

Exhibit at MLRC Explores the Revitalization of Local Native Food Traditions

October 12 to December 22, 2013



The Squaxin Island Museum presents a new exhibit from the Burke Museum, *Salish Bounty: Traditional Native American Foods of Puget Sound*.

Focusing on the revival of traditional native foods, *Salish Bounty* is co-curated by Burke Museum archaeologists and Coast Salish advisors.

Salish Bounty - comprised of historic photo images, maps, and informative text printed on free-standing banners - reminds us that food isn't solitary; cooking and eating are things we do with other people and express our cultural history and values. The exhibit also includes a 4-minute audiovisual DVD, offering archaeological insight into Coast Salish food resources spanning thousands of years along the Duwamish River.

Knowledge of Coast Salish cuisine has been passed down from the Elders and supplemented by archaeological and historical research. More than 280 kinds of plants and animals have been identified as ingredients in this cuisine. Contemporary Coast Salish cooks incorporate both traditional and newly introduced ingredients, sharing traditions to create healthy alternatives for families and communities still struggling with loss of lands and waters, drastically changed lifestyles, and imposed industrial foods. *Salish Bounty* provides a local perspective on a myriad

of 21st century food issues and how, as in many places around the world, the revival of Coast Salish food traditions embodies the reestablishment of more healthful and sustainable practices that honor land and community.

Salish Bounty: Traditional Native American Foods of Puget Sound has been organized by the Burke Museum, University of Washington, with co-curators Warren King George (Muckleshoot/Upper Skagit Indian Tribe) and Elizabeth Swanaset (Nooksack/Cowichan/Laq'amel Tribes).



Blackberries



Huckleberries

Berry photos by Sally Brownfield

The Squaxin Island museum is inviting tribal members to participate in this exhibit.

The traveling exhibit is on loan from the Burke Museum, and the educational content is specific to traditional native foods of Northwest Tribes. We encourage participation of Squaxin Island tribal members by sharing something related to traditional foods: photographs, harvesting (fishing, clam-geoduck harvest, etc.), processing-preparation, cooking (recipes). Also, if you are interested in giving a presentation of a favorite recipe before a group of tribal

community members, please let us know. We are looking for "Wolfgang Puck, Bobby Flay, Rachel Ray, or Martha Stewart tribal members" who will teach their techniques for making geoduck chowder, butterflying salmon, cooking salmon and venison on open fire stakes, and serving up venison meat pies etc. The MLRC will provide a honorarium for your time if you choose to present a Salish cooking class.

For more information about this exhibit, please contact:

Mandy McCullough, Curator
mmccullough@squaxin.us
360.432-3843

Elizabeth Yeahquo
360.432.3840

Ruth Whitener
360.432.3841

Charlene Krise
360.432.3851



Chairman Lopeman hit a ceremonial ball to tee off during the Chairman's Challenge Golf Tournament for tribal members on Oct. 7 at Salish Cliffs

Groups sue EPA over fish consumption

By GENE JOHNSON Associated Press

A fight over how much fish people eat in Washington - and thus, how much toxic pollution they consume - is now in federal court.

Conservation and commercial fishing groups sued the U.S. Environmental Protection Agency on Friday, saying the agency has for too long let state officials underestimate fish consumption, resulting in weaker anti-pollution standards than are needed to protect the public.

The groups, including Puget Soundkeeper Alliance, Columbia River-



Right to left Amy Garrison, Annie Fredricks, Dasie Slade, Archie Slade, John Fredricks. Victor Bob is next to the ladder and Eliza Bob Farron has her hand raised

Continued on Page 12



Congratulations Barb Henry! Squaxin Island Community Resident since 1977!!!

The only original tenant still living here!
We appreciate you and are so thankful for you!



Barb with son, Vinny, when he was elected to the Tribal Council.



Needs Based Program

Your Social Security (SSI) eligibility or benefits are at risk if you receive a per capita check or senior dividend check. The Tribe may be able to help avoid that risk.

SSI has an exception for Needs Based payments. The Tribal Council adopted a Needs Based program to help Elders and disabled on SSI keep their full SSI and per capita and senior dividend.

Contact Legal for assistance:
(360) 432-1771 x5.

The Laurel Oxford House has availability

Its a women's and children's home starting at \$325.00 a month with a \$150.00 non-refundable deposit. All utilities included. CALL (360) 868-2391.

Dear Henry family!

I love you all so much and I love my baby sister Sue so much!!! I am really worried about her. She hasn't been feeling well and is getting so tiny. Please don't be a burden to her. Please don't bring her your drama. Please don't hurt her. I hope all of her kids will be there for her because she was always there for you. Please give her your love and a helping hand.

And all of her nieces, nephews, grandkids, and brother, please bring her your love. Go and spend happy time with her. Take her where she needs to go. Cook for her. Help her. Give her your love. She has done so much for all of you.

I love all of you so much, all of my family members. Let's all be kind to each other and love each other with the respect we all deserve.

Loads and loads of love and hearts!

Love,

Your Big Sis / Aunt Barb

SKOOKUM CREEK TOBACCO FACTORY OUTLET STORE

NOVEMBER "SPECIAL"
Complete and Premis MENTHOL
\$15.00 PER CARTON DISCOUNT

Located at the factory
Hours: M - F 9 AM - 3 PM

MUST SHOW TRIBAL MEMBERSHIP CARD

(\$5.00 TRIBAL DISCOUNT EVERY CARTON EVERY DAY)

TRIBAL NEWS

10 S.E. Squaxin Lane
Shelton, WA 98584

PHONE: (360) 426-9781
TOLL FREE: 877.386.3649
FAX: (360) 426-6577

www.squaxinland.org



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

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

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

Submissions Deadline:
15th of each month

SQUAXIN ISLAND TRIBAL COUNCIL:

DAVE LOPEMAN: Chairman
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THERESA M. HENDERSON: EXT. #3945
thenderson@squaxin.us



ISLAND ENTERPRISES INC
Weaving a strong business foundation for the
Squaxin Island Tribe's future.

EXTRA, EXTRA Read all about it!

Benefit News from IEI Human Resources Department

The 2014 benefit renewal rates for Island Enterprises, Inc. and its subsidiaries are out of this world! How did this happen? Our medical plan is with Group Health and is a Grandfathered plan. We have shown stability over the years with the same carrier since 2007, never changing deductibles or raising copays, and that is very RARE in the marketplace today, as employers are always having to change their plans to accommodate the increase in premiums each year.

Our renewal rate for Medical came in at only a 1.3% increase, a rate pass for our vision plan, a 7.6% decrease for our life insurance, 6% decrease for long term disability, 3% decrease for short term disability, and we received a 5% decrease in our dental!

The decreases on the Life/LTD/STD will definitely offset our medical increase of 1.3% which is about \$8 an employee.

According to our Broker, Kathy Frazier of Frazier Benefits Group, without making any changes for 2014, we will still be offering the best benefits around the State of WA. This is very exciting news for IEI as our original quote on dental was a rate pass, but with census in hand, our broker pushed back and got the decreases.

It has been the trend for IEI to have minimal rate increases over the years. For example, in 2010 we had a 0% increase; 2011 the increase rate was 5.1%; in 2012 we had another rate pass at 0% increase; and last year the rate increase was 1%. This year's renewal rates, with the decreases in dental, Life, LTD, and STD, has surpassed them all and we felt it was news worthy!

Holiday Food Drive

KTP will be facilitating a community food drive beginning in November to raise food for families during the holiday season. Visit the main store and look to the Daily Scoop for more information!



An update from Ta-Qwo-Ma Center

Stephanie James - There are some important changes occurring in the Business Center right now and we want to keep people as informed and up to date as possible. First, we would like to congratulate Whitney Jones on her new position as SPIPA's Deputy Executive Director! We know you will do great!

In order to keep the Business Center services accessible and available, I will be the point of contact for those individuals who may need assistance with business related topics. I will still be managing the rental properties as well, but this is exciting for me, as my heart has always been with the Ta-Qwo-Ma Business Center. My office is still located at Island Enterprises, Inc., but I am available by appointment at the Business Center and can assist with scheduling the conference room for meetings.

We will keep you informed as we move forward into the new year. Meanwhile, I can be reached at IEI's main office. Phone: 360-426-3442 or email: sjames@ieinc.org.

KTP #1 gets top scores from Shell

Congratulations to our great team at the main KTP store, who got a 100% score on their latest visit from Shell! The purpose of these visits is to assist stores with feedback on everything from cleanliness to customer service, with scoring on outside, inside, and fueling elements. A lot of detail is provided, which can be used by store managers and employees to identify areas that need work, but in this case the report was full of praise, with customer service a highlight. Thank you to each and every one of our employees who goes the extra mile to make our guests feel welcome and appreciated!

Squaxin's emergency management system to be offered as university degree program

Congratulations John Taylor

The Squaxin Island tribe's emergency management system is being used as the model for a new degree program offered by the University of Nebraska, Omaha (UNO).

The program will provide credits to the native community college program, in addition to associate and bachelor degree programs. Some time in the future a graduate degree program will be offered as well.

John Taylor, Squaxin Island Tribe's Emergency and Safety Manager / Treasurer and CFO of Tribal Emergency Management Association (iTEMA), has been designated to work with UNO departments of Native American Studies, Emergency Management, and Public Administration to create the degree program based on Squaxin Island's Emergency Management System.

Tribal nations from around the United States will soon benefit from the knowledge of how to prepare for and respond to emergency situations, thanks to this first-of-its-kind partnership between the University of Nebraska at Omaha (UNO) and iTEMA, which was formally announced Oct. 8.

