

COMPLIMENTARY

First Salmon Ceremony Gets Rave Reviews

The editorials from the Mason County Journal and The Olympian will tell the story this time. . .

First Salmon is great for entire community

THE OLYMPIAN, OUR VIEWS

The Olympian, August 18, 2007 - More than 500 people watched as four Squaxin Island tribal members carried a chinook salmon on a fern-draped cedar plate as part of the Squaxin Island Tribe's First Salmon Ceremony. Tribal members climbed into a canoe and paddled well offshore before returning the carcass to the water. The centuries-old tribal tradition of releasing the spirit of the first-caught salmon has been handed down from one generation to the next. By welcoming the first-caught salmon, eating it with respect and sending its spirit back to sea, tribal fishers lay the foundation for a

successful fishing season. The tribe opens the ceremony to the public. As David Lopemen, a tribal elder, said, "We want the community to understand us more and we want to show them that we respect them." Another part of the ceremony is feeding the hundreds of guests a meal of salmon, clams, fry bread, potato salad and baked beans. Tribal chairman Jim Peters said, "When we do this, we think of our ancestors and how they did it this way. We share with the community, our friends and tribal members - it's a really good feeling." Thanks to the tribe, the First Salmon Ceremony has become a community celebration for all to enjoy.

Canoe Family Dinner

OCTOBER 13TH @ 1:00

IN THE GYM

For the story and photos from this year's event, see pages 6-10 and 13-16 . . .

Wonderful Salmon Ceremony

EDITOR, THE JOURNAL:

I applaud the Squaxin Island Indian Tribe for the wonderful First Salmon Ceremony on August 10. We all can learn a lot from the example provided by this event; sharing of solemn spiritual tradition, hospitality and generosity toward neighbors, to mention a few things.

One thing that stood out for me was the special courtesy extended to elderly people, who were served food first. As a person who is well past middle age, I appreciate the extra attention. It is heartwarming to be the beneficiary of the kind of old-fashioned manner and respect that our generation learned as we grew up. My appreciation to Jim Peters and every one of the Squaxins who helped with the event

Toby Kevin
Northcliff

More First Salmon Ceremony
Photos on pages 19-21



People of the Water

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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 and staff.

Submissions Deadline:
15th of each month

SQUAXIN ISLAND TRIBAL COUNCIL:

JIM PETERS: Chairman
ARNOLD COOPER: Vice Chairman
VINCE HENRY: Secretary
RUSSELL HARPER: Treasurer
WILL PENN: First Council Member
PETE KRUGER: Second Council Member
CHARLENE KRISE: Third Council Member

Klah-Che-Min Staff:

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A Narrow Margin of Voters Said "Yes" in First-Ever Referendum *Less than Required Number of Voters Turn Out*

A minimum of 301 tribal members were required to vote in order to force a change in the Tribal Council Resolution which requires a 5-year wait for fishing and shell fishing rights and per capita distributions and the 2-year wait for educational benefits for new enrollees who relinquish membership from another tribe to enroll in the Squaxin Island Tribe. Of the 301 required voters, the majority would have to vote, "No, eliminate the 5-year wait," in order to force a change. 48 tribal members signed in to vote during the day. 26 voted, "Yes, continue the 5-year and 2-year wait," while 20 voted "No." Two did not place a vote. The resolution requiring the wait, therefore, remains in effect.

Tribe Breaks Ground On Veterans Memorial

Tribal members, veterans and friends gathered August 15th for the Veterans Memorial Groundbreaking Ceremony held on site in the Tu Ha' Buts Cultural Center Complex between the museum and the Elders Center.

The Veterans Memorial Committee is working hard to raise enough funds to complete the project by Veterans Day (November 11th) this year.

The ceremony was led by tribal elder and veteran Glen Parker with blessings conducted by tribal elder and spiritual leader David Lopeman and Shaker Ministers Rose Algea and Shirley Davis.

"This is a very important day for all us of," Glen Parker exclaimed. "We have worked very hard as a committee to bring this project this far."

Special Note: The shovel used during the ceremony was the same one used to break ground on Little Creek Casino Resort in 1995!

For more information on the project, visit www.squaxinislndmuseum.org/veterans.



Tribal artist Andrea Sigo has been working hard to complete the gorgeous canoe and house posts that will greet visitors to the Veterans Memorial!





Do You Make Moccasins?

MLRC Culture is looking for someone to instruct a moccasin making class. If you would be able to assist, please call Ruth Whitener @ 432-3841.

Public Safety & Justice Has Moved



The department is now located in the old Housing Authority building on Klah-Che-Min Drive. Please make a note of it. All telephone numbers will remain the same. The officers and staff are happy about being more visible in the community and having the much needed extra space.

Free Tax Prep Site Volunteers Needed

The Squaxin Island Tribe, Office of Housing will be sponsoring a FREE TAX PREPARATION site for the 2007 tax year. The site will operate two evenings a week from January 15, 2008 to April 15, 2008. We are looking for people who would like to volunteer some of their time for tax preparation or site assistance.

If you are interested and would like to find out more, please join us for an organizational meeting: Monday, September 17 at 2:00 p.m., 2nd floor, Administration Bldg. If you have any questions, please call Lisa Peters at 432-3871.

Tax Time is Just Around the Corner, Get Ready!

The Squaxin Island Tribe, Office of Housing will be sponsoring a FREE TAX PREPARATION SITE for the 2007 tax year. The site will be open to the public and operating two evenings a week from January 15, 2008 to April 15, 2008.

We encourage everyone to take advantage of this free service. THINK OF THE MONEY YOU WILL SAVE!!!

Watch for more details in the near future!!

Grant Awarded for Home Siding Replacement

The Tribe was awarded an Indian Community Development Block Grant through Housing and Urban Development to replace siding on homes built in 1982 that have been identified as having defective siding.

