

Salish Cliffs Golf Club

Salish Cliffs Golf Club at Little Creek Casino Resort opened on August 23rd, a day set aside for tribal members and their family and friends.

The official grand opening will take place the weekend of September 16-18.

Salish Cliffs is a par-72, 7,300 yard championship course designed by well-known golf architect Gene Bates.

The course boasts 360-degree views of the Kamilche Valley.

Bates created 16 of 18 holes encircled by lush forest and incorporating natural vegetation. The course also features rock facings with elevation changes up to 600 feet and smooth transitions between holes.

"It's going to be a stern test for highly skilled golfers, but higher handicaps will enjoy the course's scenery and fluidity," Bates said.

Salish Cliffs' Head Professional David Kass, PGA, said because of the bad weather in the spring and early summer, there was a problem getting the grass to grow. But it has now come in, so they are ready for the public opening weekend, scheduled for Sept. 16-18.

Assistant Golf Professional at Salish Cliffs is "local boy" Chris Koch, who grew up in nearby Lacey and is a graduate of Western Washington University. Koch will give lessons and plans to integrate a junior program similar to the one he directed during his stint at Ko Olina Golf Club in Oahu, Hawaii.

Amenities at the new course include a log and cedar clubhouse that reflects the style and structure of Little Creek Casino Resort. It sits next to a deep ravine, and its wrap-around porch and mezzanine will overlook hole

Nos. 9 and 18, which share a 15,000-foot green. A full-service golf shop and restaurant is also planned.

For more information, or to book your reservation at Little Creek Casino Resort and become one of the first golfers to play Salish Cliffs, call 1.800.667.7711 or visit (www.salish-cliffs.com).



Paddle to Swinomish

Photos on Pages 8-15



Salish Cliffs Legend

"There is an ancient legend of the Squaxin Island people that connects the humans with the sky people. The story is told of a strong (Skookum) young man who had become captivated by the beauty of a young Salish woman, and she was equally enraptured by his unusual spirit strength. Her ability to run like the wind was known throughout the land, while his ability to help people with his spirit power was known far and wide.

The young Salish woman had been promised to another man in marriage, she had known this for many years. She went on a spirit quest to the cliffs near her village searching for a way to get out of the arranged marriage.

Near the cliffs, the man was singing his power song. Using spirit power the Skookum man helped the Salish woman to change into the red-tailed hawk so she could always be near him.

To this day near the Salish cliffs the beauty of the red-tailed hawk can be seen and heard. Nearby the marine waters of Skookum Inlet whisper spirit power to those who will listen."

Save the Date

September 24



12th Annual

Water Sounds

NATIVE ART AUCTION

Doors open at 4:30 p.m.
 Squaxin Island Museum Library and Research Center
 Silent Auction begins at 5:00 & Live Auction begins at 7:00
 Traditional dinner at 6:00 p.m.
 Tickets: \$75

FOR MORE INFORMATION, CONTACT:
 Liz Yeahquo @ 360.432.3840

All proceeds benefit the Squaxin Island Museum





NWITC wins another prestigious award "Outstanding implementation of the methamphetamine and suicide prevention initiative"

Northwest Indian Treatment Center in August received an award for "outstanding implementation of the Methamphetamine and Suicide Prevention Initiative (MSPI) offered through a three-year Indian Health Service (IHS) grant.

NWITC just completed the second year of program, and if successful, the program will likely be re-funded, according to Theresa Glasser, Recovery Support Team Member (on the right in the photo).

The greatest thing about this program is that we can serve all of our clients," Theresa said. "Really, who has not been affected by Meth or suicide?"

The program was a dream of former NWITC Director June O'Brien, says Cris Franklin, Recovery Support Team Member (center in the photo).

"She had an idea and sought funding. Then the Recovery Support Team was built from there."

The IHS grant provides funding for wages and training and for staff and to maintain contact with clients for a full year after they leave treatment.

In addition, staff is able to attend the annual Canoe Journey and Makah Days and make contact with alumni along the way.

"We make contact at least three times a week for the first four months," Theresa said. "Sometimes they just need somebody to talk to. Our clients have difficulty living life on life's terms, and have often blocked emotions because they are too painful. With support, they begin to feel emotions and work their way through them."



Supplementary Grants

In addition, federal grants from the Substance Abuse, Mental Health Services Administration (SAMHSA) and the Office on Violence Against Women (OVW), help to supplement the program. Through these secondary grants, the program is able to provide financial assistance to help with housing and transportation.

"This program has changed the nature of relapse for many of our clients," Cris said. "It has become episodic,

versus chronic, because we get them the help they need. We stay with them in their recovery outside our facility. Clients now graduate not only with life skills but with personal support as well. We recommend and support recovery-based housing options, so they are able to make close bonds with people who are doing the same thing they are - recovering."

"What can I say about this program?" Cris responds. "It helps save lives!"

"It helps save lives!"



The Arcadia Boat Ramp is open!



The Tribe's Public Facilities Engineer Kevin Dragon, second from left, and Construction Manager Dan Neelands, center, conducted the final inspection with the contractors on August 24, 2011.

Thanks to the team for completing the project ahead of schedule!

Squaxin Island TRIBAL NEWS

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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:

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CANOE JOURNEY GIFTS COMMITTEE



The purpose of the 2012 Tribal Canoe Journey Gifts Committee is to:

- Ensure coordination and participation by the community and tribal employees for the Tribe's 2012 Tribal Canoe Journey hosting
- Protect and ensure funds are spent effectively and efficiently; and
- Support volunteers with making gifts

4. If the proposed gift is disapproved, the Committee will assist with providing suggestions for other gifts.



This "Request and Authorization Worksheet" may be used by both tribal community members and Squaxin Island Tribe government department heads to request funds to use to make give-a-way gifts.

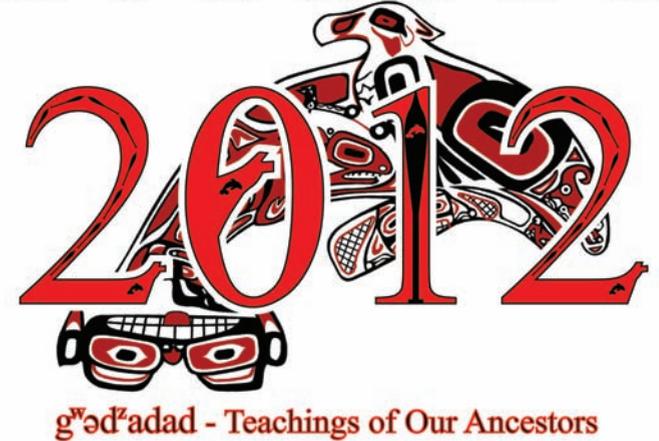
The requestor agrees to the following guidelines:

1. All funds will be used for materials to make gifts for the 2012 Tribal Canoe Journey hosting give-a-way.
2. Gifts will be "hand made."
3. Wages will not be paid; the requestor is volunteering to make gifts; funds are for supplies only.
4. Will not allow access to the funds by anyone else.
5. Will provide a receipt/s for supplies purchased when handing over the gifts.
6. Will pay back any and all funds if the project is not completed or if funds were misspent or lost; and/or will return unspent funds.
7. If the requestor is not a tribal member or tribal employee, he/she will obtain sponsorship by Squaxin Island Tribal member/employee; the sponsor will take responsibility for ensuring that the requestor complies with these guidelines.
8. A sample of the gift and a completed "Request and Authorization Worksheet" will be provided to Aleta Poste or Jolene Grover.
9. At the next Gift Committee meeting Aleta and/or Jolene will provide the committee with sample and request forms. The committee will vote to approve/disapprove request.
10. Aleta and/or Jolene will take minutes at each Gift Committee meeting and email draft minutes to members.

