

Klah-Che-Min

ʔacaciɬalbixʷ gʷɬ tə xʷəlč yəxʷ ti stultuləkʷ.

A PUBLICATION OF SQUAXIN ISLAND TRIBE

ʔacaciɬalbixʷ gʷɬ tə xʷəlč yəxʷ ti stultuləkʷ.

NOVEMBER 2004

COMPLIMENTARY

Vote NO on I-892 NOvember 2nd

Many people have asked questions about Initiative 892 and how it might affect Little Creek Casino if it is passed by voters on November 2nd. I-892 would legalize a dramatic expansion of gambling and permit it in urban areas that do not currently allow most types of gambling. Restaurants, bowling alleys, card rooms and bingo halls would be among the establishments allowed to have electronic scratch ticket machines (basically slot machines) if voters approve this initiative.

This type of private gambling expansion would obviously have a severe impact on the revenue earned from our casino. A loss of revenue at the casino would affect casino operations as well as most of the social, charitable and enterprise programs operated by our tribe.

Tribal leaders and staff have worked hard to defeat Initiative 892. The Tribe is joining with community, business, church and ethnic leaders in a coalition to urge voters to oppose the initiative. The Tribe is doing this in our own self interest, but also because we don't think the citizens of Washington want gambling in their neighborhoods and their family restaurants. They like the arrangements we have now.

The No on I-892 Campaign is encouraging employees in all tribal operations throughout the state to vote NO on Initiative 892, whether by absentee ballot or in person at the polls. This could make a huge difference in the election! Encourage your family, friends and neighbors to vote NO as well. Your support is very much appreciated!



Vote No Initiative 892

The Olympian Views:

Oppose an expansion of gambling

On Nov. 2, voters should reject Tim Eyman's initiative to expand gambling in WA state.

The state budget should not be balanced out of the pockets of men and women addicted to gambling -- whether it's the lottery, blackjack or, in this instance, slot machines.

I-892 would double the number of slot machines in this state. It would allow licensed gaming establishments throughout the state -- bars, taverns, bowling alleys and restaurants -- to install slots. Establishments would be limited to 125 machines, but owners could lease their rights to others. For every one of the 18,225 slot machines in a tribal casino, there would be a corresponding slot machine in a private, non-reservation gambling establishment.

Eyman says his initiative is "revenue neutral" -- that is, it would create \$400 million in new taxes for the state with a corresponding \$400 million cut in property taxes. Eyman says the lower property tax rate would save the average homeowner \$220 a year.

Opponent Jim Austin, a Seattle attorney, is quick to poke holes in Eyman's numbers. In a forum sponsored in part by The Olympian, Austin

Continued on Page 3

Mark your Calendars

General Body Meeting

December 4th at 1:00 p.m.

Per Capita will be handed out at this same time

SQUAXIN ISLAND TRIBE

10 S.E. Squaxin Lane
Shelton, WA 98584

People of the Water

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KLAH-CHE-MIN SQUAXIN ISLAND TRIBAL NEWS

10 S.E. Squaxin Lane
Shelton, WA 98584

PHONE: (360) 426-9781
FAX: (360) 426-6577

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 & staff.

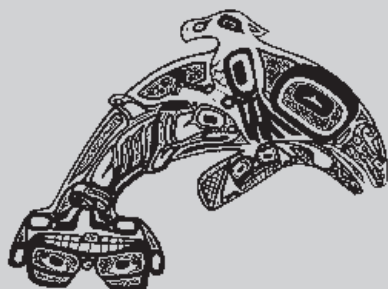
Submissions Deadline:
15th of each month

SQUAXIN ISLAND TRIBAL COUNCIL:

DAVID LOPEMAN: *Chairman*
ANDY WHITENER: *Vice Chairman*
VINCE HENRY: *Secretary*
PATTI PUHN: *Treasurer*
PAULA HENRY: *First Council Member*
ROY PEREZ: *Second Council Member*
CHARLENE KRISE: *Third Council Member*

Klah-Che-Min Staff:

THERESA M. HENDERSON: EXT. #3945
thenderson@squaxin.nsn.us



COMMUNITY



Thank You to All Our Veterans

Tribal members:

Charles Bloomfield III
John Briggs
Dan Brown
Donald Brownfield
Gary Brownfield
Marvin Campbell
Francis Cooper Sr.
Ron Daily
Sallee Elam
Harry Fletcher
John James
Del Johns, Sr.
Lloyd Johns
Richard Johns Sr.
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Darrel Krise
John E. Krise
Pete Kruger Sr.
Marvin Newell, Jr.
David (Toby) Lewis
Glen Parker
William Penn
Bill Peters
Calvin Peters
Rick Peters
Rusty Pleines
Dave Seymour
Joe Seymour Sr.
Joe Seymour, Jr.
Dewey Sigo
Robert Whitener Sr.
B.J. Whitener
Donald Whitener
Dave Whitener Sr.
Joe Whitener
Ronald Whitener

Deceased:

Ed Brown
Hank Brown
Wesley Fletcher
Ed Henry
Bob Johnson
John Krise, Sr.
Lewis Napoleon
Melvin Napoleon
David Rankin
Wilson Whitener
Bruce Johnson
Harvey Krise Sr.
Harvey Krise Jr.
James Krise
Donald Whitener

Community:

Tiff Barrett
Doe Bridge
Richard Case
Jim Carpenter
Chuck Evans
Mike Evans
Larry McFarlane Sr.
Mishell Miller
Elmer Strobe
Brian Thompson
Frank Coley
Mike Davis
Micah Ware





Veterans Wanted!!!

A Veterans Committee is being formed to assist the Tribe in building a veterans memorial with flag poles. The first meeting was held on Monday, October 25th before the Elders' lunch. The Planning Department would like input from veterans to finish the memorial and address other veterans-oriented projects. The first meeting focused on establishing the Veterans Committee and developing guidelines for meeting format, meeting schedule, leadership, communication, quorum, advisory decision-making, membership, and project management. Updates will be provided in future articles.

For more information, contact Brian Thompson at 432-3907 or Lynn Scroggins at 432-3952.



Photo by Ruth Whitener, National Museum of the American Indian, Washington, D.C.

Tribal Veterans Exhibit Planned for the MLRC

"Brave Warriors, Squaxin Island Tribal Veterans" is the title of a new exhibit planned for the Squaxin Island Museum Library and Research Center.

"We want to honor our tribal veterans," MLRC Director Charlene Krise said.

Anyone wanting to donate memorabilia or historic photos is encouraged to do so by contacting Charlene at 432-3851.

The exhibit will run through August, 2005.

Vote NO on NOvember 2nd

Continued from Page 1

said the property tax saving would be closer to \$13 to \$32 per \$100,000 of assessed valuation.

State budget officials have studied Eyman's initiative and said opponents are correct. In 2009, the state property tax rate would be reduced by \$252 million, saving the average taxpayer \$32 per \$100,000 of assessed valuation -- a far cry from Eyman's promise.

All about deception

This initiative is all about deception. It starts, as Austin correctly points out, with the ballot title that authorizes "electronic scratch tickets."

This initiative isn't about scratch tickets. It's about slot machines. Not the Vegas-style slots that dump out money into a tray, but those look-alike slots that have proliferated in this state.

In another deception, Eyman seeks to divide this state into two camps: tribal supporters versus tribal opponents. At the televised debate, Eyman asked: "Are taxpayers willing to pay an extra \$400 million per year in additional property taxes just so the tribal casinos can maintain their government-protected monopoly? No way."

Eyman would have voters believe this issue is about fairness -- giving private operators the same rights as tribes. But where's the fairness in addicting more men and women to gaming devices?