UNO's College of Public Affairs and Community Service (CPACS) Emergency Services Program and the College of

Arts and Sciences Native American Studies Program are partnering with iTEMA.

"This marks the formalization of an already strong working relationship with the national tribal emergency management association and UNO," said UNO Emergency Management Coordinator Pat O'Neil. "UNO is uniquely positioned to offer this certificate by having Native American Studies and Emergency Management programs that can work together closely."

"This is an important step to ensure tribes can recover from disasters while ensuring their cultural future," John said.

The goal of the certificate will be to provide nationally accredited certification to members of every tribal nation in the country. The memorandum of understanding allows UNO to move forward on establishing the certificate program.

UNO's Bachelor of Science in Emergency Management degree officially launched in the Fall 2012 semester.

For more information on the partnership or UNO's Emergency Management degree, contact Charley Reed, UNO media relations coordinator, at 402.554.2129 or by email at unonews@unomaha.edu.



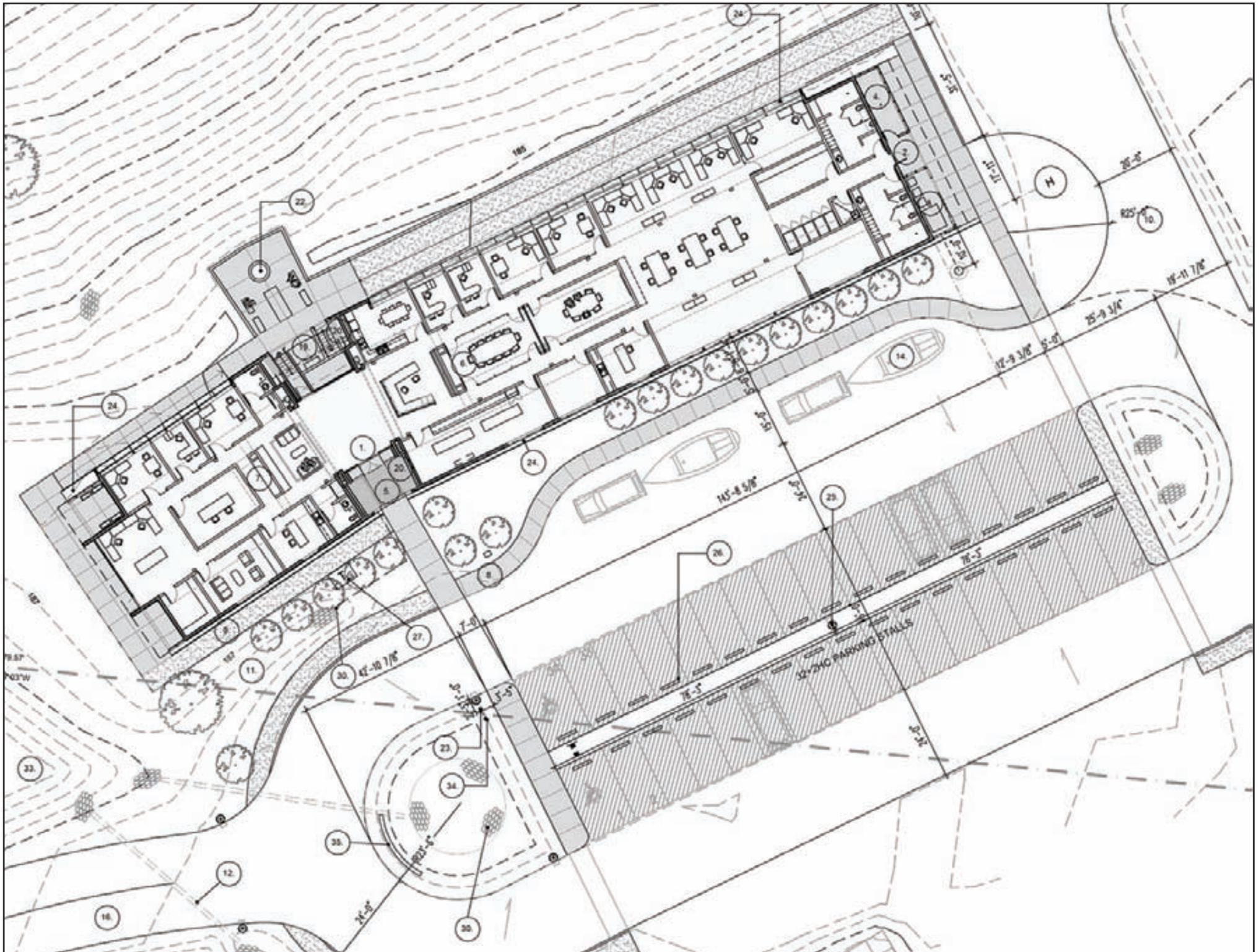
Construction Underway on NR/CR Building

The new facility for Natural Resources and Cultural Resources departments is on schedule and expected to be in service by March.

All of the site work is complete including the pervious paving, rain gardens and stormwater system. Natural Resources staff is assisting in choosing the proper native plantings for each area of the site. The roof is almost complete and includes a rainwater feature at the front entrance.

In coming weeks all attention will be focused on the interior of the building as various trades install the in-floor heating system, natural ventilation controls and advanced lighting package. The final months of the project will involve finishing the interior of the building using a variety of sustainable, healthy materials.

This facility demonstrates Squaxin Island Tribe's commitment to the environment and to building healthy, appropriate buildings with a deep connection to nature.





TOSHIZO IDO
GOVERNOR

HYOGO PREFECTURAL GOVERNMENT
OFFICE OF THE GOVERNOR
10-1 Shimoyamate-dori 5-chome, Chuo-ku, Kobe, 650-8567 Japan
toshizou_ido@pref.hyogo.lg.jp

September 18, 2013

Ms. Leslie Johnson
Director
Squaxin Island Tourism
3591 Old Olympic Highway
Shelton, WA98584
U.S.A.

Dear Ms. Johnson:

I hope this letter finds you in the best of health.

I would like to extend my sincerest gratitude to you for the warm welcome you extended to me at the commemorative reception, one of the series of celebrations for the 50th anniversary sister-state relationship between Washington State and Hyogo Prefecture, during my recent visit in Washington State. I would also like to offer my deepest thanks to you for your assistance during the preparation phase.

I was most delighted to receive the wonderful gift you gave to Governor Inslee and me. The matching blankets with beautiful motifs from your tribe will be a wonderful reminder of my visit.

I am determined to make further efforts to facilitate person-to-person and region-to-region exchange so that we can further deepen mutual understanding between Washingtonians and the people of Hyogo. I hope we can build a friendly relationship between them. I would like to ask for your continuous assistance and cooperation in this endeavor.

Finally, may I offer you my sincerest wishes for your good health and great success as well as for the increasing prosperity of the Squaxin Island Tribe.

Sincerely,

Toshizo Ido
Governor of Hyogo Prefecture

Thank you
for your kindness



Washington State Senate

Olympia Office:
PO Box 40422
Olympia, WA 98504-0422

Senator Karen Fraser
Democratic Caucus Chair
22nd Legislative District

Phone: (360) 786-7642
FAX: (360) 786-7520
E-mail: Karen.Fraser@leg.wa.gov

September 19, 2013

Ms. Leslie Johnson
Squaxin Island Tourism
3591 Old Olympic Highway
Shelton, WA 98584

Dear Ms. Johnson:

I would like to express my great appreciation for Squaxin Indian Tribe's major contribution to enable the Washington State – Hyogo Prefecture Sister State 50th Anniversary Celebration to be such a superb success.

The sponsorship support by the Tribe allowed Washington State to truly showcase our hospitality and our extensive positive links between Hyogo and Washington. Your presentation of the Tribal blankets was wonderful and added a very special touch. The Prefectural officials and citizens felt very welcomed and appreciated, which, I am sure, will contribute to a wide variety of long range benefits for the citizens and the economy of our state.

As we continue our strong friendship between Washington and Hyogo, the Squaxin Tribe's participation will be remembered as an important part of our very special ties.

Thank you so much for all your support!

Sincerely,

Senator Karen Fraser
Chair, Washington – Hyogo 50th Anniversary Host Committee

Thank you for
your thoughtful
and memorable
presentation!

Committees: Ways & Means • Governmental Operations • Rules

♻️ Recycled



Happy Thanksgiving!!!



14th Annual Employee Appreciation Dinner

The following employees were recognized in appreciation for reaching a career mile-stone of continued support and service to the Squaxin Island Tribe:

5 Years

Dorinda Thein
Elroy Ellerbe
Darrell Longshore
Tara Stein
Gary Boe
Serena Ribac
Jody Gamber
Glenda Larson
Kimberly Peters
Janet Chadwick
Mary Lou VanBrunt
Jan Olson
Rene Klusman
Rana Brown
Cathy Magby

10 Years

Patty Suskin
Dan Neelands
Glenn Perkins
Ronald Harrison
Ofialii Tovia
Melissa Puhn
Kris Peters
Daren Brownfield
Scott Steltzner

15 Years

Patti Puhn
Julie Evenhuis

20 Years:

Theresa Henderson

35 Years

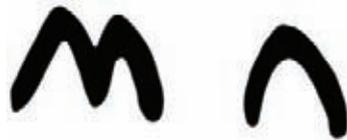
Andrew Whitener

Door prizes throughout the evening sponsored by:

Little Creek Casino Resort

Dinner and Awards sponsored by:

Squaxin Island Tribal Council



New Employees



Evan Welkin

Voc Rehab Employment Assistant

Hi, my name is Evan, and I've been hired to work with June Krise in Family services as the Vocational Rehabilitation Employment Assistant.

I grew up in Thurston County and my mom works in social services. I've done a lot of work with young people, including working with K-12 and young adult Squaxin folks at TLC.