Advance Native Construction was awarded the contract and began work on August 1st with a scheduled completion date of October 15th. Construction hours are 7:00 a.m. to 7:00 p.m. Monday thru Friday and Saturday from 9:00 a.m. to 5:00 p.m.

The "Hardiplank" siding representative was here on the 13th of August to assure siding is being installed according to manufacturer's specifications.

For the safety of children please keep them away from the construction site.



Way to go 2007 Summer Spruce Up Winners!!! Thanks for Sprucin' up the Rez!!!



Patrick Whitener family



Larry Nerney family



Linda Evans



Ronin Edwards family

Other Spruce Up Winners: Rose BLueback, Charlene Krise, Kim Burrows, Toby Lewis



Want to Start Your Own Business?

Island Enterprises is offering a Business Plan class. A business plan is essential to starting your own business. They can be used to submit to the bank and other resources to find financing for your business and also help you think about what you really want your business to do and be!

Classes are free to Squaxin Island Tribal members and are \$50 for community members.

Start Date: Monday October, 15th
Class runs for 6 weeks, every Monday.
Time: 5:30 p.m. to 8:30 p.m.
Location: Island Enterprises Offices

For more information or to sign up for the class please contact:

Jennifer Ulrich
(360) 432-0231
jwulrich@ieinc.org

Four Seasons Painting

Four Seasons Painting is a tribal member owned and operated licensed/bonded company available for painting!



For more information, call Misti Saenz-Garcia @ 280-1036 or 427-2326.

Squaxin Youth Cultural, Educational and Activities

Calendar

SEPTEMBER 2007



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Homework Help is available Mon-Thur From 3:30-5:00!!	Computer Lab is open Mon-Thur 3:30-6pm and on Friday 3:30-5pm	Any Questions Call: Mark Snyder 701-1561 Jeremiah George 229-0547 or Bill Kallappa 463-6361			1
2 	3 LABOR DAY! CLOSED NO PROGRAMS	4 **TLC CLOSED**	5 Youth Council 5pm First day of School!!! After School Program Open from 3pm-6pm	6 After School Program Open 3pm-6pm 3pm Board Games	7 Open 3pm-6pm 3pm Board Games 3pm Ping Pong 4pm Movie/ Snack	8
9	10 Open 3pm-6pm 4pm Pickle Ball-Snack 4pm Cultural Arts & Crafts	11 Open 3pm-6pm 3pm Board Games 4pm Medic Ball 3pm Snack	12 Youth Council 5pm Open 3pm-6pm 3pm Board Games 4pm Ping Pong	13 Open 3pm-6pm 3pm Board Games 4pm Volley Ball	14 Open 3pm-6pm 3pm Board Games 3pm Ping Pong 4pm Movie/ Snack	15
16	17 Open 3pm-6pm 3pm Board Games 4pm Basket Ball	18 Open 3pm-6pm 3pm Board Games 4pm Floor Hockey	19 Youth Council 5pm Open 3pm-6pm 3pm Board Games 4pm Ping Pong	20 Open 3pm-6pm 3pm Board Games 4pm Volley Ball	21 Open 3pm-6pm 3pm Board Games 3pm Ping Pong 4pm Movie/ Snack	22
23	24 4pm Basket Ball 3pm Snack 4pm Cultural Art	25 Open 3pm-6pm 3pm Board Games 4pm Medic Ball 3pm Snack	26 Early Release Open at Noon 5pm Youth Council Snack	27 Open 3pm-6pm 3pm Board Games 4pm Medic Ball 3pm Snack	28 Open 3pm-6pm 3pm Board Games 3pm Ping Pong 4pm Movie/ Snack	29



Hello from CHOICE Alternative School

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 at CHOICE 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 in 2007-2008. Students who have attended CHOICE in the past are expected to start school Wednesday, September 5. Our student school day begins at 7:50 a.m. and ends at 2:10 p.m. Students 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. New students who plan to attend CHOICE must contact the principal, Gordy Hansen, at 426-7664 for a conference appointment and complete a registration packet immediately (and turn it into our school office). They also must successfully pass our orientation program. Orientation for new students was held August 20-24, 8:00 am to noon. Also, please note: CHOICE serves students in grades 9-12 only.

Our school office is now open daily 7:30 a.m. – 4:00 p.m. and you are welcome to call our school office at 426-7664 if you need any assistance. Linda Myers is our Office Manager and Registrar. Kate Fletcher is our School Counselor, and Sherrie Emele coordinates our attendance office. Please contact Sherrie for any attendance information, including planned absence requests that you may know about prior to the absence. If students, for example, plan to be dismissed from school for work, such as clam digging or fishing, they must contact Sherrie as well as their school advisor to work out any details prior to missing any school time.

We are looking forward to serving you at CHOICE, and expect to have another very productive school year here! Come and visit us at anytime!

Gordy Hansen
Principal

Welcome to Our World

Lila Marie Wentworth

Born June 26, 2007

Six pounds, zero ounces

This is the newest Bagley descendant.
She is my namesake and great-grandniece!
- Lila Jacobs



Pathways to Success

Welcome back to school! Pathways to Success has a fun quarter ahead of us, we will be studying Ethnobotany and Science topics via videoconferencing in relation to Native culture. The classes are held in the TLC classroom every Tuesday and Thursday from 3:00 - 5:30 p.m. Please contact Bridgette Losey, Pathways Site Coordinator, at 360-432-3958 or stop by the TLC if you are interested in attending! Pathways office hours are Monday-Thursday 10-6:30 & Friday 8:30 - 5:00.

WHERE: TLC Classroom
WHEN: Every Tuesday & Thursday
TIME: 3:00-5:30 p.m.

GED Students Take Summer Break

Class Resumes in Early September

The GED Preparation class at the Tu Ha' Buts Learning Center has been discontinued for a brief period and will resume on the first Wednesday (September 5th) after Labor Day. The last class of the summer was held on Monday, August 20.

