

Squaxin Heroes Put Out Fires on the Reservation

More than a dozen community members jumped into action and quickly put out several fires that were started within minutes of each other on the Reservation on Friday, August 10th. Isaac Ackerman, Ethan Perry, Alan Cooper, Marcella Cooper, Madeena Rivera, Tenaya Johnson, Jolene Peters, Vince Henry, Jr., Jill Kenyon, Michael Henderson, Greg Lehman, Rose Henry, Tully Kruger, and Renee Klusman helped put out the four fires. Three were near the 2012 Canoe Journey Trail and the biggest one was near the Sun Grown plant. Law enforcement evacuated Sun Grown staff immediately and nearby apartment tenants were warned to also be prepared for evacuation. Thankfully, this group of heroes put out the fires quickly and no further evacuations were required.



Jill Kenyon, Vince Henry, Jr., Madeena Rivera, Michael Henderson, Marcella Cooper, and Jolene Peters

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

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



Community Emergency Response Team (CERT) Training Volunteers are Needed!

The Squaxin Island Tribe is actively recruiting community volunteers to attend a 20-hour CERT training class

September 7-9

** Have to attend all three days*

TENTATIVE times: Friday 4:00 to 8:00 - Saturday 9:00 to 5:00 - Sunday 9:00 to 5:00

At the Community Kitchen

**CERT training teaches community members
how to prepare for, respond to and recover from disasters**
Fire safety, light search and rescue, team organization, and disaster medical operations

NO FEE! - Just your commitment!



*In 95% of emergencies a victim or bystander provides
the first immediate assistance on the scene!!!*

Come learn how to be our **HERO in case of an emergency!**

For additional information please call:

John Taylor at 360-463-0903 or email jtaylor@squaxin.us

OR

Diane Deyette at 360-432-1771 ext. 0 or email ddeyette@squaxin.us



More of the Fire



Isaac Ackerman and Madeena Rivera



Correction From last month's Klah-Che-Min Squaxin Tribal Council Blesses New School District Building Sites

Theresa Henderson incorrectly named Kimberly Miller as the Skokomish Tribal Chairwoman. **Chairman of the Skokomish Tribe is Guy Miller.** Kimberly Miller, a member of the Skokomish Tribe, participated in the blessings, along with Shaker Minister Rose Algea, on behalf of the Squaxin Island Tribal Council. We sincerely apologize to the Skokomish Tribe and its Chairman, Guy Miller.

COOKING WITH THE SEASONS:

2 MORE WEEKS OF COMMUNITY CREATIONS

Wednesday's from 4:30-6:30pm at
the Community Kitchen



September Highlights include:

- Garlic Herb King Salmon
 - Roasted Garlic
- Garden Harvested Apple Crisp
 - Roasted Root Vegetables
 - And More!

SAVE THE DATE FOR THESE OTHER FUN AND TASTY CLASSES:

September 5: Garlic
Goodness
September 12: Harvest
Dinner



Join us as we explore how Food is Our Medicine & how
it can be used to combat a number of illnesses.

Classes are sponsored by Squaxin Island TANF, SPIPA Cancer
Program, and the Squaxin Garden.

Space is limited to 20 people per class. Please call and RSVP with
Aleta Poste at 360-432-3984 or at acposte@squaxin.us.

HARVEST PARTY

October 3, 2018

4:00-7:00 pm

541 State Route 108 Shelton WA, 98584

At the Squaxin Garden

PIE CONTEST!!

Bring your favorite *homemade*
pie for a chance to win a
SPECTACULAR prize!

Games!!

Photo booth in
front of the barn.

Fresh Squeezed
Apple Cider. Feel
free to bring
additional apples to
press.

For additional information
or to sign up for the pie
contest please contact
Aleta Poste, Garden
Production Manager, at
360-432-3984

Join us for a meal that features
Squaxin Tribal Garden grown
produce and
Traditional Foods!

Mountain Huckleberry Apple Crisp
Roasted Winter Squash Soup
Nettle Pesto Pizza
Elk Chili
Salmon
And Much More!

Squaxin Island 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

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:

ARNOLD COOPER: Chairman
CHARLENE KRISE: Vice Chairman
JEREMIE WALLS: Secretary
VICKI KRUGER: Treasurer
BEV HAWKS: 1st Council Member
DAVE WHITENER: 2nd Council Member
VINCE HENRY: 3rd Council Member

Klah-Che-Min Staff:
THERESA M. HENDERSON: EXT. #3945
thenderson@squaxin.us



In Loving Memory



Jasmine Nelson-Hartwell in 2nd grade

We never thought for a moment that we would lose her to suicide at the young age of 32!

*Please remember to talk openly
about suicide awareness.*

Someone's life depends on it!

*In loving memory of Jamie
September 10, 1982 - August 17, 2015*



Squaxin Island Tribe Suicide Awareness
Community Healing Dinner
Sunday, September 16, 2018
Community Kitchen
2:00-6:00 p.m.

*Everyone is cordially invited to come share a meal and
healing comfort with your community*

An Opportunity for Help at American Addiction Center

Have you been struggling with addiction coupled with mental health issues?

The Squaxin Island Tribe will be sending two individuals to the American Addiction Center sometime next year.

This Center focuses on co-occurring conditions (mental health diagnosis and addiction), addressing underlying issues.

If you would like to be considered for this treatment center, please contact Greg Twiddy at Squaxin Island BHOP – 360-426-1582. Staff at BHOP will complete an assessment.

The decision as to who is appropriate will be made by a medical case management team led by the Squaxin Island Clinic.

If more than two appropriate persons wish to go, the medical case management team will establish the priorities.

BHOP will facilitate the referral and admission process with American Addiction Center.



