come to a drumming and singing practice at the museum and find out. Once we start practicing on the water, come out and get a good workout. I lost 15-20 lbs and gained 5-10 lbs of muscle this year. Speaking of practice, we can keep it up all year long if enough people want to go. I'm going to keep in contact with a friend who's a skipper out at Skokomish who has a canoe and wants to practice year round. We paddled from Skok River to Potlatch Point Park and back with four people on the 13th of August. Call me at work if you want to go, and we'll try to set it up! 432-3968. We got Ronnie Rivera out on the canoe back in June and his arms are still sore from paddling from Puyallup to Alki Beach in Seattle! Give it a try. It won't hurt . . . for long.

If I forgot anyone in my thanks yell at me and I'll publish an apology in next month's Klah-Che-Min.



Walking On . . . Mike Brownfield

Squaxin Island tribal member Mike Brownfield died of a brain tumor at his Kamilche Point home Sunday, July 31, 2005. He was 55.

Mike was born in Shelton on September 6, 1949 to Pearl A. (Clark) and Paul 'Martin' Brownfield. He attended school in Shelton through junior high and went to high school in Quilcene.

He married Sally A. Selvidge, also a Squaxin Island tribal member, on September 27, 1968. They had two sons, Jess in 1972 and Toby in 1977.



Mike was proud of his years as a logger, especially being a timber faller. He worked for gypo outfits around the Olympic Peninsula and had his own outfits for several years. He also fought for and exercised his tribal fishing and shellfish treaty rights and ran heavy equipment on clearing jobs.

He was an avid motorcyclist all his life, from a toddler riding on the gas tank of his dad's Ariel Square Four to building and racing bikes in his teens to enjoying his last bike, a Yamaha V-Max on short rides for just as long as he could. He rode on several Lawman 1000's and annual Toy Runs.

Mike volunteered many long hours at OysterFest and the powwow's the Tribe used to have. He used his equipment to build the new ball field and helped with many other projects. He was a humble man, but always there to give a hand.

Surviving are his wife, Sally, sons Jess and Toby and mother, Pearl Satterthwaite all of Kamilche Point; sister Carol Hagmann of Shelton; and brothers Kenny Brownfield of Shelton, Don Brownfield of Rochester and Gary Brownfield of Tacoma.

Mike was preceded in death by his sister, Barbara "Betty" Schuffenhauer, Father Paul "Martin" Brownfield and stepfather Keith Satterthwaite.

A graveside service was held on Thursday, August 4th at 11:00 a.m. at Shelton Memorial Park followed by a dinner at Little Creek Casino.

OFFICIANT
David Lopeman

PALLBEARERS
David Lopeman Darell "Yum" Krise
Bill Lopeman Kenny Selvidge
Arnold Cooper Jack Selvidge

Mike

A father, A friend, An honorable man.
A man who wasn't afraid to walk, run or stand.

Honest, loving, kind and true,
A man who would do anything for me or for you.

A smile that could help mend a broken heart,
A generous soul from the very start.

Dependable, courteous, honest and fair,
A guy who loved, laughed and most of all cared.

Family and friends will miss his face,
But the memory of him cannot be erased.

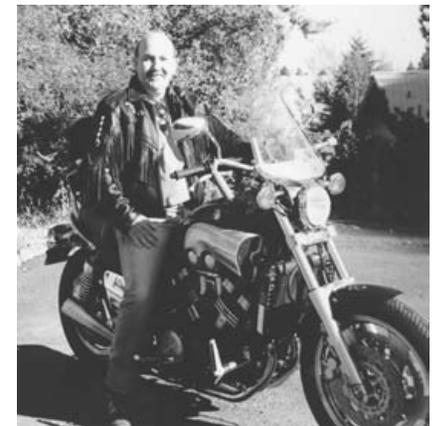
God took him home to be safe and rest,
He lived his life and passed the test.

Someone so great, someone who loved me and you,
Gave us inspiration on what to do.

Live your life, hunt, fish and be good,
Live your life like you know you should.

He's smiling now safe in God's arms,
Safe from pain and safe from harm.

Mary Williams
8/2/05





FIRST SALMON CEREMONY



The Squaxin Island Tribe's annual First Salmon Ceremony was held on Saturday, August 6th at the Arcadia Boat Launch Beach.

This year's first fish was caught by tribal fisherman Mike Foster.

The event, sponsored by the Tribal Council and the Natural Resources Department drew a crowd of approximately 300 people.

The Squaxin Island Canoe Family was unable to participate in the event because they were at Lower Elwah celebrating and potlatching at the conclusion of the annual canoe journey through Puget Sound.

Former Tribal Chairman David Lopeman was the emcee of the event and Vince Henry filleted the salmon. Everyone in attendance was asked to partake of the salmon in good spirit. The feast also included clams, oysters, mussels and fry bread. Thanks go out to all the cooks and volunteers. You all add a sunshine to our world!





Traditional Cradleboard Workshop Held at the Squaxin Island Museum

On July 18th and 19th, grandmothers and granddaughters, aunts and nieces, mothers and sons and family and community members came together for two fun-filled evenings to learn the art and traditions of making cradleboards.

Trudy Marcellay was the instructor, passing on teachings she learned from her great-aunt Modesta Shadel from Colville. Trudy's way of teaching is to make her students teachers so that they will be able to pass on their new skills. Students left the class, not only with a completely finished infant sized cradleboard, but also with a pattern and knowledge to make additional cradleboards.

Trudy was assisted by Lorraine Van Brunt and June Krise. We shared information on planned parenting, the effects of drug, alcohol and tobacco use during pregnancy and Fetal Alcohol Effects and Fetal Alcohol Syndrome.

We also shared a video produced by the Washington State Department of Transportation about the wonderful traditions of cradleboards with a reminder that for safety reasons in our times of fast cars, we must secure our babies in approved car safety seats when traveling in automobiles.

The two evenings were filled with conversation, laughter, good food and sharing stories. One of the evaluations said, when asked what they liked best about the workshop, "The historical content and education, sharing of cradleboard stories, laughter, well-organized and good take-home resources (handouts and a video). The time seemed to fly because there was a good smooth flow – excellent workshop."

Thanks to everyone who helped plan and provide resources for the workshop (thanks to June Krise and the TANF Program) and thanks to the participants for sharing and learning.



SHELTON AIDS WALK

SATURDAY, SEPT. 24TH, 2005

AT WAL-MART OF SHELTON



Registration starts 9:30 am
Walk starts at 10:00 am

FOOD - RAFFLE - PRIZES

This walk is sponsored by our friends at:
Mason County HIV/AIDS Advisory Council
and



**1 IN 250 AMERICANS
HAS HIV
BUT ONLY 500
KNOWS IT**

Prizes for top 3 Fund Raisers

**Hundreds of Dollars
in Raffle Ticket Prizes**

**T-Shirts for all who
raise \$100 or more**

**Walk Packages for
first 50 Walkers to
sign up**

Best Dressed Pet Contest



Fanciest Hat Contest

The route is a level two mile walk, starting from Wal-Mart, walk to the "A&W", then returning to Wal-Mart parking lot for the finish.



