

Workshops to prepare gifts for 2012 Canoe Journey

The Longhouse and Squaxin Island Tribe secured a grant from the National Endowment for the Arts under the Our Town program. The purpose of the grant is to provide for community building through the arts. This project is specifically to support the efforts of the tribe in preparing for the 2012 Tribal Canoe Journey.

As part of that effort, the MLRC and the Longhouse put together a plan for about 10 art workshops that would be for community members for the preparation of regalia and gifts that the tribe can provide to guests at the hosting next summer. The other plan is to take photos of the workshops and then the artist with their finished product and that some of the photos would be printed on a larger scale to decorate parts of the protocol tent.

The first workshop is screen printing with Peter Boome, November 12, 13 at The Evergreen State College in the print studio. This one will be for gifts. Students come prepared with a design that they will imprint on a screen and then make one print for themselves and then several more for the giveaway. This one is open to everyone since it is about providing gifts.

The second workshop is only for Squaxin Tribal members and it is a drum making workshop with Joe Seymour on November 19, 20 in the MLRC. This workshop is for tribal members who don't have a drum and need one to participate more fully in the canoe journey hosting. So tribal members would be making a drum for themselves.

Workshops and materials are paid for by the grant. Participants just have to commit to the full workshop.

Some other workshops in development also include:

Salish vests with Susan Pavel (Tribal members only) at Squaxin

Salish woven skirts and belts with Misty Kalama (Tribal members only-women's regalia) at Squaxin

Cedar leggings and aprons with Josh Mason (Tribal members only –men's regalia) at Squaxin

Canoe family paddles with George Krise (Tribal members only) at Squaxin

Yellow cedar paddles for gifts with John Smith (Tribal members and volunteers) at John's workshop

And a workshop whose scope is still getting worked out with Steve and Andrea Sigo—likely at their workshop

There will be a couple of others too in the Spring focused on gifting.

Laura Grabhorn, Assistant Director Longhouse
ph: 360 867 6413

See flyers on Page 12



Upcoming Holiday Bazaars

MLRC November 4 & 5

November 4th: 9:00 - 5:00

November 5th: 9:00 - 4:00

Contact Ruth Whitener

rwhitener@squaxin.us



Little Creek Casino Resort December 2-4

15th Annual Holiday Craft Bazaar

Please join us Friday, Saturday and Sunday

December 2nd & 3rd 8:00 a.m. - 8:00 p.m.

December 4th: 8:00 a.m. - 3:00 p.m.

Candles, ornaments, Native American crafts, crocheted items, jewelry and MORE!

Contact:

April Olson, 360-432-7037

Darlene Krise 427-3027

TESC Longhouse Holiday Native Art Fair December 9 - 10

You can find the details and vendor application here:

<http://www.evergreen.edu/longhouse>

Friday, December 9th 11:00 a.m. to 5:00 p.m.

Saturday, December 10th 10:00 a.m. to 5:00 p.m.

The event is entirely indoors.

Booth fee is \$50.00 Contact:

longhouse@evergreen.edu.

360 867-6718.

Vendors must be Native artists selling art work.



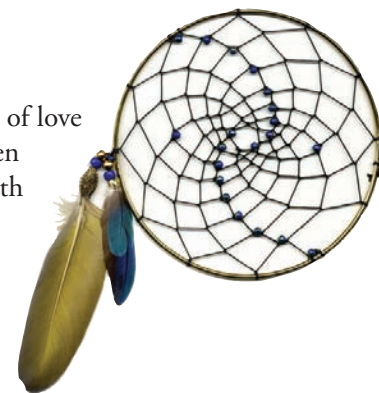


TSquaxin Island
TRIBAL NEWS



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

-Tomi Giles and Edward Thomas





We want to know what you think!

The Squaxin Planning Department invites you to share your thoughts on how and when you want the community to be involved in future capital projects, such as new community roads and buildings. Your input will directly impact future projects!

- Who decides when and where a new facility is built?
- How are new projects prioritized?
- How can we ensure the environment and our culture are protected?
- How do we provide input on potential changes to our community roads and buildings?

The future strength of the Squaxin community depends on our ability to work together to plan effectively for the future. Our success involves engagement with others to share our views about our land and resources in order to meet the needs of our people.

What do we want the future to look like?

To find out more and/or share your thoughts with us, we invite you to:

- Attend the Elders Monthly Meeting on November 3, 2011 at 1:00 PM—A facilitated session to hear your thoughts.
- Provide input via the web at: <http://squaxinoutreach.ridolfi.com>

These efforts are part of a grant from the Administration for Native Americans managed by the Squaxin Planning Department to develop an effective community outreach process for new capital projects.

Contact Penni Giles with any questions (360) 432-3877.

Please respect tribal elders

Clam harvesting income is important to their well being

Tribal Elders dig clams to have extra money to buy or do things they otherwise couldn't. Many live on Social Security. It is hard for many of them to dig clams because of arthritis, and many simply can't do things like they used to. Yet some Elders have had their clams stolen from them.

There have also been reports of Elders' designated diggers saying they didn't get their limit and keeping money for themselves - that is stealing.

We raise our children to respect our Elders, not to steal from them.

Some of the Elders who had this happen to them are hoping to have the privileges (right to dig clams) of those who do these things to them taken away for a certain amount of time. If you have had this happen to you, please contact Andy Whitener at Natural Resources Department, 432-3809.

Thank you very much!

Young people, please respect our Elders. You will be an Elder yourself some day.



A Rising Tide of Tribes

Jim Stanley, Quinault - This is good for me! That is the cry heard around the 45 person table as hands are raised in support of using collective power in negotiation for a special vendor program. Each person raising their hand is a member of the Tribal C-Store Summit Group in Washington State, a peer learning group focused on operational excellence, sharing best practices, building effective relationships with partners, and leveraging size. Membership is open to all tribes and the discussion is about business—not politics.

The Tribal C-Store Summit Group started in January 2009 as an idea between employees of two tribal enterprises; Ron Myers, Retail Operations Manager of Squaxin Island Tribe's Island Enterprises and Jamey Balousek, Chief Operating Officer of Puyallup Tribe's Marine View Ventures. Ron and Jamey thought there was an opportunity to share best practices and establish a peer learning group. Their hunch was right.

Today, the Tribal C-Store Summit Group has 101 members from 21 tribes in the State of Washington. Attendees are executives of Tribal enterprise groups, convenience store managers, key and front-line employees. Tribes from the State of Oregon and California have expressed interest in joining the group and attended meetings. Meetings are three times a year hosted by alternating member tribes. The next meeting will be held on January 25th, 2012 at the Tulalip Resort and Casino.

The mood of gatherings is collegial. Often, attendees will meet the night before for happy hour where in addition to business the discussion includes family, one's journey to lead to current position, and good humor. Meetings consist of a half day of speaker(s) presenting on subjects like inventory control, cigar etiquette, and theft prevention; followed by a site tour of the host tribe's c-store, gas station, and sometimes car-wash. The tour is capped by a review session where the host tribe collects positive reinforcement and constructive criticism. Each meeting drives relationships deeper and grows institutional knowledge so a tribe can be the best operator possible.

If you or your tribe is interested in experiencing the Tribal C-Store Summit Group, please contact Jim Stanley or go to the web, <http://www.tribalsummitgroup.com>.

Jim Stanley is a tribal member of the Quinault Nation, Vice President of the Quinault Nation Enterprise Board, and board member of the Northwest Native American Chamber. He is a Senior Vice President of Enterprise Cascadia, a loan fund, and freely shares his knowledge. Jim can be reached at: sovereigndevelopment@hotmail.com.



Report finds art funding serves wealthy audience, is out of touch with diversity

By Associated Press, Published: October 10 in the Washington Post

Billions of dollars in arts funding is serving a mostly wealthy, white audience that is shrinking while only a small chunk of money goes to emerging art groups that serve poorer communities that are more ethnically diverse, according to a report being released Monday.

The report from the Washington-based National Committee for Responsive Philanthropy, a watchdog group, shows foundation giving has fallen out of balance with the nation's increasingly diverse demographics. The report was provided to The Associated Press before its release.

A large portion of funding goes to more traditional institutions such as major museums, operas and symphonies. But recent surveys show attendance at those institutions is declining, while more people are interested in community-based arts groups.

"We've got the vast majority of resources going to a very small number of institutions," said Aaron Dorfman, executive director of the National Committee for Responsive Philanthropy. "That's not healthy for the arts in America."

According to the study, the largest arts organizations with budgets exceeding \$5 million represent only 2 percent of the nonprofit arts and culture sector. Yet those groups received 55 percent of foundation funding for the arts in 2009. Only 10 percent of arts funding was explicitly meant to benefit underserved populations. However, the study's author acknowledged the report may not account for every dollar granted to help reach diverse audiences at larger institutions.

The study is meant to encourage funders to provide grants for a broader range of groups so programs can be more relevant and effective.

Otherwise, the "pronounced imbalance restricts the expressive life of millions of people," the study said.

The study cites 2010 census data that shows non-white populations have grown in every region of the country since 2000, adding that "our population never has been so diverse." More than a third of the country is comprised of people of color. In four states, white people are no longer the majority.

But philanthropy hasn't kept pace with the change.