SAVE THE DATE

MONDAY SEPTEMBER 24TH, 2018

8TH ANNUAL CHAIRMAN'S CHALLENGE GOLF TOURNAMENT

GOLF TOURNAMENT FOR
SQUAXIN ISLAND TRIBAL MEMBERS



• • • 360.462.3673 | Golfshop@salish-cliffs.com • • •



2018 POWER PADDLE TO PUYALLUP



Power Paddle to Puyallup

Jaimie Cruz - The Power Paddle to Puyallup 2018 theme was Honoring our Medicine.

Our Squaxin Canoes started our journey to Puyallup by launching in Allyn, WA. The youth pulled with Lester Delacruz and Greg Lehman on the Klabsch and Nokedjak. When the young people arrived at Arcadia they were greeted by our elders and members of our Council. We BBQ'd at the Collier house and enjoyed some rest before trailering up to Suquamish with our Canoes.

We set up camp in Suquamish and prepared for our short pull from Old Man House to the House of Awakening Culture. The rest of the journey was either in Little Boston or Tulalip. We went to Port Gamble to enjoy protocol. Our young folks watched our Ahousat relatives and the Song Birds from Quinalt. We pulled into Suquamish where Greg Lehman sang a seeka (rattle song) and Sophia Pinon introduced herself in Lushootseed and asked for permission to come ashore. That night protocol went until 4:00 a.m. and the canoes had to be in the water by 8:00 a.m. They pulled from Suquamish to Alki Beach.

The Muckleshoot Tribe had shuttles and our ground crew set up camp in the Puyallup. We wanted to be ahead of the chaos and be able to enjoy the final landing. We camped in Puyallup and pulled from Alki to Dash Point State Park.

The weather was so hot, and the pullers were so lucky to be on the water instead of in the city! During our free time on the journey, the crew practiced our songs and dances. The young women and men did such an excellent job stepping up to be leaders this year. They were able to practice the words to the songs and learn where they came from.

When we were preparing to pull from Dash Point to the Chinook Landing, our Klabsch canoe was found cracked. We were fortunate enough to have a chief from Bella Bella to teach us how to make the repair to continue to the final landing. The creator must have seen our young ones needed this teaching because everyone of our youth came together in prayer to bless our canoe and the final pull for the paddle. They were told that everything happens for a reason and it did not happen because they were misbehaving, but it happened because this lesson needed to be taught to someone.

As the other pullers started pulling up our crew was requested time and time again to assist other crews with getting their canoes down to the water. The youth helped over 25 canoes!!!! That is after taking care of their two canoes. I witnessed young men and women helping elders carry coolers and dry bags down.

It was finally time for our canoes to be put in the water to raft up to ask for permission to come ashore and potlatch with our Medicine Creek Treaty Tribe - Puyallup. When our canoes pulled up to the Chinook Landing, Greg Lehman greeted the host with a rattle song and Sophia Pinon asked Puyallup for permission to come ashore. The Skookum was occupied by Julian Brave Noisecat who requested permission for the canoe to come ashore. Since we were so close to the host, we weren't able to take the floor until early Saturday morning.

The young people enjoyed potlatching with their friends and family all week. Some of them were able to go up with their relatives, some were able to meet new friends, while others connected with old friends. This journey was a healing journey and I raise my hands to Jeremie Walls, BJ Peters, Vernon Sanchez, Lester Delacruz, Terri Capoeman, Squaxin Tribal Council, Little Creek Casino Resort, Sadie Whitener, and all the Stepping Stones kids that were able to make gifts that were sent up.

Hychka to all my friends and family!
- Desiesebalu





2018 POWER PADDLE TO PUYALLUP





2018 POWER PADDLE TO PUYALLUP





2018 POWER PADDLE TO PUYALLUP



Please Join Us
Building Strong Families Through Culture

BSFTC

Community Kitchen
Tuesday's
3:00 to 5:00

For the Formation and Maintenance of Two-Parent Families



CANOE JOURNEY PADDLE TO PUYALLUP





CANOE JOURNEY PADDLE TO PUYALLUP





FIRST SALMON CEREMONY





FIRST SALMON CEREMONY





Check out the TLC activity calendars in this month's Klah Che Min. There is plenty going on - as school starts up again, so do our afterschool activities. Sylvan will begin again following the Labor Day holiday. There are also multiple flyers for TLC activities in this issue, both here and away - a back-to-school barbecue on the 7th, Salmon Homecoming Days on the 13th, and Youth Council Elections on the 20th. We are looking forward to seeing everyone again after school!

Youth Activity Update

Jerilynn Vail-Powell - We are excited to be back in the swing of things in the after-school program. Just a few reminders:

- Please update any contact info/phone numbers if there has been a change.
- We are open from 3:00 - 6:00 p.m. Our snack times are still the same: 3:00 - 4:00 p.m. for early snack and 4:00 - 4:45 p.m. for late snack.
- Stop by the TLC to pick-up a copy of our monthly packets. Look for updates on our Facebook Page - Tu Ha' Buts Learning Center.
- If you need to reach your youth in the after-school hours you can call: (360) 432-3955 from 3:00-6:00 p.m.



GED and Homework Support Updates

Jamie Burris - Homework Support and GED Preparation classes will begin after Labor Day. I will be here to help you with homework Tuesday, Wednesday and Thursdays from 4:00 p.m. - 7:00 p.m. The GED test has 4 subjects: language arts (reading/writing), math, science and social studies. The test is made up of multiple choice, drag and drop, fill in the blank, short answer and extended response type of questions. Each test has a different amount of time allotted for it - ranging from 70 to 150 minutes. If you are a tribal member, the Tribe will pay for your testing (saving you at least \$30 per test). For more information about GED testing go to www.ged.com. For GED study tips, go to www.test-guide.com. Or, you can email me for more information at jbarris@mcclary.wednet.edu.