CHOICE Alternative School Welcomes Students Back

Hearty summer greetings to all our Shelton School district families – especially to those students who have attended CHOICE Alternative School in the past and to those who wish to enroll this fall. The beginning of school is not far away, and this is a good time to make final preparations for returning to school.

The following information should be helpful for those families whose students will attend CHOICE during the 2005-06 school year. Students who have attended CHOICE in the past are expected to start school Wednesday September 7. They must complete a re-enrollment packet and turn it in to the main office as soon as possible, so we know who plans to return here from last year. If anyone else wishes to attend CHOICE, they must complete a registration packet immediately and turn it in to our main office, and successfully pass our Orientation Program. Orientation began August 22 at 8:00 a.m. for all new students to our school. This includes the middle school students who attended CHOICE last year and have never completed Orientation here before.

This year we will not have an alternative middle school program and we are not currently receiving any new grade 7 and 8 students to CHOICE. The 8th graders this year include only those 7th graders who attended CHOICE last year and wish to continue here this year. Therefore our grade level configuration at CHOICE will now be 8-12 with just a few 8th graders.

Our school office is open 7:30 a.m. - 4:00 p.m. daily, and you are welcome to call us at 426-7664 if you need any assistance. Linda Myers is our secretary and office manager. Kate Fletcher (formerly Wheeler) is our school counselor, and Sherrie Emele is our office secretary in charge of attendance. Please contact Sherrie for any attendance issues, including planned absence requests that you may know about ahead of time. If students, for example, plan to be dismissed from school for work, such as clam digging or fishing, they must contact Sherrie Emele as well as their school advisor to work out details for missing school time.

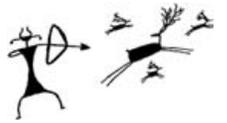
We are looking forward to serving you at CHOICE, and expect to have a good productive school year here! Come and see us at any time.

Gordy Hansen, Principal

Hunter Safety Classes Coming Up

Four classes on two weekends (Must participate in all four):
Children under 12 must have a parent present
For more information, call Shelly Rawding at 432-3831.

September 10 & 11, 17 & 18
Mary Johns Room



ART COLLECTORS

**DON'T MISS THE SIXTH ANNUAL
NATIVE ART AUCTION**

MORE THAN 30 ACCLAIMED ARTISTS REPRESENTED

SEPTEMBER 17TH
LITTLE CREEK CASINO RESORT SHOWROOM
MINUTES NORTH OF OLYMPIA ON HIGHWAY 101

\$50 ADMISSION
INCLUDES WINE AND HORS D'OEUVRES

SILENT AUCTION 6:00 PM – LIVE AUCTION 8:00 PM

SEATING IS LIMITED
CALL 866-958-7300 FOR RESERVATIONS

AUCTION ITEMS
INCLUDE MORE THAN
50 NORTHWEST
ORIGINAL NATIVE
ART PIECES, INCLUDING:

- DRUMS
- PRINTS
- BASKETS
- MASKS
- PADDLES

Water Sounds

PROCEEDS FROM THIS EVENT ALL GO DIRECTLY TO SUPPORT THE SQUAXIN ISLAND MUSEUM
ART ON THIS FLYER IS BY ANDY PETERSON



A Lesson in x^wəlšucid

x^wəlšucid

Lushootseed (southern dialect)

stubtəbəlaʔ

flute

sqəbiyuʔ

skunk

ʔutayil ti sk^wəx^wic

silver salmon goes up river

k^wsi bəščad

Lady Louse

swəqiq

Little tree frog

tixiḏdubut čələp

You folks take care of yourselves

k^waʔ ʔi ʔələd k^wi haʔ sʔələd

You folks should eat good food

As Close to Nature as You Can Get!!!



Way to Go Pete!
Love,
Your Wife, Lil

An Appeal From Public Safety

Recently there has been an increase in vandalism on the reservation, especially around the administration building, the museum and the cultural center. The police department is trying to implement some of its own preventive measures by adding extra patrol in the housing area and enforcing the curfew law more aggressively. Anyone caught vandalizing or destroying tribal property will be charged criminally. Children under the age of 18 will be charged with their parents/guardians held equally liable.

If you observes any vandalism or any suspicious activity, PLEASE contact the police department immediately. Things to observe/document are: a complete description of the suspect or suspects. Are they juveniles or adults? A description of any vehicles and license plates. Do you know who they are or where they live or hang out? Have you seen them before?

You will help the investigation by giving as much detailed information as you can. Parents can also help by talking to their kids about respecting others property.

We need to understand that our tribal buildings are more than just a shelter for our employees, and our government. Like a flag, they represent our culture, our history and who we are as a tribe. We all have pride in who we are as Squaxin Island tribal members. Let's have pride in our buildings and walkways so that we can all enjoy it together and share it with our visitors and other communities.

Kristopher Peters,
Detective/Squaxin Island Tribal Member

Who Are These Handsome Protectors of Freedom?



Frank Krise



Harry Krise

Community Indian Law Education Conference

September 8th & 9th
TWO DAY CONFERENCE COVERS:

- Indian Civil Rights
 - Indian Sovereignty
 - Trust Lands
 - Indian Wills & Estates
- TAUGHT BY RON WHITENER

*Watch for more information
in an upcoming flyer.*



YOUTH LEADERSHIP



Madeena Rivera Serves as Staff at National Indian Youth Police Academy

Madeena - On Thursday, July 7th I departed from Seattle, Washington to Appleton, Wisconsin to attend the National Indian Youth Police Academy 2005 to be a staff member (junior counselor). I had never in my life been on a plane until I left to Wisconsin. It was actually pretty nice looking at the clouds



above and looking below and beyond "just kidding"... but I really did enjoy the plane ride, especially being the first time I'd ever been on one. When I arrived in Wisconsin, the weather was exhausting very...very HUMID. I'll say that much...and, gee, talk about "can't breath!"

Well anyway, the staff of the academy had all arrived in Wisconsin four days earlier than the students. We took that time to brief about what we should expect from the students and ourselves as staff. The talk was mostly about how the academy staff should do their job and know how to approach and work with youth. We also had to go over our daily schedules for the two weeks that we were going to have with the students.

On the day of the students' arrival, I knew from the beginning that we were going to have some problems with home sickness, and there was plenty...and enough to go around! (Just joking, but there was.)

I have to say that this was a very great experience, not only for myself, but also for all the youth that were able to participate in this year's academy. I enjoyed meeting all the new people from different cultures all over the U.S. It was an awesome way of getting to know more youth.

Let me mention that I wasn't at this academy for myself or because anybody told me to go; I went with the intention of being a representative of my tribe, as well as my family.

I have to say that this was one of the biggest and greatest opportunities that I have ever been able to be a part of. Having an opportunity like this to represent my tribe in a positive way really feels good, and it was an honor to take the time to attend. The students were a blessing to work with.

