



## Summer is Celebrated With Cultural Festivities



The 2008 Canoe Journey to Quw'utsun, First Salmon Ceremony and SalmonFest were just some of the ways tribal members celebrated summer and expressed their hopes and prayers for a successful fishing season this fall.



In addition to hundreds of pounds of alder-smoked salmon, the Tribe served other traditional delicacies, including clams and frybread. Will Henderson, Daniel Kuntz and Joe Peters caught the first salmon whose spirit was released during the sacred ceremony. Everyone was invited to partake of it in good spirit. According to ancient tradition, if the

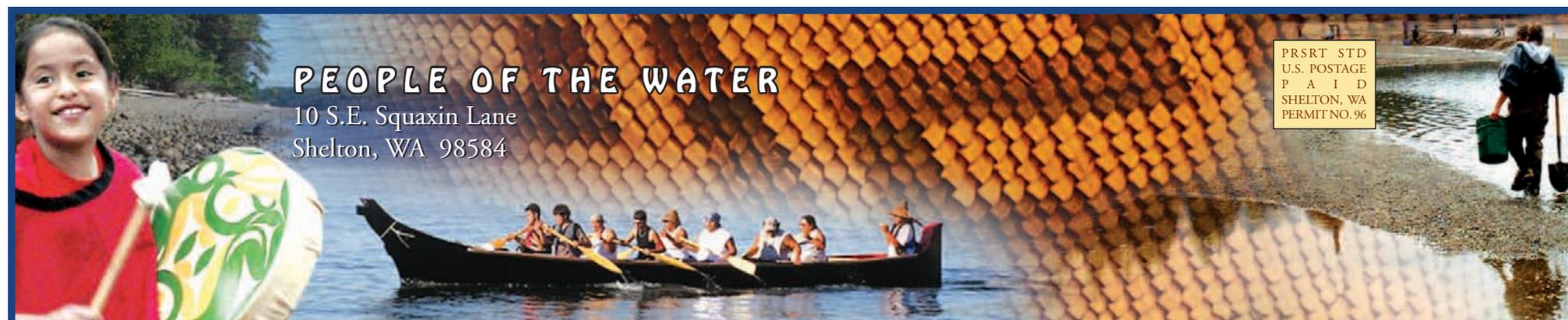
The annual Canoe Journey took place from July 15th (hosting at Squaxin Island Tribal Center) through the first week of August. Potlatching went on day and night during that week as a record number of canoes celebrated reaching



their final destination in Quw'utsun, B.C. For the full story and pictures, see pages 22-27. Salmon have returned to the waters of South Puget Sound and the Tribe invited the public to help celebrate their arrival at the First Salmon Ceremony held August 1st. The event was free and open to the



SalmonFest was held at Little Creek Casino Resort Events Center August 16. The event included drumming and singing, a performance by Fantasia Twirling Corps, numerous arts and crafts booths, and of course, the traditional salmon feast.



**PEOPLE OF THE WATER**  
10 S.E. Squaxin Lane  
Shelton, WA 98584

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



## Reserve Officers Needed

Kris Peters - The Squaxin Island Department of Public Safety and Justice is currently accepting applications for Reserve Police Officers. This is an unpaid position within the police department where you will receive training and experience as a police officer.

Upon acceptance into the program you will be required to complete a Reserve Police Academy and work at least 16 hours a month on patrol.

All applicants must be at least 21 years of age, have a current WA driver's license, have a high school diploma or GED, lawfully be able to carry a firearm, and have no felony or domestic violence convictions. All applicants must pass a polygraph and psychological exam.

Turn in applications to Sgt. Peters at the Squaxin Island Police Department. If you have any questions about the requirements of this position, the reserve academy, or anything about the Squaxin Island Department of Public Safety and Justice, please call 360-432-3832 or email [kpeters@squaxin.nsn.us](mailto:kpeters@squaxin.nsn.us)

## Tribal News

10 S.E. Squaxin Lane  
Shelton, WA 98584

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[www.squaxinland.org](http://www.squaxinland.org)



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

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

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

Submissions Deadline:  
15th of each month

### SQUAXIN ISLAND TRIBAL COUNCIL:

DAVE LOPEMAN: Chairman  
ARNOLD COOPER: Vice Chairman  
VINCE HENRY: Secretary  
RUSSELL HARPER: Treasurer  
MISTI SAENZ-GARCIA: 1st Council Member  
MARCELLA CASTRO: 2nd Council Member  
CHARLENE KRISE: 3rd Council Member

Klah-Che-Min Staff:

THERESA M. HENDERSON: EXT. #3945  
[thenderson@squaxin.nsn.us](mailto:thenderson@squaxin.nsn.us)

**OVER \$25,000 IN CASH AND PRIZES WILL GO!**  
**BINGO AT THE CREEK**  
WIN BIG AT OUR QUARTERLY BINGO!

**Friday, September 5 at 6:30**  
Doors open at 3pm  
Regular games pay up to \$750  
Blackout grand prize pays \$1,199

**Saturday, September 6 at 12:30 & 3:30**  
Doors open at 10am • Warm-ups available  
Regular games pay up to \$250  
Special Game grand prize pays \$599

**Saturday, September 6 at 6:30**  
Regular games pay up to \$750  
Blackout grand prize pays \$3,000

**Early bird specials Friday & Saturday's 6:30 sessions**  
Located in the Skookum Creek Event Center

**LITTLE CREEK CASINO • RESORT**  
IMMERSE YOURSELF AT THE CREEK  
Must be 18 or over • [www.little-creek.com](http://www.little-creek.com) • 360-427-7711

**\$69 Room Rate**  
Valid only for Bingo Participants  
Must be a MVP Club Member

FREE 2756  
FREE 2757

## Northwest Native American Basketweavers Gathering

Quinault Indian Nation Hosts, October 3, 4, 5  
Quinault Beach Resort & Casino

The NW Native American Basketweavers Association (NNABA) and the Quinault Indian Nation invite you to come to our 14th annual gathering in October. The purpose of this event is to allow true beginners and emerging Native American Weavers of all ages to come together to learn from 35 Master Weavers. Come learn techniques. Friday is reserved for members. All are welcome on Saturday. A public forum will be held with demonstrations and panel discussions by the Master Weavers. On Sunday, NNABA will conduct their general business meeting and board of directors elections.

For room reservations, call the Quinault Beach Resort and Casino at 888-461-2214.

Overflow rooms are available in Ocean Shores: Ramada Hotel and Resort 866-671-7700, Best Western Lighthouse Suites Inn 800-757-7873 and Shiloh Inn Suites Hotel 800-222-2244.

Registration forms can be downloaded from our website: [nnaba.org](http://nnaba.org).

For more information, contact Laura Wong-Whitebear at 206-962-7248 or Lani Chubb at 360-276-8215.





**AA Meetings**  
**Every Thursday**  
**7:30 p.m.**  
**Senior Room**

## New Employee



Hi, my name is Rene' Klusman and I am the newest member of the Squaxin Island Police Department. I have been a Reserve Officer with Squaxin Island for four years and I am excited and looking forward to serving the Tribe and the community for many more.

Pete and Lil Kruger are my parents. I have a sister, Terri, and two nephews, Chase and Blake, as well as three step-brothers, Tully Kruger, Mike Kruger and Pete Kruger, Jr. I also have a step-sister, Kathi Kruger Neilson. I have two wonderful children, Tracey and Skyler.

A few of my favorite activities are hiking, rappelling, photography and spending time with my children and nephews. They are truly the center of my life.

Thank you for your time and allowing me to introduce and share a bit of myself. I look forward to meeting and getting to know each of you.

## Tribal Council Resolutions

**08-80:** Agrees to the purchase and sale of the property belonging to the Robert E. Rawson estate

**08-81:** Authorizes the purchase of undivided interest on allotment 121-3

**08-82:** Authorizes the purchase of undivided interest on allotment 121-18-A

**08-83:** Agrees to enter into contract with Frank's Landing Indian Community to implement a medical assistance program

**08-84:** Requests the Tribe to enter into a cost reimbursable contract with the U.S. Dept. of Interior, BIA, for reservation-wide safety/minor construction improvements, including preliminary engineering, right-of-way, environmental and cultural documentation, construction, engineering, inspection, testing and project management around Squaxin Lane

**08-85:** Requests the Tribe to enter into a cost reimbursable contract with the U.S. Dept. of Interior, BIA, for the BIA Indian Reservation Roads 2% Planning Program

**08-86:** Requests the Tribe to enter into a cost reimbursable contract with the U.S. Dept. of Interior, BIA, for Klah-Che-Min Drive for improvements, including construction, engineering, inspection, testing and project management

**08-87:** Adopts amendments to the Law and Order Code pertaining to protection of ponds and fountains in public areas

**08-88:** Authorizes SPIPA to prepare, submit, negotiate, execute and administer a grant proposal with the Office of Community Services Block grant for its allotment of up to \$25,000

**08-89:** Supports the submittal of a grant proposal for up to \$150,000 for capital and operations support to enhance Squaxin Transit Services

## Congratulations Addie Peters and South Sound Football Club Girls U11!

Addie's (center holding the trophy) team took 1st place in two tournaments this summer:

Kick in the Grass – Olympia and South Mason Kickoff.

Way to Go Girls!!!! Thanks to the SIT 1% Committee for their donation to the team.



## Native Business: Value of Stock

Jim Stanley - Stock value moves up and down for a host of reasons including investor perceptions and market conditions. The media and other public sources of information affect the market by invoking good or bad feelings. This in turn can cause the masses to act at once. The purchase of stock itself influences the outcome of its price. If a lot of investors buy ABC stock, ABC's price will go up. The demand itself will make the price go up. The opposite is also true. If investors sell XYZ stock it will fall in value. What we have seen recently and in past market declines is the more the market falls the more investors will sell, dragging the price down further with each sale until the price of stock reaches a point where investors feel it is a good value to buy and hold.