Higher Ed Reminders

Mandy Valley - New and returning Higher Education students, the fall quarter/semester is starting back up soon! Paperwork for fall quarter was due August 3rd. If you haven't got your paperwork turned in yet, please do so ASAP or you could lose the opportunity to receive funds for fall. At this point I can still work with students who are planning to attend fall quarter. However, paperwork will need to be turned in ASAP in order for processing in time with the colleges. Keep in mind that 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 more than happy to assist you.



Salmon Homecoming School Days

Located at the Seattle Aquarium

Thursday, September 13th
For 4th & 5th Graders only

Kids will have the opportunity learn about:

- * Salmon Life Cycle
- * Watch a Live Dive Show
- * Participate in Hands-on Activities
- * Learn about Local Sea Life

TLC will Provide:

- * A Sack Lunch, Snacks and Water

Transportation: TLC Van leaves the Gym at 7:30am

Please have your youth here no later than 7:15am

Space is limited to 10 youth. First come, first serve.

- * Youth must have 100% school attendance prior to the 13th.
- * Parents must prearrange school absence for the day.
- * Parents will need to come to the TLC and sign their youth up

If you have any questions contact Jerilynn at 360-432-3992



Youth Council News

Squaxin Island Youth Council - COME BE A PART OF YOUTH COUNCIL - Youth Council is open to all youth in grades 6-12, and any young adults (18-24) who would like to be junior advisors. Meetings will resume on September 6th and we will be electing Youth Council officers soon. These positions are available:

- President – Calls meeting to order, delegates responsibilities, and follows through on plans.
- Vice President - Fills in at meetings for the President and works with the President
- Secretary – Takes meeting notes, reads minutes from previous meeting, and keeps track of sign-in sheets.
- Treasurer - Responsible for tracking Youth Council funds and budget.
- Saergen at arms – Keeps the meetings in order.

There are many benefits from participating on Youth Council. Participants can develop greater self-esteem and self-confidence, while improving communication and leadership skills. You can gain inner-strength to battle negative peer pressure, while practicing taking responsibility for your actions. You could also enjoy working with others as you contribute to making a difference in your community. Past Youth Council activities included planning and hosting the 2018 Northwest Indian Youth Conference, attending the UNITY Conference in San Diego and UNITY trainings in Spokane and Lower Elwha, planning and hosting the Christmas Parade, hosting a Block Party, providing an Elders' dinner and Bingo night, movie nights, inter-tribal Youth Council events with Suquamish and overnight at Boomshaka, and fundraising to do so much more. Please join us at our next meeting, September 6th from 3:30 p.m. - 4:30 p.m. -... there will be snacks!



SEPTEMBER 20TH
3:30 IN THE MARY JOHNS ROOM

YOUTH COUNCIL ELECTIONS

Come learn about how to get involved
in Youth Council and vote on new
council positions.

ALL ARE WELCOME

Back to School Pool Party!
September 7, 2018
3:00 - 6:00 p.m.
Squaxin Island Pool & Patio
Swim Lesson sign ups!
(and prizes!)
Ice cream sundaes!
Hosted by
Squaxin Parks & Rec and TIC
Questions? Janita Raham 360-432-3869



Back to School Bash Friday, September 7th

BBQ
4:00-5:00pm
Make Homemade Ice Cream
5:00-5:45pm
Wii Dance-off
5:00-6:00pm
Fall Session Swimming Assessments From 3-5pm

Have any questions contact Jerilynn at 360-432-3992



LEARNING CENTER



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Basketball Schedule					1 closed
2 closed	3 Holiday	4 13 u Basketball Practice 4:00-6:00 PM Older immediately after	5 Intertribal	6 8UBasketball practice 4:30-6:00PM 10 Immediately after	7 13UPractice 4:00-6:00 Pm older immediately after	8
9	10 8U practice 4:30-6:00 PM 10 U immediately after	11 13 u basketball Practice 4:00-6:00 Pm older immediately after	12 Intertribal	13 8u 4:30-6pm 10 u immediately after	14 13 U practice 4-6PM Older right after	15
16	17 8u Practice 4:30- 6:00 10 U Right after	18 13u Practice4-6 PM Older immediately after	19 intertribal	20 8upractice 4:30-6PM 10 U immediately after	21 13u Practice 4-6PM Older Right after	22
23	24 8u practice 4:30-6PM 10 u right after	25 13 U Practice 4-6 PM Older right after	26 Intertribal	27 8 U practice 4:30 -6PM 10 U right after	28 13 U practice 4-6 PM older Immediately after	29 8U and 10u Tourney



SEPTEMBER

Squaxin Teens

Laurel Wolff teen advocate: 432-3842

Check Facebook @ Squaxin Teens for updates to
Calendar!

