



**Squaxin Elder Living His Dream**  
 Page 3

**Community Garden**  
 Page 10

**Paddle to Nisqually**  
 Pages 14 - 17

PRSRT STD  
 U.S. POSTAGE  
 P A I D  
 SHELTON, WA  
 PERMIT NO. 96



Return Service Requested  
 10 SE Squaxin Lane, Shelton, WA 98584

## Medicine Creek Treaty Tribes Gather at Treaty Signing Site

Margaret Henry (photos also) - During this year's Canoe Journey, the Nisqually Tribe hosted a ceremony on July 31 for the Medicine Creek Treaty Tribes to gather near the Sacred Tree where our treaty was signed in 1854. The Squaxin Island, Nisqually, Puyallup & Muckleshoot tribes gathered & watched our tribes paddle into the site in their traditional canoes. This was the first time the tribes gathered together at this sacred site since the Treaty was originally signed.

The site is located within the Billy Frank Jr. Nisqually National Wildlife Refuge - a wildlife preserve operated by the United States Fish and Wildlife Service on the Nisqually River Delta.

The refuge was created in 1974 and includes a protected estuary, salt marshes and open mudflats, freshwater marshes, open grassland, and riparian woodland and brush. On December 18, 2015, **President Barack Obama signed the Billy Frank Jr. Tell Your Story Act** into law, renaming the wildlife refuge in honor of Nisqually tribal leader and treaty rights activist Billy Frank, Jr., who died in 2014.

The ceremony for renaming of the refuge and establishing the **Medicine Creek Treaty National Memorial** as held July 19th and was attended by Squaxin Island, Nisqually, Muckleshoot and Puyallup Tribal Councils, as well as U.S. Interior Secretary Sally Jewel, U.S. Sen. Maria Cantwell, and U.S. Rep. Denny Heck.

Billy (part Squaxin) was a Nisqually tribal fisherman who led the "fish wars" of the 1960s and 70s that restored fishing rights and helped preserve a way of life for Native Americans in the Pacific Northwest. He and others were repeatedly arrested for fishing in the Nisqually River as they staged "fish-ins," or acts of civil disobedience similar to sit-ins, to demand the right to fish in their traditional places. His activism paved the way for the landmark "Boldt" court decision, which affirmed the rights of Western Washington treaty tribes to half the fish harvest in the state.

The treaty was signed in a grove of trees near what is now McAllister Creek in the refuge. The tribes ceded land to the U.S. government but reserved their rights to fish, hunt and gather in their traditional places. For decades, Frank fought to hold the federal government to those treaty obligations.

The Medicine Creek Treaty Tree was downed during a storm and plans are underway amongst the treaty tribes to create a marker for the memorial site. Stay tuned for details.



July 31st Event Photos

Top, L - R: Charlene Krise, Billy Frank Jr's son, William, Arnold Cooper, Vince Henry

Bottom, L - R: Whitney Jones and Jim Peters







## TRIBAL NEWS

10 S.E. Squaxin Lane  
Shelton, WA 98584

PHONE: (360) 426-9781  
TOLL FREE: 877.386.3649  
FAX: (360) 426-6577  
[www.squaxinisoland.org](http://www.squaxinisoland.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  
CHARLENE KRISE: Secretary  
VICKI KRUGER: Treasurer  
WHITNEY JONES: 1st Council Member  
JIM PETERS: 2nd Council Member  
VINCE HENRY: 3rd Council Member

Klah-Che-Min Staff:  
THERESA M. HENDERSON: EXT. #3945  
[thenderson@squaxin.us](mailto:thenderson@squaxin.us)

## Updates from Council Members

By Whitney Jones - September marks the end of the fiscal year so there is a lot of activity happening to wrap up projects and to get ready for the next funding year. Thanks to everyone who attended the second Public Budget Hearing last month; community input is critical to our ability to plan and be responsive to tribal needs and tribal member ideas. Representatives from Little Creek Casino Resort and from IEI gave general overviews of the businesses and plans to continue and enhance operations during the next year. A variety of questions regarding business staffing, future geoduck and cannabis projects, tax payments and potential revenue distribution were asked. Other topics that were briefly discussed included water issues, tribal business licenses, entry level jobs and job descriptions, and community garden needs.

The Talking Circle has been rescheduled for Monday September 12th and I hope you will join us for a brief informational presentation from the Enrollment Committee and for other topics you may want to bring up. We continue to look for ways to support community engagement, information sharing, and feedback and these Talking Circles are one way to do that. Some people like the format and some don't, but hearing from you is important to many of us, so please provide suggestions and ideas for how else we can get input and be responsive to you.

There are at least a couple employee appreciation dinners being held this month to acknowledge and say thanks to all of the people who do so much for our Tribe and community and I want to add my thank you as well. We may only be able to treat you to dinner once a year, but the appreciation lasts year-round. Cheers.



## Talking Circle with Tribal Council

Monday,  
September 12, 2016  
5:00 p.m.  
Community Kitchen

- The Enrollment Committee will be presenting on current Enrollment statistics.

*If you have any questions, please call the  
Tribal Center at 426-9781*

Squaxin Tribal Council  
is offering to sponsor the travel expenses for  
15 Squaxin Tribal Members to the  
**Northwest Native American  
Basketweavers Conference**  
**September 30—October 2, 2016**  
Great Wolf Lodge in Grand Mound, WA

If you are interested in attending,  
contact Melissa Puhn, **no later than**  
**Wednesday, September 7th, 4:00 p.m.**  
360-426-9781 or [mpuhn@squaxin.us](mailto:mpuhn@squaxin.us)

*If there are more than 15 interested,  
a lottery drawing will be done.*

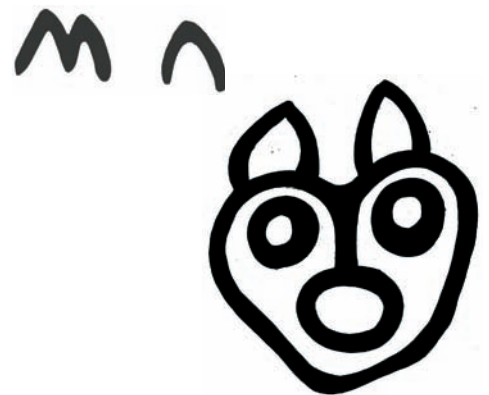






## Tom Peterson - One of Our Elders - Still Living His Dreams

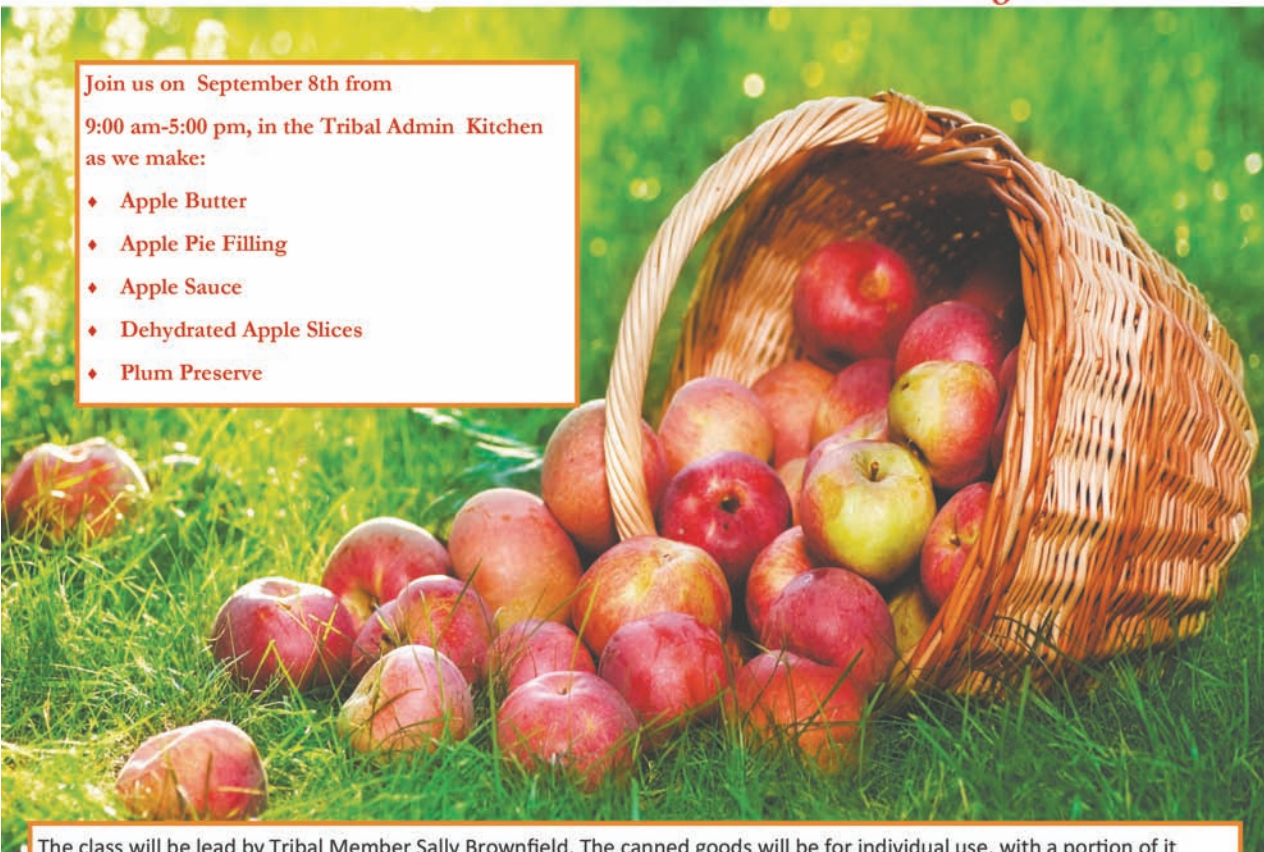
Tom will be participating in the Olympic Peninsula Motorcycle Club Hill Climb at Hurricane Ridge on September 3rd and 4th! Go Tom!!! We will all be cheering for you!