Some stocks are cyclical and influenced by market conditions. Their shares are highly dependent on the state of the economy. When things slow down their earnings will fall and so will the stock price. When the economy picks up their earnings and stock price will too. Typical examples of businesses that have cyclical stock are hotels and airlines. People are likely to cut back on travel when the economy is slow. In contrast to cyclical businesses are companies that provide necessary services such as food. Even in a down time people need to eat. These companies will generate consistent profits and compare well in down times to cyclical businesses.

Jim Stanley is a professional private banker located in Bellevue, WA helping protect, preserve, and grow wealth for high net worth clients. He is a member of the Quinault Indian Nation and can be reached at [sovereign.developments@gmail.com](mailto:sovereign.developments@gmail.com) for your comments or suggestion for future articles.

## SOCCER



### Congratulations Bugga

(Miguel Saenz-Garcia), on Winning the District 7 Championships this Month at Mason County Kick-off





# COMMUNITY



Vanessa Algea  
Alexander Solano  
Patrick Whitener  
Jason West  
Jennifer Brown  
Rose Krise  
Riley Lewis  
Austin Ray Peters  
Kezia Reeves  
Katherine Neilsen  
McKenzie Brearley-Lorentz  
Latoya Johns  
Elijah Krise  
Andrew LaFlame  
Joshua Coble  
Wayne Lewis  
Barry Hagmann  
William Hagmann  
Justine Mowitch  
Charles Scheibel  
Dustin Valderas  
Levi Connally  
Lewis Napoleon  
Barbara Schuffenhauer  
Joseph Stewert  
Alexsii Vigil

9/1 **Happy Birthday**  
9/1  
9/1 Roger Peters  
9/2 Debra Leone Mattson  
9/3 Stuart Mowich  
9/3 Jasmine Nelson  
9/3 Madeena Rivera  
9/3 Austin K. Brearley-Lorentz  
9/3 Kaitlyn Brandt  
9/4 Robert Farron  
9/5 Kristen Davis  
9/5 Jonathan Harrell  
9/6 Florence Sigo  
9/6 Carmen Algea  
9/7 Markie Smith  
9/7 Kenedee Peters  
9/8 Willow Henry  
9/8 Stephen West  
9/8 Tiana Henry  
9/8 Francis Bloomfield  
9/8 Calvin Farr  
9/9 Sophia Lynn Pinon  
9/9 Terry Brownfield  
9/9 Cassidy Burrow  
9/9 Esther Fox  
9/9 Greg Koenig

9/10 Jada Krise  
9/10 Desmond Smith  
9/10 Jada Krise  
9/10 Kiona Krise  
9/10 Michael Peters  
9/10 Gloria Hill  
9/11 Angel Coley  
9/12 Pete Kruger, Jr.  
9/13 Christopher Clementson  
9/13 Mykah Jayson Masoner  
9/15 Amanda Peters  
9/15 Linda Evans  
9/15 Donald Whitener  
9/17 Joan Koenig  
9/17 Harry Fletcher  
9/17 Ronald Fletcher  
9/18 Vernon Kenyon  
9/18 Susan McKenzie  
9/18 Susan Peters  
9/19 David Seymour  
9/19 David Lopeman  
9/19 Dawne Elam  
9/20 Donald Smith Jr.  
9/21 Kimble Kenyon  
9/21 Isaiah Schlottmann

9/21 **Language Center**  
9/21  
9/21 This is an exciting time in the Squaxin Island x̣ẉəḷṣuc̣id Language Center. In 2012 the Squaxin Island Tribe will host the Canoe Journey. That is less than four years from now! One goal of the community is to have fluent speakers of the x̣ẉəḷṣuc̣id Puget Salish language by that time. A number of tribal members expressed an interest in working to become fluent speakers and have signed statements of commitment as well as employment contracts to learn the language.

Open to all community members are the CD-ROM x̣ẉəḷṣuc̣id language lessons in the Tu' Ha Buts Learning Center Computer Lab. There are 21 lessons distributed on three computers. This is FREE to use! The lessons are fun and interactive. Please check with the Learning Center for computer lab hours at 432-3876.

During the summer, Barbara Whitener worked with the *Stepping Stones* youth each week. They learned simple greetings, counting and songs. Thank you all for participating extremely well. Language sessions at the Day Care Center continue in the Kindergarten room. Parents who want to support their children's learning at home can become involved....please contact Barbara to learn how.

Remember, if you want to become involved in the x̣ẉəḷṣuc̣id language revival efforts here in the Squaxin Island community, please contact Barbara at 432-3897 (Language Center), 490-2720 (cell) or 426-0041 (home) to schedule tutoring sessions or receive sound and printed files by email. The Language Center is located in the former Law Enforcement area downstairs in the gym building.

**Happy Birthday Cuz G  
Love, Terri and Family**

**Happy Belated 40th Birthday  
Brother Roy  
From Your Family Here  
at Squaxin Island Tribe**

What's Happening						
	1	2	3	4	5	6
			Family Court	AA Meeting 7:30		
7	8	9	10	11 Council Mtg.	12	13
Squaxin Indian Bible Church 11:00 a.m.		Criminal/Civil Court		AA Meeting 7:30		
14	15	16	17	18	19	20
Squaxin Indian Bible Church 11:00 a.m.				AA Meeting 7:30		
21	22	23	24	25 Council Mtg.	26	27
Squaxin Indian Bible Church 11:00 a.m.		Criminal/Civil Court		AA Meeting 7:30		
28	29	30	<b>Happy Birthday Uncle David From the Seymour Family</b>			
Squaxin Indian Bible Church 11:00 a.m.						



# SUMMER YOUTH EMPLOYMENT



## Summer Rec



**Alan Cooper**

Hi, my name is Alan Cooper. Pretty sure you guys know already. Well, this is my first year working with the kids and it is pretty fun. Well, there's me. Hoyt!



**Erica Lucero**

Hello, my name is Erica Lucero. This is my first year working at Summer Rec. So far, its been a great experience working with the kids and a really fun staff. And I really can't wait to do it next year!



**Brittany McFarlane**

Hey there. My name is Brittany Faye McFarlane. I am currently working at the Summer Rec Program. This is my second year working at Summer Rec. Well, hope you guys and gals have a great summer. Hope to see you at the gym.



**Luke Moses**

Hi, my name is Luke Moses. I am sixteen years old and I work at Summer Rec as an Assistant. My hobbies are video games and hanging out with my family. I like to work here. This is my first year working here.

## Summer Rec



**Michael West**

Whats up? My name is Michael West. I've had a summer job for three years now and two consecutive at Summer Rec and looking for more. I have the best job working with the coolest guy, Bill Kallappa. He teaches me almost everything I need to know. I love my job and I look forward to it being my career.



**Adam Mowich**

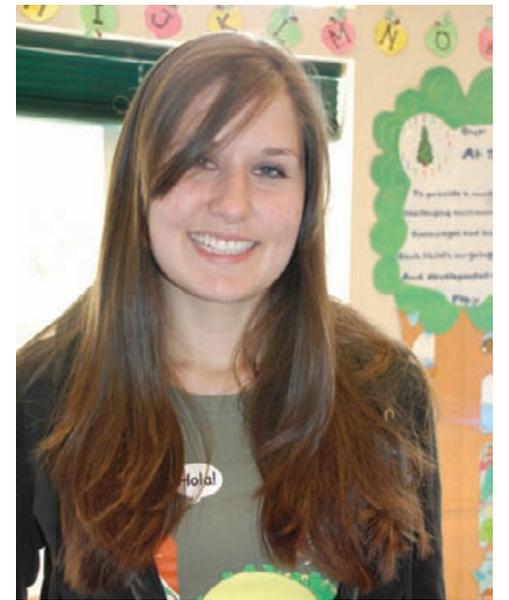
Hello, my name is Adam Mowich. I'm 17 and live in Skok. I'm working with Squaxin Island for my third year now as a Summer Rec Aid. Outta all the places I worked out here, I really enjoyed working at Summer Rec the most. I loved working with the kids. I had a great summer working with the Tribe this year.

## Child Development Center



**Tasha Hillstrom**

Hi, my name is Tasha Hillstrom. This is my 4th summer working for the Day Care Center. After the program, I will be seeking a job in Olympia and moving there. Also, I will be attending SPSCC in the fall.



**Leila Whitener**

Hi, my name is Leila Whitener. This is my second summer working at the Day Care Center and I really like it here. I will be a senior at Shelton High School for this upcoming year.

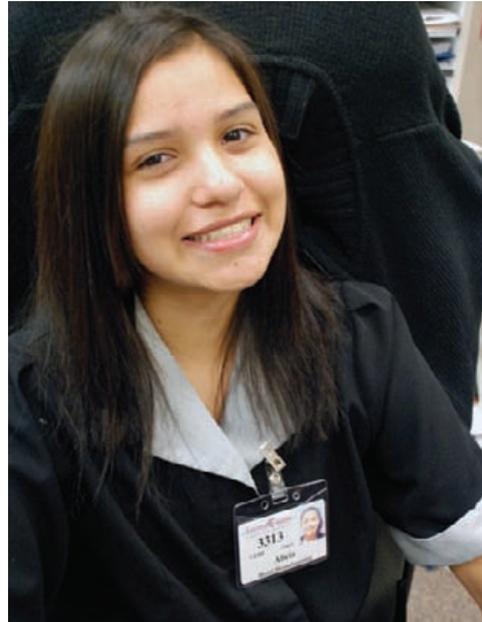


# SUMMER YOUTH EMPLOYMENT



## *Little Creek Casino Resort*

## *Museum*



### **Koreena Capoeman**

### **Alicia Obi**

### **Krystal Koenig**

### **Deanna Hawks**

Hi my name is Koreena Capoeman. I am 15 years old and my mother is Terri Capoeman. I've lived on the Reservation for some years now. This year I got to work at Little Creek Casino Resort as a Hotel Guest Services Rep. I answered phones ... (A LOT), made a few reservations and checked people in and out. It was fun. I'm going to miss working here. There were days when I didn't want to come in, but I did anyway. I took a week off to go to Cowichan for the Journey. It was fun - until it rained. Well, I can't wait until next year and see where I get to work!

