

Thanks Squaxin Island Tribe

Yesterday (August 24), my wife and I rowed our small dory along the west side of Squaxin Island and around Hope Island. We launched at the Arcadia Point boat launch.

The boat ramp is terrific and we greatly appreciate that the tribe built it and maintains it. The shore of Squaxin Island is wonderful to behold, because the tribe has not developed it and it is in a natural state. It is quite a contrast to Steamboat Island.

Our thanks to the Squaxin Island Tribe.

- Zev Siegl, Seattle



*Youth Paddle photo by Sadie Whitener
More throughout these pages*



Way to go Skookum Creek Tobacco Mens' Softball

State Rec Championships | 16th out 46 teams!!!

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WIN PRIZES!*

Each month **one lucky Trading Post Rewards member** will win a **Coors Light®** grand prize valued at \$100 or more!*

No purchase necessary, receive an entry for **every in-store purchase of \$30 or more!**

Random prize giveaways! Win **free sodas, coffee, hot dogs and milkshakes all season long!** Check the bottom your receipt to see if you're an instant prize winner!

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Sundays, Mondays & Thursday members earn **double points** and special discounts!

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TAILGATE PARTY!

Kickoff Football Season!
Thursday Sept 4th 11am - 3pm

Bring your chair and tailgate with us!
Enjoy BBQ burgers, hot dogs, chips and fountain drinks!
Win prizes from 96.9 KAYO Street Team **Noon - 2pm**, and enjoy full service at the pumps when you fuel up!

SWIPE TO WIN!

Swipe your club card and be entered to...
WIN 40" Samsung LED Smart TV!
You can also win Shell Gas cards, Shell roadside kits and an inflatable canoe! **Wear your Seahawks Gear**, and receive a **FREE SPIN** on Skookum Creek Tobacco's prize wheel!*





*Must be a registered card holder 18 years or older with valid ID. Need not to be present to win. Limit one entry per card holder. Management reserves all rights. First come first served, while supplies last. Visit tradingpostrewards.com for more information.



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.

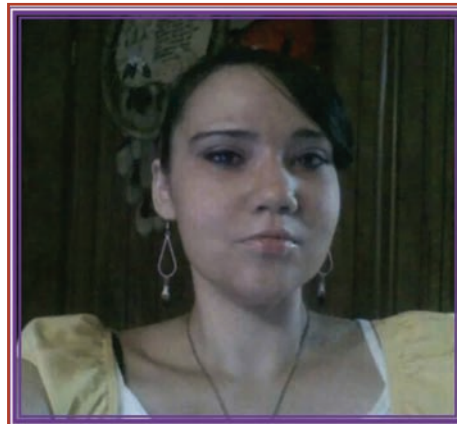
Submissions Deadline:
15th of each month

SQUAXIN ISLAND TRIBAL COUNCIL:

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PETE KRUGER: Secretary
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Walking On Cynthia Dorland, Butterfly Woman



Cynthia Ann Dorland

November 3, 1984—August 11, 2014



*A huge thank you to the Community, Tribal Council
and those who helped make her Service beautiful.*

*I hope you're dancing in the sky
And I hope you're singing in the
angels' choir
And I hope the angels know what
they have
I bet it's so nice up in heaven since
you've arrived*



Cynthia Ann Dorland, 29, a Squaxin island tribal member and lifetime resident of Shelton, died August 11, 2014 in Shelton. She was born Nov. 3, 1984 to Robert and Donna (Lopeman) Baker in Olympia.

Cynthia enjoyed spending time with family and friends, basket weaving, beading, and coloring and loved her dog, Puppy.

A service was held at 11:00 a.m. August 15, at Little Creek Casino Resort Event Center.

Arrangements were by McComb and& Wagner Family Funeral Home.

She will be greatly missed!



Council Corner

Whitney Jones - I appreciate the ability to use our monthly Klah-Che-Min newsletter as one way to communicate with the General Body. As more time passes and things get rolling, I will continue to share information that I think you may find useful or want to know. However, for a variety of reasons, many of the regularly scheduled Council meetings have been cancelled the last several months, so sometimes there is less to update you about from that front. Please continue to bring questions, concerns, or ideas so we can respond to what you want to know.

The Tribe is hosting a Safe Streets Forum on Wednesday and Thursday, September 3-4th. Consider attending one or both days and taking some time to give your input about the development of a Community Watch Program to help keep our community safe and healthy.

As of the time of this writing, the Public Budget Hearing hasn't yet been held, and I look forward to hearing input from our community about the kinds of projects and programs you would like the Tribe to consider looking into for the future. If you didn't get a chance to attend, but still want to submit ideas or thoughts, let us know and we can get them added to the list for future discussion. I will report next month about some of the ideas that were submitted and discussed at the Hearing.

Hope both the kids and the parents have a great "back to school" and good luck to all our fishermen out on the water!



*Youth Paddle photo by Sadie Whitener
More throughout these pages*

Walking On

B.J. Brown

7/23/1945 – 7/24/2014

B.J. Brown (Betty), 69, passed away at home on July 24 surrounded by family and friends after a long battle with lung cancer.

She was born July 23, 1945, to Vernon and Reta (Sallee) Meeks in Albuquerque, New Mexico.

She was the Tribal Council Secretary for the Squaxin Island Tribe from 1992 - 1998, and at the Jamestown



S'Klallam Tribe in Sequim from 1990 to 1992. In 1998 she moved to Kona, Hawaii where she worked for a law firm. She also worked with Amadeo Tian at South Puget Intertribal Planning Agency as Administrative Assistant in 2007, then moved to Community Services as the Program Assistant under Carmen Kalama.

She loved being a mother and grandmother. She loved all things Native American and her time spent in Hawaii. She loved to write, and enjoyed her vacations with her grandchildren at Lake Cushman. She also loved her cat, Bella.

She is survived by daughters Tracy (Ray) Bartroff of Shelton and Jennifer Brown of Vancouver; son Robert Brown of Olympia; grandchildren Joshua Duchene of Portland, Oregon, Chelsea Duchene of Shelton, Jessica Cornwell of Watertown, New York, and Jacob Brown of Olympia; numerous nieces and nephews in Washington, Texas and California; sister-in-law Clairee Meeks of Sequim and lifetime friend Nita Mattingly of Shelton.

She was preceded in death by her parents, Vernon and Reta (Sallee) Meeks; brothers Tom Meeks, Bob Meeks and John Meeks; sister Nita Branson; and nephew Michael Brown.

There will be a celebration of life on September 7, 2014 at the Community Kitchen from 11:00 a.m. – 2:00 p.m. Please come and share her life.

In lieu of flowers, memorial donations can be made to OCCU in Shelton in her name or to the American Cancer Society.

Enrollment Committee

CORRECTION: Last month's issue contained errors that are corrected below.

Mary Whitener	Member
Vicki Kruger	Member
Joanne Decicio	Member
Liz Yeahquo	Member
Paula Henry	Member
Margaret Henry	Member
Misti Saenz-Garcia	Member
Diane Deyette	Alternate
Sally Brownfield	Alternate (Brown / Brownfield family)
Pete Kruger	Council Representative
Rhonda Foster	Non-Committee member (Whitener / Krise family), Technical assistant concerning DNA during code development
Sharon Haensly	Tribal Attorney



4TH ANNUAL
CHAIRMAN'S CHALLENGE
GOLF TOURNAMENT

 **Salish Cliffs** 



FREE FOR SQUAXIN ISLAND TRIBAL MEMBERS
Sign up as four person team or individually.
Scramble format fun for players of all skill levels!

October 6, 2014 • 9 am registration • 11 am shotgun start

**Tribal members are welcome to invite up to
three guests as part of their team.**

Closest to the hole and long drive competitions!
Banquet and awards ceremony following golf.