## Food Preservation Workshop

Join us on September 8th from  
9:00 am-5:00 pm, in the Tribal Admin Kitchen  
as we make:

- ♦ Apple Butter
- ♦ Apple Pie Filling
- ♦ Apple Sauce
- ♦ Dehydrated Apple Slices
- ♦ Plum Preserve



The class will be lead by Tribal Member Sally Brownfield. The canned goods will be for individual use, with a portion of it donated back to the Community Garden Program. All supplies will be donated by the Squaxin Island Tourism Department. This is a collaboration between the MLRC, Tourism, Community Garden, and Sally Brownfield.

For more information please contact Aleta Poste at 360-791-1797 or at [acposte@squaxin.us](mailto:acposte@squaxin.us)

## WildCraft Sweet Grass Harvest

Instructor: Stephanie Wood  
tribal member of Grand Ronde OR

Stephanie is a professor from the Northwest Indian College and comes from a family of known weavers. She will teach harvesting techniques practiced by her tribe.

### Location:

Cape Mears, Tillamook OR

### Dates:

September 1st at 12:00 all dates are PM

September 2nd @ 1:00, September 6th @ 4:30

September 20th @ 4:00, September 22nd @ 5:30 September 23rd @ 6:15

Please contact Stephanie for Cost information:  
(503) 507-5042







## be | prepared



### Non Traditional Hunter Safety Class

Our second class for this year is Sept. 28, 2016  
3:00 p.m. to 7:00 p.m.

The location will be given to you when you call to  
reserve your spot.

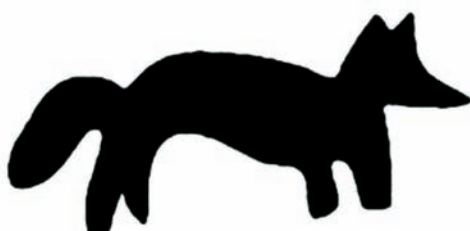
You take the first half of the class online at:  
WDFW.wa.gov.

Take the test and print out that you passed it.  
Bring it to class on the 28th.  
Class size is limited to 10 people.

Call the police station @ 426-5222  
and reserve your spot now.

Must reserve to be in the class.  
Must bring copy of passed online test.

Thank you,  
Officer R. Klusman  
Community Liaison Officer  
Squaxin Police Dept. 360-426-5222



### FEMA Flood Mapping Updates Are Underway: *Make Sure Your Family and Property Are Protected and Accurately Designated*

The Tribe's Natural Resources Department has been participating in the Federal Emergency Management Agency's (FEMA) current update and review process for Flood Hazard Mapping. This is the first update for Flood Mapping since the 1990's.

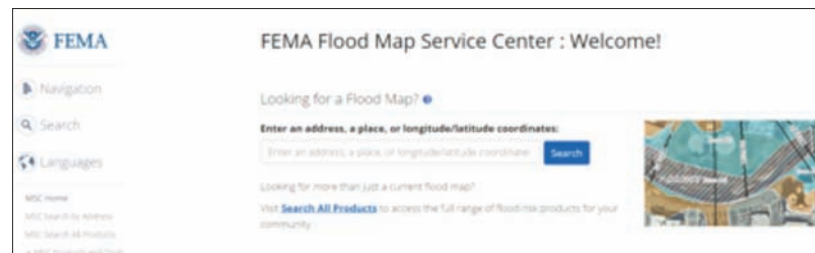
Through FEMA's flood hazard mapping program, Risk Mapping, Assessment and Planning (MAP), FEMA identifies flood hazards, assesses flood risks and partners with states and communities to provide accurate flood hazard and risk data to guide them to mitigation actions. Flood hazard mapping is an important part of the National Flood Insurance Program (NFIP), as it is the basis of the NFIP regulations and flood insurance requirements. FEMA maintains and updates data through Flood Insurance Rate Maps (FIRMs) and risk assessments.

Now is the time to review your property, it's location relative to FEMA's Flood Hazard Mapping, and if appropriate engage with FEMA for review and revision of your property's designation.

#### FEMA's Flood Hazard Mapping website:

<https://www.fema.gov/national-flood-insurance-program-flood-hazard-mapping>

This page links to information on the National Flood Insurance Program



#### To search for information about your property go to:

<https://msc.fema.gov/portal>

This page links to the Flood Map Service Center and allows you to enter your address and see Flood Maps and other information about your property's designated flood risk.



It is advisable to act now to confirm that your property is accurately mapped/designated as either 'in' or 'out' of the flood plain, as once the updated preliminary Flood Maps become effective the process for correcting designation errors becomes much more time intensive and costs money. Errors in the preliminary Flood Maps can be corrected during the review period at NO CHARGE.

Brian McTeague at Squaxin Natural Resources will be available to discuss the FEMA Flood Program & Process, to review your property's updated Flood Hazard Mapping designation, and to assist tribal members with using FEMA's website.

For more information or to schedule a time to visit with Brian at the Natural Resources Department contact him at: (360)432-3800 or [bmcteague@squaxin.us](mailto:bmcteague@squaxin.us)



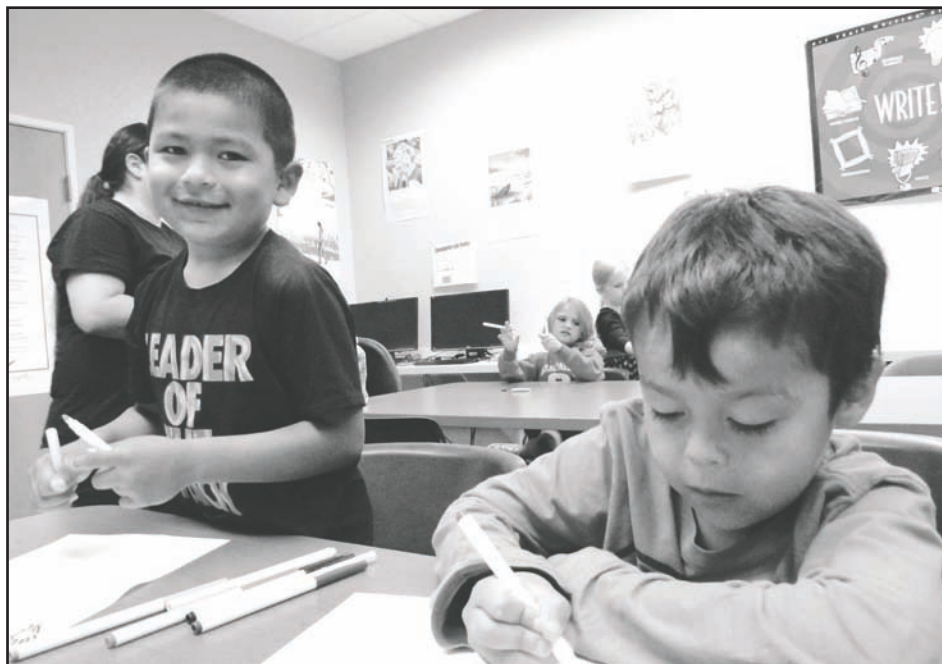


## Attention Bagley Family

Let's get together!!!  
Saturday – Sept 24th, 2016  
12:30 – 4:00 p.m.  
Squaxin's Elders Building  
to discuss our  
BAGLEY REUNION IN AUGUST, 2017  
Let's do a potluck lunch  
Sandwiches, Salads, Chips, Fruit or Veggie Trays

Comments/Suggestions:  
Gloria J. Hill  
loonymoms58@hotmail.com  
360-229-2127

*(Please let me know if you can be here for meeting)*



The Salmon Homecoming Alliance  
Has respectfully invited  
4<sup>th</sup> & 5<sup>th</sup> Grade students to participate in the  
24th Salmon Homecoming School Days Celebration

The event is held at the Waterfront Park located next to the Seattle Aquarium.

### Kids will have the opportunity to:

Participate in Hands-on Activities learning about:

- ♦ Salmon Life Cycle and Habitat
- ♦ Watch a Live Dive Show
- ♦ Hear from Local Storytellers

### We will provide:

- ♦ A sack lunch, snacks and water
- ♦ Transportation:

The Van will leave the TLC gym at 8:00am. Please arrive by 7:45am.  
We return around 3pm to the TLC Gym.

**Space is limited to 10 youth. First come, first served.**

- ♦ Each youth attending must have 100% school attendance prior to the 15th.
- ♦ Each parent must write a note to the school excusing your child for the day.
- ♦ Parents come in to sign up their youth on the list in the Rec Room no later than **Monday, the 12th** to be eligible to participate.

Please contact Jerilynn with any questions at 432-3992 or [jvail@squaxin.us](mailto:jvail@squaxin.us)



## Squaxin Island Culture Night Drum Group

*Squaxin families are invited!  
Please join us for  
drum, song, and dance rehearsal*

**Tuesdays  
Each Week  
5pm  
at the Squaxin Museum**

Feel free to stop in and get familiar with  
Squaxin Island songs and dances  
Join in to learn the dances and songs  
or simply enjoy the atmosphere  
with just your presence

**This is a drug, alcohol, cigarette and  
e-cigarette free event**

Any questions please contact  
Jeremiah George 360.432.3968





As summer comes to a close and students head back to school the Tu Ha' Buts Learning Center offers a lot of support for student success. The Education Department provides Tutors at Bordeaux, OMS, OBJH and SHS, tutoring afterschool at the TLC, Sylvan, evening GED instruction and Homework Help, the afterschool program, Teen Center activities, higher education support and more. And, we have a wonderful group of hard working, dedicated staff and volunteers who make all this happen.



# September

## CHUM Project / Teen Center

Laurel Wolff - Welcome back to school; I hope everyone had a great summer. Basketball season starts again. The Junior High and High School session will start on the 8th and run for six weeks. For now, practice will be on Tuesdays and Thursdays with games being on Wednesdays. If you are a teen wanting to play on the basketball team, please come to the team meeting on September 8th at 3:30.

Planning is underway for a Youth Conference at Great Wolf Lodge on September 16th and 17th. More information on the conference will be coming out over the next couple of weeks. The conference is a collaborative effort between the CHUM Project, Behavioral Health, Family Services, and Safe Streets. The conference will be two days of workshops on mental, spiritual and physical health, with topics chosen by Youth Council members. All workshops will be taught by Squaxin Island staff or community members. To sign up, please contact Laurel on Facebook or at [lwolff@squaxin.us](mailto:lwolff@squaxin.us).