At this moment, I want to take the time out of this article to say thanks to those at the Squaxin Island Public Safety Department for all the encouragement, respect, support and self-esteem that you all have helped me gain. It means a lot to me and I thank all of you. I'd also like to thank Patti Puhn for allowing me to take the few weeks away from work to attend. Thank you Patti, I really appreciate it. I also have to give a thanks to the right-

hand people in my life, and that's my family. If not for them, I wouldn't be so self-confident. So thanks to all of you I mentioned and thanks to all of you for your prayers that blessed me on my journey away and back home. Take care people.

Thank you!
Madeena Rivera



A visit to Lambaugh Field



Madeena is fifth from the left in this staff photo



Squaxin Indian Child Welfare Starts Youth Group for Foster Children

The Indian Child Welfare program at the Family Services Building is beginning a youth group for Squaxin Island foster youth. The goal of this group is to promote cultural awareness and independent living skills for children who are in foster care ages 13 to 17, or children who have "aged-out" of the foster care system ages 18 to 21. This group is being developed on the premise that children usually learn culture, traditions and values from their parents and extended family by attending community events and cultural activities and by active participation with their families in activities such as fishing, diving and digging, etc. This youth group is being developed to give foster children increased opportunities to learn and participate in their culture and to learn independent living skills at the same time.

The staff at Family Services is interested in finding cultural resource people and others (as well as tribal staff) who are interested in working with foster youth. The following are some of the areas the program would like to focus on in the first year:

- Drum-making
- Drumming/Dancing/Drum Songs
- Drum Painting
- Carving
- Storytelling
- Research to develop Family Trees
- Scrap-booking
- Drama/Theatre
- Natural Resource Education/Activities/Field Trips
- Cooking including Traditional Foods, Gathering and Nutrition
- Language Teachers
- Basket-Making/Weaving
- Housing – Workshops about Finding and Maintaining a Home
- Employment – Workshops about Resume/Application/Interviewing
- Education – Planning for College/Visiting Colleges and Vocational Schools
- Canoeing/Boating – Cultural information combined with Water Safety
- Health – Workshop about: Indians traditionally lived healthy lives, what are the challenges facing us now?

Whenever possible the teaching should be combined with hands-on activities and cultural information specific to the Squaxin Island Tribe or some commonality specific to tribes in our local area. Any support you can offer with this effort would be greatly appreciated.

CONTACTS:

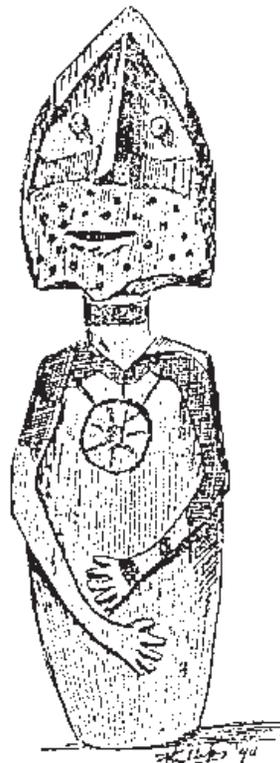
Pam Hammond – 432-3914
p Hammond@squaxin.nsn.us

Marcella Castro – 432-3931
mcastro@squaxin.nsn.us

Yolanda Harvey – 432-3886
yharvey@squaxin.nsn.us

Terrie Remick – 432-3926
tremick@squaxin.nsn.us

Carol Vanderwal – 432-3885
cvanderwal@squaxin.nsn.us



Domestic Violence

Gloria Hill - I am writing to all the clients that I worked with in the four years I was the Domestic Violence Advocate for Squaxin Island Tribe. Please forgive me for taking four months to write all of you this letter. It was an honor to work with each one of you. You showed that you trusted me with a very personal issue in your life. I am proud of the work all of you did -pat yourself on the back!

Also, I would like to take this opportunity to invite the Squaxin Island community to attend the Domestic Violence Summit that will be held Oct. 12-13th at Little Creek Hotel and sponsored by Women Spirit Coalition.

I got flowers today. It wasn't my birthday or any other special day. And he said a lot of cruel things that really hurt me. I know he is sorry and didn't mean the things he said, because he sent me flowers today.

I got flowers today, it wasn't our anniversary or any other special day. Last night, he threw me into a wall and started to choke me, it seemed like a nightmare, I couldn't believe it was real, I woke up this morning sore and bruised all over, I know he must be sorry, because he sent me flowers today.

I got flowers today, and it wasn't mother's day or any other special day. Last night, he beat me up again. And it was much worse than all the other times. If I leave him, what will I do, how will I take care of my kids? What about money? I'm afraid of him and scared to leave. But I know he must be sorry because he sent me flowers today.

I got flowers today. Today was a very special day. It was the day of my funeral. Last night he finally killed me. He beat me to death, If only I had gathered enough courage and strength to leave him, I would not have gotten flowers today.

I want you to know that I'm still here if you need someone to listen/talk with. I can give you a list of resources that can help you.

The Squaxin Island Women's Circle Motto – IT IS NOT YOU, ME OR I, IT'S WE!!!!!!!

- Gloria J. Hill (H) 462-0117.



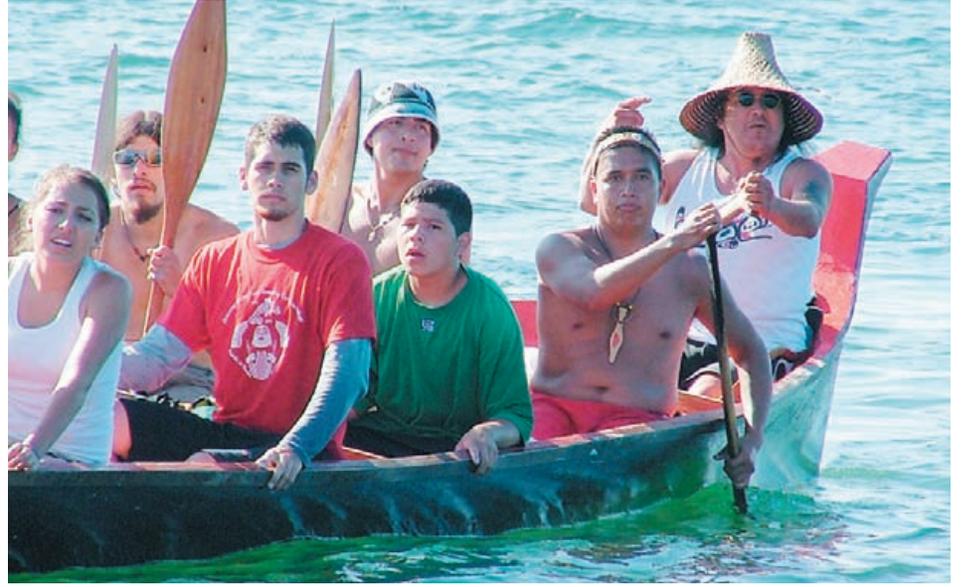
PADDLE TO ELWHA



Journey photos are by Marjorie Penn, Lil Kruger, Aleta Poste, Tamika & Morningstar Green, Sadie Whitener, Mark Warren, BJ Whitener, Jeremiah George, Shelly Rawding and Theresa Henderson