Hola! I'm Alicia, if you do not know. But if you see me, I'll be the one knocking at your door saying "Housekeeping." Well, anyways, I work at the hotel, Little Creek. And, um, I like MySpace and love to text, so yeah, that's me.

Hey, my name is Krystal Koenig and I am 16 years old. My experience working down at the casino has been awesome. I met lots of new people and my boss is great. I helped out at HR and was kind of an assistant for lots of different people. LOL. It's been fun and that's all folks.

Hey, my name is Deanna Mary Hawks. I am the daughter of Beverly Hawks and Levi Connally. I've been working as a Summer Youth Worker for four years. I enjoy working. This year I am working at the Squaxin Island Museum. I felt the need to work here and get to know people that are interested in my life and culture. Its really good. I never thought I would be touched by the people who come and go. I met so many people, but never thought I would be touched by what people said or heard anyone say that they felt bad for what their ancestors did to us. . . but if you ever get the chance, you should visit the museum.

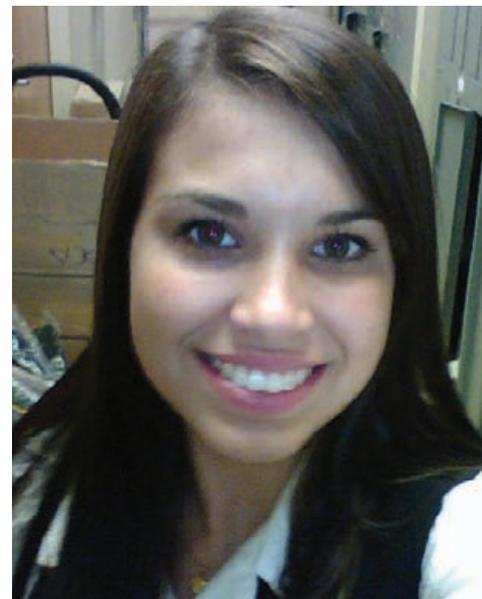


**Alicia is one cool young lady!**



### **Lachell Johns**

Hey, my name is Lachell Johns. I'm part of the Summer Youth Program. I have been working at Little Creek Casino Resort. The job has been a great experience, so I hope I do it again next summer. I'm thankful to do this Summer Youth Program. It is a fun thing to do.



### **Markie Smith**

Hi! I'm Markie Smith, and I work in Hotel and Guest Services. My job is to answer the phone and transfer calls. I learned a lot from this job. I enjoyed working at the casino for the Summer Youth Program and hope to do it next year.

**Work is fun when you get to hang out with your cuz!**





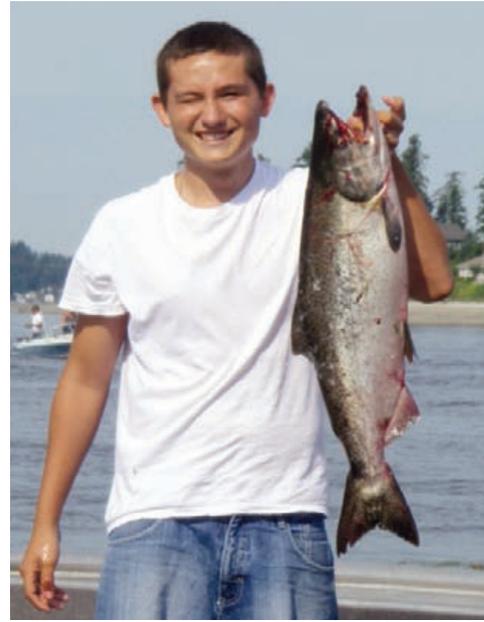
# SUMMER YOUTH EMPLOYMENT

*Department of Natural Resources*



**Beau Henry**

Hi, I'm Beau Henry and I work as a Fish Tech Trainee and I am liking this job so far. I hope to learn what I don't already know.



**Michael Henderson**

Hi! My name is Michael. I work at Natural Resources as a Fish Tech Trainee and I hope to learn how to set up fish pens. Its been a great job so far.



**Jefferey Blueback**

Hi, my name is Jefferey and I work at Natural Resources as a Fish tech Trainee. I want to learn how to set nets up.



**Miguel Saenz-Garcia**

Hi! My name is Miguel and people know me as Mugga. I'm happy to work here as a Fish Tech Trainee, and I hope to learn how to accomplish more things. I hope the rest of the summer program goes well. That's all ya'll. PEACE Y.O.!

*Tribal Center*

*Child Care Center*



**Tiffany Henderson**

Hi, my name is Tiffany Henderson and I worked at the Department of Natural Resources this summer. I enjoyed working with all of the people here and look forward to working here again in the future. I hope you all had a great summer!



**Willow Henry**

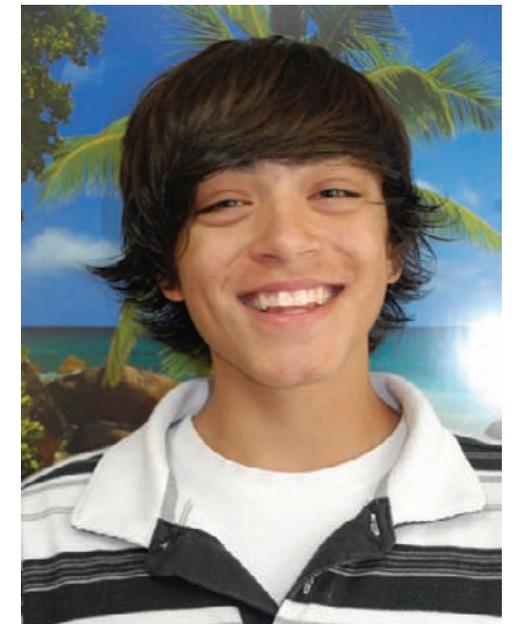
Hi, my name is Willow Henry. This summer I worked at the Child Care Center with the five-year-olds. This is my second year working. Last year, I worked with Patty Suskin in Health Promotions. I'm very happy to be helping out with the kids. I also do office work.



**Cassidy Gott**

Hello, my name is Cassidy Gott. I am 16 and will be turning 17 in January, 2009. I will be a Junior at Shelton High School. this is my second summer working at the front desk in the Executive Department. I enjoy reading, writing and photography. I hope to become a photojournalist and receive a Bachelors degree in Communications from the University of Washington. So one day you will be reading my column in the L.A. or N.Y. Times. au revior!

*DCD*



**Tyler Mireles**

Hi, I'm Tyler Mireles. This is my second year working for the Tribe. This year I really learned a lot about maintenance and waste water.



# SUMMER YOUTH EMPLOYMENT



## Legal

## Stepping Stones Program Participants



### Jaimie Cruz

Hello, my name is Jaimie Cruz. My grandmother is Evelyn Miller and my grandfather is Bud Miller. My mother is Lea Cruz. I have a dream to become an attorney for Squaxin Island Tribe. I enjoyed working for Legal and I learned a lot. I also hope to see you guys around the rez. Hoyt  
- Jaimie Cruz - Future Lawyer



### Josh Coble

Hi, I'm Josh Coble. I worked in the *Stepping Stones Program* in the summer of 2008. It was fun and clearing brush was fun. I broke trees and carried them. *Stepping Stones* is a great program and helpful to the community. Bye.



### Jessica Cruz

ᑭᑭᑭᑭ ᑭᑭ ᑭᑭᑭ My name is Jessica Cruz. I am 14 years old and I worked with the *Stepping Stones Program*. My mom is Lenora Cruz. Her parents are Buddy Miller and Evelyn Krise Miller. I enjoyed working this summer! Especially when we helped with the Canoe Journey dinner. I wish to do it next summer too! Hoyt!



### Elijah Krise

Hey, my name is Elijah Krise and I worked with the *Stepping Stones Program*. My parents are Casey and Jill Krise. I enjoyed arts and crafts.



### Justin Saenz-Garcia

Hi, my name is Justin. I worked for *Stepping Stones*.



### Clara Capoeman

Hi, my name is Clara Capoeman, and I am 14 years old. I enjoyed working with the *Stepping Stones Program* and being able to go on the Canoe Journey. I enjoyed it a lot.



### Holly Henry

Hi, my name is Holly Henry. I'm the daughter of Beverly Verna Henry. I work for the *Stepping Stones Program*. I enjoyed painting sheds, doing drums and cutting brush.



### Kassidy Whitener

Hello, my name is Kassidy Whitener. My parents are Melissa Whitener and Lenny Hawks III. I am 14 years old and I worked with the *Stepping Stones Program*. I loved painting the speed bumps and the bus shed seats. I also loved working with everyone.



# SUMMER YOUTH EMPLOYMENT



## Stepping Stones Program Participants



**Tasheena Sanchez**

Hello, my name is Tasheena Marie Sanchez. My parents are Levi Lee Sanchez III and Carmen Marie Algea. I worked with the *Stepping Stones Program*. It was kind of boring at first, but when we started working with the community, I started to like it more and more. The thing I liked most about the program was cutting the brush with my group (teamwork, teamwork, teamwork). It was hard work, but we did what we had to do (go team!).