Dueling bureaucracies

There is another fatal flaw in I-892. Regulatory oversight of the slot machines is not with the state Gambling Commission but with the state Lottery Commission. That's ludicrous. Why create two government bureaucracies with the corresponding costs to taxpayers? It makes no sense.

Critics say the shift was made by Eyman to take away the rights of voters to outlaw specific types of gambling in their communities. That would be the biggest deception of all. I-892 is bad public policy because it offers a minuscule tax break in exchange for doubling the number of slot machines and luring countless people into a life-altering addiction to gambling. Vote "no" on I-892.

Daily Tribal News Via Email

Call 432-3945 to sign up

Who Is It?



John Krise and Don Whitener, Sr.

Initiative 892

Ballot title: Initiative Measure No. 892 concerns authorizing additional electronic scratch ticket machines to reduce property taxes. This measure would authorize licensed nontribal gambling establishments to operate the same type and number of machines as tribal governments, with a portion of tax revenue generated used to reduce state property taxes. Should this measure be enacted into law?

Yes

x No

For more information, visit www.voteno892.org or www.theolympian.com/I892.



The Tribal Vote is More Important than Ever!

Please Vote November 2nd

The Tribal Council is asking every eligible Tribal member and Tribal employee to get out and vote this year, and we want to help you do that.

The legislature and state Supreme Court will soon be deciding a number of issues of great importance to the Tribe, its members and its employees. We need elected officials and judges that understand and support Tribal issues. If voter turnout is as low as predicted on November 2 this year, full participation by the Tribal community could have a very big impact on some important races.

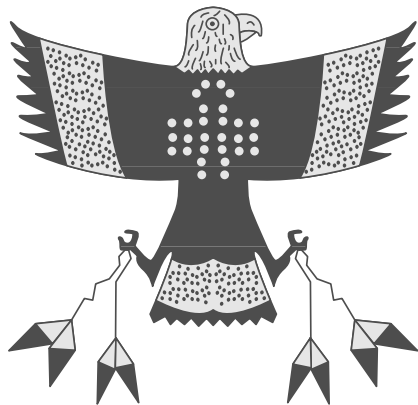
The Squaxin Island Tribal Council has reviewed the issues and candidates with an emphasis on issues of great concern to the Tribal community, including Tribal sovereignty, natural resources, gaming and other issues. We have reviewed candidates' positions, voting records of incumbents, and have met with some candidates personally. Based on that research, we have determined our recommended votes (See Page 5).

To use the voting guide on Page 5, you must first determine your voting district. If you live outside the areas listed below, or in a zip code that covers more than one district, please call the Legal Department for assistance in determining your voting district.

The voting guide does not cover all districts or all election issues. If you have questions about a candidate in another district or an issue that we have not covered, please call Kelly Croman at the Legal Department at 432-1771. She will provide you with information you need to make an informed choice, and can tell you whether the Tribal Council has supported a candidate in that district.

Sincerely,

Dave Lopeman
Chairman



If your zip code is:

98584
98501
98502
98503
98504
98505
98506

Your Congressional District Is:

6
3 or 9
3 or 6
3 or 9
3
3
3

Legislative District Is:

35
20 or 22
35
20 or 22
22
22
22

Come and join us for the 1st Annual Housing Fair

When: Saturday, November 13, 2004

Where: Squaxin Island Gym

Time: 11:00 a.m. - 3:00 p.m.

What to expect:

- Hands On Home Repair Activities
- Games and activities for children
- Informational booths from organizations such as:
 - USDA Rural Development
 - Community Action Council
 - Consumer Counseling Northwest
- Food and beverages
- Door prizes to include:
 - 1 night stay at Little Creek Casino and Hotel
 - Papa Murphy's Pizza Certificates
 - Lumbermen's Donation
 - Kell Chuck Glass Donation

Learn more about:

- Programs and resources available regarding homeownership
- Loans and grants available for home repairs and weatherization

Watch for more details coming soon in the mail. If you have any questions or would like additional information on the Housing Fair, please contact Lisa Peters 432-3971. Don't miss out on the fun!

New Hunters Certified by Public Safety Dept.

These young tribal hunters were recently certified. For more on the story, see Page 21.



Narcotics Tips Line

Any illegal drug information (on or off-reservation) can be reported without leaving your name. Simply call the number below and leave detailed information regarding the activity.

432-3898



2004 Voting Guide:

Squaxin Island Tribal Council Recommendations

President/Vice President

- *John Kerry / John Edwards*

As President, George Bush has worked to decrease funding for important tribal programs, and has shown limited knowledge or concern for critical tribal issues. The next president is likely to select at least one, and maybe several, Supreme Court Justices who will decide significant tribal cases for many years to come. John Kerry's selections for these offices are much more likely to be supportive of tribal positions.

Congressional Positions

U.S. Senator

- *Patty Murray*

Patty Murray, the democratic incumbent, has been a tireless supporter of tribal issues and of the Squaxin Island Tribe in particular.

District 3, U.S. Representative

- *Brian Baird*

Brian Baird, the democratic incumbent, has been supportive of the Tribe, while his challenger supports George Bush.

District 6, U.S. Representative

- *Norm Dicks*

Norm Dicks, the democratic incumbent, has supported and worked with the Tribe for years on many issues.

District 9, U.S. Representative

- *Adam Smith*

Adam Smith, the democratic incumbent, is a member of the Native American Caucus, and has supported Tribes on a number of issues.

Statewide Positions

Governor

- *Christine Gregoire*

Although the Tribal Council has concerns about both candidates for Governor, Dino Rossi's record on water and environmental issues causes us to support Christine Gregoire.

State Supreme Court Position 1

- *Mary Kay Becker*

Ms. Becker's opponent, Jim Johnson, is a long-time opponent of Tribal sovereignty, representing private property owners against Tribes in shellfish litigation.

Commissioner of Public Lands

- *Mike Cooper*

Mike Cooper has been good to Tribes on goosdick and other natural resources issues.

Initiative I-892

OPPOSE

This initiative, advertised by its supporters as a way to lower property taxes, is actually an attempt to allow private cardrooms, bowling alleys, restaurants, taverns, and others to operate slot-machine style gambling. It would allow almost 19,000 electronic slot machines to be installed throughout the state. These private companies would be subject to substantially less regulation than tribal casinos, and their profits would, in many cases, benefit the out of state and foreign companies that own them.

Oh, Fishing Season . . .

Fun in the Sun: Austin Lorentz and Jordan Whitener



Gathering at Boston Harbor Marina: Glen Parker and Cal Peters and Lucille Hause



Photos by Melonie Hause





NEW EMPLOYEES



Melanie Vigue

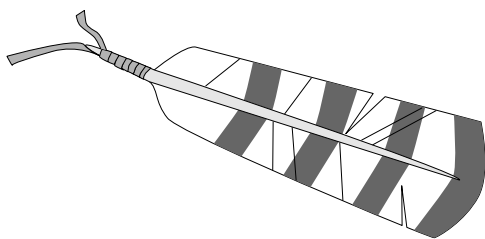


Accounting Specialist II

Hello, my name is Melanie Vigue. I have been hired as an Accounting Specialist II and I am filling the position formerly held by Desi Smith who has moved on to other adventures at Little Creek Casino.

I recently moved here from Spokane. My previous employment was with Planned Parenthood as the Bookkeeper/Finance Assistant. I moved to this area to be near my children and grandchildren.

I look forward to meeting all of you!



A free screening of a new film

by Sandy and Rasu Osawa.

"Princess Angelina"

A documentary on the life of the daughter of Chief Seattle.

Location: Daybreak Star

Date: Friday, November 12th

Time: 7:00 p.m.

Free! Free! Free!