"It is a problem because it means that — in the arts — philanthropy is using its tax-exempt status primarily to benefit wealthier, more privileged institutions and populations," wrote the report's author, Holly Sidford.

The study was released Monday at a conference of Grantmakers in the Arts in San Francisco.

The National Committee for Responsive Philanthropy has made waves in recent years by challenging foundations to devote more resources to serve disadvantaged groups. It also examined health and education philanthropy. An upcoming report will address environmental funding.

Current arts funding patterns have roots that date back to the 19th century, the report found. Early cultural philanthropists focused on building institutions to preserve the Western European high arts to validate America's position as a world power and serve an elite audience.

Funding patterns have been slow to change, even though attendance at such institutions is down. At the same time, government funding for the arts has been declining, especially at the state and local level, because the financial downturn.

Beyond funding, the nation's increasing diversity also means more artists are creating new aesthetics outside of the traditional European tradition, with more artists focusing on social justice issues and society's inequities, the report found.

"Just as funders got behind abstract expressionism in the 1950s and 60s ... there are aesthetic developments in the arts that funders need to keep pace with, and this is one of them," Sidford said.

Still, the study is not meant to discourage funding for traditional symphonies, operas or museums. Rather, Dorfman said funders should make sure they are supporting projects at those institutions that will be inclusive of a broader audience.

At the Nathan Cummings Foundation in New York, the report's message ties in with the foundation's mission for the past 20 years to fund diverse arts programs that address social justice issues. Maurine Knighton, who leads the foundation's arts and culture programs, said changing the way foundations give grants is possible but will take time.

"You are dealing with shifting demographics that are fairly recent," and foundations will have to make a deliberate effort to catch up, Knighton said. "It's just a different way of considering how to be most effective with our grant dollars."

The Ford Foundation, a major arts funder that launched a \$100 million initiative last year to develop spaces for diverse arts groups, has funded a dance center in New York's Chinatown, the New York Latino cultural center El Museo del Barrio, and community arts projects in Seattle, New Orleans, and elsewhere.

"There is no question that investing in a diverse array of arts and culture institutions is an important direction for funders," Darren Walker, the foundation's vice president for education, creativity and free expression, said in an e-mail. "In a country that is diversifying as fast as ours, it's even more important to lift up artistic voices that can help us understand who we are and who we are becoming."

Some other foundations were reluctant to comment.

Michael Kaiser, president of the Kennedy Center for the Performing Arts and an expert in turning around struggling arts organizations of all sizes, said many large foundations seek to fund diverse groups. Kaiser said diverse arts groups he consults with often need to diversify their funding sources.

"The biggest issue for arts organizations of color is that they have been overly reliant on foundation and government funding," he said. Such groups "really need more individual donors, not just foundation donors."



TU HA' BUTS LEARNING CENTER



Homework support

Homework support and tutoring are offered in the classroom of the Tu Ha' Buts Learning Center on Tuesdays, Wednesdays and Thursdays beginning at 4:00 p.m. 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 test. 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@mcclary.wednet.edu.



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.

GED Preparation Classes are held Tuesdays, Wednesdays and Thursdays from 4:00 - 7:00 p.m. 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 needed to further study and help you work through any and all areas needing further study.

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@mcclary.wednet.edu.

Nov

Squaxin 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

All activities are drug, alcohol and tobacco free.

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Open Gym: 3-6 Rec Room: 3-6 Group Games: 5-6	2 ER GSD Open Gym: 2:30-6 Open Swim: 3-6 Rec Room: 2:30-6	3 Open Gym: 3-6 Rec Room: 3-6 Crafts: 5-6 Youth Council: 5:30-6:30	4 ER SSD Open Gym: 2-6 Rec Room: 2-6 Open Swim: 5-8
7 Open Gym: 3-6 Open Swim: 3-6 Rec Room: 3-6	8 Open Gym: 3-6 Rec Room: 3-6 Group Games: 5-6	9 ER GSD Open Gym: 2:30-6 Open Swim: 3-6 Rec Room: 2:30-6	10 Open Gym: 3-6 Rec Room: 3-6 Crafts: 5-6 Youth Council: 5:30-6:30	11 No School Open Gym: 2-6 Rec Room: 2-6 Open Swim: 5-8
14 Open Gym: 3-6 Open Swim: 3-6 Rec Room: 3-6	15 Open Gym: 3-6 Rec Room: 3-6 Group Games: 5-6	16 ER GSD Open Gym: 2:30-6 Open Swim: 3-6 Rec Room: 2:30-6	17 Open Gym: 3-6 Rec Room: 3-6 Crafts: 5-6 Youth Council: 5:30-6:30	18 ER SSD Open Gym: 2-6 Rec Room: 2-6 Open Swim: 5-8
21 Open Gym: 3-6 Open Swim: 3-6 Rec Room: 3-6	22 Open Gym: 3-6 Rec Room: 3-6 Group Games: 5-6	23 ER SSD, GSD Activities Closed	24 Thanksgiving Day	25 Activities Closed
28 Open Gym: 3-6 Open Swim: 3-6 Rec Room: 3-6	29 Open Gym: 3-6 Rec Room: 3-6 Group Games: 5-6	30 ER GSD Open Gym: 2:30-6 Open Swim: 3-6 Rec Room: 2:30-6		REMINDERS Tutors are available everyday afterschool, 3:30-5:00pm.
After school snacks: M-F 4-4:45pm Computer Lab: M-Th 3-6, F 3-5pm Sylvan: M-Th 4:30-7:30pm Homework Help, GED Prep: T-TH 4-7pm Homework Help is every Tuesday, Wednesday & Thursday from 4:00-7:00pm in the TLC classroom		Key ER = early release SSD = Shelton School District GSD = Griffin School District TLA = Tu Ha'Buts Learning Academy		Remember to send swimwear and a towel on open swim days. Sometimes the pool has loaners, but not always.



TU HA' BUTS LEARNING CENTER



Sylvan Corner

These students have achieved perfect attendance for the month of September: Grace Brown, Jackson Cruz, Cleveland Johnson, Kayden Palmas and Emily Whitener. You guys are AWESOME, keep up the great work!!

These students only missed perfect attendance by one session: Talon Beattie, Malia Henry, Tiana Henry, Kierah Lincoln-Sigo, Shawn Lincoln-Sigo, Billie Marie Lopeman-Johns, Jordan Lopeman-Johns, Eva Rodriguez and Fern Rodriguez.

KEEP UP THE EXCELLENT WORK GUYS & GALS!

Bordeaux Elementary

The following students have perfect attendance from September 7 to October 7, 2011: Justin Case, Jayden Holden, Sophia Pinon, Nicole Rowell, Dylan Sedillo, Lillian Sigo, Laura Snyder, Holly Whitener. Congratulations, keep up the great work!

After School Homework Help

Do you need help with your homework after school or just want to brush up on your skills? Help is available Tuesday, Wednesday and Thursday 4:00 to 7:00 p.m. in the TLC classroom.

Higher Education

If you or someone you know are interested in going to college, please contact Lisa Evans in TLC for the Squaxin Island Higher Education application and for college information. Lisa can be reached in TLC at 432-3882 or by email at levans@squaxin.us.

All paperwork for Winter quarter 2011/12 must be turned in no later than Wednesday November 30, 2011 before 4:00 p.m. This date is for new and returning students. If you have any questions or need assistance please contact Lisa in TLC.

ALL STUDENTS (new and returning) interested in Higher Education please be aware that the due date for the 2012/13 FAFSA is Friday March 2, 2012. You can complete your 2012/13 FAFSA online after January 1, 2012. The free website is www.FAFSA.ed.gov

Grays Harbor Reservation Based AA Degree Bridge Program

The Grays Harbor College Bridge Program is designed to serve students with less than 90 college credits who are place-bound students and deeply connected to their tribal communities. It prepares students for success in the Evergreen State College Reservation Community Determined (RBCD) program or any upper division college program. It operates in tribal communities, and is implemented in partnership with The Evergreen State College in cooperation with WashingtonOnline, Washington Tribes and Washington community and technical colleges.

The classes for this program are provided on-line with partnering colleges, including those of cultural relevance and those compatible with Evergreens philosophy. There are weekly class meetings at each site, with a study leader to help students succeed. Students also attend Saturday classes at the Longhouse on the Evergreen campus, and participate

in seminars with Reservation Based Community Determined students through an integrated studies class, providing a bridge to the RBCD program.

If you are interested or would like more information on this program contact Lisa Evans in the Tu Ha' Buts Learning Center at (360) 432-3882 or by email at levans@squaxin.us.

Available Scholarships

National Urban Indian Family Coalition and PEPSICO/Rise Higher Education Support: The scholarship, ranging from \$500. to \$1,500. was developed to help further the educational efforts of young Native female HS seniors to have every advantage during high school while preparing for and getting into college. Who is eligible? Female High School Native students who: are currently in high school and are a senior in the 2011/12 school year, have a complete application on file, including all signed letters, forms, and documentation. Support is available in Baltimore, Chicago, Minneapolis, Phoenix, Seattle and Portland Urban Indian communities.

Please contact Lisa Evans if you are interested in available scholarships to help with your Higher Education endeavors. Currently there is a booklet available with approximately 75 different scholarships for Native Americans students. Please come into TLC to pick up the booklet as it is too heavy to mail out. I can email the booklet to interested parties with a working email address.