**Douglas McFarlane**

Hi, my name is Douglas McFarlane. I worked with the *Stepping Stones Program*. I enjoyed the arts and crafts week. I hope to do it again next summer. Hoyt.



**Kira Coley**

Hi, my name is Kira Coley and I'm 14 years old. I worked for the *Stepping Stones Program* this summer. The thing I loved the most was having fun. My parents are Angel Sen and Richard Coley. I would like to thank my mom and step-dad, James Sen, for doing all the things to help me do the right things and not the wrong.



**Joshua Moses**

Hi, I am Joshua Moses. I am 14 years old. My parents are Gloria and John Krise. I like working with the *Stepping Stones Program*. The thing I liked most was painting the bus stops and going to the island and helping cut the brush in front of the gym. I will miss all the workers that worked with me, especially Cassidy.



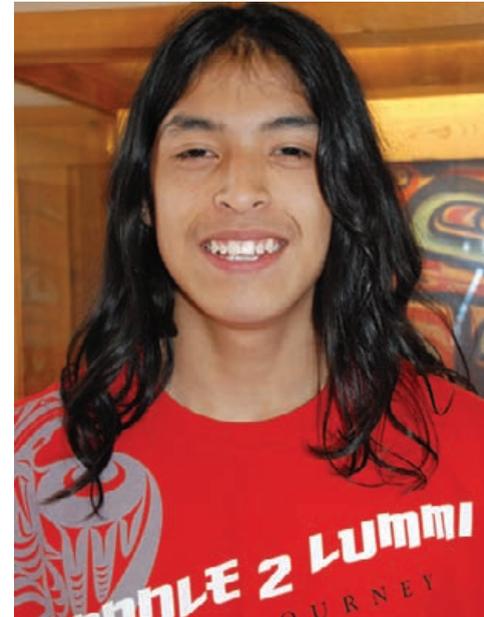
**Dustin Valderas**

Hello, my name is Dustin Valderas. I worked with the *Stepping Stones Program* this summer. Now its back to school.



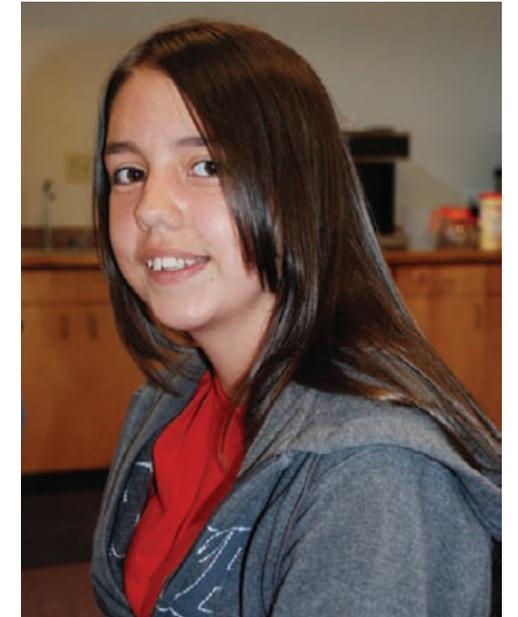
**Victoria Sanchez**

Hello, my name is Victoria Sanchez, but people call me Vickytoria. I worked with the *Stepping Stones Program* this year. My parents are Levi Sanchez and Carmen Algea. Vanessa Algea is my sister. In this program I enjoyed painting speed bumps and bus stops. I really did not like cutting brush . . . I'm just saying . . . Well, I'm going to go now. Hoyt!



**Mario Rivera**

Hi, my name is Mario and I am the son of Marcella Castro. I work for the *Stepping Stones Program* and I enjoyed cutting brush, painting sheds and making drums.



**Marisa Morken**

Hello, my name is Marisa Morken. I had a fun summer working with the *Stepping Stones Program*. I'll probably see you again next year.



# SUMMER YOUTH EMPLOYMENT



## Stepping Stones Mentors



### Beverly Hawks

Hello, Bev Hawks here. I have 7 beautiful children and my parents are:

Walter Mesplie - *Yakamal/Nez Perce*  
Evelyn Krise Miller - *Squaxin/Puyallup*  
Bud Miller - *Skokomish/Quinault*  
(step-dad)

I've enjoyed working with all the youth. Its been an adventure. It was all fun. Spending money for supplies was the best. Hoyt.



### Amber Salazar

Hey, as you know, I'm Amber Salazar, daughter of Mark Snyder and Bj Peters. I worked as a Mentor for the *Stepping Stones Program* for the summer. I enjoyed working with the youth. I have two beautiful daughters, Jazmyn and Alexia. I plan to pursue a career in cosmetology at Gene Juarez Academy of Beauty.



### Shannon Bruff

Hello, my name is Shannon Bruff. I am the daughter of Misty and Nancy Bloomfield. I have really enjoyed working with the youth in the *Stepping Stones Employment Training Program*. This group worked hard throughout the community to prepare for eventual employment. Each participant, including myself, has grown mentally, physically, socially and culturally. I am proud to say I participated in this pilot program.

### Christine Stymacks

Hey there, my name is Christine Stymacks-Semanko. Many of you know me as Shila Blueback's mom. I am truly honored to be a part of the *Stepping Stones Program* and to have the opportunity to work with the youth of the Squaxin Island community. I am proud to be a *Stepping Stone* for the future leaders of the Tribe. Thank you kindly!



### Donna Baker

Hi everybody! I had a fun summer working with the *Stepping Stones Program*. I hope you all had a great summer too!

## Stepping Stones 2008

Astrid Poste, *Stepping Stones Coordinator* - Human Resources and Squaxin TANF set out this year to develop a program which would provide Squaxin Island Tribal youth with foundational work skills through participation in community-based group projects. With the unwavering support of multiple departments within the Tribe, this pilot project was a great success. The *Stepping Stones Mentors* contributed immensely to our youth having a positive and challenging experience.

The greatest success of this program is the direct contributions which the participants of this program made to the Squaxin Island community. Throughout the course of six weeks, this team of youth developed a long list of accomplishments. Many worked on their painting skills on the speed bumps and bus sheds. This group also cleared out the area across from the Learning Center. With a little more work this is set to become an extension to the current park.

The structure of this program also allowed an opportunity for exposure to more culturally relevant on-the-job training. *Stepping Stones* youth assisted in the traditional preparation of salmon and clams for the Canoe Journey hosting dinner. During the arts and crafts week, all participants learned how to make a variety of items which were donated to the Squaxin Canoe Family for the giveaway items during the Canoe Journey. Natural Resources and Salish Seafoods staff provided hands-on training during different shellfish enhancement projects on Squaxin Island.

As with any pilot project, we will continue to shape and improve the *Stepping Stones Program*. It was an honor to see the youth of this community giving back in such a big way. We have all learned so much together. This project would not have been possible without the hard work and dedication of all who were involved. Thank you!



# SUMMER YOUTH EMPLOYMENT



## Summer Rec Adult Employees



### Wes Whitener

Hi, I am Wes Whitener. I work at Summer Rec, and I have been for four years now. I love my job and I plan to work here for more summers. I like Pina Colodas, long walks on the beach and getting caught in the rain.



### Annie-Beth Whitener

Hi, I'm Annie-Beth Whitener. This is my first year working at Summer Rec. I work with the five- and six-year-olds. I really enjoy working with them. The kids are a lot of fun and I love going to movies and Skateland with them.



### Jaron Heller

Hi, my name is Jaron Heller. I am 19 and this is my 5th summer working for the Tribe. This year I am working for the Tu Ha' Buts Learning Center in the Summer Rec Program. So far it has been a lot of fun. We have gone on a lot of trips and had fun even when were Center-Based.

This fall I will be returning to Saint Martin's University for my second year of college. I am majoring in history and hope to one day teach. Hopefully the experience I have gained working with the kids this summer will help me in that endeavor.

## Congratulations Graduate Ron Day

Ron Day, the son of Ron Sr. and Brenda Day, graduated on June 7th with a 3.98 G.P.A. During high school he played football and worked as a Manager at McDonalds. He plans to continue working while he attends college.

## Happy 19th Birthday Latoya Jean

Love, Mom, Sisters, and Brother David

## Welcome to the World!!!



**Congratulations Tiffany and Blake** on the birth of your baby boy, Aiden, born August 22nd  
10 lbs, 10 oz and 22 inches long  
Love, Aunt Misti!



Happy Birthday Sophia Lynn,  
Jennifer Louise and Nancy Lee

Love, Misti



### Also Working for the Stepping Stones Program, but not pictured are:

Kierah Lincoln, Ally Rivera  
Tiffany Valderas, Jacob Spezza  
and Julito Krise





# STEPPING STONES PROGRAM





# STEPPING STONES PROGRAM





## Summer Spruce Up Contest Winners

The Office of Housing sponsored their 5th Annual Summer Spruce Up Contest. Housing provided dumpsters and hazardous waste disposal. Judges were to base their votes on the following: removal of junk vehicles, garbage clean up and removal, groomed yards and outside clean up of their homes. Thanks to all the participants for their hard work and enthusiasm !!!



Del Johns

## Transportation Planning

Good news! The long-range transportation plan was approved by Tribal Council at the end of May and it is now available at [www.squaxinland.org/community\\_dev/transportation/transportation.html](http://www.squaxinland.org/community_dev/transportation/transportation.html) - check it out!

Fifteen priority transportation projects were approved, totaling \$15.7 million, and currently 6% tribal funded, 2% federal funded, and 7.2% state funded, 1% private funded, and 83.8% unfunded. This plan will be used as our roadmap to transportation development. It will be updated again next year with more detailed information.