Lea Cruz



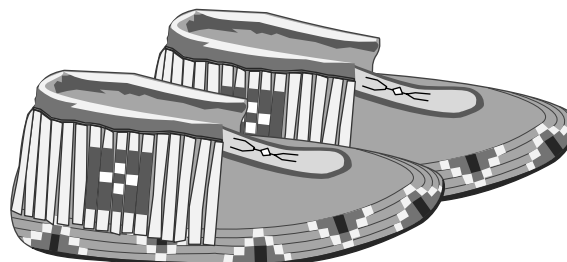
TANF Case Aid

Hi, I'm Lea Cruz, the new TANF Case Aid for SPIPA's Kitsap and Five Tribes Career Center. I am a Squaxin Island Tribal member and worked for my tribe eight years as a Community Health Representative (CHR) Elders Coordinator. Just prior to taking this position, I worked at the Little Creek Hotel and Casino.

I'm excited to be able to work with the Native population in this area. I have experience with the system and I am happy to help people become self-sufficient with dignity and understanding. Because I was in the system at one time, I hope I can be an inspiration.

I'm really glad to be working in Indian Country again. My co-workers and ex-coworkers, as well as some SPIPA employees encouraged me to apply for this position.

I am busy raising five kids - two grand-kids and three of my own kids. I'm so busy that right now I have no time for hobbies. I'm really happy that my hours will once again allow me to be more available for my family.



Vicki York



TANF Case Manager

Hello again! I am happy to announce that I will serve the Squaxin community as the Tribes Assisting Native Families (TANF) Case Manager. I am still a Squaxin Island employee. I will administer the SPIPA Intertribal TANF program for the Squaxin Island people. My current office is at the Five Tribes Career Center at 122 West Cota Street in Shelton, but my permanent office will be in the new SPIPA building.

Introduction to TANF

South Puget Intertribal Planning Agency (SPIPA) is a consortium of five federally recognized tribes. The tribes are Confederated Tribes of the Chehalis Reservation, Nisqually, Shoalwater Bay, Skokomish and Squaxin Island. Three tribes, Nisqually, Skokomish and Squaxin Island, are participating in the SPIPA Intertribal TANF program.

The purpose of the SPIPA Intertribal TANF program is to provide assistance for eligible families with children. Assistance may include education, job preparation, work experience and support services. The program's primary intent is to assist families in becoming self-sufficient rather than dependent upon the SPIPA Intertribal TANF program or other programs for assistance.

The SPIPA Intertribal TANF program is renamed from the state's Temporary Assistance for Needy Families to Tribes Assisting Native Families which is much more appropriate.



NEW EMPLOYEES



Sedar Rowson



Youth Counselor

Hello, my name is Sedar Rowson. I work with the Squaxin Island youth as a Counselor. My goal is to promote self-esteem with the emphasis on the children's perception of their own strengths and skills. Through this strength-based approach of social and emotional skill-building, we will be working on such things as respect, responsibility, patience, honesty, grief and loss issues in group activities and individual work. It was a joy to work with the kids this summer and I look forward to developing an after school program with the Learning Center. I am contracting with the clinic (HHS) and work closely with the clinic Counselors, Brenda Dorsey and Heidi Chambers and the new Mental Health Assistant, Misti Saenz-Garcia.

I have a masters degree and have worked with diverse populations with an extensive background in the social service/mental health field. Most recently I was involved in an innovative program providing therapeutic support to elementary aged children at the Hood Canal School.

I'm located at the Learning Center in Kim Cooper's old office. Please feel free to drop in between 2:00 and 6:00 p.m. to give me your ideas for after school programming or just come by and say hello. We will be sending flyers out and posting in the Daily Scoop as we schedule activities this fall.

Pablo Bueno



Lead Janitorial Service Supervisor

Hello, my name is Pablo Bueno. I am pleased to introduce myself as the new Lead Janitorial Service Supervisor for the Squaxin Island Tribal Center. I am very honored to be chosen for this position and will be looking forward to meeting each and every one of you! Please come by and say hello. I am available at any time if you need me.

Rusty Cooper



Janitor

Hi! My name is Eugene Russell Cooper, A.K.A. Rusty. I am a new janitor for the Tribe. Most of you already know me, so I'll keep this brief.

Intergovernmental TANF Agreement

On September 10th, 2004, an intergovernmental Memorandum of Agreement (MOA) was signed between the State of Washington, SPIPA and the Squaxin Island, Skokomish and Nisqually tribes. The agreement represents the seventh federally approved plan for providing Tribes Assisting Native Families (TANF) in Washington State. Tribal TANF provides for a more culturally-appropriate method of administering funds through SPIPA rather than the state (formerly Temporary Assistance for Needy Families).



The program will operate from five sites serving most enrolled tribal members in Kitsap, Mason, Thurston and Pierce Counties. The MOA commits the state to support the efforts of these three tribes to provide financial assistance, but also employment and training services to eligible, needy families. Tribal TANF, in addition to being more culturally sensitive, has more flexibility to design programs that meet clients needs, define who is eligible, establish services and develop strategies.



Photos (Lorna Gouin presents the Governor with a Native blanket and Tribal Chairs and Governor Locke sign the TANF agreement) and information provided by Marilee Ransdell.



HEALTH FAIR 2004



*Kristine Johnston gives
Rose Brownfield a facial
massage*



*Health Director
Whitney Jones gets
tested for diabetes*



*Rose Algea and
David Whitener, Sr.*

Special Thanks to all Our Participants

Ben Johnson & Heidi Iyall - Mason County Health Department
Rose Algea - Womens Health/CDC/CHR
Tonya Guzman & Pam Peters - Sudden Infant Death Syndrome (SIDS)
Debbie Gardipee-Reyes - Women Infants and Children
Bonita Benally- SPIPA Commodities
Brenda Dorsey & Heidi Chambers - Mental Health
June Krise & Vicky York - Tribes Assisting Native Families
Donna Penn - HIV-AIDS Awareness
Patty Suskin - Diabetes Screening/Nutrition/Body Mass Index
Maggie - Mason County Planned Parenthood
Carol Brown - Pfizer Pharmaceutical Sales Representative
Kristine Johnston- Chehalis - facial massage
Elizabeth Campbell - Breakfast Set Up
Agency On Agency
Gloria Hill - Turning Point & chef of the meals . . . Thank you so much!
Maintenance and DIS - Thank you!





Young People and Smoking

Submitted by Marcella Castro, Community Advocate CHR for Family Services - Young and in control? Older Smokers are learning the health risks of smoking and making a wise decision to quit. Unfortunately, many younger people are still lighting up as they don't think they face the same risks.

Does Smoking really affect young people? The younger you are when you start smoking; the more likely it is that you'll be strongly addicted. Nicotine, the addictive substance in cigarettes, is one of the most addictive substances known, more addictive, many researchers believe, than heroin. Research also suggests that the younger a person is when they take up smoking, the greater their chance will be of developing cancer later in life.

Young Smokers can suffer a variety of health conditions such as

- Reduced lung function
- Increased risk of respiratory infection
- Loss of fitness
- Skin that looks older than it is, especially around the mouth and eyes
- Blocking of the arteries (atherosclerosis) that comes with smoking, which begin almost straight away

Health Effects of Smoking

Apart from cancer, what other health effects is smoking strongly associated with?

- Cardio-vascular disease (heart disease)
- Stroke
- Emphysema (destruction of elastic fibres and airway sacs of the lungs)
- A range of other respiratory diseases such as asthma and bronchitis
- Hypertension
- Peptic ulcer
- Eye cataracts
- Macular degeneration (which can lead to blindness)
- Crohn's disease (chronic inflammation of the small intestine)
- Impotence
- Back pain
- Premature facial wrinkling

How do you know if you're addicted?