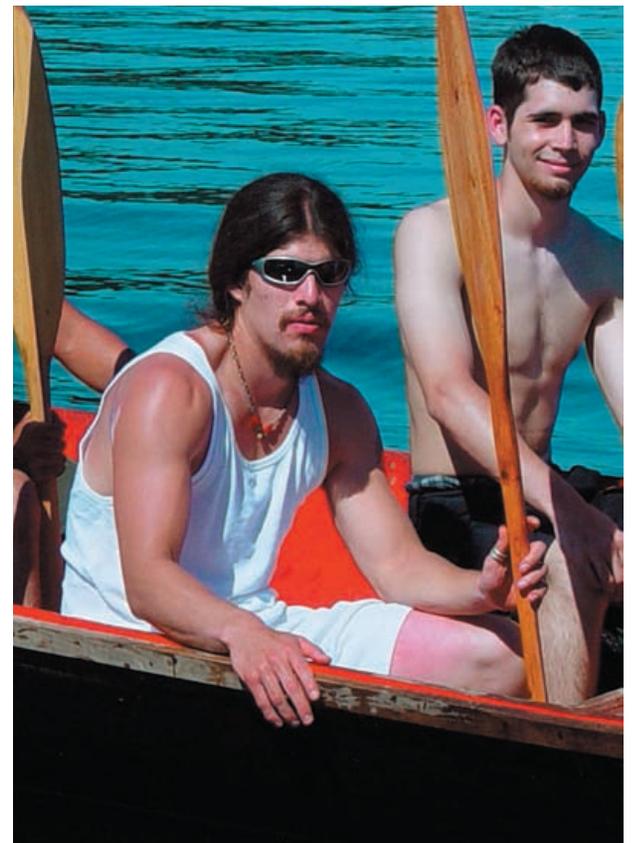
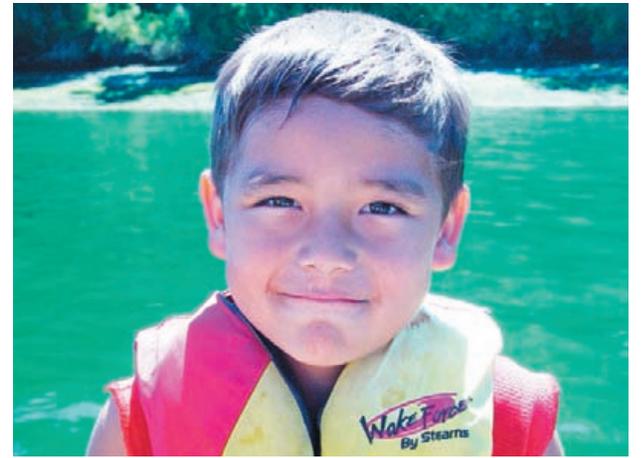


**Northwest Indian News
Broadcast of Canoe Journey
September 25th at 10:30 P.M.
KSTW Channel 11**





CANOE JOURNEY 2005





HONORING OUR ANCESTORS





CANOE JOURNEY 2005



Another Famous "One of Our Own"

Brianna Varella, granddaughter of Buck Clark

Will STAR on "Survivor" in Guatemala!

Beginning Thursday, September 15th

CBS Channel 7 @ 8:00 p.m.

Talking Circle with Council

September 16 @ 5:00

Council Chambers

SPIPA Video Conference Classes

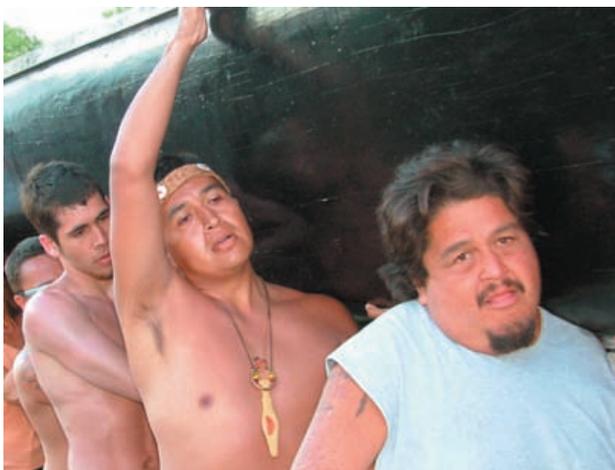
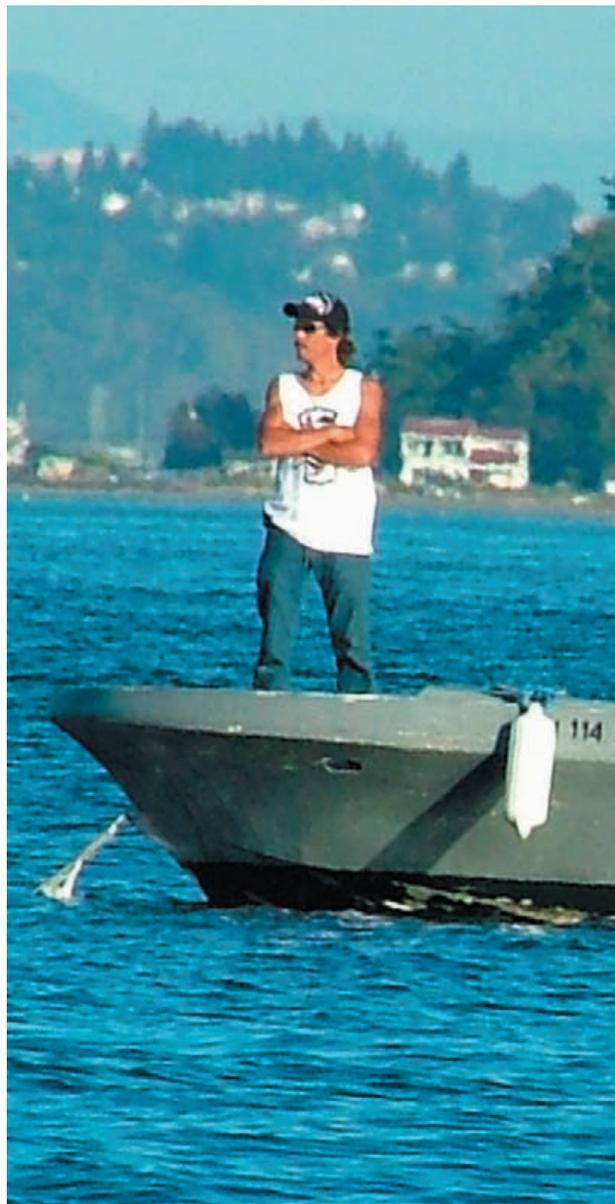
Bobbie Bush - On July 6, SPIPA's "Intertribal Pathways to Success Project" initiated a series of videoconference classes at the SPIPA 5 Tribes Education and Career Center in Shelton. A video-conference event was broadcast to Squaxin Island Tribe at 10 'clock that morning. We also tried to connect with Skokomish Tribe. But the connection could not be established.