More good news! The Squaxin Island Tribe will receive 285% more "tribal shares" from the U.S. Bureau of Indian Affairs (BIA) Indian Reservation Roads (IRR) program than last year. The BIA IRR funds are for projects the tribe added to the BIA IRR priority list. Last year the tribe received roughly \$100,000 for construction and \$2,000 for planning. This year we will receive \$265,209 in BIA IRR tribal shares for construction and \$5,812 for planning.

Squaxin's priority projects and programs on the BIA IRR priority list address preservation, safety, mobility, and planning. The Klah-Che-Min Drive project will improve the older road section with resurfacing, curb, gutter, sidewalk, traffic calming, and bike lane. The Reservation-Wide Safety project will address trails, lighting, better signage, striping, etc. The Transportation Planning program updates required documents, continues community outreach, coordinates with related organizations, and develops priority programs and projects. Stay tuned for more information about these projects and programs in future Klah-Che-Min issues.

The huge BIA IRR tribal shares increase is due to our inventory update of Highway 101 – also known as SR101, IRR Route 200. We updated 22 route sections on Highway 101 (including bridges) totaling 13.7 miles from the Wallace Kneeland Rd Exit (our closest hospital) to the Steamboat Island Rd Exit (to reservation land).

Sheldon Kipp of BIA IRR Albuquerque reviewed 26,000 route sections of BIA IRR inventory updates last year, submitted by tribes all over the USA. In reviewing Squaxin's inventory update, twelve Highway 101 route sections located closest to adjacent tribal trust land - between the Mill Cr bridge and the Thurston/Mason County line - were included as part of the relative need formula (RNF) for funding. 15,000-28,000 vehicles per day travel on these sections of Highway 101. The other sections of Highway 101, Kipp noted, will be considered for RNF inclusion next year.

For more information about Squaxin's multi-modal transportation system, please contact Planner Lynn Scroggins at (360) 432-3952 or [lscroggins@squaxin.nsn.us](mailto:lscroggins@squaxin.nsn.us).

## Photos Not Available

Ramona Mosier  
Elmer Strope

**Happy 11th Birthday Tiana Henry!  
We Love You! - Grandpa and Grandma Johns**



Margaret and George Witcraft



Diane and Jason Stymacks and Talon Beattie



# COMMUNITY DEVELOPMENT



## Office of Housing Highlights

Thanks to everyone that joined us for the Screen Repair / Flowerbox Workshop. Todd Hagmann, our Housing Maintenance Specialist was on hand to assist with the repairs of window frames as well as the replacement of window screens.

Each family also had the opportunity to show their creativity and design their own flower basket to take with them.

Our second Plumbing Basics Workshop was filled with lots of great information. Participants learned about repair and installation of sinks and toilets and also had the opportunity to get their plumbing questions answered. Each participant was given another tool for their "Do It Yourself Toolbox."

Another successful Building Native Communities - Financial Skills for Families Class was completed in July. The class was presented by Office of Housing staff as well as a one-on-one credit counseling session for each person in attendance.

The curriculum for this class covered the following topics:

- Building A Healthy Economy
- Developing a Spending Plan
- Working with Savings and Checking Accounts
- Understanding Credit and Your Credit Report
- Accessing Credit

We would like to congratulate the 2 participants who completed all 3 sessions of the class and received their certificate.

## Upcoming Events

### HOUSING FAIR / BACK TO SCHOOL BASH

September 13, 2008  
10:00 a.m.-2:00 p.m.  
Squaxin Island Gym

### DO IT YOURSELF WORKSHOP #3

Preparing Your Home for Winter  
September 22, 2008  
5:00pm  
Administration Bldg. 1st Floor

### ONE ON ONE CREDIT COUNSELING

September 29, 2008  
6:00, 7:00, 8:00 p.m. (by appointment only)

If you have any questions about the scheduled classes or would like to attend, please call Lisa Peters @ 432-3871.



Dorinda Thein and Liz Kuntz



Patricia Green and Jenica Nerney



Nicolas Cooper and Olena Reyes



Todd Hagmann



Larry Nerney, Liz Kuntz and Todd Hagmann



Mary Whitener and Todd Hagmann



## 2008 Olympic Games Offer a 'Teachable Moment' with Teens

With all the excitement surrounding the 2008 Olympic Games, everyone is rooting for their favorite athletes, teens included. Teens often try to mirror their idols' competitive abilities, and parents and coaches should continue to emphasize the importance of drug-free competition. While teen steroid use has declined steadily over the past few years, teens who do use tend to abuse the "anabolic" muscle-building steroids to improve their body image. What kids may not know, though, is that the illegal use of performance-enhancing drugs can lead to short- and long-term effects that can change their futures forever, including increasing their risk of blood clots, high blood pressure, kidney cancer, and much more. Pay close attention to signs that could indicate your teens' use of these drugs, especially if they participate in competitive sports and they're increasingly concerned with their body image, expressing interest in gaining more muscle, or appearing leaner. Talk to your kids about the importance of steering clear of steroids and all other prescription and illegal drugs.

### Watch for these signs and symptoms.

What you don't know can hurt your teen, too! When teens take steroids, they are adding more testosterone to their growing bodies, which throws off their hormonal balance. This threat alone can cause significant health risks, including delayed puberty, osteoporosis, acne, mood swings, and stunted growth. Set clear rules about not abusing prescription drugs, including steroids, outside a health professional's care. Be vigilant about needles, patches, ointments, or tablets in your teen's belongings - all of which can be used to self-administer steroids.

### About Steroids

"Steroids" refers to the class of drugs used to treat a wide variety of conditions, from supporting reproduction (e.g., estrogen) and regulation of metabolism and immune function, to increasing muscle and bone mass and treating inflammation and asthma. "Anabolic" steroids are the class of steroids used to increase muscle and bone mass. These drugs are manufactured in a laboratory to imitate the male sex hormone, testosterone. Despite the fact that there are various types of steroids, teens tend to abuse the "anabolic" muscle-building kind. While anabolic steroids are available legally by prescription, they are most often prescribed to treat conditions that occur when males produce abnormally low amounts of testosterone, which can result in delayed puberty, osteoporosis (weak bones), and impotence. They are also prescribed to treat body wasting in patients with AIDS and other diseases that result in loss of lean muscle mass. However, abuse of anabolic steroids can lead to serious health problems, some irreversible.

### Why Steroids Are Dangerous to Teens

As a parent, you have the challenge of explaining to your teen why use of steroids is a serious issue. First, while they are sometimes prescribed to treat medical conditions like cancer, there are significant health risks in using them outside a health professional's care. Typically, in those situations, the benefits of steroid use under a physician's supervision outweigh the risks, and they can improve the patient's quality of life. Second, both men's and women's bodies produce a certain level of testosterone. When teens take steroids, they are adding more testosterone to their growing bodies, which throws off their hormonal balance. Third, since steroids are often taken by injection, there is also increased risk of HIV and/or hepatitis infection from an unsterile needle or syringe. While there are many reasons teens take steroids, there are natural opportunities to talk to your child about all the reasons they should stay far away from steroids. Here are a few suggestions:

- When your teen gets more involved with competitive sports.
- If you find your teen is growing more preoccupied with body image, such as wanting to gain more muscle or appear leaner.
- If you notice your child's friends are hitting their growth spurts and "filling out."

Make sure your teen understands that the effects of steroid abuse may include: sterility; damage to the cardiovascular system and liver; increased risk of injury; and disease, such as increased levels of cholesterol, causing a thickening of arterial walls that could ultimately be life threatening.

### Signs and Symptoms

If you have reason to believe your teen is abusing steroids, look out for these specific signs and symptoms:

- Noticeable weight gain, particularly more muscle
- Hair loss and premature balding
- Severe acne
- Mood swings, from depression to aggressiveness
- Increased injuries, specifically to tendons
- Yellow tinge to the skin (indicates abnormal liver function)
- Needle marks in large muscle groups
- Needles or syringes in your teen's belongings

If you notice any of this, talk with your teen immediately and be very clear that no drug use is allowed - and discuss the serious health risks with him. It's also important that you speak with a family physician. Some health effects are reversible, like acne and mood swings, while others (such as baldness and stunted growth) are not. A doctor should also supervise and help your teen stop taking steroids safely.

### How Are Steroids Used?

Anabolic steroids can be taken in the following ways:

- Injection directly into the bloodstream
- Swallowed as tablets or capsules
- Ointments or patches (through the skin)
- Preparations that are placed between the cheek and gum of mouth
- Doses taken by abusers can be up to 100 times more than the doses used for treating medical conditions.

### Short-term effects

- Effects vary by individual, but general short-term negative effects for both sexes include hostility, aggression, and acne.
- Steroids can have a magnified effect on teens since their bodies are still growing. Any unnatural substances, such as anabolic steroids, that are designed to physically alter a body before adulthood, can result in stunting height, and this can be permanent.
- Males may experience shrunken testicles, difficulty or pain in urinating, become infertile or impotent, development of breasts, hair loss, and increased risk for prostate cancer.
- Girls can experience an excessive growth of body and facial hair, male-pattern baldness, decreased body fat and breast size, changes in or cessation of the menstrual cycle, and a deepened voice.