Being addicted isn't a sign of weakness - it's a sign that the drug has caused changes your body that you can't ignore. And for most people, it happens quickly.



Congratulations September Raffle Winners



Linda Evans
Mammogram

Sonya Rivera
(not pictured)
Women's Health

Food Voucher Abuse

Marcella Castro - The food voucher program is a great service available to help families in emergency need, but unfortunately, we have been having a problem with abuse. For example, people are purchasing things that are not allowable under the food voucher program. You are not allowed to buy junk food, coffee, pizza, Kool-aid sugar, chips, household cleaners, shampoo and laundry detergent, etc.

People are also getting vouchers when they do not really need them. They are using the vouchers to buy extra things at the store which indicates to our state auditors that there is not truly an emergency need. The auditors know what items are purchased because the store sends the receipts to SPIPA and the receipts show all items purchased.

SPIPA will not pay for these extra items which caused us to loose Safeway. Now we only have Fred Meyer.

Please be aware that this was a big issue when we were audited last year. We will be suspending program abusers for a few months if we catch this happening again. In fact, a few people have already been suspended.

The food voucher program was cut a bit this year. We all like this program. We all have tough times, so please watch what you are buying. I would hate to see us loose this program because some of us are not following the rules. If you have any questions or concerns, give me a call at 432-3931 or drop by Family Services to see me.

Food vouchers are available at this time.

Upcoming Events

Brief Walk

Every Thursday
Meet at the Elder's Building
12:40 p.m.

Diabetes Support Group

Every 1st & 3rd Monday
Talk Support Group
12:45 to 2 p.m.
Walk at 12:45
Talk 1 - 2 p.m.
Meet at Elder's Building
right after lunch

Mammogram Day

Nov. 15 & Dec. 16
Call Rose Algea at 432-3930 to schedule an appointment.

Yakama Nation 3rd Annual Diabetes Conference

Just Keep Moving
November 4th and 5th
509-865-7961

Diabetes Awareness Month Breakfast, Walk and Information

Join us for Diabetes Screening, Breakfast, Talk, and Walk
Friday, November 12th
Screening at 8:30 a.m.
(Do not eat or drink anything after 9:00 p.m. the night before)
Breakfast & Talk at 9:00 a.m.
Walk at 10:00 a.m.
Please RSVP
so we can plan for the food.
Patty Suskin (360)432-3929

Questions or to RSVP for these activities, contact Patty Suskin, Diabetes Coordinator @ 432-3929





HEALTH & HUMAN SERVICES



Try Something New!

Easy, Healthy Recipe: Spinach & Bacon Quiche

Preheat oven to 425°

Prepare pastry for 9" pie crust (or buy frozen deep dish one)

Combine

- 6 ounces sliced turkey bacon (Louis Rich brand) cooked and crumbled
- 1 10-ounce package frozen chopped spinach cooked and well drained
- 1/2 cup minced onion
- 1 cup shredded cheddar cheese

Mix these ingredients together in a bowl and place in pie shell

Combine

- 4 eggs (or egg beater equivalent)
- 6 ounces fat free half and half
- 3/4 teaspoon salt
- 1/4 teaspoon sugar
- 1/8 teaspoon red pepper

Mix these ingredients together and pour over filling. Sprinkle a little cheese on top.

Bake 10-15 min. Reduce oven to 300° and bake ~ 20-40 minutes or until knife inserted 1" from edge comes out clean. Cooking times may be different in your oven. Let stand 10 minutes before cutting. Makes one quiche. Need more healthy eating ideas? Contact Patty Suskin, Diabetes Coordinator at (360)432-3929 or stop by the clinic.

MEAL PROGRAM MENU

A salad bar will be available at each meal, as well as fresh fruit or fruit salad. Beverages available each meal: 2% milk, fat free milk, crystal light, water, coffee, tea, hot chocolate. Sandwiches are available on request instead of the entrée listed. Want seconds? - Just ask or help yourself! Free to seniors 55 and older and \$3 for all others.

Food Group	Monday	Wednesday	Thursday
	1	3	4
Meat Vegetable Grains/Bread	Deluxe Spaghetti String Beans Garlic Bread	Quiche Veggie Tray Pumpkin Muffins	Ham Cooked Carrots Scalloped Potatoes
	8	10	11
Meat Vegetable Grains/Bread	Baked Cod in Red Sauce Steamed Broccoli Orzo Pilaf	Baked Lemon Chicken Mixed Vegetables Brown Rice	Pot Roast Carrots, Celery Boiled Potatoes
	15	17	18
Meat Vegetable Grains/Bread	Chalupas Veggie Tray Pinto Beans	Baked Salmon Caribbean Vegetables Red Potatoes	Roast Turkey Mixed Vegetables Sweet Potatoes
	22	24	25
Meat Vegetable Grains/Bread	Chili Baked Potatoes Corn Bread	Shrimp Fetucini Peas Noodles	Thanksgiving CLOSED
	29		
Meat Vegetable Grains/Bread	Chicken Rollups Steamed Broccoli Orzo Pilaf		

Friday, November 12, 2004

Diabetes Awareness
Breakfast and Walk

8:30 am Diabetes Screening (do not eat
or drink anything after 9 pm the night before)

9 am Breakfast & Talk
10 am Walk

Elder's Building

For questions, to RSVP, contact Patty Suskin,
Diabetes Coordinator, at the clinic at 432-3929

NOVEMBER IS DIABETES AWARENESS MONTH

Clinic Evening Hours

The Squaxin Island Health Clinic now offers extended hours. A walk-in clinic is now open every Monday and Tuesday evening from 5:00 p.m. to 7:00 p.m. for Tribal members only. There is no need to call and make an appointment; just walk in and you will be serviced on a first come, first serve basis.

Diabetes
Support Group

Walk from 12:45 to 1 pm ; Talk from 1 pm to 2 pm
People with Diabetes, their friends and family welcome

1st and 3rd Mondays
Elder's Building after lunch
12:45 pm-2 pm

► Encouragement to live a long, healthy life
► YOU CAN TAKE CHARGE OF YOUR DIABETES
► Share what you would like to learn about Diabetes

TAKE TIME FOR YOU AND YOUR DIABETES
Join us!

Contact Patty Suskin, Registered Dietitian
and Certified Diabetes Educator
to RSVP or for more information at 432-3929



Another Exciting Supermarket Tour with Food Label Reading Held on September 28th

Patty Suskin, Diabetes Coordinator & Registered Dietitian teaches Donna Penn how to evaluate pasta sauce at Fred Meyer in Shelton. We studied salad dressings, pasta sauces, pastas, snap peas, Parmesan cheese, egg substitutes, brown rice and even tofu! Donna Penn & BJ Peters enjoyed taking home some healthier foods to try. Understanding food labels is a great way to make healthier food & beverage choices! Call Patty Suskin at 360-432-3929 if you would like to know about our next supermarket tour.



Special Thanks to all the Breast Cancer Walk Participants and Volunteers!!!



Outdoor Activity of the Month

Kennedy Creek Salmon Trail Opens

Each fall the Kennedy Creek Salmon Trail opens a window on the magnificent migration and spawning of wild chum salmon. The trail is a wonderful place for families to visit, where young and old alike can watch as the salmon return to their home stream. The trail is supported by grants and donations, including a generous grant from the Squaxin Island Tribe One-Percent Charitable Contribution Commission. Hosted by the South Puget Sound Salmon Enhancement Group (SPSSEG), the trail is ADA accessible and includes viewing platforms and interpretive signs. Volunteer trail guides will be available to answer questions.