When class restarts in the fall – which is not as far off as it sounds – the meeting times will stay the same: from 5:00 to 7:30 p.m. every Monday and Wednesday.

The four hour GED class session for Tribal employees, which takes place every Monday morning from 8:00 a.m. to 12:00 noon in the Steh-Chass room located in the new wing of The Little Creek Casino's hotel, will continue without a break – except for Labor Day, Monday September 3rd. Prospective GED students are welcome to drop by and meet with instructor Bill Heelan.

The dedicated students who have been coming to class on these nice summer evenings deserve praise for their efforts to improve their educational credentials. It's not easy to come indoors for school work when the weather is nice and so many fun activities are happening. The education staff says, "Great job and enjoy some well-deserved time off."

The Squaxin Island Tribe's Education Department is very supportive of folks who are working to obtain their GED Certificate. They strongly urge you to drop by and meet Bill, check out the class, and work toward getting your GED.

The classroom atmosphere is very relaxed and there are no special requirements to attend.

If you would like more information about this, or any of the many excellent programs offered by our Education Department, please contact Walt Archer at 432-3826 or Kim Cooper at 432-3904. You can reach Bill Heelan by e-mail at bheelan@squaxin.nsn.us or by phone at (360) 482-1348.



Baton Twirling Classes to Start

Basic baton twirling skills, marching technique and elementary dance movement will be taught in this introductory class. Emphasis is placed on proper warm up and teamwork. Class attire should be black leotards, tennis shoes and hair neatly secured in a pony tail. Continuing classes available for returning students. Squaxin Twirlers are the 2007 WA State & Western Regional Team Champions. Members Marissa Sigo & Tenaya Johnson are WA State Pairs champions.

Where: Squaxin Island Gym
When: Fridays @ 6:00 Pm starting Sept. 14 through June
Who: Any child 5 and older
Fee: Team classes funded by the 1% Fund

Performance opportunities include the Shelton Christmas parade, local meets, fairs and festivals. Some teams travel to out of area competitions.

Classes taught by Judy Welsheimer, Director of Fantasia Twirling & Show Corps Certified US Twirling Association coach & judge!

To reserve your spot call Coach Judy @ (360) 459-2518.



CANOE JOURNEY '07



Jeremiah George - Canoe Journey 2007 Paddle to Lummi: Traveling The Highways Of Our Ancestors, that was the title for this year. Themes can speak a lot for the feel of each canoe journey. The host comes up with the theme or the title each year. It's what people put on shirts and fund raising material. The theme for this year is accurate. When you are out there on the water in the canoe, away from most modern things, you picture how it must have been. When I say "have been" it was a while ago but we are lucky to be able to say it wasn't so long ago that we lost it completely. With the things we all faced as a people in every tribe's history along the coast and elsewhere the return to it or at least the opportunity to return to it shows our strength.

Though you can't say that on the other side of the water you will find Hawaii or another country this is still the coast, here. There are elements of the sea here. When you get splashed by the water coming off of someone's paddle here you get the white crusty salt spots on your skin just as you would on the ocean.

Last year we traveled from the ocean, from Taholah of the Quinaults and there's a little difference in comparison but not much. First of course is the water, the rolling waves are a bit smaller here which is proof by the lack of instances of seasick paddlers who weren't able to paddle. The traveling distance from stop to stop is a few miles and hours difference. Scenery as you paddle is just a matter of scale, the cliffs and the rocks are bigger ocean side and the entire ocean on your left does show you how small you really are but the waters here aren't small in any way because at times you can look at the same landmark for hours as you paddle and still feel you'll never make it there. It might take less time to get to a mall or a WalMart here but when you paddle a lot and camp a lot you are disconnected from the technological world.

Fourteen other canoes came here to travel with us to leave our shores to paddle to Lummi. The most here from other tribes probably since we had "Fourth of July Celebrations" on the island that were actually potlatches disguised when such events were outlawed. I'll attempt to name all of the tribes represented: Chinook & Grand Rhonde from Oregon, Queets, Chehalis, Suquamish, Samish, Swinomish, Blue Heron from Snoqualmie, Muckleshoot, Puyallup, and Nisqually. They all camped here on the rez. You might have seen them camped in the baseball field. All the tribal canoe families potlatched here at the gym, everyone sang and danced their own culture and gave gifts all to show respect and honor. That was something that was missing from last year as we usually travel with everyone close to here as we've been traveling with since we began in 02.

Though we traveled with people we know and some inner linking families there was a lot missing last year. Right from the start this summer we had our fellow Medicine Creek Treaty Nations with us. We know most of their songs, if not all of them. Our relationship has grown to a point where when we have a drum or a paddle in our hand we are used to seeing a lot of each other. We are accustomed to the coastal people but in 2006 the strong connection was absent. It was a good return to normal this year and it adds something to the statement of not knowing what you have until it's gone.

We had heard for a few months that we may have a chance at partaking in a historical event, in continuance of our returning to our culture. Nisqually had inquired for quite a while within their tribal people if it were possible to have the canoes go up their river. After a couple scheduled trial runs to prove the chances they had decided to escort the canoes traveling from here up their river to Frank's Landing near the Wah-He-Lut tribal school where they hosted at the Pow Wow grounds. I don't know exactly how long it had been since intertribal canoes had been there but it had been a long time. They made it a point for their elders to have a good view because besides the youth we do this for them. It's a little ways in the wilderness and assisted to the feeling of a return to cultural ways.

From here at Squaxin on out each tribe had seen the most canoes on their waters in a very long time. Each year we are a part of making history. Puyallup hosted a canoe journey back in 99 and our 14-17 canoes this year were the most they have ever had. If you got a chance to see everyone at the Arcadia boat launch you were witness. Each canoe paid their respects to Squaxin Island with a little off shore layover before we continued to Nisqually.