Youth Activities

Gordan James - The Youth Activities Program is undergoing some changes that should allow us to improve our services to youth. As I'm writing this article, we are in the hiring process for three part-time staff to assist with our youth activities. Two of these positions will focus on working with 5-12 year olds, while the third will support the start of a teen center in the newly refurbished Mary Johns Room. Once the hiring processes are completed and our new staff is on board, we look forward to some regularly scheduled afterschool hours for teens to be able to enjoy socializing, homework help, tutoring, craft activities, workshops, and anything else we can get scheduled in the center. We'll keep you posted.

Cultural craft classes are scheduled for three Fridays in November - the 4th, 11th and 18th, in the Mary Johns Room, from 2-5pm. For those considering college, there is also a field trip planned for November 18th, to visit the campus of Pacific Lutheran University. For more information on the college visit, call Jaron Heller at the TLC.

Planning is already underway for the annual Christmas Party. Always a great time for family, we look forward to seeing everyone come together for dinner and fun. Between now and then we'll be looking for any and all volunteers to support a visit from Santa - decorating, wrapping, etc. Speaking of volunteers, planning is also underway for the annual youth basketball tournament, during the Christmas break. This year, we are planning for a tournament on December 27-29th, which is Tuesday through Thursday of the final week of 2011. We'll continue to send out more details on both of these fun events and we're hoping that everyone gets a chance to enjoy them, and be a part.

As we're talking about volunteers, volunteers are always welcomed for our after school youth activities program. There are a lot of different ways that volunteers can be a big



Youth Activities Continued from Page 6

part of supporting Squaxin youth activities - as craft teachers, tutors, aunties, uncles, grandmas, grandpas, mentors, coaches, cheerleaders, and much more. As always, safety of our children is a top priority so all volunteers working with the kids are expected to pass a thorough background check and drug test. We understand that some people may view this differently - as an invasion of privacy - but if your children are a part of this program, we are determined to take reasonable precautions to assure that the people working with your children are safe to be working with your children.

Another way you can support the youth activities program - we are always open to donations. If you aren't available to volunteer your time, the kids would enjoy any board games, Wii games, books, craft supplies or DVDs that you may not be using. Up to date reference books are always useful (dictionaries, encyclopedias, history books, etc.) Of course, we ask that any donations be age appropriate, so rated G, PG, non-violent stuff. There is always a lot of activity going on in the after school program. Please drop by and see what you're children are up to.

Fish Trap

Five hundred years have gone to the past
It's a long time for anything to last

There must be a hundred sturdy old stakes
The ancestors knew just what it would take

To catch the salmon they made this old trap
Creating a strategically placed open gap

It had to be perfect, it had to be right
Those incoming fish put up a good fight

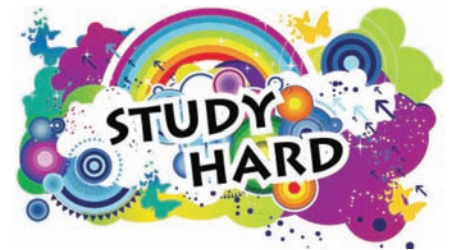
They jump and they wiggle then come with a blast
The gate must be closed ever so fast

The salmon were taken, a few would be baked
Others would dry on an old cedar shake

The old ones have always passed down the ways
And for those who listen they do so today

Sas po litsa (Sally Brownfield) 10-24-04

"In return for David Whitener's gift of poems last month."



PACIFIC
LUTHERAN
UNIVERSITY

Campus Visit



Founded in 1890 by Scandinavian, mostly Norwegian, immigrants to further Lutheran higher education in the Pacific Northwest, PLU is an institution of the Evangelical Lutheran Church in America.

**High school
juniors, seniors,
and parents are
invited to join us!**

Date: November 18, 2011
Depart: 12:15 p.m. from high school
Return: 7:00 p.m. to TLC
Contact: Kim Benally-Hood 432-3853

**Come Visit the
Campus:
Learn about the University
Tour the Campus
Q & A Session
Dinner provided**

**Permission forms
available at the
Tu Ha' Buts
Learning Center
and with
high school
and junior high tutors.**

Tu Ha' Buts Learning Center

DATE: NOVEMBER 4, 11, 18
TIME: 2:00 PM — 5:00 PM
LOCATION: MARY JOHNS ROOM

Paula Henry is presenting
three cultural classes,
for ages 15-24.

- Cedar Weaving - Nov. 4
Vases and Roses
- Neck Shawls - Nov. 11
Fringed and Beaded
- Dream Catchers - Nov. 18
Beaded and Shells

To sign up please visit the Tu Ha' Buts Learning Center or your school's tutor to receive a registration form.

For more information contact
Kim Benally-Hood: 432-3853

Cultural Classes



New Employees



Mandy McCullough
Curator

Hello, My name is Mandy McCullough, I am Anishinaabe (Ojibwa-Chippewa) from White Earth reservation in northern Minnesota. My mothers name is Valerie Parson, and my fathers name was Elmer McKenzie. Both of my parents are from White Earth and I was traditionally raised by my mother in northern Minnesota.

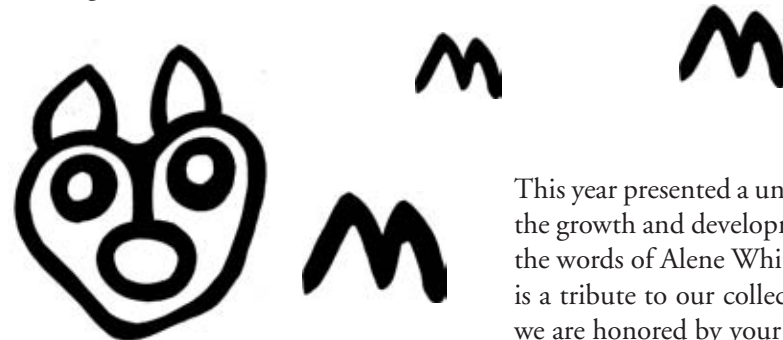
Many of you know me from my work over the last 7 years as a Museum contract worker and volunteer. I now have officially been hired full time as the Curator for the Squaxin Island Museum (MLRC). I fell in love with the rich heritage of the Northwest after moving to Olympia 12 years ago.

There are many new things happening at the museum! I look forward to new relationships and continuing the ones I already have. I love sharing and talking with tribal members about *The Home of Sacred Belongings*. Please call me at 432-3843.



Matt Bell
Janitor

Hi my name is Matt Bell I'm from the Henry family of the Squaxin Island Tribe. I've recently been hired as full time Janitor. I'm excited to be working for the Tribe. I look forward to seeing old friends and meeting new ones.



7th Annual Employee Appreciation Dinner

The 7th Annual Employee Appreciation Dinner sponsored by Squaxin Island Tribal Council was a great success. This celebration was an opportunity to honor our employees for their support, initiative and years of service.

The following employees received awards:

5 Year Recipients:

Traci Coffey
Joanne Decicio
Diane Deyette
Brett Fish
Jaimie Henderson
Margaret Henry
Paula Henry
Jennifer Howell
Richard Iyall
David Le Vering
Shari Micheau
Jennifer Ogno
Janita Raham
Judy Treischel
Michelle Wiley
Colleen Woodard
Sarah Zaniewski

10 Year Recipients:

Donna Baker
Michael Henderson
Gwen Hildner
Liz Kuntz
Tracy Parker
Larry Shelton
Michael Tisdale

15 Year Recipients:

Kevin Lyon

20 Year Recipients:

Julie Goodwin
Will Henderson
Julie Owens

25 Year Recipients:

Jeff Dickison
Liz Yeahquo

30 Year Recipients:

Rhonda Foster
George Krise

This year presented a unique opportunity for those in attendance to share in the stories of the growth and development the Tribe has seen over the years. The group was uplifted by the words of Alene Whitener and Tribal Council. The celebration of so many milestones is a tribute to our collective success as an organization. Thank you to all who attended; we are honored by your commitment to this community.