I'm really excited to join the Family Services Department and June helping folks get work. I've worked in a lot of different jobs, so I'm excited to help people find jobs that are meaningful to them.

Please come by and talk to June or I upstairs in the main Tribal Center building.



Erika Marbet

Water Resources Biologist

Hi, my name is Erica, and I am the new Water Resources Biologist for the Natural Resources Department.

I have lived in Shelton since 1998, and I love it here. My husband and I have a nine year-old daughter and a seven year-old son. We have a big garden and we raise turkeys, chickens and pigs. We love to go backpacking in the summer.

In the past, I worked mainly on how forestry affects fish, wildlife and water quality.

I am most excited about helping the Tribe contend with serious challenges to protect natural resources. I look forward to working with all the folks here and exploring the Tribe's hunting and fishing areas.



Indian tribes once gathered at Priest Point Park where restoration work is underway

John Dodge - jdodge@theolympian.com - A healing process is underway where Mission Creek flows into Budd Inlet at the southern-most end of the city of Olympia's 314-acre Priest Point Park.

An old city right-of-way road, earthen berm and concrete culvert that kept the tide and stream from interacting naturally for as many as 100 years is now gone.

In its place will be a new stream channel that will allow salmon and cutthroat trout



to more easily traverse the 1.5-mile-long stream that flows from northeast Olympia into South Sound.

The removal of the road fill and concrete at the mouth of the stream will also allow a 0.75-acre estuary to evolve over time, more closely resembling what the shoreline was like in the pre-development age.

Estuaries, places where rivers meet the sea, are productive rearing and feeding grounds for salmon and other species. But 80 percent of the historic estuaries in Puget Sound have been lost to growth and development, said Michelle Stevie, a senior water resource specialist with the city.

"There aren't a lot of opportunities like this," noted Lance Winecka, project manager and executive director of the South Puget Sound Salmon Enhancement Group as he offered a tour of the site, which features views of lower Budd Inlet, the Port of Olympia and the state Capitol.

The \$200,000 project has two funding sources: The port allotted \$120,000 as part of a July 2011 out-of-court settlement with Olympians for Public Accountability, a citizens watchdog group that tangled with the port over alleged mismanagement of storm-water at the port's marine terminal. The other \$80,000 came from the state's Salmon Recovery Funding Board.

Restoring Mission Creek has been a priority for years, Winecka said.

"This project alone isn't going to save the salmon," Winecka said. "But a lot of pocket estuaries are beyond repair — this is one we could work with."

It was a messy, muddy job reshaping the stream channel, decommissioning the road and pulling some 400 cubic yards of road fill and rubble from what once was beach and salt marsh.

"Habitat restoration — it's like a bomb going off," Winecka said about the disruption in the name of repair.

Watching over the project was Rhonda Foster, cultural resource manager for the Squaxin Island Tribe. She was filling in for project archaeologist Maurice Major, who was assigned the task of chronicling any artifacts uncovered during the excavation.

The mouth of Mission Creek and other Budd Inlet locales were gathering places for tribal people, Rhonda said.

The land near the creek was also home to a Jesuit missionary who came to the area in 1848 to minister to nearby tribes and to school Indian boys. Neighboring tribes, including the Nisqually, Puyallup and Snoqualmie, used the mission as a trading center, too.

Rhonda said the project represents a form of healing that is important to the Squaxin Island Tribe — not to mention the value of the project as habitat for salmon.

"I've been seeing coho and chum salmon jumping out on the inlet, right in front of the creek," Rhonda said, suggesting that salmon will return to the stream to spawn when

the project is completed. Mission Creek is fed by wetlands and springs in a watershed that encompasses some 359 acres that are only about 20 percent urbanized.

"We did some screening out here in the spring and didn't find anything, so we were pretty mellow about the project," Foster said.

There has been one unusual discovery so far: a big piece of carved sandstone that might have been part of a historic fountain, Major said. An inscription on the block suggests the sandstone was from the Hercules Quarry in Tenino.

Major said that the road that loops across the creek heads uphill to the former location of a Swiss Chalet that stood in the park until the 1950s, and had been part of the Olympia Brewing Co. pavilion during the 1905 Lewis and Clark Exposition in Portland, Ore. The stone base, which sits today in the garden at Priest Point Park, might have been part of the decorative landscaping outside the chalet.

"Priest Point Park has a lot of history," Rhonda said. "This area means a lot to a lot of people."

It's about to have a little bit of its natural history restored.

Adopt a foster family this Christmas



It's that time of year again. The time of sharing, giving, and loving. Squaxin Island Family Services Department is hosting their 2nd annual "Adopt a Foster Family for Christmas" event. Last year we had a great turn out and loved seeing the families light up with joy as they received their gifts for their children. We are asking Directors and their teams and/or individuals to come together to participate in this event. We feel that the gifts coming from the community staff lets our children know that we are thinking about them and showing them how much we love and care for them. If you and/or your team would like to participate please contact Morningstar Green starting October 28th to sponsor a family of your choice. Thank you all for your generosity and time. We are really looking forward to working with you.

Any questions or to sign up please contact Morningstar Green
(360)432-3886





Vocational Rehabilitation Program Beautifies Campus Trail



Squaxin Island Vocational Rehab clients were employed under a contract with Jacob Tate, owner of Dreamscapes Landscape and Design (the company that installed the beautiful water feature prior to hosting Paddle to Squaxin 2012) to beautify a widely-used tribal campus trail.

The trail, meandering between the cultural center complex and the Natural Resources/Family Services departments, includes a fire pit, lighting and sitting ar-

reas. Large boulders were installed using heavy equipment.

"The trail turned from a rather precarious route from building to building that is used daily by community and staff to a beautiful, safe, well-lit trail that has a central meeting place as well as several other gathering and resting spots," said Lorraine Van Brunt, Family Services Director. "The trail blends in with the natural meandering flow of plants and trees."



"We couldn't be happier with the way the landscapers dealt with staff and clients in completing this project. It was great to observe the teamwork of the participants during the project.

"The workers expressed how helpful and patient the landscapers were as they worked with them, sharing their landscaping knowledge and skills. We are very thankful to all involved in bringing this project about."

Dreamscapes owner, Jacob Tate, also commented on the success of the project. "My experience working with the people involved in the trail project was enriching and rewarding. Not only did I get to work with a younger generation, I got to work with people who wanted to explore a new career, while at the same time providing a service for their community and getting a sense of great accomplishment.

"I believe the trail project was enriching for all those involved. We told stories, sharing life experiences and culture, while constructing a trail that evolved into something greater; there were areas created along the trail that evolved from those stories and ideas.

"I was very proud to be involved in this project and want to thank everyone involved in the construction for being receptive, enthusiastic, and inquisitive."

June Krise, Family Services Department Vocational Rehabilitation Counselor, secured funding and oversight for the project.

June wants to thank Sara Duran from SPIPA and Christine Semanko for their contributions to this project.



John Ackerman
Squaxin Island Tribe

"Thanks to June and the Squaxin Island Tribe for giving me the opportunity to be part of an amazing experience. It was an honor to be a part of something that will last forever, and I'm glad to know it will benefit the community, especially tribal Elders.

Lots of good memories! The bosses and crew are sure a good bunch of people and hard workers.

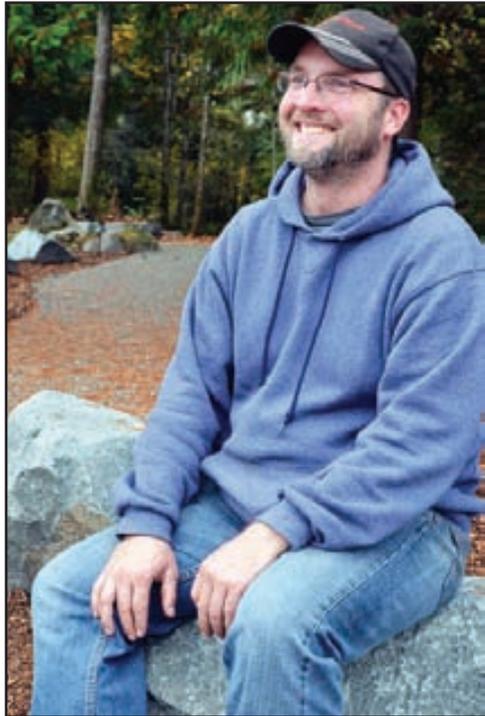
Special shout out to John and Lawrence - you worked very hard, and I'm proud.

Senior lunch was the best. Sitting with employees, Elders and community members was fun with lots of good talks with new friends and new faces. I appreciate the cooks in the kitchen; great meals."

Always,
Nydesta Gouley
Skokomish Tribe



FAMILY SERVICES



Jacob Tate, Owner
Dreamscapes Landscape and Design



"It was fun! A lot of hard work. Good work. Lots of sweat went into it. It was a good experience to learn."

Gene Cooper
Squaxin Island Tribe



"Great thanks to Outpatient and Voc Rehab for coming together and allowing us to gain new healthy skills. And thanks for giving me the opportunity to help create something positive for the Squaxin community. It was a real rewarding feeling to take part in this project. It made me feel more in sync with Squaxin. I also thank my fellow co-workers for sticking it out with me . . . good times.

Lawrence Tom
Upper Skagit Tribe



I had fun working with John and Gene and the boss. I had fun working with them all. I now know how to put lights in.

I love all the people I got to meet out in Squaxin, and I love Christine Semanko helping me get the job.