With the rate of growth each year the hosting tribe has to make a major financial dedication to host so many canoe families. When we reached an intersection where the coastal canoes joined the south sound canoes at Suquamish, the number of people was nearing two thousand. This growth is going to continue to a point at which each tribe will have to consider canoe families in their major budgets; I would imagine hosting tribes already have it listed just under their top business entities such as casinos, non hosts will eventually have to list it in their top five. Lummi had a multi million dollar budget for hosting this year, something we have to consider for our hosting in 2012 as well as our budget considerations for future canoe journeys.

The Canoe Journey brings a lot of healing to people. Spiritually it happens with the drums, songs, dances, the canoes themselves, through the prayers that happen on the water and the prayers that happen during the potlatches and the prayers that are a part of everything else. Physically it happens through not only the action of paddling in a canoe but also through being active day in and day out by ways of managing the camping equipment, walking and running mostly everywhere, assisting the canoes in packing them to their storage spots (especially on the near 45 degree angle steep and many yards of boat launch at Suquamish). Mentally it happens in the dedication and focus to do all of these things and doing it clean and sober. This is not simply a fad or some type of nice leisurely vacation. This isn't something that only some view as important to their lives on level with any sort of simplicity or anything that it would be nice to have. This is a movement on so many different levels through one thing. Confidence in one self, a sense of pride, prevention and deterrence from alcoholism and drug addiction, ancestral reconnection, and cultural revitalization are only some of the things that are established through this one thing called Canoe Journey. Many people are having success with these sorts of establishments, in absolutely no way is it just a small portion of people dabbling in a recreational type of activity. There are organizations that have the Canoe Journey as their area of focus which bring in funds to support it annually. Organizations and programs also latch on to the Canoe Journey to have success from something as important as chemical dependency treatment to fund raising. The Canoe Journey through all of these examples is a legitimate event.

It isn't perfect, I can't say what is. This is still in it's infancy for a large portion of its participants. It is all of our responsibility to share what works and what does not work. Then it is our responsibility to choose to adopt them or not to because some are more accustomed to the Canoe Journey and have grown to a point where they can afford more. Things will slip at times but we all have to learn from our mistakes to lessen the chances.

I usually get in to specifics when I submit my perspective report on the year's Canoe Journey. I realize for this year it has to be more of a broad picture because it is not only my experience. With things that have happened and my witness to things that some have said about cultural significance in our own tribe I have no other choice.

With that in mind I just have to make these acknowledgements: We traveled in our fiberglass canoe Skookum from the beginning with the cedar dugout Swissaloh joining a few legs into it. I can never diminish the role of everyone from the steady paddlers to the people who drove a long ways to show their support but because of time restraints that I have already gone over I have to refrain from mentioning too many names; My father Tully Kruger was the main support

Continued on Page 17



CANOE JOURNEY 07

Collages by Jeremiah George





CANOE JOURNEY 07

Collages by Jeremiah George







CANOE JOURNEY 07

Collages by Jeremiah George





Tribal Council Resolutions

07-59: Authorizes an application for federal assistance with the Federal Transit Administration

07-60: Enrolls Kasia Krise and Tyrone Seymour

07-61: Designates Whitney Jones, Director of Health & Human Services, as the delegate and Ed Fox, Assistant Director, and Council Member Will Penn as alternates to the Northwest Indian Health Board

07-62: Designates Whitney Jones, Director of Health & Human Services, as the delegate and Ed Fox, Assistant Director, and Council Member Will Penn as alternates to sit on the Washington State American Indian Health Commission

07-63: Amends the Squaxin Island Tribe and Island Enterprise, Inc. 401(k) Plan 002 regarding ADP/ACP Safe Harbor Plan and other provisions

07-64: Resolves that the three person Business Administration Board, tasked with incorporating and recognizing and regulating businesses on the reservation and consisting of Ronald Whitener, Wendy Bowman and Elaine Moore, will serve terms expiring September 1, 2007, September 1, 2008 and September 1, 2009, respectively. Ron Whitener will serve as the Commissioner of Business Affairs

07-65: Adopts the Tort Claims Ordinance which states expressly limited circumstances under which a person can file a claim against SIGE.

07-66: Approves membership in Affiliated Tribes of Northwest Indians with power of 10 votes as well as dues based on membership in the amount of \$400.00

Who are These Handsome Protectors of Freedom?



Dennis Sigo



Marvin Newall

Prints By Andrea Sigo for Sale to Benefit Veterans Memorial

ALL proceeds from the sale of these two prints by Andrea Sigo will benefit the Veterans Memorial Project.

10x10 (\$30)

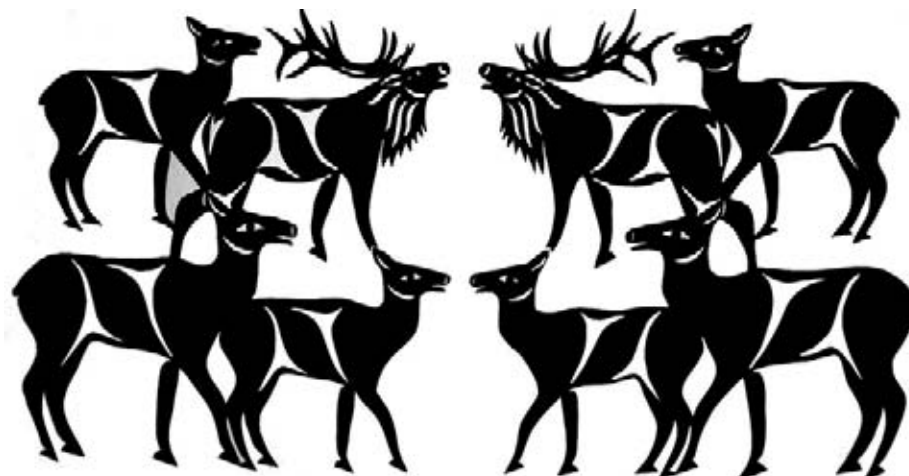
10x14 (\$40)

or the set for \$60

Limited editions of 88, each print

For more information, contact Glen or Ann Parker @ 426-1755 or email to

gwpark@msn.com



Transportation Planning Begins

Squaxin Island Tribe announces the start of three important transportation planning projects. The first is a Squaxin Island Tribe Long-Range Transportation Plan (LRTP) update. The second is to create a Squaxin Transit Enhancement Plan. And the third is a Geographic Information System (GIS) mapping project.