There were some connectivity challenges, and the call was repeatedly disconnected, but Walt Archer, Education Liaison for Squaxin Island Tribe, very patiently hung in there and participated in the videoconference through the two hour introduction.

There were three students from local tribes who participated in the conference. Others in attendance were staff from the 5 Tribes Education and Career Center and SPIPA.

On July 14, the Cranbrook Institute of Science provided the first contracted videoconference from an outside vendor. The topic of the videoconference was "Watershed Ecology." The class was based on the local watersheds of Puget Sound and Hood Canal. We studied water flow, water cycle and topographic maps.

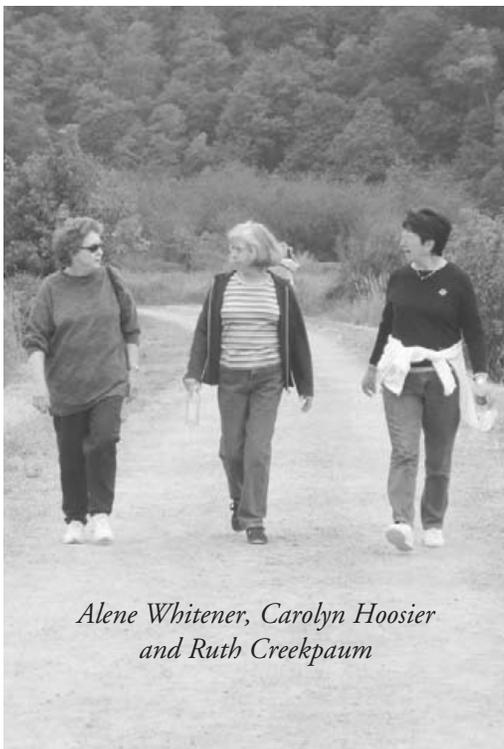
Each of the five member tribes of the SPIPA consortium has or will soon have the ability to connect to these videoconferences. On August 24, the tribal representatives met to determine how the school year's videoconferencing programs will be developed and provided within their communities. The main focus of the project is to help improve students' scores in standardized test placement when entering postsecondary education programs.





A Walk to the Medicine Creek Treaty Tree!

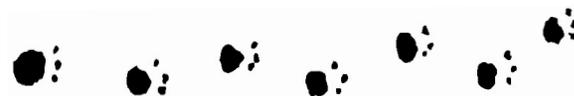
On August 11th, this group of walkers enjoyed a walk to view the Medicine Creek Treaty Tree at the Nisqually Wildlife Refuge. In the photo, back row L-R: Stub Creekpaum, Don Brownfield, Rose Brownfield, Ruth Creekpaum, Julie Goodwin and Carrie Smith; Front row L-R: Patty Suskin, Carolyn Hoosier, Harry Fletcher, Bertha Fletcher and Alene Whitener. The weather was not too hot, and we hiked the flat trail a round trip of about 2 miles. Besides the tree, we enjoyed the information board about the treaty and other scenery, including several birds, a doe and fawn and the warm fresh air. Next time, we plan to get permission to walk closer to the tree. Thank you to all that participated and additional thank you's to Rose Brownfield for the walk idea, to Connie Whitener for the visit fee idea and to Shiloh Henderson and BJ Peters for our snacks! For more information about walking opportunities, contact Patty Suskin, Diabetes Coordinator, at (360)432-3929



*Alene Whitener, Carolyn Hoosier
and Ruth Creekpaum*

Join Us for the Thursday Walks!

In the photo at right, Harry Fletcher, Bertha Fletcher and Elaine Moore walked after the Elder's lunch on Thursday, July 28th. We leave from the Elder's building around 12:30 or 12:40 p.m. and return about 1:00 p.m. Go at your own pace and bring a friend or make some new friends! For more information, contact Patty Suskin, Diabetes Coordinator, at (360)432-3929 or BJ Peters, Health Promotion Assistant, at (360)432-3884.





HEALTH & HUMAN SERVICES



Recipe Tasting at Commodities! *Mac & Cheese with Broccoli!*

On Monday, August 8th BJ Peters and Shiloh Henderson provided a healthier batch of macaroni and cheese - they served it with broccoli. Using ingredients provided at commodities, broccoli was added to the recipe. Tomatoes were also available for adding or eating on the side. Most people who tried it enjoyed the recipe and indicated that they would try it with broccoli at home. Can you think of any other vegetables you could add to your recipes? How about adding some beans for more fiber? If you would like to brainstorm healthier food ideas, contact Patty Suskin, Diabetes Coordinator at the clinic (360)432-3929. Pictured are Richard Johns and BJ Peters.

New Employee



Dave Caulfield
Nurse Practitioner

“Call me Dave.” Although not really looking for a job when I called, I have found a new home here at the Squaxin Tribal Clinic. I was born and raised in Shelton. I have worked as a registered nurse for nearly 20 years and have been a nurse practitioner for 5. I have worked for Group Health and recently returned after working nearly two years at the Warm Springs reservation. Divorced, father of 6, grandfather of 7. My hobbies include photography, reading, movies, and music. I am looking forward to getting to know everyone.

What is a nurse practitioner?

A nurse practitioner (ARNP) is a registered nurse who has been specially trained, and has an advanced degree. He or she is licensed to diagnose and treat illnesses and injuries. He can order and review laboratory tests, x-rays and other diagnostic tests. He can perform procedures such as suturing and treating injuries to the bones. He treats patients of all ages. He functions essentially in the same way as a doctor or physician’s assistant.

What can't he do?

“I don’t do surgery or deliver babies.”

MEAL PROGRAM MENU

A salad bar will be available at each meal, as well as fresh fruit or fruit salad. Beverages available each meal: 2% milk, fat free milk, crystal light, water, coffee, tea, hot chocolate. Sandwiches are available on request instead of the entrée listed. Want seconds? - Just ask or help yourself! Free to seniors 55 and older and \$3 for all others.

Food Group	Monday	Wednesday	Thursday
Meat/Meat Alternate Vegetable Starch			1 Chalupas Veggie Tray Brown Rice, Beans
Meat/Meat Alternate Vegetable Starch	5 Labor Day No meal served	7 Beef Fajitas Fiesta Corn Spanish Rice	8 Baked Lemon Chicken Broccoli Casserole Wheat Rolls
Meat/Meat Alternate Vegetable Starch	12 Halibut/Fried Oysters Coleslaw Wheat Rolls	14 Swiss Steak Green Beans Orzo	15 Clam Chowder Veggie Tray Grilled Cheese
Meat/Meat Alternate Vegetable Starch	19 Baked Coho Brussel Sprouts Au Gratin Potatoes	21 Roast Beef Steamed Vegetables Potatoes & Gravy	22 Lasagna Zucchini Garlic Bread
Meat/Meat Alternate Vegetable Starch	26 Quiche Steamed Broccoli Wheat Rolls	28 Cornflake Chicken Corn Baked Potato	29



Tylenol Linked to High Blood Pressure in Women

Use of acetaminophen doubles risk of hypertension, large study finds

Submitted by Rose Blueback (AP) - Women taking daily amounts of non-aspirin painkillers — such as an extra-strength Tylenol — are more likely to develop high blood pressure than those who don't, a new study suggests.