Don Whitener (Tribal Administrator), Patti Puhn (HR Director), Michelle Wiley, Jennifer Ogno, Margaret Henry, Joanne Decicio, Diane Deyette, David Le Vering and Janita Raham



HUMAN RESOURCES



TOP ROW: Julie Goodwin and Will Henderson (20 years of service); Rhonda Foster (30 years of service) and Don Whitener (Tribal Administrator), Patti Puhn (HR Director) and Kevin Lyon (15 years of service); and Rhonda Foster (30 years of service)



MIDDLE ROW: Rhonda Foster (CR Director & 30 years of service) and Margaret Henry (5 years of service); Charlene Krise, George Krise (30 years of service and Canoe Family Skipper), Patti Puhn (HR Director) and Jeremiah George; Patti Puhn (HR Director) and Liz Yeahquo (25 years of service)

BOTTOM ROW: Joanne Decicio (5 years of service) and Diane Deyette (5 years of service); Gwen Hildner (10 years of service) and Michael Tisdale (10 years of service)



Shaker Church Ministers

Rose and Mike Davis

Available for prayer, services
and special requests
360-877-9480
360-529-1115



Tourism Director Leslie Johnson giving a presentation on Canoe Journey 2012 to the Lacey Chamber of Commerce



Tribal Council Resolutions

11-66: Approves the final FY2012 budget

11-67: Adopts the Tobacco Products Tax to be codified as a new chapter under Title 6 of the Squaxin Island Tribal Code

11-68: Adopts the Emergency Housing Policy and directs Island Enterprises, Inc. to create and manage housing consistent with terms of the policy

11-69: Adopts amendments to the Budget Ordinance pertaining to emergency budget amendments and enterprise revenue distribution to increase per capita payments to eligible seniors

11-70: Creates Salish Cliffs Advisory Board with bylaws and selects Andy Whitener and Arnold Cooper as Council representatives on the board and directs the community member position be advertised and filled

11-71: Adopts amendments made to the Gaming Ordinance pertaining to commission membership and appoints Joanne Decicio and Krise Peters to fill three-year terms that recently expired and Ray Peters and Dave Whitener, Jr. to fill one-year terms created by the amendment and thereafter to full three-year terms

11-72: Approves the agreement reached at the Sept. 27 mediation hearing on boundary lines between the Squaxin Island Tribe and Harry R. and Anna M. Wiles

11-73: Authorizes the Chairman to execute revisions to the compact between the Squaxin Island Tribe and the Washington State Gambling Commission pertaining to drop boxes

To the younger diggers on groups D, E & F

On the clam tides this summer, it seemed there were always one or more of our young people who stepped up and packed our clams to the barge without being asked. We do not know exactly who all of you are, but these 2 "Olders" (as our great-granddaughter calls us) want to let you know how grateful we are to each and every one of you...

Thanks so very much...

- Harold and Jackie Crenshaw



Happy 34th Anniversary John and Gloria Krise



**With Love,
From Your Sons, Adam Krise and John, Jr. Krise
Two Great, Wonderful Parents!!!**



OysterFest Thank You's

The Squaxin Island Tribe Elders would like to thank the Council and fishermen for all the help in making this year's OysterFest a success. Thank you all very much. Thank you, John Mac Brown, for doing a great job with the fish.

The Elders would like to thank Julie Owens and Misti Saenz-Garcia for the great communication and working closely with the Elders.

The Squaxin Island Tribe Elders would also like to thank Robin Smith, Sharon Johns, Leah Krise, Gloria Krise, John Krise, Rose Brownfield, Don Brownfield, Marge Witcraft, George Witcraft, Nancy Moore, Tom Moore, Tammy Ford, Kimmy James, Mary Fletcher, Rose Davis, Mike Davis, Deb Matson, Eric Matson, Stephanie Matson, Loretta Case, Elizabeth Heredia, and Adalis, Audelia Araiza, Carolyn Hoosier, Jackie Crenshaw, Harold Crenshaw, Jeffery Crenshaw, Marylyn Crenshaw, Judy Arola, Sharon Ahren, Steve Witcraft, Marti Witcraft, Ruth Creekpaum, Cathy Magby, Dave Magby, Espie Austria, Joe Austria, Jill Krise, Carol Dittbenner, Caroline Perece, Virginia Farron, Cindy Ehler, Kevin Ehler, Dorinda Thein, Ray Tyler, Colleen Tyler, Merline Lewis, Lori Hoskins, Janita Raham, Millie Wagner and Shannon Bruff.

Thank you, Harvey and Earlene, for making sure that we have a tarp on the roof at OysterFest so we don't get wet when it rains. Thank you for putting it up and taking it down each year. A HUGE THANK YOU to Jeff Peters and his crew, as always, for making it possible for our OysterFest to come together. Thank You! Thank You!

A very special thank you to Dan and Patti Brown, Ruth and Stub Creekpaum and all their family for BBQ-ing the fish and every thing they do. Without them, and all of you, we couldn't make OysterFest happen each year.

Thank you everyone.



Harry Fletcher, and his late brother Curtis's wife, Alice Fletcher

Elders Host Luncheon Thank You's

Thank you to everyone for a successful Elders Host Luncheon!!! Our 500 Elders turned into 700 Elders.

A Huge! Thank you to our Council for making this day possible. Thank you, Larry McFarlane, and your men for all your help. Thank you Stacy Larson, Little Creek Resort and Event Center; it was great working with you. Thank you Darlene Krise, Little Creek Resort for everything. Thank you Glen Parker. Thank you, Jeremiah George and the drummers, Thank you, Ronda Foster and Gloria Hill. Thank you, Arnold Cooper for the elk for our Host Luncheon. Thank you to Andy Whitener and the fishermen for the salmon; it was Awesome. Thank you Whitney, as always, for being there for the Elders; you always make everything extra special. Thank you so very much.

Thank you Family Services for the gift baskets and for helping with the food service for our Elders that remained in their seats and were unable to get their own food at the Host Luncheon. Thank you to the clinic and the dental clinic for the very nice big basket; it was awesome. Thank you to Outpatient for the beautiful gift basket. Thank you to Gaming for the outstanding big basket. Thank you Health Promotions (Elizabeth H.) the beautiful gift basket.

Thanks to our Elders for making this the best Host Luncheon!!!! Thank you, Sharon Johns, Robin Smith, Rose Brownfield, Don Brownfield, Gary Brownfield, Loretta Case, Myrtle Richards, Sam Penn, Jackie and Harold Crenshaw, Lila Jacobs, Debra and Eric Mattson, Carolyn Hoosier, Marge and George Witcraft, Dorinda Thein, Linda and Aaron Lake, Steve and Marti Witcraft, Ila Mae Ball, Emma Jean, Mary Whitener, Carol Geidale, Carol Dittbenner, Virginia Farron, Caroline Pearce, Elizabeth Heredia, Astro Gamboa, Audelia Araiza, Francine Joe, Judy Arola, Sharen Ahrens, Ruth and Stub Creekpaum, Nancy Moore, Millie Wagner, Alene Whitener

Thank you Rickie Ramage for the use of your lap-top for our CD'S Thank you Rick Case for making our CD'S of Elders trips and fun, Thank you very much!

- Colleen Woodard, Elders Activities Coordinator



Benefits of Swimming for Kids

According to KidsHealth.org, drowning is the second leading cause of death for people between the ages of 5 and 24. By teaching your child to swim, they will not only become a stronger swimmer, but also gain valuable experience in the water. This experience greatly reduces the risk of an emergency if your child accidentally falls in an unguarded pool or gets pulled into deep water by a rip current at the beach.

Swimming can provide varying levels of exercise, from light, gentle exercise to athletic training, says the KidsExercise website. For those with weight issues, 30 minutes of swimming burns 260 calories. According to 24 Hour Fitness, swimming is an excellent cardiovascular workout that promotes heart and lung health, improves strength and flexibility, increases stamina and even improves balance and posture. In addition, swimming is a way to prevent childhood obesity, which has been linked to juvenile diabetes. Children shouldn't be performing strength training exercises with weights, but can build strength and stimulate their muscles by using the natural resistance of the water. In addition, swimming provides a cardiovascular workout that children can do for an extended period of time. Children will probably not be able to run for the same amount of time that they would be able to swim.

Children participating in swimming programs, also score higher for intelligence and problem-solving, which carried over into excellence and alertness in school. Children who swim year round are found to be more self-disciplined, and more motivated and self-confident to succeed. Learning and using swimming skills engages the thinking process. As children learn new techniques, they must develop and plan movement sequences. Swimmers improve by exploring new ideas. They learn that greater progress results from using their creative talents.

Resources:

livestrong.com

Health-benefit-of-water.com

longislandswimming.com



COMMUNITY



Are you a Minority Owned Construction Labor Services Business?

Island Enterprise Construction LLC (CCR#/Duns# 967973574) is a native-owned, full service construction company serving the greater Pacific Northwest region. We are focused on commercial, tribal, and governmental projects with a dedicated team who continually strives to deliver excellence with every project. Island Enterprises Construction offers construction services for design-build, remodel Commercial/Residential, Industrial, Dental/Medical Buildings and Remodel, Project Management, and New Residential and Commercial.

We are seeking construction material suppliers, construction labor services (concrete contractors, construction/building contractors, demolition/excavation contractors, electrical contractors, floor covering contractors, mechanical contractors, painting contractors, plumbing contractors, engraving/sandblasting), engineers/surveyors, facility services and suppliers, industrial equipment suppliers and water/sewer maintenance equipment suppliers to submit a vendor application to Island Enterprises Construction, LLC, 3591 SE Old Olympic Hwy, Shelton, WA 98584.

Please call or go to our website at ieinc.org for the vendor application form and fax completed form to (360)462-0483.



Elders Corner

December 10th

Lets go to a Play, Dinner, and Christmas Lights

Please call in and sign up Deadline to sign up is December 1st
(360-432-3936)

February 2nd

Officers Elections

First Chair and Treasurer

February 12th

*Valentines Day Dinner
at the Elders Building*

R.S.V.P. BY January 20, 2012

Phone: 360-432-3936



*Elders Host Luncheon
photo by Ann Parker*

Screen printing with BOOME

COME PREPARED WITH THE DESIGN YOU WOULD LIKE TO PRINT TO FIT 11X15 PAPER. MAKE ONE PRINT FOR YOURSELF AND SEVERAL MORE FOR SQUAXIN'S POTLATCH.

