



Canoe Journey '06

See the stories and photos on Pages 13 - 19



Photo by Marjorie Penn

Skookum Creek Tobacco

Celebrates Grand Re-Opening

Jennifer Ulrich - Skookum Creek Tobacco held a Grand Re-Opening for its new manufacturing and distribution facility on August 15th. Attended by over 200 people, the Grand Re-Opening drew community members, politicians and tribal members alike.

The theme for the party was a traditional southern BBQ, but the vendors who attended from North Carolina informed us that what we threw is actually called a "Pig Pickin." It earned this name because of the large pigs that were cooked on the BBQ pit and because people simply walked by and "picked" directly from the pig. All of the food was homemade, from pecan and apple pie to homemade potato salad, made by Bryan Johnson's wife, Esther, which was gone in the first hour!

The event was pretty casual and provided people with an opportunity to walk through the factory and ask questions of all the employees of Skookum Creek Tobacco. The staff at Skookum Creek would like to thank everyone who attended and for taking an interest in our business!

All in all, the Grand-Reopening was a fun event enjoyed by all. If you were unable to make it feel free to stop by the new factory for a tour!



More photos on Page 2.

THE TRIBAL VOTE IS MORE IMPORTANT THAN EVER!

Please Vote Tuesday, September 19, 2006

The Tribal Council is asking every eligible Tribal member and Tribal employee to get out and vote this year, and we want to help you do that. The legislature and state Supreme Court will soon be deciding a number of issues of great importance to the Tribe, its members and its employees. We need elected officials and judges that Get Out and Vote understand and support tribal issues. In recent years, the Native vote has been very effective and could have a very big impact on some important races again this year.

Please vote in the primary on September 19, and again in the general election on November 7, 2006.

If you are not registered to vote, there is still time to register for the general election. Every citizen of the United States who will be 18 years or older on election day and who is a legal resident of Washington State is eligible to vote. But, you must register in advance! You can register by mail if you do so at least 30 days before November 7, and in person if you do so at least 15 days before November 1. Please contact Ruby Fuller at 432-3909 for additional information on how to register.

Continued on Page 12

People of the Water
 10 S.E. Squaxin Lane
 Shelton, WA 98584

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Skookum Creek Tobacco Celebrates Grand Re-Opening



Squaxin Island TRIBAL NEWS

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

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

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

Submissions Deadline:
15th of each month

SQUAXIN ISLAND TRIBAL COUNCIL:

- JIM PETERS: *Chairman*
- ANDY WHITENER: *Vice Chairman*
- VINCE HENRY: *Secretary*
- RUSSEL HARPER: *Treasurer*
- WILL PENN: *First Council Member*
- PETE KRUGER: *Second Council Member*
- CHARLENE KRISE: *Third Council Member*

Klah-Che-Min Staff:

Theresa M. Henderson: EXT. #3945
thenderson@squaxin.nsn.us





Water Sounds Native Art Auction

September 16th beginning at 6:00 p.m.
Little Creek Casino Resort Ballrooms A & B
For more information, or to donate, contact Dale Clark at 432-3853

First Annual SalmonFest

This event was held August 16th at Little Creek Casino Resort. Stay tuned for a full report in next month's Klah-Che-Min.

Who Are These Handsome/ Gorgeous Protectors of Freedom?



BJ Whitener



Gail Marie Sanderson Stephens

A Tribal - Conservation District Successful Partnership

Ann Mills, South Sound GREEN (Global Rivers Environmental Education Network, a Thurston County watershed education program) - Much of our natural resources activity has a "fish" focus, as there are salmon species listed as "At Risk" under the Endangered Species Act. We do lots of stream restoration work, working with farmers on management of the water flowing across (or under) their land and educational efforts. Even though our emphasis has been fin-fish, from time to time we have worked to improve shellfish by partnering with local and state agencies and local shellfish groups and growers. Shellfish management is an area that is increasingly coming to the forefront.



Tribes and Conservation Districts - Tribes are important to the South Puget Sound regional community. The Squaxin Island tribe - People of the Water - lives in a sustainable relationship with shellfish and other natural resources. Recently, the Squaxin Island Tribe and the Thurston Conservation District partnered on an educational project to bring the importance of shellfish and its relationship to tribal history to our local schools and community. As a starting point, the issue was lack of education in K-12 schools about the history of the Squaxin Island people (People of the Water) and how they used and sustained water resources, such as once plentiful shellfish, for thousands of years, what happened to the native Olympia oyster resource when the Europeans arrived, treaty agreements and harvesting rights, etc.

What we did about it & why - We assisted a Squaxin Island tribal member, Rick Peters, who served as an intern with South Sound GREEN, with two grant applications to fund a pilot education project. With Rick's leadership and initiative, both proposals were funded. The funding sources are Washington Foundation for the Environment and the 1% Fund at the Squaxin Island Tribe. The end product is a DVD about the topic with an accompanying activity guide for teachers. Rick has a passion to educate folks on the importance of this aspect of natural resources and it truly shows in the DVD he produced. Entitled, "The Squaxin Island Tribe and Its Relationship to the Environment," the DVD depicts how shellfish have affected Squaxin Tribal culture and the relationship of shellfish to our current community. A curriculum guide was also developed.

What we learned - Though this effort focused on shellfish, it sparked thoughts for expansion into other areas. For example, there is much more than can be done along the same line - Squaxin Island tribal history related to salmon, the cedar tree, and other important resources in their culture could be future projects. The project inspired a lot of interest in outreach education and support at the Tribe. It is important for non-Indians to understand how early peoples treated local resources and the part these resources played in every area of daily life and still do today. It takes time and resources to complete projects like these. Rick Peters and volunteers at the Tribe contributed hundreds of hours of volunteer time beyond the seed money from the grants.

How we will use it in the future - The DVD and curriculum guide will be distributed to Thurston County Schools once approved by all funding entities. These teaching resources will be especially valuable for GREEN teachers conducting watershed studies and integrating local history and watershed science. We would like to see funding for classroom or field presentations by tribal members about how resources were used in tribal culture.

How it helped put conservation on the ground - Hopefully the awareness of what we have lost will add momentum to the efforts to restore the native Olympia oyster and encourage citizens to protect and improve water quality which will insure continued shellfish harvest. We can leverage this program as a complement to other efforts (both ours and those of others) - upland sediment control, stream team work, management of stormwater, and other efforts - to retain the productivity of shellfish areas and foster a productive relationship between the Squaxin Island Tribe and the District. We have lots of opportunities for partnering, and this is a great step.

What it means for the future - A working partnership with the Squaxin Island Tribes is very important for the Thurston Conservation District, as we both have a heart for providing sustainable resources for future generations. This project has contributed to a foundational relationship that we hope will lead to further education and conservation work with the Tribe. We salute Rick Peters for his leadership and his vision to share his people's story and be part of Thurston CD. I am the Program Coordinator for South Sound GREEN and the Thurston CD liaison for this project. I can be contacted at 360.754.3588 XT 108 or via e-mail at ssgreen@thurstoncd.com. I will be glad to talk with you about this great project and future plans!

NOTE: After formal approval of the finished product was granted by the Squaxin Island Tribal Council, A dinner was held in late July to thank Rick and all those who helped him with the project. Rick presented Lynn Olson, with a beautiful Pendleton blanket in appreciation for her numerous hours of volunteering. Shaker Ministers provided a blessing before presentation of the DVD which was followed by a traditional feast. **Way to go Rick!** Thanks to you and all who were involved with the project!!!



SUMMER YOUTH EMPLOYMENT



Katie Suskin

My name is Katie Suskin, and I'm working in the Summer Recreation Program. I'm 16 years old, and I will be a Junior at Capital High School in the fall. I enjoy playing soccer, guitar, singing and doing art. I like spending time with my friends and family, and my favorite subjects in school are choir and Spanish.

Working in the Summer Recreation Program has been a great experience so far. I love working with people and interacting with kids. I look forward to the rest of the summer.



Ben Parker

Hello! My name is Ben Parker, and I work for the Squaxin Island Tribe. I am employed in the Natural Resources Department and assist in field work with some of the biologists and hydrologists. My hobbies include composing music, skateboarding, playing bass and learning math. I enjoy helping my grandfather and uncle on their geoduck diving boat on the weekends as well. I am going to be a senior this year and I shall graduate from Thomas Jefferson High School in Auburn, Washington.



Annie-Beth Whitener

My name is Annie-Beth Whitener. I am going to be a senior this year at Shelton High School. I'm active in Key Club at my school. We do a lot of fun things. Once I graduate from high school, I want to go to South Puget Sound Community College for two years and get my AA Degree. I then plan to transfer to Pacific University in Oregon. Pacific University is in Forest Grove which is about 40 miles west of Portland. The profession I'm interested in is Events Planning. I haven't had much exposure to it, but it's something I think I would enjoy. Hopefully my job this summer will give me more exposure to what goes into planning an event.



Tasha Hillstrom

Hi, My name is Tasha Hillstrom. I was in the Youth Employment Program last year as well as this year. Last year I was the Cook's Assistant at the Squaxin Childcare Center, and when I was done with my job in there, I would go help out with the Wobblers. This year I'm back at the Childcare Center, but this time I'm starting out with the infants. My supervisor, Jim Kindle, is going to get me in with the other age groups.

Outside of work, my hobbies and interests are food, flag team, baton twirling, tennis and quading. My plan for after high school is to go to college to learn in computer animation and special effects, or become someone who paints cars or installs electronics in cars.



Brandon West

My name is Brandon West, I am 18 years old. I am going into my senior year at Shelton High. I play basketball and baseball. I also like computers.



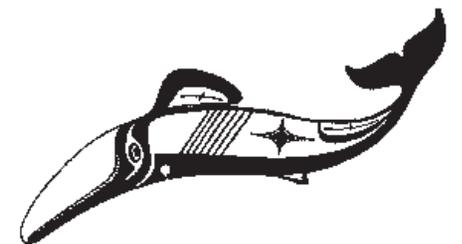
Candace Penn

My name is Candace Penn. I enjoy doing things outside. I enjoy the Canoe Journey. I love to work with people. I really like English in school. I want to be a writer someday. I already have a poem published.



Alan Cooper

I am Alan. I would like to be a Mechanic. I like to go hunting and fishing. I like to play football and my X-Box.





SUMMER YOUTH EMPLOYMENT

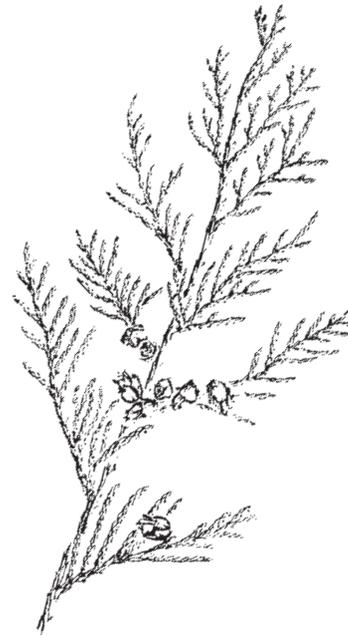


Summer Youth Employment Training Program

Vicky York - The Summer Youth Employment Training Program is an opportunity for the youth 14-21 years to develop work ethics and skills. Youth job placement is completed individually with selection criteria including such things as each youth's personal interest, education plans, career goals, personality and availability of a mentor/supervisor in the area of interest. It is our goal to place a youth in a position in which he/she can be successful and have an opportunity to work in an area they are considering as a career. This year more than 40 youth were placed in various positions. As a portion of the training program, youth attend weekly 1/2 day training sessions each Wednesday of the six week program. Their photos and introductions are on these and following pages. Our thanks to the various departments and the Tribal Council for making this training opportunity a reality. It couldn't be done without your support.