Request for funds to purchase supplies and materials to make give-a-way gifts for the 2012 Tribal Canoe Journey hosting by the Squaxin Island Tribe

Request

1. Name _____
Address _____
Home Phone _____ Cell Phone _____
2. Group Project ____ Individual Project ____ Department Project ____
3. I/We will be making _____



Use additional separate page to describe your project and to list the materials you will be purchasing and the cost to purchase the materials to complete your project

4. Number to be made _____, total cost of materials (from attachment) _____
5. Time frame it will take to make the gift/gifts. _____

Requestor Signature
Authorization

Date

We authorize the expenditure of funds for the above identified purpose.

Committee Member

Date

Committee Member

Date

Committee Member

Date

Canoe Family Representative

Date

2012 Tribal Canoe Journey Coordinator

Date



TLC Recreation Program

The Recreation program is open: Mon. – Thurs., 3:00-7:00

Friday, 3:00 – 6:00

The Gym is open: Mon. - Fri. 7:30 to 10:00 p.m.

Sat. & Sun., 10:00 a.m. – 10:00 p.m.

TLC does not provide supervision or programming during open gym.

(The gym may be closed due to a private or community event)

The Tribal youth educational, prevention based activities and programs include:

- Educational activities
- Recreational activities
- Cultural activities
- Sports activities and camps
- Intertribal sports leagues
- Healthy afters chool snacks
- Programs are provided after school and during Spring break
- Weekly nutrition program provided by WSU offering recipes, health education, etc.

K-12 Educational Services

We partner with Tribal families, Tribal departments, local agencies and schools serving Squaxin Island students to advocate and mediate for students and families. We monitor student information such as: school enrollment, attendance, truancy, and student progress.

Professional Tutoring

Professional tutoring is provided on site at the Tu Ha' Buts Learning Center. Students are assessed regularly to track progress. These services are currently being provided on site by Sylvan Learning Center. To register please contact TLC.

In-School Tutors/Mentors

Tutors are on-site in local schools to assist Squaxin Island youth with school success.

Tutoring is available after school at the Tu Ha' Buts Learning Center.

Adult Education (GED)

We provide a certified teacher for adult basic education skills acquisition. Assistance with registration fees, testing fees, and study materials is also available.

Job Training & Placement

Financial assistance is provided to students taking a vocational or job related training class, short courses to earn certificates, or to enhance job skills

Higher Education Services & Scholarships

Scholarship awards are provided to Higher Education students (4 year and 2 year degree candidates) as well as assistance with college applications, FAFSA, and scholarship applications. We promote college readiness through seminars and campus visits.

Tu Ha' Buts Learning Academy

The Academy is a partnership between the East Valley School District and the Tu Ha' Buts Learning Center. This accredited program is offered to 7-12th grade students on site at the Tu Ha' Buts Learning Center. Classes are offered on line with a certified teacher to provide instruction.

Integrated Youth Development Project

Tu Ha' Buts Learning Center provides the infrastructure for this culturally based service model that provides youth and families support through a cooperative effort of tribal departments. This provides an opportunity for Tribal Departments to work together to create sustainable change for our youth and families. Through this project we are developing a Life Skills Curriculum that will be implemented this fall, providing youth an opportunity to learn about life skills through a culturally appropriate format.

High School Students & Clam Digging

The Tu Ha' Buts Learning Center understands the cultural importance of clam digging and supports students in practicing their treaty rights. The Learning Center also supports education and student success. By working together with Shelton High School, students can succeed in their studies while practicing their treaty rights.

Tips for students:

- ==> Make arrangements with teachers before a dig; get class assignments or set up a time for make-up work.
- ==> For a late night dig – prepare for missing class the following day, even if you think you'll make it to class.
- ==> Organize your schedule so you won't fall behind; set time for rest & homework,
- ==> Work with the high school tutor and teachers throughout the school year – don't wait until the last minute to catch up.

Back to School Time!!

Sis Brownfield - It's that time again; new classes, new teachers, maybe a new school, definitely new adventures. It's time to meet up with old friends and make new ones. Yes, it's September and the excitement and promise of a new school year is seen and heard all around!

Here are a few pointers that might help everyone get back into the school routine:

- 1) The week before school starts go to bed a little earlier each night and get up earlier too, that way it won't be such a shock to your system when school starts. This also helps everyone's energy and stress levels.
- 2) The week before school starts is a good time to clean up and organize, that could be a bedroom, closets and dresser drawers or an area you plan to be in.
- 3) Plan ahead for each day. Each night, lay out the clothes you want to wear, organize your backpack and keep it in a special place, (by the door is always a good). This way you are all set for the morning.
- 4) Eat breakfast, whether at home or at school, start the day with good nutrition, a balance of protein, carbohydrates and fruits and vegetables. It really does help your brain think better.
- 5) Keep organized. Many schools provide student planners, if you get one use it daily as a way to keep in touch between school and home.
- 6) Parents and families are children's most important teachers. It helps to be involved in their learning at school as well as at home.
- 7) The staff at TLC is here to support families in all their educational needs, don't hesitate to call.

School is a big part of a child's, as well as parent's and families' lives. Embrace it, and enjoy all the milestones along the way!



A new addition

By Brittany Bitar

Kamilche Café & Espresso has been serving soup, salads and sandwiches for the past few months. Until recently the café was only a drive thru. Now the café has a beautiful walk in where you can sit down, relax and grab a bite to eat! The café also has free Wi-Fi available for customer use. In addition to the inside seating area we also have a sunny outdoor eating space. If you haven't had lunch at the café yet, you're missing out on some of the best food in town.



Youth Activities Program

Gordan James - The 2011 Summer Recreation Program has ended and I offer a humble thanks to everyone who contributed to a great summer event. In between field trips the youth stayed busy with everything from swimming, painting, crafting, field games, wood burning, plant identification, and much more. The summer weather was fantastic for our activities and we couldn't have asked for better for our field trips.

The kids seemed to really enjoy our field trips to Tumwater Falls Park, The Hands-On Children's Museum, flying kites at the ocean, and a home-and-away exchange with the Skokomish Summer Recreation Program. August also brought field trips to the First Salmon Ceremony, hiking at McLane Creek Nature Trail, a disc golfing outing, and a visit to the Pt. Defiance Zoo.

The Summer Recreation Program wrapped up on Friday, August 12th with a day filled with fun, outdoor activities. Supporting the Health Fair, our Summer Recreation staff spent the final day of Summer Rec building sand castles; battling with squirt guns; capturing the flag; swimming; or enjoying the bounce house, giant inflatable slide, and tumble bus. Many families came out to enjoy the afternoon fun.