Call the golf shop at 360.462.3673 to sign up or get more information



Business Center Offerings

Stephanie James- There are lots of great learning opportunities at the business center. Here's what's coming up:

Financial Literacy Course: After a very successful first round, the business center will be hosting a second series of financial literacy classes. Classes will be offered on Tuesday evenings from 5:30-6:30 p.m. beginning September 16th. Participants will learn how to manage their money through a variety of topics including monthly budgets, bank accounts, investing your money, as well as credit and credit reports and identity theft. If you are interested in being a part of this fantastic FREE opportunity, call or stop by the business center to sign up for the next series of classes. Sign-ups are being taken for the following classes and workshops (if interested be sure to call 462-0339 and have your name put on the list, as these classes and workshops will be offered based on number of participants):

Business Plan Writing Class - Learn how to develop and write your own business plan.

Indianpreneurship Class: Features: Culturally relevant coursework over eleven sessions (and one graduation event) results in a simple and complete business plan.

Financial Literacy Class - Adult Financial Education

Youth Financial Education: Class is designed to educate and assist youth ages 12-17 in finances to promote a successful future.

Artists' Workshop - Learn how to promote and sell your creative works of art.

Finally, are you an entrepreneur or one in the making? Stop by the center and check out our business resources. We have a business library filled with current, useful publications. Anything from "The Anatomy of a Business Plan" to "How to form an LLC", from "Going Green in the Workplace" to "Business Start-ups". There are many topics and references available to borrow or read while you are here. There are two walls of pamphlets designed to cover an array of business topics, and also a spot to display your business cards.

Financial Education Class

Ta-Qwo-Ma Business Center would like to congratulate Layne Behling, one of the first participants to complete the financial education class. When asked if he would mind sharing his experience with everyone, he did not object. So here you go:

Layne: "I really wasn't sure what to expect out of this class. I only knew that everyone thought I should do it. The hour actually goes by pretty fast and there was always something for us to eat. So it turned out that there were all kinds of things I didn't know about (finances). We all got copies of our credit reports and learned what to look for and if something didn't look right, we were told how to correct it. I learned that a person can have too much credit or debt and that isn't good either.



I learned how much money I spend on things I really don't need because we had to write every purchase we made during the week. I learned you can freeze your credit cards or money in the freezer so that it makes you think before being able to buy things (you have to wait for it to thaw out). My favorite parts were learning about different ways to save my money and realizing how important my credit score can be. So when I want to buy something big like a house or a car, my credit score will make a big difference when I look for financing or a low interest rate. Also that if you let your credit go and not pay things on time that it is a lot harder to get it back to

where it was. Overall, the class was alright."

So, there you have it. Learning doesn't have to be a dreaded thing. You can have fun, learn and eat all at the same time!

For those interested in signing up for the next series of classes beginning in September, please call the business center at 462-0339 or email: sjames@ieinc.org.

Hope to see you there!



Two Tribal Members Advance at Skookum Creek Tobacco

Cameron Goodwin - First, Michael Ogden has accepted the role of Operations Manager. Michael will be in charge of production crews, assisting/managing the direction of workflow and schedules, and learning further about the overall makeup of the tobacco business. He will also work on further establishing and implementing Standard Operating Procedures (SOPs) and directing the crews in adhering to quality and safety procedures. Lastly, Michael will also begin managing a great group of individuals and working closer with management on overall company initiatives and direction.

Second, Patrick Whitener has moved into the electrician apprentice/maintenance position. This is a dedicated role where schooling and on-the-job training will provide Patrick the ability to be a licensed electrician. He will dedicate hours with in depth schooling and testing, and be provided many opportunities to assist in tribal wide projects that require electrical work as he works through a set schedule to state certified. Patrick's role also addresses the needs of IEI/Skookum/KTP/Salish to have someone who can perform routine and in depth maintenance of all facilities and items. We see this as a long career path that can have many positive impacts for tribal wide electrical needs.

If you see these gentleman in the community, please take the time to congratulate them and support them on their new roles. ***Congratulations Mike and Pat.***



Summer Youth Environment Art



Brennen Langer

Solid Waste and Recycling Program Summer Rec Youth Explore Needs and Wants

During Summer Recreation the youth met with Sheena to explore the concept of needs and wants. They learned that every person has different ideas about what is necessary to him or her and it can differ according to a person's age and cultural background. They discussed their needs as native people, particularly those needs that come from the Earth, such as water, wind, rain, fire, sun, berries, fish, etc. Each young person wrote a poem or drew a picture as a tribute to a need that the Earth provides.

Each of the 11-12 year olds wrote a special type of poem to express their connection with the Earth. We have featured these poems in the Klah-Che-Min this month. The younger children drew pictures. We will feature a few of their pictures each month over the course of the upcoming year. The youth did a great job; they became especially engaged when discussing their needs as native people.



Alysa Meyer



*Youth Paddle photo by Sadie Whitener
More throughout these pages*

Enduring Litter

Do you know how long it takes for these items to decompose?

PICK FROM THE FOLLOWING

1-3 Months
450 Years

1-5 Years
200-500 Years

2-5 Years
More than 500 Years



Glass Bottle



Wool Socks



Plastic 6-Pack Rings



Aluminum Can



Paper Cup



Banana Peel

Squaxin Island Solid Waste and Recycling Program, 360-432-3951



Answers on Page 21



EMPLOYEE SPOTLIGHTS



Monica Nerney

INTERVIEW QUESTIONS:

Monica, tell us about you?

I have been at Little Creek now for a year and a half. I have learned some very interesting and valuable things as the Marketing Assistant. I just celebrated my 25th wedding anniversary and am married to my best friend, Larry; we have 19 year-old twins, one of whom is working here (Jenica). My parents are Gary Brownfield & Aloma Perez (Barkus) and my grandfather is Paul Martin Brownfield. My brother, Terry Brownfield, has worked here forever!

What brought you back to Little Creek Casino Resort?

The desire to grow and learn more about the tribe.

What aspect of your role do you enjoy the most?

Doing the photography at the various concerts and representing LCCR at the various sponsorship events and trade shows.

What personal qualities help you achieve success in your position here?

I have 8 years experience as an Office Manager, customer service, the eagerness to learn and the desire to be helpful to the Tribe.

Any final words or encouragement for our readers?

This is a nice place to work; the other employees are very nice and helpful. You can learn anything you want too and become anything you like. The main employee concern around here is for all tribal members to succeed.



Welcome to Little Creek Casino Resort!

What is your position at Little Creek Casino?

I am the new Facilities Director.

What family of the Squaxin Island Tribe are you from and/or who are your parents?

I am from the Bloomfield family.

What are you excited about learning while working at the Little Creek Casino?

It's been so nice to see so many more friends and family during the work week. There are so many things that we can do to make Little Creek Casino Resort an even better place to visit. I look forward to applying my past work experience and making LCCR an even better place to work & visit.

Hope to see you around!



William Marchant

Hello my name is William Marchant, I have been hired as an Employee Assistant for the Vocational Rehabilitation Program. I am a member of the Colville, Nez Perce Tribe. I am a 2012 Graduate from Evergreen State College emphasizing in Indian Child Welfare and Sociology. In the past I have worked with "At risk Youth" at a Crisis Residential Center in Omak, Washington for The Colville Confederated Tribes. I hope to give back to the Squaxin community for the opportunities that they have given me. AHO!



Flagger on Site Training!

Flagger onsite training will be available to all qualified Tribal members.

Contact; Squaxin Vocational Rehabilitation for more information.

The flagger training is approximately 6-8 hours. Once successfully completed and the exam has been passed, individuals will receive a certificate card good for 3 years. This gives certified individuals a foundation to perform the job efficiently.

When: September 9, 2014.