PLACEMENT OF EACH YOUTH PARTICIPANT

- Community Development** David York and Melissa Wood
- Natural Resources** Jeron Heller, Ben Parker, Thomas Blueback, Stuart Mowitch, Michael West, Taylor Wily and Tiffany Henderson
- Executive Services** Lachell Johns and Alan Cooper
- Health & Human Services** Shiloh Henderson, Krystal Koenig, Leila Whitener, Thomas Masoner and Sky Upham
- Human Resources** Kenna Krise
- Island Enterprises** Kasia Krise, Adam Mowitch, Annie-Beth Whitener, Jearid Williams and Gene Cooper
- Information Services** Marjorie Penn and Brandon West
- MLRC** Kristy Krise, Tamika Green, Dakotah Hodge, Candace Penn and Aleta Poste
- Public Safety and Justice** Madeena Rivera and Deanna Hawks
- Learning Center** Vanessa Algea, Nicole Cooper, Wes Whitener, Star Sparr, Katie Suskin and Janessa Kruger
- Child Development Center** Morningstar Green, Tasha Hillstrom, Summer York and Kendra Blueback



Leila Whitener

Hi, My name is Leila Whitener. This is my 1st year in the Summer Youth Employment Program. I'm working with Health Promotions and help plan events for diabetes. I am going into my sophomore year at Shelton High School.

Outside of work, I am trying to earn money by fundraising to help me go to Australia for the Foreign Exchange Program. I am planning on going in January and I am very excited!

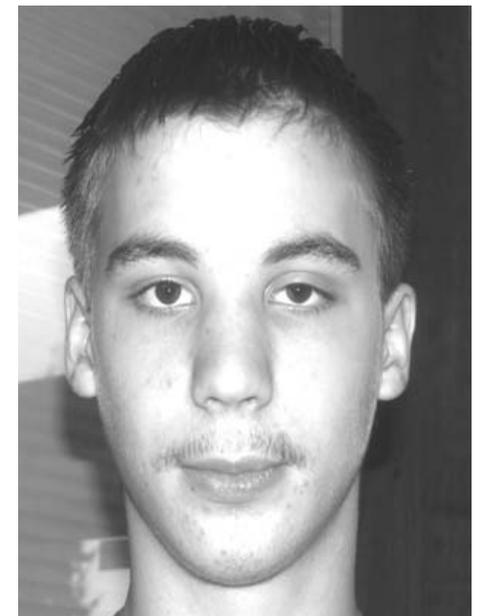


Kendra BlueBack

My name is Kendra BlueBack. I live on the Squaxin Reservation. I have a lazy cat and a lazy family, but not my mom. She works very hard. Actually, everybody in my family works hard.

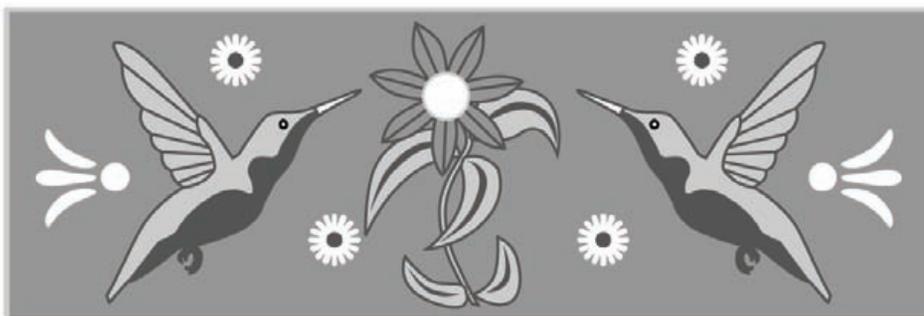
My hobbies are walking around the rez with my friends and my two sisters, Krystal and Hailey. Sometimes, I stay at my cousin's house. She lives in one of the new houses. Sometimes I babysit her two kids, Sara & Benjamin Navonjo. I like hanging' out with friends and family.

I work at the Daycare. The Daycare will help my skills in babysitting. This summer I would like to get my permit. I want to go to college.



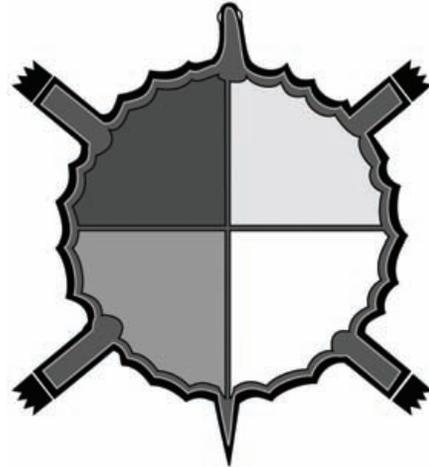
Jearid Williams

I live in Rainier. My hobbies are fishing and riding dirt bikes. My favorite subject in school is metal shop. I have a small family out here. I am hoping to be a Warden when I graduate.





SUMMER YOUTH EMPLOYMENT



Melissa Wood

Hello, my name is Melissa Wood. I am sixteen and will be a senior at the Shelton High School this coming fall. I am currently involved in the Summer Youth Employment Program as an Office Assistant at the Department of Housing.

I find school pleasant, and I love to learn. I am also a part of many activities: The National Honor Society, Top Ten Percent, Pep Club and Color Guard Synergy.

This coming fall, I will have been involved in Pep Club for four years, and will have been the historian for three of those. Currently, I am one of three guard captains for the SHS Color Guard Synergy, for both the up coming marching and winter guard seasons.

I also enjoy many forms of art. Some of the art that I do on a regular basis would include dance, abstract drawing and web page design.

After high school I plan on finishing my Associates of Arts Degree and then transferring to a four year college. I hope to use the skills that I will be learning from this job in a future successful employment. I think this program is a great opportunity, and I am glad to be a part of it.



Summer York

Hey, My name is Summer York. I am 15 years old and I'm a Junior at C.H.O.I.C.E. High School. I am currently working in the kitchen at the Child Development Center with Melissa Miller. This is my second year in the Summer Youth Program. After I graduate, I plan on going to Culinary School, so I can become a Chef. I will be attending New Market Skills Center this coming school year for the Culinary Arts Program. I hope to open a Lewis and Clark themed restaurant sometime after I graduate from culinary school. I love to sing, play guitar, swim competitively, cook and hang out with my friends. I also love to go for rides on my boyfriend's dirt bike.

Michael West

My name is Michael West. I live at Phillips Lake. I have two dogs, two cats, a bird and four fish. My favorite sport is basketball. P.E. is my favorite subject. My hobbies are basketball, baseball, golf and riding dirt bikes. I want to work at Natural Resources. I plan to go to college at The Evergreen State College or Yakama Valley College.



Kasia Krise

Kasia Krise participated in the 2006 Youth Employment Training Program. She returned to Island Enterprises as an Office Assistant. This was her fourth year participation.

Tiffany Henderson

Hi! My name is Tiffany. I live on the Squaxin Rez with my dad and siblings. My favorite things to do are dance, shop and hang out with my friends. I want to go to college and get my Master's Degree in Psychology. I work at Natural Resources. I turned 16 on July 17th and hope to do driver's education this summer.



Adam Mowitch

My name is Adam Mowitch. I'm 15. I live on the Skok Rez. I go to Shelton High School and I like to learn. I know how to play a little ball. My friends are the best. I like music and I hope to enjoy working for this program.



SUMMER YOUTH EMPLOYMENT



Nicole Cooper

Hello my name is Nicole Cooper. I live on the Squaxin Island Rez. And I work at the Summer Recreation Program with Mark, Bill and other staff there. I enjoy working with all the kids; it's a lot of fun. I also get to meet new workers. It's fun going on trips with everyone. One of my summer goals is to go to the Sundance up at Wynoochee. It's a very nice thing to go to. Plus I like to meet some of my other family members who have come from other states and tribes, etc.

Star Sparr

My name is Star Sparr. I live at Skokomish Rez with my grandparents. I have three brothers and two sisters. I work at Squaxin Island Summer Recreation Program as a Cook's Assistant. I want to learn how to cook more stuff and have fun. I want to own my own child day-care center. My plan / goal this summer, besides the Summer Youth Employment Program, is to finish my summer classes.



Tamika Green

Hi. My name is Tamika Green. My parents are Donna Penn and Patrick Green, who lives in Auburn. I work at the Squaxin Island Museum. I've worked here before. I like it. It teaches me about our history as a tribal member and how great our culture is. Working with the summer youth will give me opportunities and skills for future jobs. I hope to become a Dental Assistant.



Vanessa Algea

My name is Vanessa Algea. I am the granddaughter of Rose Algea and the daughter of Levi Sanchez. Throughout the school year I have worked in the Tu Ha' Buts Learning Center. This summer I assisted with the Summer Rec. program and helped Mark and Bill. I helped the Squaxin youth with tutoring, Pathways classes, rec. Activities and Youth Council. I tried my hardest to be a positive role model for our youth, and have enjoyed working with them. Come check out our new vending machines that support the Youth Council! Come stop by the TLC. I look forward to seeing you! huy!



Wes Whitener

My name is Wes Whitener. My hobbies include playing games and doing what ever. I work at Summer Recreation. I like science because it is fun.



Taylor Wily

My name is Taylor Wily. My favorite thing to do is art. I love to work. I am from the Krise family. I'm Native and Samoan and very involved in culture stuff.



Stuart Mowitch

My name is Stuart J. Mowitch. I am proud to be an Indian, born and raised, on the Skokomish Reservation. I work at the fisheries. I work out all year round and this makes me good at fisheries.

Happy Belated Birthday to Our Son, Austin Solano!

You Are Such a Wonderful Son! Love You! Mom, Dad, Alexander, Giovanni & Lorenzo Solano, Mamma and Crystal, Uncle John, Uncle Ricardo, Uncle Mario and All of Your Family From Mexico

**Ramona,
Hope You Convalesce
Just Fine. Love you.
Get Well Soon!
Your Friend Barb**



SUMMER YOUTH EMPLOYMENT



Aleta Poste

Hi, my name is Aleta Post, I am 16 years old. My parents are Charlene Krise and Bart Post. I've lived on the rez most of my life. So most of you probably know me. This year I will be working at the Museum, so if you see me say, "Hi".

Even though I work with my mom, I don't get much slack. huy!



Madeena Rivera

Hello, my name is Madeena Rivera. Most of you know me, but if you don't, I'm the daughter of Marcella Castro and the granddaughter of Rose Algea. I'm also a Squaxin Island tribal member. This summer I have been employed with the Squaxin Island Public Safety Dept. I have worked with the dept. for many years now, and I have enjoyed the experiences that I can use for my future in the field. This summer we had two of our very own youth tribal members, Koreena Capoe-men and Jamie Cruz, be elected to the National Indian Youth Police Academy. They went to Wisconsin for two weeks for the Academy. Koreena wants to be a Veterinarian because she has an interest in the field of working with animals and Jamie dreams of becoming Lawyer. I just want to say to those girls, "You both are growing up into two wonderful young ladies and are already thinking about your futures. Keep it up, stay focused and remember the key words DON'T GIVE UP!" You both have support behind you. Don't listen to discouragement. Way to go girls!



Gene Cooper

My name is Gene Cooper. I like to do Security because you run around and go places. It's Fun. One part of the job I hate is working the weekends. I want to be a Chief or a P.E. teacher for recess, run track and play games. I have 7 brothers, 6 sisters and 2 dogs. I live on the Rez. I like staying home.

Tribal Council Resolutions

06-64: Approves loan documents between the Squaxin Island Tribe and Bank of America pertaining to the upcoming golf course

06-65A: Approves the contract with Puget Sound & Pacific Railroad for construction services necessary to construct a railroad crossing to provide access to tribal lands to be used for a golf course and related infrastructure

06-65: Authorizes the Executive Director to make formal application to Interagency Committee for Outdoor Recreation (IAC) for funding assistance for the Skookum Creek Riparian Protection project along with the Washington Wildlife and Recreation Program

06-66: Approves the Golf Course Agreement between Golf Project Management Services, Inc and the Little Creek Casino Resort and agrees to a limited waiver of sovereign immunity

06-67: Approves the Letter of Intent between Landscapes Unlimited, LLC and LCCR

06-68A: Approves further loan documents pertaining the upcoming golf course

06-69: Authorizes SPIPA to prepare, submit, negotiate, execute and administer a grant proposal to the Office of Community Services Block Grant to provide community activities for elders and youth

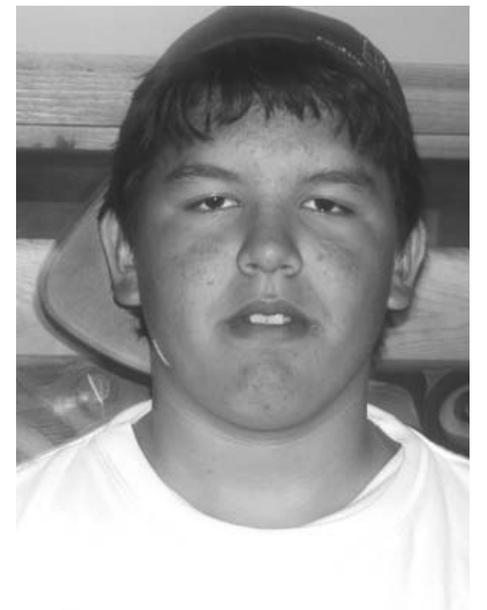
06-70: Authorizes development and submission of a grant proposal by SPIPA on behalf of the Tribe, for continuation of the current Low Income Home Energy Assistance (LIHEAP) program



Jeron Heller

Hi, I'm Jaron Heller. I'm 17 years old, a senior, and this is my 4th year working for the Tribe. I work for Natural Resources with Joe Puhn. We spend most of our time outdoors working on streams. I really enjoy working for Natural Resources, and hope to return next year. When this summer is over, I will be going to South Puget Sound Community College through Running Start.