Monday	Tuesday	Wednesday	Thursday	Friday
3 CLOSED	4 Craft Class 3:00-5:00 Drum Group 5-7	5 DIY Projects 3:00-6:00 Jr. High Basketball Practice 4:00-6:00	6 High School Basketball Practice 4:30-6:00 Youth Council 3:30-4:30	7 Back to School BBQ 4:00-6:00
10 Homework Help 3:00 – 4:00 Jr. High Basketball Practice 4:00-6:00	11 Craft Class 3:00-5:00 Drum Group 5-7	12 DIY Projects 3:00-6:00 Jr. High Basketball Practice 4:00-6:00	13 High School Basketball Practice 4:30-6:00 Youth Council 3:30-4:30	14 EARLY RELEASE High School Basketball Practice 4:30-6:00
17 Homework Help 3:00 – 4:00 Jr. High Basketball Practice 4:00-6:00	18 Craft Class 3:00-5:00 Drum Group 5-7	19 DIY Projects 3:00-6:00 Jr. High Basketball Practice 4:00-6:00	20 High School Basketball Practice 4:30-6:00 Youth Council 3:30-4:30	21 High School Basketball Practice 4:30-6:00 MOVIE NIGHT
24 Homework Help 3:00 – 4:00 Jr. High Basketball Practice 4:00-6:00	25 Craft Class 3:00-5:00 Drum Group 5-7	26 DIY Projects 3:00-6:00 Jr. High Basketball Practice 4:00-6:00	27 High School Basketball Practice 4:30-6:00 Youth Council 3:30-4:30	28 EARLY RELEASE High School Basketball Practice 4:30-6:00 TEEN NIGHT TBD



LEARNING CENTER



AND A FEW MORE FIRST SALMON CEREMONY PHOTOS



Squaxin Youth Education, Recreation and Activities Calendar

TLC Hours: M-F 7:30am-7:00pm Front Desk: 360-432-3958 Rec Rm: 360-432-3955 (only 3-6pm)

All activities are drug, alcohol and tobacco free.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
3 Tribal Holiday	4 Rec Rm: 3-6pm Drum Group: 5-6pm Open Gym: 3-4pm	5 Rec Rm: 3-6pm Arts-n-Crafts: 5-6pm Open Gym: 3-6pm Open Swim: 3-6pm	6 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm Open Gym: 3-4pm	7 Rec Rm: 3-6pm Back to School Bash: 4-6pm Open Gym: 3-4pm Open Swim: 5-8pm
10 Rec Rm: 3-6pm Team Building: 5-6pm Open Gym: 3-4pm Open Swim: 3-6pm	11 Rec Rm: 3-6pm Drum Group: 5-6pm Open Gym: 3-4pm	12 <i>GSD – ER @ 2:30pm</i> Rec Rm: 2:30-6pm Arts-n-Crafts: 5-6pm Open Gym: 2:30-6pm Open Swim: 3-6pm	13 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm Open Gym: 3-4pm	14 <i>SSD – 1.5 HR ER</i> Rec Rm: 1:30-6pm Pool Party: 3-4:30pm Open Gym: 3-4pm Open Swim: 5-8pm
17 Rec Rm: 3-6pm Team Building: 5-6pm Open Gym: 3-4pm Open Swim: 3-6pm	18 Rec Rm: 3-6pm Drum Group: 5-6pm Open Gym: 3-4pm	19 <i>GSD – ER @ 2:30pm</i> Rec Rm: 2:30-6pm Arts-n-Crafts: 5-6pm Open Gym: 2:30-6pm Open Swim: 3-6pm	20 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm Open Gym: 3-4pm	21 Rec Rm: 3-6pm Movie Night: 5-7pm Open Gym: 3-4pm Open Swim: 5-8pm
24 Rec Rm: 3-6pm Team Building: 5-6pm Open Gym: 3-4pm Open Swim: 3-6pm	25 Rec Rm: 3-6pm Drum Group: 5-6pm Open Gym: 3-4pm	26 <i>GSD – ER @ 2:30pm</i> Rec Rm: 2:30-6pm Arts-n-Crafts: 5-6pm Open Gym: 2:30-6pm Open Swim: 3-6pm	27 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm Open Gym: 3-4pm	28 <i>SSD – 1.5 HR ER</i> Rec Rm: 1:30-6pm Pool Party: 3-4:30pm Open Gym: 3-4pm Open Swim: 5-8pm
After School Snacks: Computer Lab: Sylvan: Homework Help, GED Prep:	M-F 3-4:45pm M-Th 3-7, F 3-5pm M-Th 4:30-6:30pm T-TH 4-7pm	<i>ER = Early Release</i> WHL = Wa-He-Lut Indian School SSD = Shelton School District GSD = Griffin School District		<i>I.T.L. – Inter-Tribal League B-Ball</i> High School: 9-12 Grade Middle School: 7-8 Grade Elementary: 4-6 Grade



Thank You to Everyone Who Gathered

Margaret Henry - Every year, for one day, the Cultural & Natural Resources Departments go to the mountains for their annual cedar gathering trip. We gather cedar for the Tribal Council roses that the Cultural Resources Department does throughout the year & also for the 1st Salmon Ceremony that the Natural Resource Department is in charge of (with support from all the Squaxin departments).

Vince Henry Sr. and Tully Kruger from the Maintenance Department also help gather every year, along with a few of the summer youth staff. We cannot forget Mike Foster who grills hotdogs for us every year, which we appreciate because we work up an appetite after pulling & cleaning cedar all day. "So many young people this year," how wonderful!

The "Gathering Group" this year was Roger Alan Ford, Dakodah Vigil, Donovan Henry, Doyle Foster, Kiana Henry, Keenon Vigil-Snook, Malia Henry, Margaret Henry, Mitchell Coxwell, Rhonda & Mike Foster, Stephanie Neil, Tully Kruger & Vinny Henry.



Photos by Margaret Henry

Way to Play Ball!



Spin Tees,
a 55+ AA Senior Softball
team, were
CHAMPIONS
of the SSUSA
"Western National
Championships Tournament"
in Sacramento, California
August 5th, 2018.



With this win,
they clinched a place in the
"World Masters
National Championship
Tournament"
in Las Vegas
on September 20, 2018.

Will Henderson (bottom right)
and Spin Tees want to thank
Squaxin Island Tribe
One Percent Commission
for support of their team!