While many popular over-the-counter painkillers have been linked before to high blood pressure, acetaminophen, sold as Tylenol, has generally been considered relatively free of such risk.

It is the only one that is not a non-steroidal anti-inflammatory drug or NSAID, a class of medications the federal government just required to carry stricter warning labels because of the risk for heart-related problems. Those include ibuprofen (sold as Advil and Motrin) and naproxen (sold as Aleve). Many had turned to those painkillers in the wake of problems with prescription drugs, such as Vioxx.

However, the new study found that women taking Tylenol were about twice as likely to develop blood pressure problems. Risk also rose for women taking NSAIDs other than aspirin.

“If you're taking these over-the-counter medications at high dosages on a regular basis, make sure that you report it to your doctor and you're checking your blood pressure,” said Dr. Christie Ballantyne, a cardiologist at the Methodist DeBakey Heart Center in Houston who had no role in the study.

The research found that aspirin still remains the safest medicine for pain relief. It has long been known to reduce the risk of cardiovascular problems and was not included in the government's requirement for stricter labels for NSAIDs.

The study involved 5,123 women participating in the Nurses Health Study at Harvard Medical School and Brigham and Women's Hospital in Boston. None had high blood pressure when it began.

Results were published online Monday in the American Heart Association journal Hypertension.

“It certainly sets the basis for more studies,” said Dr. Stephanie Lawhorn, a cardiologist at St. Luke's Mid America Heart Institute in Kansas City. “Most of

the time we think that things like acetaminophen are fairly safe drugs.”

Use doubles risk of hypertension. The study found that women ages 51-77 who took an average daily dose of more than 500 milligrams of acetaminophen — one extra-strength Tylenol — had about double the risk of developing high blood pressure within about three years. Women in that age range who take more than 400 mg a day of NSAIDs — equal to say two ibuprofen — had a 78 percent increased risk of developing high blood pressure over those who didn't take the drug.

Among women 34-53 who take an average of more than 500 mg of acetaminophen a day had a two-fold higher risk of developing high blood pressure. And those who took more than 400 mg of NSAIDs a day had a 60 percent risk increase over those who didn't take the pills.

“We are by no means suggesting that women with chronic pain conditions not receive treatment for their pain,” lead author Dr. John Phillip Forman, of Harvard Medical School and associate physician at Brigham and Women's Hospital in Boston, said in an e-mail. “By pointing out risks associated with these drugs, more informed choices can be made by women and their clinicians.”

Previous research linking these drugs to blood pressure problems did not look at dose.

The results in this study held up even when researchers excluded women who were taking pills for headaches, something that could itself be a result of very high blood pressure, said Dr. Gary Curhan, another study author also of Harvard Medical School.

As for why aspirin didn't raise risk, it might be because “aspirin has a different effect on blood vessels than NSAIDs and acetaminophen have,” said Dr. Daniel Jones, dean of the school of medicine at University of Mississippi Medical Center in Jackson.



Baked Macaroni and Cheese with Broccoli

Here is the recipe made at commodities...

Ingredients

- 1 pkg. 8 oz. macaroni (2 cups dry)
- 2 c. grated cheese
- 1/4 c. butter
- 1/4 c. flour
- 2 c. milk (we used nonfat dry milk & added the water)
- 1 tsp. salt
- 1/4 tsp. black pepper
- 1 t dry mustard
- 1 or 2- 16 ounce pkgs frozen broccoli, steamed

Step by step

- Preheat oven to 375°F.
- Cook macaroni.
- To prepare the sauce, melt butter, blend in flour, stir in milk and then seasoning. No lumps allowed!
- Bring sauce to a boil, stirring constantly until thickened.
- Add cheese.
- Mix sauce & macaroni together.
- Spoon into baking dish.
- Bake 15-20 minutes or until browned.
- Add steamed broccoli to top or mix in.

Other Options: tomatoes and/or beans on the side or mixed in



Debunking Myths About Diabetes

Diabetes myths are believed by many and can lead to inappropriate treatment choices and behaviors. Here are some of the many myths about diabetes that still circulate today:

1. Type 2 diabetes is not as serious as type 1. FALSE. Type 1 and type 2 may differ in the way they develop in the body, but if neglected, both can lead to devastating complications such as heart attack, stroke, sexual dysfunction, nerve damage, kidney failure, blindness, amputation and even death. Both types are serious and require full attention.

2. Eating sweets causes diabetes. FALSE. Being a chocoholic doesn't mean that you are destined to develop diabetes. It is thought that type 1 is caused by heredity(family genetics) and certain environmental factors not yet clearly understood by experts. On the other hand, lifestyle, obesity, heredity and age play a part in developing type 2. Sweets may cause cavities and unwanted weight gain, but they don't cause diabetes.

3. People who have diabetes must avoid sugar. FALSE. Recent studies show that sugar and sugar-containing treats can be enjoyed, in reasonable amounts, without negatively affecting diabetes control. One study published in the February 2001 issue of Diabetes Care found that individuals who consumed 10 percent of their total energy as added sugar or sweets ate significantly less carbohydrate, starch and calories than the group that was forbidden to eat sweets. Avoiding sugar is not necessary—limiting it is.

4. No matter what you do, you will develop complications. FALSE. With good diabetes care and regular medical checkups, you can avoid or delay complications associated with diabetes such as blindness, kidney disease and neuropathy. If you maintain a healthy body weight, stay physically active and keep your blood glucose, blood pressure and lipid levels within a healthy range, you will lower your risk of having complications from diabetes.

5. If your blood glucose results are high, you've done something wrong. FALSE. Even if you do everything right—exercise, follow a good meal plan, test regularly and take your medication—your blood glucose level may refuse to behave. Diabetes is not an easy disease to manage. One day will be fine, another more challenging. Glucose levels

can be affected by stress, developing infections, hormonal swings, even the start of a cold or flu. Your body changes as you age, and so does your diabetes. A treatment plan that worked flawlessly 5 years ago may no longer be right for you today. Fortunately, new treatment options have been developed. If you have difficulty maintaining good diabetes control, schedule an appointment with your healthcare provider and ask about the innovative products that are now available. Also, schedule a “diabetes refresher course” with your certified diabetes educator, Patty Suskin at the Squaxin Island Health Center at (360)432-3929

Diabetes Screening at the Women & Girl's Gathering!

In this photo, Patty Suskin, Diabetes Coordinator, tests Traci Lopeman's blood sugar on Friday, July 29th before breakfast. Anyone interested in diabetes screening can contact Patty at the clinic or call her at (360)432-3929. Thank you also, to Jen Olson and BJ Peters for assistance in the screening process.



Congratulations Raffle Winners



Louise Rioux
July Womens Health



Jean Sigo
July Mammogram





When the sun comes out, Kenneydell is place to be

WHAT

Kenneydell Park beach and swimming area.