After that, I hope to go to Saint Martin's University to get a civil engineering degree.



Thomas Blueback

Hey, I am Thomas Blueback. I work at the Department of Natural Resources. My boss is Joseph "Joe" Peters, and I like working at Natural Resources. I test the water in creeks and rivers. Then we go to different places. I would like to go to college and get my degree in culinary arts and be a famous Chef on T.V. I would like to have my own restaurant in different places. Well that's all. huy!!

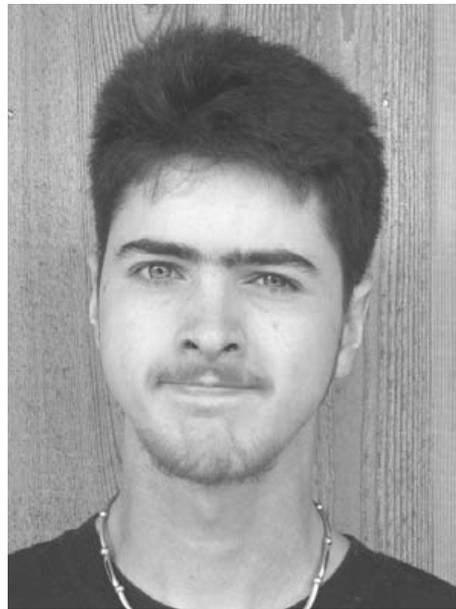


SUMMER YOUTH EMPLOYMENT



Morningstar Green

Hi, my name is Morningstar Green. My mother is Donna Penn and we live on the rez. I'm working with the Squaxin Island Child Development Center. I love working with young children, so this a good experience. Well, I hope to see you and your children around. huy.



David York

Hello, My name is Dave York. I'm working in Janitorial with Teresa Ford, Rusty Cooper and Pablo Bueno. I work from 5:30-2:30. I enjoy working there. I have been working there since March. I live with my dad in Shelton. We have no pets. I have a son. He is 6 months old, and he lives with his mother. I am going to CHOICE High School and I am going to be a senior. My plan for next school year is to go to the New Market Skills Center so I can take a Digi Pen Programming class (for those that don't know what that is, it is video game programming). Then, after high school, I plan to go to college for video game programming and maybe I can get hired on at Nintendo or something.



Kenna Krise

Hello Everyone . . . My name is Kenna Krise. I live on the Squaxin Rez. Most of you know me. My parents are Alan and Rose Krise. When I'm not at work, my favorite things to do are hang out with my friends, go shopping, cruise around and hit up the fairs. It's my second year working here at the Tribal Center in Human Resource with Patti, Vicky and Janna. I enjoyed working with them this summer I look forward to working with them next summer. See Ya! huy!



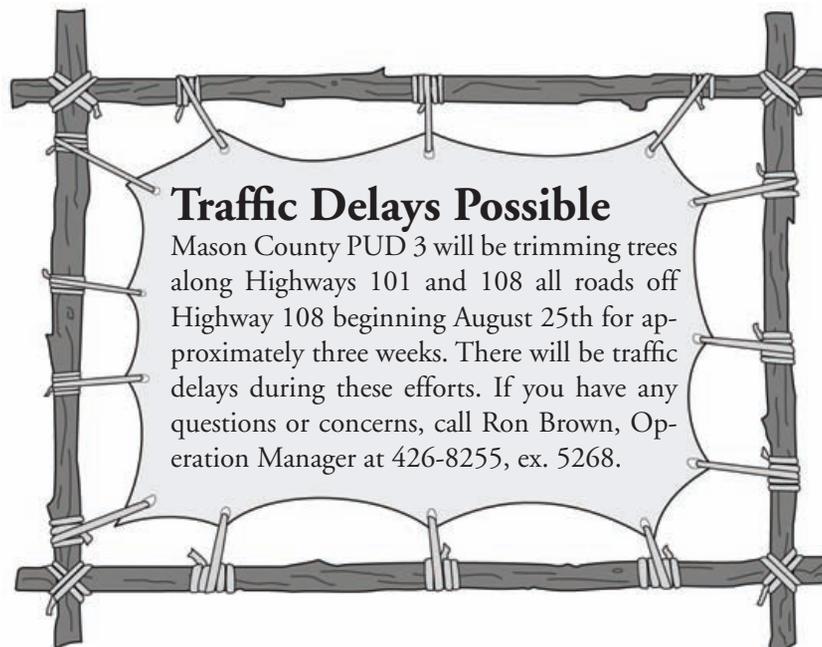
Shiloh Henderson

Hi, my name is Shiloh Henderson and this is my third summer working for the tribe. I work at the clinic during the summer as well as the school year, and I enjoy being a help around the office. I am currently a senior at Shelton High School and next year I plan on going to college at the University of Washington to pursue a teaching career.



Janessa Kruger

Hello, my name is Janessa Kruger. I live in Canada, and I'm down here for the summer. I will be a junior this coming fall at Chilliwack High School. My favorite classes are biology and ceramics. Right now I'm currently working with the Summer Rec. Program. It has been awesome working with 7- and 8-year-olds, and I am hoping to come back next year.



Traffic Delays Possible

Mason County PUD 3 will be trimming trees along Highways 101 and 108 all roads off Highway 108 beginning August 25th for approximately three weeks. There will be traffic delays during these efforts. If you have any questions or concerns, call Ron Brown, Operation Manager at 426-8255, ex. 5268.



Lachell Johns

My name is Lachell Johns. I'm the daughter of Terri Capoemen and Wilson Johns. I'm going into 9th grade. I live on the rez with my mom, my four sisters, and my baby brother. I am thankful for the people who got this job for me. I like the experience working with people I don't know. It gives me a chance to get to know everyone.



Summer Youth Employment



Thomas Masoner

Thomas Masoner participated in the 2006 Youth Employment Training Program. He had the opportunity to work in the kitchen for the elders meals, assist in Summer Recreation, and maintenance. This was his first year of participation.



Dakodah Hodge

Hello, my name Kody, and I'm 15 years old. I worked in the MLRC this summer. I did Human Resources. I did all sorts of stuff and learned a lot. I liked working there and hope to be back next year.



Sky Upham

Hello, my name is Sky. I worked with Summer Rec. and also with Nora. I think that the Summer Youth Program was alright. I hope to return next year and continue to work at Summer Rec. I am 17 years old, and I am from Taholah, WA. I had fun! Oh yeah!



Marjorie Penn

Hello, my name is Marjorie Penn. I am a Squaxin Island tribal member. I'm the daughter of Vicki Penn and Tully Kruger. My grandparents are Myrtle Richards and Pete and Lil Kruger. My older sister (Kristin Penn) had a baby boy on her birthday, and now I get to be an auntie for the first time, and I am very excited! I love working with Theresa and IS staff. I will be graduating from Choice next year and hopefully I'll be able to find a full time job with IS. huy!



Deanna Hawks

My name is Deanna Hawks. I live out here on the Squaxin Rez. I have five brothers and one sister, Dale Ann. No dogs or cats. What I like to do in school is math and P.E. I like basketball and riding around. I want to finish high school. I want to go to college and work as a Paramedic. This summer I am working with Shelley Rawding at the police department.



Krystal Koenig

My name is Krystal. I live on Squaxin Rez. I have two sisters. Their names are Kendra, she's 15, and Hailey, she's 4. I have no brothers. My mom's name is Rose. I like to play basketball. Dancing and listening to music are my two favorite things to do. My favorite subject in school is math. I work with Patty Suskin, That's my "Boss," and I work at "Health and Human Services". I hope to gain some health skills and I hope to go to college.

Big Congatulations to Lucille's Grandaughter, Julie, and Her New Husband, Isaak Van Horn

Father of the bride is Dawson (Donald) Mowitch (Reynolds)



Lil Prince Alexander

Congratulations Celeste Gaidrich & Anthony Forcier



Baby Hannah Lucille

August was "hot and happening" for Great-Grandma Lucille, named after Josephine Lucille This is what can happen if you meet and work at Little Creek Casino. She is a winner!!! *Grandma Kathy Micklethen works there too.*



New Employee



Sarah Haque

Hi! I'm Sarah Haque, the new Timber, Fish, and Wildlife Biologist with the Natural Resources Department. I am exceptionally excited to be a part of this community and to be a part of the Natural Resources team.

I am currently working on my graduate thesis from the Evergreen State College, which involves studying the movement patterns of coastal cutthroat trout in South Puget Sound through acoustic technology. It should be noted that I am a fly fishing enthusiast (that's putting it lightly as those in the department have already realized!), so fish tales or fish banter are always welcome!

I am looking forward to getting to know everyone and I am excited about my new responsibilities as a fisheries biologist for the Squaxin Island Tribe.

Best Wishes to Will Penn

FROM THE ENTIRE

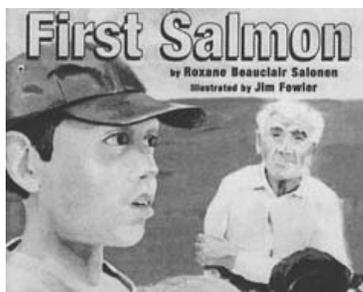
SQUAXIN ISLAND

COMMUNITY

FOR A SPEEDY RECOVERY!!!

Book Signing Event

Squaxin Island MLRC on Saturday, September 30th 2:00 - 4:00 p.m.



Former Shelton resident and children's author Roxane B. Salonen will give an author presentation with a reading and slide show here on Saturday, September 30th. Roxane worked at the Shelton/Mason County Journal from 1993-1996 before returning with her husband and son to North Dakota. The daughter of teachers, she grew up on the Ft. Peck Indian Reservation in



Northeast Montana. Now a freelance writer, she recently authored her first two children's books. The first one she sold, *First Salmon* (Boyd's Mills Press), took root after she observed the Squaxin Island Tribe's First Salmon Ceremony event in the early 1990s. Her second book, *P is For Peace Garden* (Sleeping Bear Press), a rhyming alphabet book about North Dakota, won the 2006 Flicker Tale Award and will be presented in Washington D.C. at the 2006 National Book Festival.

Congratulations

Stella Yocash & Stan Sicade



On the birth of your beautiful twins, Nyah Rose Sicade, born at 9:57 a.m., 6 lbs 9 oz., 18 1/2 inches; and Stan Jr. Sicade, born at 9:58 a.m., 5 lbs. 7 oz 19 inches. Born July 31, 2006. Mother and babies are doing awesome.

Sunday Church



By Ron Dailey.

There will be Sunday church beginning the 2nd Sunday of September. The date September 10th, 2006 at 11:00 a.m. We will be meeting in the Mary Johns Room. All are welcome.

What I remember about some church services I have been in, to simply say it, they were boring. The Lord has placed it on my heart to pattern this "Fellowship" after the "New Testament" book of "Acts". It will be everything except boring.

Please plan to attend our very first service on September 10th. Perhaps you should come early to get a seat.

May I say it again? There will be good singing and fellowship. I will conclude the services with an uplifting message from God's holy word, the Bible. There will be a prayer for the sick in every service.

You and your family are important to us. Call us for a prayer any time day or night, if you need counseling or comfort. Kathy and I want to be available for you at all times.

Information about the church. Pastors: Ron and Kathy Dailey. Phone: 360-432-3009

Church Advisor: Mary Fletcher, Phone: 360-426-2042.