Love,

Yvonne Blanton
Tonkawa Tribe of Oklahoma





MEMORIAL FOR

SHIRLEY A. LOPEMAN

FRIDAY, NOVEMBER 15, 2013

EVENT BEGINS @ 3:00 PM

DINNER AND A GIVE AWAY HELD AT THE
SQUAXIN ISLAND COMMUNITY KITCHEN.
FOR FURTHER INFORMATION PLEASE CALL
STEVEN DORLAND AT (360) 463-9168.

CHRISTMAS GIFT MAKING

Squaxin Island Community

Time: from 4:00-6:00 each night

Dates: December 3, 4, 10, and last date: December 11th

Squaxin Island Museum, Library and Research Center

During all Four days we will be creating Three Gifts per night! I'll have a few NEW Ideas and a few Old Favorites! Please come make some gifts with us!

Sponsored by Squaxin Island Tourism Call Ruth at 432-3841




Squaxin Island Museum
BAZAAR

November 15th from 9-5 & 16th from 9-4
150 SE Kwuh-Deegs-Altsw

Open to the public with no admission fee! Come explore the culture of the museum and find all your Christmas gifts too!

Gifts such as: baked goods, basketry, arts and crafts, AND DOOR PRIZES!

Ruth Whitener-432-3841 rwhitener@squaxin.us

Sponsored by Squaxin Island Tourism
Squaxin Island Museum, Library & Research Center





LEARNING CENTER



November Update

By Gordon James, Jamie Burris, Jerilynn Vail, Laurel Wolff, and Peggy Peters

TLC has a lot going on in November. Our Sylvan slots are almost filled. Our Higher Education program can help you with college applications. Check out our latest activities and announcements on our Facebook page at www.facebook.com/TuHaButs.

Time is running out for your GED

If you have not completed your GED NOW is the time to do it! The GED test is being rewritten. The new test will roll out in January 2014 and will be more difficult. Students who have not completed all five portions of the GED test before December 13, 2013 for South Puget Sound Community College and December 19th for Olympic College will be required to take the new GED test series. We can help prepare you. At the Tu Ha' Buts Learning Center you can get extra help or take a practice test. For more information, please contact Jamie Burris - jburrismcclary.wednet.edu

Homework Support

Students can come to the TLC for homework help and support. Help make your school year successful by starting coming for support before you begin falling behind in your classes! I am here to help Tuesdays, Wednesdays, and Thursdays from 4:30 – 7:30 pm in the classroom in the Education Building.

For more information or if you have any questions, please feel free to contact me:

Jamie Burris (360) 292-3301
jburrismcclary.wednet.edu

Perfect Attendance

The Tu Ha' Buts Learning Center wants to celebrate perfect attendance. Student names were randomly drawn from different schools. The parents who had signed the FERPA forms enable us to request this important information. We are excited to see so many parents and students understand the value of school attendance. We hope to continue to acknowledge students' academic successes during the 2013-2014 school year.

This month from Bordeaux Elementary School, Leo Henry (first grade) and Jayden Holden (fourth grade) have had perfect attendance from the start of the school year 2013-2014. Oakland Bay Junior High School perfect attendance students are the following: Jackson Cruz, Rayanne Dahman, Joseph Hulsman, Nathaniel Raham, and Conor

Ramage. Please come to the TLC and pick up your secret prize. Congratulations for having perfect attendance from the beginning of the school!!!

Youth Activity Program

The youth are still going strong with basketball. The Elementary Inter-Tribal Basketball League for grades 3-5 has started. Practices are Monday, Tuesday and Friday from 5:00-5:45. Games are on Wednesday. We'll post the game schedule on our Facebook page. Come cheer them on.

We are having our second Homework Party of the school year on the 4th. It allows us to honor those youth who have been working hard on their homework here at the Learning Center. A few of the youth have been excited to get out their homework folder and get help from the staff.

We are having a "Thankful" Dinner for youth and families on the 8th. It will be a nice way to share what each of us is thankful for.

Our second Annual Chili Cook-off is on the 15th. We will have four teams each making their own batch of chili to be judged by local community members.

We're having a field trip on November 11th to the Kennedy Creek Salmon Trail from 11:00 a.m. - 1:00 p.m. I have arranged for volunteers to meet us to give the youth an opportunity to ask questions about salmon returning to the creek to spawn. There is also a swimming party from 2:00-4:00 p.m.

Our monthly movie day will be on the 22nd from 4:45-6:00 p.m.

Remember to check the calendar for which dates the program is closed.

Upcoming events at the Teen Center

Regularly scheduled activities include:

Youth Council meetings are Mondays, 5:30-6:30 (no Youth Council on Monday the 11th).

TADA meetings will be in Teen Center every Thursday at 5:00 p.m.

Basketball practice for Jr. High will continue on Monday, Tuesday and Thursdays from 3:30-4:45. Games are on Wednesdays. Updated game schedules will be on the Facebook page.

A "Girls' Circle" will happen twice a month from 6:00-7:00 p.m. - this month on November 5th and 19th. This is a chance for girls to get together and talk about issues related to school, relationships, and family in a safe, positive, and open environment. This mentoring group will help generate inner respect, love and self-empowerment.

Other November Teen Center activities include:

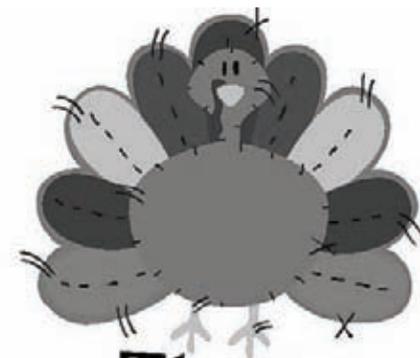
We will be learning how to sew during the month of November. Teens will be able to pick out projects, create a supply list, take a trip to Wal-Mart to pick out materials and then sew a project.

November 1: Scavenger Hunt in Olympia. Come explore downtown Olympia through a scavenger hunt. We will be leaving The TLC at 12:30 and return around 4:00 p.m. Space is limited so sign up soon at the TLC.

November 9: Career Day at Point Defiance Zoo. Have you ever wondered what it would be like to work at a zoo? The TLC will be taking kids up to Point Defiance Zoo for a behind the scenes look at working at a zoo. Space is limited so sign up now. We will be leaving the TLC at 8am and return around 4:00 p.m. Food will be provided.

November 11: Kennedy Creek Salmon Trail. A no school day. Join us for a visit to the Kennedy Creek Salmon trail and learn about the life cycle of salmon. We will be leaving at 10:45 and returning around 1:15.

November 15: UW-Tacoma College Visit. Come see what it would be like to go to school at UW – Tacoma. We will tour the campus and student housing, explore the waterfront and walk around downtown Tacoma. We will pick students up at school around 12:30 and return around 7:00 p.m. Space is limited so sign up at The Tu Ha' Buts Learning Center.



Happy Thanksgiving



Groups sue EPA over fish consumption

Continued from page 1

keeper and the Pacific Coast Federation of Fishermen's Associations, reason that if the estimates were more realistic, the state would have to more strictly regulate emissions of mercury, lead, copper and other toxins - a prospect that concerns industry groups and that emerged as a sticking point in budget talks in Olympia last spring.

Businesses must obtain permits before they can discharge pollutants into the state's waters under the federal Clean Water Act, and increasing the estimate of how much fish people eat could result in those permits becoming more restrictive.

The state Ecology Department has worked for years on updating the fish consumption estimates, but Janette Brimmer, an attorney with the environmental law firm Earthjustice, which filed the lawsuit, said it has amounted only to so much dithering. EPA's failure to make the state update its consumption estimates violates the Clean Water Act, she said.

"Washington has known for years their estimates are inappropriate and inaccurate," she said. "They keep having task forces and roundtables, and nothing is happening. My clients finally said enough is enough."

The EPA could not be reached for comment because of the federal government shutdown.

Washington's estimate is that average fish consumption amounts to just 8 ounces - roughly one fillet - per person, per month. That figure originally came from federal guidelines published in 1990, but the EPA began backing away from that more than a decade ago and urging states to adopt more realistic estimates.

Surveys show that actual fish consumption rates in Washington are vastly higher, especially among certain populations such as American Indian tribes, sport and commercial fishermen, Asians, and Pacific Islanders - some of

which average as much as the equivalent of a moderate-sized fillet per day, rather than per month.

Ecology recognizes the estimate is too low and continues working on developing new standards, said spokeswoman Sandy Howard. The department is pushing toward issuing a draft rule early next year.

Last month, Washington and Oregon officials announced that people should limit how much non-migratory fish, such as bass, bluegill and perch, they eat from a 150-mile stretch of the Columbia River, based on new data about contamination from mercury and polychlorinated biphenyls, or PCBs. That prompted an angry response from some tribes, who said the states should focus on cleaning up the river rather than telling people to limit what they eat.