To contact a
Squaxin Island
Police Officer Call:
360-426-4441

If it is an
EMERGENCY
CALL 911

Farewell Officer Gettle

Madeena Rivera - Back in the month of June we sent Officer Gettle off in a good way. . . Our department took him out to lunch at the golf course and had a special ice cream cake made for him. I stood up holding back tears and said a speech to him at the lunch table and thanked him for his dedication and service here at the Squaxin Island Tribe. This guy is great at his job; he was always out there in the field patrolling, and he always showed a concern about things and the people in the community. Officer Gettle, your presence will be missed out here! Thank you for your dedication and service here. McCleary Police Dept. is lucky to have you!



July, 2018

Squaxin Island Tribe

TRIBAL VOCATIONAL REHABILITATION

EMPLOYMENT & CAREER
ENTREPRENEURSHIP
PREPARATION
PHYSICAL BODY
AWARENESS GROWTH

TRADITIONAL &
CULTURAL SERVICES
SPIRITUAL
SELF-DETERMINATION
PROTECTION

ADVOCACY SUPPORT
EMOTIONAL
SELF-ESTEEM
NOURISHMENT

EDUCATIONAL
ASSISTANCE
WHOLENESS &
SELF-AWARENESS

IT'S NOT ABOUT DISABILITIES. IT'S ABOUT POSSIBILITIES.

Our main purpose is to help individuals increase self-sufficiency by providing culturally relevant, community based vocational rehabilitation services.

Our goal is to help people with disabilities find employment that is consistent with ;

- Personal Strengths
- Resources
- Abilities
- Interests
- Priorities
- Concerns
- Capabilities
- Informed Choices

Eligibility:

- Applicant must be a member of a federally recognized tribe
- Applicant must live on or near Squaxin Island Reservation
- Applicant has a mental or physical disability with medical documentation that is keeping you from employment

Disability Types :

- Learning Disorders
- Eating Disorders
- Hemophilia
- Personality Disorders
- Schizophrenic Disorders
- Epilepsy
- Tourette Syndrome
- Depression
- Anxiety

If you are interested in setting up an appointment with June Krise or Will Marchant
Feel free to call (360)432-3906

VOCATIONAL REHABILITATION PROGRAM





The Best Dog Food for Summer? These Foods Will Keep Your Dog Cool

What's the best dog food for summer? Use the principles of Traditional Chinese Medicine and the concepts of yin and yang when determining what types of dog food to keep your dog cool this summer.

Diana Laverdure-Dunetz, MS | Jul 17th 2018 - Living in South Florida definitely has its perks, including balmy winter weather. For this thin-blooded gal, basking in year-round warmth and sunshine lends itself to a certain type of easygoing lifestyle accentuated by light, fresh foods that help me stay cool and don't weigh me down when temperatures rise. But what about the best dog food for summer? Such dog food, according to Traditional Chinese Medicine, is classified as yin, or cooling, food.

"In Chinese medicine, all foods have energetic properties and produce a thermal effect on the body," said holistic veterinarian Cornelia Wagner, Dr. med. vet., owner of Hawthorne Veterinary Clinic in Portland, Oregon. Some foods are yang (warming) foods, while others are yin (cooling) foods."

People and dogs can benefit from seasonally adapting their diet to consume more yin or yang foods. "In the heat of summer, it makes sense to incorporate more cooling yin foods into the diet, whereas in winter, the body benefits from more warming yang foods," Dr. Wagner said.

"Neutral" foods, which are neither predominantly yin nor yang, are appropriate year-round.

Proteins to Feed Your Dog in the Summer

What proteins will cool a dog down in the summer? Ample protein is essential to your dog's health; however, cooling yin proteins can also help your dog battle the heat, whereas yang proteins provide warmth on a chilly winter day.

- Yin: cod, duck, duck eggs, rabbit, tofu, turkey, yogurt
- Yang: chicken, lamb, trout, venison
- Neutral: beans (adzuki, broad, kidney, red), beef, beef liver, chicken eggs, cow's dairy, lentils, mackerel, pork, quail, salmon, sardines

Carbohydrates to Feed Your Dog in the Summer

Chances are that when the weather cools, you turn to dishes made from denser carbohydrate sources, such as a stew of root vegetables, to nourish and comfort you, whereas in the summer you seek out lighter carb-based dishes, like a cooling wild rice salad. Not surprisingly, these instinctual dietary choices also coincide with the concepts of yin and yang. "Yang foods tend to be slower growing and originate under the earth, whereas yin foods are faster growing, have a higher water content and grow away from the earth," Dr. Wagner said.

- Yin: barley, buckwheat, millet, wild rice
- Yang: oats, sticky rice, sweet potato
- Neutral: brown rice, quinoa, white potato, white rice, pumpkin, yam

Fruits and Vegetables to Feed Your Dog in the Summer

If your dog loves a nice cold chunk of watermelon on a hot summer's day, that's no surprise. Watermelon, comprised mostly of water, is a classic cooling yin fruit. Here are examples of additional yin fruits and veggies as well as yang and neutral choices.

- Yin: alfalfa sprouts, apple, banana, broccoli, Brussels sprouts, celery, coconut, cranberry, cucumber, lettuce, mango, melon, pear, watermelon
- Yang: asparagus, cherries, green beans, green peppers, kale, red peppers
- Neutral: beet root, beet greens, cabbage, carrots, cauliflower, peas, pineapple, raspberry

Herbs and Spices to Feed Your Dog in the Summer

Ever break out into a sweat after eating a spicy meal? Then you've experienced the effects of yang spices, such as cayenne pepper. In the summertime, opt for more cooling seasonings to help your dog beat the heat.