REAL TALK is an opportunity for teens to ask anonymous questions and have Behavioral Health counselors answer them in a non-judgmental and safe space. Join us on the last Tuesday of the month from 3:30 – 5:00.

## C.H.U.M Program

Laurel Wolff teen advocate: 432-3842  
Check Facebook for updates to Calendar!

| Monday                    | Tuesday   | Wednesday                          | Thursday  | Friday   |
|---------------------------|---|------------------------------------|---|--|
|                           |   |                                    | 1<br>First Day of school  | 2<br>Game Day  |
| 5<br>CLOSED               | 6<br>Basketball Practice 3:30-4:30<br>Teen Chef 3:30-5:00<br>Youth Council 5:00-6:00  | 7<br>Back to School BBQ 4:30-5:30  | 8<br>Basketball Team Meeting 3:30-4:00<br>Basketball Practice 4:00-5:00 | 9<br>Grandparent Dessert 5:30-6:30<br><br>**Youth conference packets due                             |
| 12<br>Craft Day 3:30-6:00 | 13<br>Basketball Practice 3:30-4:30<br>Teen Chef 3:30-5:00<br>Youth Council 5:00-6:00 | 14<br>ITL Basketball Game Time TBD | 15<br>Basketball Practice 3:30-4:30<br><br>Education Forum 4:30-6:30    | 16 <sup>th</sup> - 17 <sup>th</sup><br>Youth Conference At Great Wolf Lodge<br><br>Van Leaves at 2pm |
| 19<br>Craft Day 3:30-6:00 | 20<br>Basketball Practice 3:30-4:30<br>Teen Chef 3:30-5:00<br>Youth Council 5:00-6:00 | 21<br>ITL Basketball Game Time TBD | 22<br>Basketball Practice 3:30-4:30                                     | 23<br>Movie Night 5:00-7:00  |
| 26<br>Craft Day 3:30-6:00 | 27<br>REAL TALK 3:30-5:00 @ BHC   | 28<br>ITL Basketball Game Time TBD | 29<br>Basketball Practice 3:30-4:30                                     | 30<br>Teen night TBD   |





## Higher Education News

Mandy Valley - I just wanted to remind everyone the importance of reading through the policy and procedures when signing up for Higher Education funds through the Tribe. Eligible higher education students can receive funding for up to 15 quarters or 10 semesters. Once a student comes close to reaching these limits I will send out a reminder. I want to help students make the best use of their eligibility, and I don't want any students to be surprised or unaware when they are running out of funding. Also, if you would like to be notified when scholarships become available or would like a variety of scholarship resources please send me an email. As always, if you would like any assistance with the application process please stop by or contact me.

If you have any questions or concerns please don't hesitate to stop in, call me at (360) 432-3882, or email me at [mvalley@squaxin.us](mailto:mvalley@squaxin.us). I hope your new school year is off to a great start!

## GED and Homework Support News

Jamie Burris- Are you looking for GED preparation classes? School is starting back up. Why don't you start up on your GED experience? Come up to the education building and begin your path for earning your GED. Come up to find out about the GED program, how to earn a GED and how I can help you on this journey.

I'm also here to offer Homework Support so you can start the school year off on the right path. Make a plan and routine to come up to the education building. I am happy to sign planners when you read with me for your 20 minutes and complete your daily homework!

Throughout the school year I am in the upstairs classroom in the TLC - Tuesdays, Wednesdays and Thursdays from 4:00 - 7:00 p.m. For more information, email me at [jbarris@mcclary.wednet.edu](mailto:jbarris@mcclary.wednet.edu) or go online at [www.ged.com](http://www.ged.com).

## Squaxin Youth Education, Recreation and Activities Calendar

TLC Hours: M-F 7:30am-7:00pm

Front Desk: 432-3958

Rec Rm: 432-3957 (only 3-6pm)

*All activities are drug, alcohol and tobacco free.*

| Monday  | Tuesday   | Wednesday  | Thursday  | Friday  |
|---|---|--|---|---|
|   |   |  | 1<br>Rec Rm: 10am-6pm<br>Crafty Kitchen: 5-6pm<br>Open Gym: 10-6pm                            | 2<br>Rec Rm: 10am-6pm<br>Fun Day: 5-6pm<br>Open Gym: 10am-6pm<br><br>Open Swim: 5-8pm                               |
| 5<br><br>CLOSED   | 6<br>Rec Rm: 10am-6pm<br>Culture Night 5-6pm<br>Open Gym: 10am-6pm                        | 7<br>Rec Rm: 3-6pm<br>Back to School BBQ<br>4:30-5:30pm<br>Open Gym: 3-6pm<br><br>Open Swim: 3-6pm                               | 8<br>Rec Rm: 3-6pm<br>Crafty Kitchen: 5-6pm<br>Open Gym: 4:30-6pm<br>Jr/HS Bball: 3:30-4:30pm | 9<br>Rec Rm: 3-6pm<br>Grandparents Dessert<br>5:30-6:30pm<br>Open Gym: 3-6pm<br>Open Swim: 5-8pm                    |
| 12<br>Rec Rm: 3-6pm<br>Bully Prevention: 5-6pm<br>Open Gym: 3-6pm<br><br>Open Swim: 3-6pm | 13<br>Rec Rm: 3-6pm<br>Culture Night 5-6pm<br>Open Gym: 3-6pm<br>Jr/HS Bball: 3:30-4:30pm | 14 <i>GSD- ER @ 2:30pm</i><br>Rec Rm: 2:30-6pm<br>Arts-n-Craft: 5-6pm<br>Open Gym: 2:30-6pm<br>ITL Game: TBA<br>Open Swim: 3-6pm | 15<br>Rec Rm: 3-6pm<br>Crafty Kitchen: 5-6pm<br>Open Gym: 3-6pm<br>Jr/HS Bball: 3:30-4:30pm   | 16 <i>SSD-1.5 ER</i><br>Rec Rm: 2:30-6pm<br>Fun Day: 5-6pm<br>Open Gym: 2:30-6pm<br><br>Open Swim: 5-8pm            |
| 19<br>Rec Rm: 3-6pm<br>Bully Prevention: 5-6pm<br>Open Gym: 3-6pm<br><br>Open Swim: 3-6pm | 20<br>Rec Rm: 3-6pm<br>Culture Night 5-6pm<br>Open Gym: 3-6pm<br>Jr/HS Bball: 3:30-4:30pm | 21 <i>GSD- ER @ 2:30pm</i><br>Rec Rm: 2:30-6pm<br>Arts-n-Craft: 5-6pm<br>Open Gym: 2:30-6pm<br>ITL Game: TBA<br>Open Swim: 3-6pm | 22<br>Rec Rm: 3-6pm<br>Crafty Kitchen: 5-6pm<br>Open Gym: 3-6pm<br>Jr/HS Bball: 3:30-4:30pm   | 23<br>Rec Rm: 3-6pm<br>Fun Day: 5-6pm<br>Open Gym: 3-6pm<br><br>Open Swim: 5-8pm                                    |
| 26<br>Rec Rm: 3-6pm<br>Bully Prevention: 5-6pm<br>Open Gym: 3-6pm<br><br>Open Swim: 3-6pm | 27<br>Rec Rm: 3-6pm<br>Culture Night 5-6pm<br>Open Gym: 3-6pm<br>Jr/HS Bball: 3:30-4:30pm | 28 <i>GSD- ER @ 2:30pm</i><br>Rec Rm: 2:30-6pm<br>Arts-n-Craft: 5-6pm<br>Open Gym: 2:30-6pm<br>ITL Game: TBA<br>Open Swim: 3-6pm | 29<br>Rec Rm: 3-6pm<br>Crafty Kitchen: 5-6pm<br>Open Gym: 3-6pm<br>Jr/HS Bball: 3:30-4:30pm   | 30 <i>SSD-1.5 ER</i><br>Rec Rm: 2:30-6pm<br>Fun Day: 5-6pm<br>Open Gym: 2:30-6pm<br><br>Open Swim: 5-8pm            |
| After School Snacks:<br>Computer Lab:<br>Sylvan:<br>Homework Help, GED Prep:              | M-F 3-4:45pm<br>M-Th 3-7, F 3-5pm<br>M-Th 4:30-6:30pm<br>T-TH 4-7pm                       | <i>ER = Early Release</i><br>WHL = Wa-He-Lut Indian School<br>SSD = Shelton School District<br>GSD = Griffin School District     |   | <i>I.T.B. - Inter-Tribal B-Ball</i><br>High School: 9-12 Grade<br>Middle School: 6-8 Grade<br>Elementary: 4-5 Grade |





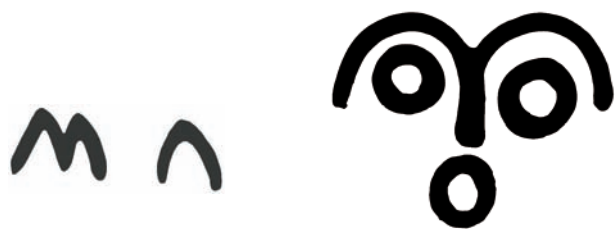
## Tutor News

Peggy Peters - Squaxin Island Tribe Tutor/Mentor, Lynice May, is at the Bordeaux Elementary. She is looking forward to meeting the new Kindergarten students and to continue to support her students from last year. Bordeaux School starts at 9:00 am and ends at 3:30 p.m., with office hours from 8:00 a.m. - 4:30. The school office can be reached at 426-3253.

Lynn White is the Tribe's Tutor/Mentor at Oakland Bay Junior High and Olympic Middle School. If you need help with class work or homework, I am here to help! I am looking forward to seeing you around this school year! Olympic Middle School runs 8:05 a.m. - 2:40 p.m. Office hours are 7:30 a.m. until 3:30 p.m. and can be reached at 462-6671. For students at Oakland Bay Jr. High, school starts at 7:55 a.m. and ends at 2:30 p.m. Office hours during the school year are 7:30 am until 3:30 p.m. Their phone number is 426-7991.