8:00A.M – 4:00P.M

Where: Squaxin Island Community Kitchen



That time of year

It's that time of year to welcome students back to school. Whether you are attending grade school, working toward your G.E.D., applying to a vocational school, or attending college, the Tu Ha' Buts Learning Center (TLC) has a variety of services to help. Here are a few things to keep in mind:

- Shelton School District starts again on September 3rd.
- The TLC has planned an Education Forum for Thursday, September 18, 2014. We invite the community to share thoughts and ideas on what you would like to see added, improved or changed in any or all functions of the Education Department.
- Sylvan classes start again on September 8th. Classes will once again operate both Monday/Wednesday and Tuesday/Thursday, at 4:30 p.m. or 5:30 p.m.
- We will start the new school year with TLC Tutors available in schools – Julie Martinez at the high school, Dusty Hirsch at the junior high and middle school, and Wes Whitener at Bordeaux Elementary. Please let us know if you would like them to assist your child with schoolwork.
- Facebook users - you can also check out our latest announcements about the Education Department and the TLC at www.facebook.com/TuHaButs.

Youth Activity Program

Jerilynn Vail - The after-school activity program will begin again on Wednesday, September 3rd. Please look at the calendar for our hours. The activity program features an afterschool food program as well, with snacks and a light meal between 3:00 - 4:45. We have registration forms at the TLC if you would like to have your children participate.

We will start to prepare Elementary grades for the upcoming I.T.B. (Inter-Tribal Basketball) season that will begin later in the school year. We will have practice on Thursday's until their season begins. We are also hosting a few other special events this month:

- Grandparent Brunch on the 6th at the Gym in the Rec. Room from 10:00 - 11:30 a.m.
- Pool Party on the 19th from 2:30 - 4:30 p.m.
- Movie Night on the 26th at the Community Kitchen from 5:30 - 7:00 p.m.

We have planned for different activities throughout each day of the week from 5-6pm. Monday is Arts and Crafts Day. We are planning Cultural Activities for Tuesdays. Wednesday will be Game Day. We will be making Crafty Kitchen Concoctions on Thursdays. And, Friday is Fun Day, and will include a lot of different ideas and activities.



Teen Activities / CHUM Project

Laurel Wolff - As we welcome students back to school I hope everyone had an amazing summer. We had a great Stepping Stones session this year. The CHUM Project tried something new - we started a teen leadership program. The teens who participated over the summer were able to go through a ropes course together, attend a class on Compassionate Communications, and go camping. Hiking through Ape Caves, swimming at Yale Lake and cooking dinner on the fire are some highlights from the camping trip.

Some dates to remember:

- The Teen Center will open back up on September 3rd. Teen Center hours will be from 3:00 - 6:00 p.m., Monday through Friday.

- Basketball practice for High School and Jr. High will be on Monday, Tuesday and Thursday from 3:30 - 4:30.
- Girl's Group will meet again on September 11.
- September 19th is an early release day and a bike ride is scheduled to take place that day. We'll ride our bikes to Woodard Bay from Olympia and have a picnic.
- Youth Council will begin again on September 22nd at 5:00 p.m. Come learn about Youth Council and how you can be a part of this great group.

GED & Homework Support

Jamie Burris - Parent / Teacher conferences are just around the corner! Make sure your teachers have the opportunity to tell your parents how hard you have

Squaxin Youth Education, Recreation and Activities Calendar
TLC Hours: M-F 7:30am-7:00pm Front Desk: 432-3958 Rec Rm: 432-3275 (only 3-6pm)
All activities are drug, alcohol and tobacco free.

Monday	Tuesday	Wednesday	Thursday	Friday
1 CLOSED	2 CLOSED	3 Rec Rm: 3-6pm Game Day: 5-6pm Open Gym: 3-6pm Open Swim: 3-6pm	4 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm Open Gym: 3-6pm	5 Rec Rm: 3-6pm Fun Day: Open Gym: 3-6pm Open Swim: 5-8pm
8 Rec Rm: 3-6pm Arts-n-Craft: 5-5:45pm Open Gym: 3:30-6pm Bball Jr/Hs - 3:30-4:30 Open Swim: 3-6pm	9 Rec Rm: 3-6pm Cultural: 5-6pm Open Gym: 3:30-6pm Bball Jr/Hs - 3:30-4:30	10 GSD-ER @ 2:15 Rec Rm: 2:30-6pm Game Day: 5-6pm Open Gym: 2:30-5pm Open Swim: 3-6pm	11 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm Gym: Bball Jr/Hs - 3:30-4:30 Bball Elem - 5-6pm	12 Rec Rm: 3-6pm Fun Day: Open Gym: 3-6pm Bball - 5-6pm Open Swim: 5-8pm
15 Rec Rm: 3-6pm Arts-n-Crafts: 5-6pm Open Gym: 3:30-6pm Bball Jr/Hs - 3:30-4:30 Open Swim: 3-6pm	16 Rec Rm: 3-6pm Cultural: 5-6pm Open Gym: 3:30-6pm Bball Jr/Hs - 3:30-4:30	17 GSD-ER @ 2:15 Rec Rm: 2:30-6pm Game Day: 5-6pm Open Gym: 2:30-5pm Open Swim: 3-6pm	18 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm Gym: Bball Jr/Hs - 3:30-4:30 Bball Elem - 5-6pm	19 SSD-1.5HR ER Rec Rm: 1:30-6pm Pool Party: 2:30-4:30pm Open Gym: 1:30-5pm Bball 5-6pm Open Swim: 5-8pm
22 Rec Rm: 3-6pm Arts-n-Craft: 5-6pm Open Gym: 3:30-6pm Bball Jr/Hs - 3:30-4:30 Open Swim: 3-6pm	23 Rec Rm: 3-6pm Cultural: 5-6pm Open Gym: 3:30-6pm Bball Jr/Hs - 3:30-4:30	24 GSD-ER @ 2:15 WHL-ER @ 12:00 Rec Rm: 1:30-6pm Game Day: 5-6pm Open Gym: 1:30-5pm Open Swim: 3-6pm	25 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm Gym: Bball Jr/Hs - 3:30-4:30 Bball Elem - 5-6pm	26 Rec Rm: 3-7pm Movie Night: 5:30-7pm Open Gym: 3:30-5pm Bball - 5-6pm Open Swim: 5-8pm
29 Rec Rm: 3-6pm Arts-n-Crafts: 5-6pm Open Gym: 3:30-6pm Bball Jr/Hs - 3:30-4:30 Open Swim: 3-6pm	30 Rec Rm: 3-6pm Cultural: 5-6pm Open Gym: 3:30-6pm Bball Jr/Hs - 3:30-4:30			
TLA: M & W 5-7pm After School Snacks: M-F 4-4:45pm Computer Lab: M-Th 3-7, F 3-5pm Sylvan: M-Th 4:30-6:30pm Homework Help, GED Prep: T-TH 4-7pm		ER = Early Release WHL = Wa-He-Lut Indian School SDD = Shelton School District GSD = Griffin School District TLA = Tu Ha' Buts Learning Academy		I.T.B. - Inter-Tribal B-Ball High School: 9-12 Grade Middle School: 6-8 Grade Elementary: 3-5 Grade



LEARNING CENTER



been working to complete all your assignments. I am here to help and encourage you on Tuesdays, Wednesdays, and Thursdays from 4:00 – 7:00 pm.

The new curriculum for the new GED test is here and GED prep classes are available! Official practice tests can be taken at the Tu Ha' Buts Learning Center (the Education Department). See me if you would like to take them - this can help you find out what you may need to study. The new test is said to be more difficult than the previous test; however, those who have taken the practice tests up here have found it to be less challenging than the previous test. Come and begin your new learning adventure!

For more information or if you have any questions, please feel free to contact me, Jamie Burris, at jbarris@mcclary.wednet.edu.

Higher Education Education Liaison

Mandy Valley - New and returning Higher Education students – the Fall quarter/semester is starting back up soon! If you haven't turned in your paperwork yet please do so ASAP or you could lose the opportunity to receive funds for fall. Turning in your required documents early makes the process easier and smoother for everyone involved. If you have any questions, need a Higher Education packet, or need assistance filling it out please give me a call at (360)432-3882, or send me an email at mvalley@squaxin.us. I will be happy to assist you.