Youth Education, Recreation and Activities Calendar

Nov-13

Squaxin Island Teen Center open 3pm -6pm unless otherwise noted and are subject to change. Teen Center will be closed for away Basketball games

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					No- School	
					Olympia Scavenger Hunt 12:30-4:00	
					Closed for Field Trip	
3	4	5	6	7	8	9
This Week's DIY Project: Book Making	Basketball practice 3:30 - 4:45	Basketball practice 3:30 - 4:45 Girls Circle 6-7	BASKETBALL GAME @ PUYALLUP	Basketball practice 3:30 - 4:45	Thankful dinner 4:00-4:45	Career Day @ Point Defiance Zoo 8:00 - 4:00
	Youth Council 5:30 - 6:30	Craft class 4:00 @ Museum Drum group 5:00 @ Museum	Teen Center Closed for game	TADA Meeting 5:00		
10	11	12	13	14	15	16
This Week's DIY Project: Leaf art	No- School	Basketball practice 3:30 - 4:45	ITL- BASKETBALL GAME	Basketball practice 3:30 - 4:45	UW- Tacoma visit	
	Field Trip to Kennedy Creek 10:45-1:15	Craft class 4:00 @ Museum Drum group 5:00 @ Museum	TBD	TADA Meeting 5:00	Pick up from school 12:30 Return 7:00 Teen Center Closed for Field Trip	
17	18	19	20	21	22	23
This Week's DIY Project: Sewing Week	Basketball practice 3:30 - 4:45	Basketball practice 3:30 - 4:45 Girls Circle 6-7	ITL- BASKETBALL GAME	Basketball practice 3:30 - 4:45	Movie Night 4pm-6pm	
	Youth Council 5:30 - 6:30	Craft class 4:00 @ Museum Drum group 5:00 @ Museum	TBD	TADA Meeting 5:00		
24	25	26	27	28	29	30
This Week's DIY Project: Sewing Week Cont.	ITL- BASKETBALL GAME TBD	Basketball practice 3:30 - 4:45	Teen Center Closed	Closed	Closed	
	Youth Council 5:30 - 6:30	Craft class 4:00 @ Museum Drum group 5:00 @ Museum				



LEARNING CENTER



Career Day at Point Defiance Zoo

Have you ever wondered what it would be like to be a zookeeper, marine biologist or a veterinarian?



The Tu Ha' Buts Learning Center will take a group of students to the Point Defiance Zoo career day on Saturday November 9th.

The day will be filled with special presentations by zoo and aquarium keepers (including animal feeds and training demonstrations), and behind-the-scenes tours.

Career Day participants will have opportunities to talk with PDZA Keepers, Veterinarians and Educators, learn more about their work and find out what it takes to be competitive in this field. This event is free to students in 6th grade through college.

Space is limited so sign up now at the Tu Ha' Buts Learning Center. We will be leaving TLC at 8 am return around 4:00 pm. Food will be provided.

Requirements for Teens

- Be enrolled in school
- Interested in working with animals or marine biology
- Permission slip turned in to TLC

Learn to Ride

The Tu Ha' Buts Learning Center is partnering with SOS Outreach to provide the Learn to Ride program.

Learn to Ride is a 5 week program taking place at the Summit at Snoqualmie that focuses on teaching youth the fundamentals of snowboarding and core values of, courage, discipline, wisdom, integrity, compassion and humility.

SOS provides nearly everything a teen will need on the hill for 5 lessons, including: Lift Ticket, Rental Gear (including helmets), all outdoor gear, goggles, and gloves, instruction, and a staff member on hill. The Tu Ha' Buts

Youth Education, Recreation and Activities Calendar

TLC Hours: M-F 8:30am-5pm Front Desk: 432-3958
Youth Gym/Recreation Hours: M-F: 3-6pm Rec Rm: 432-3275 (only 3-6pm)
All activities are drug, alcohol and tobacco free.

Monday	Tuesday	Wednesday	Thursday	Friday
				1 SSD-NO SCHOOL Rec Rm: 12-6pm Fun Friday: Homework Party Gym: Baton: 4-9pm Free Baton: 5-5:45pm Open Swim: 5-8pm
4 Rec Rm: 3:30-6pm Game Day: 5-5:45pm Gym: Bball Jr: 3:30-4:45 Elem Bball: 5-5:45pm Open Swim: 3-6pm	5 Rec Rm: 3:30-6pm Drum Group: 5-6pm Gym: Bball Jr: 3:30-4:45 Elem Bball: 5-5:45pm	6 GSD-ER @ 2:30pm Rec. Rm: 2:30-6pm Crafty Kitchen: 5-5:45pm Gym: 2:30-4pm I.T.B. Home Game @ 6pm Open Swim: 3-6pm	7 Rec Rm: 3:30-6pm Arts-n-Craft: 5-5:45pm Gym: Bball Jr: 3:30-4:45 Elem Bball: 5-5:45pm	8 Rec Rm: 3:30-6pm Fun Friday: Thankful Dinner Gym: Baton: 4-9pm Free Baton: 5-5:45pm Open Swim: 5-8pm
11 SSD - No School Rec Rm: 10am-4pm Pool Party: 2-4pm Gym: 10am-4pm No Basketball Practice Open Swim: 3-6pm	12 Rec Rm: 3:30-6pm Drum Group: 5-6pm Gym: Bball Jr: 3:30-4:45 Elem Bball: 5-5:45pm	13 GSD-ER @ 2:30pm Rec. Rm: 2:30-6pm Crafty Kitchen: 5-5:45pm Gym: 2:30-6pm I.T.B. Game Day is TBD Open Swim: 3-6pm	14 Rec Rm: 3:30-6pm Arts-n-Craft: 5-5:45pm Gym: Bball Jr: 3:30-4:45 Elem Bball: 5-5:45pm	15 SSD-ER 1.5 HRS Rec Rm: 2:30-6pm Fun Friday: Chili Cook-off Gym: Baton: 4-9pm Free Baton: 5-5:45pm Open Swim: 5-8pm
18 Rec Rm: 3:30-6pm Game Day: 5-5:45pm Gym: Bball Jr: 3:30-4:45 Elem Bball: 5-5:45pm Open Swim: 3-6pm	19 Rec Rm: 3:30-6pm Drum Group: 5-6pm Gym: Bball Jr: 3:30-4:45 Elem Bball: 5-5:45pm	20 GSD-ER @ 2:30pm Rec. Rm: 2:30-6pm Crafty Kitchen: 5-5:45pm Gym: 2:30-6pm I.T.B. Game Day is TBD Open Swim: 3-6pm	21 Rec Rm: 3:30-6pm Arts-n-Craft: 5-5:45pm Gym: Bball Jr: 3:30-4:45 Elem Bball: 5-5:45pm	22 Rec Rm: 3:30-6pm Fun Friday: Movie Day Gym: Baton: 4-9pm Free Baton: 5-5:45pm Open Swim: 5-8pm
25 Rec Rm: 3:30-6pm Game Day: 5-5:45pm Gym: Bball Jr: 3:30-4:45 Elem Bball: 5-5:45pm Open Swim: 3-6pm	26 Rec Rm: 3:30-6pm Drum Group: 5-6pm Gym: Bball Jr: 3:30-4:45 Elem Bball: 5-5:45pm	27 GSD-ER @ 2:30pm After-School Program CLOSED	28 Tribe CLOSED	29 Tribe CLOSED
TLA: After School Snacks: Computer Lab: Sylvan: Homework Help, GED Prep:	M-F 12-4pm M-F 4-4:45pm M-Th 3-6, F 3-5pm M-Th 4:30-7:30pm T-TH 4-7pm	Key ER = Early Release SSD = Shelton School District GSD = Griffin School District TLA = Tu Ha' Buts Learning Academy	Key for Basketball I.T.B. = Inter-Tribal B-ball High School = Grades 9-12 Jr. High = Grades 6-8 Elementary = Grades 3-5	

Learning Center will provide food and transportation to the ski area.

The program will run January 9th, 16th, 23, 30, and February 6th. A van will pick students up from school take them to the ski area and then return home around 9 pm.

Registration opens November 11th – 15th. Stop by TLC to pick up your application packet.

Requirements

- Complete and turn in registration form
- Meet the SOS outreach qualifications *
- Must commit to attend every lesson
- Be enrolled in school and have fewer than 5 absences from October 1st to November 15th.
- 12-17 years of age

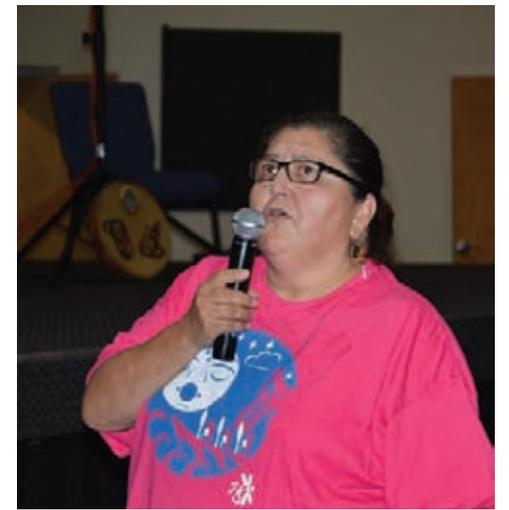
First 6 teens to sign up and meet SOS qualifications will be able to participate in the program.

*SOS is not just a way to get skiing or snowboarding, but a 501(c) 3 nonprofit that specifically seeks to build character in at-risk, under served, or otherwise struggling youth.





ELDERS HOST LUNCHEON





ELDERS HOST LUNCHEON



Elizabeth Heredia - The Elders Host Luncheon was a success. Thanks to all the staff, volunteers, drummers, and singers, and a very special thanks to Michael Starr for all the special stuff you did for us Elders - especially the use of the Presidential Suite. I, for one, really enjoyed being able to relax afterwards. It was a lot of work, a lot of fun, and we couldn't have done it without all of you! Thanks to Island Enterprises for donating fish and raffle items, and to NR for always being there for us to cook! I wanted to list everyone's names, but I was afraid I might forget someone. We just want to let everyone who was involved know that everything was a success because of each one of you!!! I, as well as each one of our Elders, are very grateful to each and everyone who helped to make this such a wonderfully special event.