At Shelton High School - "I wanted to introduce myself to you before the school year begins, my name is Julie Martinez and I am your Squaxin Island Tribe Tutor/Mentor at Shelton High School. I am at the High School Monday through Friday to offer support, tutoring, encouragement or just a friendly face. I will be in touch with you throughout the school year to make sure you have the resources you need to make your High School experience a success. If you need anything please make sure you reach out to me so I can help. My office is in the Native Education Room #308, so please stop by before or after school to say hi!" Shelton High School starts at 7:45 a.m. and ends at 2:20 p.m. Office hours during the school year are 7:30 a.m. until 3:30 p.m. Call the school at 426-4471.

Additional information can be found on your school's website.



## September 7th Back to School BBQ

We are celebrating the upcoming school year for the youth!  
We will have hamburgers, homemade baked beans, and fruit salad.  
We will be serving food from 4:30-5:30pm at the Gym.



Have any questions, please contact Jerilynn at 432-3992

### GRANDPARENT DESSERT

TLC - After-School Program is hosting a Grandparent Dessert  
On Friday, September 9<sup>th</sup>, from 5:30-6:30pm  
In the Rec. Room.



Questions? Please contact Jerilynn at 432-3992

## Tu Ha' Buts Learning Center

# Back to School

### EDUCATION FORUM & DINNER

### 4:30PM-6:30PM

## THURSDAY, SEPT. 15, 2016

**DINNER WILL BE SERVED FROM 4:30PM-5:30PM**

Squaxin Island Community Kitchen  
50 SE Squaxin Lane

For additional information call 360-432-3958





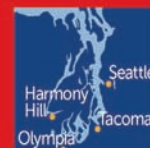


## Summer Rec Fun



3-day gathering for  
Native American and  
Alaska Native families on  
their cancer journeys

Sept 27-29, 2016



at Harmony Hill Retreat Center  
7362 E. State Rte 6, Union, WA

### Free event includes meals and lodging

Harmony Hill overlooks the  
Olympics and Hood Canal  
from 12 acres of beautiful  
gardens and forest trails

20 SPACES AVAILABLE

Call Victrinia today at

360.898.2363 x26

programs@harmonyhill.org



www.harmonyhill.org



## Native American Cancer Gathering



- ◆ **Connect** with other Native cancer survivors and families
- ◆ **Gain new tools** for health, wellness and reducing stress
- ◆ Enjoy **traditional foods and crafts**
- ◆ loway Tribe member **Brett Ramey** co-facilitates with other Harmony Hill faculty
- ◆ Learn to use traditional foods as cancer support and go on a foraging hike with herbalist and wild foods educator **Elise Krohn**



"This retreat was so good for  
me to re-find myself, my spirit  
and rediscover my lost path in  
life. I feel so alive now."  
2015 TRIBAL PARTICIPANT

Harmony Hill's cancer, healing and survivorship programs offer hope, healing and positive change. Learn more at [www.harmonyhill.org](http://www.harmonyhill.org)

THIS RETREAT GENEROUSLY SUPPORTED BY





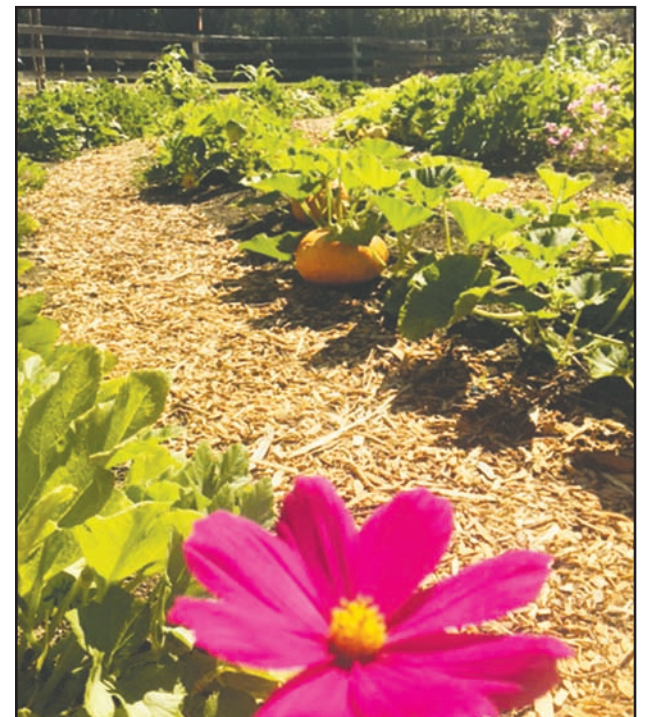


# COMMUNITY GARDEN



These long, hot, late-summer days are just what we needed to deepen the color of our Cinderella pumpkins, plump up our crisp lemon cucumbers and bring on the full flavor of our sweet basil! The harvest season is definitely upon us. The garden crew has been working hard to keep the plants watered, weeded and harvested. We have been so grateful to have had numerous fruit and vegetable giveaways this last month. We were able to feed the Summer Rec. children sungold cherry tomatoes and cucumbers, bring bags of lettuce to the Elders lunch program, and were able to make some Elders' home deliveries. We also held several weekly garden stands (in the bus shed near the tribal offices), offering everything from juicy Pink Berkley Tie Dye tomatoes to cool crisp Lacinato kale. Each day we are overwhelmed with gratitude for what the fertile soils provide and the ability to give back to our community. Looking ahead, we will be planning a community harvest party and cider press, so stay tuned! Please share your recipes and ideas with us on our facebook page at "Squaxin Island Tribal Garden" and thank you again for your continued support!

-Squaxin Island Tribal Garden Crew







## Walking On

### Mary Mason



(Mary) Jeanette Mason, 83 years of age and a longtime Taholah resident, died on Sunday, July 17, 2016, at Grays Harbor Community Hospital in Aberdeen, Washington. She was born on December 11, 1932, in Aberdeen to Alfred Jack and Sadie Jeanette (Krise) Lewis. She was an enrolled member of the Squaxin Island Tribe.

She spent her early years in the Seattle area and then attended the Chemawa Indian School in Salem, Oregon. Mary was married to Melvin Nord Johnson in Seattle at Seattle and was soon divorced. In 1952 she was married to Gerald Robert Crane in California, they also divorced. Jeanette was married to Oliver Grover Mason in 1965. They moved to Taholah in the mid-70s. He died in 1996.

She attended Taholah Shaker Church services. Jeanette enjoyed camping, hiking, boating, crocheting, knitting, seamstress work and taking care of her grandkids and the community children.

Jeanette Mason is survived by her daughters, Bonnie Sanchez of Elma, Bobbi Filipetti of Aberdeen and Sable Mason of Taholah; a son, Louie Boyd Mason; one sister, June Lewis of Yucca Valley, California, numerous grandchildren, great grandchildren and other relatives.

She was also preceded in death by two brothers, Riley Lewis and Lester Lewis.

### Sheryl Wingfield



Sheryl S. Wingfield II, age 66, walked on July 25, 2016 at the Capital Medical Center in Olympia, WA.

Sheryl was born in Shelton to James and Joan (Adams) Byrd and was the oldest of six children. She was blessed with two sons, (Troy Baxter and Paul Wingfield III) and four grandchildren.

Sheryl was a wonderful gardener and would can all the vegetables each year with her mom. In her early years, she played for the Skokomish Jack and

Jill softball team. She was a large part of the success of her mother's business, Joan Pell's Smoked Salmon. She was a dedicated student and spent countless hours smoking salmon, pulling bones and vacuum packing product for shipment and sale. Sheryl had cooked for local campaign fundraisers, special events and birthday parties. She was a great seamstress and was loved dearly by many.

Her services were held on July 29, 2016 at 11:00 a.m. at the Skokomish Church Assembly of God with a burial at the Skokomish Y-Cemetery and a dinner provided by Squaxin Island at the Community Center.



**Lena Krise**

More information next month



**SAFEST**  
Take charge, make CHANGE

|                                  |    |
|----------------------------------|----|
| Drug/ Alcohol reported incidents | 15 |
| Drug                             | 8  |
| Alcohol                          | 7  |
| Adults                           | 13 |
| Youth                            | 1  |
| Unknown                          | 1  |
| Arrests                          | 1  |
| Cite/Infractions                 | 0  |
| Referred to other agency         | 2  |
| Tribal Court                     | 0  |



## Help Protect Our Kids, Families and the Environment



## Clean Out Your Medicine Cabinet

## Prescription Drug Take Back Boxes

Located At:

**Mason County Sheriff's Office**

322 North 3rd Street in Shelton

&

**Mason Regional Fire Authority**

460 Northeast Old Belfair Highway in Belfair

**For More Information Call Mason County  
Public Health & Human Services**

**360-427-9670 ext. 400**







## Squaxin Island community clothing bank



*Gently Used Clothing  
Donations Accepted*

The Squaxin TANF Program is excited to offer the clothing bank as a service to the community. If you're looking for a quick interview outfit, or your children suddenly grew, this is a great opportunity for all of us to reuse, reduce and recycle.

We accept clean, gently used clothing and shoes for younger sizes. Also some household/furniture items depending on available space. The clothing bank is open to the community between the hours of 9:00 a.m. and 3:00 p.m. We do ask that you check in with staff so we may make note of how many people use the service. This will remain confidential. The information will include whether you are male/female, tribal/community member, and what items you are seeking.

To make a donation, please contact Susan McFarlane at (360)432-3934/smcfarlane@squaxin.us or Jay Hall at (360)432-3964/dhall@squaxin.us

### Location:

Squaxin Family Services Building  
2750 SE Old Olympic Hwy  
Shelton, WA 98584



**WALK TO  
FIGHT  
SUICIDE**

**OUT OF THE DARKNESS** Community Walks  
Suicide Prevention Starts With Everyday Heroes Like You. Register Today.

**September 24, 2016 at 10am**  
Olympia Out of the Darkness Walk  
Marathon Park, 1011 Deschutes Pkwy SW, Olympia  
Registration: [www.outofthedarkness.org](http://www.outofthedarkness.org)  
Questions: [eileen.bochsler@gmail.com](mailto:eileen.bochsler@gmail.com)

AMERICAN FOUNDATION FOR  
Suicide Prevention | [afsp.org/walk](http://afsp.org/walk)  
**WALK. VOLUNTEER. DONATE.**

**Oktoberfest**  
4th Annual  
LITTLE CREEK CASINO RESORT  
**SAT, SEPT 24**  
**3PM-9PM**  
GERMAN FOOD SPECIALTIES  
and ENTERTAINMENT  
\$10 entry | Souvenir Mug & Drink Tickets  
Free Entry for Black Tier Members

LITTLE CREEK CASINO RESORT  
GAMING • HOTEL • SPA • GOLF • DINING • ENTERTAINMENT • RV PARK • ARCADE  
**SKOOKUM CREEK**  
EVENT CENTER  
For tickets visit the Box Office, online, or call 1.800.667.7711. Must be at least 21 years of age to attend.