The LRTP update project will focus on 20-year planning for its multi-modal transportation system of roads, trails, transit, sidewalks, waterways, freight/passenger rail, airways, etc. to ensure safe and accessible transportation choices for Tribal members, community members, visitors and guests. It will be funded by the Tribe through general Tribal revenue, including fuel tax revenue, and BIA tribal shares. The original LRTP was developed and approved almost ten years ago. Amendments to the LRTP are proposed because of changes in federal law.

The transit planning project will develop a 20-year Squaxin Transit Enhancement Plan funded by general Tribal revenue and a \$25,000 FTA grant.

Both planning projects will include community involvement and coordination between Squaxin and Non-Squaxin governments and organizations.

Both projects are priorities because, among other reasons, they are required by federal and state agencies in order to access and increase transportation funding levels.

The GIS mapping project will support the transportation planning projects and bring much-needed mapping capacity to the Squaxin Planning/Community Development Department. The project will be funded by the Tribe through general Tribal revenue and the BIA.

All projects will be completed in the next 12 months. Stay tuned!

For more information, contact Planner Lynn Scroggins at (360) 432-3952



COMMUNITY



Happy Birthday

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

What's Happening

						1
2	3	4	5	6	7	8
Squaxin Indian Bible Church 11:00 a.m.		Church 7:30	Family Court		AA Meeting 7:30	
9	10	11	12	13	14	15
Squaxin Indian Bible Church 11:00 a.m.		Criminal/Civil Court Church 7:30		Council Mtg.	AA Meeting 7:30	
16	17	18	19	20	21	22
Squaxin Indian Bible Church 11:00 a.m.		Church 7:30			AA Meeting 7:30	
23/30	24	25	26	27	28	22
Squaxin Indian Bible Church 11:00 a.m.		Criminal/Civil Court Church 7:30		Council Mtg.	AA Meeting 7:30	

**Happy Birthday
to my daughter,
MADEENA**

**It has been a joy watching you
grow into a beautiful young
lady!**

**Love you lots!
- Mom and Brothers**

**Happy Birthday to Vanessa!
Love,
Aunt Marcella and Cousins**

**Happy Birthday to my sister,
Carmen
We are happy you are home
for your birthday!
Love,
Sister Marcella and Family**



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Collages by Jeremiah George





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Collages by Jeremiah George, Arcadia pictures on this page by Ed Cooper





Paddle to Lummi

Continued from Page 6

boat captain of the Marjorie Lee and we were fortunate to have again as we all continue to trust him with our lives. My mother Vicki Kruger was there to provide her cultural knowledge. Our "Big Skip" Davey George Krise maintained his helm and father role on and off of the water. Ray Krise came with us for a day on the water and we were glad to be part of major healing for him this year. Some had requested I take the helm for a couple of the legs but I had deferred to others who I feel need the experience. My cousin Joe Seymour kept taking his status as the Chair of our board with great stride and captained for a day as well as assisting with the training of a first year helms person. Dan "Jay" Hall took his power to the captain seat for a day and paddled nearly every day. Terri Capoeman finally got to paddle again and didn't waste much time in getting in the back to steer and kicked her trainer out of the canoe only to be embarrassed by my mentioning of her single status as I received the honor of announcing our request to take our canoes to the Lummi shore. Mike Ogden took advantage of my willingness to defer when George needed a break from the helm and sat comfortably in the skipper's seat. Shelly and Ross Rawding brought their nice boat for looking after our canoes. Our elders who also were grounds crew bosses and lead cooks; Loretta & Rick Case, Ila May Ball, Lizzy Perez, Lila Jacobs, Lucille Hause, Joe & Fay Seymour and Myrtle Richards. Charlene Krise-Clark and Ruth Whitener who made sure we had everything we needed. All of our youth who are the reasons why we partake in these events are growing into their roles. Our first year people and paddlers who include but are not limited to Ben Parker, Dodie and Aysha Nelson, Santana Sanchez and her husband Zack and son Kaleb, Joey Furtado, Dave Lewis, Mariano, Elijah Krise and Julito Krise who paddled for the first time (When we got back Mark Snyder said they got beefy in the shoulders & arms and I replied "That's what happens man"), Dale Anne and all her kids most of which paddled, Lester DeLaCruz's daughter Wakeena, Beau Henry who paddled the most he has this year, Jessica & Jaimie Cruz, Elizabeth Seymour Abby Lezon-Ferreira and Lachelle Johns finally paddled for a significant amount of time, Clara & Elena Capoeman who paddled the most they have ever this year, Cassidy and Melissa Whitener, Wilson Johns' daughter Tanisha, Meloney Seymour, Margaret Pickernell and her son Greg, Charlotte Pickernell, and Alan Steehler. I have to cut myself off because I want this to be put into this month's Klah-Che-Min. Thanks to the casino who donated gifts to give away and the breakfast for our hosting. Thank you to everyone, we wouldn't be out there without you all.

We the Squaxin Island Tribe's Canoe Family travel in honor of our ancestors, those who have come and gone before us, our elders, our youth, our one's in need of healing and our tribal people as a whole. We do prayer paddle strokes for all of the before mentioned, they are called power pulls done in sets from 50 to infinity. The power pulls give us strength to keep going when we began to tire. The canoes are paddled with thoughts of all of the before mentioned therefore their presence is felt. When we speak to other tribal nations formally we refer to all of the before mentioned to pay respects and to define connections. In turn all who partake from the day in day out people to those who could spare only the few moments of support at arcadia as the canoes departed do it for all of us.