- Yin: peppermint, marjoram
- Yang: basil, black pepper, cayenne pepper, cinnamon, dill, fennel seeds, garlic, ginger

Preparation of Dog Food Matters

Cooking method also determines whether foods take on a more yin or yang quality, according to Dr. Wagner. "In hot weather, cook foods briefly or feed raw," she said. "However, avoid feeding ice-cold foods, which are hard on digestion." Adding water to fresh food also increases the yin quality, while helping to promote hydration.

Avoid Extremes with Dog Food in the Summer

Accentuating yin or yang foods according to the seasons is beneficial, but feeding an overabundance of either can lead to imbalances in the body, resulting in an excess of one type of energy with a corresponding deficiency of the other. According to Dr. Wagner, acute yin deficiency might result in signs such as sensitivity to cold, lethargy or poorly formed stool, while too many yang foods might cause feelings of stress, increased thirst and dry, hard stools that are difficult to pass.

Consider Your Dog's Health When Selecting Dog Food

A dog's specific health issues also determine whether emphasizing yin or yang foods is appropriate. Yin diseases that benefit from more warming, yang foods include anemia, diabetes, chronic digestive issues, chronic kidney disease, dry skin, generalized weakness and hypothyroidism. Yang conditions warranting cooler yin foods include abscesses, acute fever, acute hepatitis, aggression, agitation, ear infections, infection, injuries, arthritis with inflamed or swollen joints, hot spots, hyperactivity and certain skin diseases.

Dr. Wagner also noted that while dry dog food is convenient, it is very yang. "Fresh ingredients, which are closest to a dog's natural diet, are far superior than highly-processed foods, regardless of the season," she said.

Diana Laverdure-Dunetz, MS, is a canine nutritionist and co-author, with W. Jean Dodds, D.V.M., of two books, including Canine Nutrigenomics: The New Science of Feeding Your Dog for Optimum Health.





September Happy Birthdays

1 Alexander Donovan Solano Jeramiah Whitewolf Longshore Kui Lee Tahkeal Jr. Patrick Wayne Whitener Vanessa A. Tom	10 Debra Leone Mattson Madison C.M. Mowrey Roger Joseph Peters	
2 Jason Gabriel West	11 Madeena M. Rivera	
3 Austin Ray Peters Kezia Marie Wentworth Malachi Hartwell-Kinison Rose Marie Krise	12 Austin K. Brearley-Lorentz	
4 Kathrine K. Neilsen Marty Joe Trinidad Jr.	13 Anthony Joseph Ramirez III Kaitlyn Michelle Brandt Robert Thomas Farron	21 Atawit Krise-Lyon Desmond Ashley Smith Esther Melinda Fox Gregory Scott Koenig Jada Lesley Krise Kassidy Mckenna Rayanne Burrow Melody Marie Moliga
5 Latoya Jean Johns Mckenzie Brearley-Lorentz	14 Oakland Park Krise	22 Gloria Jean Hill Kim Monique Cowing Kiona Breeze Krise Michael N. Peters
6 Elijah Joseph Krise James Vincent Youngs	15 Florence A. Sigo Gracelyn June Wier Jonathan E. Harrell Kristen Michelle Davis	23 Amanda Rae Peters Angel Lorene Sen Chris T. Clementson Leslie Allen Cooper Jr. Mykah Jayson Masoner Peter William Kruger Jr.
7 Danielle Garnet Leas Joshua Paul Coble Talon Andrew Peterson Wayne Joseph Lewis Zayne Garner Dorland	16 Evelyn Rae Krise-Lyon Jamie Danielle Queen	24 Donald Lynn Whitener Linda Lee Lake
8 Barry Wayne Hagmann Charles Wesley Scheibel Justine Amber Mowitch William Dean Hagmann William M. Weythman	17 Carmen Marie Algea Cassie Ann Colbert Kenedee K. Peters Markie Jean Smith	25 Joan Martha Rioux
9 Alexsii Grace Vigil Avary M Jimmie Joseph Stewart-Kinchler Kaleb Joseph William Lutolf Levi Lee Connally Lewis Robert Napoleon Jr. River Rae Guardipee Zion Gregory Murray	18 Stephen Mark West Tia Marie Jordan Tiana Little Feather Henry Willow A. Henry	26 Barney Eugene Cooper Ronald Curtis Fletcher Susan Jeanette McKenzie Vernon Patrick Kenyon
	19 Calvin Wayne Farr Frances Estella Starr Raiatea C. K. Villanueva Sophia L. Pinon	27 David Ernest Lopeman Dawne Marie Elam
	20 Kayla Marie Johnson Terry Lee Brownfield	29 Donald James Smith Melissa Fay Maynard
		30 Isaiah Gaylen F. Schlottmann Kim Sherwood Kenyon



New Employee



Judi Porter

Certified Medical Assistant

Hi! I have worked in health care for the past 16 years as a Medical Assistant. I'm excited to join such an amazing group of people.



Let's "Dia-Beat" This Together!

Got diabetes in your family?

Do you have Prediabetes?

You can take charge, live better, and longer!

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

Learn how to be a healthy role model for others.

Sign up for "PT2" (Prevent Type 2)

Beginning Thursday, September 13th,

12 noon –1 pm with Lunch provided.

At Family Services Classroom

For more info, contact:

Taylor Owens 360.432.3933

Patty Suskin 360.432.3929

Traci Lopeman 360.432.3930

Vicky Engel 360.432.3914





Taylor Owens Recommends the Billy Frank Jr. Nisqually National Wildlife Refuge for a Great Nature Walk

Submitted by Taylor Owens, Tobacco Cessation Specialist and Patty Suskin, Diabetes Coordinator - "I like seeing the wildlife, especially the wild bunnies," Taylor says. "I also see deer, birds, frogs, and more. It is very peaceful and usually not crowded. Seeing the Twin Barns is really interesting; I like to peek in the windows. I enjoy the scenery when walking, especially seeing the water. At the observation deck at the end of the estuary boardwalk, I could even see the Tacoma Narrows Bridge through the spotting scope across the water!"

