**To All Squaxin Island Veterans**

We have been collecting photos and data on all Squaxin Island veterans which we hope to publish in a book. As part of that book, we would like each of you to write a sentence, paragraph or story about something that was memorable to you while serving and in armed forces. These can be submitted to Glen W. Parker, Bob Whitener or any member of the committee. Glen has a box in the tribal hall for mail.

This is the last call for information, pictures and stories before we start the process of publishing the book. At this point we have identified eighty-seven veterans, both living and deceased. If you have not given us your information, please contact one of the committee members by October 1st.

Glen W. Parker, Chairman
Bob Whitener, Vice Chairman
Alene Whitener, Secretary
Peggy Johnson, Treasurer
Don & Rose Brownfield
Cecil Cheeka
Cal Peters
Joe Seymour

**THE DEADLINE FOR INFORMATION IS OCTOBER 1, 2010**

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**Dee's Tea Co in Enchanted Garden**

Tribal entrepreneur Dee King has turned her love for tea into a profitable business. Her to-go tea shop is located within Enchanted Garden antique shop at 422 N. 3rd (3rd & Alder) in downtown Shelton.

Dee is offering free tea tasting on Tuesdays and Thursdays from 10 a.m. to 2 p.m. She has 25 varieties that can be purchased by the cup, pre-packaged or in loose leaf form. A package is available with a sample of each blend. She also sells artisan tea balls that actually bloom inside beautiful glass candle-lit tea kettles.

Tea classes can be scheduled for small groups. Fees start at $10 per person for a one hour lesson. You can learn about what tea is, how its processed and blended, and how to make ice tea or develop your own blends.

Dee says she is very appreciative of the partnership opportunity provided to her by Heather Sundsten, owner of Enchanted Garden. “She’s been so great. She is here all the time and helps keep my product moving. I make money even when I’m not actually here. And her store is absolutely gorgeous!”

In addition to selling her product retail through Enchanted Garden, Dee supplies Little Creek Casino Resort, Vern’s Restaurant, Mason General Hospital and Robin Hood Restaurant.

“This is a great opportunity for me. I can prepare my orders here in the tea shop,” Dee said. “And the best part is, I get to have tea parties every day!”

For more information or to schedule a tea tasting class, contact Dee at deesteaco@hcc.net or 360-427-7453.
Cameron Goodwin has recently joined the Skookum Creek Tobacco Team!

WE WELCOME YOU, CAMERON!!!

“I am happy to be here with Skookum Creek, and looking very forward to this new opportunity!” - Cameron Goodwin

New Racing Canoe proves to be ‘Strong and Swift’!!!

This year at the Black Lake Regatta, Skookum Creek Tobacco General Manager Bryan Johnson and all of his crew were proud to be “launching” the newest member of their team, the Skookum Creek racing canoe. The Coast Salish word “Skookum”, meaning ‘Strong and Swift,’ really fits the canoe name, and the team well!

The entire crew at Skookum Creek all pulled together, all with one common goal…to represent their company. They each, one by one, had their own part in making this possible throughout the entire process, start to finish…From the design planning, purchasing of the supplies, craftsmanship of both the trailer and the canoe, shining, polishing, and leading up to those responsible for transporting, pit-crew and of course…The Driver, Richard Goin, came through with his interest in being the driver that took the canoe out for its first race. Local tribal canoe racers from LaPush, Queets, Quinault, Squaxin Island, Lummi, and Nooksack also took part in the welcoming, and are excited to now be racing alongside. Watch for updates and new race event information!

General Manager, Bryan Johnson is pleased with the success of his crew’s efforts, and the outcome, adding “We are looking forward to racing again on August 21st at Amanda Park. Not only does this offer Skookum Creek an opportunity for team building, but also an opportunity for fun racing with other racers, from around the Northwest.” Below are some photos of some of those responsible for this “job well done!”