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Free Demo, Sept 8th 11am at
The Squaxin Island Tribe Museum, Library and Research Center (MLRC)
PH 360.432.3853 or 818 406 3555 for more info
read about us in the Sept/Oct issue of Native Peoples, Pg 17

Cherokee translations by Lucinda Robbins from Tahlequah, Oklahoma. © 2006 Thomson Media Inc. All Rights Reserved

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Banning CA 92220

September 8th, 11:00, at MLRC



GET OUT AND VOTE



Get Out & Vote Continued From Page One

The Squaxin Island Tribal Council has reviewed the issues and candidates with an emphasis on issues of great concern to the Tribal community, including Tribal sovereignty, natural resources, gaming and other issues. And, we have met with some candidates personally. Based on that research, we have enclosed our recommended votes.

To use the following voting guide, you must first determine your voting district. If you live outside the areas listed below, or in a zip code that covers more than one district, please call the Legal Department for assistance in determining your voting district.

The voting guide does not cover all districts or all election issues. If you have questions about a candidate in another district or an issue that we have not covered, please call Kelly Croman at the Legal Department at 432-1771. She will provide

you with information you need to make an informed choice, and can tell you whether the Tribal Council has supported a candidate in that district.

Zip code is:	Congressional District	Legislative District
98584	6	35
98501	3 or 9	20 or 22
98502	3 or 6	35
98503	3 or 9	20 or 22
98504	3	22
98505	3	22
98506	3	22

* The Tribal Council has not taken a position on the initiatives on the 2006 ballot.

2006 Voting Guide: Squaxin Island Tribal Council Recommendations

CONGRESSIONAL POSITIONS

U.S. Senator	_Maria Cantwell	Maria Cantwell, the democratic incumbent, has been a tireless supporter of tribal issues and of the Squaxin Island Tribe in particular. She has supported us on a number of important issues and helped us secure funding.
District 3, U.S. Representative	_Brian Baird	Brian Baird, the democratic incumbent, has been supportive of the Tribe.
District 6, U.S. Representative	_Norm Dicks	Norm Dicks, the democratic incumbent, has supported and worked with the Tribe for years on many issues.
District 9, U.S. Representative	_Adam Smith	Adam Smith, the democratic incumbent, is a member of the Native American Caucus, and has supported tribes on a number of issues.

STATEWIDE POSITIONS

State Supreme Court Position 2	_Susan Owens	Susan Owens, the incumbent, has experience in Indian country and has demonstrated an understanding and support of tribal sovereignty.
State Supreme Court Position 8	_Gerry Alexander	The Tribal Council supports incumbent Gerry Alexander.
State Supreme Court Position 9	_Tom Chambers	The Tribal Council supports incumbent Tom Chambers.
Superior Court Judge Position 8 (Thurston County)	_Anne Hirsch	A new candidate for this position, Anne Hirsch has judicial experience and is well respected. We believe she is the best candidate in this race.

LEGISLATIVE POSITIONS

District 20, House Position 1	_Richard DeBolt	Incumbent Richard DeBolt has generally been very supportive of Tribal positions and has had a close working relationship with the Chehalis Tribe for many years. We continue to support him.
District 20, House Position 2	_Gary Alexander	Incumbent Gary Alexander has no opponent.
District 22, House Position 1	_Brendan Williams	Incumbent Brendan Williams has no opponent.
District 22, House Position 2	_Sam Hunt	Incumbent Sam Hunt has been a strong supporter on many tribal issues.
District 35, Senate	_Tim Sheldon	Incumbent Tim Sheldon has been an extremely strong supporter of the Squaxin Island Tribe and tribal issues generally for many years, often providing a critical vote. He is always accessible and has demonstrated an understanding and support of tribal sovereignty. He also holds a key position on the Senate Transportation Committee, where the Tribe has been very active in seeking fuel tax legislation.
District 35, House Position 1	_Kathy Haigh	Incumbent Kathy Haigh has been generally supportive on many tribal issues, though we continue to work with her to build support.
District 35, House Position 2	_Bill Eickmeyer	Incumbent Bill Eickmeyer is supportive of some tribal issues, but opposed to tribal positions on others. We continue work with him to build support.



CANOE JOURNEY '06



Tribal Journeys Paddle to Muckleshoot 2006

By: Marjorie Penn

We traveled nearly 300 miles this year on the annual canoe journey and close to 100 people, most tribal members, participated. We joined our relatives in Taholah and began our journey at the Quinault River.

There were representatives from nearly every family in the tribe. The Krise family (it was great to see Casey and his crew), the Henry Family (Vern we need you), the Bagley family (welcome to the new member "Journey" who was born on August 8th instead of while in route to Muckleshoot), the Cooper family (thanks for being there Joseph), the Johns family (we missed your dad Latoya) members of the Smith and Gouley families were also with us. Doug and Bear also pulled on the canoes for a couple of days.

One of the new participants said, "You couldn't help, but feel exhilarated when you paddle into a reservation and heard and viewed thousands of people greeting you."

I want to say thank you to the elders, the skippers, the drummers, the dancers and the ground crew. I also want to say thank you to Tully, Steve, Shelly and Ross for being our support boats (thanks we really needed you guys.) Congratulations to Shelly for pulling even though you got sick you still paddled (good job!)

For me one of the best parts of being on the canoe journey is seeing all of our relatives from different tribes.

I want to thank the Muckleshoot tribe for hosting us this year. I hope to see you guys next year in Lummi.

The journey was not without sadness. Canadian Chief Jerry Jack (68) died when the Makah canoe he was traveling in overturned in the rough water near the Jamestown reservation. When we returned from the journey my Uncle Will was diagnosed with Leukemia (he is getting chemotherapy and by this printing he should be home recovering. It reminded all of us how important we are to each other. From the elders to the littlest kid. Thank you all for coming and supporting us and I hope to see you all next year.



These two photos are courtesy of NWIFC



Photo by Marjorie Penn



CANOE JOURNEY '06

Photos by Marjorie Penn



Jeremiah George - This year Squaxin traveled to Muckleshoot from Taholah over on the coast. A few of us have relatives from Quinalt, and we wanted to travel longer than the three or so days it would take to get to Muckleshoot from here. The first thing we had to do was paddle out of the Quinalt River into the ocean. We had to cut through the breaking waves that were coming in as the current from the river went out. Our strong crew's adrenaline pumped as we reached the end of the river. The waves looked more menacing as we came up on them. They proved to be nothing to be taken lightly as we cut through the first couple, then the canoe started taking on water. When the water level reached my shins, I knew we weren't going to make it. After that realization, the next wave tipped us and the following one finished us off. Everyone fell out as the canoe rolled upside down. There were quite a few of us and we all had life jackets on. All the extra paddles and everything we had in the canoe started floating away. The breaking waves were still coming in, and it might have been more nerve-racking if we couldn't touch the ocean floor. We still had to brace ourselves and jump into the waves as they came into our faces. The next thing I knew, Aleta Poste was swimming out into the waves to grab the paddles that were floating away. We were trying to organize ourselves to find the best way to get the canoe upright and bailed out when the water seemed to help George turn it back over. It didn't take very long for us to carry it up onto a little spit and bail it out. George made the decision to lighten our crew to six for another try. I never saw the video that Walter Lorentz took, but Jay Hall told me it looked worse from the shore because all the life jackets were floating away, and people were gasping and saying, "Oh My Gosh!" People were crying and panicking. I heard people went to go get towels and blankets so we could be warm (as if we were going to call it a day!). Seven of us, counting George, jumped back in and went at it again. It took us a moment to get our momentum, because Swissaloh's not a petite canoe. But we got out of the breakers into the ocean. Later I heard that it took some people two years to get comfortable enough to get back into a canoe after capsizing as they came out of the Hoh River.

The Canoe Journey was a lot different this year. This was the first year we didn't travel with our fellow Medicine Creek Treaty Tribes. After four years of traveling with them, I guess we didn't know how different it would be without them this year. We are familiar with each others songs and dances. Familiar faces were missing, and we didn't realize entirely how much we missed them until we got to Muckleshoot. Fortunately, our fiberglass canoe, which has been there from the beginning (except for last year because we didn't have the numbers), made it possible for us to spend some time rafted up with the canoes from our area as we all waited for our turn to be welcomed to the Muckleshoot shores.

The lack of familiar faces was not the sole reason for this year seeming different from others. It was a trying travel by water for all the tribes. The tribe lost an elder and close friend of the Squaxin Canoe Family... no, she was, by guilt of association, a member of our family. Arlene Strobe cooked for a lot of our gatherings here. My mom had inside jokes with her and Socorro. At our last event, my mom told me to tell them we could use a certain ingredient for something they were making for the dinner. They laughed, as I did. I thought they'd know what my mom was joking about; she said they would laugh about it. But they asked me what that was about. I told them she said they would find it funny. We all ended up laughing just because the other person was. Arlene's funeral was on the same day we left the Quinalt River. We planned not to travel on that day, but Arlene's family asked that we would travel. I felt a lot of humor that day we capsized, just as I feel when I think about Arlene, because she was always cracking up about something. Maybe she was with us, laughing at us. Whenever we all had discussion about how we rolled the canoe, we would all laugh about it.

There seemed to be a lot of loss as we came up from the coast. There was a loss at Neah Bay when we got there, which made for a different atmosphere in a proud community. We stayed there for quite a long time, and we weren't able to sing or dance until the last night we camped there. The losses continued as we got further inland. We heard of other sad news from communities and relatives of people traveling in

canoes. Then there was a tragedy on the water.

The leg of travel to Jamestown was a good day out on the water. The wind was blowing in the right direction for us to use our sail for the first time ever. Our canoe was one of the last few in line, but after we put up the sail, along with some of the usual good decisions by our skipper, George, we flew past everyone and caught up to the lead canoe from Quinalt. We wanted to beat the wind because, around that area, the wind gets hectic towards the afternoon. A short distance from Jamestown, there's a long, skinny piece of beach, called a spit, that stretches out, and you have to go around it. We were told to get around that spit as early as possible, because the wind and waves could cause you problems if you miss the right window of time. Both the wind and waves seemed more aggressive as we reached the end of the spit to turn the corner. As we turned the corner, the wind kind of slapped us in the face. Everyone thought after we got around the corner, it'd be flat water. It wasn't as rough, but it wasn't flat. All in all, it was a good day out on the water that day.

Jamestown usually feeds everyone really well, so most of us looked forward to dinner that night. Just as I was about to head to dinner, we had heard that two of Makah canoes had capsized in the bad wind and waves, and that six people were missing. Our camp had a prayer circle and some Canadian tribes joined us. We said prayers and sang prayer songs. Then we got news that everyone was fine. I heard my dad, Tully, and Jeremy Walls tried to go out to see if they could help, but had to come back because the water was too crazy. They hopped into Shelly Rawding and her husband's boat, which is a three deck boat, but it was too rough for them too. As I sat down to eat, some of our kids sat with me. One of our big ground crew helpers, Jessica Cruz, said she was scared for those people, because all she could think about was what if it were me or her brother, Jay. I thought the same thing about her and the other kids, because we heard there were children in the canoes.

Continued on Page 29.