Billy Frank Jr. Nisqually National Wildlife Refuge

https://www.fws.gov/refuge/Billy_Frank_Jr_Nisqually/visit/plan_your_visit.html
100 Brown Farm Road
Olympia, WA 98516
Phone: (360) 753-9467

Directions

Nisqually National Wildlife Refuge is located 8 miles northeast of Olympia, Washington. From Interstate 5 northbound, take exit 114. Make a left at the stop sign, go under the highway and make a right into the Refuge. Follow the entrance road to the two public parking lots.

Hours:

Dawn to Dusk year-round. Closed some holidays.
Restrooms are available near the visitor's center.
Visitor Center open Wednesday - Saturday 9:00 a.m. to 4:00 p.m.

Fee:

\$3 per family

The Refuge has approximately 5.5 miles of walking trails. The one-mile Twin Barns Loop Trail is a fully accessible boardwalk trail with access to the observation platform. Please stay on the trails.

Trail Distances and Times

Distances and approximate hiking times are from the visitor parking lot. The times indicated are for steady walking. Add time to account for wildlife and habitat observations.

Trail	Distance	Time
Twin Barns Loop Trail	1 mile loop	30 minutes
To Riparian Forest Overlook	¼ mile one way	10 minutes
To Nisqually River Overlook	1 mile round trip	30 minutes
To Twin Barns	½ mile one way	15 minutes
Estuary Boardwalk Trail	4 miles round trip	2 hours

Hiking Trail Descriptions

Twin Barns Loop Trail

This level, mile-long boardwalk passes through woodlands, grasslands, and freshwater marshes, past the Twin Barns and an observation platform, ending back where it starts at the Visitor Center. There are three spur trails off the main trail: the Riparian Forest Overlook, the Nisqually River Overlook, and the Twin Barns Observation Platform.

To Riparian Forest Overlook

This is a short trail to an observation deck that branches off the east side of the Twin Barns Loop Trail. It curves through a surge plain, where tidal changes cause the Nisqually River to spill into a wooded habitat.

To Nisqually River Overlook

A little under half of a mile around the east side of the Twin Barns Loop Trail, the boardwalk extends for another 150 yards to the river. Here there is an observation deck with a mounted spotting scope for wildlife viewing along the Nisqually River.

The Twin Barns Observation Platform

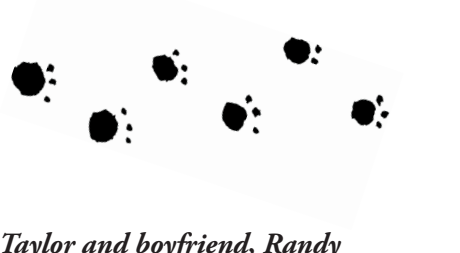
About half of a mile around the west side of the Twin Barns Loop Trail, a boardwalk spur to the left goes to the Twin Barns Observation Platform. This elevated platform provides excellent views of the freshwater wetlands and the tidal estuary outside the dike. Mounted spotting scopes can assist with viewing wildlife.

Nisqually Estuary Boardwalk Trail opened Feb 2011

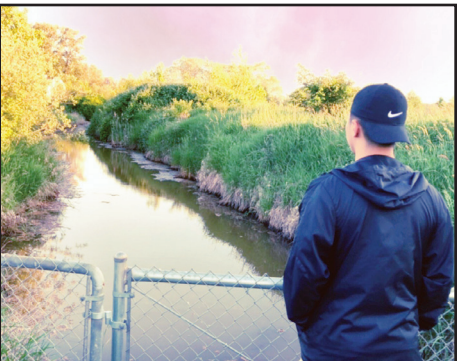
This trail takes you on a long boardwalk over the water with a beautiful view of the water and water life.

Wildlife Observation Tips

Early morning, late afternoon, and when the weather clears after a storm are good times to observe wildlife. Spring bird migration usually goes from mid-March through mid-May, and fall migration from September through December. Be sure to look in a variety of habitats, along the "edges" between habitats, and remember to look high and low as well as at eye level. You will see more animals if you are QUIET. Be sure to listen for animal calls or songs, or try sitting down along the trail and waiting. Binoculars or spotting scopes are helpful for observing wildlife, and a good field guide will help you identify what you see. Junior Refuge Manager booklets, for children, and binoculars are available for check-out from the Visitor Center with a valid photo ID. You are always welcome to bring your camera and a lunch to eat along the trail.



Taylor and boyfriend, Randy





**Tuesday,
Sept 11th is
WIC day at
SPIPA**

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:
Debbie Gardipee-Reyes
360.462.3227, gardipec@spipa.org

or Patty Suskin 360.462.3224

This institution is an equal opportunity provider.
Washington State
WIC Nutrition Program doesn't discriminate.

Foot Exam Day with Dr. Kochhar (Foot Doctor)



Friday, Sept 14, 2018

**1—4 pm
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 is Cholesterol Education Month

Submitted by
Patty Suskin, Registered Dietitian Nutritionist

**You can protect your heart by
making healthier choices**



Eat more omega-3 fats (heart
healthy fats): Salmon, tuna,
mackerel, and sardines.

Aim to eat fish at least twice a week

Eat these high fiber foods more often:

- Vegetables and fruits— gradually aim for 5 cups a day
- Whole grains
- Beans



Eat less of these:

bacon, sausage, pepperoni, pastrami,
fatty meats, whole milk, cream, short-
ening, fried foods, bakery products,
chips, Cheetos. sodas, hot dogs, bakery
treats, etc.