Trail Hours

10 a.m. to 4 p.m.

Weekends, November 6th - 28th

Holidays: Veteran's Day (November 11) and the day after Thanksgiving

For more information on public hours and access:

(360) 754-6464 or www.spsseg.org

Field Trips and Group Tours

Weekday visits for schools and other organized groups are available by reservation only. For more information or reservations, contact Karin at the Mason Conservation District 360-427-9436, 1-800-527-9436 or karinls@attglobal.net

Directions to the Trail

The Kennedy Creek Salmon Trail is located off Highway 101 halfway between Olympia and Shelton. Southbound, turn west on Old Olympic Highway at milepost 356. Northbound, turn west on Old Olympic Highway between milepost 358 and 357. Go $\frac{3}{4}$ mile to a gravel road signed "Kennedy Creek Salmon Trail." Follow the gravel road $\frac{1}{2}$ mile to the Trail parking lot.



November is Diabetes Awareness Month

Patty Suskin, Diabetes Coordinator - Did you know that being more active can help prevent Diabetes? Did you know that if you have Diabetes, being active can help control your blood sugar? These statements are true. Being active is one way you can take better care of yourself.

Try Something New - Take a HEALTH BREAK! Part 2

Last month, I mentioned the increase in Diabetes, for not only Native Americans, but all people. Our eating habits have changed and we drive rather than walk. Here are some more ideas on how to be more


active. Remember, you are entitled to two 15-minute breaks, plus your lunch break each work day. You can use this time for a health break! Just think how refreshed you would feel after moving around at a break!

IDEAS TO GET YOU GOING AT WORK

1. Make a health appointment with yourself
2. Give yourself permission to take a health break without guilt – remember you deserve it!
3. Talk with your co-workers, friends, family & ask for their support in your plan.
4. Decide what type of activity to plan - work out in the fitness center, walk around the building, etc.
5. Invest in an extra pair of walking shoes to have at your desk ready to work out. You may want to bring socks too!
6. Decide how you will handle the rain, etc. with an umbrella, coat, etc.
7. Make a plan to start today & take a short break.

SOME IDEAS WHEN YOU ARE READY TO TAKE ACTION:

1. Check your calendar to see where you can fit in your health break. (Before returning to your desk after a meeting is often a good time to take a break.)
2. Write your health break on your calendar.
3. Take a fitness break by yourself. Let your mind wander. Think about a concern, listen & look at the scenery or just have some quiet time to yourself.
4. Ask a co-worker to join you for a walk
5. Get up from your desk & walk around mid-morning and mid-afternoon.
6. Stay a few minutes late & work out before you head home
7. Walk while you return calls on your cell phone
8. Walk past 10 houses and back
9. Walk for 5 minutes over & back
10. Get to work a few minutes early and take a short walk
11. Leave something in your car & make an extra trip to get it
12. Have a walking meeting instead of a sitting one when possible



We have the power to prevent diabetes

We're 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's not so. You can prevent it. If I can do it, you can do it."

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. Try walking, dancing, bike riding, swimming, or playing ball with your friends or family. It doesn't matter what you do as long as you enjoy it. Try different things so you don't get bored.


"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 EAT HEALTHY. Focus on eating less and making healthy food choices. Try to eat more fruits and vegetables (5 to 9 servings a day), dried beans, and whole grains. Cut down on fatty and fried foods. You still can eat the foods you enjoy, just eat less.

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

JOSEPHINE MALEMUTE, RN
ATHABASCAN





HEALTH & HUMAN SERVICES



HEALTH BREAK IDEAS CONTINUED

13. How do you spend your lunch break? Consider carving out some of the time for a brief walk.
14. Do you live on the REZ? Do you work on the REZ? Consider walking to work.
15. Work at the Casino? Consider parking at the farthest portion of the parking area.
16. Work at the Casino? Just visiting? Walk the stairs of the parking structure to get re-energized.
17. Too much work to do? Take 5 minutes for your health - you'll accomplish more after you take a health break.
18. Join us at the Elder's Building on Thursdays at 12:40 for a brief walk around the REZ.

IDEAS TO GET YOU GOING OUTSIDE OF WORK

1. Park far away from the entrance when shopping & make extra trips for items across the store.
2. Raining? Bundle up & take an umbrella or walk a few extra flights of stairs in the building.
3. Park far from the building, or better yet, walk to work if you live less than a mile away.
4. Get up from the TV at commercials & stretch!
5. Have your kids or grand kids join you in a frisbee toss, a walk in the rain, or jump rope in the garage!
6. Check with your friends & family for fitness videos and workout together
7. Walk with a child and get to know them.
8. Dance to your favorite music.
9. Find someone who likes to walk at your pace & invite them for a walk
10. Be creative!
11. Join us at the Elder's Building on Thursdays at 12:40 for a brief walk around the REZ.

Take up the ways of your ancestors and be more active! You have the power to keep appointments with yourself for your health. Give yourself permission to improve your health. Be adventurous! You are worth it!

New habits are not easy to start. Begin slowly with something you can see yourself doing for the

rest of your life! Practice makes permanent!

Start taking your health breaks to get in shape now for the upcoming fitness competition between Little Creek employees, Squaxin Island government employees and community members.

Contact people: Patty Suskin, Diabetes Coordinator at 360-432-3929 or Natascia Brown at 360-432-7033.

Stop by the clinic with your ideas to share with others or for an appointment to brainstorm your health breaks!



3

TAKE OFF SOME WEIGHT. Once you start eating less and moving more, you will lose weight. By losing even 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 30 minutes 5 days a week. Try to cut 100 calories out of your diet each day (that's one can of pop!). 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 lose weight and keep it off.

"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

GET 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 healthier life. There are groups in your area that can help as well.

"I try to be more active throughout the day. At work, we take the stairs instead of the elevator."

KELLY MOORE, MD
CREEK NATION OF OKLAHOMA

7

KEEP AT IT. Making even small changes is hard in the beginning. Try adding 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 provider about your risk for type 2 diabetes and the small steps you can take to prevent it. For more information, call 1-800-438-5383 and ask for your free GAME PLAN for preventing type 2 diabetes.



www.ndep.nih.gov

A message from the National Diabetes Education Program, sponsored by the National Institutes of Health and the Centers for Disease Control and Prevention. NIH Publication No. 04-5525 April 2004



FAMILY FUN FESTIVAL





FAMILY FUN FESTIVAL





EDUCATION



Tu Ha' Buts

Learning Center Update

The Homework Center opened again in October. The program will be available Monday through Thursday, from 3:30 to 5:00 p.m. in TLC. Please have students come to TLC prepared to work. The main focus of the Homework Center is to provide students with assistance in completing daily homework assignments and studying for tests. Remember, we are located upstairs in the old tribal center building.

Learning Center Rec Room

Come and check out the new Youth Recreation Room, it's pretty cool. You can play air hockey, fooseball, or just hang out and watch a movie on the new 32" TV, while sitting on the new leather couch. The Rec Room is open until 7:00 pm, on Friday and Saturday it is open until 8:00pm. We will be having regularly scheduled youth movie nights soon. We hope to see you there!