*Continued on Page 18*



# SUMMER FUN



*Photos by Vanessa Algea*





## We Honor Our Veterans



### Steroids

*Continued from Page 16*

#### Long-term effects

The long-term effects for both males and females are similarly related to extreme stresses to the body. Long-term effects include:

- High blood pressure
- Increased risk of blood clotting
- Increases in LDL (bad cholesterol)
- Decreases in HDL (good cholesterol)
- Jaundice (yellowish skin color, tissues, and body fluids)
- Liver cysts and cancer
- Kidney cancer
- Fluid retention
- Severe acne

#### Mental effects

While steroids are not taken as mood-altering drugs, they do have potentially negative psychological effects when abused. Scientific research has shown that aggression and other psychiatric side effects may result from abuse of anabolic steroids. Many users report feeling good about themselves while on anabolic steroids, but researchers report that extreme mood swings also can occur, including hyperactivity or agitation, and uncontrolled aggression (known as "roid rage"), which can lead to violence.

#### What Is Steroid Withdrawal?

Many steroid abusers feel strong and "happy" when they are using. When they stop, they can experience feelings of depression, which can result in dependence. Researchers also report that users may suffer from paranoid jealousy, extreme irritability, delusions, and impaired judgment stemming from feelings of invincibility.



### Richard Johns

Richard Johns served as a Fireman/Seaman in the Navy from 1964-1966 on the USS Yorktown CVA10 Attack Carrier (The first one was sunk in the Battle of Midway and this was the second ship). He made the title of "Honor Man" for doing so well in training!



"It was scary for a 17-year-old kid," Richard chuckled. "I had to go in front of the whole brigade to shake hands with the Captain."

According to Richard, he's not even sure where all he's been. "Anywhere the ship took me," he smiled. "We were pretty much always out to sea."

Richard got the nickname "Bilge Rat" because he was working down in the bottom of the ship most of the time.

Thank you, Richard, for your service to our country!

## Enjoy Your Fruits and Vegetables!

On July 9th, Janita Johnson and The Wacky Nutrition Scientist (aka Patty Suskin) visited the Education Dept's Summer Recreation group. Several staff and youth enjoyed wearing fruit and vegetable costumes and yelling their favorite fruit or vegetable during the photo shoot. In addition, each Wednesday afternoon during Summer Recreation, Washington State University's Kellan McKay provided a nutrition lesson to the youth. Thank you to all who participated!





## Black River is an Overlooked Treasure

By John Dodge | The Olympian - If you're looking for whitewater rapids and the danger of submerged boulders and logs, the Black River is not the place for you.

### The Black River

If you're looking for a slow-moving river teeming with fish and wildlife and safe to canoe or kayak on with friends and family, the Black River beckons. Little known to the recreating public, the 25-mile meandering river that flows from the bayou-like freshwater wetlands south of Black Lake to its confluence with the Chehalis River near Oakville is the lifeblood of a vast south Thurston County area targeted for preservation by conservation groups and state and federal agencies.

### Black River Preserve

This stretch of the river is home to birds, beavers, salmon and frogs, but not too many people. It's also at the center of the so-called Black River Preserve, a mosaic of prairies, wetlands, farms, forests and riverfront property that is off-limits to development thanks to the efforts of the land trust, The Nature Conservancy, Thurston County, the state departments of Fish and Wildlife and Natural Resources, the U.S. Fish and Wildlife Service, the Chehalis River Basin Land Trust, and other conservation partners. They have acquired and conserved about 5,500 acres on 41 parcels, including the old hippie gathering ground called Rainbow Valley Farms and the more than 1,000-acre Thurston County Glacial Heritage Preserve. Since 1996, the federal fish and wildlife agency has acquired about 1,300 acres of a proposed 3,600-acre Black River National Wildlife Refuge, which encompasses the maze of wetlands south of Black Lake.

### Plan to protect more

And if all goes well in the months ahead, the largest remaining parcel of forestland, wetlands and riverfront in the watershed, the 1,923-acre Scatter Creek Tract, will be purchased and protected from development through a federal Forest Legacy grant, Erler said. The Black River Preserve is unique because of the many habitats it knits together and the opportunity it provides to protect rare fish and wildlife species, said Patrick Dunn, The Nature Conservancy's South Sound program manager.

### If you go

The middle reach of the Black River can be accessed at state Department of Fish and Wildlife properties — one is on School Land Road about 1.5 miles west of Rochester and another on Littlerock Road just south of Littlerock. A vehicle-use permit is required and can be purchased at area state licensing outlets.

### Useful information

"You can go along here on the river and not even know where you are," Dunn said as his canoe slid by endless dense thickets of willow, ash and dogwood, punctuated by paths made by black bear, deer, cougar and other animals that venture to the river to drink amid the yellow water lily and other aquatic plants. "It's kind of an ignorance-is-bliss experience."

### Wildlife

On this partly cloudy day, the shoreline vegetation is alive with birds, including nesting neotropicals such as Wilson's warblers, yellow warblers, orange-crowned warblers and cedar waxwings. Green heron and belted kingfishers crisscross the river ahead of the two canoes and kayak. Band-tailed pigeons - 50 in all - coo in the mature Douglas fir back from the river's edge, then stir the air with a whooshing sound as their wings

propel them into flight. Coho or cutthroat trout snap at aquatic insects and beaver dams line the shoreline in numbers far greater than houses. The Black River Preserve is an important fish and wildlife habitat, especially for the prairie-dependent species that have so little of their original habitat about 5 percent left for occupancy. But the river could play another important role in the years ahead as refugia for salmon and other aquatic species pounded into submission on snowpack-fed Western Washington rivers that are more vulnerable to flooding and climate change, Dunn said.



## The P.E. Puzzle Page



### Word Hunt

These are some of the games or activities you can do to make you and your heart more fit:

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

### Scrambled

Unscramble the words to find the secret message!



1. Your heart beats SAFRTE \_\_\_\_\_ when you exercise.
2. You should exercise every YAD \_\_\_\_\_.
3. Your heart works like a MPUP \_\_\_\_\_ to push blood.
4. Your NUSGL \_\_\_\_\_ fill with air.
5. You REHAS \_\_\_\_\_ general space with others.

### Heart Smart

Did you know that exercise saves you heartbeats? If you are unfit, your heartbeat may be 96 beats per minute. A fit heart may only beat around 46 times a minute. That's a difference of 50 beats per minute! This means a fit heart could beat 3,000 fewer times per hour and 72,000 fewer times a day. If you doubt it, check out the math below:

$$\begin{array}{r}
 96 \text{ beats per minute-unfit} \\
 - 46 \text{ beats per minute-fit} \\
 \hline
 50 \text{ beats per minute-difference} \\
 \times 60 \text{ minutes} \\
 \hline
 3,000 \text{ beats per hour} \\
 \times 24 \text{ hours} \\
 \hline
 72,000 \text{ beats per day}
 \end{array}$$



Now it's your turn.

1. How many heartbeats would you save in a year?
2. How many heartbeats would you save in 50 years?
3. How many extra years of heartbeats would you get assuming you had 2 billion heartbeats programmed into your life?



## Triglycerides: Why Do They Matter?

Triglycerides are an important measure of heart health. Here's why triglycerides matter — and what to do if your triglycerides are too high. You know your weight & body mass index (BMI) is a little high. You're also keeping an eye on your blood pressure and cholesterol level. Now your health provider suggests lowering your triglycerides, too. If you didn't even realize you had triglycerides, take heart. The same lifestyle choices that promote overall health can help lower your triglycerides, too.

### What are triglycerides?

Triglycerides are a type of fat found in your blood. When you eat, your body converts any calories it doesn't need to use right away into triglycerides. The triglycerides are stored in your fat cells. Later, hormones release triglycerides for energy between meals. If you regularly eat more calories than you burn, you may have high triglycerides (hypertriglyceridemia).

### What's the difference between triglycerides and cholesterol?

Triglycerides and cholesterol are separate types of fat that circulate in your blood. Triglycerides provide your body with energy, and cholesterol is used to build cells and certain hormones. Since triglycerides and cholesterol can't dissolve in blood, they circulate throughout your body with the help of protein packages called lipoproteins.

### What's considered normal?

A simple blood test can reveal whether your triglycerides fall into a healthy range.

- Normal — Less than 150 milligrams per deciliter (mg/dL)
- Borderline high — 150 to 199 mg/dL
- High — 200 to 499 mg/dL
- Very high — 500 mg/dL or above

### Why do high triglycerides matter?

Although the exact mechanism is not clear, high triglycerides may contribute to hardening of the arteries (atherosclerosis) or thickening of the artery walls — which increases the risk of stroke, heart attack and heart disease. High triglycerides often occur with other conditions known to increase the risk of heart disease and stroke as well, including obesity and metabolic syndrome — a cluster of conditions that includes too much fat around the waist, high blood pressure, high triglycerides, high blood sugar and abnormal cholesterol levels. Sometimes high triglycerides are a sign of poorly controlled diabetes, low levels of thyroid hormones (hypothyroidism), liver or kidney disease, or the use of certain medications. High triglycerides can also result from rare genetic conditions.

### What's the best way to lower triglycerides?

#### *Healthy lifestyle choices are key.*

- Lose excess pounds. If you're overweight, losing the excess pounds can help lower your triglycerides. Motivate yourself by focusing on the benefits of losing weight, such as more energy and improved health.
- Consume fewer calories. Remember that excess calories are converted to triglycerides and stored as fat. Reducing your calories will reduce triglycerides.
- Avoid sugary foods. Simple carbohydrates, such as sugar, can cause a sudden increase in insulin production. This can increase triglycerides.
- Limit your cholesterol intake. Aim for no more than 300 milligrams of cholesterol a day — or less than 200 milligrams if you have heart disease. Avoid the most concentrated sources of cholesterol, including organ meats, egg yolks and whole milk products.