WAY TO GO CREW ON A JOB VERY WELL DONE!!
I would like to take this opportunity to thank the Squaxin Island support boats. I paddle with the Ed Green Canoe family from Skokomish. We experienced mechanical problems with our support boat during the pull from Port Gamble to Port Townsend. After a couple of hours drifting along the shoreline, despite the best efforts from those aboard the support boat, it became apparent that we didn’t have what we needed to make the repairs. I called the Squaxin Island Fisheries Department, explained our situation and asked if they had cell phone numbers for the skippers on your support boats. They were extremely helpful at fisheries and provided us with Tully’s phone number. Tully was more than willing to help. He located our two canoes and made sure they had water, and sent Arnold Cooper, the other support boat driver back to find us. Arnold towed us in to Port Ludlow, and Tully assured us that our canoes were safely making their way towards Port Townsend. Tully, Arnold, and crew members, I cannot express how grateful we were for your help! On behalf of the Skokomish Canoe families and our council I would like to thank you for protecting our Skokomish people.

Terri Twiddy-Butler
Skokomish General Council President

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**Canoe Family Support Boat Captains Appreciated**

**Board of Directors Vacancy Position**

Skookum Creek Tobacco Co., Inc., currently has a vacant board of directors position that will be appointed by the Squaxin Island Tribal Council and serve an initial one (1) year term. Skookum Creek Tobacco is seeking an individual with expertise in cigarette manufacturing or other suitable business experience and must be able to complete a Personnel Questionnaire background for TTB. Candidates interested in this position please submit a cover letter to the Squaxin Island Tribal Council no later than September 17, 2010.

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**ISLAND ENTERPRISES INC**

Weaving a strong business foundation for the Squaxin Island Tribe’s future.

---

**Don’t Forget About Your Discount**

Head down to see Joanie and ask what your TRIBAL MEMBER discount is today!!

**Sookeum Creek Tobacco Factory Store is Now Open!**

Hours: Mon – Fri 9 a.m. to 3 p.m.

Located at Skookum Creek Tobacco Factory!! Squaxin Tribal members receive a discount on cartons of Skookum Creek Tobacco Products!!

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**The Landing**

Thank you, Landing staff for starting off your customer’s “4th of July” with a BANG! The staff at The Landing did a great job of giving the community an event to remember! There was live music performance, dancing, a HUGE 4-hour price drop in Skookum Creek Tobacco brands, hot dogs, soda, free scratch from Lottery, and LOTS of great prizes to be drawn…. and, at one point, even Karaoke! WAY TO GO!
Homework Support
The new school year is beginning. Start the school year off on a good note. Beginning September 6th, homework support and tutoring will be offered in the classroom of the Tu Ha Buts Learning Center Tuesdays, Wednesdays and Thursdays beginning at 4:00. I am here to help you with any projects, essays or homework you may have throughout the school year. I will also help you study for upcoming tests. Please feel free to drop in. You don’t need an appointment to receive help from me. For more information or if you have any questions, please feel free to contact me: Jamie Jhanson (360) 292-3301 or email me at jjhanson@mccleary.wednet.edu.

Squaxin Youth Education, Recreation and Activities Calendar
TLC office hours 8:30am-5pm M-F
Recreation program hours 3-7pm M-F
All activities are drug, alcohol and tobacco free!
Co-sponsored by DASA

September 2010: Jumping Into Fall

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<td>Tether Ball, Ping-Pong</td>
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<td>E.R. GSD @ 2:15 Autumn Equinox: First Day of Fall! Fall Art 5pm Youth Council</td>
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<td>Popsicle stick bridges</td>
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Key:
E.R. = early release
SSD = Shelton School District
GSD = Griffin School District
Shelton High School Parking Passes

All students who will be driving a vehicle to school must purchase a parking permit and display it in their vehicles. Applications are available at the Activities Office window. Parking permits will be $30 if purchased before or during first semester and $15 if purchased at the beginning of or during second semester. Students will not be allowed to purchase a parking permit if they have outstanding fines. Parking rules will be enforced the first day of school, so don’t delay in taking care of this. Students need to bring their driver’s license and proof of insurance along with the completed permit application form signed by a parent in order to purchase a permit. The parking lot is off limits between the first and last bells of the day.