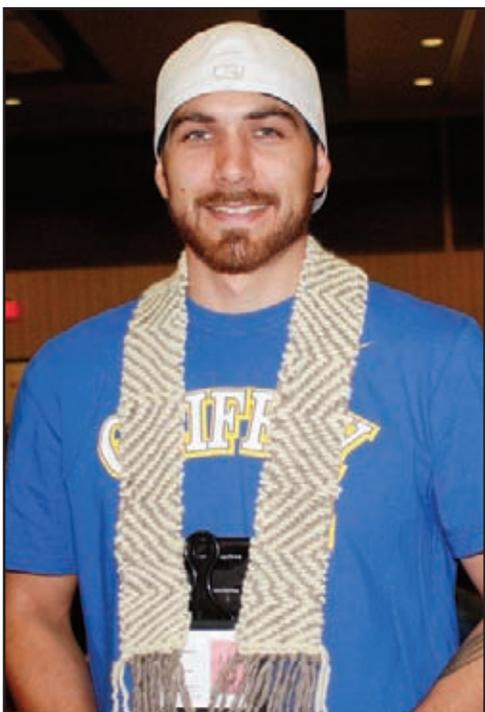
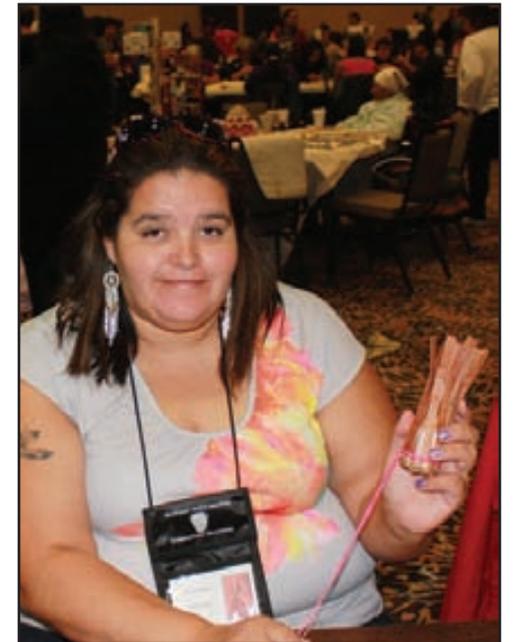




BASKET WEAVERS CONFERENCE

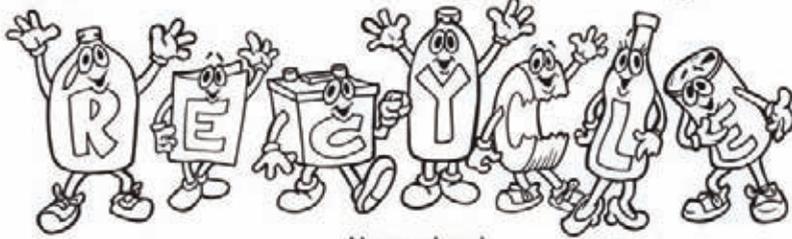


Photos by Ruth Whitener, Charlene Krise and Margaret Henry





Meet the Recycle Guys



Names, please!

Draw a line from each Recycle Guy to their name.

Sam Soda Bottle

Bart Battery

Glenda Glass

Molly Milk Jug

Perry Paper

Toby Tire

Clayton Can



Use this number-letter code to find the Recycle Guys' secret message.

1 = A	5 = E	9 = I	13 = M	17 = Q	21 = U	25 = Y
2 = B	6 = F	10 = J	14 = N	18 = R	22 = V	26 = Z
3 = C	7 = G	11 = K	15 = O	19 = S	23 = W	
4 = D	8 = H	12 = L	16 = P	20 = T	24 = X	

18 5 3 25 3 12 5 20 15 4 1 25

6 15 18 1

2 5 20 20 5 18 20 15 13 15 18 18 15 23 !

Elders Building Recycling and Composting

If you have been in the Elders' building lately, you will notice new waste bins in the hallway. That's because the Elders' program is leading the way in our community with recycling and composting.

Last fall the Elders' program initiated a compost pilot project and began taking steps to expand their recycling. There have been hiccups along the way, including confusion at the bins, but their persistence has brought them to a point where they now recycle and compost everything possible. The new bins are one of the many changes the program has made to ensure successful waste diversion.

The Elders' program is the first in our Community to compost food scraps. Staff collect scraps and take it up the road to Creation Organics. Once there, Creation Organics compost it into dirt and apply it to the vegetables grown for Little Creek restaurants.

Composting would not be possible without many hands. As they prepare each meal, Morgan Scherr and Mary Lou save food scraps in a 35-gallon bin. Elders and guests also save their food scraps in a smaller green bin in the hallway. Green team member Brooks Farrell helps eliminate confusion by training and helping Elders and guests.



Each day Kurt Poste faithfully transports the scraps to Creation Organics for composting. These efforts would not be possible without the ongoing support of Site Manager Janita Raham.

At the initiation of the compost project the Elders program also expanded their recycling. They continue to recycle bottles, jugs, cans, and paper in the hallway. Recently the kitchen staff also began recycling the jugs, cans, and paper-board from the kitchen.

Their efforts are making a difference. Each week the Elders program prevents 45 lbs from going to the landfill by composting 40 lbs of food scraps and recycling 5 lbs of waste. Way to go!

Questions or comments can be directed to Sheena Kaas, Solid Waste and Recycling Program Manager, 432-3907 or skaas@squaxin.us.



Get Ahead of the Winter Freeze

It's not too early to begin preparing for the heating season. Check these 10 tips off your list and get ahead of the winter freeze.

- Our **furnace has been inspected and serviced** by a qualified professional during the last 12 months. *(A furnace should be serviced at least once a year.)*
- Our **chimneys and vents have been cleaned and inspected** by a qualified professional. I have checked for creosote build-up. *(Not cleaning your chimney is the leading cause of chimney fires from built up creosote. This service needs to be done at least once a year.)*
- Our wood for our fireplace or wood stove is **dry, seasoned wood**.
- Our **fireplace screen is metal or heat-tempered glass**, in good condition and secure in its position in front of the fireplace.
- We have a **covered metal container** ready to use to dispose cooled ashes. *(The ash container should be kept at least 10 feet from the home and any nearby buildings.)*
- Our children know to stay at least **3 feet away** from the fireplace, wood/pellet stove, oil stove or other space heaters.
- Our portable space heaters have an **automatic shut-off**.
- Our portable space heaters will be **plugged directly into an outlet** *(not an extension cord)* and placed at least three feet from anything that can burn; like bedding, paper, walls, and even people. *(Place notes throughout your home to remind you to turn-off portable heaters when you leave a room or go to bed.)*
- We have **tested our smoke alarms** and made sure they are working. *(You need a smoke alarm on every level of the home, inside each bedroom and outside each sleeping area. For the best protection, the smoke alarms should be interconnected so when one sounds, they all sound.)*
- We have **tested our carbon monoxide alarms** and made sure they are working. *(Carbon monoxide alarms should be located outside each sleeping area and on every level of the home.)*

www.nfpa.org/education

NFPA Your Source for SAFETY Information
 NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169



Bail Bonds

Squaxin Island Tribal Court no longer accepts bail bonds from Jail Sucks Bail Bonds as of February, 2013. If you are held with a bondable warrant, you may use another bail bond company. If you have questions regarding this matter, please contact the court clerk at 360-432-3828.

Fireplace and Home Fire Safety

More than one-third of Americans use fireplaces, wood stoves and other fuel-fired appliances as primary heat sources in their homes. Unfortunately, many people are unaware of the fire risks when heating with wood and solid fuels.

Heating fires account for 36% of residential home fires in rural areas every year. Often these fires are due to creosote buildup in chimneys and stovepipes. All home heating systems require regular maintenance to function safely and efficiently.

The U.S. Fire Administration (USFA) encourages you to practice the following fire safety steps to keep those home fires safely burning. Remember, fire safety is your personal responsibility ...Fire Stops With You!

Keep Fireplaces and Wood Stoves Clean

- Have your chimney or wood stove inspected and cleaned annually by a certified chimney specialist.
- Clear the area around the hearth of debris, decorations and flammable materials.
- Leave glass doors open while burning a fire. Leaving the doors open ensures that the fire receives enough air to ensure complete combustion and keeps creosote from building up in the chimney.
- Close glass doors when the fire is out to keep air from the chimney opening from getting into the room. Most glass fireplace doors have a metal mesh screen which should be closed when the glass doors are open. This mesh screen helps keep embers from getting out of the fireplace area.
- Always use a metal mesh screen with fireplaces that do not have a glass fireplace door.
- Install stovepipe thermometers to help monitor flue temperatures.
- Keep air inlets on wood stoves open, and never restrict air supply to fireplaces. Otherwise you may cause creosote buildup that could lead to a chimney fire.
- Use fire-resistant materials on walls around wood stoves.

Safely Burn Fuels

- Never use flammable liquids to start a fire.
- Use only seasoned hardwood. Soft, moist wood accelerates creosote buildup. In pellet stoves, burn only dry, seasoned wood pellets.
- Build small fires that burn completely and produce less smoke.
- Never burn cardboard boxes, trash or debris in your fireplace or wood stove.
- When building a fire, place logs at the rear of the fireplace on an adequate supporting grate.
- Never leave a fire in the fireplace unattended. Extinguish the fire before going to bed or leaving the house.
- Allow ashes to cool before disposing of them.



FREE LEGAL HELP FOR LOW-INCOME NATIVE AMERICANS AND ALASKA NATIVES

The Northwest Justice Project's Native American Unit (NAU) provides free civil (non-criminal) legal services for people who cannot afford a lawyer in Washington. To reach us call the toll-free hotline at (888) 201-1014, and then press 5 to leave a message for the NAU. You can leave a message **24 hours a day, 7 days a week** and we will return your call within 2 business days.