- Choose healthier fats. Trade saturated fat for healthier monounsaturated fat, found in olive, peanut and canola oils. Substitute fish high in omega-3 fatty acids — such as mackerel and salmon — for red meat.
- Avoid alcohol. Alcohol is high in calories and sugar and has a particularly potent effect on triglycerides. Even small amounts of alcohol can promote high triglyceride levels.
- Exercise regularly. Aim for at least 30 minutes of physical activity on most or all days of the week. Regular exercise can boost "good" cholesterol while lowering "bad" cholesterol and triglycerides. Take a brisk daily walk, swim laps or join an exercise group.

**It's also important to control diabetes and high blood pressure, if you have those conditions.**

### What about medication?

If healthy lifestyle changes aren't enough to control high triglycerides, your health care provider may recommend medication. Cholesterol medications known as fibrates (such as fenofibrate or gemfibrozil) and nicotinic acids (such as niacin) are often effective for lowering triglycerides. If you also have low high-density lipoprotein (HDL) or "good" cholesterol or high low-density lipoprotein (LDL) or "bad" cholesterol, you may be prescribed cholesterol-lowering statins or a combination of a statin and a fibrate or nicotinic acid.

If your health care provider prescribes medication to lower your triglycerides, take the medication as prescribed. And remember the significance of the healthy lifestyle changes you've made. Drug therapy can help — but lifestyle matters, too.

Source: Mayo Clinic

## HHS Summer Youth Employee

### Meal Program

Mon. 1 - No Meal - Labor Day  
Wed. 3 - Liver & Onions  
Thurs. 4 - Hamburgers

Mon. 8 - Stir Fry  
Wed. 10 - Soup and Sandwiches  
Thurs. 11 - Baked Salmon

Mon. 15 - Indian Tacos  
Wed. 17 - Grilled Oysters  
Thurs. 18 - Baked Potato Bar

Mon. 22 - Pizza  
Wed. 24 - Chicken and Dumplings  
Thurs. 25 - Tuna Melt & Soup

Mon. 29 - Meatloaf

*\* Menu Subject to Change*



### Casey Fletcher

Hey, I'm Casey Fletcher. My grandparents are Mary and Irvin Fletcher. I worked for the clinic this summer and enjoyed it. I painted and did lots of yard work. I hope to be there again next year.



## 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 18th  
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! The tribe with the most walkers each month wins the walking stick for that month.

We won it last July ... can we get it back this September?

### Mammograms / Women's Health Exams

September 25th  
Contact Rose Alge (360)432-3930

### Are You Low Income?

Want a Garden in Your Yard?  
Contact Patty Suskin to get on the waiting list to have a garden placed in your yard – for FREE.  
Ask Patty for more information

### Free Pilates Classes

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

### Line Dancing

Wednesdays & Fridays  
at noon in the gym  
\$2 donation

### Smart Shopping/ Food Label Reading Workshops

Contact Patty to schedule a family & friends session

### Come Visit Our Health Promotions Programs

We have exercise videos (Sit & Be Fit, Yoga, Walk Away the Pounds & more)

You can come & use in them in the building across from the clinic.

Work out alone, with us, or schedule a time for 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 and activity

### Questions?

Contact Patty Suskin @ 432-3929  
or  
Janita Johnson @ 432-3972

## N7's Are Available for Purchase

N7's are a shoe Nike created especially for Native Americans to encourage people to be active. If you are Native American and interested in a pair they are \$50 and you have to pre-pay. There is a limited supply so act fast. To place an order bring your \$50 and Tribal ID to Janita in the Health Promotions Building across from the clinic. There are no refunds or exchanges and you must pay cash! There are two colors for men and two for women and popular sizes have limited numbers. Once an order is placed it only takes about three days to receive the shoes.



Men's sizes currently available are 7-14 (for styles above)



Women's sizes available 6.5-11 (for styles above)

### N7 Features and Design Cues

Features true Native Fit based on new cast developed specifically to fit the Native American foot shape. The interior shape of the shoe reflects the shape derived from Native American foot scans. The interior of the shoe is nearly seamless to reduce chafing and irritations.

For more information, call Janita Johnson at 432-3972

## Congratulations Raffle Winners



**Pat Brown**  
July Mammogram Winner



**Bj Peters**  
August Mammogram Winner

## Sis Brownfield Models Her New N-7's



**Ramona Cultee**  
June Women's Health Winner  
No picture available

**Jackie Dobie**  
July Women's Health Winner  
No picture available



# CANOE JOURNEY



Jeremiah George - Dedication, strength, stamina and perseverance are some of the main factors that stabilized and characterized this year's Intertribal Canoe Journey to Quw'utsun. Cowichan is what the Canadian officials named the area after the tribal name - kind of like Squaxin is named after sq'a̓xsəd. We needed the entire two weeks from the day we left from Arcadia to the day that we arrived in the host's waters. Everything that came to pass in the three weeks that it took for the entirety of the camp to get back home will be utilized for as long as we use it as education.

Twice two tribes hosted for two days, putting the days of travel by water in the canoe at twelve 4 hour to 12 hour days. Every time someone placed their paddle into the water with two hands and the lower pulled back as the top pushed forward then lifted their paddle out of the water to repeat the action in synchronization with the person seated in front of them combined with everyone in the canoe it assisted with the advancement toward one of the many vicinities that our ancestors held so close and guarded so much that it has brought our people here to remain upright all the while enduring so much. The fact that we remain discounts any allusion that this cultural participation of our Tribe's people can be taken lightly.

Despite the consequences of our perception of the Squaxin Tribe's involvement in the Canoe Journey from those of us who would not touch it with a ten foot pole to those of us who are invested wholly we can not escape the truth that it is greater than the sum of us. Examples are constantly proven more so than the improvements in people's health who we prayer paddle for, those who put their addictions away even if it is only for the time that they are on the Journey and the example that I'll give next.

Nearing Elwha information was given by the Coast Guard weather report that there was a chance of gale force winds while we were two days from Port Angeles. The wind blew pretty hard while we were camped but calmed enough while we were on the water. The forecast for the crossing of the strait into Canadian waters was actually good. All of the canoes were told to stick together for safety which meant waiting for the last canoe to leave the beach. Close to 5:30 was the time that we all began our attempt at crossing the strait.

I don't think our crew was nervous about the task but I do think that we were uncomfortable with looking to our support boat to catch glimpses of our Head Skipper Davey George. The spirit of our canoe was affected by the absence of comfort as I could sense with the unbalanced feel as Swissaloh was too easy to lean even before we hit the bigger water. As soon as we left the protection of Port Angeles Harbor we hit big waves that seemed eager to toss us around. The wind wanted to push us east and once it grabbed hold of the nose of the canoe it kept grip. Joe Seymour & Lenny Hawks put everything into keeping the nose into the waves where the wind didn't want us. Huge endless rollers that seemed as tall as a person were unrelenting. As we grappled with the wind the waves wanted to pull the carpet from under us. The fog thickened which kept the air wet united with the wind & the breaking of the waves made it feel like it was November. We kept at it as we tried to motivate each other for what seemed like hours & miles. Tully brought the Marjorie Lee safety support boat closer & we unloaded a row of our crew to lessen the blows that were thrown at us. They stayed as close to us as they could but had to maneuver themselves to take the waves punches on the boat's chin also. Our focus sustained but the distance between us & the pack of fellow canoes & support vessels grew. A canoe from Elwha was towed in front of us and we fought on. Our support boat crew shouted encouragement & orders. Wind & waves grew stronger and we had to unload & tow. The unloading was tough because we had to leap out of the canoe with our cold muscles & sustain balance enough to prepare for it & to stabilize after we were in the Marjorie Lee.

The next four hours tested us at the limits of our bodies and minds. For about a

mile and a half there were 13 people in the 20 foot Marjorie Lee that was already loaded with 3 gas cans & two coolers. Kurt & Aleta Poste and Joe jumped onto the barge that the Suquamish Tribe had loaded near capacity with people & 2 canoes. I considered boarding onto the barge and I can't speak for the others of us who didn't board. The thought of leaving a majority of our crew to the harsh conditions made my decision for me. Not that I question the Marjorie Lee or the ability of Tully to keep us safe I just knew I wouldn't be able to leave them to face the risks.

I have heard of the praise of the planning for and how well the crossing went but I have to stray slightly from that notion. Due to the dimensions of our craft we transported our pullers in and towed the Swissaloh with there wasn't an option but to keep turned into the wind & waves. Our separation from the fleet of safety support vessels grew consistently. The waves continued to grow with the wind and our body temperatures were affected by not paddling. Growing moisture from the fog & breaking waves over our bow added to a constant shivering in our bodies' attempts at maintaining a temperature. I shivered so much that my neck & shoulders became sore but it didn't stop. Everyone from the front

to the back had to brace for the endless jumping of waves & if you were lucky you had someone or something to hold onto to help keep yourself standing. Mike Ogden expressed later that he shared my experience of feeling sleepy which seemed out of place for all that was going on. We both were at the back next to the tow bar tucking our heads into our bodies to keep some sense of warmth while keeping hold of the tow bar, shivering nonstop, trying to keep an eye on Swissaloh, nearly jumping with the floor of the boat as we crashed into the waves and still we felt we could fall asleep.

Swissaloh seemed upbeat in the midst of all that she faced. Canoes are commonly referred to as live female beings because of the seeds that the cedar produces & the spirit of the

cedar tree that the canoes are carved from. When the Marjorie Lee was slowed by collisions with the waves Swissaloh cut through them better and at times would begin to pass us. When you tow a canoe usually you keep weight in the stern to keep the canoe towing straight but the rough waters prevented us from doing that. In turn, she would sway left & right and would hit waves at an angle where water would be allowed in. After she began to ride lower in the water from taking on a lot of water the waves found it easier to get in. With the threat of capsizing our canoe we bailed the water out as the conditions allowed us to do so.