Tracey Burnfield
Shelton High School
426-4471; Ext. 16000

GED Preparation Classes

Have you been thinking about getting your GED? Has getting your GED been something you have been putting off? Now is the perfect time to start working towards your GED. Beginning September 6th, GED Preparation Classes will be held Tuesdays, Wednesdays and Thursdays from 5-7pm in the classroom of the Tu Ha Buts Learning Center. I am here to help you take practice tests, identify what subjects need further study, identify specific skills you need to work on and help you work through any and all areas to prepare to take the GED tests.

For more information or if you have any questions, please feel free to contact me: Jamie Jhanson (360) 292-3301 or email me at jjhanson@mccleary.wednet.edu.
Tu Ha' Buts Learning Center

Summer Rec Fun
Tu Ha' Buts Learning Center

Summer Rec Fun
Family Services

Who We Are, Where We Are & What Services We Offer

Lorraine Van Brunt, Director
The new Family Services Department was created about a year ago. It now includes TANF, ICW, Vocational Rehabilitation, Domestic Violence Advocacy, Wellness and Prevention, Elder’s Activities and Meals, Childcare and Emergency Services.

Our Mission
"To Strengthen families through services promoting family safety, wellness, and self-sufficiency with respect for Tribal Culture and Tradition."

Where Are We
We are currently in the mobiles behind the clinic. TANF should be moving to our location soon. VR is located in the Administration Building and Elder’s Programs are located in the Elder’s Building.

What We Are
SERVICES
The Elder’s Activities Coordinator coordinates all Elder fund raisers, trips and activities. The cooks provide lunch on Mondays and Thursdays and dinner on Wednesdays. They have also been able to provide soup and sandwiches on Tuesdays.

The primary role of ICW is to provide services to families in crisis that assist in keeping families together.

TANF (Tribes Assisting Native Families) assists families in obtaining needed services to gain self-sufficiency. Services may include: education, GED completion, vocational training, job readiness training, work experience and job training and other identified resources to meet the needs of the family.

Vocational Rehabilitation is set up to help eligible people with disabilities prepare for work. General Assistance is also available, along with Native Employment Works and Western Washington Training Program.

The Prevention and Wellness Program provides information and education to the Squaxin Island Community to encourage personal and community wellness, healthy practices and lifestyles. Janita Raham works with other departments in coordination of the annual Community Health and Awareness Fair.

The Childcare Program provides assistance with childcare. Emergency services include help with utilities, rent, food, etc., on an emergency basis.

Domestic Violence Prevention Program provides referrals to services, DV assessments, and assists DV clients in court, and in emergencies with temporary housing for victims. Gloria Hill has conducted several community events and will be starting up the Women’s Circle again very soon.

The Family Services Department has taught young mothers how to make cradleboards for their babies. Janita Raham can help you check your car seats to make sure they are installed properly. We are planning to facilitate Positive Indian Parenting Classes and other trainings that should be of interest to the community. TANF staff works with youth through different cultural activities.

Back Row L-R: Lorraine Van Brunt, Vicky Engel, Jill Krise, Tamika Green, Elizabeth Fenton, Rose Boggs, Deanna Warren, Janita Raham, Jennifer Howell, Mary Lou VanBrunt, Colleen Woodard, Jillene Joseph (Native Wellness Institute)

Middle Row L-R: Vicki Kruger, Deb Boelk, Tiffany York, Paula Henry

Front Row: Gloria Hill and June Krise

Not pictured: Marcella Castro

We recently attended a two-day “Wellness in the Workplace” Conference, facilitated by Jillene Joseph of the Native Wellness Institute, giving us a chance to strengthen our department through teamwork and learning skills about how to take care of ourselves and support each other as we work together in our service to the community.
Who We Are