Staff Hours

The Tu Ha' Buts Learning Center staff is available during the following hours:

KIM COOPER, *Director*
8:30 – 5:00 432-3904

MARK SNYDER, *Youth Coordinator*
10:00 – 7:00 432-3872

WALT ARCHER, *Education Liaison*
7:30 – 4:00 432-3826

LISA EVANS, *Education Assistant*
8:30 – 5:00 432-3882

BARB WHITENER, *Language Coordinator*
432-3897

JEREMIAH GEORGE, *Cultural Coordinator*
10:00 – 7:00 432-3968
Wednesday thru Sunday



NOVEMBER YOUTH ACTIVITIES CALENDAR

	¹ Homework Help 3:00 - 5:00 Rec Room 3:00 - 5:00 Basketball Practice All Ages 4:00 - 6:00	² Homework Help 3:00 - 5:00 Rec Room 3:00 - 7:00 Basketball Practice All Ages 4:00 - 6:00	³ Homework Help 3:00 - 5:00 Rec Room 3:00 - 7:00 Basketball Practice All Ages 4:00 - 6:00	⁴ Homework Help 3:00 - 5:00 Rec Room 3:00 - 7:00 Basketball Practice All Ages 4:00 - 6:00	⁵ Baton 3:00 - 7:00 Rec Room 3:00 - 7:00	⁶ Open Gym 10:00 - 7:00 Rec Room 10:00 - 7:00
⁷ CLOSED	⁸ Homework Help 3:00 - 5:00 Rec Room 3:00 - 5:00 Basketball Practice All Ages 4:00 - 6:00	⁹ Homework Help 3:00 - 5:00 Rec Room 3:00 - 7:00 Basketball Practice All Ages 4:00 - 6:00	¹⁰ Homework Help 3:00 - 5:00 Rec Room 3:00 - 7:00 Basketball Practice All Ages 4:00 - 6:00	¹¹ Salmon Day 10:00 - 3:00 Rec Room 3:00 - 6:00 Basketball Practice All Ages 4:00 - 6:00	¹² Baton 3:00 - 7:00 Rec Room 3:00 - 7:00	¹³ Open Gym 10:00 - 7:00 Rec Room 10:00 - 7:00
¹⁴ CLOSED	¹⁵ Homework Help 3:00 - 5:00 Rec Room 3:00 - 5:00 Basketball Practice All Ages 4:00 - 6:00	¹⁶ Homework Help 3:00 - 5:00 Rec Room 3:00 - 7:00 Basketball Practice All Ages 4:00 - 6:00	¹⁷ Homework Help 3:00 - 5:00 Rec Room 3:00 - 7:00 Basketball Practice All Ages 4:00 - 6:00	¹⁸ Homework Help 3:00 - 5:00 Rec Room 3:00 - 7:00 Basketball Practice All Ages 4:00 - 6:00	¹⁹ Baton 3:00 - 7:00 Rec Room 3:00 - 7:00	²⁰ Open Gym 10:00 - 7:00 Rec Room 10:00 - 7:00
²¹ CLOSED	²² Homework Help 3:00 - 5:00 Rec Room 3:00 - 5:00 Basketball Practice All Ages 4:00 - 6:00	²³ Homework Help 3:00 - 5:00 Rec Room 3:00 - 7:00 Basketball Practice All Ages 4:00 - 6:00	²⁴ Homework Help 3:00 - 5:00 Rec Room 3:00 - 7:00 Basketball Practice All Ages 4:00 - 6:00	²⁵ Closed for Thanksgiving	²⁶ Closed for Thanksgiving	²⁷ Open Gym 10:00 - 7:00 Rec Room 10:00 - 7:00
²⁸ CLOSED	²⁹ Homework Help 3:00 - 5:00 Rec Room 3:00 - 5:00 Basketball Practice All Ages 4:00 - 6:00	³⁰ Homework Help 3:00 - 5:00 Rec Room 3:00 - 7:00 Basketball Practice All Ages 4:00 - 6:00	It's that time of year again. Let's get ready for the Holiday Basketball Tournament. All ages, boys and girls, get ready to play. Remember, you must be in school, passing all your classes and have at least 85% attendance at practice. Come and discover the world of the salmon on November 11th from 10:00 - 3:00. We will also have a salmon lunch and a tour of spawning salmon at Kennedy Creek.			



Scholarship Corner

Scholarship packets and information are available at the Learning Center. Contact Lisa Evans at 432-3882.

Truman D. Picard Scholarship

The Truman D. Picard Scholarship Program is dedicated to the support of Native American students pursuing higher education in Natural Resources. Required Material: 1) Letter of application demonstrating (a) an interest in Natural Resources, (b) a commitment to education, community/culture, (c) academic merit and (d) financial need. The Education Committee reviews and ranks each application. All four points should be addressed in the letter. The letter may be up to two pages in length. 2) Resume. 3) Three letters of reference. 4) Validated enrollment in a federally recognized Tribe or Native Alaska Corporation, as established by the U.S. Government. 5) HIGH SCHOOL STUDENTS: Please provide documented proof of application to an institution of higher education to study in the area of Natural Resources along with school grades. 6) COLLEGE STUDENTS: If you are currently enrolled in a higher education program please provide documented proof of study in the area of Natural Resources, along with school grades. All information requested must be received by the close of business April 1, 2005 to be considered. Information can be found at www.itcnet.org.

Gates Millennium Scholarship

GMS, funded by a grant from the Bill & Melinda Gates Foundation, was established in 1999 to provide outstanding low income African American, American Indian/Alaska Natives, Asian Pacific Islander American, and Hispanic American students with an opportunity to complete an undergraduate college education in any discipline area of interest. Students are eligible to be considered for a GMS scholarship if they: 1) Are African American, American Indian/Alaska Native, Asian Pacific Islander American or Hispanic American; 2) are citizens or legal permanent residents or nationals of the United States; 3) have attained a cumulative GPA of 3.3 on a 4.00 scale (unweighted); 4) will be entering a U.S. accredited college or university as full-time, degree-seeking freshmen in the fall of 2005; 5) Have demonstrated leadership abilities through participation in community service, extracurricular or other activities; and 6) meet the Federal Pell Grant eligibility criteria. All information requested must be postmarked on or before January 14, 2005.

ESA Foundation Scholarship

20 @ \$1,000 – Deadline 02/01/05

AXA Achievement

\$670,000

www.axa-achievement.com

Deadline 12/15/04

Discover Card

\$25,000

www.discovercard.com/tribute

Deadline 01/07/05

Elders Minutes

South Puget Sound Community College anthropology students will meet with Squaxin Island elders after lunch on Thursday, November 4th for a cultural exchange and discussion. We hope you can make it!

Rose Brownfield is making a quilt that will be auctioned off to raise money for the seniors. Stay tuned for more information.

The Elders would like to thank all of the OysterFest volunteers! Once again, you made this a successful way to raise money that will be used to send our Elders on mini vacations. Your help is greatly appreciated!!!

A Reminder

Bible Book Club for children is held on Saturday mornings in the Mary Johns Room at 10:30. Food and transportation is provided!



SQUAXIN ISLAND CHILD DEVELOPMENT CENTER FAMILY NIGHT!

FRIDAY, NOVEMBER 5, 2004
6PM-8PM

Enjoy an evening with your family at the NEW Squaxin Island Child Development Center! Walk through this beautiful facility and see it through the eyes of your child!

Space is limited...

ENROLL NOW!!

(360) 426-1390

Highlights

- Family Activities
 - Scavenger Hunt
 - Food
 - Building Tours
 - And much more!
- "LEARNING FOR LIFE!"



Bordeaux Elementary Native American Students Show Improved WASL Scores

By Margo Otto - Bordeaux Elementary School has received their WASL results from the April 2004 4th Grade assessment.

Bordeaux has significantly closed the achievement gap between Native American students and non-native students over the past three years. We attribute this to the adoption and implementation of the Success for All Reading Program and Success For All Writing Program (SFA), which restructured the way staff teach reading and writing at Bordeaux. All of the strategies taught through SFA are research based best teaching practices. SFA is built around a cooperative learning model. Research shows that Native American students learn best through cooperative learning.