CANOE JOURNEY '06

Photos by Marjorie Penn

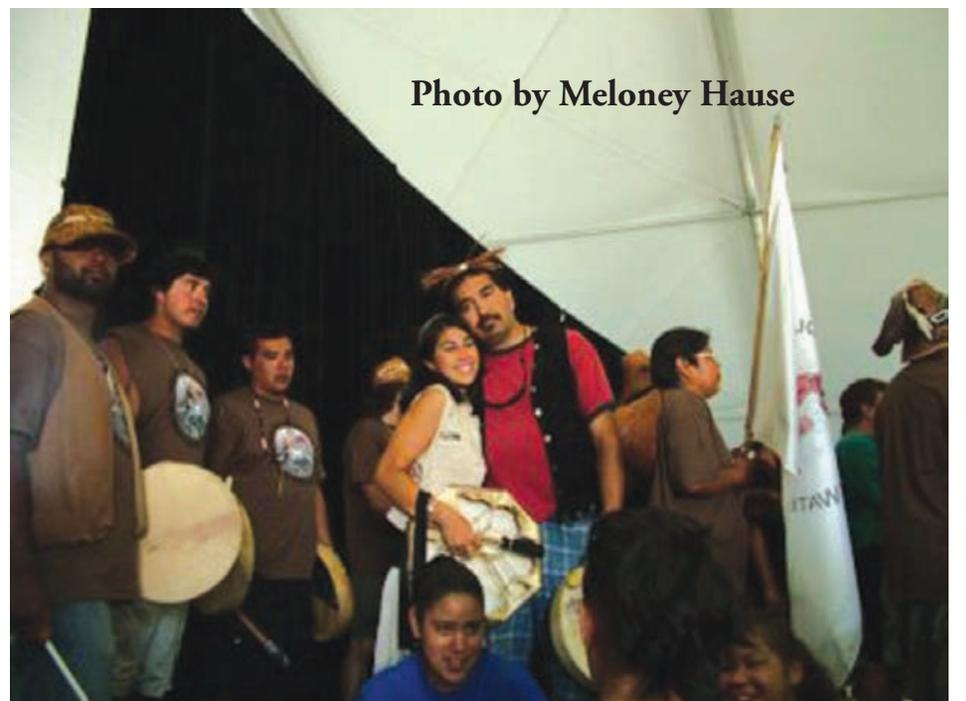


Photo by Meloney Hause



CANOE JOURNEY '06

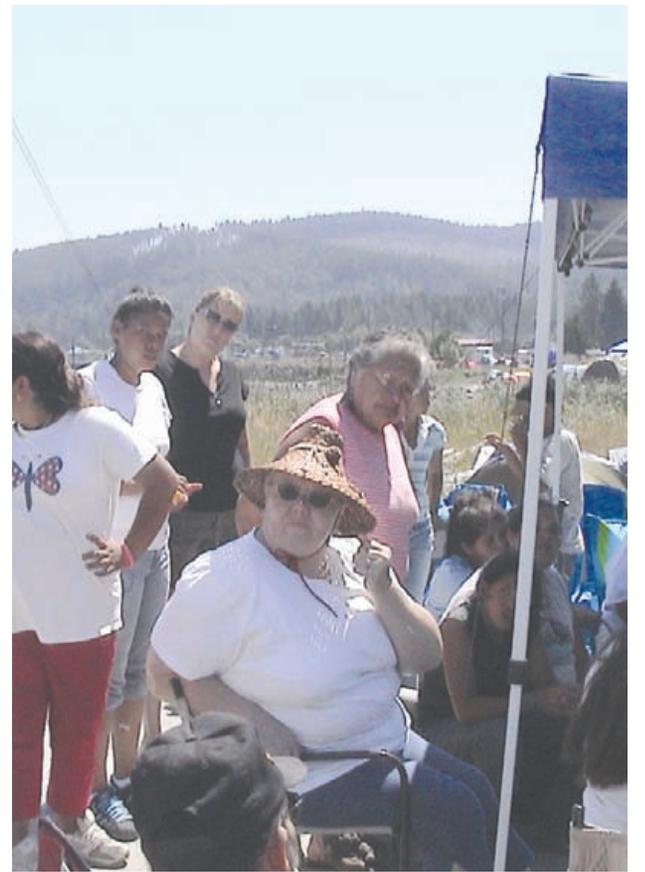
Photos by Marjorie Penn





CANOE JOURNEY '06

Photos by Marjorie Penn





CANOE JOURNEY '06



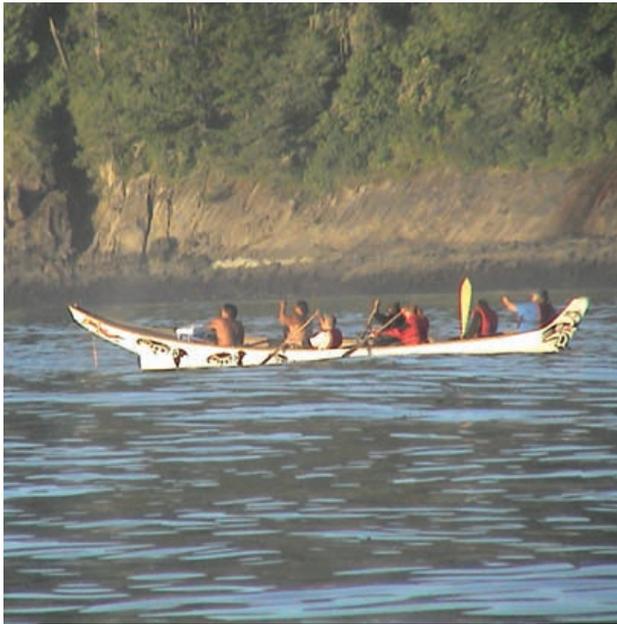
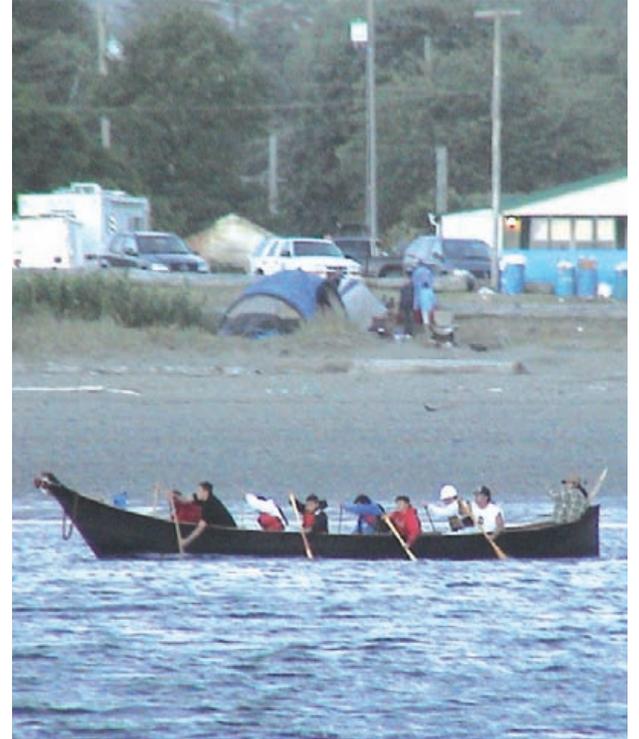
Photos by Marjorie Penn





CANOE JOURNEY '06

Photos by Marjorie Penn





FIRST SALMON CEREMONY '06



Dear Friends,

I had the pleasure of attending the First Salmon Ceremony this year and thank the tribe for allowing us to join the celebration and then, to my surprise, sharing a magnificent meal as well. Please extend my appreciation to the council, elders, and all members of the community who put so much work into the ceremony and were kind enough to invite others to share in experiencing some of the tribe's traditions.

Sincerely,
Jeff Galleher, Olympia



Photos courtesy of NWIFC and Meloney Hause





SUMMER REC



Summer Rec News

Bill Kallapa - The Squaxin Island Summer Recreation program was a HUGE success this past summer! Record numbers of registered youth attended the program due to an influx of youth from tribal employees and the surrounding community! The summer program continues to grow and, likely, will garner additional youth next summer once the word spreads how great the program is! There were over 100 youth registered and our record high for attendance in a single day topped out at 83!

Thankfully, we had more than adequate staff, all who were well qualified and highly energetic in order to meet the demands of that large of a group. Special thanks go out to each of our staff who worked hard and went above and beyond to show our youth a great time each and every day this past summer. Our youth staff from our community was a great addition as well. These are the workers who relate well to the younger kids in our program and who serve as role models to those kids also. We were very fortunate to have such a great staff and hopefully all will return next year.

Weekly activities consisted of; arts and crafts that the kids could bring home, large group games like the ever popular "Medic Ball", "Fitness" with Janita Johnson, healthy snacks prepared by the Diabetes Prevention team, educational movies

brought to us by the "Pathways Program" and Bridgette Losey, as well as many other activities. Our weekly field trips included; Skate land, the movies, Millersylvania Park, The Hands on Children's Museum and attending the First Salmon Ceremony. A special thank you goes out to Chairman Jim Peters who came by Summer Rec. to speak to our youth about the importance of the Salmon Ceremony to the Squaxin people. Our large field trips were to The Museum of Flight at Boeing Field in Seattle and the Point Defiance Zoo in Tacoma.

We were also fortunate enough to play host to former World Heavyweight Boxing Champion Joe "The Boss" Hipp, who came and spent one morning with our youth speaking to them about his boxing career and how hard he had to work in order to become the world champion! He had such a good time he even joined in on a game of "Pin Knock Down" with the kids. Some of our kids even pegged him with the ball and sent him to jail, not many kids get that chance!

All in all it was a great summer and all the kids and staff had a blast at Summer Recreation, even grumpy old Mark! Hope to see you all next year!!



ViewPoint

From Gloria Hill - This one should keep us all thinking. This is a true story of something that happened just a few years ago at USC. There was a professor of philosophy there who was a deeply committed atheist. His primary goal for one required class was to spend the entire semester to prove that God couldn't exist.

His students were always afraid to argue with him because of his impeccable logic. Sure, some had argued in class at times, but no one had ever really gone against him because of his reputation.

At the end of every semester on the last day, he would say to his class of 300 students, "If there is anyone here who still believes in Jesus, stand up!"

In twenty years, no one had ever stood up. They knew what he was going to do next. He would say, "Because anyone who believes in God is a fool. If God existed, he could stop this piece of chalk from hitting the ground and breaking. Such a simple task to prove that He is God, and yet He can't do it."

And every year, he would drop the chalk onto the tile floor of the classroom and it would shatter into a hundred pieces.

All of the students would do nothing but stop and stare.

Most of the students thought that God couldn't exist. Certainly, a number of Christians had slipped through, but for 20 years, they had been too afraid to stand up.

Well, a few years ago there was a freshman who happened to enroll.

He was a Christian, and had heard the stories about his professor.

He was required to take the class for his major, and he was afraid. But for three months that semester, he prayed every morning that he would have the courage to stand up no matter what the professor said, or what the class thought.

Nothing they said could ever shatter his faith...he hoped.

Finally, the day came! The professor said, "If there is anyone here who still believes in God, stand up!" The professor and the class of 300 people looked at him, shocked, as he stood up at the back of the classroom.

The professor shouted, "You FOOL!!! If God existed, he would keep this piece of chalk from breaking when it hit the ground!"

He proceeded to drop the chalk, but as he did, it slipped out of his fingers, off his shirt cuff, onto the pleat of his pants, down his leg, and off his shoe. As it hit the ground, it simply rolled away unbroken. The professor's jaw dropped as he stared at the chalk. He looked up at the young man, and then ran out of the lecture hall.

The young man who had stood, proceeded to walk to the front of the room and shared his faith in Jesus for the next half hour. 300 students stayed and listened as he told of God's love for them and of His power through Jesus.



Lynn Olson

Please allow me to introduce myself. My name is Lynn Olson and I am delighted to be the new Mentor Coordinator for the Squaxin Island Tribe Mentoring Program. My husband and I recently moved to Shelton from Vancouver, Washington. After 34 years in the educational field, we retired, moved and I began volunteering. Some of you may know or recognize me as a volunteer at the Squaxin Island Tribe MLRC. I have also worked with the Shelton School District in the Early College High School program.

Now, I am delighted to be working in the Learning Center with the tribal youth and adults, who have chosen to become mentors. Thank you for the opportunity.

Look for articles in the Klah-Che-Min on the Mentoring Program as we move forward. And please contact me if you are interested in becoming a mentor or if you know a Native American youth (4th through 8th grade) who would enjoy being a mentee.

Create a legacy within the younger generation. Become a mentor today! 360-432-3957 (office phone), 360-490-7037 (cell phone) or lolson@squaxin.nsn.us

Happy Birthday to Our Son, Alexander Solano

You Are Very Special to Mom & Dad!
Best Wishes Brother

Love, Lorenzo, Giovanni, Austin, Uncle Ricardo, Momma Anna, Uncle John, Auntie Crystal, Uncle Mario and the Rest of Your Family From Mexico

CHOICE

Greetings from the Principal

Gordy Hansen, Principal - Hearty summer greetings to all our Shelton School District families – especially to those students who have attended CHOICE Alternative School in the past and to those who wish to enroll at CHOICE this fall. The beginning of school is not far away, and this is a good time to make final preparations for returning to school.

