SEPTEMBER NEWSLETTER

SNOQUALMIE TRIBE

NEWS & UPDATES

Run with the Kokanee

The Tribe is pleased to **s**hare a free entry code for this year's Run with the Kokanee, hosted by Northwest Trail Runs. Use code **SNOQ#TRIBE** when registering and enjoy this fall tradition that supports healthy living and community connection.

Back-to-School Celebration at Cougar Mountain Zoo

More than **250 Snoqualmie Tribal Members and their families** gathered at Cougar Mountain Zoo to celebrate the start of the school year. The Tribe reserved the entire zoo for this special event, giving families a chance to explore, learn, and enjoy time together.

Throughout the day, zoo staff introduced guests to animals up close—including a Tegu Lizard and a hawk—while mini-lectures highlighted the zoo's wolves, lemurs, and cougars. Children and adults alike enjoyed these unique, hands-on experiences.

In support of students, the Tribe provided more than 100 electronic devices to youth. Preschoolers received tablets, while K–12 students were gifted Chromebooks—helping equip our children for success in the classroom and beyond.

Snoqualmie Tribal Family Camp & Mushroom Harvesting

The TLRE Program invites all Snoqualmie Tribal Members and their immediate families to **join us October 4–5, 2025, at the Snoqualmie Tribe Ancestral Forest for Family Camp and Mushroom Harvesting**. Together, we will camp, learn about wild mushrooms, and reconnect with First Foods through sustainable harvesting practices. This is also a chance to visit with Tribal staff and learn more about the stewardship of our ancestral lands.

Organizer: Snoqualmie Tribal Lands & Resource Engagement program
Point of Contact: tlre@snoqualmietribe.us
To RSVP and receive directions, scan this QR code

Coming Home Celebration for the Canoe Family

Join us in welcoming back the Snoqualmie Canoe Family after their powerful journey to Elwha this summer. Together, they paddled more than 130 miles—one of the Tribe's first journeys beyond Puget Sound in years.

We invite you to a Coming Home Celebration on **Sunday, September 21 at 10:00 a.m.** at the McKittrick property. This is a potluck event—please bring a dish to share as we honor the pullers, ground crew, and community who made this journey possible.

Save the Date!

Snoqualmie Elders are invited to a special lunch at the Harvest Kitchen (Tribal Center) on Wednesday, September 10, 2025, from 11 a.m. to 2 p.m.. The gathering will include a traditional foods cooking demonstration by Jason Vickers (Natoncks Metsu). Incentive gifts will be available.

Space is limited—please RSVP with Ron Thorson at ron.thorson@snoqualmietribe.us or call (425) 515-2865.

Co-Curation Opportunity at White River Valley Museum

Are you interested in art and museum exhibit work? **The White River Valley Museum is seeking a Snoqualmie Tribal Member to co-curate a "Traditional Meets Contemporary Coast Salish" exhibit.** Partner Tribes include Muckleshoot, Puyallup, and Suquamish. The exhibit will open in 2026 at both the White River Valley Museum and the Postmark Gallery. Meetings are held in Auburn, and a stipend is included. For more information, contact Sabeqwa de los Angeles at sabeqwa@snoqualmietribe.us.

Welcome Kady to the Community

The Snoqualmie Tribe warmly welcomes Kady, who brings over 15 years of leadership in early childhood education. She most recently served as Executive Director at MightyKidz Childcare in Seattle and holds advanced degrees in early childhood education and human development. A certified Montessori educator and registered yoga teacher, Kady is passionate about supporting families and staff, and enjoys cheering on her kids at sporting events.

Suggestions? Feedback? Questions? Feel free to contact us at:
communications@snoqualmietribe.us

September Health Awareness

The Snoqualmie Health & Wellness Team will be sharing monthly health observances with the Tribal community. For September, national observances include:

- National Recovery Month – celebrating resilience and recovery.
- Suicide Prevention Awareness Month – reducing stigma and raising awareness.
- National Childhood Obesity Awareness Month – encouraging healthy eating and activity.
- Healthy Aging Month – supporting wellness for older adults.
- National Cholesterol Education Month – promoting heart health.
- Prostate & Ovarian Cancer Awareness – encouraging screening and education.
- Sickle Cell & Pain Awareness Months – advancing understanding and treatment access.
- Food Safety & Sepsis Awareness – educating on safe practices and early treatment.

Watch for upcoming programs and resources from the Health & Wellness team supporting these initiatives.

NO-COST MENTAL HEALTH SERVICES

The Northwest Portland Area Indian Health Board (NPAIHB) and United Natives are proud to collaborate in bringing free substance use and mental health services to our Native communities, ages 15+. This partnership is focused on removing barriers to care by providing culturally grounded, confidential therapy at no cost to Native individuals who live in OR, WA, or ID or are from a Tribe in OR, WA, or ID. For information on how to access these services, visit: unitednatives.org/npaihb

SCHEDULE TODAY

therapy@unitednatives.org

call/text 602-799-8187

NORTHWEST PORTLAND AREA INDIAN HEALTH BOARD

Tribal Opioid RESPONSE

UNITED NATIVES

RECOVERY IS POSSIBLE

Help is Available

SAMHSA's National Helpline
1-800-662-HELP (4357)

Substance Use Treatment Locator
findtreatment.gov

Behavioral Health Treatment Services Locator
findtreatment.samhsa.gov

Tribal Opioid RESPONSE
Healing our Nations Together

SNOQUALMIE TRIBE