Students are placed in SFA reading groups at their instructional level and are reassessed every eight weeks. Reading is taught every day for 90 minutes using cooperative learning throughout the reading block, which compliments Native American student's learning styles. All certified staff teach reading, which means that the students become "everybody's kids" and everyone takes responsibility for their learning. This has fostered a greater sense of community in our school and an overall sense of belonging for students.

Our Title 1 certified staff coordinate the tutor program and the family support program to increase student success. Title 1 educational assistants provide daily one-to-one tutoring for 30% of our 1st graders, 20% of our 2nd graders, and 10% of our 3rd graders in reading.

In addition to SFA, we also adopted and implemented Success For All Writing Program in the 2003-2004 school year. This curriculum has also significantly helped close the achievement gap between Native American students and non-native students. SFA writing has helped our students answer questions in reading more appropriately. Every home room teacher teaches writing 40 minutes a day using the same program. Common language and structure are used in writing instruction in all subjects throughout the day. Students have experienced increased opportunities for writing to specific prompts provided through the SFA reading program.

Three years ago we restructured Bordeaux's entire curriculum, schedule, and instructional fo-

cus by adopting and implementing Success For All. We are so proud of the incredible improvement all of our students have demonstrated in spite of the hard ships of last school year's school construction and remodel. But we are especially proud of the growth of our Native American students over the last three years. The achievement gap between Native American and non-native students has narrowed dramatically.

Bordeaux Elementary School Harvest Carnival

Friday, October 29, 2004
6:00-8:30 P.M.

All Bordeaux families are invited to come to our annual Fall Harvest Carnival. The school will be decorated and filled with fun booths and activities including a candy walk, cake walk, ring toss, fish pond, duck pond and individual photos and balloons, and lots more.

Children and adults are encouraged to wear costumes and come to have a great time together.

Food will be served at an affordable price, from 50 cents to \$2.00 and will include nachos, hot dogs, popcorn and pop.

Tickets for the activities cost 25 cents each or 5 for \$1 or a roll of 52 for \$10. And those who bring a can of food for the Bordeaux Food Drive, will receive a free ticket!



Uncle Bumbler the Bumble Bee

Featuring His Nephews, Buzz, Zing and Sting

By Lewis Denny - As Uncle Bumbler flew from thistle to clover, picking up pollen, he noticed Sting, Zing and Buzz, his unruly nephews buzzing around. Uncle Bumbler knew these young bees could easily get into trouble.

Sure enough, Uncle Bumbler saw his nephews, Zing, Sting and Buzz flying over the field and heading in the direction of Old Injun Pete's farm.

Old Injun Pete, as a Native American, understood that the ways of nature were sometimes funny, sometimes sad, but only natural.

Old Injun Pete's dog, Chow-Chow the Chow Dog, was always on watch for any trouble about the farm. When Chow-Chow heard the buzzing of Zing, Sting and Buzz, she began to hunt for them and started to woof, woof, woof.

Chow-Chow's barking awoke her young black chow puppy, Little Bear, and he ran from under Injun Pete's porch and started to woof, woof, woof along with his mom Chow-Chow the Chow Dog even though he didn't know what he was woofing at.

Old Injun Pete was out in his chicken coup feeding his chickens, Henny and her Rez friend "Rhode Island Red" and all their little chicks.

The bees buzzing and dogs woofing started the chickens cackling and shrieking and running about their coop.

It appeared that Old Injun Pete was trying to bring all this natural discord into some kind of harmony as he came out of the chicken coup waving his walking stick in the air.

Meanwhile, Uncle Bumbler the Bumble Bee had flown high over Injun Pete's farm to better observe what was happening.

Sure enough, as Uncle Bumbler looked down upon Old Injun Pete's farm it appeared that Old Injun Pete was conducting an animal orchestra, what with chickens cackling and shrieking and running about their chicken coop, Chow-Chow the Chow Dog and her puppy Little Bear woof, woof, woofing, Sting, Zing and Buzz buzzing around and Old Injun Peter flailing his walking stick in the air like a music conductor's baton.

Uncle Bumbler flew directly down to his



nephews Zing, Sting and Buzz, and told them he wanted them to buzz-off and make a bee-line away from Injun Pete's farm.

Soon the chickens quit cackling and shrieking and went back into the chicken coop to rest. Chow-Chow the Chow Dog and her puppy Little Bear were under Injun Pete's porch ready for a nap. Injun Pete was sitting in his rocking chair on the porch smoking his corn cob pipe and chuckling to himself and talking to his dogs Chow-Chow the Chow Dog and Little Bear about the strange and wonderful ways of nature.

So Uncle Bumbler the Bumble Bee and his unruly nephews, Zing, Sting and Buzz were back in the fields flying from thistle to clover to flower not knowing that as they flew from flower to thistle to clover, they were doing a natural wonder called pollination which brings the world flowers and fruits every year. Uncle Bumbler the Bumble Bee and his unruly nephews Zing, Sting and Buzz were just busy as bees as bees should be.

The end.

Tribal Council Resolutions

04-60: Supports submittal of IRR inventory changes for the Old Olympic Highway and Skookum Creek Bridge to be included in the FY05 BIA IRR inventory and other federal, tribal, state and local transportation programs and systems; and designates the Skookum Creek Bridge replacement on Old Olympic Highway as a Priority One Construction Need for the Tribe in the FY05 BIA IRR inventory

04-61: Adopts the Curfew Code

04-62: Adopts the Island Enterprises, Inc. Annual Operations Plan for FY05

04-63: Adopts amendments to the Budget Ordinance pertaining to Island Enterprises, Inc. including the profits distribution formula.

04-64: Approves the final budget for FY05 in the amount of \$34,378,761

04-65: Resolves the Tribe to become a full member of the Olympic Peninsula Tribal Tourism Association (OPTTA)

04-66: Approves further amendments to the Fireworks Sales and Safety Ordinance

04-67: Approves the Independent Contractor Agreement for Judicial Services

* Contact Ruby Fuller at 432-3909 for complete copies of any of these resolutions

Northwest Indian College Offers Degree Programs

Lila Vigil Wants You to Sign Up

Lila Vigil has made it her job to enroll as many people as possible in Northwest Indian College programs.

As Site Coordinator for the Squaxin Island and Skokomish tribes and Five Tribes Career Center, Lila's main duties will involve recruiting students and instructors for classes beginning winter quarter.

"This is a fantastic opportunity for people to begin working towards a two-year degree," Lila said.

Classes will be taught at both tribal locations, the Five Tribes Career Center in downtown Shelton and via the internet.

"SPIPA recently received a three-year grant called *'Pathways to Success'* that will equip all five SPIPA tribes with state-of-the-art video conferencing capabilities," Lila said.

"NWIC hopes they will be on-line to broadcast many of their classes via the new equipment when it is up and going, which will be several months into the future. This will allow students and teachers to be in classes together at different locations."

Lila hopes to capture TANF clients who will be able to count their studies as work activity.

"This is a great opportunity for them," she said.

In addition to recruiting students and teachers, Lila will assist with filling out applications and financial aid forms and follow up with them to ensure they stay in the program until they earn a two-year Associate's degree.

Degrees include:

ASSOCIATE OF ARTS AND SCIENCES

- Native American Studies

General studies or choose an emphasis on

- Tribal law and Government
- Tribal Culture and Society
- Tribal Language and The People
- Tribal Environmental Studies

- Oksale Native Education

- K-8 Education
- Early Childhood Education

ASSOCIATE OF SCIENCE TRANSFER

- Life Sciences

Focus on Biology, Chemistry, Math & Physics



ASSOCIATE OF TECHNICAL ARTS

- Chemical Dependency Studies

Preparation to Apply for CDC Certification

Many classes such as English 101 and Math 101 will be fully transferable to other Washington State colleges and universities, but "college introductory" classes will be taught as well.