Peggy Peters - Here are tips that can ease your child's transition from summer to back to school:

- **Adjust Sleep Schedules.** It's a fact that most of us in the summer stay up late and want to sleep later in the morning. With the start of the school year, children and teens need to return to healthy sleep habits.
- **Limit the Electronics.** Scale back the time spent on video and computer games. Limit the amount of time a child can access Facebook, texting, and talking on the phone – especially later in the evenings.
- **Reduce Television Viewing.** Children can relax by listening to music when brushing their teeth or reading before going to bed. Late night TV watching can disrupt the sleep cycle, so teenagers and young children can benefit by placing a deadline for no TV after 9:00 p.m.

• **Plan for Tomorrow.** Think ahead and make it your evening routine to get things ready for the next school day. Select school outfits the night before. Make sure necessary school forms are signed. Complete your homework and place it in your backpack to be ready to go in the morning.

• **Celebrate the First Day.** Spend time with your child and learn about their school day. Start a family tradition of celebrating the first day of school. Ask your child how they would like to celebrate and do it.



September 2014

Teen Activity Calendar

Laurel Wolff Teen Advocate: 432-3842

Monday	Tuesday	Wednesday	Thursday	Friday
1 Teen Center Closed	2 Teen Center Closed	3 Teen Center 3:00-6:00	4 Teen Center 3:00-6:00	5 Teen Center 3:00-6:00
8 JR.H/HS Basketball Practice 3:30-4:30	9 JR.H/HS Basketball Practice 3:30-4:30	10 Teen Center 3:00-6:00	11 JR.H/HS Basketball Practice 3:30-4:30 Girl's Circle 5pm-6pm	12 Teen Center 3:00-6:00
15 JR.H/HS Basketball Practice 3:30-4:30	16 JR.H/HS Basketball Practice 3:30-4:30	17 Teen Center 3:00-6:00	18 JR.H/HS Basketball Practice 3:30-4:30 Education Dinner & Raffle 5-7pm	19 Early Release 1:30-6pm Bike Ride To Woodard Bay 2-6pm
22 JR.H/HS Basketball Practice 3:30-4:30 YOUTH COUNCIL 5PM-6PM	23 JR.H/HS Basketball Practice 3:30-4:30	24 Teen Center 3:00-6:00	25 JR.H/HS Basketball Practice 3:30-4:30	26 Movie Night 4pm-6pm
29 JR.H/HS Basketball Practice 3:30-4:30	30 JR.H/HS Basketball Practice 3:30-4:30	Teen Center Hours 3:00pm -6:00pm Unless noted otherwise Follow us on Facebook or Instagram @Squaxinteens		





TANF is Building Strong Families Through Culture

Lonni Rickard - Clothing and household materials of today are vastly different than those our ancestors created, however, artistic traditions remain. Held each Wednesday at the Squaxin Island Community Kitchen, *Building Strong Families through Culture* is a gathering of family and community to learn a number of arts and crafts that have been passed down for generations.

The Squaxin Island TANF program collaborated with Behavioral Health Out Patient (BHOP) to facilitate this weekly event that encompasses traditional crafts with teamwork and group discussions. The discussions focus on two of the four purposes of TANF: the formation and maintenance of two parent families and preventing out of wedlock pregnancies.

Participation in creative cultural activities has an impact on mental health which directly contributes to the well-being and stability of marriages and families. It is also associated with good health, satisfaction with life, low anxiety, and depression scores in both genders.

Craft sessions vary monthly - please check the Klah-Che-Min for the type of craft. In August Redwolf Krise was the instructor for making and painting drums.

In the month of September we will be doing bead work.

"It's really amazing to see the progress of people who have never done bead work before," said Vicki Kruger, TANF class facilitator. "The work highlighted here by Levi Sanchez and Books Farrell is really awesome as they had never done this before attending BSFTC. BSFTC is open to anyone and we serve dinner every week. Please join us,

Also present is a representative from the Department of Social and Health Services (DSHS) Division of Child Support. The rep attends the third and fourth Wednesday of the each month to answer questions and assist community members with child support issues. If you have any questions please contact Vicki Kruger at (360)426-9781.

The 4 Purposes of TANF

- Assisting needy families so that children can be taken care of in their own homes
- End the dependence of needy parents by promoting job preparation, work, and marriage
- Prevent out of wedlock pregnancies
- Encourage the formation and maintenance of two-parent families





FAMILY SERVICES

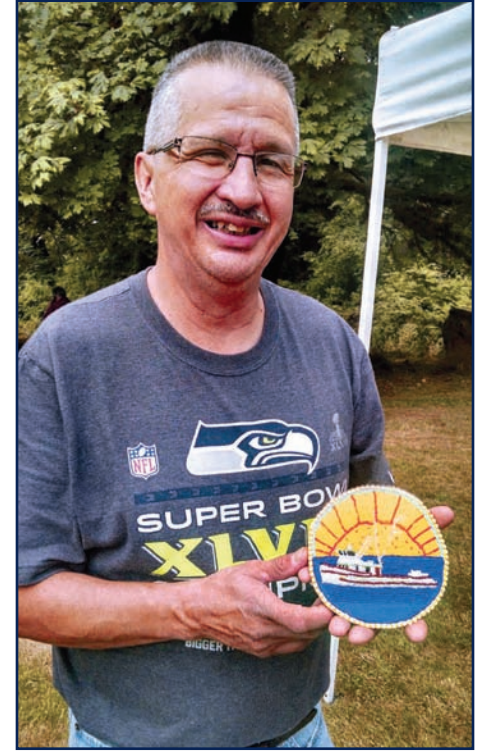
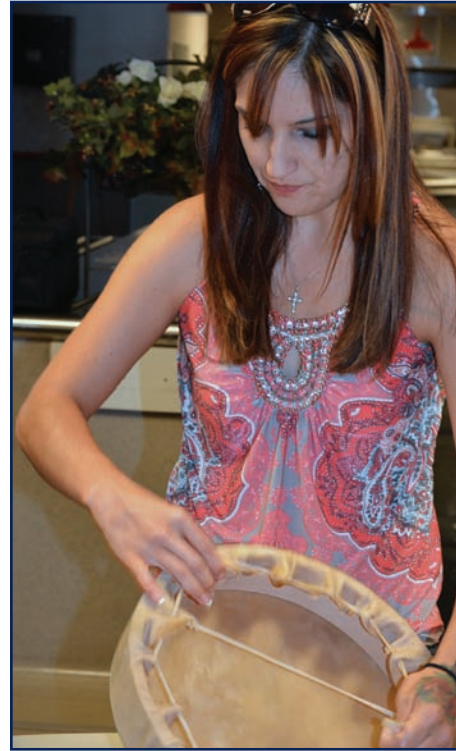


Building Strong Families Through Culture





FAMILY SERVICES



Building Strong Families Through Culture

When: October 8, 2013-September 30, 2014

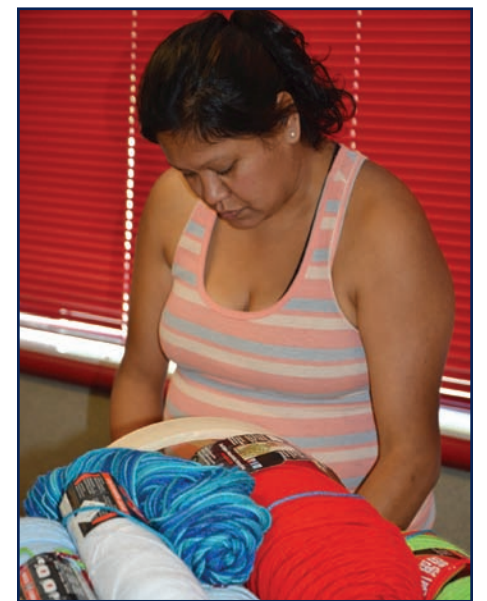
Where: Community
Kitchen

When: Wednesdays

Time: 3:00 –5:00 PM

Focus is on the formation
and maintenance of
two-parent families and
prevention of out-of-
wedlock pregnancies.

Sponsored by SPIPA-TANF.