The following information should be helpful for those families whose students will attend CHOICE during the 2006-2007 school year. Students who have attended CHOICE in the past are expected to start school Wednesday September 6. Our student school day begins at 7:50 a.m. and ends at 2:10 p.m.. They must complete a re-enrollment packet and turn it in to the main office as soon as possible, so we know who plans to return here from last year. If anyone else wishes to attend CHOICE they must contact the principal, Gordy Hansen, at 426-7664 for an appointment, complete a registration packet immediately and turn it into our school office, and successfully pass our orientation program. Orientation for new students will be held August 28-30 from 9:00 a.m. to 11:00 a.m..

We do not have an alternative middle school program at CHOICE. Therefore, our grade level configuration will continue to be 9-12.

Our school office is now open daily 7:30 a.m. – 4:00 p.m. and you are welcome to call our school office at 426-7664 if you need any assistance. Linda Myers is our office manager and registrar. Kate Fletcher is our school counselor, and Sherrie Emele coordinates our attendance office. Please contact Sherrie for any attendance purposes, including planned absence requests that you may know about prior to the absence. If students, for example, plan to be dismissed from school for work, such as clam digging or fishing, they must contact Sherrie as well as their school advisor to work out any details prior to missing any school time.

We are looking forward to serving you at CHOICE, and expect to have another very productive school year here! Come and visit us at anytime!

Ehra Francis to Compete in Washington Finalist, National American Miss Contest

Herb and Sharon Johns wish their granddaughter, Ehra Francis, the best when she competes this month in the Washington Finalist, National American Miss Pageant. Ehra lives in Tumwater where she is a cheerleader at her school (Go Wolves!). She has been swimming in competitions in North Carolina and Washington (Keep adding to those ribbons, Ehra). She is also very active in sports, such as mountain climbing, rafting and skiing of all kinds. She is very active in health walks, and has participated in Squaxin Island Cancer Awareness walks. She is also very artistic.

Tiana is 100% for you too. We love you and no matter what. You make us proud. Go get um....Love Grandpa and Grandma and Tiana!

Congratulations Miguel Jordan



"Tornadoes" Champions of Cowlitz Kickoff Classics
Lots-A-Love, Dad & Mom





Mentoring for the Youth

Lynn Olson, Mentoring Coordinator - Do you have knowledge of tribal history and a skill for teaching storytelling? Do you enjoy carving canoes or creating masks and want to share that joy? Is basket weaving or Salish drawing within your expertise? Can you identify native plants and their uses? Are you technology savvy or want to learn about technology from a young person? Do you play a musical instrument or want to learn about the latest musical styles from a youth? Is reading or playing games with a young child something you enjoy?

And the most important questions: Do you like and care about the younger generation? Are you willing to listen and learn from them? Do you want to help young people feel better about themselves?

If you nodded your head as you were reading the above two paragraphs, you are an excellent candidate for becoming a mentor in the Squaxin Island Tribe Mentoring Program. This is a one-on-one relationship between a member of the tribe and/or employee and a deserving Native American youth. The employee mentor may be released during the workday to travel to the mentee's school or to the Tu Ha'Buts Learning Center to participate in activities of the mentor's and mentee's choosing such as playing games, sports or musical instruments; learning about tribal culture; reading books or researching on the internet; discussing career and/or college options and employability skills or current events.

The goal of the program is to improve a youngster's attitude and desire to stay in school and away from risky behavior. This program is targeting youth in grades 4-8 in Shelton School District. It is not a tutorial program. Much research is now available which points to the tremendous benefits of mentoring.

The first group of mentors has been screened and will begin in our program next month. Although we would like to have a mentor for every youth, only a handful of youngsters will be selected for the first phase based on the number of mentors who have volunteered to help. It is our hope that additional people will sign up to assist us in the future.

For more information about the Mentoring Program of the Squaxin Island Tribe, please contact:

Lynn Olson, Mentor Coordinator
Tu Ha'Buts Learning Center, Squaxin Island Tribe
70 SE Squaxin Lane
Shelton, WA 98584
360-432-3957 office
360-490-7037 cell
360-426-7897 fax
lolson@squaxin.nsn.us



Wa He Lut Indian School

Wa He Lut Indian School is registering students in grades K-8.

- We offer curriculum that is culturally relevant and competitive academic standard education
- Low student-to-teacher ratio for individualized attention
- Nutritionally planned meals include breakfast and lunch
- Enrollment is for federally recognized Native American and Alaska Native children

Classes started on August 28th. Please submit a copy of birth certificate or hospital record, immunization records, tribal enrollment or proof of at least 1/4 Native American blood quantum and a Social Security number to register. For more information, call 456-1311



Levi Keesecker

Hi, I'm Jennifer Ogno, and I am the new Financial Specialist 1 working in the Accounts Receivable Dept. I am excited to be part of the Finance Dept and look forward to being a part of the community again. I have lived on the reservation on and off since 1989. I have lived in New York and California also. I met my wonderful husband, Jeff, in New York, and we were married in 1996. We now have 3 great boys, Justice 8, Jordan 6 and Jonathan 5. My family is my number one priority. We moved back to Shelton in October, 2004, and even bought the house across the street from my parents, Paula and Jeff Peters. It's great to be back and I look forward to my professional and personal growth with the Tribe.

A Change in the Mentoring Program

Lynn Olson - A change has happened in the Squaxin Island Mentoring Program; Joy Gonyea is no longer with the Squaxin Island Mentoring Program. Joy has left to go back to school and pursue a master's degree. We all wish her well.

Lynn Olson has come on board as our new mentoring coordinator. Lynn has over 30 years experience in education and has been working with the Shelton School District as a curriculum consultant in the Early College High School Program. She has hit the ground running and will do a fine job for us.

Stop by and say Hi to Lynn in the Education Department.



Levi Keesecker

Hi, I'm Levi. I've been hired as a GIS Tech in the Natural Resources Department. I'll be supporting efforts to enhance and maintain local water quality in order to improve fish and shellfish health in the area. Also, I will be mapping and modeling other local natural resources. I'm a recent graduate of the University of Washington, Tacoma where I studied Environmental Science and GIS.

Before moving to Olympia from Spokane 3 years ago, I traveled a fair amount (the Midwest, Southwest, and Costa Rica). It was travel which eventually led to my interest in the natural sciences. After an extended 9 month-long road trip around the U.S., I returned to the "real world" rejuvenated, focused and ready to go back to school.

I purchased my first house last summer, and last month I got engaged to my partner and travel companion of many years, Gen. At this point, I spend most of my free time tied to the house which has turned out to be a "time vortex" composed of various home improvement projects. When I'm not working on the house I spend my time listening to good tunes, cooking, playing guitar, reading and generally just relaxing.



Upcoming Events

BRIEF COMMUNITY WALK

Every Thursday @ 12:40

Meet at the Elder's Building after Senior Lunch

COMMODITIES FOOD SAMPLING

Tuesday, September 5

10:00 a.m. to noon in the gym

NEXT COMMUNITY CLEAN UP

Date to be determined

Check flyers by the mailboxes

Meet in front of the gym

Garbage bags & gloves provided

This is a tobacco-free and alcohol-free event

Funds are provided by

DASA (Division of Alcohol and Substance Abuse)

MAMMOGRAM & WOMEN'S HEALTH EXAMS

September 21

Contact Rose Algea (360) 432-3930

COMMUNITY HEALTH WALK

Thursday, September 21

Meet at Elder's Building at 12:40 for

a 20 minute walk around the REZ

All SPIPA tribes will be taking a walk in their area at the same time- for diabetes prevention!

Help us win the Walking Stick!

A walking stick was donated by a Skokomish community member. The Tribe with the most walkers each month wins the walking stick for that month.

We won it for June, July and August.

Can we get it for September?

DIABETES FOOT EXAM MORNING

Tuesday, October 3rd

9:00 a.m. to noon at the clinic

Priority for people with Diabetes

Contact Patty Suskin for an appointment

COME VISIT

OUR HEALTH PROMOTIONS PROGRAMS

We have exercise videos

(Sit & Be Fit, Yoga, Walk Away the Pounds & more)

you can come & use in the building across from the clinic. Work out alone, with us,

or schedule a time for a group

Contact Patty Suskin(360) 432-3929

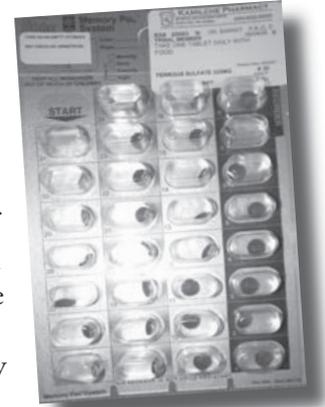
or Janita Johnson (360) 432-3972

Kamilche Pharmacy Offers New Service

People at some time in their life have a difficulty taking medication the way it was prescribed. If you have ever tried to remember whether you took a medication or not, had trouble locating a small prescription bottle, spilled the entire contents of your prescription down the sink, or just had too many medications to coordinate, then you may be a candidate to use prescription compliance packaging.

The package, which has the look and shape of a Bingo card, will hold up to 31 days of prescription supply. The pharmacy staff will fill and label the cards, just as they would a prescription bottle. You can then push out your daily dose of medication from each slot as directed on your label. A quick glance at the card can tell you if your taking the proper daily dose! Medication compliance will improve and so, hopefully, will your health situation.

If this is a service that you or your family could utilize, stop by the pharmacy to ask us to explain the option.



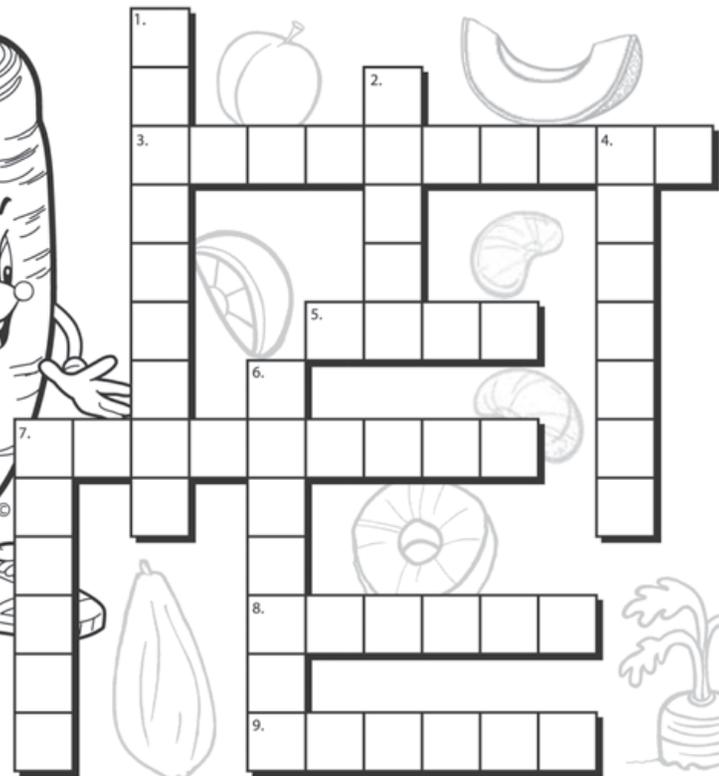
Calvin Carrot's Crossword Fun

Did you know...

Orange and yellow fruits and vegetables are packed with vitamin A, which helps keep your eyes healthy



Calvin Carrot



ACROSS

3. a popular sweet, orange melon
5. a yellow vegetable that grows on ears
7. a sweet, juicy, yellow tropical fruit that has a crown
8. a vitamin C-rich orange citrus fruit that grows on trees
9. butternut or spaghetti _____

DOWN

1. this fruit is the orange "fuzzless" cousin of the peach
2. a sweet, orange, tropical fruit with a single large seed inside
4. an orange vegetable often used to make pies
6. orange root vegetables that rabbits love to eat
7. a yellow tropical fruit that is high in vitamin C, fiber, and folate

Hint: The answers to this crossword puzzle are all orange and yellow fruits and vegetables.

How many orange and yellow fruits and vegetables can you name?
For the answers, see page 31



Find the answers to this puzzle at www.dole5aday.com/rainbow.

© 2005 Dole Food Company, Inc.
Find more activity sheets at www.dole5aday.com.



The Health Promotions Team has Been Busy this Summer!

Eating Vegetables and Fruits, Making Healthy Food Choices, Preventing Diabetes, & Living Healthy with Diabetes - the themes for Health Promotions.