Impossibly as we continued to tow it got worse. Collisions with the waves were violent to the point that people in the stern were hit by the water breaking over the bow. Lenny was knocked to the floor by a wave that tumbled into the boat. Nevertheless we kept going north. You had to keep your eyes up and move with the motions of ramming into the waves. Josh Whitener had been sick about a half hour into it from the constant motion. He would lean his head over the edge every few minutes and I felt bad but all that I could do was keep my eyes up at the horizon and not be consumed by the motion.

Swissaloh showed signs again that she was being affected by it all. The conditions didn't allow us to help her by bailing the water. We all grimaced each time she would lean real far. We even began to talk to her and give her encouragement. Water began to flow out of her as well as inside. She kept leaning too hard but we could only keep our nose of the boat into the breakers. When she finally succumbed we voiced our frustration as she leaned and didn't correct herself. It seemed like an eternity that we lost sight of Swissaloh's face. The rope held even though she was upside down and no longer sliced through the water which weighed us down. The weather didn't let up at all and probably got even worse but our focus was on trying to will Swissaloh to turn upright. As she kept swaying the waves would come at an angle causing her to lean slightly but not enough. Bigger waves that





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she crossed began to knock her contents out from under her and we lost paddles, life vests and dry bags. The weather didn't subside and it was a lot more difficult to tow and stay on course. Tully & George began to discuss the possibility of cutting Swissaloh loose so we wouldn't endanger everyone's lives. Tully radioed for Shelley & Ross Rawding's boat the Dig It to come to our assistance but they were near capacity and towing the Cowlitz canoe. Our other safety support boat that we got from Law Enforcement was towing the Chehalis canoe. The rest of the canoes & safety support boats that we were separated from were faintly visible in the distance. After about a half hour we could begin to identify the Dig It in the distance behind us. I noticed a clear dry bag that looked to contain the water quality monitoring device towing along with Swissaloh until it broke free and floated away.

Somehow we lost only a few things as a result of Swissaloh's capsizing. I counted about three paddles that floated off before we had any other vessel nearby. Mike told me that his paddle must have discovered that he was going to retire it this year and it must not have wanted to become a decoration. When the Dig It caught up to us after a long while the weather began to improve. The Dig It was a few hundred yards away when the tow rope fell into the water. The rope that connected Swissaloh finally gave way and she started to drift.

Somehow we had to figure out a way to tie on to a canoe that was turned over. We grabbed onto a side to try to lift it and to roll her but the air trapped underneath caused too much suction. A pole was used to try to hook a side to help roll her but that failed also. Another failure was the crew of the Dig It and our crew tried together to flip her. A safety support from Canada was spotted passing in front of us and we tried radioing but that didn't work. A response came back after we requested a support boat assist us but we saw only water surrounding us. Mike, Tully & George concocted an idea to lasso the bow and after a few tries had success.

Not long after she had capsized Tully had managed to use his cell phone to contact people at the rez to pray for our safety and for Swissaloh. Nobody wanted to cut her loose in the rough water & take the chance that she would get damaged beyond repair or sink. After she was reconnected to a rope we continued on. All of us were content that we had got her back in tow and our mood calmed as the weather continued to calm also. I was listening to George talk when his face lit up and he said "Oh, Look!" I looked back at where he was pointing thinking for a second that there was a killer whale or something and saw Swissaloh's face. Not even thirty seconds after she flipped back up Tully got a phone call saying that everyone just got done praying. The weather was calm enough to bail her out and to unload the majority of paddles & life vests that remained inside. We towed the rest of the way to Esquimalt on the Canadian side where we met Canadian tribes that were arriving from the west side of Vancouver Island.

We wouldn't have made it through the two weeks of travel or the week we spent at the hosting site without everyone's efforts, thoughts and prayers. On behalf of the Squaxin Island Canoe Family I thank everyone who prayed for us and Swissaloh while we crossed the treacherous waters. Thank you to everyone who dedicated time to travel along with us on the Journey including those who contributed for the first time. I'm going to refrain from naming names because our participation is growing so much that I can't possibly take the space here to include everyone. From those who supported us with their thoughts & prayers to those who were there from the day we hosted the tribes that traveled with us to the day that we arrived home which included residents of our community, relatives, friends, elected officials and department leaders thank you and we appreciate everything. As we continue to grow I hope that more people not only participate in the Canoe Journey but also become active with the Tribe's other cultural aspects such as our traditional language program and our drumming & singing group. If we as a Tribe wish to continue to remain here in this world while keeping upright then we need to be active with the Squaxin Island Tribe's cultural identity that has always been the driving force of our existence here in this world.

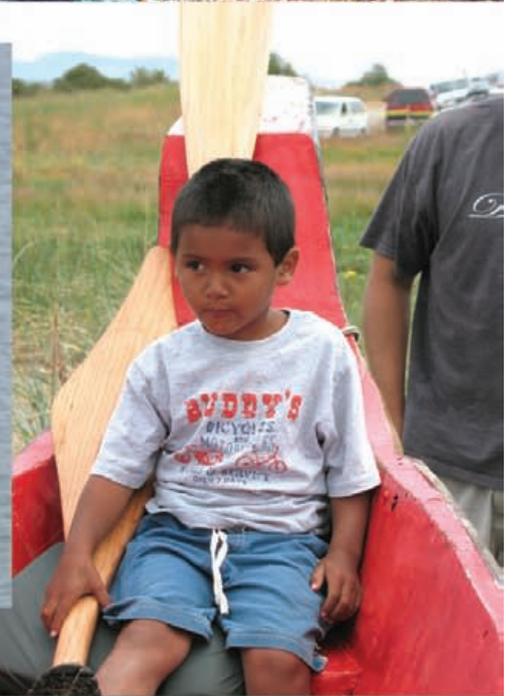
## Special Thanks



Thanks to everyone who participated in the  
Canoe Journey this year.  
It was a truly amazing experience!!!  
- Misti



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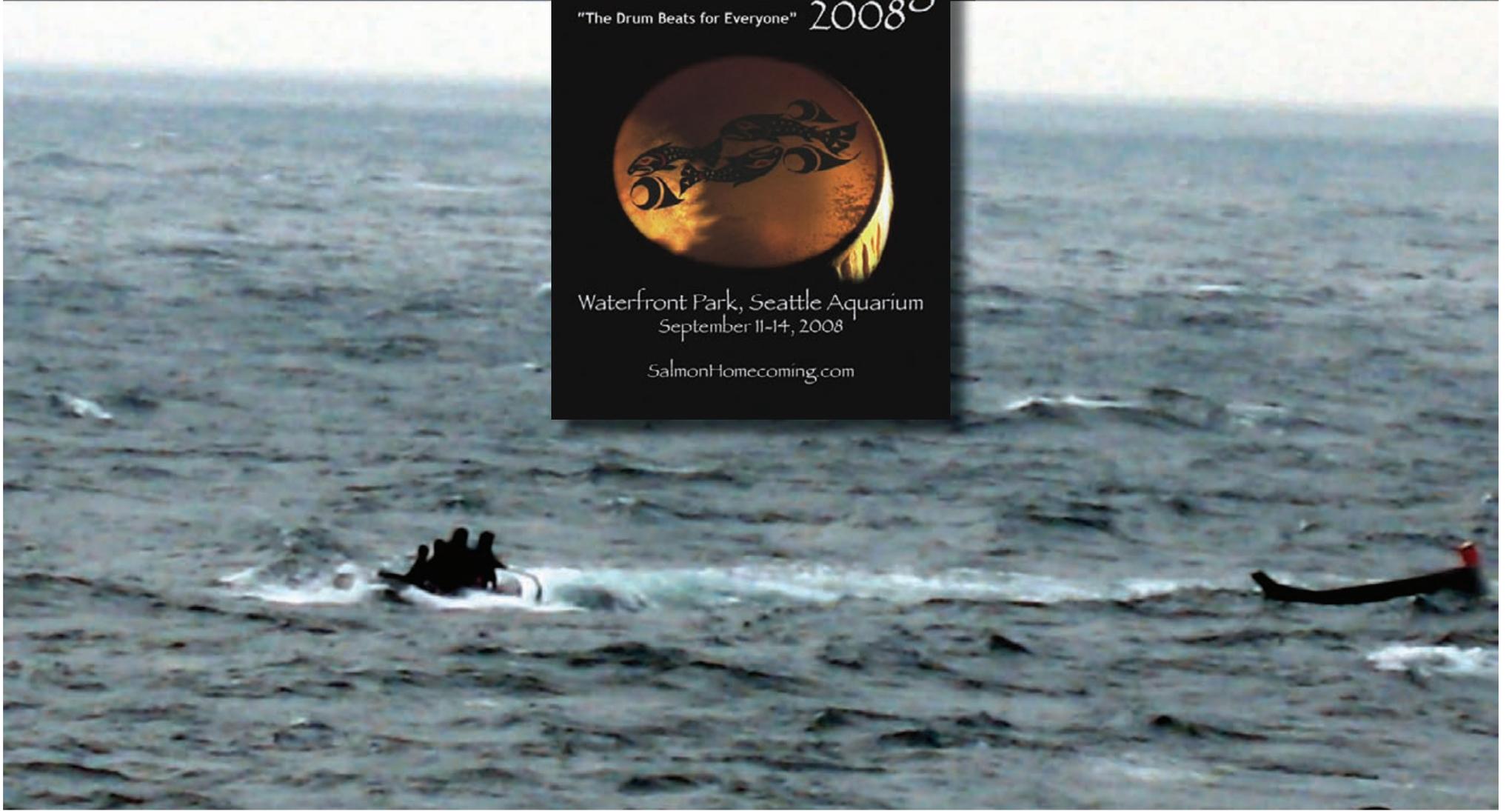


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