DIRECTOR
Lorraine Van Brunt   432-3914

ADMINISTRATIVE ASSISTANT
Shelley Wiedemeier   Stay tuned

ELDER’S ACTIVITIES
Colleen Woodard, Coordinator   432-3936

COOKS
Mary Lou Van Brunt   432-3854
Deb Boelk   432-3854
On-Call Cooks:
Lydia Algea   432-3854
Stella Yocash   432-3854

INDIAN CHILD WELFARE
Jennifer Howell, ICW Worker   432-3885
Deanna Warren, ICW Worker   432-3994

TANF
Vicky Engel, Site Manager   462-3246
Rose Boggs, Case Manager   462-3245
Jill Krise, Case Manager Trainee   462-3244
Paula Henry, Case Aide   462-3255
Vicki Kruger, Education & Training   462-3216
Elizabeth Fenton, Family Support   462-3231
Tiffany York, Intake   462-3250

VOCATIONAL REHABILITATION
June Krise, Counselor   432-3821
Tamika Green, Assistant   432-3934

PREVENTION/WELLNESS
Janita Raham, Prevention & Wellness   432-3972

DOMESTIC VIOLENCE PREVENTION
Gloria Hill, Advocate   432-3927

CHILDCARE/EMERGENCY SERVICES
Marcella Castro, Childcare
Program Coordinator & Community Advocate   432-3931

Please stop by with your ideas about any other community events we may be able to assist with in supporting our families. Thank you.

Congratulations
Stephen Henry
Manager of the New Shoalwater Bay Store
Georgetown Station!
Dad and I are very proud of you!
Love, Kathy & Ron Daily

Note: Stay tuned for the Grand Opening of the store in mid to late September

Carrie Smith
In loving memory of Carrie Ann Smith, A devoted and loving mother,
Who lost her battle with cancer.
We will always love you, Mom. We miss you!

“...I am so thankful my Lord has graced me with a second chance at living and fully enjoying all He has purposed for me...”

-Carrie Smith
Squaxin Island

Carrie Ann was a devout daughter of Jesus. She went home to “Him” on August 13, 2010.
First Salmon Ceremony 2010
First Salmon Ceremony 2010
Cedar Regalia Class

Tuesdays or Wednesdays starting in September **MLRC Classroom from 4:00 - 7:00 p.m.**

Contact: Ruth Whitener at 360-432-3841

*Squaxin Island tribal members first come first served!

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Notes:

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_Ruth Whitener MLRC Culture & Tour Coordinator_

150 SE Kwuh-Deegs-Altxw
Shelton WA. 98584
360-432-3841

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**Mark Your Calendars!!!**

**WATER SOUNDS NATIVE ART AUCTION**
All proceeds benefit the Squaxin Island Museum Library and Research Center

**Save the Date**

**SEPTEMBER 25, 2010**

Carved by Squaxin Island Tribal Member Steve Sugg and available for bid at the 2010 auction.
Rose Brownfield - Our Squaxin Elders and several from Taholah had a very enjoyable trip and luncheon with Upper Skagit Elders August 18th. Our first timers were newlyweds Mike and Rose Davis. The theme was Hawaiian. A couple of Elders won door prizes and we all had wonderful time.
**July Cruise to Alaska**

*Ann Parker* - The weather could not have been better for the cruise to points in Alaska. The ship stopped in Ketchikan, Juneau, Skagway and Prince Rupert. Many of the seniors signed up for shore excursions or went into the towns to see what they could see. They have built docks for the cruise ships, so they no longer stop right in the towns as they used to and they no longer ferry the passengers from the ship to shore.

There was an abundance of beautiful scenery and it was exciting to see the glaciers with their bright blue bases. Huge waterfalls fell from the top of the mountains to the water below. A highlight of the tour was Sawyer glacier and the calves that had broken off and fallen into the water. Many people doubted the ability of the ship to turn around in place to go back out of the small cove where the glacier came down to the water.