In closing I have to acknowledge that we will always be in debt to Davey George Krise. His sister Charlene had gotten him to go to the Four Directions Journey (I think that's what it was called) at Church Point just a few years ago when there was only seven canoes in attendance and he has been involved with Canoe Journeys ever since. From what I remember he had persuaded Lena Krise, Dan "Jay" Hall and Tyrone Krise to go with him in the years leading up to our tribe's involvement after we received a grant through the Squaxin Museum and the Seventh Generation Fund for our fiberglass canoe Skookum. They traveled with Puyallup and Nisqually. As I have stated in these perspective reports before the experience of his influence on myself which I know now includes others is similar to the way you would be sitting at a desk as if you were at school and it's boring and you begin to dose off with your face leaning on your hand and someone shoves your elbow

from underneath you and you wake suddenly. I had the opportunity to become involved when our cedar canoe was in its beginning stages. Somehow I got involved with being at George's side for a few weeks before I went to the Art Institute of Seattle. He wanted me to be his apprentice/his right hand man to carry the knowledge along with him that he was attaining from the late Master Carver Jerry Jones from Tulalip. I remember Jerry had even stated a few times to me that he envisioned the same for my role. I regrettably admit that I was young, stupid and mostly had petty things such as my adolescent relationship as my main focus at that point in my life. I wish I could remember the times more vividly because I was fortunate to be there when Jerry came here to assist and I was even more lucky to attend a meeting with George in Tulalip. Jerry had asked us to go up and meet some of the people from up there and he showed us video clips of a canoe that he carved, from start to finish. One thing that sticks in my mind is his enthusiasm and his positive look as he smiled whenever he talked with us about what it was that we were bringing to our tribe as if he had known what the canoe movement would bring to everyone similar to the way you would react to seeing a family member walking your way in the distance. This was back in 1997 before the canoe journey took precedence and had become an annual event. He had great vision and George continues to do that vision justice more than words or written letter could ever describe. Mentioning Jerry I have to also acknowledge that we owe a lot to him and to Tulalip for him. Our tribe can never forget this. All my relations.

"Way to Go Wes!" Good Job! Share Your Jerky!!!!!!





Lunch at Lummi

Lila Jacobs - The food was good and the company was cordial. They had nice door prizes and a lot of good raffle items. Squaxin won a couple of prizes. Loretta won both big prizes - a dvd player and an ice chest full of goodies. She's a lucky lady! We got some more ideas for our Elders Luncheon. They had a little band that played music for our listening pleasure. They also had a jitterbug contest. Our entrants didn't win, but they lost their breath. We talked to a woman from Sammamish who had come to our hotel for a couple of different events and she couldn't say enough good things about our museum and our hotel. She likened our hotel to the museum with all the Indian art and the motif of Indian throughout the hotel. Of course we stood for a long time listening to her. The Siletz Tribe was lucky and won a lot of the raffle prizes and, since they had leased a Greyhound bus, they had a lot of room to carry home all their loot. We had a very good time. They gifted all the bus drivers. Some one locked the van keys in the van. The Lummi PD were very helpful and the keys were recovered. I won't mention any names, but the initials are L.J.



The Elders Sock Hop

Lila Jacobs - the Elders had their first (and probably only) Sock Hop. We had a pretty fair turn out, considering there were other events happening at the same time. We had 20 people come to the Hop. We had prizes for the best dressed couple and the best dressed woman and man. A prize for a mom who was teaching her son to dance to the Oldies. We had a hoola hoop contest. We all had a very good time. All the youngsters (and the oldsters) were very well behaved. They youngsters helped with the clean up. Every one danced!

Luncheon at Sequim

The Elders went to the Seven Cedars Casino for the elders lunch put on by the Jamestown S' Klallam. We were entertained by Hawaiian dancers as well as the young Jamestown S' Klallam tribal drummers, dancers and singers. The food was delicious and we also took a drive through Sequim. We had a very good time.



FIRST SALMON CEREMONY





FIRST SALMON CEREMONY





FIRST SALMON CEREMONY





MUD BAY 2007



Note by the hand imprints in the background how VERY tiny this object is!





Leftover Logic

Whether your fridge is stocked with excess takeout or a weeks worth of home cooking, keep these six tips in mind when you're looking for your next snack or meal.

1. As general rule, you can keep leftovers about three days. After that, toss them out.
2. Make sure your fridge is set to between 33 & 40 degrees so your food isn't a breeding ground for bacteria. The "Danger Zone" for breeding bacteria is between 41 & 140 degrees.
3. Beware of hot days. Don't leave food out longer than an hour.
4. To prolong the lives of leftovers, freeze them right after cooking for reheating.
5. When reheating leftovers, warm up only what you need, as you need it.
6. Keep coolers with plenty of ice on hand when you're outdoors.

Cleaning your kitchen sponge

Zap it in the microwave for two minutes on "High" every other day. Make sure the sponge is wet, and be careful taking it out-- its going to be hot! This will kill about 98% of the bacteria that may be lurking.

Congratulations Raffle Winners



*July Mammogram Blanket Winner
Iladee King*



*July Women's Health Basket Winner
Harmony Peterson*

**Foot Exam Morning
for People with Diabetes**

When: Tuesday, September 18, 2007

9:00- 11:30 : FOOT EXAMS by
Podiatrist, Dr. Molina Kochhar
Bring your foot questions for Dr. Kochhar

Call Patty for an appt time
(360)432-3929
People with diabetes first priority,
if appts available, will schedule others

Where: Squaxin Island Health Center

Light snacks will be available

Questions? Call Diabetes Coordinator, Patty Suskin 432-3929

WORD SEARCH

Find these healthy snacks in the word search.
Circle the words across, up, down, diagonally,
forward and backward.