FIRST SALMON CEREMONY





FIRST SALMON CEREMONY





FIRST SALMON CEREMONY





FIRST SALMON CEREMONY





YOUTH PADDLE



Youth Paddle photos by Sadie Whitener and Jolene Grover

Jeremiah George - From August 3 to August 7, 2014 Squaxin youth participated in the inaugural Youth Paddle from Squaxin to Suquamish. Canoe families from Muckleshoot, Native Bridge, Puyallup and Nisqually camped the night before departing from Arcadia Point on August 4th, at the tribe's waterfront property that I call the Squaxin Mansion.

During the Paddle to Bella Bella, we were informed that a schedule was being looked into for the Youth Paddle 2014. Connie McCloud from the Puyallup Canoe Family stated they were working on the schedule and would contact us when it was finalized.

Friday August 1, we received notice that the schedule had been finalized. It wasn't until Saturday Aug 2 that we heard what Canoe Families confirmed their participation. The inaugural year for this cultural event did not have strong organization. Though the planning was affected by the completing of processing the Canoe Journey, coordination of this event was important.

The idea that the Youth Paddle grew from was to provide a cultural event for the tribal youth who weren't able to travel on the Journey. Due to the empowering and preventative nature of the Canoe Journey, our efforts were in the same spirit. Immersing the youth in an environment where they are exposed to elements of tribal traditions. Paddling in a canoe; drumming, singing, dancing or being witness to these activities applies to an ancestral part of our people. Our young people are part of the focus of why we do participate in our culture.

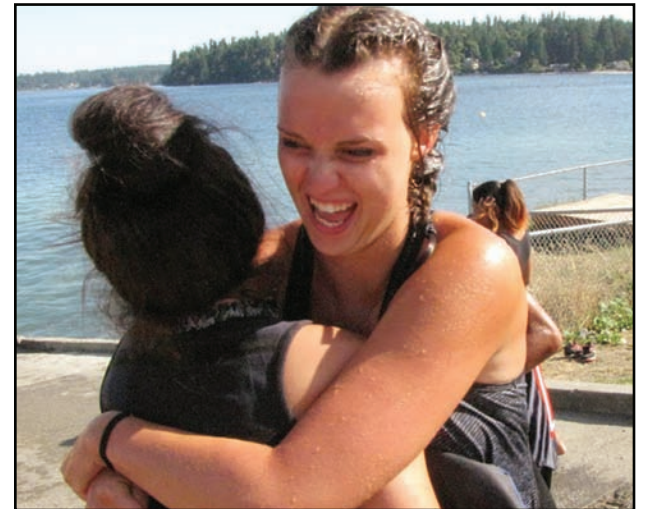
As a participant of both Paddle Bella Bella and the Youth Paddle, I say with full confidence that Squaxin's travel to Bella Bella greatly missed the young people. From the time that the young crew contacted me to load their camp gear into our rental UHaul, the energy was nothing but positive. This Mini-Journey had an aura of lightheartedness from beginning to end. The young crew was awesome in their representation of Squaxin. They were eager to paddle and fully participate in all activities of culture and camp operation. Strength was shown in the physical, spiritual and mental aspects of every action done with respect in a good way. Our young Squaxins have limitless potential. We were blessed by their participation and we hope they continue to grow into important roles within Squaxin.

The young Squaxins continued to be placed within advancing roles for the Canoe Family. A majority of our crew members were made up of youth. The senior members of the crew for the Youth Paddled mentored the younger members. As a senior member, I believe that we want to keep moving forward with the responsibilities that have been passed to us. Our young members handled their advancing dependability very well.

In part of the informal process that the Youth Paddle was scheduled, funding for this cultural activity was limited. Funding processes are very formal and strict because it's the distribution of money. The timetable of our being noticed of the finalization put us in a difficult spot. Thankfully, Leslie Johnson, the Tourism Director for Island Enterprises committed to funding the Youth Paddle. She was able to follow through in an effort for what she believed is one of the most important things tribal people can do, to empower our people in a sustainable way through our culture by our younger generations. Somehow, the Canoe Family may have made it work, because of the importance of this cultural activity, but without Leslie, we may have been placed into personal debt. Please, the next time you see her, tell her, "Thank you!" she won't need recognition but I hope you agree that she should be recognized. Thank you, Leslie.

Without operational support, it would have been difficult to maintain Squaxin's participation. With the delay in finalizing the schedule, we were fortunate to get Squaxin members to fill important support positions. After the long haul to Bella Bella, Will Penn and Lenny Hawks committed with a short notice. Once again, Will kept everyone happy and nourished by filling in for the cook for our crew. Our skipper Lenny, kept everyone safe and strong traveling in the canoe. Both of these men are adamant supporters of mentoring our young Squaxins into leadership roles. At the drop of a hat, they fully jumped into helping make this opportunity successful for Squaxin.

Terri and Morningstar were not able to travel north for the Journey. The Youth Paddle gave them an opportunity to participate and to fill crucial roles of support, as they've done in previous Journeys. Terri was our camp manager and transport driver. Star was a transport driver and song and dance leader. Both of these ladies provided a great example for our young people to follow.



I also would like to thank Josh and Jolene for participating and bringing Kalysi and Sadie; Our young crew: Sammy Ackerman, Isaac Ackerman, Sam Abrahamson, Brandon Beltran & his sister Izzy & his mom Dayleann, Nykole Brownfield, Antone Hawks, Malia Henry, Tamika Krise, AJ Krise, Elijah Krise, Austin Penn, Machiah Rivera, David Seymour.





YOUTH PADDLE



Youth Paddle photos by Sadie Whitener





YOUTH PADDLE



Youth Paddle photos by Sadie Whitener





YOUTH PADDLE



Youth Paddle photos by Sadie Whitener and Jolene Grover





NATURAL RESOURCES SUMMER YOUTH



Squaxin Island Natural Resources Summer Youth pulled ivy at the Bayshore Golf Course - now turned conservation area - on Johns Creek and waded down sections of Mill Creek doing a temperature survey. In the top center photo, they are holding a freshwater mussel. The kids are: Shawn Lincoln, Keenan Vigil-Snook, David Lewis and Marcus Johns. Also pictured holding clam is Candace Penn, Resources Technician. Photos by Erica Marbet.





Elder Lunch Menu

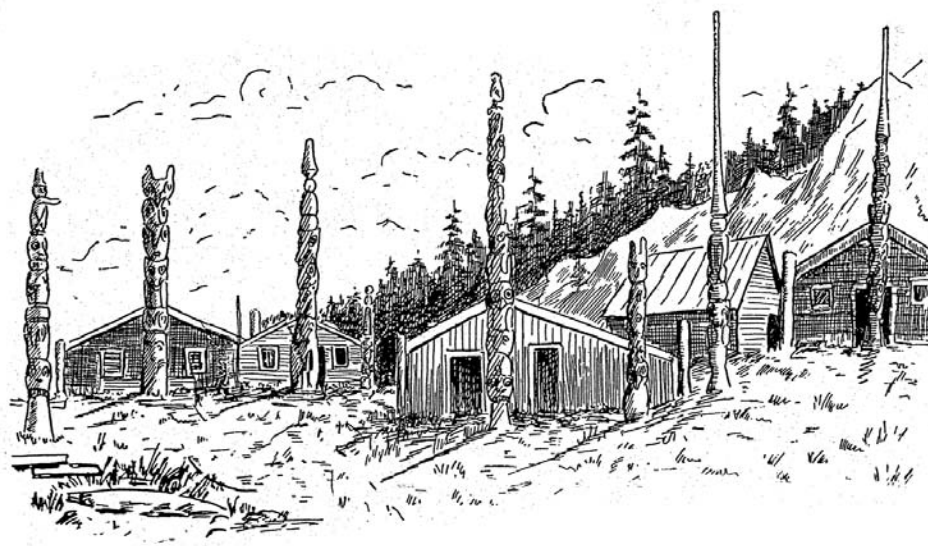
Mon 1: Ginger Chicken
Tues 2: Soup and Sandwich
Wed 3: Pot Roast
Thurs 4: BBQ

Mon 8: Pot Pies
Tues 9: Soup and Sandwich
Wed 10: Pizza
Thurs 11: BBQ

Mon 15: Fajitas
Tues 16: Soup and Sandwich
Wed 17: Pork Roast
Thurs 18: BBQ

Mon 22: Spaghetti
Tues 23: Soup and Sandwich
Wed 24: Baked Chicken
Thurs 25: BBQ

Mon. 29: French Dips
Tues 30: Soup and Sandwich



**Look who
just turned
Sweet 16 teen...
Dionna Ariel
Purdy King**



**We all Love you
very much...
You Truly are Sweet...
All Our Love,
Your...Family...**

Enduring Litter

Do you know how long it takes for these items to decompose?