WHERE

Kenneydell Park is on Black Lake.



TO DO

Kenneydell Park is the place to sun and swim for many in South Sound. Many high school students on summer break flock to the park on sunny days, and it also is a popular spot for families. The park has 1,000 feet of beach on Black Lake, and there is a gravel beach, grassy lawn and swimming dock. There is a lodge -- complete with kitchen -- that is available to rent. Reservations must be made to use the lodge. There also are three covered picnic areas with barbecues. Uncovered picnic areas are scattered through the 41-acre park.

SWIMMING

Kenneydell is a very popular place to swim in summer. However, there is no lifeguard, and swimmers should not go into the water without the company of an experienced swimmer (a college student lost his life at Kenneydell Park last year). The beach has shallow water that is great for wading and playing.

TO SEE

Look for the big Douglas fir, maple, alder and cedar trees in the woods. The woods also have bleeding hearts, ferns and salal.

WILDLIFE

Lots of birds, including ospreys and many kinds of ducks, are commonly seen at the swim area. There are deer, skunks, squirrels, rabbits and owls in the woods.

EQUIPMENT

Bring water, cool drinks, picnic supplies, balls, towels, sunscreen, sunglasses and bug repellent. Mosquitoes lurk in these woods!

SAFETY

Never swim without an experienced swimmer as a buddy. Watch for other swimmers when jumping into the water. Don't bring glass containers to the beach. Keep a close eye on children, as the woods are dense, the water is nearby and traffic can be heavy on Fairview Road.

DIRECTIONS

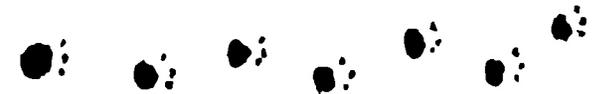
From Shelton, take Black Lake Boulevard to Black Lake-Belmore Road and turn left. Follow Black Lake-Belmore Road to 66th Avenue. Turn right on 66th Avenue, which takes a sharp curve and becomes Fairview Road. The park entrance is shortly after the sharp curve on the right.

PARKING

There are plenty of spots at the park. Rules: No fishing is allowed at the park. The park is open from 9 a.m. to dusk, when the parking lot gates are closed and locked. No pets or alcohol are allowed at the swimming beach. No camping, fireworks or firearms are allowed.

INFORMATION

Call Thurston County Parks and Recreation at 360-786-5595, or visit www.co.thurston.wa.us/



Upcoming Health Events

BRIEF WALK

Every Thursday at 12:40
Meet at the Elder's Building

MAMMOGRAM & WOMEN'S HEALTH

September 29th and October 27th
Call Rose Algea @ 360-432-3930

HEALTHY HABITS FOR LIFE

Take charge of your health!
Tuesdays noon to 1:00 p.m.
Tribal Center Lunch Room
Contact: Patty Suskin @ 360-432-3929

BREAST CANCER WALK & HEALTH FAIR

Saturday, October 22nd
Squaxin Island Reservation Area
Contact Rose Algea @ 360-432-3930



RECIPE TASTING AT COMMODITIES

Thursday, September 1st
In the Gym
10:00 - Noon
Contact: Patty Suskin @ 360-432-3929
or
BJ Peters @ 360-432-3884

FOOT EXAM MORNING FOR PEOPLE WITH DIABETES

Tuesday, September 209:00 a.m. to noon at the clinic
Appointments for people without Diabetes will be on a space-available basis
Contact: Patty Suskin @ 360-432-3929

SUPERMARKET TOUR/ NUTRITION FACTS LABEL READING WORKSHOP

Wednesday, September 28th
Meet at Elder's Building at 1:00 p.m.
We will go to Fred Meyer in Shelton then return to the Tribal Center Lunchroom to taste a recipe at 3:00 p.m.
Contact: Patty Suskin @ 360-432-3929
or
BJ Peters @ 360-432-3884



Early Detection is Key to Saving a Life From Prostate Cancer *Screening is Urged During Prostate Cancer Awareness Month*

City of Hope, Cancer Center - According to the American Cancer Society, an estimated 232,090 new cases of prostate cancer will be diagnosed this year and approximately 30,350 men will die from this disease. Early detection of prostate cancer is a critical part of reducing the number of deaths that are caused by prostate cancer, the second most common type of cancer found in American men.

Timothy Wilson, M.D., director of Urology and Urologic Oncology at City of Hope Cancer Center in Los Angeles, emphasizes that prevention and early detection can reduce the risk of prostate cancer and improve treatment outcomes for those who are diagnosed with the disease.

“The exact cause of prostate cancer is unknown, but risk of its development is associated with age, family, history, race, environmental exposure and certain nutritional deficiencies,” says Dr. Wilson.

“Prostate cancer is often called a ‘silent disease’ because it frequently develops without obvious symptoms.”

When symptoms are present, they may include some of the following:

- Weak flow of urine
- Frequent or painful urination
- Blood in the urine or semen
- Pain in the lower back, pelvis or upper thighs

Dr. Wilson recommends that all men over the age of 50 visit their physician for a yearly exam. This exam should include:

- Discussion about risk factors and possible symptoms
- Digital rectal examination (DRE) to detect irregularities of the prostate
- Prostate specific antigen (PSA) blood test

Men who are at high risk for prostate cancer - especially African Americans or men who have close family members with prostate cancer - should consider beginning these tests at an earlier age.

Prevention is the best way to reduce the risk of prostate cancer. Men should take proactive measures to live free of the disease. Dr. Wilson suggests the following:

- Eat a balanced diet, high in fruits and vegetables and low in fat
- Watch your weight, and exercise daily
- Limit alcohol consumption
- Know the risk factors and be aware of changes in your body
- See a physician for a yearly exam

For more information about prostate cancer research and treatment at City of Hope Cancer Center, call 800-826-HOPE or visit www.cityofhope.org.

About City of Hope

City of Hope is one of the world’s leading research and treatment centers for cancer, diabetes, HIV/AIDS and other life-threatening diseases. Named by U.S. News & World Report as one of America’s best medical centers for cancer treatment, City of Hope is a pioneer in the fields of bone marrow transplantation and genetics. Founded in 1913, City of Hope is a Comprehensive Cancer Center, the highest designation bestowed by the National Cancer Institute, and a founding member of the National Comprehensive Cancer Network. City of Hope’s scientific knowledge is shared with medical centers locally and globally, helping patients battling life-threatening diseases around the corner and around the world.



Community Garden Volunteers Needed

The community garden needs your help with weeding! Contact BJ Peters, Health Promotion Assistant, at (360)432-3884. If you help with weeding, you can enjoy the harvest!

Thank you to BJ Peters for watering, weeding and sending the harvest to community members! BJ has spent countless hours keeping the garden healthy. Thank you also to Nora Coxwell, Carrie Smith and Dave York for assistance in watering and weeding.