Be Active:

Work up to getting 30 minutes
of activity each day

Need more ideas?

Contact Patty Suskin at 360.432.3929
or psuskin@squaxin.us



WIC Staff at SPIPA want Your Child to have Healthy Teeth.

You have the Power to Protect your Child's Smile



Healthy Teeth and Gums



Early Childhood Cavities

Did you know ?

Baby teeth are important as they are place holders for the adult teeth. Baby teeth
also give your child the ability to chew & speak properly.

Early loss of baby teeth due to decay or injury can lead to delayed adult teeth
which can tilt the other teeth to be in the wrong places.

What can you do to keep your child's teeth healthy?

- **Keep tooth brushing part of the daily routine** after breakfast and before bed.
Before baby has teeth, wipe gums with a wet washcloth.
- **No sodas, no Gatorade, no sports drinks, no Koolaid.** Dilute 100% juice
with water & serve only at a meal. These sugary drinks lead to
decay. Water only between meals and at bedtime.

Thank you to Sue Bohannon, DMD, at Nisqually Dental Clinic for above information.

To make an appointment for WIC, contact Patty 360.462.3224 or

Debbie 360.462.3227 gardipec@spipa.org

More tips in
future months



This institution is an equal opportunity provider.

Washington State WIC Nutrition Program doesn't discriminate.



Committees Commissions & Boards With Infrequent Meeting Times

Committee and Commissions	Council Rep.	Staff Rep.	Months
1% Committee (Bylaws & Appendix X2)	Charlene Krise, Vince Henry, Vicki Kruger	Kris Peters	Feb., May, Aug., Nov.
Elections Committee	None	Tammy Ford	March, April, May
Explorers Program Committee	None	Rene Klusman	
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		As needed
Little Creek Oversight Board (TC 2.26.010)	Arnold Cooper, Vicki Kruger, Charlene Krise		
Museum Library and Research Board	Bev Hawks	Charlene Krise	Sept., Dec., March, June
Tourism Board (TC 2.34.010)	Vacant	Leslie Johnson	
Island Enterprises Board	Arnold Cooper	Dave Johns	
Skookum Creek Tobacco Board	Vinny Henry	Mike Araiza	



What's Happening						
Bible Study at Elders Building Mondays 6:00 - 7:00 p.m.		AA & ALANON Tuesdays 3:00 - 5:00		Tobacco Cessation Teens: Tuesdays 3:00 - 4:00 Adults Mondays (4:00 - 6:00) and Wednesdays (5:00 - 7:00)		1
Culture Night and Drum Group Wednesdays 7:30						
2	3	4	5 <i>Cooking with the Seasons Class</i>	6 Family Court	<i>Back to School Bash</i>	8
			Elders Committee	Utilities Commission	<i>CERT Training</i>	
				Housing Commission	<i>CERT Training</i>	
9 <i>CERT Training</i>	10 Childcare Board of Directors	11 Criminal/Civil Court	<i>Cooking with the Seasons Class</i>	13 <i>Tribal Council</i>	14 Education Commission	15
		Enrollment Committee	Shellfish Committee		SPIPA Board	
			Family Court			
16 <i>Suicide Awareness Community Healing Dinner</i>	17 <i>Safe Streets /Block Party Community Kitchen</i>	18	19	20	21	22
	Gaming Commission					
23/30	24	25 Criminal/Civil Court	26	27 <i>Tribal Council</i>	28	29
		Tobacco Board				



Elders Menu . . . Fruit and salad at every meal

9/3 – 9/6

MONDAY:

Closed for Labor Day

TUESDAY:

Broccoli cheddar soup with biscuits, turkey & cheese palmiers

WEDNESDAY:

Bratwurst, potato chips

THURSDAY:

Chicken fried steaks, mashed potatoes & gravy, mixed veggies

9/10 – 9/13

MONDAY:

Creamed hamburger, corn

TUESDAY:

Baked potato soup, ham sandwiches

WEDNESDAY:

Spaghetti, green beans, garlic toast

THURSDAY:

French toast, scrambled eggs, hashbrowns

9/17 – 9/20

MONDAY:

Chicken burgers, potato wedges

TUESDAY:

Italian sausage, potato soup, breadsticks

WEDNESDAY:

Stroganoff, Brussel sprouts

THURSDAY:

Casino buffet

9/24 – 9/27

MONDAY:

Beef pot pie

TUESDAY:

Chicken with rice soup, biscuits

WEDNESDAY:

Tacos, black beans

THURSDAY:

BBQ Ribs, macaroni & cheese, cauliflower

Bible Study
everyone is welcome

Mondays 6:00 - 7:00 p.m. - Elders Building

For more information, call Aaron Lake at 360-426-0276

Looking Forward Together:
Elders' Supports & Services: Emergency Preparedness

Save the Date
Tuesday, October 30, 2018
Nisqually Youth and Community Center

An intertribal gathering of Tribal members, caregivers, and service providers.

Lunch Provided!
For more information call: 360.426.3990

South Puget Intertribal Planning Agency

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
Charlene Krise
Charlene Krise
Vicki Kruger
Arnold Cooper
Arnold Cooper
Vince Henry
Vacant
(Per Tribal Code) None
Charlene Krise
Vicki Kruger & Charlene Krise
Vacant
None
Vicki Kruger

Staff Rep.

Jeff Dickison
Traci Coffey
Tammy Ford
Joseph Peters
Kris Peters
Joseph Peters
Eric Sparkman
Gordon James
Dallas Burnett

Bert Miller
Ray Peters
Vacant
Patti Puhn

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 Monday
1st Friday
2nd Monday
4th Tuesday
1st Thursday
2nd Friday





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SATURDAY
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