PICK FROM THE FOLLOWING

1-3 Months
450 Years

1-5 Years
200-500 Years

2-5 Years
More than 500 Years



More than 500 Years

Glass Bottle



1-5 Years

Wool Socks



450 Years

Plastic 6-Pack Rings



200-500 Years

Aluminum Can



2-5 Years

Paper Cup



1-3 Months

Banana Peel

Squaxin Island Solid Waste and Recycling Program, 360-432-3951





Happy Birthday

Alexander Solano	01	Lewis Napoleon	09	Calvin Farr	19
Kui Tahkeal Jr.	01	Levi Connally	09	Frances Starr	19
Patrick Whitener	01	River Ray Guardipee	09	Francis Bloomfield	19
Vanessa Tom	01	Jasmine Nelson	10	Kayla Johnson	20
Jeramiah Longshore	01	Debra Mattson	10	Terry Brownfield	20
Jason West	02	Roger Peters	10	Jada Krise	21
Malachi Hartwell-Kinison	03	Madison Mowrey	10	Esther Fox	21
Kezia Wentworth	03	Madeena Rivera	11	Melody Moliga	21
Rose Krise	03	Austin Brearley-Lorentz	12	Kassidy Burrow	21
Austin Peters	03	Anthony Ramirez III	13	Desmond Smith	21
Kathrine Neilsen	04	Kaitlyn Brandt	13	Gregory Koenig	21
Latoya Johns	05	Robert Farron	13	Kiona Krise	22
Mckenzie Brearley-Lorentz	05	Gracelyn Wier	15	Kim Cowing	22
Elijah Krise	06	Florence Sigo	15	Michael Peters	22
James Youngs	06	Jonathan Harrell	15	Gloria Hill	22
Wayne Lewis	07	Kristen Davis	15	Chris Clementson	23
Joshua Coble	07	Jamie Slaughter	16	Leslie Cooper Jr.	23
Zayne Dorland	07	Kenedee Peters	17	Amanda Peters-Pierce	23
Talon Peterson	07	Carmen Algea	17	Angel Sen	23
Danielle Leas	07	Markie Smith	17	Mykah Masoner	23
William Hagmann	08	Cassie Colbert	17	Peter Kruger, Jr.	23
Barry Hagmann	08	Tia Jordan	18	Linda Lake	24
Justine Mowitch	08	Willow Henry	18	Donald Whitener	24
William Weythman	08	Stephen West	18	Joan Rioux	25
Charles Scheibel	08	Tiana Henry	18	Susan McKenzie	26
Alexsii Vigil	09	Sophia Pinon	19	Barney Cooper	26
Joseph Stewart-Kinchler	09	Raiatea Villanueva	19	Barney Cooper	26
				Harry Fletcher	26
				Ronald Fletcher	26
				Dawne Elam	27
				David Lopeman	27
				Donald Smith	29
				Isaiah Schlottmann	30
				Kim Kenyon	30

What's Happening

	1	2	3	4	5	6
			Family Court	<i>KTP Tailgate Party</i>		
7	8	9	10	11	12	13 <i>Salmon Bake Mud Bay Shaker Church</i>
		Criminal/Civil Court		<i>Council Mtg.</i>		
14	15	16	17	18	19	20
				<i>Domestic Violence Event</i>	<i>Domestic Violence Event</i>	
21	22	23	24	25	26	27
		Criminal/Civil Court		<i>Council Mtg.</i>		
28	29	30	AA & ALANON Meetings: Every Thursday at 7:30 p.m. Elders Building			
	<i>Domestic Violence Event</i>	<i>Domestic Violence Event</i>				

Mark Your Calendars

Family Services Domestic Violence

SEPT 18 & 19

Children Who Witness Domestic Violence and Teen Dating Violence

SEPT 29 & 30TH

Healing & Recovery from Abuse/Trauma

OCT 11TH

Domestic Violence Event
Introduction of new law enforcement, fun for the children, games, movie, FOOD.

Please watch for more information on the above activities! Questions/Comments. Please contact:
Gloria J. Hill 432-3927 or 463-7051



MAKAH DAYS / COMMUNITY



Photos by Dale Croes - Lots of Squaxins at Makah Days. Some were pretty successful finding eagle feathers at Hoko River mouth!



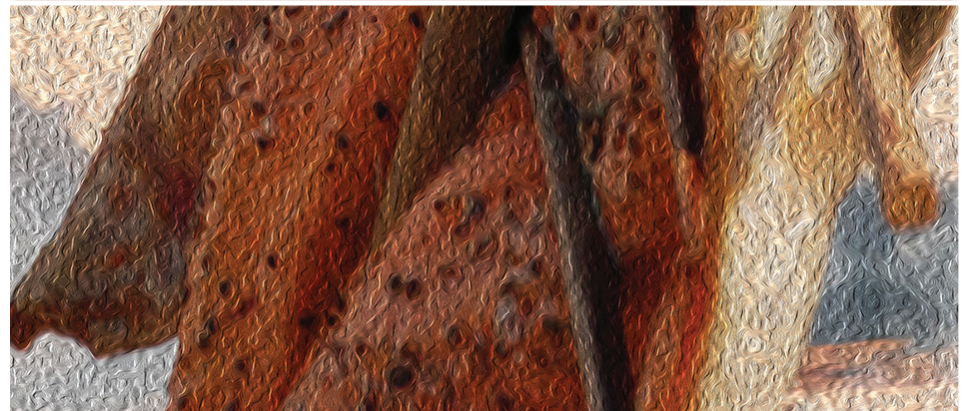
Salmon Bake

\$10 per plate!

Rummage Sale from 9:00 a.m. to 5:00 p.m.

September 13th

Mud Bay Shaker Church



For donations or more information, call Lydia @ 360-346-0511



Youth Paddle photos by Sadie Whitener



Birth To Six Growth & Development

Please
Ask
Babies Can't
Wait.

What

The chart is written for parents, but anyone who knows or works with young children will find it helpful.

Why

This prescreen chart is a quick way of helping you recognize possible problem areas in a child's vision, hearing, and development. The chart will help you look at the whole child. You will be watching for the child's development in the areas of thinking, social skills, listening, talking and movement activities. Some movement skills use small muscles (like fingers), others use large muscles (like legs). It is important to watch for vision and hearing in children of every age.

IMPORTANT! This chart is a quick way to help you keep track of your child's vision, hearing and development, and is not intended to be a developmental test, evaluation or assessment.

How

Each age section lists activities that most children will be able to do sometime between the first age and the second age in that section. For example, by 12 months, most children will be able to do all the listed activities in the 6 to 12 months section. However, most children will not be able to do all of these activities at 6 months. The same is true of each age section. Therefore, do not be too concerned if a child at the beginning of an age level cannot do all of the activities. Since children develop at different rates, do not panic just because a child seems behind on one task.

Read the activities listed under the child's age and under vision and hearing. Watch and listen as the child plays. Can the child do the activities? It is important that the child has the time, space and materials needed for each activity. For example, do not say the child cannot draw a face if you don't give the child paper and a pencil or crayon.

You may wish to watch and listen to a child over several days, using the chart noting any concerns you may have. If a child at the upper age level of a section cannot do all the activities, families can share their observations with a professional who can take a closer look at the child's development.