ORANGE
PEACH
PIZZA
SANDWICH
GRAPES

PEANUTS
CHEESE
CARROT
CELERY
PRETZELS

MILK
CRACKERS
APPLE
EGG
YOGURT
BROCCOLI



N	I	L	O	C	C	O	R	B	C	A
E	M	I	P	E	A	N	U	T	S	E
G	T	S	E	E	G	B	P	A	A	S
T	Y	E	A	S	L	N	E	Z	N	L
B	R	P	C	N	E	P	A	Z	D	E
T	E	A	H	P	D	T	P	R	W	Z
R	L	R	S	A	X	W	P	A	O	T
U	E	G	G	R	A	M	I	L	K	E
G	C	A	R	R	O	T	Z	C	A	R
O	C	H	E	E	S	E	Z	S	H	P
Y	M	S	R	E	K	C	A	R	C	I



Youth Learn about Healthy Eating

Willow Henry- During the Summer Rec Program, the Squaxin Island Tribe Health Promotions staff and WSU Extension discussed healthy eating with your kids. Each week we shared a story and a game about a different food group and tasted food from that group. During the last week, we talked about the entire food pyramid. The youth tasted different types of cheeses, melons, vegetables and bean and cheese wraps. Margie from WSU and the Wacky Nutrition Scientist (Patty Suskin) presented the information and healthy snacks. We also dressed up with education staff as fruits and vegetables and took pictures with the youth.

In addition, summer youth worker Willow Henry shared smoothies with the youth. Here is the smoothie recipe we used in a blender:

- Low fat vanilla yogurt 4 cups
- Bananas 2 or 3
- A variety of berries 1 cup

If you'd like to try this recipe at home, you may want to make just half.

If you would like more tips on healthy eating, contact Patty Suskin, Diabetes Coordinator at (360)432-3929



MEAL PROGRAM MENU

A salad bar will be available at each meal, as well as fresh fruit or fruit salad. Beverages available each meal: milk, crystal light, water, coffee, tea, hot chocolate. Menu is subject to change. Free to seniors 55 and older. All others \$3.

Monday	Wednesday	Thursday
CLOSED 3	Pot Roast 5	Stew 6
Ham & Potatoes 10	Pork Chops 12	Meatloaf 13
Build Your Own Sand. 17	Chicken Fried Steak 19	Chicken Fajitas 20
Cheeseburgers 24	Cube Steak 26	BBQ Chicken 27



HEALTH & HUMAN SERVICES



Upcoming Health Events

BRIEF COMMUNITY WALK

Every Thursday at 12:40 p.m.
Meet at the Elder's Building after senior lunch

COMMUNITY HEALTH WALK

Thursday, September 27th
Meet at Elder's Building at 12:40 for
a 20 minute walk around the REZ
All SPIPA tribes will be taking a walk in their area
at the same time- for diabetes prevention!
Help us win the Walking Stick!
A walking stick was donated
by a Skokomish community member.
The Tribe with the most walkers each month wins the
walking stick for that month.
We won it in July . . . can we get it back in Sept.?

MAMMOGRAMS & WOMEN'S HEALTH EXAMS

Sept. 20, Oct. 12th & Nov. 9th
9:00 a.m. - 3:00 p.m.
Contact Rose Algea (360) 432-3930

SMART SHOPPING/ FOOD LABEL READING WORKSHOPS

Contact Patty to schedule a family & friends session

HEALTH PROMOTIONS

We have exercise videos
(Sit & Be Fit, Yoga, Walk Away the Pounds & more)
You can come & use them in the building
across from the clinic.
Work out alone, with us, or with a group

INTERESTED IN LIFESTYLE BALANCE PROGRAM?

If you are Native American & over 18, see if you qualify
to participate in this 16- week workshop to improve
your health by changing your nutrition & activity

DIABETES SUPPORT GROUP

Monday, October 15th
Bring your lunch at the Elder's building
Meet at 12:15 in the small room
What are Carbs? Why do we need them?
What are better Carb choices for good health?
What if I have Diabetes?
Discussion leader: Patty Suskin
Bring your lunch at the Elder's building
Meet in the small room from 12:15 p.m. to 2:00 p.m.

DIABETES FOOT EXAM MORNING

Tuesday, September 18th, 9:00 to 11:00 a.m.

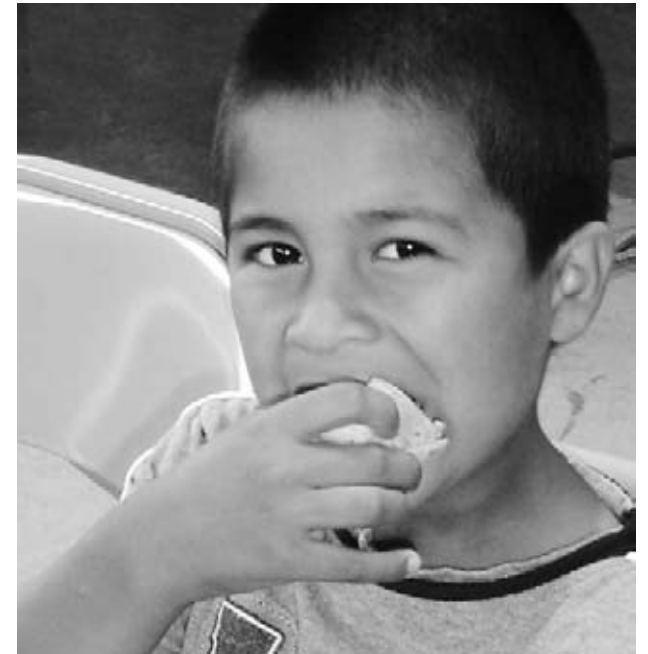
At the clinic

Dr. Molina Kochhar, Podiatrist (foot doctor)
If you have diabetes, come have your feet checked!
People without diabetes as spaces are available.
Contact Patty for an appointment

HEALTHIEST TRIBES PROJECT

Funded by the Washington Health Foundation
We are looking for 2-person teams,
(an adult and a youth, 12 & up)
to participate in a 12-week wellness program.
To get on the Waiting List, contact Janita or Patty
Community-Wide Kick Off Walk on
Thursday, Sept. 20th at 3:45 p.m. from the clinic.