PETER

MAKE PRINTS—ORIGINAL ART WORK—
for guests at the 2012 Tribal Canoe Journey

DATE: November 12, 13, 2011
TIME: 10:00 AM to 6:00 PM
PLACE: The Evergreen State College Print Studio

Screen printing is a multi step process where prints are created one color at a time in a layering process. For this workshop we will be focusing on single color designs.

Participants will make hand-cut stencils from original designs they bring with them to the workshop. These stencils will transferred to screens which will be used to produce serigraphs (screen prints) Designs should be on a flat surface, preferably paper. Designs need not be colored in. Line sketches will be fine.

There is room for 20 participants! No Registration Fee.

SIGN UP FOR THE WORKSHOP WITH THE LONGHOUSE
by calling 867-6413 or e-mailing GrabhorL@evergreen.edu

Sponsored by the National Endowment for the Arts Our Town Program.

NATIONAL ENDOWMENT FOR THE ARTS

ART WORKS.

SQUAXIN ISLAND TRIBAL and COMMUNITY MEMBERS!

Do you need a new drum to participate in 2012 Canoe Journey? Would you like to make your own?

Come make an elk hide drum with Joe Seymour

**November
19th-20th, 2011**

**10:00 AM – 5:00 PM
each day**

**LOCATION:
MLRC, Museum Library
Research and Cultural
Center.**

Materials are provided as part of the NEA Our Town People of the Water grant in partnership with the Squaxin Island Tribe and the Longhouse Education and Cultural Center.

THERE'S ROOM FOR UP TO 20 PARTICIPANTS.

TO SIGN UP, CALL Laura Grabhorn at the Longhouse 867-6413 or e-mail at longhouse@evergreen.edu or directly to Laura at GrabhorL@evergreen.edu

Sponsored by the National Endowment for the Arts Our Town Program.





We Honor Our Veterans

Living Veterans, Name & Service

Baller, Christopher	Army
Bloomfield, Charles III	USMC
Briggs, John	Navy
Brown, Dan	Army
Brown, John Mac	Army
Brownfield, Donald R.	Army
Brownfield, Gary L.	Coast Guard
Campbell, Marvin E.	Navy
Capoeman, Donald L.	USMC
Capoeman, Felix E.	USMC
Capoeman, Vernon	Army
Cheeka, Cecil P.	USMC
Cheeka, Ernest R. Jr.	USMC
Cooper, Rusty	NG
Dailey, Ronald L.	Air Force
Elam, Sallee G. Rankin	Navy
Fletcher, Harry A.	Army
Frank, Billy Jr.	USMC
Greenwood, Dustin	Army Reserve
Henry, Christopher O.	USMC
James, Robert Jan	Navy
Johns, Delwin C. Jr.	Army NG
Johns, Richard Sr.	Navy
Kenyon, Kimble	Army
Krise, John E.	Army
Kruger, Pete Sr.	NG
Lewis, Toby Davie Larry	Air Force
Lister, James Tod	NG
Martin, Dennis L.	Army
Martin, Phillip E.	Army
Mason, Joshua Dylan	Navy
McCloud, Andrew	Army
Napolean, Francis Jr.	Army
Newell, Marvin Dale Jr.	Air Force
Parker, Glen W.	Army
Penn, William	Army
Peters, William B.	Air Force
Peters, Rick K.	Navy
Peters, Steve	Air Force
Peters, William Ray	NG
Pfundheller, Jan Brown	Army
Pleines, Rusty	USMC
Reeves, Dean Jr.	Army
Saeger, Mishell M.	Navy
Seymour, Dave	Army
Seymour, Joseph H. Jr.	USMC
Seymour, Jonella A.	USMC
Sigo, Dennis	Army
Snipper, Brent Donald	Navy
Sequak, Martin	Army Reserve

Stephens, Gail Marie	Army
Whitener, John Brady	Navy
Whitener, Dave W. Sr.	Army
Whitener, Donald E.	Navy
Whitener, Robert W. Sr.	Army
Whitener, Ronald Andrew	Army

Deceased Veterans, Name & Service

Bagley, John	Army Airforce
Brown, Dan Charles Sr.	Army
Brown, Edward B	Army
Brown, Henry P.	Army
Brown, Joe	Army
Clapanhoo, Edward E.N.	Army
Cooper, Francis Sr.	Army
Fletcher, Wesley "Curtis"	Army
Henry, Edward N.	Army
Johns, Lloyd	Navy
Johnson, Robert B.	Air Force
Johnson, Bruce Allen	Army Airforce
Krise, Darrel	Army
Krise, Delbert	Army
Krise, Frank	Army
Krise, Harvey L., Jr.	Army
Krise, Harvey Sr.	Army
Krise, James E.	Army Airforce
Krise, John Sr.	Army
Lewis, Alfred Lincoln	Army
Martin, Arthur	Army
McCloud, Donald	Army
Napoleon, Lewis R.	Army
Napoleon, Melvin	Army
Parker, Levi	Army
Parker, Vernon W.	Army
Peters, Calvin J.	Navy

Elders Host Luncheon

Vicki Kruger - There were over 500 attendees of the Elders Host Luncheon on October 22nd. We saw a lot of our friends from tribes everywhere. The Makah Tribe, from up the coast at Neah Bay, sent 4 van loads of elders and they said about 20 cars traveled to be here. I saw many of the same elders at a Potlatch in LaPush the next day and they wanted me to tell our elders that our Elder Luncheon was the best one yet!

Stay tuned for more photos next month. Veterans at the Elders Host Luncheon photos by Ann Parker.





BASKET WEAVERS CONFERENCE



Northwest Native American Basket Weavers Association conference photos by Margaret Henry





New Breath Tobacco Cessation Program

Are you interested in quitting smoking? The Squaxin Island Tobacco Prevention program will be starting the New Breath Tobacco cessation classes soon. The New Breath program is designed specifically to help American Indian adult smokers to stop smoking and remain smoke-free. It provides basic information about smoking, practical counseling, problem solving skills and social support. This program was designed to be done in six one-hour group sessions, meeting every two weeks for a total of three months. Research has demonstrated that the length and intensity of tobacco cessation interventions can be positively associated with the likelihood of an individual staying smoke-free. The longer the intervention, the greater the quit rate!

CIGARETTE RELATED MORTALITY:
Cigarette smoking is the single most preventable cause of premature death in the United States.

HEALTH EFFECTS:

- 40% of all American Indian deaths are from smoking related diseases!
- Nationally, lung cancer is the leading cause of cancer death among American Indians.
- Cigarette Smoking Prevalence Data shows that among the five major racial and ethnic populations, adult smoking prevalence was highest among American Indians (40.8%).
- Smoking-attributable deaths from cancers of the lung, trachea, and bronchus were slightly higher among American Indian men (33.5 per 100,000) and women (18.4 per 100,000) than those of other ethnicities.
- Smoking triples the risk of dying from heart disease among middle-aged men and women.
- Annually, exposure to secondhand smoke (or environmental tobacco smoke) causes an estimated 3,000 deaths from lung cancer among American adults.
- Scientific studies also link secondhand smoke with heart disease.

The New Breath program focuses on making the stop-smoking experience positive and successful.

To sign up for classes, contact Janita Raham, Prevention and Wellness Advocate 432-3972

Welcome



Dr. Blevins, Chiropractor

Squaxin Island Health Clinic is pleased to provide chiropractic care for the members of the Squaxin Island Tribe.

Dr. George Blevins, DC, will be providing gentle and effective chiropractic care to patients on the first and third Tuesday of each month from 8:30 a.m. to 12:00 p.m. (noon). Call for an appointment at 360-427-9006.

FREE BLOOD PRESSURE SCREENING 2011

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!

Upcoming 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 Juana Perry @ 432-3863
to get on the waiting list to have a garden placed in your yard – for FREE

Smart Shopping/ Food Label Reading Workshops

Contact Patty to schedule a family & friends session

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.

Mammogram Clinic

November 9th 9 a.m. to 3 p.m.
@ the Health Clinic
Contact Elizabeth Heredia at 432-3930

Community Health Walk

Thursday, November 17th
Meet at Elder's Building at 12:40 for a 20 minute walk around the REZ

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

Lunch menu

Tues. 1: Soup and Sandwich
Wed. 2: French Dip
Thurs. 3: BBQ Chicken

Mon. 7: Chicken Pot Pie
Tues. 8: Soup & Sandwich
Wed. 9: Chinese Stir Fry
Thurs. 10: Baked Potato Bar

Mon. 14: Hot Wings
Tues. 15: Soup & Sandwich
Wed. 16: BBQ Beef Ribs
Thurs. 17: Pork Roast

Mon. 21: Oyster Stew/Chowder
Tues. 22: Soup & Sandwich
Wed. 23: Turkey Dinner
Thurs. 24: Closed for Thanksgiving

Mon. 28: Tuna Melt
Tues. 29: Soup & Sandwich
Wed. 30: Baked Salmon

Need food?

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
Tuesday, November 8th, 9:00 - 4:00
Contact Debbie Gardipee-Reyes: 462-3227
Dates subject to change

USDA FOODS AT SPIPA

Contact Shirley or Bonita at 438-4216 or 438-4235
Monday, November 1st
10:00 a.m. - Noon
Applications available at Housing, Food Bank, NR and TANF

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



Lewis-Mason-Thurston Area Agency on Aging


Do you have Medicare?