There were many activities aboard the ship and a show each night in the theater. And of course, there was the food. You had a choice of the buffets or several very nice restaurants. If you were a shopper, there was no end to the shopping on the ship or on the shore.
Elders

Visiting Harry Fletcher

Trip to Spirit Mountain
New Employees

Kathy Block

Hi, my name is Kathy Block. I am the new Director of Planning and Community Development replacing Brian Thompson. I worked for the federal government for 36 years, mostly with the Indian Health Service in the field of contracting for health services and planning and contracting for housing, administrative buildings, clinics and management.

I grew up in Yelm, Washington and attended Centralla Community College and the University of Phoenix. I have extensive experience in working with tribes across the country on Indian Self Determination Contracts and Self Governance Compacts for services and construction. This experience took me down so many paths and elevated my cultural awareness of Alaska Natives and Native Americans across the nation. I would never had been able to experience this had I not worked for the IHS and been willing to leave home. For that experience I am forever grateful.

I am so excited to finally be able to work with my own tribe and to be home. I am part of the Peters and Bagley families. My parents are Ruth and the late Emory Peters.

Brian McTeague

Hello! My name is Brian McTeague. I have replaced Levi Keesecker (who is pursuing a graduate degree at the University of Idaho) as the Natural Resources Department's Quantitative Services Manager. I am very excited to be joining the Squaxin Island Tribe's well regarded and progressive Natural Resources Department. For most of the last nine years I worked for the Washington Department of Fish & Wildlife (WDFW) as mostly a Geographic Information Systems (GIS) analyst & information technician and occasionally as a biologist & fish sampler.

I grew up on the Atlantic coast in Brunswick Maine, moved to Seattle in 1994, and in 2000 received my Bachelor of Science degree from The Evergreen State College in Olympia. My educational focuses were biology and landscape ecology with an inclusion of GIS and the development & management of spatial information. During my time with WDFW my primary duties included multiple projects relating to fish distribution and use for the entire State of Washington, developing, designing, & maintaining databases, and collaborating with various federal, state, tribal, and non-governmental organizations to foster cooperative relationships towards the goals of maintaining and restoring Washington’s natural resources.

My interests include reading, maps, sports, being outdoors, and especially spending time with my fiancée Alison, stepson Chase, and my extended family of in-laws in the Olympia area. I enjoy being in the woods, on the water, and especially sharing the wonderful community events that are available throughout the South Sound. I am absolutely thrilled to be joining the Natural Resources Department in particular and the Squaxin Island Tribal community in general. I enjoyed the First Fish Ceremony at Arcadia Point: the people, the ceremony, and the food! I look forward to building relationships and sharing experiences with my work colleagues and tribal members. Thanks for having me and it’s great to be on board!

Klah-Che-Min Drive Gets a Face-Lift

Construction started August 3rd on the Klah-Che-Min Drive Improvements Project. American Recovery and Reinvestment Act funds, via the Bureau of Indian Affairs, are funding the construction. The project will improve the quality and longevity of the road surface, correct minor alignment variances, and improve drainage. The contractor is Rodarte Construction, a Native-owned firm based in Auburn. Rodarte also did the work on the SR 108 Turn Lane. Thanks to everyone for their patience during construction!

Five dumpsters for end of summer clean up of the community and housing are being delivered around the housing area. Please participate in cleaning up yards and misc. debris.
**Meal Entrees**

Wed, 1: Tater Tot Casserole  
Thurs, 2: Sloppy Joes  
Mon, 6: Closed for Labor Day  
Tues, 7: Soup & Sandwich  
Wed, 8: Halibut with Mango Salsa  
Thurs, 9: Pork Roast  
Mon, 13: Build Your Own Sandwich  
Tues, 14: Soup & Sandwich  
Wed, 15: Swedish Meatballs  
Thurs, 16: Chalupa  
Mon, 20: Tuna Melt  
Tues, 21: Soup & Sandwich  
Wed, 22: Hamburger Steak  
Thurs, 23: Fish Sandwiches  
Mon, 27: Philly Cheese Sandwiches  
Tues, 28: Soup & Sandwich  
Wed, 29: Stuffed Green Peppers  
Thurs, 30: Stir Fry Chicken