Contact Patty Suskin (360) 432-3929
or Janita Johnson (360) 432-3972





What is your Bean IQ?

- Contributed by Patty Suskin

Baked beans are popular at picnics and barbecues, but how do beans meet your nutritional needs? Here's a true-or-false quiz to find out whether you are full of beans or you know about their nutritional benefits.

1. Pound for pound, dried beans, also known as legumes, contain nearly as much protein as a steak.
2. Soybeans are the best vegetable source of protein.
3. Beans help reduce cholesterol.
4. Beans protect against heart disease & some cancers.
5. Because beans are a good source of fiber, they are a healthy carbohydrate source (complex carbohydrates) for people with diabetes.
6. Pinto beans are a good source of potassium.
7. The fiber in beans will help to feel full and may help curb your appetite.
8. Baked beans have no nutritional value.

Adapted from: "Super Foods" by Michael van Straten and Barbara Griggs

Answers:

- 1) True.
Beans contain the protein, but do not have the artery-clogging saturated fat that is found in steak
- 2) True.
Soybeans and soynuts make great snacks!
- 3) True.
- 4) True.
- 5) True.
- 6) True.
- 7) True.
- 8) False.
They have fiber, iron, selenium and iodine.

Try including more beans in your meals. Add them to salads, casseroles, tacos, soups, or eat them as a side dish!

Try this unusual bean recipe. It is surprisingly delicious!

**Congratulations Tonya Nelson
on the Birth of Your Baby Boy, Ryder
Born @ 1:00 a.m.
20 1/2 inches in length
7 pounds, 1 ounce**

Blueberry Bean Muffins

- 3 cups Cooked Kidney Beans
Or 2 cans (15 oz. each) drained & rinsed
- 1/3 cup Milk

- In food processor or blender, puree beans and milk until smooth.

- 1 cup Sugar
- 1 cup Butter or margarine, softened
- 3 Eggs
- 2 tsp Vanilla

- In a large bowl, mix bean sugar & butter; beat in eggs and vanilla. Add bean mixture, mixing until well blended.

- 1 cup All- purpose flour
- 1 cup Whole wheat flour
- 1 tsp Baking soda
- 1 tsp Cinnamon
- 1 tsp Ground allspice
- 1/2 tsp Ground cloves
- 1 tsp Salt

- Mix in combined flours, baking soda, spices & salt.

- 1 cup Fresh or frozen thawed blueberries

- Gently mix in blueberries

- 1 cup Pecans

- Spoon batter into 12 greased or paper-lined muffin cups; sprinkle with pecans. Bake muffins 20-25 minutes until toothpick inserted in center comes out clean. Cool in pans on wire racks 5 minutes; remove from pans. Serve warm or cool. Makes one dozen.

*1 cup dry beans makes 3 cups cooked beans.

Congratulations Raffle Winner



*July Mammogram Basket Winner
Iladee King*

 The Squaxin Island Healthiest Tribes Project

Join us for our
Kick-off Walk
Thursday, Sept 27th, 2007
3:45 pm
Meet at the Clinic

For information,
Contact Janita Johnson at (360)432-3972
or Patty Suskin at (360)432-3929

WORD SEARCH

Find these healthy snacks in the word search.
Circle the words across, up, down, diagonally,
forward and backward.

ORANGE
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SANDWICH
GRAPES
PEANUTS
CHEESE
CARROT
CELERY
PRETZELS
MILK
CRACKERS
APPLE
EGG
YOGURT
BROCCOLI





CONGRATULATIONS NEWLYWEDS



Steve and Andrea Sigo



July 14, 2007



**To Our Son Alexander (Peanut) Solano
Mom (Jessica) and Dad (Marco) Want to
Wish You a Very Happy 7th Birthday.
We love you!**

**Happy Late Birthday in August
to My Special Grandson
Michael Coleman!
"Love" All My Relations
Salish Mom / Kaya (Paula)**

**Happy Birthday to All My Kids and
Grandkids in September
Love, Salish Mom / Kaya (Paula)**

**Happy Birthday to Vanessa
Love, Gramma**

**Happy Birthday to My Sister
Francis Starr
Love, Rose**

**Happy Birthday Carmen
Love, Mom**

**Happy Birthday to My Niece, Rose
Love Auntie (Rose)**

**Happy Birthday Madeena
Love Gramma**

**"Happy 45th Birthday
to My Son Jonathan Harrell
I Love you Son!"
Love Mom & the Whole Family**

**Happy Birthday Jenny Louise (33)
September 3
Lots-A-Love, Misti**

**Happy Birthday Nancy Lee
(Senior Citizen Now - 55!) September 2
Lots-A-Love, Misti**



Way To Go Steve (Smile)



Second Annual SalmonFest at Little Creek Casino Resort . . . It Was GREAT fun!

Nice work, Leslie Johnson, Tourism Director!



Check This Out!!! *All Natural Spa Products Made by Native Woman-Owned Company Are Available at Little Creek Resort Hotel*

Little Creek Casino Resort is very proud of the line of spa products offered to hotel guests. The products, which include hand soaps, shampoos and bath goodies, are made and manufactured by Sister Sky, a Native woman-owned company located in Spokane, Washington.

According to LCCR Hotel Director Kim Burrows, the relationship with Sister Sky began three years ago. "Our relationship with Sister Sky has grown over the past few years," she said. "It has been very positive for all of us. They promote our business in their advertising as well as their own."

The products are wonderful and free to hotel guests. Larger portions can be purchased at the hotel front desk or in the gift shop. Keep these in mind as the holidays approach!