I want to thank our great summer program staff for making it all work. Thanks to Abby Lezon-Ferreira, Davina Braese, George Johnson, Jaron Heller, Jerilynn Vail, Jon Holden, Julie Martinez, Kasia Krise, Kassidy Whitener, Santana Mesplie-Sanchez, Vanessa Tom, and Wes Whitener. Their work with the kids isn't easy, and I know that the kids really enjoyed being with them. Thanks as well to Linda Martinez and Mandy Valley for all of their hard work preparing the many tasty breakfasts and lunches they served the kids, and for their hard work to prepare and serve our "Fun Day" lunch on August 12th – that many families and health fair participants got to enjoy as well. Thanks to Janita Raham, Morgan Rothrock, Patti Suskin and TJ Berry for pitching in with activities for the kids. I also want to thank Emily Sigo and Lisa Evans for their many contributions to making the 2011 Summer Recreation Program a success. All in all it has been a great summer with the kids. Thanks again and we'll look forward to the afterschool youth activity program starting up again on September 7th.



Sept

Squaxin YOUTH Education, Recreation and Activities Calendar

TLC hours: M-F 8:30am-5pm Front Desk: 432-3958

YOUTH Gym/Recreation hours: M-F: 3-6pm

All activities are drug, alcohol and tobacco free.

Monday	Tuesday	Wednesday	Thursday	Friday
Education Forum is scheduled for Thursday, September 22 nd Watch for details...			1	2
5 Holiday: Labor Day	6	7 Afterschool Program Begins Open Gym 3-5:30 Rec Room 3-6 Open Swim 3-6 Cheerleading 5:30-7	8 Open Gym 3-6 Rec Room 3-5 Craft Grab Bag 5-6	9 Open Gym 3-6 Rec Room 3-6 Open Swim 5-8
12 Open Gym 3-6 Rec Room 3-6 Open Swim 3-6	13 Open Gym 3-5 Rec Room 3-6 Gym Grab Bag 5-6	14 Open Gym 1-5:30 Rec Room 1-6 Open Swim 3-6 Cheerleading 5:30-7	15 Open Gym 3-6 Rec Room 3-5 Craft Grab Bag 5-6	16 Open Gym 3-6 Rec Room 3-6 Movie Time 4-6 Open Swim 5-8
19 Open Gym 3-6 Rec Room 3-6 Open Swim 3-6	20 Open Gym 3-5 Rec Room 3-6 Gym Grab Bag 5-6	21 Open Gym 1-5:30 Rec Room 1-6 Open Swim 3-6 Cheerleading 5:30-7	22 Open Gym 3-6 Rec Room 3-5 Education Forum 5-7 PM	23 ER SSD Open Gym 1-6 Rec Room 1-6 Open Swim 5-8
26 Open Gym 3-6 Rec Room 3-6 Open Swim 3-6	27 Open Gym 3-5 Rec Room 3-6 Gym Grab Bag 5-6	28 Open Gym 1-5:30 Rec Room 1-6 Open Swim 3-6 Cheerleading 5:30-7	29 Open Gym 3-6 Rec Room 3-5 Craft Grab Bag 5-6	30 Open Gym 3-6 Rec Room 3-6 Movie Time 4-6 Open Swim 5-8
After school snacks: Computer Lab: Sylvan: Homework Help, GED Prep:	M-F 4-5pm M-Th 3-6, F 3-5pm M-Th 4:30-7:30pm T-TH 4-7pm	Key ER = early release SSD = Shelton School District GSD = Griffin School District TLA = Tu Ha'Buts Learning Academy	REMINDER Tutors are available everyday afterschool, 3:30-5:00pm. Homework Help is every Tuesday, Wednesday & Thursday from 4:00-7:00pm in the TLC classroom	



HUMAN RESOURCES / STEPPING STONES

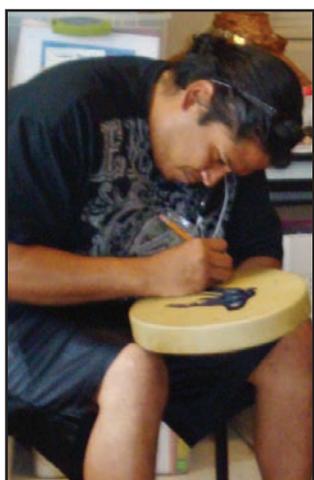
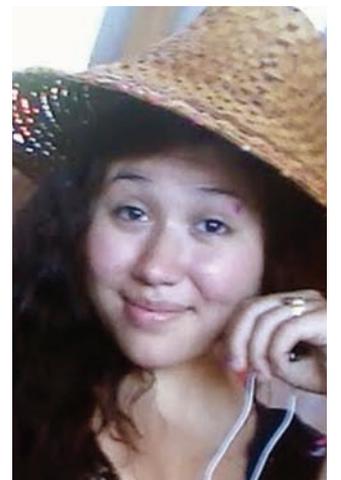
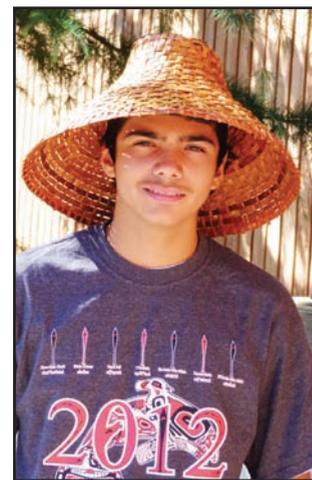
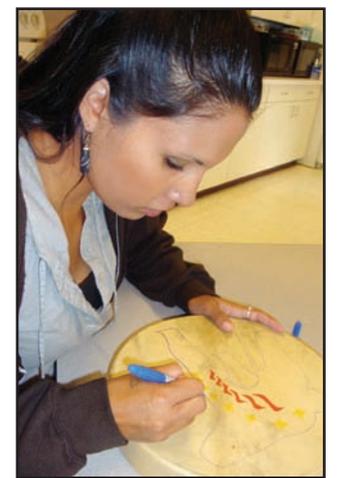


Astrid Poste - The Stepping Stones Program continues to provide youth ages 13-15 opportunities to develop work ethic through direct participation in culturally rich activities. Participants of this program are challenged to complete a variety of projects working as a team.

In preparation for the 2012 Canoe Journey hosting, our young people made many successful contributions throughout the 2011 summer season.

Weaving cedar hats to wear as regalia, preparing the trail for the 2012 campsite, and making drums were just a few of the highlights this year. Program participants have received instruction regarding cultural protocols related to the importance of gift giving, caring for regalia, working with cedar and preparing traditional foods.

The success of this program would not be possible without the support of Tribal Council, Squaxin TANF, and all of the staff who took time out of their busy schedules to work with us. Thank you to everyone who took part in sharing your knowledge and skills with our future generations.





New Employee



Theresa Glaser
NWITC

Recovery Support Team

Hi, my name is Theresa Glaser. I'm working at Northwest Indian Treatment Center as part of the Recovery Support Team. I graduated from Olympic College in Bremerton, Washington in 2009. I have an AAS degree, specializing in Chemical Dependency. Currently I am CDPT, hoping to test this winter. I just recently moved from Olalla to Olympia to be closer to work. I'm sad about moving so far from my children, but excited about my career expanding in a new direction.

Before coming to NWITC, I worked at Olalla Recovery Center inpatient facility as a women's counselor. My passion is working with women struggling with addiction. I'm grateful for the opportunity to work with men and women as they leave treatment and watch them they grow in their new journey of recovery.