## New Employees



**Thurman Rankin**  
**Police Officer**

Hi! I am a community minded person and enjoy being with my family.

I am excited about being part of the Squaxin Island police department and serving the Squaxin Island Tribe.



**Kenneth McGill**  
**Police Officer**

Hi! I am retired from Mason County Sheriff's Office after 27 years.

I'm excited about a change into a smaller agency. There has been a lot of good talk from people who are currently working for Squaxin Island.

I look forward to assisting the citizens of Squaxin Island in any way possible and getting to know everyone I can. Thank you for allowing me to do this.

Problem Gambling and Health Awareness Conference

# FOUR DIRECTIONS

*Honouring Our Past, Protecting Our Future  
Through Holistic Health, Wellness, and Recovery Support*

**September 12-15, 2016**  
Clearwater Casino Resort  
Suquamish, WA

**25**  
EVERGREEN  
council on problem gambling  
A QUARTER CENTURY OF SERVICE

Suquamish Tribe

**BILL ENGVALL LIVE**

**FRIDAY  
SEPTEMBER 9  
8PM**

**\$50 | \$45 | \$40**

**LITTLE CREEK CASINO RESORT**  
GAMING • HOTEL • SPA • GOLF • DINING • ENTERTAINMENT • RV PARK • ARCADE

**SKOOKUM CREEK  
EVENT CENTER**  
For Tickets Visit The Box Office, Online, Or Call 800-667-7711

**Systematic** **Community** **Relationships** **Individual**

**SAVE THE DATE**  
**FOOD PROVIDED**

**A Community Response to the Opioid Epidemic In Mason County**

**WE WANT TO HEAR FROM YOU!**

**Prevention and Reduction, Eliminating Overdose and Death,  
and Providing up-to-date and accurate Statistical Data.**

Guest Speaker: Dr. Caleb Banta-Green, PhD, MPH, MSW - Senior Research Scientist UW Alcohol & Drug Abuse Institute

**Wednesday Sept 21, 2016: 4PM to 7PM**  
**Shelton High School Student Union Building (SUB): 3737 N Shelton Springs Rd**

For more Information Call: Ben Johnson, Mason County Public Health 360-427-9670 x 545





# PADDLE TO NISQUALLY 2016



Jeremiah George - Over the years we've had a progression take place within our Squaxin Island Canoe Family participants: babies and toddlers born near the new millennia have grown into teens; young children are now adults, some of whom now have their own children; adults have become elders; and we've experienced some major losses. In this passing of time since we attained our first canoe, named Skookum, to join the annual Tribal Canoe Journeys our tribe has grown. Through the vision of our ancestors, the continuity of that vision through our leadership, and the many blessings of our infrastructure within our many entities, we flourish.

With this flourishing comes the fruition of our labors and commitment to supporting our families and our community. Our tribal people are establishing careers within our community. We are witnessing the succession of bringing up a new generation by our many opportunities. The ability to provide and contribute to our people is the evolution of why for those who persevered before us: why we didn't fade; why we weren't defeated; why we continued; and why we are here now.

In the early days many of the Squaxin participants in the Canoe Journey took risks to participate. Returning home from the Journey in 2002 I recall some participants saying they lost power to their homes because they were so absorbed in what happened on the Journey that they didn't mind the risk. Early on most of us knew very little of the depth and impact of the life changing things that are common on Canoe Journey. Even those who planned for mere days of commitment found themselves not returning home until the closing ceremonies of the Journey's host tribe. Witnessing the early days and what everyone took from the experience is very profound but as with time things change.

In our many benefits of being connected to Squaxin we are faced with new challenges. One of the challenges for the Canoe Family is that our success as a people and community impacts participant availability for the Journey. In our growing careers and families we must take great care in what impacts our duty because our responsibility extends further. Since hosting the Canoe Journey in 2012 we've seen this impact in the participation of those who are able to join from the first day of travel and continue all the way through to the closing ceremonies of the Journey.

Fortunately the 2014 and 2015 Youth Canoe Journeys have encouraged the adjustment needed to maintain our participation from Squaxin. This year the majority of the participants from Squaxin consisted of youth. Building upon the momentum that was put in place during the previous two summers our Squaxin youth continued to represent the tribe, and their families very well.

It was great to have George and June participating again this year. It was a blessing to join George in the testing of our canoe Swissaloh before we departed for Tulalip to join the Journey. It was great to paddle with him at the helm for a short time while he confirmed first hand that it handled as it should and was prepared to travel to Nisqually.

Again we were graced with new participants this year. The Journey schedule can get taxing at times where daily schedules are often full. Positivity, reliability, strength, love, togetherness and great conduct are all appropriate ways to describe the 2016 Paddle to Nisqually. Our new participants added a great deal to our collective group experience.

Nisqually is a neighboring tribe for Squaxin. Leadership within our Canoe Family was a part of their Canoe Family before 2002 when Squaxin attained a canoe of its own to participate in Tribal Journeys. It is those roots that have built what exists currently. Nisqually has been by our side throughout the years. In 2004 they took their canoe to join our camp on Squaxin Island. We have performed together for Potlatch Protocol many times during the Journey. In the early planning stages of the 2012 Canoe Journey we discussed a potential for hosting the Journey together between the tribes. It was a wonderful experience to witness the empowerment of our relatives for their community to strengthen themselves so much by putting on such a major event this year.

Thank you to everyone who provided direct support as well as those who sent support through prayers, consultation, and encouragement. We couldn't participate without the efforts of our leadership: tribal council, and our department directors. Thank you Jeremy Walls and Jaimie Cruz from the Klabsch Canoe Club for building upon the efforts of previous years and implementing a formal curriculum plan and managing a group of youth participants this year. We appreciate the direct endorsement from our tribal entities for major employee contributions. From the Squaxin Island Tribe's Maintenance Dept we had Tully Kruger and Jeremy Myer, and Island Enterprises for Patrick Braese; all of whom watched over our canoes on the water as Water Safety Support Boat Captains. We were really grateful for the Natural Resources summer youth employees who maintained their participation this year via direct contributions from Candace Penn and Tyler Fuller. With continuous support from the Little Creek Casino Resort we were allowed to transport participants with a van and a transport for our camp gear with the box truck. We were extremely fortunate for permission to use the Elders' van. Without participants and support we would not be able to provide an opportunity to strengthen our people through the Canoe Journey.







# PADDLE TO NISQUALLY 2016



Photos by Lisa James







# PADDLE TO NISQUALLY 2016



Photos by Lisa James







# PADDLE TO NISQUALLY 2016



Photos by Lisa James







## Spay and Neuter Myths & Facts

**Myth:** It's healthier for my female to have a litter before I spay her.

**Fact:** There is no medical evidence to substantiate any benefits to allowing a dog or cat to have a litter before spaying. In Fact, spaying female dogs and cats before their first heat is much easier on your pet. Smaller pets have less body fat, meaning less tissue trauma and less bleeding. Smaller pets need less anesthesia, meaning they will wake faster and in most cases are able to go home the same day. By spaying as early as possible you are being a responsible pet owner by not adding to the homeless pet population.

**Myth:** My pet's behavior will change drastically.

**Fact:** The only behavior changes you will see will be positive! Spaying and neutering your pet will eliminate hormonally influenced behaviors. Your female will avoid going into heat, meaning you won't have to deal with constant yowling, crying and nervous pacing. Your male pet will have decreased aggression and urges to mount furniture, other pets or people as well as a decreased desire to roam. Since your pet's number one priority will no longer be looking for a mate, they will have increased concentration and a longer attention span, making them a better companion. Your pets will also be cleaner since they will be spending less time looking for a mate and more time grooming.

**Myth:** My dog won't protect me if I neuter him.

**Fact:** A dog's personality is based mainly on his genetics and home life. His willingness to protect comes from being part of the family "pack." If anything, neutering your dog will make him less interested in roaming to look for a mate, thus focusing his energy on pleasing you.

**Myth:** My pet will get fat, lazy and less attractive.

**Fact:** Pets become fat and lazy most often because they are overfed and under-exercised. If your pet puts on weight it has nothing to do with the surgery. Cut calories and add in some playtime to keep your pet fit. Keep in mind your pet may still be in the process of growing, especially if you take advantage of an early spay neuter procedure.

**Myth:** My pet will mourn the loss of his/her ability to reproduce.

**Fact:** Neither dogs nor cats reproduce to experience motherhood or fatherhood, but purely to protect the survival of their species. Your pet has no understanding or emotional attachment to parenting, sexuality, gender roles or reproduction.

**Myth:** My dog/cat is an indoor-only pet so I don't need to spay/neuter.

**Fact:** This is a common mistake. People only think of the reproductive ramifications of not fixing their pets. In addition to protecting your pet from pregnancy/impregnating should they escape your home, you are offering them a myriad of health and behavioral benefits as well including eliminating the risk of some cancers and decreasing the urge to roam for a mate.

**Myth:** Animals cannot be fixed until they are 6 months old.

**Fact:** Spay/neuter procedures can be performed as early as eight weeks of age. Recovery is prompt especially for smaller pets; less body fat means less anesthesia, bleeding and tissue trauma. In most cases your pet can come home the same day. If you cannot afford to have your pet spay or neuter and you are a Squaxin Tribal Member call HOUSING (360)432-3953. If funds are available RARE / REZ ANIMAL RESOURCES & EDUCATION may be able to assist you with the procedure.



## Improving Fish Passage

In 2013 the U.S. District Court for Western Washington ruled that the state must not build or operate culverts that hinder fish passage, like the one on Little Skookum Creek, under state-maintained roads.