Have a monthly income or \$1,362 (single) or \$1,839 (couple)? You may qualify for a program to help offset the costs of your monthly Medicare Part D premium and prescription costs.

To find out more, come to the Elder's Building at 11:00 – 12:00 lunch to follow on October 19, 2011 to hear from Martin Estrada of the Office of the Insurance Commissioner and Merridee Anderson of the Area Agency on Aging.

If you want to meet after lunch to see if you qualify, please bring your Medicare card and a current list of medications with dosage and strength of the meds.

For more information, contact Janita Raham at the Elder's Building or Merridee Anderson at 360-427-2225 ext. 101 or 1-877-227-4696 toll free.



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

Call Debbie Gardipee-Reyes at SPIPA 360 462-3227

**Tuesday,
November 8th is
WIC DAY at
SPIPA**

November is Diabetes Awareness Month



We have the power to prevent diabetes

We are American Indians and Alaska Natives, and we have the power to prevent type 2 diabetes. Science has proven that we can prevent diabetes if we lose as little as 10 pounds by walking 30 minutes 5 days a week and making healthy food choices.

"I know everyone can do it once they make up their mind. A lot of people out there know it runs in their family and they think 'Okay, I'm going to get it.' No, it is not so. You can prevent it. If I can do it, so can you."

GLENDIA THOMAS FIFER
GILA RIVER INDIAN COMMUNITY AND DIABETES PREVENTION PROGRAM PARTICIPANT

Here are 7 powerful steps you can take to get started today:

1 MOVE MORE. Get up, get out, and get moving. Walk, dance, bike ride, swim, or play ball with your friends or family. It doesn't matter what you do as long as you enjoy it. Try different things to keep it fun.

"I found ways to work activity into my day. I walk for 10 minutes every morning. At night, my wife and I walk with our daughter."

TOM JOHN
SENECA

2 MAKE HEALTHY FOOD CHOICES. Focus on eating less. Eat fiber-rich fruits and vegetables each day. Choose whole grain foods such as whole wheat bread and crackers, oatmeal, brown rice, and cereals. Cut down on fatty and fried foods. You still can have foods you enjoy, just eat smaller servings. Choose water to drink.

"I used to always go back for second helpings. Now, I leave the leftovers for another day. I think it is working."

JOSEPHINE MALEMUTE, RN
ATHABASCAN



National Diabetes Education Program
www.YourDiabetesInfo.org

3 TAKE OFF SOME WEIGHT. Once you start eating less and moving more, you will lose weight. By losing just 10 pounds, you can cut your chances of getting diabetes.

"Since losing a few pounds, I feel better and have more energy to do the things I enjoy."

LORELI DECORA
WINNEBAGO TRIBE OF NEBRASKA

4 SET GOALS YOU CAN MEET. Start by making small changes. Try being active for 15 minutes a day this week. Then each week add 5 minutes until you build up to at least 30 minutes 5 days a week. Try to cut 100 calories out of your diet each day (that's one can of soda!). Slowly reduce your calories over time. Talk to your health care team about your goals.

"When I first started walking, I could only go for about 10 minutes. Now I feel stronger and am able to walk 45 minutes every day."

JONATHAN FEATHER
EASTERN BAND OF CHEROKEE INDIANS

5 RECORD YOUR PROGRESS. Write down all the things you eat and drink and the number of minutes you are active. Keeping a diary is one of the best ways to stay focused and reach your goals.

"Keeping track of my activity allows me to see how I'm doing. By walking for 10 minutes at least 3 times a day, I'm able to get my 30 minutes in."

LORRAINE VALDEZ, RN
ISLETA/LAGUNA PUEBLOS

6 SEEK HELP. You don't have to prevent diabetes alone. Ask your family and friends to help you out. Involve them in your activities. You can help each other move more, eat less, and live a healthy life. Go for a walk together or play a pick-up game of basketball. Join a support group in your area to help you stay on track.

"After dinner I often take a walk with my family instead of watching TV."

KELLY MOORE, MD
CREEK NATION OF OKLAHOMA

7 KEEP AT IT. Making even small changes is hard in the beginning. Try to add one new change a week. If you get off track, start again and keep at it.

"When I don't think I have time to exercise, I just remember how important it is to be around for my family."

RALPH FORQUERA
JUANEÑO BAND OF CALIFORNIA INDIANS

"We have the power to help our people and the generations to come. We have the Power to Prevent Diabetes."

YVETTE ROUBIDEAUX, MD
ROSEBUD SIOUX



Take your first step today. Talk to your health care team about your risk for type 2 diabetes and the small steps you can take to prevent it. To find out more, call 1-888-693-NDEP (6337) or visit www.YourDiabetesInfo.org to get a free copy of Your GAME PLAN to Prevent type 2 Diabetes.



Kelly Moore, M.D., contracted consultant with the Indian Health Service Division of Diabetes, Albuquerque, NM has reviewed this tip sheet for accuracy. A message from the National Diabetes Education Program, sponsored by the National Institutes of Health and the Centers for Disease Control and Prevention. Revised March 2008 NIH Publication No. 08-5525 NDEP-73



Attention Squaxin Island Tribal Members

Adult Flu Vaccine is now Available

Call the Clinic for an appointment at 427-9006

Be Active, Stay Healthy Discussed at Diabetes Support

Submitted by Leslie Maniccia, ARNP & Patty Suskin, Diabetes Coordinator

Here are some of the highlights we discussed at the September Diabetes Support Meeting:

- Effects of exercise on the body and how it can specifically improve diabetes.
- How insulin is used to lower the sugar in the blood and bring sugar into the cells to be used for energy.
- “Insulin resistance” is when the body is not able to take insulin into the cells because of long term high blood sugar.
- Exercise increases the body’s ability to take insulin into the cells so that more sugar enters the cells which reduces the high blood sugar (hyperglycemia) associated with diabetes.
- Having more sugar in the cells allows the body to meet the higher demand for energy created by exercise.

One hundred and fifty minutes of exercise per week is the recommendation of the American Diabetes Association, accompanied by strengthening exercises twice weekly.

So, find a walking partner, go to the pool for a swim, or attend one of the many classes offered by the tribe.

Everyone is invited to the next Diabetes Support Meeting: Thursday, November 10 at right after Elder’s lunch at the Elder’s Building (about 12:45 p.m. to 2:00 p.m.) Topic: Diabetes & Your Medications



Have Diabetes?

IHS, Patty & the rest of the clinic staff want you to live a long, healthy life.

IHS recommends yearly checkups to find any problems early & take care of them.

Have you had your
“Diabetes Physical” this year?

Call for your appts before the end of 2011!

Health Clinic (360)427-9006
Dental (360) 432-3881

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

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

Diabetes Support & Education

Everyone is welcome—
those with Diabetes or not.
Come for a few minutes or
the whole time

Thursday, Nov 10th, 2011
Right after Elder’s lunch
at Elder’s Building
12:45 to 2 pm

TOPIC: Diabetes Medications
Guest Speaker: Leslie Maniccia, ARNP

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

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



Janita goes from size 22 (3 years ago) to size 12 and will never go back

Janita is a trimmer, healthier & happier person.

(Diabetes does run in Janita's family - by making these changes, she will likely prevent herself from having diabetes.)

Interviewed by Patty Suskin, Diabetes Coordinator



1. What do you consider your success in being healthier for life?

Taking the first step. I had to make myself a priority. I thought about taking better care of myself a hundred times. Other things always seemed to be more important.

2. What got you started on Healthier Lifestyle?

I could not find clothes to fit me when shopping in the mall. I was 28 & only the "not the current fashion" clothes would fit me. I was a size 22. I decided I was done being this heavy. That was Sept. 24, 2008.

I learned from the Lifestyle Balance classes I was teaching (for people with prediabetes). I was teaching it & supporting people, but not doing it myself. I used the skills I was teaching other people. I have a grandma with diabetes & wanted to take care of me.



3. When did you start making changes?

Three years ago, when I was a size 22, I started going to the gym on my lunch break. I worked up to 5 days a week on the treadmill or elliptical. I kept increasing the elliptical & worked up to 45 minutes on it plus 15 minutes on the treadmill. I worked out for an hour a day for months.

Seeing the results from my exercise got me excited! I have bicep muscles now! I enjoy seeing myself get stronger.



4. What type of changes have you made?

Once my clothes starting fitting loose, I started to work on my nutrition. No more Koolaid; I switched to Crystal Light. I started trying new foods, eating vegetables every day, and switched from beef to lean turkey.

Back then, I was eating out fast food - mostly McDonald's about 4 or 5 times

a week. Now we have it less than once a month. The kids don't even ask for it anymore. I was watching TV 3 or 4 hours a night, sitting on the couch, eating junk. Now when

I watch TV, I do not sit down, I multi-task. I am doing laundry, chasing the baby, and cleaning the house at the same time.

Before, I was very inactive all day long. I am more active now - I have so much more energy! Now that I am close to my goal, I work out regularly, but sometimes it is less than an hour. I have changed my eating habits so much & I am more active now.