I'm a mother of 3 wonderful children, Ashley 23, Brandi 20, and Joey 18. I also have an amazing grandson, Andrew, who just celebrated his first birthday. I'm the oldest child of 3 brothers, 1 sister and 5 nieces and nephews. I love spending my weekends with family and friends in recovery. I spend a lot of time with my mother and step-father going to several recovery events through the year. I also enjoy my yearly recovery cruise to Mexico with my mother. If I'm not going to recovery events, I enjoy riding my dirt bike with my father on the weekends.

I have amazing life today and excited about my new journey at Northwest Indian Treatment Center.

Come Support the Tribe's Fight to Protect Fish! *We Need Your Help!*



Fish runs in Johns Creek, near Shelton, have been shrinking for years. Wells are stealing water that should flow into Johns Creek. Ecology has refused to stop new wells until it knows where wells can be safely drilled.

So, the Tribe sued Ecology and Mason County. In March 2010, Judge Paula Casey issued a great opinion! She said that Ecology made a big mistake in denying the Tribe's request. The presence of so many Squaxin members and staff probably helped Judge Casey reach her good decision.

Now we need you there again. This time, the battle is over what Ecology must do when the case is returned to it for corrective action. Ecology wants a free pass, but the Tribe wants more -- real benefits for fish. **On Friday morning, September 2,** the Tribe's Legal Department will argue the Tribe's case to Judge Paula Casey in Olympia. Your being there will remind Judge Casey how important this case is to the Tribe, and help her reach the right decision -- again.

When: Friday, September 2, 2011, at 9:00 a.m. It may happen later in the morning, but we will not know until the day before. Please call Diane Stymacks at (360) 432-1771 x 5 with any questions.

Where: Thurston County Superior Court, 2000 Lakeridge Dr. SW, Olympia, WA 98502. Go to Building #2, Room # 257.

**Dumpsters will be here
September 9—September 18**

**Do not throw appliances, tires,
automotive parts, oil, or boat motor parts
in these dumpsters!**



THANK YOU!



Questions? Contact the Office of Housing 432-3871

Council Resolutions

11-42: Enrolls Anthony Del Johns

11-43: Enrolls Raul Cristian Avalos

11-44: Enrolls Apisai T. Moliga Jr

11-45: Directs the Enrollment Officer to make all necessary changes to record a revised blood quantum

11-46: Adopts amendments to the Squaxin Island Youth Code pertaining to jurisdiction

11-47: Agrees to purchase property

11-48: Excludes Frank Metcalf from the reservation

11-49: Authorizes Little Creek Casino Resort to enter into a lease agreement for golf carts and GPS systems

11-50: Certifies that the Tribal Council reviewed the Indian Housing Plan for the Squaxin Island Housing program and authorizes submission for Fiscal Year 2012 to the Department of Housing and Urban Development

11-51: Authorizes contracts with McKesson Pharmacy Systems and Express Scripts, Inc.

11-52: Authorizes submittal of the Indian Roads Program Agreement between the Squaxin Island Tribe and the U.S. Department of the Interior Bureau of Indian Affairs and referenced funding agreement

11-53: Authorizes submission of a grant application to the U.S. Department of Agriculture Rural Business Opportunity to support the Tribe's Incubator and Mentorship project to support local entrepreneurs and preparation and submittal of an application to the Internal Revenue Service for 501(c)(3) status for the Ta-Qwo-Ma Business Center

11-54: Designates Stephanie Tompkins to be the delegate and Bonnie Sanchez and Greg Twiddy as alternates to the Indian Policy Advisory Committee for Northwest Indian Treatment Center

11-55: Requests the United States, as trustee for the Tribe's treaty-reserved water and fishing rights, to commence litigation against the State of Washington and Mason County for purposes that include declaring the existence of the Squaxin Island Tribe's treaty-reserved water rights in Johns Creek, quantifying such rights, and enjoining the issuance of or reliance upon state and county sanctioned water use that is now impairing or will impair these rights; and further resolves to seek funding from the United States, including from the Department of the Interior, that is needed to define the Tribe's water rights, to litigate and negotiate and to promote the conservation, management and use of these treaty-protected water resources and directs its staff to take all actions necessary to secure such funding

11-56: Authorizes NR to apply for a Tribal Wildlife grant

11-57: Authorizes participation on the Washington Conservation Advisory Council

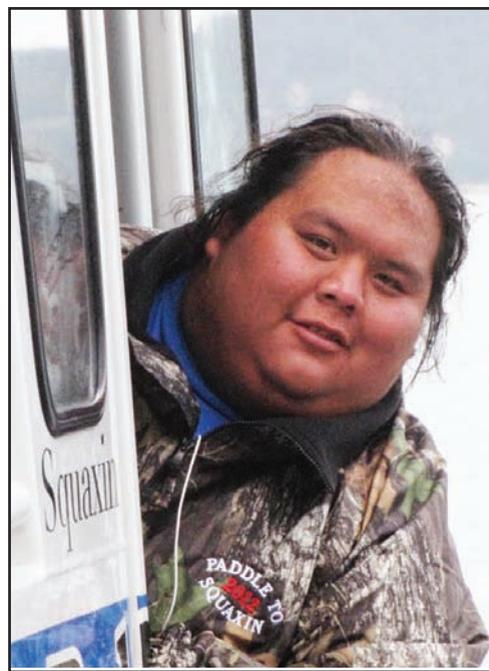
11-58: Authorizes Family Services to prepare and implement with the SPIPA TANF administration a cultural project (Building Strong Families Through Culture)



PADDLE TO SWINOMISH



Photos by Margaret Pickernell, Astrid Poste, Dorinda Thein, Sadie Whitener, Colleen Woodard and Dale Croes

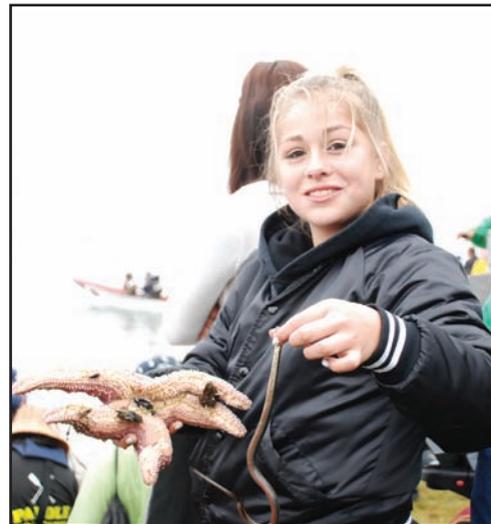




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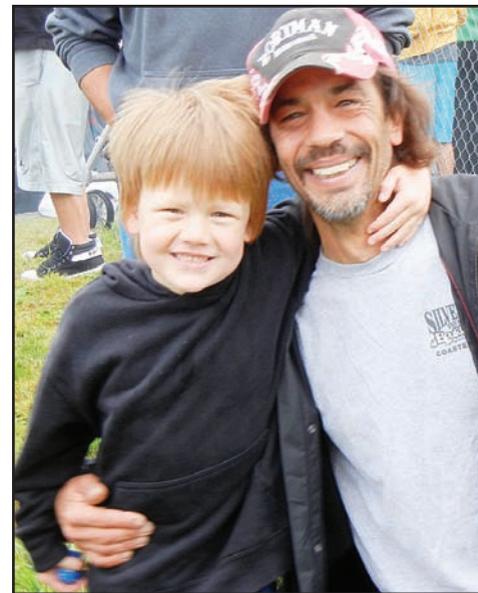




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PADDLE TO SWINOMISH



Photos by Margaret Pickernell, Astrid Poste, Dorinda Thein, Sadie Whitener, Colleen Woodard and Dale Croes



**Paddle to Squaxin 2012
Community Dinners/Potlucks
Every Third Wednesday
5pm
at the Squaxin Community Kitchen**

The Squaxin Island Community is invited to informational dinners about the Canoe Journey 2012 hosting.