*Menu Subject to Change*

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**Need Food? Check these out..**

**WIC @ SPIPA**  
Provides healthy foods and nutrition information for you and your child up to age 5  
Please bring: your child, medical coupons or paystub & identification  
**Monday, Sept. 13, 9 a.m. to 4 p.m.**  
Contact Debbie Gardipee-Reyes:  
462-3227  
*Dates subject to change*

**USDA FOODS AT SPIPA**  
Tuesday, Sept. 7th 10 a.m. to noon  
Contact Shirley or Bonita at  
438-4216 or 438-4235  
*Dates subject to change*

**FOOD BANK**  
At Health Promotions Building  
If you need access to the food bank at any time once a week, just stop by.  
If possible, Wednesday is the best day.  
If you would like to be on call list for fresh produce or bread, let me know.  
Contact Melissa Grant: (360)432-3926

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**Upcoming Health Events**

**Brief Community Walk**  
Every Thursday at 12:40 p.m.  
Meet at Elder’s Building after Lunch

**Free Diabetes Screening**  
at Health Promotions  
Tuesday through Friday  
Contact Melissa Grant for details

**Want a garden in your yard?**  
Are you low income?  
Contact Patty Suskin to get on the waiting list to have a garden placed in your yard – for FREE.

**Free Pilates classes**  
Community members welcome  
Mondays and Wednesdays  
4:00 - 5:00 p.m. at Health Promotions

**Smart Shopping/ Food Label Reading Workshops**  
Contact Patty to schedule a family & friends session

**Diabetes Support and Education**  
Monday, September 13th  
Elders Building  
Right after lunch (12:45) p.m.  
Guest speaker: Dr. Karen Anderson

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**TRIBAL MEMBERS:**  
Are you approaching 65?  
You may be eligible for Medicare Part D (Medications)  
The tribe will help you with your premiums only if you choose HUMANA.  
Sign up before you turn 65.  
Questions?  
Contact Nora Coxwell (360) 432-3925

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**Squaxin Island Tribe - Klah-Che-Min Newsletter - September 2010 - Page 18**
Outdoor Activity of the Month

**Lena Lake – One of Brooks Farrell’s Favorite Hikes**

The day hike to Lena Lake is one of the most popular in the Olympics. Lower Lena Lake, formed by a rock slide that dammed Lena Creek, is snow-free much of the year and is a good choice for almost anyone. Whether you are out for a picnic or a two-day climb, be gentle on the land. The trail is popular and hikers have been hard on the trails. Rangers ask that you not shortcut switchbacks. Also be forewarned that there is poison oak between the switchbacks on the trail.

**Getting there:**
Drive U.S. 101 along Hood Canal to the Hamma Hamma River Road (FR 25) 2.3 miles north of Eldon. Drive 7.6 miles to the trailhead, elevation 700 feet.

**Brooks recommends this hike:**
This is a nice family friendly hike. Take your time. Enjoy nature & enjoy the fellowship with the people you hike with.

**Brooks’ Tips - Before you leave home:**
Bring water & food with you. Wear a supportive pair of shoes to avoid ankle problems. No flip flops or sandals. Go as early as possible & be sure to lock your car & don’t leave valuables in site. Get your $5 permit per vehicle at the trailhead. Safety tip: Stay together and stay on the trail. At the top, Lena Lake is a beautiful setting. It is a mountain lake, so it is cold!

*Brooks can reached at 432-3870 for more information.*

*Lena Lake photo by efheinitz*

Check out the New West Bay Park

Location: 700 West Bay Drive NW, Olympia (turn at the “Harrison Hill” roundabout)

**Park History**
The City of Olympia has acquired over 17 acres on the west side of West Bay for a shoreline park and trail. This spectacular site provides outstanding views to the State Capitol, ship canal and Olympic peaks. A Washington Wildlife and Recreation Program Water Access Grant and an Aquatic Lands Enhancement Grant helped to fund acquisition, development and shoreline enhancement. A partnership with local Rotary Clubs will result in a developed overlook, hand held boat launch and other improvements. The Phase I area is approximately 4 acres and will include paved trails and natural and cultural history interpretation. Intertidal and riparian habitat areas will be cleaned up and enhanced.