These pictures show the team sharing ideas about how to be healthier doing these kinds of activities:

- Thursday Walks
- Commodities Healthy Recipe sampling
- Smart Shopping / Food Label Reading Market Tours
- Youth sampling new foods: jicama, artichokes, spaghetti squash, fruit smoothies, bell peppers with bean dip, collard greens, fruit and yogurt parfaits.
- Youth introduction to the Food Pyramid
- Dance, Dance Revolution
- Youth Fitness Challenge
- Lifestyle Balance classes for diabetes prevention



Contact these Health Promotions team members for ideas to help you and your family be healthier: Melissa Grant, Health Promotions Assistant at 432-3884; Janita Johnson, Diabetes Prevention CHR 432-3972; and Patty Suskin, Diabetes Coordinator (AKA the Wacky Nutrition Scientist) 432-3929. Call or stop by the Health Promotions Area across the parking lot from the clinic.



Make Your Own Quick & Healthy Granola Bars!

These tasty bars don't require baking & cost less than the energy or cereal bars that are available. The way to make them is similar to Rice Krispie treats, but much healthier!

- 2 cups of Rice Krispies or similar store brand cereal
- ½ cup dried fruit
(your choice: raisins, cranberries, blueberries, mangos, etc)
- 2 cups rolled oats (uncooked)
- ¾ cup chopped nuts (your choice: peanuts, almonds, walnuts, pistachios, etc)

Mix the above ingredients (cereal, fruits, oats & nuts) together in a large bowl & set aside. Then, put the items below a microwaveable container & microwave on high about 2 minutes. Stir till smooth:

- ½ cup peanut butter
(or substitute almond, cashew, or other nut butter if you prefer)
- ½ cup firmly packed brown sugar
- ½ cup light corn syrup

Stir in 1 teaspoon of vanilla.

Pour the liquid mixture over the cereal mixture. Gently toss to coat the cereal with liquid ingredients. Pour the mixture into a nonstick 8 " or 9" square baking pan. Press so that the mixture is even & level. Cool completely. Cut into squares or bars. Wrap each bar individually in plastic wrap. Store in an airtight container or freeze.

Makes 12 bars.

Each: 265 calories, 39 grams carbohydrate, 3 grams fiber, 8 grams protein



Health Tips: Did you Know....

There is no such thing as "Borderline Diabetes"?

The correct term is "Pre-Diabetes". If you have pre diabetes, you can postpone or prevent diabetes by being more active and eating healthier. Get screened for Pre Diabetes and Diabetes. For more info, call Patty Suskin, Diabetes Coordinator at 432-3929 or stop by across the parking lot from the clinic at Health Promotions.

Protect your Kidneys!

A great way to protect your kidneys and avoid dialysis is to keep your blood pressure and your blood sugar in range. Have your blood pressure and blood sugar checked!



Foot Exam Morning October 3rd for People with Diabetes

Rose Algea knows to take care of her feet! Thank you, Rose, for having your feet checked by Dr Kochhar, Podiatrist, earlier this year. A podiatrist needs to check your feet at least once a year if you have diabetes.

FOOT CARE TIPS FOR PEOPLE WITH DIABETES:

1. *Look at your feet every day* for red or black spots, ingrown toenails, cracking, dry skin, sores, blisters, or cuts. See your doctor right away for any of these problems.
2. *Keep your skin soft & smooth.* Rub a thin coat of skin lotion over the tops and bottoms of your feet, but NOT between your toes.
3. *Wear shoes & socks at all times.* Never walk bare-foot. Wear comfortable shoes that fit well & protect your feet. Feel inside your shoes before putting them on each time to make sure the lining is smooth & there are no objects inside.
4. *Keep your blood sugars in line.* General guidelines (check with your doctor for specific guidelines for you):

Fasting (or first thing in the morning): 80-120

Two hours after a meal: 80-140

Bedtime: 100-140

Hemoglobin A1C: under 7%

These tips can help you to make your feet last a lifetime. Most amputations are preventable by taking quick action if any problems occur. If you have diabetes & are due for your annual exam with Dr. Kochhar, contact Patty Suskin at (360) 432-3929.



Rose Algea and Dr. Kochhar

Secondhand Smoke and Your Child's Health

Submitted by Marcella Castro Community Advocate CHR - Breathing secondhand smoke raises a child's risk of ear infections, asthma, and bronchitis. Do not allow smoking in your home or in cars where your children ride. If you smoke, smoke outside and ask others to do the same. When you smoke outside, wear a jacket and leave it outside. If you quit, you will teach your child a good lesson and improve your own health! For help, call 1-877-270-7867 or visit www.quitline.com.



As American Indians we are taught at an early age about respecting the family.

Secondhand smoke hurts others. Please respect your family. To learn more about quitting call:

Washington State Department of Health
Tobacco Quit Line
877-270-STOP
QUITLINE.COM



New Employee



Jamie Henderson

Hi, my name is Jamie Henderson and I am the new Certified Medical Assistant at the clinic. I went to school at Eton Technical Institute and was hired at Shelton Family Medicine shortly there after, where I have worked for the past 6 years. When I am not at work, I am busy spending time with my family and participating in activities with my church. I am very excited and feel very blessed to be able to now serve in my tribal community.

MEAL PROGRAM MENU

A salad bar will be available at each meal, as well as fresh fruit or fruit salad. Beverages available each meal: milk, crystal light, water, coffee, tea, hot chocolate. Menu is subject to change. Free to seniors 55 and older. All others \$3.

Monday	Wednesday	Thursday
Labor Day/No Meal 4	Taco Bar 6	Italian Spaghetti 7
Sloppy Joes 11	Baked Salmon 13	Enchiladas 14
Smoked Salmon Fettuccine 18	Cornish Game Hens 20	Pork Chops 21
Baked Chicken 25	Ham & Eggs 27	Crab Cakes 28



FIREWORKS FUN

Photos by Barb Henry



**So Very Proud of My Families!
Love You All.
(Especially My Kids)!!!
- Barb Henry**





FIREWORKS FUN



Photos by Barb Henry



So Very Proud of My Families!

Love You All.

(Especially My Kids)!!!

- Barb Henry





CANOE JOURNEY '06

Continued from page 12



I didn't get halfway through my plate before there was an announcement. A man said that someone in one of the Makah canoes had drowned, and three others were in the hospital. After someone else spoke to him at close range, he announced that it was Chief Jerry Jack from Gold River, Canada. It seemed so blunt and fast, I thought they were working some cruel joke. After everyone reacted and a few minutes had passed, I knew it was no joke. The canoe captains from all of the tribes, along with some others, waited until after 2:00 in the morning to see what was going to be decided. News came of the chief's family traveling to the hospital and then traveling to meet with us just after they had identified the chief. His family had the strength to tell all of the canoes to continue on, because it was what the chief would have wanted.

Chief Jerry Jack was someone who I didn't know personally. I did know his heart though. His life was lived the way I'm attempting to live mine, about culture. Some people think culture is something like hunting, fishing and business (casino) rights. Others would say it's something like MTV, KUBE or WWE. But to me, it's something entirely different. To me it's singing, dancing, the canoe journeys, potlatching and language. All traditional ways. But I don't think they can be completely traditional because we lost too much when we were forced to keep away from such things by the government. I saw a lot of Chief Jerry Jack at the meetings I went to for the planning of the Canoe Journey. During the first meeting that was held in Tulalip, he invited anyone who was willing to leave from Gold River and get a chance to see the killer whale, Luna. There was a lot about Luna in the news not too long ago. Everyone was concerned about how Luna would survive away from its pod and about how social it was with boaters. It was believed by the chief's people that it was one of their chiefs who had passed away after he said he would return as a killer whale. The same year that chief passed away Luna arrived in their traditional waters. Chief Jerry Jack had described how Luna had always stayed around that chief's land. He told a story about how some environmentalists were attempting to capture Luna to move him somewhere else and they went out in their canoe and drummed and sang and kept Luna from getting caught. There was a lot of controversy with Luna and his tribe, enough for the Seattle Times to make a reference to it as they published the story of his death. If it wasn't so far, we may have accepted that invitation, but I think we would've had to leave about 10-12 days before we left from Taholah. A few canoe family members went to a party he had for his daughter in Neah Bay. She married someone from there and lives there now. Chief Howishata from LaPush, Joe Seymour, Jay Hall and I went to the services in Gold River. We got to hold our paddles up crossed at the tips as the casket and the family walked through, kind of like Honor Guards or something?

It was hard for all of the tribes this year. I had to take a couple days off the water to gather myself. I asked my mom to have the Makahs give us their thoughts about some of us who weren't getting back into the canoe. Whenever tragedy strikes, it seems to come in numbers, and when you get closer to other communities and other people, you're going to be more affected by what happens to them. You're in a position to hear of, not only the good, but the bad as well.

Muckleshoot was a bit different as a host tribe also. They did a really good job. They had golf cart shuttles that gave the Elders rides to the gym for dinner. There were a lot of vendor spots and their meals were great. Usually everyone stays at the end to get some rest and the campground is packed for most of the time, but this year it seemed people were leaving quickly. A lot of the tribes were on the verge of not traveling after the tragedy. There were some other accidents also. One of the Medicine Creek Treaty Tribe's canoes capsized traveling from Canada. A canoe from Canada rolled from the wake of a big boat just after the crew had gotten out and the canoe rolled on top of a man, breaking his ankle towards the end of the journey. This was just a different journey, but it was still a good one.

I was glad to see that we had some people finally travel with us. I know I can't name them all right now because Theresa's letting me put this in at the last moment, but let's see . . . Casey Krise finally hopped in the canoe with us, and it was good to see all of his kids and Jill. The Squaxin canoe had representation from the Henrys as Cameron and Beau paddled. I heard they got to paddle with an awkward crew from a different tribe, which broke them in pretty good. I was really glad Sue Henry and Shy Shy finally came. Vernon Henry was our official cook, and I hope he continues to be. Ronny Rivera caught up with us. Joe's sister, Joannie Seymour, came for the first time, and she capsized in the ocean her first day (I always messed up her name, so hopefully not again) and Joe Seymour got back in. Jamal, my cousin, got to paddle for the first time this year, and he brought his grandma, Lucille. Elijah and Adrian Garcia got in the canoe. Roy Perez brought his nine months pregnant girlfriend, Tasha, to travel with him, and she got to be the princess at Neah Bay. Their new baby, Jr's, middle name is Journey. Brandon Greenwood and Josh Penn got in for a day. Jeremy Walls was back in action though, I can't say the same for his boat. Josh Whitener finished his sophomore season with his mom, Sadie. Bear and Mary were there most of the way. Bear got to paint a design on a canoe or two and Mary left Bear unattended for a while. Sally Heath reestablished her Indian name "L-O-L" and Astrid Poste brought her organizational skills a lot longer this year. Raven Thomas traveled with us for the first time with her daughter, Dominique. Charlene Krise got another job on top of her 20 other jobs this year as coordinator. Jay Jay, a summer youth hire from

the museum (I can't remember his last name) and his mom, Gene, and her other kids were on their first journey. Another summer youth hire, Cody, paddled for a bit. Lester came back to paddle with us this year. Some of the elders – Lizzie Perez, Lila Jacobs and Loretta Case - got into the canoe for a little while too (hopefully Joe didn't scare them too much). I know I'm not going to get everybody. Lenny Hawks got to kick his legs as everyone could touch after we flipped over. He still got back in the canoe with his strained neck, on top of it all, for whole journey. Joseph Rivera showed his strength on his first journey. Jessie Thomas found his way back to paddling with us. It was great to see Robert Napoleon and Josh Mason paddle with us, because I know they've been thinking about it for a while. Cassidy Whitener got in the canoe and helped on ground crew, finally. Terri Capoeman, I will do all I can to make sure you get to paddle the whole way next year. Clara, Elena, Koreena, Lachelle and Latoya, you all are going to be doing what your mom and I do soon, and Jessica and Jaimie too. Christian and Jackson, I'm glad Leah Cruz brought you guys along for entertainment along with her help. Jay Hall's still the man that the 40 pound paddle was made for. Mike Ogden or Hill or Evinrude was proven to be "Pro" with his hiking buddy, Dusty. Morningstar and Tamika Green, Aleta Poste, Candace and Donna Penn, and Jolene Seymour, you proved to Jamal and I how hard your job is. Davey George Krise came back strong this year, and I'm glad he pushed us all to be better. I know I'm missing people, but I have to get this in to get it printed. Next year we're going to Lummi. I hope everyone makes it back and more people come for the first time. It was good to see Vince and his daughters and Margaret. Glad Pete Kruger and Lil were there. Thanks to Doug Boone who paddled with us for a ways. Thanks, Shelly and your husband, for watching over us. My dad, Tully Kruger, proved that he's our main support boat skipper and all of us want it to remain that way because we all feel safe with him there. Marjorie Penn, my sister, took some great pictures that I still haven't seen yet. Thanks to my Grandma, Myrtle Richards, my Auntie Loretta and Uncle Rick Case, my Auntie Lizzy Perez, Auntie Lila Jacobs, Auntie Ila Mae Ball, Auntie Fae Seymour and Uncle Sam Penn for supporting us. Anyone I forgot, I'm sorry.