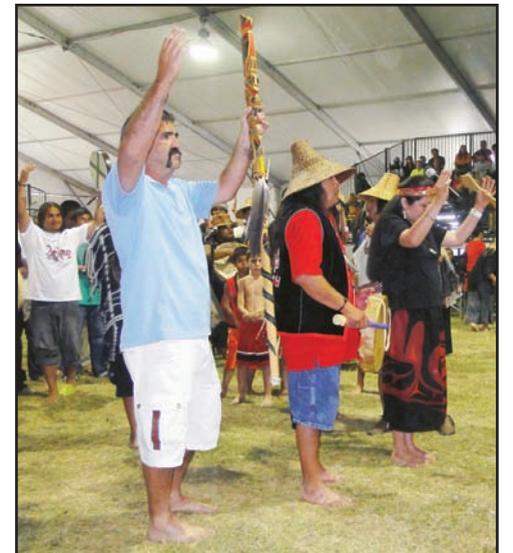
The 2012 Tribal Canoe Journey is about all Squaxin Island community members (both on and off the reservation), employees and volunteers. We need your involvement and participation!

Starting Wednesday, September 21, the dinners will be held in the Community Kitchen (unless otherwise notified). Some dinners will be fully provided and others will be potlucks.

We expect to have different activities each month, for example, gift making, dancing, singing, drumming, etc. See you there!!!!

Prizes Will Be Drawn!

Contact Debbie Meisner for more Information 360.432.3849

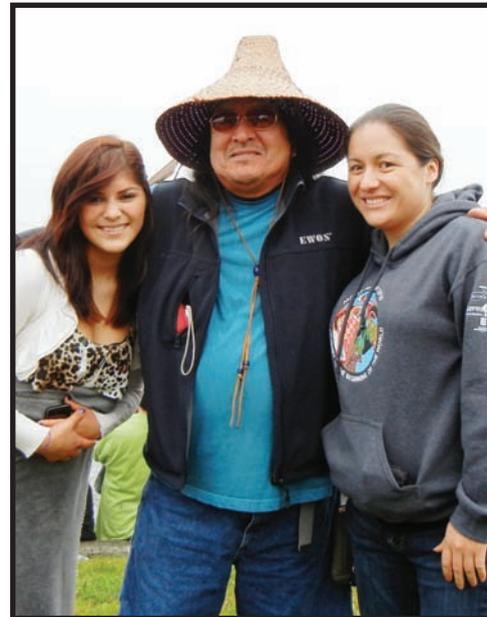
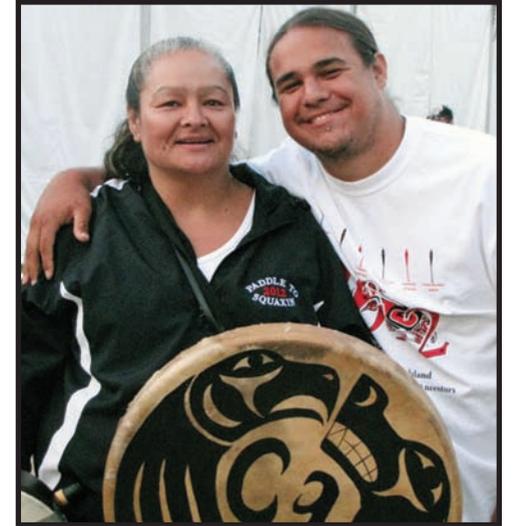




PADDLE TO SWINOMISH



Photos by Margaret Pickernell, Astrid Poste, Dorinda Thein, Sadie Whitener, Colleen Woodard and Dale Croes





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Photos by Margaret Pickernell, Astrid Poste, Dorinda Thein, Sadie Whitener, Colleen Woodard and Dale Croes



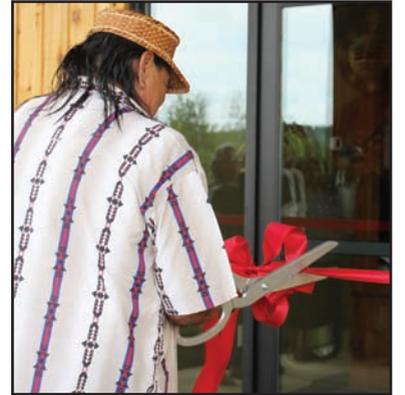


SALISH CLIFFS





SALISH CLIFFS



*Interested in golf lessons?
Call David Kass,
Head Golf Professional
at 360-427-3030*





FIRST SALMON CEREMONY

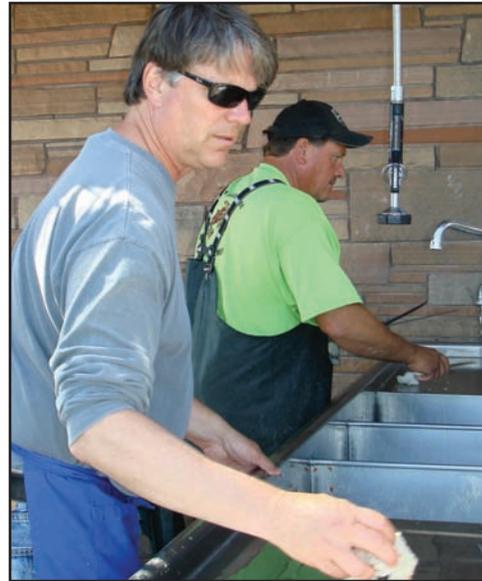




FIRST SALMON CEREMONY



Photos by Patty Suskin, Jackie Crenshaw and Theresa Henderson





YOUTH AND WELLNESS CONFERENCES



SPIPA Spring and Summer 2011 Conferences

Youth P.O.W.E.R. Conference

Held at Great Wolf Lodge
June 30, 2011 – July 1, 2011

There were 92 youth registered for the Youth POWER Conference. After the opening session, there were four classes that the youth participated in: a zumba dance activity, a Media and Tobacco activity, HIV/AIDS/Hep C activity, and a Healthy Foods activity. After the four classes were held, there were two separate breakout sessions for the boys and girls to attend on different types of men and women's cancers. The youth were able to get their "passports" stamped at each of the classes and sessions. That evening ended with a dinner and the youth were able to enjoy the water park activities for the remainder of the evening.

The Friday, July 1st morning session started with the Mother Earth Water Walk, led by Heather Lopez (Shoalwater Bay), followed by room check out, and a breakfast. The morning also included the sign in process, and distributing the sweatshirts to each participant. Wellness classes were available and interwoven with craft and hands-on activities during the second day of the conference. The youth were able to create a Colon Health "Promise" necklace and design on a cedar paddle through the class sponsored by the Colon Health Project. Youth were able to design media posters aimed at informing about the harms of commercial tobacco use. Healthy eating and lifestyle "paper plates" were designed by the youth in a session facilitated by Colleen Eckohawk, Alaska Native, of the Native People for Cancer Control. Crystal Connelly wowed the kids again this year with the pig lungs during her talk on the harms of tobacco use. The youth were also able to make "tobacco quit kits" during this session. Again, for each activity the youth attended, they were able to get a stamp on their passport.