*West Bay Phase I construction is complete and opened July 14, 2010.*

Colon Health Program

**Community Picnic**

Thursday, September 9th  
3 p.m. TO 6 p.m. 
In the Squaxin Island Gym  
FOOD! DRINK! FUN FACTS!  
ALL ARE WELCOME!

For more information,  
CALL CHERYL MAHLBERG  
360-432-3933 OR 360-427-9006

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**Health Clinic**

**Diabetes Prevention Program**

**Walking to Prevent Diabetes**

**Area Wide**

**Diabetes Awareness Walk**

**Saturday September 18, 2010**  
**Sign in 10:00am**

**Walk Starts** 12:00 pm at the Squaxin Island Tribe Gymnasium located on Squaxin Lane.

**Come Join This 2nd. Annual Diabetes Walk**

Lunch will be served. Program will include a Guest Speaker & Door Prizes.

**Any Questions Call:**

Melissa Grant at Health Promotions  
Phone: 360-432-3926  
mgrant@squaxin.us
**HEALTH CLINIC**

**TAKE THIS POP QUIZ.**
Find out why water is wise.

Eleven of the statements below are true. Can you find the one false one?

1. One can of cola has more sugar in it than a Snicker’s® candy bar.
2. The average person can lose 15 pounds by cutting one can of soda pop a day.
3. Water is a good thing to offer children instead of juice or soda pop.
4. One can of cola contains about 10 teaspoons of sugar.
5. Kool-Aid®, Gatorade® and soda pop all have about the same amount of sugar and calories.
6. Twenty years ago teens drank twice as much milk as soda pop. Now they drink twice as much soda pop as milk.
7. Water can prevent constipation.
8. Six cans of soda pop contain 1 1/2 cups of sugar and 840 calories.
9. Soda pop has been linked to obesity, weak bones and tooth decay.
10. Children can become addicted to the caffeine in soda pop and suffer when they don’t get it.
11. Water can help you lose weight by making you feel full.
12. It is difficult to switch from soda pop to water.

Which statement is false? The last one. It’s easy to switch from soda pop to water. You will feel great and save money. Help your child develop a taste for water. It is a gift that will last a lifetime.

Your children deserve the best. Give them water.

**Easy ways to get kids to drink more water:**

- Keep water cold and visible. Store a pitcher of water in the refrigerator.
- Make water fun. Serve it with a straw or in a fun cup.
- Fill pop-top bottles with water. Take them with you on walks or in the car.
- Make a game of looking for drinking fountains. Stop and drink at each one you find.
- Add flavor to water by adding juice now and then. Add about 2 tablespoons juice to each cup of water.
- Ask for water instead of soda at fast food restaurants. Refill glasses with water before leaving.

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Diabetes Support & Education
Everyone is welcome—those with Diabetes or not.

Bring your questions & meet
Dr. Karen Anderson, MD
New at the clinic

Monday, September 13th 2010
Right after Elder’s Lunch
at Elder’s building

12:45 to 2:00 pm

Optional walk at end

You can take charge of your diabetes and live a long, healthy life

Questions? Contact Patty Saskin,
Diabetes Coordinator at (360) 432-3929
All About Physical Activity for People with Diabetes

Why is physical activity important for people with diabetes?
Here's what physical activity can do for you:

• It lowers your blood glucose (sugar), blood pressure, and cholesterol.
• It lowers your risk for heart disease and stroke.
• It relieves stress.
• It helps insulin work better.
• It strengthens your heart, muscles, and bones.
• It improves your blood circulation and tones your muscles.
• It keeps your body and your joints flexible.