BEFORE

Koolaid
Mc Donalds 4 or 5 times a week
Eat dinner in front of TV
TV 3 or 4 hours a night
(Laying on couch eating junk)

NOW

Crystal Light
McDonalds less than once a month
Whole family eats at the table together
TV multi-tasking:
(Laundry, chasing the baby, cleaning . . .
I don't sit down)

5. What was one of the hardest changes you made?



Portion control. I LOVE food! I used to order a value meal & sandwich when I ate out. Now I get the mini meal (cheeseburger & fries) & it is more than enough. When I eat the mini-meal, though, it doesn't taste that good. I am eating more vegetables & less fried foods. I use an app on my phone to track my food & exercise. I never told myself I could not eat something. I work out more if I really want junk food or crap. I eat a smaller portion when I do eat those foods.

6. What keeps you going?

I feel HOT - I feel good. I have so much energy now! Playing with the kids used to be a chore. Not anymore. I enjoy it. I'm happier & a lot more fun to be around.

7. What is different to you this time—why do you think these changes are a new way of life rather than a passing fad?

Our family chooses to do active things together now. We like to walk around downtown, walk the REZ, Walk around Capitol Lake in Olympia & downtown & Play Just Dance on Wii. I used to spend that time sitting in front of the TV eating junk food, feeling sorry for myself.

8. What advice to you have for others thinking about becoming healthier?

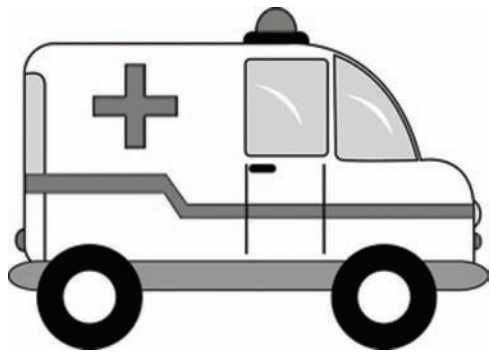
There is no miracle diet, There is no miracle pill. It takes a lot of effort. As Nike says, "just do it." Be patient. After 3 years, I am almost at my goal size.

You have to make yourself a priority. Everyone benefits. If I look good, I feel good. If I feel good, I am nicer to everyone.





HEALTH CLINIC / FAMILY SERVICES



Emergency Room Guidelines

Because Contract Health Services do have limited funding, it is required that you use the Squaxin Island Tribe Health Clinic whenever possible. If the Clinic is closed, both Shelton Family Medicine (426-2653) in Shelton and Group Health Urgent Care (923-5565) in Olympia have extended business hours. Shelton Family Medicine is open Monday through Thursday from 8:00 am until 8:00 pm; Fridays from 8:00 am until 5:00 pm and Saturday from 8:30 am to 5:00 pm. Group Health Urgent Care is open Monday through Friday from 8:00 am until 8:00 pm and Saturday and Sunday from 9:00 am until 7:00 pm. Either of these offices can advise you on how to handle a medical problem. The care you receive at these clinics must fit the priority levels at which CHS is currently operating or you will be responsible for the bill.

In addition to the urgent care clinics, you can call Group Health's Consulting Nurse 24 hours a day at 1-800-297-6877 to determine whether or not you should seek immediate attention.

An emergency may be defined as "a threat to the loss of life and/or limb". See partial listing under EMERGENCY ROOM listed below.

Contract Health Services will only pay for Priority Level 1 and Priority II procedures.

Below are some situations in which you might need to go to a Clinic or Emergency Room. Please note that this is not a complete list, and is only meant to provide you with a few examples.

GO TO A CLINIC:

Earache
Cough
Ingrown Toenail/Fingernail
Bronchitis
Minor Cuts & Bruises
Headache
Colds

EMERGENCY ROOM:

Heart Attack
Stroke
Profuse Bleeding
Coughing & Vomiting Blood
Sexual Assault
Acute Asthma Attack
Amputation

If you find yourself in an emergency situation, please use Mason General Hospital, St. Peter Hospital, or Capital Medical Center, as the Tribe has a discount with these facilities. Please visit the Hospital's Financial Assistance Department to apply for assistance to satisfy our Contract Health Care requirements if you do not have prior authorization. Hospital Charity Care is available (up to 200% of the federal poverty level) - but only if you apply at the hospital.

Hey Ladies . . .

I have started a

'Women's Healing Circle'

Monday's at the Elders Building At 4:00 p.m.

A support group for the ladies of our community!

This is your group, so please contact me with any ideas or suggestions.

Gloria J. Hill

Domestic Violence Advocate

360-432-3927 or 360-463-7051

ghill@squaxin.nsn.us



"IT'S NOT YOU, ME OR I, IT'S WE!!!"



The Eagle Books Word Search

Circle the hidden words in the puzzle below. There are 24 hidden words. The words may be hidden: horizontally, vertically, diagonally, forwards, and backwards.

S E T E B A I D T N H R C L M
S T R O N G O I N Y E H A K V
R E T A W Z B U A B I D F L G
P U W R C B N L I L O L R U V
D R G N A T P I D C V O K A E
P O E R W J I R N O D Y K U G
M R O V S S E V I Y A H Y S E
U Y R F E N D M E O N T P K T
J R A I N N G N E T C L F L A
A P T I W N T A E E E A E A B
W A L K I N G I Y I M E W O L
B U Z N P L S P O I R H L Q E
R P N X E I O L L N G F A V S
Y U E G L N L Y S T I U R F M
R N N A T I V E B E J H M P E

Active
Books
Children
Coyote
Dance

Diabetes
Eagle
Family
Food
Friends

Fruits
Garden
Healthy
Indian
Jump

Play
Prevention
Rabbit
Rain
Running

Strong
Vegetables
Walking
Water
Native

Read all four Eagle Books.

For more information visit: <http://www.cdc.gov/diabetes/pubs/eagle.htm>



Control Your Holiday Credit Card Debt

The holidays should be a joyful time for you and your family. But for many families it's tough to find the extra cash for holiday expenses. Using your credit cards can solve the problem, but can create other problems.

Most families don't plan to run up high balances on their credit cards during the holidays — it just happens. Nearly one-third of adults say they spent more than they planned on holiday gifts. Most spent \$100 to \$500 more than they planned. It is hard to pay off an extra \$500 on credit cards after the holidays.

Ways to Control Your Spending

Start by making a written plan for holiday spending and gift giving. Think about how much you can afford to spend on gifts, decorations, holiday meals, and travel.

Set a spending limit for gifts for each person. Include limits on other items in your spending plan. Start looking for bargains early. If it's been a tough year for you, think about cutting back on what you usually spend. Talk with friends and family about not exchanging gifts, drawing names so you give fewer gifts, or setting dollar limits on gifts.

Decide if you are going to use a credit card for holiday spending. If you use only cash, leave your credit cards at home. You won't be tempted. If you write checks, be sure to record each in your register and figure the balance before writing another check. Stay within your limit!

If you need or want to use a credit card, pick just one to use for your holiday spending. It's easier to control your spending with one card. Write your spending limit on an envelope and put it in your wallet. When you use your credit card, write the amount on the envelope and subtract it from your limit. Put the receipt in the envelope.

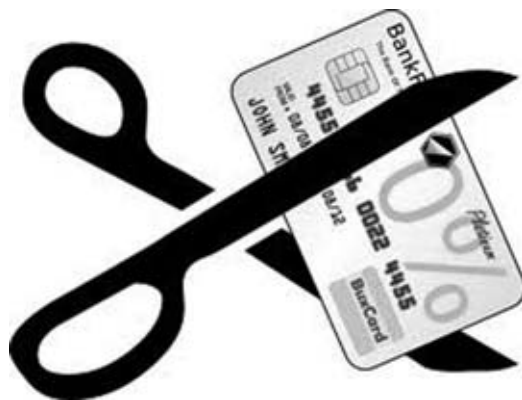
When you've reached your limit, stop using your credit card! Try to separate shopping trips from spending trips. Make one trip to compare prices and value but don't take along your checkbook or credit cards. When you've decided what you can afford to buy, go back to make the purchases.

Ways to Cut Holiday Costs

Make gifts by hand or give gift certificates promising your time or talents. Have friends or family over for dessert rather than for a meal. Make your own decorations. The gift each of us remembers as most special is usually one that involved someone's time and thought, not large amounts of money.

Credit Card Offers

During the holidays, your credit card company may offer to let you skip a payment or two. Or, it may invite you to pay back only the minimum or even reduce your minimum payment. Don't be tempted to take these offers since you'll pay more in the long run.



Stick to Your Plan

The best gifts are those that do not burden you with debt into the next year.

Source: Susan Taylor, Consumer and Family Economics Educator, University of Illinois

Volunteers Needed!!!!!!

The Squaxin Island Tribe Free Tax Preparation Site is looking for one or two volunteers to assist with tax preparation a few evenings a week beginning in February 2012. You will be required to take an online course and exam (Tax Wise Online) to be certified to prepare basic tax returns with the IRS.

If you are interested in volunteering please call Lisa Peters at 432-2871.



Cooking Oil and Grease Fires

Cooking oil and grease fires are one of the major causes of house fires. Fires started by cooking oils or grease are the fastest spreading and the most destructive. Many people are killed or seriously burned in kitchen fires that start this way.