Lastly, I want to share something that was printed by the Seattle Times in a story that they did about the canoe journey. It reflects how people view us now with the successes of a few tribal casinos. "There's an almost giddy feeling among many Native Americans now. All those decades of being desperately poor are mostly over." This was a column by Danny Westnut in an article titled, "Indian Pilgrimage Reaches Beach in Triumph and Tiredness." Search for it on the internet if you get a chance. huy!



COMMUNITY



Happy Birthday

Vanessa Algea	9/1	Debra Leone Mattson	9/10	Angel Coley	9/23
Alexander Solano	9/1	Stuart Mowich	9/10	Pete Kruger, Jr.	9/23
Patrick Whitener	9/1	Jasmine Nelson	9/10	Christopher Clementson	9/23
Jason West	9/2	Madeena Rivera	9/11	Amanda Peters	9/23
Jennifer Brown	9/3	Austin K. Brearley-Lorentz	9/12	Linda Evans	9/24
Rose Krise	9/3	Kaitlyn Brandt	9/13	Donald Whitener	9/24
Riley Lewis	9/3	Robert Farron	9/13	Joan Koenig	9/25
Austin Ray Peters	9/3	Kristen Davis	9/15	Harry Fletcher	9/26
Kezia Reeves	9/3	Jonathan Harrell	9/15	Ronald Fletcher	9/26
Katherine Neilsen	9/4	Florence Sigo	9/15	Vernon Kenyon	9/26
McKenzie Brearley-Lorentz	9/5	Carmen Algea	9/17	Susan McKenzie	9/26
Latoya Johns	9/5	Markie Smith	9/17	Susan Peters	9/26
Elijah Krise	9/6	Kenedee Peters	9/17	David Seymour	9/26
Andrew LaFlame	9/6	Willow Henry	9/18	David Lopeman	9/27
Joshua Coble	9/7	Stephen West	9/18	Dawne Elam	9/27
Wayne Lewis	9/7	Tiana Henry	9/18	Donald Smith Jr.	9/29
Barry Hagmann	9/8	Francis Bloomfield	9/19	Kimble Kenyon	9/30
William Hagmann	9/8	Calvin Farr	9/19	Isaiah Schlottmann	9/30
Justine Mowitch	9/8	Sophia Lynn Pinon	9/19		
Charles Scheibel	9/8	Terry Brownfield	9/20		
Dustin Valderas	9/8	Esther Fox	9/21		
Levi Connally	9/9	Greg Koenig	9/21		
Lewis Napoleon	9/9	Desmond Smith	9/21		
Barbara Schuffenhauer	9/9	Jada Krise	9/21		
Joseph Stewert	9/9	Kiona Krise	9/22		
Alexsii Vigil	9/9	Michael Peters	9/22		
Roger Peters	9/10	Gloria Hill	9/22		

**Happy Belated
Birthday** *(Theresa's fault!)*
Corri



Love Your Whole Family

Happy Belated 2nd Birthday
(Theresa's fault!)



Son Son!
(Christopher)

Love Always Mommy & Daddy

Happy Birthday Sophie
Love, Aunt Misti

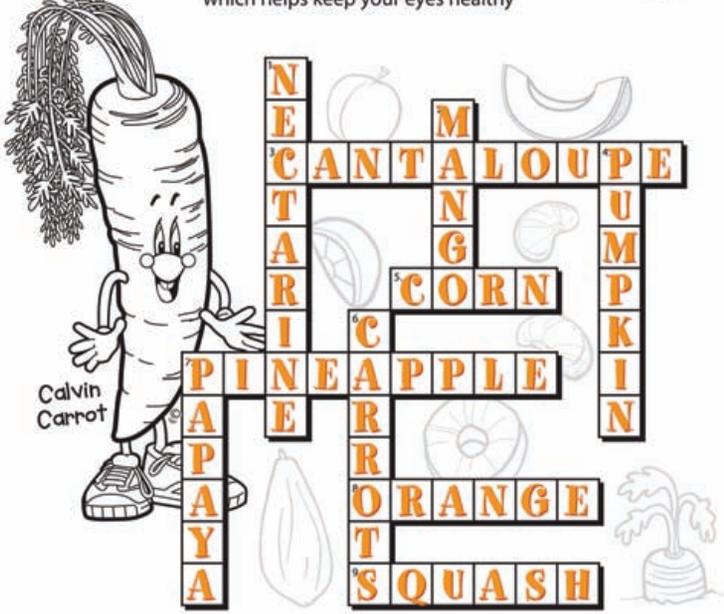
What's Happening							
SEPTEMBER 6TH - family court SEPTEMBER 12TH & 26TH - criminal/civil court Bible Book Club every Saturday at 10:30 a.m. in the Mary Johns Room - Food/Transportation				1	2		
3	4	5	6	7	8	9	
			<i>Family Court</i>		Phraselator Language Demo MLRC @ 11:00 AA Meeting 7:30	Bible Book Club 10:30 Mary Johns Room Food/Transportation	
10	11	12	13	14	15	16	
		<i>Court</i> Church 7:30		<i>Council Mtg.</i>	AA Meeting 7:30	Water Sounds Native Art Auction LCCR 6:00	
17	18	19	20	21	22	23	
		Church 7:30			AA Meeting 7:30	Bible Book Club 10:30 Mary Johns Room Food/Transportation	
24	25	26	27	28	29	30	
		<i>Court</i> Church 7:30		<i>Council Mtg.</i>	AA Meeting 7:30	First Salmon Book Signing MLRC 2:00 - 4:00	



ANSWERS

Calvin Carrot's Crossword Fun

Did you know...
Orange and yellow fruits and vegetables are packed with vitamin A, which helps keep your eyes healthy



- ACROSS**
- 3. a popular sweet, orange melon
 - 5. a yellow vegetable that grows on ears
 - 7. a sweet, juicy, yellow tropical fruit that has a crown
 - 8. a vitamin C-rich orange citrus fruit that grows on trees
 - 9. butternut or spaghetti
- DOWN**
- 1. this fruit is the orange "fuzzless" cousin of the peach
 - 2. a sweet, orange, tropical fruit with a single large seed inside
 - 4. an orange vegetable often used to make pies
 - 6. orange root vegetables that rabbits love to eat
 - 7. a yellow tropical fruit that is high in vitamin C, fiber, and folate

Hint: The answers to this crossword puzzle are all orange and yellow fruits and vegetables.

How many orange and yellow fruits and vegetables can you name?

©2005 Dole Food Company, Inc.

Happy 17th Birthday Latoya Jean
Love, Mom, Sisters, and Brother

Happy Birthday Gloria
From Cousin Terri

Happy Birthday David T. Seymour
Love, The Seymour Family

Happy Birthday Vanessa Algea
Love, Grandma Rose

Happy Birthday Carmen Algea
Love, Mom

Happy Birthday Sister
(Francis Starr)
Love, Rose

Happy Birthday Madeena Rivera
Love, Grandma Rose

Best Birthday Wishes
to Nancy Lee Barker
From Misti

A Very Happy 44th Birthday Jonathan
(Not John) Lots of Love,
Your Ever-Loving Mom & Family

Best Birthday Wishes
to Jennifer Brown
From Misti

Happy Belated Birthday to the Rest of
My Family
Love Sis/Mom/Gramma (Barb)

FOR MORE INFORMATION, PLEASE CONSULT
www.salmonhomecoming.com or call (206) 381-9063

**COME CELEBRATE
SALMON HOMECOMING!**

**Fri-Sun, Sept. 8-10, 2006
Magnuson Park, Seattle**

American Indian music, dancing, drumming, salmon bake,
and environmental displays.
www.salmonhomecoming.com

Promoting understanding between tribal and non-tribal communities.

Sheena Hillstrom Conducts Research in Costa Rica Rainforest

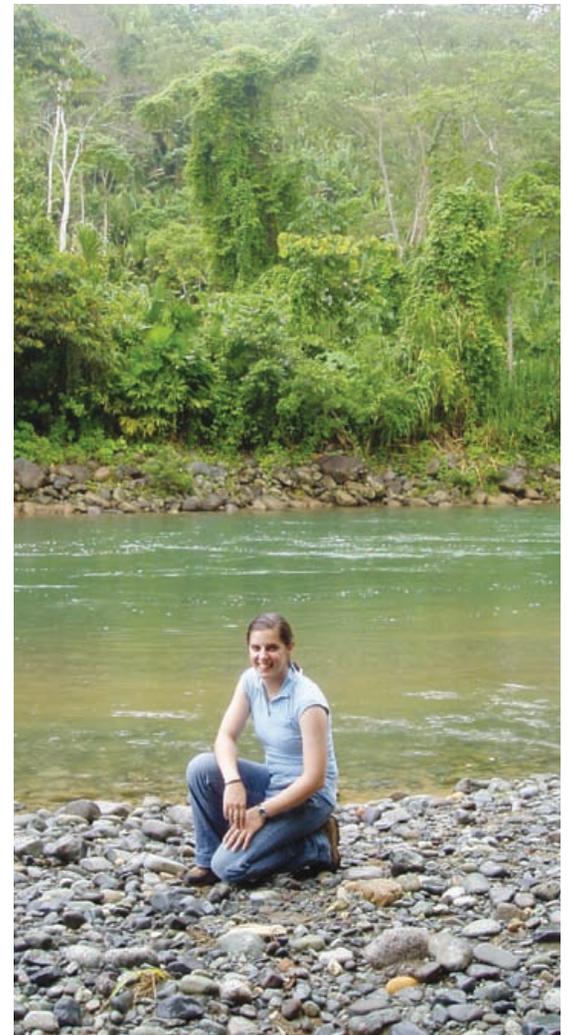
Sheena Hillstrom, daughter of Larry and Pamela Hillstrom, had the opportunity to research in Costa Rica this summer. She participated in the Native American and Pacific Islander Research Experience (NAPIRE), providing her with the opportunity to gain experience in field research in a tropical rainforest setting. She was also able to experience the culture, particularly the indigenous culture, of Costa Rica.

Sheena attends Washington State University which is an LSAMP (Louis Stokes Alliance for Minority Participation) institution, one of the requirements for application to the NAPIRE program. Sheena was one of nine students from various parts of the country who were selected to participate in the program.

The eight week program included both a cultural and research component. The students traveled around various parts of Costa Rica visiting biological research stations, museums and monuments and indigenous groups. Sheena learned much about the indigenous nations of Costa Rica. She says that “only within the last 20 years have the indigenous nations been allowed to settle off of their indigenous reserves. However, many still live on the reserves and maintain their culture.” Her most memorable experience with the indigenous nations was when her group visited the Bri-Bri of southern Costa Rica. There she participated in a healing ceremony that included song and dance. She found many similarities with the Squaxin Island Tribe while she was there. The similarity that stood out most was their respect for their elders. She recalls, “The council was made up of men who all descended from the same ‘great-grandmother.’ While these men were respected within the nation, no one received more respect than the great-grandmother. They cherished her as an elder and honored her as a woman.”

The research component of the program allowed students to design and pursue their own research interests. Students were matched with mentors with similar interests who then guided the students in their research. Sheena was matched with a professor from the University of Georgia (pictured with Sheena on the left) whose research interest was in natural forest regeneration. Sheena’s

project looked at the role of decaying logs in forest regeneration. She presented her results in a symposium held at the end of the program and is currently preparing a manuscript to submit to the journal of Tropical Restoration.



**Way to Go
Sheena!!!**