The Native American Unit's attorneys offer services ranging from limited assistance to full representation depending on the legal issue and individual circumstances. We provide legal assistance in the following areas:

- | | |
|---|--|
| • Domestic Violence | • Health |
| • Exclusion/Banishment | • Public Benefits |
| • Indian Child Welfare Act | • Issues in Tribal Court |
| • Housing | • Wills |
| • Education: Discipline, Discrimination and Special Education | • BIA Probates |
| | • Employment: Discipline and Termination |

What is Northwest Justice Project?

The Northwest Justice Project (NJP) is a statewide non-profit organization with 17 offices in Washington State that provide free civil legal services to low-income people.

NJP's mission is to provide high quality free legal services on priority problems to eligible low-income clients, either directly or through efficient and effective referrals.





BASKET WEAVERS CONFERENCE



Photos by Ruth Whitener, Charlene Krise and Margaret Henry

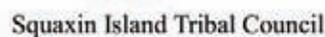




WATER SOUNDS AUCTION



The Museum Staff would like to thank all of the generous sponsors that helped make this year's Water Sounds Art Auction a big success.





WATER SOUNDS AUCTION





HEALTH CLINIC



Foot Exam Morning

Submitted by Patty Suskin, Diabetes Coordinator - Thank you, Herb Johns, Sr., for having your feet checked by Dr. Molina Kochhar, Podiatrist September 26th. If you have diabetes, make a habit of taking off your shoes & socks for all visits at our clinic so Tiff or Dr. Ott can check your feet each time you come to the clinic.



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. Wear moisture-wicking socks that do not leave an impression on your legs. Consider cutting a slit at the top of your sock to ease up the elastic.

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):
80-110

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 and missed Dr. Kochhar, call the clinic at 360 427-9006 for Tiff or Dr. Ott to examine your feet.



Clinic 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

Smart Shopping/ Food Label Workshops

Contact Patty to schedule

Health Promotions Programs

We have exercise videos in the building across from clinic
Work out alone, with us or schedule a time for a group

Our Nationally Recognized Lifestyle Balance Program

If you are ready to lose weight, we can provide support.
If you are Native American and over 18, see if you qualify to participate.

Next Mammogram Clinic

December 10th
Call Traci Lopeman at 432-3930

Contact *Melissa Grant (360)432-3926*
Patty Suskin (360)432-3929



WIC
(Women, Infants, and Children)
provides healthy foods & nutrition information for you and your child up to age 5.

Please bring:
Your child, Provider One Card or paystub and Identification for you & your child

Tuesday, November 12 is WIC DAY at SPIPA

Call Debbie Gardipee-Reyes at SPIPA 360 462-3227 or main SPIPA 360 426-3990

FREE BLOOD PRESSURE SCREENING 2013

The First Thursday of each month



Blood Pressure checked by your friendly neighborhood firefighters

Where: Elder's building
When: 11:45am - 12:45 pm.
Everyone is welcome!



Elders Menu

Mon. 4	Beef Stroganoff	Mon. 18	Pork Chops
Tues. 5	Soup & Sandwich	Tues. 19	Soup & Sandwich
Wed. 6	BBQ Ribs	Wed. 20	Roast Turkey
Thurs. 7	Rosemary	Thurs. 21	Spaghetti
Mon. 11	Meatloaf	Mon. 25	Hot Turkey Sandwich
Tues. 12	Soup & Sandwich	Tues. 26	Soup & Sandwich
Wed. 13	BBQ Steak	Wed. 27	CLOSED
Thurs. 14	French Dips	Thurs. 28	Thanksgiving



IHS launches Affordable Health Care Act web page

IHS has launched a web page on the IHS.gov website at www.ihs.gov/ACA to help American Indians and Alaska Native better understand and take advantage of the potential benefits of the Affordable Care Act and the Health Marketplaces. The web page addresses issues such as eligibility determination, dependents coverage, cost-sharing exemptions, and the Marketplace application process. It also has links to important additional resources for American Indian and Alaska native individuals about the Affordable Care Act.

Whether you have insurance now, want to purchase affordable insurance through the Health Insurance Marketplace, or can take advantage of the State's expansion of Medicaid starting in 2014, these new benefits could mean more services. American Indian and Alaska Native, please check to see what benefits are available to them.

Managing Stress & Depression during the holidays

Guest Speaker: Alicia Webber, MS, LMHC

**Monday, Nov 18th, 2013
Right after Elder's lunch
at Elder's Building 1 to 2 pm**

Are you dreading the holidays because of the stress or sadness that you often feel at this time of year? Come join us to learn how to enjoy the holidays and not let them drag you down.

Take Charge of your Diabetes & Live a Long, Healthy Life

**Everyone is welcome—
those with Diabetes or not.**

Join in for a few minutes or the whole time

Questions? Contact Patty Suskin,
Diabetes Coordinator at (360)432-3929

Portion Control During the Holidays

You don't need to give up all your favorite foods this holiday season if you can practice some portion control. Here are some easy tips to use portion control during holiday meals.

1. **Fill at least half of your plate with vegetables.** This will leave less room for the higher-calorie items and will add bulk to your meal, helping you fill up more quickly. Choose a lot of vegetables that are not heavily seasoned with butter and/or sugar.
2. **Use familiar items to measure your portion sizes.** A deck of cards, for example, is about the same size as a 3-ounce piece of meat. A tennis ball is about the same size as a sensible serving of mashed potatoes.
3. **Reduce the amount of gravies and sauces on your plate.** These are normally a source of calories and fat in your meal.
4. **If you have a choice, select a smaller plate or a taller and thinner glass** than the others on the buffet table. This will give you the illusion of a fuller plate or an equivalent drink.
5. **Start with a small serving;** you can have more later if you are still hungry.
6. **Pace yourself through the meal.** Eat slowly and participate in the conversation to give yourself a chance to enjoy the meal and feel full.
7. **Pay attention to your body's cues.** Eat slowly. Enjoy conversation. Breathe. When you begin to feel full, it is time to stop.

Have a Plan:

Write down your planned meal and set it as a goal to stick to for the day. Use this a guide for managing your portions and enjoying your favorite foods in moderation!

Snacks/drinks: _____

Meal: _____

Dessert: _____

Physical Activity: _____



The University of Illinois at Chicago-Chicago Partnership for Health Promotion (CPHP) is funded by the USDA Supplemental Nutrition Assistance Program to encourage Chicago families to make healthier food choices, learn to prepare and consume healthier foods every day and be more physically active. The CPHP is a program of the UIC Neighborhoods Initiative. The USDA, UIC and CPHP are equal opportunity providers and employers. www.cphp.uic.edu



Office of Housing

HOUSING ENFORCEMENT

As winter is soon here there are a few reminders that we would like to put out in regards to your pets.

1. All dogs on the Squaxin Island Reservation MUST be licensed with the Office of Housing (SITC-9.04.040).
2. Any dog that unprovoked, bites or injures a human or domestic animal will be declared potentially dangerous.
3. Any dog that aggressively bites, attacks or endangers the safety of humans or domestic animal by inflicting severe injury on a human or has killed a domestic animal without provocation will be declared a dangerous dog and will be removed from the reservation.

As a kindly reminder all pets on the reservation must have the necessary shelter, rest, sanitation space or medical attention if needed. Please insure your dogs have a nice warm and dry place to get out of the winter elements.

If you have any questions regarding any of the laws or need help in setting up a shelter for your pet please contact the Office of Housing at 432-3953.



How to Find Money to Save When You're Broke

Saving spare cash after paying basic monthly expenses allows you to save for emergencies, take a vacation or plan a large purchase. Families with tight budgets may feel defeated when looking for money to save. Being broke can put a strain on everyone and put an end to future opportunities that require cash. However, if you consider being broke an opportunity to get creative about money, you could put a whole new spin on your finances.

Review your spending habits and look for ways to reduce each expense. You may think you have reduced your spending to the essentials, but unless you have looked at the details of each expense there could be hidden savings. For example, increasing an insurance deductible can drop monthly payments. A conversation with your insurance agent may help further reduce your spending and make room for saving. If you have a landlord, lower your monthly rental expense in exchange for managing the building, collecting rent or completing landscaping chores around the property.

Change your transportation. A simple adjustment in how you use your car could mean extra money to save. For example, taking the bus to work during the week and using your vehicle on the weekends could put the cost of a tank of gas in your pocket every week.

Plan before purchasing and keep spending down to allow for money to save. For example, if you budget \$100 a week on groceries and are able to spend \$90 by purchasing at lower prices, you can add an extra \$40 a month to your savings account. Grocery stores mail flyers listing sales and reduced prices to homes on a weekly basis. Visiting the stores where you shop could reveal a free flyer listing reduced prices for the week --- check near the entrance, at the register or ask an employee.

Create opportunities to earn extra cash. This may include a yard sale, a part-time job or creating items to sell. Choose something that does not cost you more than you can generate from its sale. Do not spend large sums of money to "get started." Instead, look for ways to generate cash by using what you already have, such as a lawn mower to mow lawns or word of mouth to earn money baby-sitting your neighbors' kids after school. Make sure you follow IRS guidelines regarding the difference between hobbies and businesses for profits.

Recycle household products. Recycling businesses examine and weigh the items brought to them and pay the customer by weight. Recycling centers for aluminum, glass, plastic and metals such as steel and copper are located in cities and towns across the United States. According to the Can Manufacturers Institute, aluminum is the most valuable product in your household trash and includes pie plates, foil, ladders and gutters.

Stop accumulating unnecessary bank fees. Look for fee-free checking accounts and ATM machines that do not charge you fees. Ask your bank for a list of ATMs that are fee free for their customers. If your bank does not offer a fee-free checking option, move your account to a bank that does.