### SR 108 - Little Skookum Creek - Fish Barrier Removal

#### *Why is WSDOT replacing the culvert under State Route 108?*

WSDOT is installing a new 20 foot-wide box culvert under SR 108 to improve fish habitat in Little Skookum Creek. Replacing the culvert will make the stream more maneuverable for salmon, extending usable habitat. This work is part of WSDOT's Fish Passage Barrier Removal Program, which identifies and removes barriers to fish passage caused by culverts under state highways.

Drivers on SR 108 near US 101 can expect a reduced speed limit of 25 mph between mileposts 11.8 and 12. The lowered speed limit will remain in place until this fall. West Kamilche Lane near SR 108 is closed through summer. Throughout the project duration, drivers may encounter occasional night one-way alternating traffic.

### The End Result

The new box culvert under SR 108 will improve fish habitat and fish passage in Little Skookum Creek. This project replaces an outdated culvert that is a barrier for fish with a culvert that is built wider than the existing stream channel. The new 20-foot wide culvert and restored creek channel simulates what is found in a natural stream bed.

Fall 2016 - Project complete.

Project web page: [www.wsdot.wa.gov/projects/sr108/littleskookumcrkfishbarrier](http://www.wsdot.wa.gov/projects/sr108/littleskookumcrkfishbarrier)

Fish passage: [www.wsdot.wa.gov/Projects/FishPassage](http://www.wsdot.wa.gov/Projects/FishPassage)





## Community Emergency Response Team

John Taylor - The Squaxin Island Tribe is creating a Native specific Community Emergency Response Team (CERT). CERT will educate community members about disaster preparedness and prepare them to respond to their own community needs. CERT is an all hazard community based response team that is trained in basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations. When an emergency happens, CERT members can give critical support to first responders, provide immediate assistance to victims, and

organize spontaneous volunteers at a disaster site. CERT members can also help with non-emergency projects that improve the safety of their community. Specific to Squaxin Island's CERT program, team members will be trained to assist tribal elders and cultural protection critical in an emergency and disaster. For more information visit [fema.gov/community-emergency-response-teams](http://fema.gov/community-emergency-response-teams) or [ready.gov/community-emergency-response-teams-cert](http://ready.gov/community-emergency-response-teams-cert). If you are interested in learning more about Squaxin Island CERT call (360) 432-3947 or email [jtaylor@squaxin.us](mailto:jtaylor@squaxin.us).



## Explorer Academy Graduates

Hello Squaxin Community,

Two of our Explorers graduated from the Explorer Academy in Yakima Washington this month. Elizabeth Brown and Sam Ackerman went to the academy on August 15th, 2016, and graduated August 20th. These two exceptional individuals put in 16-hour days. They were separated upon arrival and placed into separate platoons. They knew no one. They had classroom studies indoors where temps reached 110 degrees as well as outdoor practical exercises where they stood in 100 degree heat doing physical training. They were tested physically, mentally, emotionally, and academically.

Sam and Elizabeth gave up part of their summer and free time to take part in this training. They did this to make themselves better and stronger mentally and physically and to prepare themselves for a possible career in law enforcement. This training was one of the most difficult things they have faced yet in their young lives. This was but a small taste of what they will endure while in Law Enforcement, serving their communities.

We cannot put into words the over whelming pride and respect we have for these two young women and how proud of them we are. To see them on day one, so unsure and afraid. Then on day six, standing tall, strong and proud. They started out as individuals and ended as a team.

This was Squaxin's first time participating in this academy and both Sam and Elizabeth represented us well. If you see these young women out and about, please take a moment, say hi and give them a huge "Atta girl!" They definitely deserve it.

Thank you,  
Rene' Klusman  
Community Liaison Officer  
Squaxin Police Dept.







## American Indians/Alaska Natives Fact Sheet



### Overview of Washington Healthplanfinder

Washington Healthplanfinder offers a new way to find health insurance. It's a customer-friendly website where individuals and families can find, compare and enroll in a health insurance plan that fits their needs and budget. Washington Healthplanfinder provides:

- Special benefits for American Indians and Alaskan Natives (AI/AN)
- Side-by-side comparisons of available health insurance plans
- Expert customer support online, by phone or in-person from a Tribe, urban Indian health clinic, local organization or insurance broker

Did you know we have Jaclyn & Misti

at Squaxin Island Health Clinic are

Washington State Certified Tribal Assistors

available to help you with the application process

for health insurance benefits ?

(360) 427-9006, Give us a call.

### Why do I need health insurance if I am eligible for Indian health care?

Indian Health Service (IHS) does not fund all health care services you may need. Your tribal or IHS program may not offer medical specialists, certain tests, emergency room visits or hospital care. All health plans offered through Washington Healthplanfinder meet strict benefit and quality standards. All the essentials are covered, including visits to the doctor and emergency room, prescriptions, maternity care and preventive care like cancer screenings and immunizations.

### Special Benefits for Tribal Members Enrolled in Federally-Recognized Tribes

Through Washington Healthplanfinder, American Indians and Alaska Natives living in Washington state have access to special benefits. These include:

- **Free and Low-Cost Coverage:** American Indians and Alaska Natives with a household income of less than \$70,650 for a family of four and \$34,470 for an individual will not have deductibles or copays if they obtain insurance through Washington Healthplanfinder.
- **No Costs for Using Indian Health Service:** There are no copays or other costs for American Indians and Alaska Natives who receive health care services or receive a referral from Indian Health Service, Tribes, Tribal organizations or urban Indian organizations.
- **Special Open Enrollment Periods:** Limited enrollment periods do not apply to American Indians and Alaska Natives who are enrolled members of their Tribes. You can enroll in a health plan or change plans on a monthly basis.
- **No Federal Mandate:** American Indians and Alaska Natives are not subject to a penalty for not enrolling in minimum health care coverage.

## Clinic Events

### Health Promotions

We have exercise videos  
Work out alone, with us  
or schedule a time for a group

### Lifestyle Balance Program

To find out how you may qualify,  
please contact Melissa Grant at  
360-432-3926

### Mammogram Day

September 28th

### Brief Community Walk

Every Monday at 12:30 p.m.  
Elder's Building after lunch

### Free Diabetes Screening

at Health Promotions  
To schedule an appointment,  
contact Melissa Grant

### Smart Shopping/ Food Label Workshops

Contact Patty to schedule  
360-432-3929







## September is Veggies & Fruits More Matters Month

Eating fruits and vegetables has many health benefits. People who eat a healthy, balanced diet with plenty of fruits and vegetables can help lower their risk for heart disease, type 2 diabetes, and some types of cancer. Eating healthy can also help prevent obesity and high blood pressure.



*However, most people don't eat enough fruits and vegetables.*

- Fewer than 1 in 7 adults eat the recommended amount of fruits every day.
- Fewer than 1 in 10 adults eat the recommended amount of vegetables daily.

*Here are some ideas to help you and your family fit more fruits and vegetables into your day:*

- Keep a bowl of fruit handy where the whole family can see it.
- Cut up fruits and veggies ahead of time so they're ready for quick, healthy snacks.
- Challenge your family to try a new veggie or fruit every week.



Produced by IHS Division of Diabetes  
Treatment and Prevention,  
[www.diabetes.ihs.gov](http://www.diabetes.ihs.gov)

## 3 STEPS To HEALTHY EATING


You can help your family  
members eat healthy by  
taking these 3 steps:

1. Use smaller plates.
2. Divide the plates into 4 equal portions of vegetables, fruits, grains, and meats/poultry/fish.
3. Watch portion sizes by stacking food no higher than 1 to 1½ inches.

To print out *My Native Plate* placemats  
showing these steps, go to:

[www.diabetes.ihs.gov](http://www.diabetes.ihs.gov).

Click on *Printable Materials*,  
*Nutrition*, then *My Native Plate*.



**WIC at SPIPA**  
(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

**Contact at SPIPA for an appointment:**  
Patty Suskin 360.462.3224 or  
Debbie Gardipee-Reyes  
360.462.3227, [gardipee@spipa.org](mailto:gardipee@spipa.org)

**Tuesday,  
Sept 13th is  
WIC DAY at  
SPIPA**


Annual Sports Physical

## K-12 STUDENTS SCHOOL ATHLETIC PROGRAM PARTICIPANTS

It is very important if you know your child will be participating in school sports program, at any point in the year, the school requires an

**ANNUAL SPORTS PHYSICAL.**

Schedule your child(s) sports physical prior to school year beginning to assure they attain it in timely manner.



**SQUAXIN ISLAND HEALTH SERVICES**

90 S.E. Klah-che-min Dr.  
Shelton, WA. 98584

Phone: 360-427-9006  
Fax: 360-427-1951

**Squaxin Island  
Health Services**

*Pulling Together*





# HEALTH CLINIC



**Are you pregnant?  
Do you have a  
child under age 5?**

**Does your food budget  
need a boost?**

**WIC has  
openings for:**  
Pregnant/breastfeeding women  
and children under 5

**Did you know working families and those on unemployment can get WIC?**

## Monthly WIC Income Guildelines

- Family of 2\* earning up to \$2,456 per month
- Family of 4\* earning up to \$3,739 per month
- Family of 6\* earning up to \$5,022 per month

\*Include each unborn child in family size

## WIC gives you:

- Checks to buy up to \$100 worth of healthy foods when two in your family are enrolled. Each person on WIC gets checks to to buy up to \$50 worth of healthy foods.
- Tips to help your family eat well and stay healthy.
- Breastfeeding support.