Between classes, over 75 youth completed the annual Youth Wellness Survey. Results of this survey will be shared with the SPIPA Board of Directors and each tribe as appropriate.

All participants attending the conference were gifted an olive green "hoody", front zip sweatshirt and a black cinch sack. Both have the red and black youth conference "POWER" logo on the back. Keep an eye out for youth wearing these garments – these are the kids we reached through this event. The conference ended with honoring and recognizing the volunteers and participants, completing an evaluation, and a box lunch for the youth to take with them as they left.

2011 Cancer Survivor's and Caregiver's Conference

June 10 and 11, 2011
Little Creek Resort

The 2011 SPIPA Comprehensive Cancer Survivor's and Caregiver's conference held record attendance this year with approximately 120 total participants. The conference began the evening of Friday, June 10th with an opening blessing by Rose Davis, and welcome by Dan Gleason. During the meal of salmon and prime rib, Cece White-wolf (Umatilla) and Yvonne Bushyhead (Eastern Band Cherokee) informed the crowd of cancer support efforts underway through the Native Peoples Circle of Hope. James Bentley from the Franciscan Health System shared the importance of taking the time to truly listen to those we care for in his talk about "story catchers". Friday evening's events ended with a cedar paddle carving workshop.

The events began early again the next morning with a 7 a.m. wellness walk sponsored by the Choctaw Nation. Over 25 people participated in the walk and were rewarded with pedometers and a healthy start to the day. Saturday's events started with a talk about how to communicate with your doctor by Dr. Jim Lechner, Oncologist with Western Washington Oncology. Many cancer survivors and caregivers in the audience actively asked Dr. Lechner questions on how to work more effectively with their medical providers. It resulted as a learning time for both speaker and audience.

The conference expanded mid-morning to include a "healing room" and a "craft/expo hall". The healing room included an area of sound therapy with Judy Bernard. Judy held 30 minute group healing sessions using the sound and vibration of ancient gongs to help the participants slow their minds and focus on healing. The "healing room" also included a chiropractor, massage therapist and body therapist. This room was filled for the entire remaining conference with participants waiting for their turn with the healers. The craft room/expo hall included a portrait studio and information form area cancer and wellness resources. The crafts included making medicine bags and Colon Health Program medallion beaded necklaces. Over 100 people circulated through this room, getting a portrait, information and joining in on the crafts and companionship.

Late morning speakers included Winter Stong (Skokomish) and Tricia Sinek, RD on the importance of eating healthy to prevent cancer and for healthy living during and after cancer treatment. Winter and Tricia focused on the nutrition and healing powers of traditional foods and whole foods grown in the earth. Tricia gave a clear description of the importance of eating vegetables

with rich coloring, such as spinach and sweet potatoes, to help our bodies prevent disease.

Afternoon speakers included Jim Kiefert and Rita Andrews (Skokomish) addressing the emotional journeys those with cancer and their caregivers go through during diagnosis, treatment and many years later. The final speaker was Laura Revels (Tlingit) from Native People for Cancer Control. She shared several "digital stories" created by SPIPA tribal and community members and talked about how each of us could create our own digital story of our journeys with cancer or other topics that are significant in our lives.

The conference ended at 3 p.m. with an honoring of all cancer survivors. Throughout the conference the need to support those going through the journey of cancer is never ending. It is also important to recognize those family members and loved ones who walk the cancer journey with us. The Comprehensive Cancer Control Program will continue to support the annual SPIPA Cancer Survivor's and Caregiver's conference as well as assistance with gas/food for those going through treatment and support of tribal cancer support groups.

2011 SPIPA Native Men's Wellness Conference

March 25 and 26, 2011
Little Creek Resort

There were 70 participants registered for the conference, which was held at Little Creek Resort. Each of the sessions were very well attended and the men participated in each of the men's wellness issues sessions scheduled throughout the conference.

The first evening started with the registration and the opening ceremony and blessing by Rose Davis (Squaxin), with the dinner following. There was a karate demonstration and a cedar paddle carving session.

The next day started with a blessing by Dan Gleason, (Chehalis) followed by breakfast. Breakout sessions included information and presentations on Prostate Cancer and what men need to know about screening and treatment by Dr. Salazar from the University of Washington. This session was for men only and had audience participation for over an hour and a half. Jesse Youckton (Chehalis) from Thurston County Together! presented on Tobacco Harm: 1st, 2nd and 3rd hand smoke. Jesse's talk is always a crowd pleaser. The Colon Health Program presented information in the early afternoon on colon health and early detection of colon cancer.

An Expo Hall was open during the conference that included a Do it Yourself Presentation on home repair, Tobacco Harm, family portrait studio and information on



Summer Rec Youth Learn Diabetes Prevention

other Native Men's Wellness Issues. A designated craft area/beading workshop in the expo hall provided activities for the women attending this year's event.

All participants were gifted a gray zip-front sweat-shirt with the Native Men's Wellness logo 2011 on the front. In addition, all men were gifted a "Native Men's Wellness Manual" designed by the SPIPA CCCP. This manual mirrored the topics covered during the two-day conference.

Throughout the day, there were talking tables with topics such as living with cancer, recording your family health history, Native JourneyMan book and paddle carving. Also available was a men's spa time with a chair massage, facials and reflexology. The Men's Spa was a huge success, serving over 50% of all participants.

The day ended with an honoring and acknowledgement of the work and commitment provided to the Comprehensive Cancer Control Program by John Simmons (Nisqually). John provided leadership to the CCCP since the program began in 2003 as the Program Coordinator. The Native Men's Wellness Conference was the final event that John participated in prior to retiring from SPIPA and starting a new job as the Nisqually Social Services Manager.

Patty Suskin, Diabetes Coordinator for the Squaxin Island Tribe met with the 7 to 12 year olds. We stopped & started a video: "Diabetes, Don't Your Get It" made by the Choctaw Nation & discussed the information.

Here are some of the Diabetes Facts your child may have learned:

1. Many people who have diabetes do not know it yet. All people should be screened by a finger poke to see if they have diabetes.
2. About 90% of people with Diabetes have type 2 Diabetes. About 10% of people have type 1.
3. Pre-diabetes is an opportunity to take good care of yourself so you do not get diabetes.
4. You can help prevent diabetes by eating healthy and exercising daily.
5. Glucose is another word for sugar.
6. Insulin is a hormone made in the pancreas (one of our body organs)
7. Insulin is needed for our bodies to turn food into energy.
8. People with Diabetes either do not make insulin or the insulin is not working right, and sugar (glucose) can build up in the body.
9. Once we know a person has diabetes, we can treat it & avoid complications.
10. Many people can control their diabetes & live a long, healthy life.

Many of the youth were able to state what they can do differently to prevent diabetes. Answers included: Eat more "Everyday foods" (vegetables & fruits (nature's sweets), Eat less "Sometimes foods" (chips, cookies, doughnuts, chocolate, candy, & drink less soda and other treats that do not provide our bodies with nutrition). Watching less TV, less computer games & being more active were other ideas.

Youth need at least one hour of physical activity a day. Limit "screen time" to no more than two hours a day. "Screen time" is TV, computer, or video time. Instead, pick a family activity to move such as enjoying our pool, walking, or you choose.