Once physical activity is a part of your routine, you’ll wonder how you did without it.

If I haven’t been very active lately, what should I do first?
Start with a checkup—your health care provider will check your heart, blood vessels, eyes, kidneys, feet, and nervous system. If the tests show signs of disease, your provider can recommend physical activities that will help you but won’t make your condition worse.

For more information about making physical activity a part of your routine, ask your health care team for a copy of Toolkit No. 14: Learning How to Change Habits.

What kinds of physical activity are best?
A comprehensive physical activity routine includes four kinds of activities:

• being active throughout the day
• aerobic exercise, such as brisk walking, swimming, or dancing
• strength training, such as lifting light weights
• flexibility exercises, such as stretching

Being active throughout the day
Being active helps burn calories. Place a check mark next to the things you’d like to try:

☐ Walk instead of drive whenever possible.
☐ Take the stairs instead of the elevator.
☐ Walk around while I talk on the phone.
☐ Work in the garden, rake leaves, or wash the car.
☐ Play with the kids.
☐ Carry things upstairs in two trips instead of one.

Health Clinic
Rights of Patients and Employees

Rights of the Patient
All Health Clinic staff and providers shall ensure that each patient:

• Is treated in a manner sensitive to individual needs and which promotes dignity and self-respect.
• Has all clinical information and medical/dental files treated in a confidential manner.
• Has the opportunity, upon request, to view patient’s own files.
• May ask for an exam room chaperone at any time.
• Is protected from abuse (sexual, financial, physical and mental) by staff at all times.
• Be given the opportunity to express concerns or grievances confidentially.
• Have the right to refuse any treatment and to be informed of the consequences of refusal.

Rights of the Employees
Employees of the Health Clinic have the right to work in a safe environment. Patients interacting with Health Clinic employees will treat them with respect and decorum. Loud, intimidating, abusive or profane language will not be tolerated. Patients displaying any of these behaviors on site will be asked to leave and may be escorted off the premises by tribal police. Similarly, telephone abuse will not be tolerated.

Abuse that continues despite two prior warnings may result in exclusion of the offender from direct and Contract Health Services.
## Happy Birthday

### What's Happening

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### Church Services

**Squaxin Bible Study**
- Tuesdays @ 6:30 p.m., 30 Ho-Mamish Court
- Pastors Ron and Kathy Dailey

**Shaker Prayers and Services**
- Rose and Mike Davis are available for Shaker prayers and services
- Please call 877-0820
Welcome to our world

Hermione Gwen Evangeline Ellerbe
(Elroy's granddaughter)

Born 8/11/10
6 pounds, 6.3 ounces

Happy Birthday
to My Baby Sis Angel!

Love you with all my Heart Sis!!
Hope it's a good one!!
Love, Rose

2010 Stepping Stones

Astrid Poste - The Stepping Stones Program empowers Tribal youth ages 13-15 by strengthening work ethics and increasing cultural awareness. Throughout the summer participants invested time and energy into a variety of community projects. Constructing picnic tables, building trails, bird houses, making jam, and weaving are just a few of the endeavors accomplished this year. Items will be donated to tribal events, canoe family and elders. The success of this program is evident in the impact it has on all who participated. Our young people showed persistence in tackling new and difficult projects. This program has provided a venue to better equip our tribal youth with the necessary skills to enter the workforce.

Thank you to all departments and individuals who supported the program.
BINGO AT THE CREEK
Over $20,000 in Cash and Prizes!

Sept 17th at 6:30pm
Sept 18th at 2:30pm & 6:30pm

2:30pm Session Blackout Prize • $599
6:30pm Session Blackout Prize • $1,199
Early Bird Specials • 6:30pm Sessions
$69 Hotel Stay*

WEAR TIE-DYE
Receive a free level 1 with buy-in!

Little Creek
CASINO • RESORT
www.little-creek.com
Restrictions may apply. Must be over 18 to play.
*Valid for Bingo participants. Must show Players Club Membership

Return Service Requested

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