## WIC may be able to help you if:

- You have low income or no income
- You are receiving any of these services:
  - DSHS Medicare (*ProviderOne Card*)
  - FDIPR (*USDA Foods-Formerly called Commodities*)
  - TANF (*Tribes Assisting Native Families*)

## Contact:


**SPIPA**  
Debbie Gardipee-Reyes  
(360) 462-3227

**SPIPA**  
Patty Suskin  
(360) 462-3224

**Chehalis**  
Debra Shortman  
(360) 709-1689




In accordance with Federal Law and Department of Agriculture (USDA) Policy, SPIPA WIC is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.  
To file a complaint of discrimination, write USDA Director, Office of Adjudication, 1400 Independence Avenue, SW Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.  
**Washington State WIC Nutrition Program does not discriminate.**




Monday-Friday  
8:30a.m.-5:00p.m.  
Closed Lunch Hour  
Noon-1:00

**Squaxin Island Tribe  
Behavioral Health  
Outpatient Program**

100 S.E. Whitener Rd. Shelton, WA. 98584




**TEL: 360-426-1582**



Monday-Friday  
8:30 a.m.- 5:00 p.m.  
Closed lunch hour  
Noon-1:00

**Squaxin Island Health  
Clinic Kamilche  
Pharmacy**



**TEL: 360-432-3990**



Foot Exam Day with Dr. Kochhar  
(Foot Doctor)

Thursday, Sept 8, 2016

9 am -noon  
At the Clinic

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



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





## September Happy Birthdays

1  
Alexander Donovan Solano  
Jeramiah Whitewolf Longshore  
Kui Lee Tahkeal Jr.  
Patrick Wayne Whitener  
Vanessa A. Tom

2  
Jason Gabriel West

3  
Austin Ray Peters  
Kezia Marie Wentworth  
Malachi Donald Hartwell-Kinison  
Rose M Krise

4  
Kathrine Darlene Neilsen  
Marty Joe Trinidad Jr.

5  
Latoya Jean Johns  
Mckenzie Brearley-Lorentz

6  
Elijah Joseph Krise  
James Vincent Youngs

7  
Danielle Garnet Leas  
Joshua Paul Coble  
Talon Andrew Peterson  
Wayne Joseph Lewis  
Zayne Garner Dorland

8  
Barry Wayne Hagmann  
Charles Wesley Scheibel  
Justine Amber Mowitch  
William Dean Hagmann  
William M. Weythman

9  
Alexsii G. Vigil  
Avary M Jimmie  
Joseph Stewart-Kinchler  
Kaleb Joseph William Lutolf  
Levi Lee Connally  
Lewis R. Napoleon Jr.  
River Ray Cooing Dove Guardipee

10  
Debra Leone Mattson  
Madison C.M. Mowrey  
Roger Joseph Peters

11  
Madeena M. Rivera

12  
Austin K. Brearley-Lorentz

13  
Anthony Joseph Ramirez III  
Kaitlyn Michelle Brandt  
Robert Thomas Farron

15  
Florence A. Sigo  
Gracelyn June Wier  
Jonathan E. Harrell  
Kristen Michelle Davis

16  
Evelyn Rae Krise-Lyon  
Jamie Danielle Slaughter

17  
Carmen Marie Algea  
Cassie Ann Colbert  
Kenedee K. Peters  
Markie Jean Smith

18  
Stephen Mark West  
Tia Marie Jordan  
Tiana Feather Henry  
Willow A. Henry

19  
Calvin Wayne Farr  
Frances E. Starr  
Francis Alfred Bloomfield  
Raiatea C. K. Villanueva  
Sophia L. Pinon

20  
Kayla Marie Johnson  
Terry Lee Brownfield

21  
Atawit Nmi Krise-Lyon  
Desmond Ashley Smith  
Esther Melinda Fox  
Gregory Scott Koenig  
Jada Lesley Krise  
Kassidy Mckenna Rayanne Burrow  
Melody Marie Moliga

22  
Gloria Jean Hill  
Kim Monique Cowing  
Kiona Breeze Krise  
Michael N. Peters

23  
Amanda Rae Peters  
Angel Lorene Sen  
Chris T. Clementson  
Leslie Allen Cooper Jr.  
Mykah Jayson Masoner  
Peter William Kruger Jr.

24  
Donald Lynn Whitener  
Linda Lee Lake

25  
Joan Martha Rioux

26  
Barney Eugene Cooper  
Ronald Curtis Fletcher  
Susan Jeanette McKenzie  
Vernon Patrick Kenyon

27  
David Ernest Lopeman  
Dawne Marie Elam

29  
Donald James Smith

30  
Isaiah Gaylen F. Schlottmann  
Kimble S. Kenyon

### Happy Belated Birthday Tyrone!

We hope you had a great day!  
You're an amazing husband,  
father & my best friend.  
We love you so much!  
Happy birthday, Babe!

Love,  
Kasia, TJ, Johnny, Randy  
and the rest of the family










Committees Commissions & Boards With Infrequent Meeting Times

| Committee and Commissions                   | Council Rep.                                | Staff Rep.         | Months                   |
|---|---|--------------------|--------------------------|
| 1% Committee (Bylaws & Appendix X2)         | Arnold Cooper, Vince Henry, Vicki Kruger    | Kris Peters        | Feb., May, Aug., Nov.    |
| Elections Committee                         | None  | Tammy Ford         | March, April, May        |
| Explorers Program Committee                 | Jim Peters                                  | Renee Kluseman     |                          |
| Fireworks Committee (TC 6.04.040)           | None  |                    | May and June             |
| Gathering Committee                         | Charlene Krise                              | Rhonda Foster      | Not yet determined       |
| Law Enforcement Committee, Law and Order    | None  | Kevin Lyon         | Not currently meeting    |
| Veterans' Committee                         | None  | Glen Parker        |                          |
| Budget Commission                           | Vicki Kruger                                | Kris Peters        | June and August          |
| Business Administration Board (TC 6.24.010) | None  | Travis Nabahe, IEI | As needed                |
| Little Creek Oversight Board (TC 2.26.010)  | Arnold Cooper, Vicki Kruger, Charlene Krise | David Lopeman      |                          |
| Museum Library and Research Board           | David Lopeman                               | Charlene Krise     | Sept., Dec., March, June |
| Tourism Board (TC 2.34.010)                 | Arnold Cooper                               | Leslie Johnson     |                          |
| Island Enterprises Board                    | David Lopeman                               | Travis Nabahe      |                          |

If you are interested in an opportunity to meet with a Committee, Commission or Board please contact the staff representative to be placed on the agenda and for meeting time and location. Every spring Tribal Council considers vacancies for the Committee, Commission and Boards. If you are interested in becoming a member please submit your written request to: Melissa Puhn, Executive Secretary for Tribal Council | mpuhn@squaxin.us | 10 SE Squaxin Lane, Shelton WA 98584.

| What's Happening   |                               |                            |                     |                               |   |                                      |
|--|-------------------------------|----------------------------|---------------------|-------------------------------|---|--------------------------------------|
| <br>Drum Group every Tuesday<br>AA & ALANON every Wednesday | 1                             |                            | 2                   |                               | 3   |                                      |
|  | Utilities Commission          |                            |                     |                               |   |                                      |
|  | Family Court                  |                            | Housing Commission  |                               |   |                                      |
| 4  | 5                             | 6                          | 7                   | 8                             | 9   | 10                                   |
|  |                               |                            | Back to School BBQ  | Food Preservation Workshop    |   |                                      |
|  |                               |                            | Shellfish Committee | Golf Advisory Committee       | SPIPA Board of Directors  |                                      |
|  |                               | Criminal/Civil Court       | Elders Committee    | Tribal Council                | Education Commission  |                                      |
| 11   | 12                            | 13                         | 14                  | 15                            | 16  | 17                                   |
|  | Talking Circle                |                            |                     |                               |   |                                      |
|  | Child Care Board of Directors | Enrollment Committee       |                     | Education Forum & Dinner      | Salmon Homecoming Seattle Waterfront  | Salmon Homecoming Seattle Waterfront |
| 18   | 19                            | 20                         | 21                  | 22                            | 23  | 24                                   |
|  |                               | Criminal/Civil Court       | Gaming Commission   | Centennial Accord at Chehalis |   | Bagley Family Reunion Planning       |
| 25   | 26                            | 27                         | 28                  | 29                            | 30  |                                      |
| Suicide Prevention Walk in Chehalis  |                               | Tobacco Board of Directors | Hunter Safety Class |                               |   |                                      |





## Elders Menu . . . Fruit and salad at every meal

### 1st

THURSDAY:

Baked potato bar, broccoli

### 5th - 8th

MONDAY:

Labor Day – No lunch served

TUESDAY:

Italian sausage & potato soup,  
meatball subs

WEDNESDAY:

Hamburgers, macaroni salad,  
baked beans

THURSDAY:

French dips, potato wedges,  
green beans,

### 12th - 15th

MONDAY:

Tuna casserole, corn

TUESDAY:

Taco soup, turkey tortilla wraps

WEDNESDAY:

Flank steak, roasted red  
potatoes, broccoli

THURSDAY:

Casino Buffet

### 19th - 22nd

MONDAY:

Chicken divan, green beans

TUESDAY:

Chili, cornbread

WEDNESDAY:

Taco bar

THURSDAY:

Chicken fried steak,  
mashed potatoes & gravy,  
corn

### 26th - 29th

MONDAY:

Lasagna, Caesar salad,  
garlic toast

TUESDAY:

Beef stew, rolls

WEDNESDAY:

Fish & chips, coleslaw

THURSDAY:

Pork chops, roasted red  
potatoes, cauliflower



**Atawit**, you have learned how to do so many amazing things in your first year of life. We enjoy all the moments and milestones that you have shared with us. Happy 1st Birthday, Son! **Love**, Mommy, Daddy, Kaya, Poppa, KK, sissy and all your aunts and uncles



**Evelyn**, you bring so much joy to our lives and you have the such a unique personality. We are truly blessed to have you as our one and only baby girl. We love you and wish you a happy 2nd birthday. **Love**, Mommy, Daddy, Kaya, Poppa, KK, Brother and all your aunts and uncles

## Committees and Commissions Listed on Calendar

### Committee and Commissions

Aquatics Committee  
Elders Committee  
Enrollment Committee  
Fish Committee  
Golf Advisory Committee  
Hunting Committee  
Shellfish Committee  
Education Commission  
Gaming Commission (TC 6.08.090)  
Housing Commission  
Child Care Board of Directors  
Tobacco Board of Directors  
Utilities Commission (TC 11.08.010)  
SPIPA Board of Directors

### Council Rep.

Arnold Cooper  
Whitney Jones  
Charlene Krise  
Vicki Kruger  
Jim Peters  
Arnold Cooper  
Vince Henry  
Jim Peters  
Per Tribal Code None  
Arnold Cooper  
Vicki Kruger & Charlene Krise  
Jim Peters  
None  
Arnold Cooper

### Staff Rep.

Jeff Dickison  
Elizabeth Heredia  
Tammy Ford  
Joseph Peters  
Kris Peters  
Joseph Peters  
Eric Sparkman  
Gordon James  
BJ Whitener  
Richard Wells  
Bert Miller  
Ray Peters  
Teresa Wright  
Kathy Block

### Meetings

2nd Wednesday in Feb., May, Aug., Nov.  
1st Wednesday or Thursday  
2nd Tuesday  
2nd Wednesday in March, June  
2nd Wednesday or Thursday  
2nd Tuesday of July, Oct., Jan., April  
1st Wednesday of March, June, Sept., Dec.  
2nd Friday  
3rd Wednesday  
1st Friday  
2nd Monday  
4th Tuesday  
1st Thursday  
2nd Friday







## What to do when someone you love is suicidal

Squaxin Island Behavioral Health Outpatient Program - September is Suicide Awareness month. Over the past six months the Squaxin Island Behavioral Health Outpatient Program has hosted a series of trainings for staff and community members to gain understanding and skills to help loved ones. Over the next several months Behavioral Health will publish a series of articles in the Klah-Che-Min to summarize those trainings and to provide additional training to community members.