When

Watch and listen to the child while playing. You are looking for what the child is usually like. Do not use this chart when the child is ill, tired, or irritable.

What Next

You can call the Family Health Hotline number listed below for the name of the local Lead Family Resources Coordinator (FRC) in your area if you have a concern about a child's development. Also, the child's doctor, the health department or the school district can help families and you find a nearby agency that can do a more complete check of the child's development, vision and/or hearing.

Vision *Does your child...*

- ☐ Make eye contact (look at your eyes)
- ☐ Follow a moving object with her eyes
- ☐ Walk or crawl without frequently bumping into objects
- ☐ Look at people and things using both eyes
- ☐ Hold objects at normal distance (after age 6 months)
- ☐ Walk or crawl smoothly across shadows or areas that look different (carpet, tile)
- ☐ Look at people and things without eyes crossing or squinting (after 9 months)
- ☐ Have eyes that are clear, not red or watery

Hearing *Does your child...*

- ☐ Show awareness of home noises (telephone, door knock, television)
- ☐ Use a voice that's not too loud or too soft
- ☐ Play with toys that make a noise (rattles, bells)
- ☐ Imitate sounds (after 1 year)
- ☐ Use some word endings ("s" or "ing") after age two
- ☐ Follow verbal directions
- ☐ Maintain a moderate volume on the television or radio
- ☐ Listen to stories, records, or television without difficulty
- ☐ Speak so most people can understand (if older than 2-1/2 years)
- ☐ Come to you when called from another room (after 2 years)

Funding by the Department
of Early Learning

Washington State Department of
Early Learning

Our web address is:
www.del.wa.gov/esit

DEL 11-002 (02/11)

Early Support
for Infants
and Toddlers



Family Health Hotline
1.800.322.2588
711 (tty relay) • withinreachwa.org

a program of
WithinReach



EARLY LEARNING / HEALTH CLINIC



Youth Paddle photo by Sadie Whitener



FREE BLOOD PRESSURE SCREENING 2014

The First Thursday of each month



Blood Pressure checked by your friendly neighborhood firefighters

Where: Elder's building
When: 11:45am - 12:45 pm.
Everyone is welcome!

Birth To Six

Growth & Development

For Parents: As a parent, you are the most important person in your child's life. You know your child best. If you have a concern about your child's development, you can request an evaluation. Please ask if you have any questions or concerns. Call the Family Health Hotline at 1-800-322-2588 for the name of a local Family Resources Coordinator (FRC) who can help you.



For Providers: Children grow and develop in different ways. Please try and talk to families about their child's development on a regular basis. Ask them what new skills their child has learned, what concerns they may have and share your own observations. Let families know that if they do have concerns, more information and help is available by calling the Family Health Hotline number. They will refer the family to the local Family Resources Coordinator (FRC) in their area. You can also call the Family Health Hotline for the name and phone number of the FRC and share this information with the family directly.

Birth to 3 Months *Does your child...*

- ☐ Lift his head and chest when on his stomach
- ☐ Move her arms and her legs easily
- ☐ Follow your movements by turning his head side to side
- ☐ Easily take a bottle or breast and suck well
- ☐ Startle or cry at sudden loud noises
- ☐ Look at you, watch your face
- ☐ Make gurgling or cooing sounds
- ☐ Smile in response to your smile or talk
- ☐ Quiet easily when comforted

3 to 6 Months *Does your child...*

- ☐ Play with feet when on his back
- ☐ Lift her head and chest with her weight on hands when on her stomach
- ☐ Hold her head upright and steady without support
- ☐ Roll from stomach to back and back to stomach
- ☐ Play with his own hands by touching them together
- ☐ Reach for a toy
- ☐ Pick up a toy placed within reach
- ☐ Turn his head toward sounds
- ☐ Make lots of different sounds
- ☐ Laugh out loud
- ☐ Try to show likes and dislikes

6 to 12 Months *Does your child...*

- ☐ Pull himself to stand with some help
- ☐ Sit without help while playing with toys
- ☐ Transfer objects from one hand to the other
- ☐ Feed herself finger food
- ☐ Imitate waving bye-bye
- ☐ Let you know his needs with motions and sounds
- ☐ Copy speech sounds ("ba-ba", "ga-ga")
- ☐ Take turns while playing with adult (actions, sounds, or facial expressions)
- ☐ Let you know he understands a simple question ("Do you want some more?")
- ☐ Know parents from strangers

12 to 18 Months *Does your child...*

- ☐ Walk alone
- ☐ Pick up small objects (raisin size)
- ☐ Put objects in and dump from containers
- ☐ Put one object on top of another
- ☐ Feed himself with spoon
- ☐ Say two or three different words in addition to "Mama" or "Dada"
- ☐ Ask for things using words
- ☐ Hold and drink from a cup with some spilling
- ☐ Point to several things or pictures when named

18 Months to 2 Years *Does your child...*

- ☐ Walk up and down stairs with his hand held
- ☐ Scribble
- ☐ Move her body in time to music
- ☐ Put two words together ("more juice")
- ☐ Begin to ask questions, ("juice?", "bye-bye?")
- ☐ Feed himself a sandwich, taking bites
- ☐ Take off socks and shoes
- ☐ Look at story book pictures with an adult
- ☐ Make simple choices among toys (puzzles or trucks)
- ☐ Copy another child's play (pouring sand, throwing ball)

2 to 3 Years *Does your child...*

- ☐ Walk well, run, stop, step up, and squat down
- ☐ Stack 3 or more objects
- ☐ Use the spoon and cup all by herself
- ☐ Follow two-step directions ("Get the book and put it on the table")
- ☐ Name five to six body parts on himself
- ☐ Take part in simple conversation
- ☐ Answer simple "what" and "what do" questions ("What do you want for lunch?")
- ☐ Point to or name objects when told their use ("What do you drink with?")
- ☐ Help with simple tasks (picking up toys)
- ☐ Use 2-3 word sentences regularly

3 to 4 Years *Does your child...*

- ☐ Jump, run, throw, climb, using good balance
- ☐ Draw circles, lines and crosses using a crayon
- ☐ Use toys and other materials to pretend play
- ☐ Enjoy picture books and being read to
- ☐ Understand words that tell where things are (behind, under, in, on)
- ☐ Use speech that is easily understood
- ☐ Ask a lot of "why" and "what" questions
- ☐ Enjoy playing with other children
- ☐ Wait his turn some of the time
- ☐ Answer simple "where" and "who" questions

4 to 5 Years *Does your child...*

- ☐ Tumble, dance or play other games that use large muscles (like the legs)
- ☐ Hop on one foot
- ☐ Draw a face that looks like a face
- ☐ Put on clothing with a little help
- ☐ Ask questions using "what, where, who and why"
- ☐ Say most speech sounds clearly except for "s, z, th, and r"
- ☐ Use words that show size and number (big, many)
- ☐ Say both her first and last name
- ☐ Enjoy playing with children of the same age

5 to 6 Years *Does your child...*

- ☐ Enjoy catching, throwing, kicking a ball
- ☐ Have good balance when playing large muscle games (tag, tumbling, baseball)
- ☐ Enjoy cutting with scissors
- ☐ Dress self including buttoning, snapping and zipping
- ☐ Show interest in writing words
- ☐ Talk like the family talks (uses the same kinds of words and sentences)
- ☐ Follow three-step directions in the order given ("Get the ball, put it in the toy box, and come to the table.")
- ☐ Say his full name, age and sex
- ☐ Enjoy playing organized games with other children (Simon says, tag)

Please
Ask
Babies Can't
Wait.



Check out Wonderwood Park in Lacey!

A huge park with lots for family to enjoy

Wonderwood Park

5304 32nd Avenue SE or 5304 Sunset Drive SE
(between College Street and Ruddell Road) in Lacey



Located in the center of Lacey, Wonderwood Park provides 39 acres of natural woodland combined with recreational facilities. Take a walk on the paved pathways that thread through the woods, picnic beneath the shelter or at one of the many tables provided. Athletic fields, including two softball/soccer fields, four tennis courts, a basketball court, and a playground offer plenty of room to play.