In addition, the 5- & 6-year-olds heard the stories about Rain that Dances, a young Indian boy & his friends who learned from the Eagle about diabetes & how to prevent it. These 4 books on Diabetes Prevention were produced by Indian Health Services (IHS).



North Point Trail, Park opens in time for summer enjoyment

-Submitted by Patty Suskin, Diabetes Coordinator
From THE OLYMPIAN

The Port of Olympia has opened a final section of waterfront trail at NorthPoint, complete with picnic tables and benches so visitors can walk and take in views of Budd Inlet. Now that the final section is complete, the entire trail, which the port calls the Promenade, measures 1.2 miles and begins at East Bay and Marine drives.

From there, the trail curls around East Bay, passes the port's boatworks operations, runs along Swantown Marina and ends at NorthPoint, just past the boat launch by KGY Radio tower. The final section of the trail, which opened last week, added 375 linear feet

Note: Swantown Marina is where the Canoes will land for 2012 Canoe Journey.

Thanks to a complex cleanup and restoration effort funded by port taxpayers, the state Department of Ecology and the McFarland Cascade Pole Co., the waterfront is once again accessible to the public,

To get there: Take Plum Street (turns into East Bay Drive) off I-5 & cross State Street. You can park just after State Street at the corner of Olympia Street & East Bay Drive, or take a left on Olympia Street toward the Olympia Farmer's Market. For more info, call Olympia Parks & Rec at 360-753-8380.

Tribal Diabetes Coordinators Meet

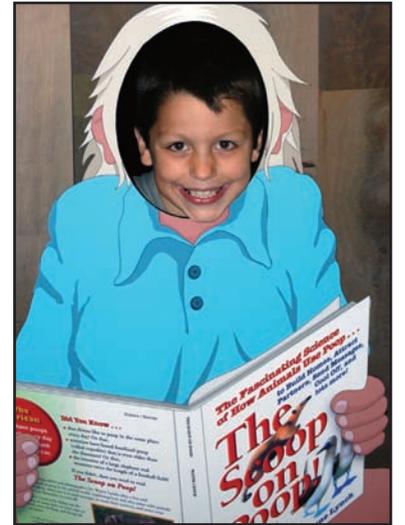


Tribal Diabetes Coordinators met at Chehalis Wellness Center on Monday, July 18th.

Left to Right: Pat Odiorne, Chehalis; Patty Suskin, Squaxin Island; Maggie Miller, Cowlitz; Candace Grugin-ski, Shoalwater Bay. We hope other local tribes will be able to join us at our next meeting this fall. Meetings are helpful to all as we share challenges & successes to best serve the people with Diabetes in our communities.



THE LEARNING CENTER





HEALTH CLINIC



Attention Squaxin Island Tribal Members

Adult Flu Vaccine is now Available

Call the Clinic for an appointment at 427-9006

Diabetes Support & Education
Everyone is welcome—those with Diabetes or not. Come for a few minutes or the whole time

Monday, Sept 19th, 2011
Right after Elder's lunch at Elder's Building 12:45 to 2 pm

Bring your Questions for Guest Speaker: Leslie Maniccia, ARNP

You can Take Charge of your Diabetes & Live a Long, Healthy Life

Questions? Contact Patty Suskin, Diabetes Coordinator at (360)432-3929



Tuesday, Sept 13th is WIC DAY at SPIPA

Upcoming events

Brief Community Walk

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

Free Diabetes Screening

at Health Promotions
Tuesday through Friday
Contact Melissa Grant for details

Want a garden in your yard?

Are you low income?
Contact Juana Perry @ 432-3863
to get on the waiting list to have a garden placed in your yard – for FREE.

Free Pilates classes

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

Smart Shopping/ Food Label Reading Workshops

Contact Patty to schedule a family & friends session

Health Promotions Programs

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

Our Nationally Recognized Lifestyle Balance Program

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

Mammogram Clinic

September 14th 9 a.m. to 3 p.m.
@ the Health Clinic
Contact Elizabeth Heredia at 432-3930

Community Health Walk

Thursday, September 15th
Meet at Elder's Building at 12:40 for a 20 minute walk around the REZ

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

September menu

Thursday 1: Tuna Noodle Casserole

Monday 5: Closed for Labor Day

Wednesday 7: Lasagna

Thursday 8: Chalupas

Monday 12: Fish and Chips

Wednesday 14: Pork Roast

Thursday 15: Porcupine Meat Balls

Monday 19: Shrimp Boats

Wednesday 21: Chicken Alfredo

Thursday 22: Stir Fried Beef

Monday 26: Turkey and Dumplings

Wednesday 28: Beef Chow Mein

Thursday 29: Corned Beef

Need food? Check these out..

WIC @ SPIPA

Provides healthy foods and nutrition information for you and your child up to age 5
Please bring: your child, medical coupons or paystub & identification
Tuesday, September 13th
9:00 - 4:00
Contact Debbie Gardipee-Reyes: 462-3227
Dates subject to change

USDA FOODS AT SPIPA

Contact Shirley or Bonita at 438-4216 or 438-4235
Monday, September 12th
10:00 a.m. - Noon
Applications available at Housing, Food Bank, NR and TANF

FOOD BANK

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

3rd Annual Diabetes Awareness Walk FUN IN THE SUN

Join us and show your support for your local Diabetes Prevention Program.



September 17, 2011 2-6 pm

Registration 1:30-2:30 Walk 2:30-3:30
Games/Crafts 3:30-5:00
Dinner and Speaker 5:00-6:00

Where: Shoalwater Bay Gym

If you have any questions, comments or need directions please call your local Diabetes Prevention office at:

Chehalis- 360-709-1744
Shoalwater Bay-360-267-8206
Skokomish-360-426-5755 ext 206
Squaxin-360-432-3926

Please remember to wear comfortable apparel, we will be out on the beach and playing lots of outdoor games. Also do not





Happy Birthday

Vanessa Tom 01
 Kui Tahkeal Jr. 01
 Alexander Solano 01
 Patrick Whitener 01
 Jeramiah Longshore 01
 Jason West 02
 Kezia Wentworth 03
 Austin Peters 03
 Malachi Hartwell-Kinison 03
 Rose Krise 03
 Kathrine Neilsen 04
 Latoya Johns 05
 Mckenzie Brearley-Lorentz 05
 Elijah Krise 06
 James Youngs 06
 Joshua Coble 07
 Wayne Lewis 07
 Talon Peterson 07
 Danielle Leas 07
 Charles Scheibel 08
 William Weythman 08
 Justine Mowitch 08
 Barry Hagmann 08
 William Hagmann 08
 Dustin Valderas 08

Levi Connally 09
 Alessii Vigil 09
 Lewis Napoleon 09
 Joseph Stewart-Kinchler 09
 Stuart Mowitch 10
 Jasmine Nelson 10
 Roger Peters 10
 Debra Mattson 10
 Madeena Rivera 11
 Austin Brearley-Lorentz 12
 Kaitlyn Brandt 13
 Robert Farron 13
 Anthony Ramirez III 13
 Florence Sigo 15
 Kristen Davis 15
 Jonathan Harrell 15
 Jamie Lewis 16
 Carmen Algea 17
 Cassie Colbert 17
 Markie Smith 17
 Kenedee Peters 17
 Tiana Henry 18
 Tia Jordan 18
 Stephen West 18