Take in a roommate or a boarder. Renting out an empty room in your home or apartment can reduce your monthly expenses and give you money to save. If you are a homeowner, use a legal agreement that outlines monthly payments, time frame and what is expected of the tenant. Standard rental agreements can be found online. If you rent, check with your landlord before taking in a roommate. Some landlords may require you to sign a new rental agreement.



How to dispute a credit report error

When you get your credit report, you may find information on it that is not correct. When that happens, you'll need to understand how to dispute an error on your credit report. Here, we will explain how mistakes wind up on credit reports and how to fix them.

Three major credit reporting agencies - Equifax, Experian and Transunion, maintain credit information about consumers. These companies are competitors and they each collect and maintain their own individual reports about consumers. In other words, they don't share information with each other. The data they collect is compiled into credit reports, also referred to as "credit files" or "credit histories."

Your credit report is a record of how you've managed credit accounts, including credit cards, auto loans, mortgages, and personal loans. Some types of accounts - such as medical debt or utility accounts - are not usually reported unless those bills go to collections.

How do mistakes happen?

The details on your credit report has been supplied by creditors, and gathered from public record sources, such as the court system in the case of bankruptcies or judgments. If a creditor or other source that gathers this information makes a mistake (typing in an address wrong or Social Security number, for example), that error may wind up on your credit reports.

Also keep in mind that credit reports are only compiled when they are requested. When you or a creditor requests your credit report or credit score. To do that, the credit reporting agencies will try to "match" account information they have in their databases to the consumer for which the report has been ordered. Usually that process works fine, but sometimes information about relatives or other consumers with similar names can get mixed up with yours.

Finally, if you have been inconsistent in the information you've used when filling out applications (using different variations of your name or address, for example), that can show up as an error on your reports.

How do you correct mistakes on your credit report?

The first step in disputing a credit report mistake is to understand whether an item is wrong or not. That sounds logical but it can be trickier than you realize. For example, your credit report may list an inquiry from a company you don't recognize, but if that company accessed your credit report, the credit reporting agency is legally obligated to report that inquiry. Or your report may show a collection account that you paid off. While you may think it should be removed because you paid it, under federal law it can be reported for up to seven years and six months from the date you fell behind with the original creditor, regardless of whether it has been paid (Of course, a paid collection account should still be listed as paid).

Once you have established that an item is wrong, you can dispute it. You can contact the lender (or collection agency) who is reporting the wrong information, the credit reporting agency that lists the mistake, or both. Asking the creditor to fix it may be the simplest approach, because if they do agree they made a mistake, they will be required to transmit the correction to all the agencies to which they report. That saves you the extra step of having to dispute it with other agencies that may be reporting the same incorrect information.

However, it's also important to note that to protect your legal rights under federal law, you must send a written copy of your dispute to the credit reporting agencies, not just the creditor. Therefore, if you find a serious mistake or if you are having trouble getting an item corrected, make sure you also report the error directly to the credit bureau(s).

Online or By Mail?

If you ordered your reports online you will have the option of disputing it online or by mail.

Online disputes are fast and convenient; however, you may not be able to include documentation to back up your side of the story. So if you have proof that an item is wrong, you may want to send a written dispute and include the records you would like to them to review. If you do file a credit report dispute by mail, be sure to send it via certified mail and keep a copy for your records.

Credit reporting agencies and creditors who receive a credit dispute are required by law to investigate a dispute and report the results of their investigation back to the consumer within 30 days, in most situations.

Credit Bureau Dispute Information

If you have ordered your credit report through AnnualCreditReport.com or another credit report service you will be provided with instructions for how to dispute a mistake.

Equifax dispute: Equifax has a form for initiating a credit report dispute on their website at Equifax.com.

Experian dispute: You will find instructions for filing a dispute or checking on an existing one at Experian.com.

Transunion dispute: Visit the Transunion website for instructions for filing a consumer dispute if you think the information on your Transunion credit report is wrong.



Happy Birthday

Kimberly James	01	Thelma Shea	07	Ethan Pugel	18
Wesley Fletcher	01	Tammi Birchall	08	Joseph Peters	18
Shannon Bruff	03	David Whitener Jr.	08	Taeahni Fox	18
Cynthia Dorland	03	Malena Herrera	09	Lucille Quilt	19
Rickie Ramage	03	Mickey Hodgson	09	Jason Kenyon	20
Juanita Pugel	03	Dillon Decicio	09	Nathan Nunes	20
Roxsanne White	03	Jefferey Blueback	09	Connie Uribe	20
Lena Krise	03	Jolene Cowan	10	Samantha Smith	20
Twana Machado	04	Virginia Berumen	10	Herbert Johns	21
Jeremiah Johns	04	Samantha Armas-Govan	10	Aleta Poste	21
Beverly Hawks	05	Monique Pinon	10	Bianca Saenz-Garcia	21
Elizabeth Kuntz	05	Calvin Peterson	10	Vincent Henry Sr.	21
Warren Johns	05	Carlo Kenyon McFarlane	11	Lahai'la Greenwood	22
Sophia Johns	05	Benjamin Sayers	11	Susan McFarlane	22
Lawanna Sanchez	05	Ryan Fox	13	Olivia Korndorfer	22
Jason Snipper	05	Rachel Parker	13	Delores Johnson	23
Jennifer Briggs	05	Mary Mosier	14	Steven Dorland	23
Olivia Mason	05	Richard Peters	15	Diane Deyette	23
Laura Smith	06	Tammy Peterson	16	Lyssa Davis	23
Terri Capoeman	06	TJames Orozco	16	Candee Gillette	23
Thomas Peterson	06	Laura Snyder	17	Michael Parker	24
Keerah Brown	06	Jennifer Johns	17	Cecily Neilsen	24
Anthony Furtado	07	Elizabeth Heredia	17	Joseph Seymour, Jr.	24
Cyrus Little Sun	07	Casey Lacefield	17	Terry Tahkeal	25
Russel Cooper	07			Donald Brownfield	25
				Candace Penn	26
				Leslie Cooper	27
				Leonard Cooper	27
				Hope Pughe	27
				Nokomis Masoner	27
				Ila Ball	28
				Sarah Thornton	29
				Mark Peters	29
				Tyler Burrow	29
				Carol Hagmann	30

What's Happening

Culture Night: Every Thursday at 5:00 p.m. at the MLRC						1	2
AA Meeting: Every Thursday at 7:30 p.m.							
Basket Class: Every Wednesday at the MLRC							
3	4	5	6	7	8	9	
			Family Court				
10	11	12	13	14	15	16	
		Criminal/Civil Court		Council Mtg.			
17	18	19	20	21	22	23	
24	25	26	27	28	29	30	
		Criminal/Civil Court		Happy Thanksgiving			



**Happy Belated Birthday
Mathew!
Love You Soooo Much!
Love,
Mom (Paula)**

Matthew, your mom gave asked me to put your birthday wish in early and I misplaced it. It was my fault its late!
So sorry - to both of you!
Happy belated!



Happy Birthday Vinny! With Love from all your family!



**Happy Birthday
Grandpa Vinny,
Love,
Kalysi Renee'**

Building Strong Families Through Culture

When: October 8, 2013-September 30, 2014

Where: Museum

When: Tuesday

Time: 3:00 –5:00 PM

Focus is on the formation and maintenance of two-parent families and prevention of out-of-wedlock pregnancies.

Sponsored by SPIPA-TANF.



Walking On

Norma Darline Pemberton died Sept. 25, 2013 at her Eatonville home, while surrounded with the love of her family.

She was preceded in death by her husband, Gerald Pemberton, infant son, Terry, her parents, Norman and Gertrude Johnson, and brother Gary Johnson.

Norma was a natural listener and leader, and worked in the chemical dependency field as a counselor and director for nearly 30 years. During her career, she was employed by the Muckleshoot, Puyallup and Squaxin Island tribes. She also contracted for numerous tribes, agencies and the state of Washington.



Norma was a gifted writer and artist. She loved her Italian Greyhound "Iggy," a good cup of coffee and being a grandma. She had a youthful outlook on life, and encouraged people to find their dreams, work hard and remember that the Heavenly Father loved them.

Norma is survived by her siblings, Mavis Cornelius, June Kilby and Gene Johnson; daughters, Jennifer Caldwell Hoskins and Lisa Pemberton-Butler; son-in-law, Todd Butler; and grandchildren, Jerry, Quin, Jerren, Kodiak, Cyrus and JaLynn.

A memorial service was held at 10 a.m. Saturday, Oct. 5, at the Muckleshoot Pentecostal Church, 39731 Auburn Enumclaw Road SE, Auburn.

What is Building Strong Families Through Culture?

Vicki Kruger - It is a weekly gathering where we learn crafts while also learning about two of the purposes of TANF.

What kind of crafts? The types of crafts vary. We hope to do cradle boards in November and make/paint drums in December. There will be no class December 25th or December 31st. At every craft class you can learn to make earrings or loom bead.

What do you do with the crafts you make? Some of the crafts are given to the museum to be used as giveaway items for the canoe journey. We also use them to support various cultural activities, like the recent Elders luncheon. Occasionally, we get to take what we make home.

Do we have to pay for anything? No, all supplies are provided.

Do you serve food? Yes, we have pizza, fruit and drinks. We may change the menu if participants would rather eat something else.

Drum Group or "Culture Night" is right after Craft Class

*Happy
Thanksgiving*

**We are thankful for
YOU!**

Join us for the 17th Annual

Holiday Craft Bazaar

Little Creek Casino Resort Hotel Lobby
November 22nd & November 23rd * 8am-8pm
November 24th * 8am-3pm

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Saturday • November 30th • 2:30pm & 6:30pm

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6:30 Session Blackout Prize \$1,199

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\$ 79 Special Room Rate for Bingo Participants

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