Tips for Pan Frying:

- Use only enough oil or non-stick spray to cover the bottom of the pan.
- When using a gas stove, adjust the burner to avoid flare-ups around the pan.
- When using a pan or wok for stir frying, preheat the pan before adding oil. The pan is ready if a teaspoon of water skitters or dances across its surface.

Tips for Preventing and Extinguishing Grease Fires:

- Never use water to extinguish a cooking oil fire — it will make the fire flare and spread.
- Put a tight-fitting lid on the pot or slide a cookie sheet over it to smother the flames.
- Turn off the overhead fan to keep the flames from spreading.
- Don't remove the pot from the stove. The flaming oil will slosh and spill, burning you or spreading the fire.
- Never pour burning oil down the sink.
- Keep the area around your stove free from items that could catch on fire easily — paper towels, pot holders, curtains, dish clothes, etc.
- Keep your stove top and fan unit clean.
- Wear short sleeves or tight fitting clothing when working around your stove.
- Never leave food cooking on the stove unattended.
- Keep a charged fire extinguisher handy.
- Work out an escape plan with your family and practice it regularly.
- Never use a stove as a heating appliance.



The 2011 Washington Recycler of the Year is located in Shelton!

Wilson Recycling opened its door in 2008 and this year was named the 2011 recycler of the year by the Washington State Recycling Association. Located at 2278 E. Brockdale Road, Wilson Recycling takes the following items:

Wilson Recycling will pay for:

Please call for current pricing

- Copper (*pipe, bare or insulated wire*)
- Aluminum (*scrap, wire, vehicle rims and cans, boats*)
- Brass, including empty shell casings
- Stainless Steel
- Automotive batteries
- Radiators
- Lead
- Transmissions
- Electric motors, including starters and alternators
- Die cast
- Steel (*rust okay*)
- Automobiles (*call for requirements*),
- Other equipment/machinery



Wilson Recycling will accept free of charge:

- Glass (*any color bottles and jars, windows ok, no windshields*)
- Plastics #1, #2 and #5 (*if you are not sure what these are, ask and they will help you out!*)
- Agricultural plastics, including baling twine, nursery pots and more
- Hard plastic items, such as lawn furniture, large kid toys, buckets, and totes
- Cardboard (*wet cardboard not accepted*)
- Paper, paperboard, mixed paper, junk mail, books, and magazines
- Newspaper
- Household electronics (*such as TVs, computers, monitors, and laptops, as well as other audio/video equipment and other computer related equipment*)
- Miscellaneous steel items
- Clothing
- Tin scrap and cans
- Small household electric items (*such as vacuums, lamps, small tools, and toasters*)
- Styrofoam (*white and clean only*)
- Any metal plumbing or electrical fixtures, including sinks, pipes, wire
- Lawn mowers, weed eaters, leaf blowers, boat motors
(*payment possible, depending on quantity*)

Other items accepted for a fee:

Microwaves: \$5.00

Tires : \$2.50 each

Fridges, Freezers, AC units and anything else that does or did contain Freon: \$20.00 each

Wood and yard debris: \$10.00 for full pickup load

\$15.00 for full size truck over full

\$20.00 for a dump trailer

\$35.00 for dump truck

Wilson Recycling is located at 2278 E Brockdale Rd in Shelton. They are open 7 days a week from 8:30-5. Material for payment must be brought in before 4:30 daily. For more information call 360-462-4444 or visit www.wilsonrecycling.com.

For questions or comments regarding this article please contact Sheena Kaas, Solid Waste and Recycling Program Manager at 432-3907 or skaas@squaxin.us



Holiday Safety

Each year fires occurring during the holiday season injure 2,600 individuals and cause over \$930 million in damage in the United States. By following some of the outlined precautionary tips, individuals can greatly reduce their chances of becoming a holiday fire casualty.

Thanksgiving

- Start holiday cooking with a clean stove and oven.
- Keep the kitchen off-limits to young children and adults that are not helping with food preparations to lessen the possibility of kitchen mishaps.
- When cooking, do not wear clothing with loose sleeves or dangling jewelry. The clothing can catch on fire and the jewelry can catch on pot handles, causing spills and burns.
- Cook on the back burners when possible and turn pot handles in so they don't extend over the edge of the stove.
- Never leave cooking unattended. If you must leave the kitchen while cooking, turn off the stove or have someone else watch what is being cooked.
- Keep Thanksgiving decorations and kitchen clutter away from sources of direct heat.

Preventing Christmas Tree Fires

- Select fresh trees –Choose a green tree with a sticky trunk and tight needles.
- Care for your tree – Keep it away from heat sources, and keep the tree stand filled with water. Take your tree down after two weeks.
- Dispose of your tree at the recyclers –Never put the tree or branches in the fireplace or woodstove.

Holiday Lights Safety

- Maintain your lights –Inspect the lights, wires, sockets for wear and tear.
- Electrical Outlets –Don't overload outlets or stretch lights to reach outlets.
- Periodically check the lights; they should not be warm to the touch.
- Turn the lights off when you're not at home and before going to bed.



Happy Birthday

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

What's Happening						
	1	2	3	4	5	
	Drum Group 6:00 p.m.	Family Court	AA Meeting 7:30	TLC Cultural Classes & MLRC Bazaar	MLRC Bazaar	
6	7	8	9	10	11	12
		Criminal/Civil Court		Council Mtg. AA Meeting 7:30	TLC Cultural Classes	Screen Printing @ TESC
13	14	15	16	17	18	19
Screen Printing @ TESC		Drum Group 6:00 p.m.		AA Meeting 7:30	TLC Cultural Classes	MLRC 2012 drum making
20	21	22	23	24	25	26
MLRC 2012 drum making		Criminal/Civil Court Drum Group 6:00 p.m.		Happy Thanksgiving		
27	28	29	30			
		Drum Group 6:00 p.m.				

Joseph Peters	18
Taeahni Fox	18
Lucille Quilt	19
Samantha Smith	20
Nathan Nunes	20
Connie Uribe	20
Jason Kenyon	20
Herbert Johns	21
Aleta Poste	21
Vincent Henry Sr.	21
Bianca Saenz-Garcia	21
Olivia Korndorfer	22
Susan McFarlane	22
Lyssa Davis	23
Candee Gillette	23
Diane Deyette	23
Steven Dorland	23
Delores Johnson	23
Cecily Neilsen	24
Michael Parker	24
Joseph Seymour, Jr.	24
Terry Tahkeal	25
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



Happy Belated Birthday
Uncle Mike
If you read this,
its good for \$20 at LCCR!
Love,
Ruth, Junior, Billie Marie
and Jordan



COMMUNITY



Happy Birthday Ila!



You are my sister and you will do anything for me and I love you! - Love, Loretta

Happy Belated Birthday Mathew Nelson (Oct 9)

(It was my fault it was late - Theresa)



**From all of us at home!
We love you!
Mom, Corri, JC,
Dodie, and Jamie
and all your nieces
and nephews**



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

If it is an
EMERGENCY
CALL 911

Happy Belated 68th Birthday John Krise, Sr. The Most Wonderful Husband



**With Love From Your Wife
and Sons, Adam and John, Jr
and the Grandchildren,
John III, Ayana,
and Adam Jr.**

Squaxin Island
Museum
BAZAAR

November 4th, 9-5 5th 9-4
150 SE Kwuh-Deegs-Altxw

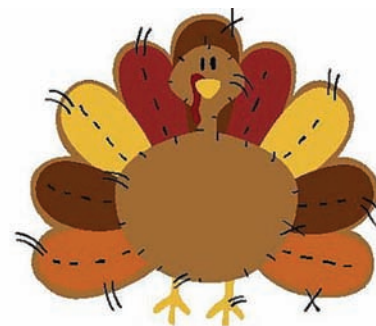
Come on in, admission is free! Get your holiday shopping done all in one place with many arts and crafts to choose from! Handmade jewelry, wood works, prints, basketry, baked goods and much, much more!

Ruth Whitener 432-3841 rwhitener@squaxin.us

Sponsored by Squaxin Island Tourism



*Happy
Thanksgiving*



**Deck
THE HALLS**
\$500,000

PROGRESSIVE GAME SHOW!
Now through December 29th, 2011

Enter to play each Tues, Weds & Thurs at 6pm & 8pm!

**GAME SHOW PRIZE
BEGINS AT \$100,000**
and grows each week leading up to the final...

\$500,000 GRAND PRIZE

Club members receive one free swipe per day.
Enter daily at the kiosk to earn additional entries
and up to \$100 free play!

LITTLE CREEK
CASINO • RESORT
www.little-creek.com

See Players Club for more details. Must be present to win.

BLACK FRIDAY SPECIALS • NOV 25TH

BINGO

November 25th at 6:30pm &
November 26th at 2:30pm & 6:30pm
Wear black and receive a free level 1 with buy-in!*

\$5.99 BREAKFAST BUFFET
8am-11am in Creekside Buffet

\$1.00 MGD DRAFTS IN STARLIGHT LOUNGE

TABLE GAMES LOW LIMITS
9am-5pm on Thursday and Friday

LITTLE CREEK
CASINO • RESORT
www.little-creek.com

*First 100 guests for each session will receive a free coupon book for the event
and entry into a drawing for an electronic prize!

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Shelton, WA 98584

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