Willow Henry 18
 Sophia Pinon 19
 Raiatea Villanueva 19
 Frances Starr 19
 Francis Bloomfield 19
 Calvin Farr 19
 Kayla Johnson 20
 Terry Brownfield 20
 Jada Krise 21
 Desmond Smith 21
 Gregory Koenig 21
 Melody Moliga 21
 Esther Fox 21
 Kassidy Burrow 21
 Kiona Krise 22
 Michael Peters 22
 Gloria Hill 22
 Kim Cowing 22
 Angel Sen 23
 Chris Clementson 23
 Amanda Peters-Pierce 23
 Peter Kruger, Jr. 23
 Mykah Masoner 23
 Donald Whitener 24
 Linda Lake 24
 Joan Koenig 25
 Ronald Fletcher 26
 David Seymour 26
 Harry Fletcher 26
 Susan McKenzie 26
 Dawne Elam 27
 David Lopeman 27
 Donald Smith 29
 Kim Kenyon 30
 Isaiah Schlottmann 30

What's Happening						
				1	2	3
				AA Meeting 7:30	<i>Johns Creek Court Hearing</i>	
4	5	6	7	8	9	10
		Drum Group 6:00 p.m.	<i>Police Car Auction</i> Family Court	Council Mtg. AA Meeting 7:30		
11	12	13	14	15	16	17
		Criminal/Civil Court Drum Group 6:00 p.m.		AA Meeting 7:30	<i>Salish Cliffs Grand Opening</i>	<i>Salish Cliffs Grand Opening</i>
18	19	20	21	22	23	24
<i>Salish Cliffs Grand Opening</i>		Drum Group 6:00 p.m.		Council Mtg. AA Meeting 7:30		
25	26	27	28	29	30	
		Criminal/Civil Court Drum Group 6:00 p.m.		AA Meeting 7:30		





09-11-01

Just Before Autumn
An average day
Destruction struck hard
In our own USA

People all over
Could not believe
This evil calamity
This filthy deed

People are hurting
Hearts broken you see
Pointless death & destruction
Of their loved ones indeed

The damage is huge
We were helpless this day
The victims remembered
Forever changing our ways

What happens next?
Does everyone care?
It might be your relative
Death is not rare

This is a lesson
Always look twice
Appreciate the NOW
You don't know the price

History unfolds
Important to all
Our world is not safe
We can still take a fall

The Earth is our Mother
She needs more respect
No more death & destruction
No more negative effects

The people & families
That have suffered this year
Must be aware of
We're sharing your tears

By
Joanne F. Decicio
Written in 2002

Squaxin Island Canoe Family

It was a great honor to paddle with you during the 2011 Swinomish paddle. I really believe that it was a really good healing and learning experience. It was an honor to be accepted into your canoe family. I am looking forward to next year's paddle to Squaxin Island.

Thank You,

Drue Nations
6915 Central Park Drive
Aberdeen, WA 98520



Police Car Auction



**We will be Auctioning
4 Police Vehicles
Bring Your Money and Come
Ready to Bid on a Car!
Squaxin Island
Police Department Parking Lot
September 7, 2011
at 4:30 PM**

Happy "62" Anniversary



August 12, 1949

George and Marge Witcraft had a nice surprise when they arrived at their home RV park in Elma. The office had planned a "62" anniversary party for them complete with a cake, roses, ice cream and anniversary balloons.

Tribal Voices

Currently Seeking Submissions of
Poetry, Prose and Short Stories

Gathering voices of the Peninsula Tribes for an anthology to be published by Fall of 2012.
Beginning writers, Intermediate writers, Accomplished writers. All voices are important!
Don't have anything to submit but have always wanted to write? Join the Indian Writers Workshops at the Elwha Heritage Center! Each month published authors Alice Derry and Kate Reavey lead the group, with Suzie Bennett hosting.
For more information on how to join the workshops, or to submit your writing, please email TribalVoices@mail.com



**SKOOKUM CREEK
TOBACCO
FACTORY OUTLET
FACTORY OUTLET STORE**

\$5.00

Tribal Discount

**On each carton purchased.
Complete, Premis, Traditions,
Island Blendz**

**EVERY CARTON
EVERY DAY!**

Store Hours: M-F 9:00 AM – 3:00 PM
Closed: 11:30 – 12:00 (Lunch)



CONCERTS AT LITTLE CREEK



WAR

September 10th at 8pm

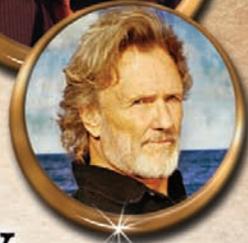
Tickets \$35/\$25/\$20

MERLE HAGGARD

& Kris Kristofferson

September 24th at 7pm

Tickets \$50/\$40/\$30



LITTLE CREEK
CASINO • RESORTSM

For tickets visit the box office or purchase online at
www.little-creek.com or call 360-432-7300

Must be 21 or older. For Skyboxes call 360-432-7300

Over \$20,000 in Cash and Prizes!

BINGO

Friday, September 16th at 6:30pm

Saturday, September 17th

at 2:30pm & 6:30pm

WEAR TIE-DYE

Receive a free level 1 with buy-in

2:30pm Session Blackout prize • \$599

6:30pm Session Blackout prize • \$1,199

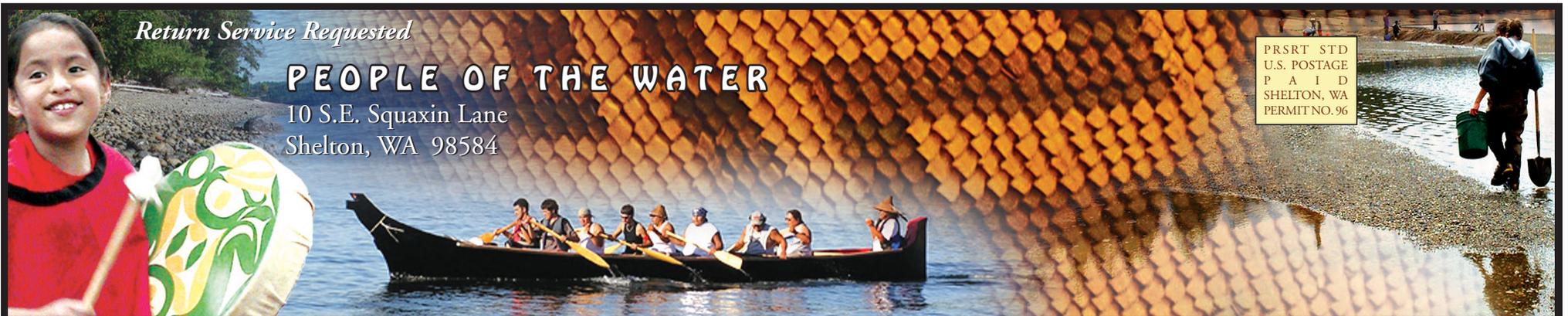
Early Bird Specials • 6:30pm Sessions

\$69 Hotel Stay for Bingo participants*

LITTLE CREEK
CASINO • RESORTSM

www.little-creek.com

*Must show buy-in receipt. Restrictions apply. Must be 18 or over to play.



Return Service Requested

PEOPLE OF THE WATER

10 S.E. Squaxin Lane
Shelton, WA 98584

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