Amenities:

Picnic shelters and tables
Barbeque grills
Basketball court
Two baseball/softball fields
Four tennis courts
Trails
Open play area
Restroom
3 parking lots— one at each entrance



Entrances: there are 2 pedestrian and 4 vehicular entrances to Wonderwood Park, including Sunset Drive SE at the NW corner, Brentwood Drive SE on the east side, and Stikes Drive SE on the southside, and 32nd Avenue at the SW corner of the park. Hours: 7 am to dusk

Directions from Tribal Center:

Take HWY 101 South toward Olympia. Then take I-5 North toward Lacey.

Exit at #108, following signs for College Street.

Once off the ramp, continue briefly on 3rd Ave SE then make a Right on College St.

Turn Left onto 25th Ave SE

Take first Right onto Judd St SE

Take first Left onto 26th Ave SE

Take first right onto Sunset Dr. SE

Destination will be on your left.

Foot Exam Morning with Dr. Molina Kochhar (Foot Doctor)

Thursday, Sept 25, 2014

9 am—noon

Priority for people with Diabetes
Others will be seen if space is available.



Contact Patty Suskin,
Diabetes Coordinator, for an appt.
360 432-3929



Lead your Family to Better Health- 5 Steps

Parents can improve their children's health and fitness
with these five steps.

Start with one goal and build as you can

"Countdown to Family Fitness: 5-4-3-2-1"

5 :Serve at least five servings of fruits and vegetables every day. It's easier than it sounds. Half a cup of veggies or half a banana, for example, counts as a serving. Keep sliced fruits and vegetables within easy reach.

4 :Give kids four servings of water a day. Avoid soda and sugary juices - they're very high in calories and sugar - give them their own water bottles to fill up and keep a pitcher of water on the kitchen table.

3 :Aim for three daily servings of low-fat dairy products, which are rich in the calcium a child's growing body needs. Examples of one serving are an 8-ounce glass of milk or yogurt and 1 1/2 ounces of cheese. If lactose intolerant, look for calcium fortified products or a calcium supplement.

2 :Limit a child's total daily "screen time" to two hours or less (the American Academy of Pediatrics recommends no screen time at all for kids younger than 2). That includes watching television, being on a computer and playing video games.

1 :Encourage kids to get at least an hour of physical activity every day. Plan active family outings, sign up for team or individual sports and get kids to go outside and exercise by playing or riding a bike.



Tuesday,
September 9th is
WIC DAY at
SPIPA

WIC
(Women, Infants, and Children)
provides healthy foods &
nutrition information for you and
your child up to age 5.

Please bring:
Your child, Provider One Card
or paystub and Identification for
you & your child

Call Debbie Gardipee-Reyes at
SPIPA 360 462-3227



Free short walking tours in September 10:30 am Wednesdays & Fridays

<http://www.theolympian.com/2014/07/28/3245625/tumwater-history-unfolds-on-walk.html>

Managing Diabetes:

It's not easy, but it is worth it.

Socks Awarded - Congratulations!

Submitted by Patty Suskin, Diabetes Coordinator

Millie Wagner is pictured here with her pair of moisture-wicking merino wool socks. Great work & congratulations to Millie! She was one of 13 people awarded the socks as recognition of completing all the 2013 tests & exams recommended by the IHS Standards of Care for Type 2 Diabetes. By making these and more healthy choices, we expect Millie to live a long, healthy life with diabetes.



Clinic 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

Smart Shopping/ Food Label Workshops

Contact Patty to schedule

Health Promotions

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.
Native American and over 18

Mammogram Clinic

October 29th
Contact Melissa Grant (360)432-3926
Patty Suskin (360)432-3929

South Puget Intertribal Planning Agency
Food Distribution Program
4822 She-Nah-Num Dr., S.E.
Olympia, WA /

EXPANDED USDA FOOD OPTIONS NOW AVAILABLE!

Many people have misconceptions about the food offered by the South Puget Intertribal Planning Agency Food Distribution Program. There are more frozen meats, fresh vegetables, and in season fruits being offered now than ever before. The food is also much lower in fat and sodium than what was offered in prior years. Below is a partial list of what is available.

Kernal Corn	Mixed Vegetables	Green Beans	Sliced Potatoes	Carrots
Spaghetti Sauce	Tomato Sauce	Fresh Carrots	Onions	Celery
Blocked & Sliced Cheese	Egg Noodles	Macaroni Noodles	Rice	Spaghetti Noodles
AP & Wheat Flour	Red & Russet Potatoes	Broccoli	Applesauce	Apricots
Peaches	Pears	Raisins	Fresh Apples	Grapefruits
Oranges	Grapes	Fruit Juices	Canned Beans	Whole Chicken
Canned Chicken	Ground Beef	Roast Beef	Chicken and Turkey Breasts	Peanut Butter
Bakery Mix	Butter	Vegetable Oil	Refried Beans	Dry Beans
variety of Soups				

If you, or a member of your household, are enrolled in a federally recognized tribe, or you live within the reservation boundaries of the Chehalis, Nisqually, Skokomish, Squaxin Island, or Port Gamble S'Klallam Tribes you may be eligible. There have been recent changes enacted by the USDA that make it much easier to qualify. Please call the SPIPA Food Distribution Warehouse at 360-438-4216 Monday through Friday between the hours of 8:00am till 4:00pm and one of our staff will be happy to assist you in applying for this program.

Serving: The Confederated Tribes of the Chehalis Reservation, Nisqually Indian Tribe, Port Gamble Klallam Tribe, Skokomish Indian Tribe and Squaxin Island Tribe

TRUE or FALSE?

Colorectal cancer is the 2nd leading cancer killer.	TRUE	FALSE
Both men and women get colorectal cancer.	TRUE	FALSE
Colorectal cancer often starts with no symptoms.	TRUE	FALSE
Screening helps prevent colorectal cancer.	TRUE	FALSE

 1-800-CDC-INFO (1-800-232-4636)
www.cdc.gov/screenforlife

SCREENING SAVES LIVES

Please contact Lindy Parker, LPN, Squaxin Island Health Clinic
to talk about getting a screening done.
360-432-3933

**Congratulations
First Salmon Ceremony
Canoe Races
Power Pull Winners**



BINGO

Friday • September 26th • 6:30pm
Saturday • September 27th • 2:30pm & 6:30pm
Early Bird Specials at 6:30 sessions
\$50 Hotseat drawings every hour.

Bring in a Little Creek logo item and
receive a free Level 1 (3-on) with buy-in

\$79 Special Room Rate for Bingo Participants

See Keno for more details 1-800-667-7711
Must show Bingo Room Rate Coupon at time of check-in to receive special room rate
Customers can call in advance to book rooms
Must be 21 or older for Bingo Specials

LITTLE CREEK
CASINO • RESORT
www.little-creek.com
Call 360-427-3005 for more details

LITTLE CREEK CASINO RESORT PRESENTS

THE ISLEY BROTHERS

FEATURING
RONALD AND ERNIE ISLEY

SEPTEMBER 21
TICKETS | \$60 | \$50 | \$40
CONCERT 7PM

TOP 40 HITS INCLUDE

- TWIST AND SHOUT
- BEHIND A PAINTED SMILE
- IT'S YOUR THING
- I TURNED YOU ON
- PUT YOURSELF IN MY PLACE
- LOVE THE ONE YOU'RE WITH
- POP THAT THANG
- THAT LADY (PART 1)
- SUMMER BREEZE
- FIGHT THE POWER (PART 1)
- FOR THE LOVE OF YOU

FOR TICKETS VISIT THE BOX OFFICE, ONLINE, OR CALL 800-667-7711

LITTLE CREEK
CASINO • RESORT
www.little-creek.com
Must be 21 or older. Call for Skyboxes.



Youth Paddle photos by Sadie Whitener