Wacky Nutrition Scientist

On Tuesday, August 9th, the Wacky Nutrition Scientist, aka Patty Suskin, Diabetes Coordinator, visited the Summer Recreation Youth as one of the twice a week sessions during the 6 week program. The kids enjoyed making fruit smoothies and tasting them! After washing their hands, the youth loaded the blender with fat free vanilla yogurt. They peeled some very ripe bananas & added them to the blender. Finally, they spooned in the strawberries. After taking turns with the blender on switch, the smoothies were ready! The Wacky Nutrition Scientist poured the smoothies into tasting cups & the kids had a nice treat! While the kids ate, we talked about eating vegetables and fruits every day. The kids raised their hands to ask questions & also to indicate what vegetables they have tried. Thank you to BJ Peters and Shiloh Henderson for all the help in preparation and cleanup for this event!





COMMUNITY



Happy Birthday

Vanessa Algea	9/1	Roger Peters	9/10	Pete Kruger, Jr.	9/23
Alexander Solano	9/1	Debra Leone Mattson	9/10	Christopher Clementson	9/23
Patrick Whitener	9/1	Stuart Mowich	9/10	Amanda Peters	9/23
Jason West	9/2	Jasmine Nelson	9/10	Linda Evans	9/24
Jennifer Brown	9/3	Madeena Rivera	9/11	Donald Whitener	9/24
Rose Krise	9/3	Austin K. Brearley-Lorentz	9/12	Joan Koenig	9/25
Riley Lewis	9/3	Kaitlyn Brandt	9/13	Harry Fletcher	9/26
Austin Ray Peters	9/3	Kristen Davis	9/15	Ronald Fletcher	9/26
Kezia Reeves	9/3	Jonathan Harrell	9/15	Vernon Kenyon	9/26
Katherine Neilsen	9/4	Florence Sigo	9/15	Susan McKenzie	9/26
McKenzie Brearley-Lorentz	9/5	Carmen Algea	9/17	Susan Peters	9/26
Latoya Johns	9/5	Markie Smith	9/17	David Seymour	9/26
Michael Brownfield	9/6	Kenedee Peters	9/17	David Lopeman	9/27
Elijah Krise	9/6	Willow Henry	9/18	Dawne Elam	9/27
Andrew LaFlame	9/6	Stephen West	9/18	Donald Smith Jr.	9/29
Joshua Coble	9/7	Tiana Henry	9/18	Kimble Kenyon	9/30
Wayne Lewis	9/7	Francis Bloomfield	9/19	Isaiah Schlottmann	9/30
Barry Hagmann	9/8	Calvin Farr	9/19		
William Hagmann	9/8	Sophia Lynn Pinon	9/19		
Justine Mowitch	9/8	Terry Brownfield	9/20		
Charles Scheibel	9/8	Esther Fox	9/21		
Dustin Valderas	9/8	Greg Koenig	9/21		
Levi Connally	9/9	Desmond Smith	9/21		
Lewis Napoleon	9/9	Jada Krise	9/21		
Barbara Schuffenhauer	9/9	Michael Peters	9/22		
Joseph Stewert	9/9	Gloria Hill	9/22		
Alexsii Vigil	9/9	Angel Coley	9/23		

Happy 18th Birthday Vanessa
Thanks For
Always Being There For Me
Love,
Auntie and the Kids

What's Happening

September 7th - family court September 13th and 27th - criminal/civil court				Recipe Tasting ¹ at Commodities	2	3 Bible Book Club 10:30 Mary Johns Room Food/Transportation
4	5	6 Church 7:30	7 Drum practice 6:00 p.m., MLRC	8 Council Mtg. Community Indian Law Ed. Conference	9 Community Indian Law Ed. Conference AA Meeting 7:30	10 Hunter Safety Class
11 Hunter Safety Class	12	13 Court Church 7:30	14 Drum practice 6:00 p.m., MLRC	15 Brief Walk After Lunch	16 AA Meeting 7:30	17 Art Auction at the MLRC Beginning at 6:00 Hunter Safety
18 Hunter Safety Class	19 Talking Circle with Council 5:00 Council Chambers	20 Foot Exam Day Church 7:30	21 Drum practice 6:00 p.m., MLRC	22 Council Mtg. Brief Walk After Lunch	23 AA Meeting 7:30	24 AIDS Walk Shelton WalMart 9:00 a.m.
25	26	27 Court Church 7:30	28 Supermarket Tour Drum practice 6:00 p.m., MLRC	29 Mammogram Day Brief Walk After Lunch	30 AA Meeting 7:30	<i>Bible Book Club is held every Saturday</i>

Tribal Council

Resolutions

05-70: Authorizes SPIPA to submit and administer, with the Department of Health and Human Services, a grant proposal for FY05-07 Community Development Block Grant funding in the estimated amount of \$605,782

05-71: Adopts an amendment to the Budget Ordinance reappropriating the 15% to be distributed to the land acquisition account in FY06 and thereafter between on-island and off-island subaccounts as it may determine. The breakdown of allocation is 15% per capita payments to tribal members; and the remainder broken down as follows: 15% to an interest-bearing long term account; 15% for the purchase of land not directly related to programmatic or enterprise needs; 35% to government projects and programs; and 35% to economic development administered by Island Enterprises, Inc.



COMMUNITY



Happy Birthday Jamie
Love,
Mom, Mat, JC (Juana), Dodie
and Corri

Happy "Sweet 16"
to my Sweet Madeena
Love,
Mom and Brothers

Check this out!
Cecelia, we are so jealous!

Happy Belated 40th Birthday Corri
Love,
Mom and Mat & the Good Girls

Happy Birthday Esther Fox
Hope Its Wonderful
Love,
Raven



Happy Birthday Sophia Pinon
Love,
Cousin Dominique

Happy Late Birthday Niki Fox
Love,
Your Friend Raven

Cecilia Blueback with matt LeBlanc
(Joey of the show Friends)

He was cruising with some buddies to Canada
and stopped in LaPush

My baby sister is all grown up.
Happy Birthday Angel.
I love you very much,
and I am very grateful
that you always stand by me
when I need it the most.
You are loved so much.

Happy Late Birthday
Bob Koshiway
We Are All Very Proud of You in Your
Accomplishments!
Love,
Your Family

Happy Birthday Jada Krise
Love,
Raven and the Kids

The Coopers . . .
Hey, Dad and Mom
This is your BRATS,
Nicole, Nick, Olena, Alan,
Gene and Sarah.
We hope you have a good time in Alaska.
No kids! No fighting! . . . Aawww!
Thanks for Everything
Love,
Your Brats



Love,
Rose, Kendra, Krystal and Hailey

**HARSTENE ISLAND
LAND FOR SALE**
5.1 acres for sale on the salt water
Low to mid-bank
200 feet of waterfront
Yates Road
Tax Parcel # 22136-75-00010
Lot #1
Call Bud Kerr 1-360-807-20091
Price \$125, 000

Congratulations Che-Vonne Obi
on the Birth of Your Son,
Jeremiah William Obi Rivera
Born 8/23/05, 7 pounds, 18.5 inches
Love,
Jeremiah and Mom