Two major barriers that keep suicidal individuals from seeking help is 1) the stigma that suicidality is their fault and 2) that people don't know how to listen to them. This article will outline how to relieve that stigma and truly listen to your loved one.

Get rid of any stigma by telling your loved one that his or her suicidality is not their fault—because it's not. It's also not your fault. Suicidal thoughts develop innocently and begin because your loved one is attempting to save his or her own life.

In the midst of an emotionally painful situation your loved one's brain attempts to relieve itself by creating a sense of hope. In an emotionally painful situa-

tion where he or she has no way out, the only way to create that sense of hope is by imagining that he or she isn't there. This thought releases feel-good endorphins in the brain creating an immediate sense of relief.

The next time your loved one is in an emotionally painful situation his or her mind automatically remembers how to cope and goes back to imagining that he or she isn't there. Except this time the brain needs a little more in order to release the same level of endorphins and so, without intending to, your loved one imagines not being anywhere.

Over time, your loved one's ideation progresses so he or she imagines not existing at all, dying, planning his or her death, and eventually attempting to take his or her own life. All along, the instinct is to live but the mind has an increasing pull toward death until your loved one is literally fighting for his or her own life. Your loved one wonders why it's so difficult to live.

You can help by explaining this process to your loved one. This will help remove his or her own shame and guilt and lift the stigma of suicidality.

Your loved one also needs a listening ear. Listening to the other person sends the message that you're there for your loved one and that you understand. It builds trust so that your loved one is more likely to tell you what's going on.

Use affirmations to show understanding of his or her situation. Say things like "That sounds really hard," "That must have been difficult," "That seems incredibly brave," "The way you handled that situation showed a lot of strength."

Reflect back what you hear. Use statements like "Sounds like you're fed up." "It sounds like you're feeling stuck." You can also reflect back statements that show two seemingly contradictory thoughts can be true at the same time. For example, you could say, "It sounds like there's a part of you that wants to end it all and you don't want to feel this way." Then you can follow up with an affirmation like "that sounds so frustrating," and then with an open-ended question.

Open-ended questions tell the other person that you care and want to hear more. You could use statements like "Tell me more about..." "What else?" "Can you say a little bit more about that?" "What was that like?" "Say more about..." "How were you able to...?"

From time to time, you can summarize what has been said. You do this so the other person knows you have been paying full attention and that you care about hearing him or her correctly. You could say, "So what you've been saying is that you're feeling like you're just done with life. Is that right?" "So, if I've got this right, you're really feeling...Is that right?"

Removing stigma and truly listening are two of the most important things you can do for a suicidal individual. It will open doors so your loved one trusts you and leans on you for help. For more information on this topic, watch for next month's article: "How to help your loved one move past suicidal thoughts."

The Squaxin Island Behavioral Health Outpatient Program has mental health counselors and a chemical dependency counselor available to help. Call 360-426-1582 to set up an appointment or stop in at 100 SE Whitener Road, Shelton.

### 6<sup>th</sup> Annual Chehalis Tribe's Suicide Prevention Walk



**Date: September 25<sup>th</sup>**

**Time: Walk will start at 10 AM**

**Location: Community center**

**There will be guest speakers, food and refreshments. We also will be showing a short film that includes a couple community members that were a part of We R Native Suicide Awareness campaign.**

**Any questions please contact: Steven Dorland (360)709-1652**

**Thank you to Family Services and Lucky Eagle Casino for your support. Also to many other departments and enterprises for providing raffle donations.**

Please come and help support. All tribes have lost someone or know someone who has attempted suicide. Lets pull together as strong Native people and strengthen our connection amongst tribes. Let's raise awareness that this does happen and there is help out there. - Steven Dorland

### Thank You

The August 17th, Prayer Walk was such a success because of all of you. The 1%, Canoe Family, cooks, co-workers, friends, family, prayer warriors, counselors, teens, youth and babies made the suicide awareness meal and giveaway a true memorial through laughing, crying, meeting new friends, and sharing - a true healing event. "Thank you" cannot express enough the gratitude that makes healing for all of us so special. All of us need each other so much, and it was there August 17th in a true positive spirit. Have a great, wonderful year until we meet and do it again next year.

Love you.  
Paula, Corri, J.C, Dodie, and Chris





## Purchased Referred Care Services Information

(Formerly known as Contract Health Services CHS)

We would like to remind everyone of information that is important for your Purchased Referred Care (PRC) formally known as Contract Health Services (CHS).

If you do not have any medical insurance, it is required by PRC rules that you apply for alternate resources, for us that includes ProviderOne (Medicaid), even if you feel that you would not be eligible. PRC must show proof of acceptance or denial. You can make an appointment with Jaclyn Meyer at the front desk at Squaxin Island Health Clinic and she will help you get signed up with ProviderOne (Apple).

Even though you may already have a Primary Insurance such as Group Health Options, Medicare or First Choice, etc., you can still sign up for ProviderOne and you may be eligible, giving you Double Medical Coverage.

Another issue that has been brought to our attention is co-pays, deductibles, co-insurance and RX payments to Group Health. If you are seen at Group Health for any emergency, pregnancy or for care that cannot be obtained at our clinic, you will need to pay any out of pocket costs. We are unable to coordinate PRC benefits with Group Health, thus requiring you to pay instead of obtaining a purchase order. You may be eligible to have these out of pocket costs reimbursed. Once you have paid, submit the receipt to Tootsie at PRC in a timely manner. Once she has established if you are eligible, she will be able to submit a request to have you reimbursed for these out of pocket costs.

### Outside Clinics Accepting Apple

#### Mason General Walk-in

939 Mountain View Dr.

432-3298

#### Pediatric Multi-care

3504 12th Ave. NE

360-252-3801

#### MGH Shelton Family Medicine

939 Mountain View Dr. Suite 100

426-2653

#### West Olympia FamilyMed

1217 Cooper Pt. Dr. SW ST B

360-486-6710

#### MGH Olympic Physicians

237 Professional Way

426-2500

#### Westcare Clinic

3900 Limited Ln NW

360-357-9392

#### Health Care Center

107 N. 8th St.

426-9717

#### Tumwater Family Practice

150 Dennis St. SW

360-754-6367

#### Summit Pacific Medical Center

600 E Main St.

Elma Wa. 98541

360-346-2222

#### Seamar

3030 Limited Ln.NW

360-491-1399



SAVE the DATE!



### 2016 Intertribal Breast Cancer Awareness Walk

**Date:** *Saturday, October 15, 2016*

**Location:** *Squaxin Island Community Kitchen*

**Time:** *10am Registration Starts  
11am Walk begins at  
12:30pm Lunch served at*

Flyer to follow with more information

**Remember to call to get your Purchase Orders.**

- If you are PRC eligible and you have an appointment, lab work or x-rays outside of our clinic, you must obtain a Purchase Order before your appointment.
- If our clinic makes arrangements for an appointment, it is still YOUR responsibility to obtain a Purchase Order.
- All Purchase Orders are for the date of the appointment only.
- If your appointment is Rescheduled or Cancelled, REMEMBER it is YOUR RESPONSIBILITY to call for a new Purchase Order.
- Also, it is wise to call ahead of time instead of on the day of your appointment.

**You can get a Purchase Order from Tootsie by calling 360-432-3922.**

You are always welcome to call Tootsie if you have any questions about how PRC or what the rules and regulations are.







**BINGO**

✓ **Thursday • Sept 1st**  
Doors Open 4:30pm | Early Birds 6pm | Session Starts 6:30pm

✓ **Friday • Sept 2nd** Daubin' in the Dark Black Light Bingo  
Doors Open 6pm | Early Birds 8pm | Session Starts 8:30pm

✓ **Saturday • Sept 3rd**  
Doors Open 9am | Early Birds 11:30am | Session Starts 12pm  
Doors Open 2:30pm | Early Birds 4pm | Session Starts 4:30pm

✓ **Sunday • Sept 4th**  
Doors Open 2:30pm | Early Birds 4pm | Session Starts 4:30pm

**Level 3 NO SPLITIES**

Donate school supplies and receive a  
**FREE Level 1 3-on (\$4) Themed pack.**  
Regular sessions only

**LITTLE CREEK CASINO • RESORT.**  
LITTLECREEK.com

\*Multiple winners split the payout. See Keno or call (360) 427-3005 for more details.  
\$79 room rates during bingo sessions! \*Ages 21 and over only for 8:30pm session  
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.

**SEPTEMBER 2 | OPEN @6PM**  
**EARLY BIRDS @8PM | SESSION @8:30PM**

**NOW ON FRIDAYS!**

**BINGO**

**DAUBIN' IN THE DARK**  
Black Light Bingo

**OVER \$7,900 IN PAYOUTS**

\$400 payouts for 4-ons | \$500 payouts for 6-ons

**\$1,199 black out**  
with a \$500 lead up. Buy-in is \$50

**Cocktail SPECIALS**

**LITTLE CREEK CASINO • RESORT.**  
LITTLECREEK.com f t i n

**Live DJ Spinning at 7:30pm**

**Ages 21 and over only.**

See Keno or call (360) 427-3005 for more details.  
\$79 room rates during bingo sessions!