In addition to the degree programs, Introduction to Successful Learning course are also available to get students acquainted with the college process. Classes include, among others, introduction to computers and keyboarding.

Students are welcome to join classes at any location where classes are taught.

"Improving your education improves your resume and your employability," Lila noted.

Persons who are not tied to the tribes by marriage or being employed by the tribes are considered non-resident students. The tuition rate for them is \$2,394 per quarter, while the rate for tribal members or those with ties to the tribal community is \$882 per quarter. Cost for one credit for tribal affiliation students is \$73.50 per credit and \$199.50 for non-residents. Financial aid is available.

Contact Lila as soon as possible to make an appointment to discuss your future educational goals. She can be reached at lvigil@spipa.org or 426-2433.



Clear Day

A letter from a Native American mother to her child's teacher

Dear Teacher,

I am worried about my child being in your class. You see, my daughter is a person of culture. You may not hear her accent, she may not have skin as dark as her mother's or as light as her father's, and she may not wear her traditional dress, but she has already traveled a path that is as natural to her as it may be new, or even unknown, to you.

This Spirit path is long and winding, and always comes full circle, linking her to siblings, parents, relatives, community, and ancestors. Without it, she is an orphan. At times, she may lose her way, but this is the path she is destined to follow. It is the path her ancestors' walked, the way they survived, the reason she is here today sitting in your classroom. She cannot change who she is. Through five hundred years of deculturalization and genocide, it is a testament to her people, that traditions have persisted at all. She is alive. Her people have survived. Her culture has endured. Can you be someone to help her cut through the brambles that line this path?

Yes, she eats pizza, listens to The Spice Girls, dances hip hop, and colors with crayons and, she also eats fry bread, drums and sings Traditional First Nation songs, Jingle Dress dances, sand paints, sews leather pouches, and makes clay beads. Will her home economics, music, physical education, and art classes reflect this aspect of America? Will she feel validated in your class? Will her strengths be honored?

In numerous ways, she is like any young girl sitting in your classroom, yet, art, spirit, and culture are inextricable intertwined. She very naturally blends these aspects of her heritage. She has several dolls that reflect her darker skin, eyes, and hair. Her pretend play includes making a sweat lodge, singing songs, saying prayers, dressing up the dolls in hand-crafted regalia, and having a feast, complete with miniature foods. How will these natural connections be continued? When she collects gifts from nature, she offers tobacco to the Earth Mother. How will she reconcile this practice when signs in your school say, "No tobacco products". Will she still have her cultural voice when she leaves your classroom?

My child lives in more than one world. Will you open the doors to these countless worlds, or close them? When you made booklets about The Life of a Pilgrim and none about The Life of a Wampanoag, how many children proudly showed them to their parents and how many sheepishly displayed them with outstretched arms as they mumbled, "They MADE me do it". For

her, the third Thursday in November is a Day of Remembrance, a day to unite in solidarity with First Nations People who suffered like her ancestors did and are now working to educate others. And, Thanksgiving is something she does every day, many times, for the sun, for family, for food, and for health. Her path does not celebrate the same days and events that people in power have chosen to recognize. Will you help her and her peers see the power structure playing itself out in your classroom?

What is included in your version of American History? Is it everyone's version? Is it a version that includes the perspectives of ALL the people who built this country, physically, spiritually, emotionally and mentally?

Whose achievements are discussed? Who decides? Have you considered your position on this topic? Will standardized testing drive your decisions or will you be DRIVEN to challenge the testing?

My daughter's calendar marks sacred days: the Equinoxes, the Solstices, the moon's phases. She honors the cycles that are greater than herself.

Will her science and math classes simply analyze these events that have been occurring for millennia, or respect them as part of a people's Earth wisdom? I will do my part and let you know the first week of school when those days will occur. So, when we keep her home from school, will she miss scheduled speakers, fieldtrips, and special activities? Right now, she has a tug of war going on in her heart. Will you help her and her peers see the power structure playing itself out in your school system?

What does it mean to be American? When you say the Pledge of Allegiance, do you know it was written in 1892 as a tribute to Columbus, a man who personally participated in and ordered many crimes against her Arawak and Ta'ano ancestors? When she chooses not to pledge, will she be ostracized and considered "un-American"? Or will she and her peers be educated about the history of the flag and its pledge, so they can all make a conscious, informed choice? She knows how to honor a flag and the veterans of war, but it is a different path. Her people have fought in every war that ever occurred on this land. Did you know that she can sing a Traditional Flag Song in Native American vocables? This, too, is America.

Did you know that long hair is a blessing? It is part of her Spirit. The longer the hair, the more prayers that can be made. Did you ever think that her brother might want to cut off his hair, since you addressed him

as a "she"? Did you know First Nations People have enormous variations in appearance? They cover the same latitudes as from Finland to South Africa! Her dark-haired younger sibling has a blond-haired, blue-eyed twin, and all three sisters follow the same path, albeit with different brambles. Being Native is deeper than hair, eye, and skin color. It includes a perspective on the world, a unique point of view.

There is so much omission and misinformation in the curriculum and the media. Did you know that her conversations at home, not only include reflections of the day, but also discussions processing the stereotypes and racism on television, in the news, in print, and from the mouths of students in your classroom and on the playground? She has insights and language well beyond her seven years. Does your Gifted and Talented Program have room for her wisdom?

Did you know that many Indigenous People have more than one word in their name: Two Feathers, Smiling Heart Drum, Rolling Thunder, Loving Bear, Kissing Raccoon? I appreciate your taking the time to say and spell her names correctly.

When I invited you to her younger siblings' Naming Ceremony and you were unable to come, I hope you went to a Powwow, Thanksgiving protest, or other First Nation social gathering. How can you know my child, if you do not know her culture? She is her culture, her culture is her. Yes, she watches Sabrina, the Teenage Witch and she also loved the movie, Smoke Signals. When you share books, videos, posters, school plays, guest speaker and computer games, will she see role models and recognize familiar faces and themes?

We have many teachers as we travel our paths through life: two-leggeds, four-leggeds, winged ones, water swimmers, stone people. Her path grows wider with every moment a teacher is beside her, helping her clear the encroaching thicket. I am just one of those people. She will want your guidance. You could teach her how to cross and travel alongside many paths of other children, or you could take her down a path so unfamiliar, she may be lost, she may not follow, or she may not choose to learn from you.

Signed,
Claudia Fox Tree
(Arawak Nation)



Diatoms Tell History of Johns Creek

Emmett O'Connell - The Squaxin Island Tribe is studying diatoms – tiny one celled organisms – from the wetland source of Johns Creek to discover how the stream has changed over the past few decades. “Different types of diatoms take root under different conditions,” said John Konovsky, water quality manager for the Squaxin Tribe. “By studying which diatoms were prevalent in the past we can determine how the habitat has changed.”

When diatoms die their shell-like bodies stay intact and settle to the bottom of the wetland, so researchers can not only see what current habitat conditions are but also how they have changed over time. Tribal researchers will canoe through the creek's upper wetlands, taking 4-foot core samples along the way. Those 4-feet can take the tribe back decades into the creek's history.

Compared to higher forms of life, such as insects or fish, diatoms give a much clearer picture of what has been going on in the creek. “Fish eat bugs, so it's easy to say that if there are a lot of different

kinds of bugs, that fish would also be healthy,” said Konovsky. “But, diatoms are much more precise than that.”

“The assumption is that lower levels of life respond more readily to environmental changes,” said Konovsky. “Diatoms aren't focused on one aspect of habitat, they respond to everything we throw at them.” For example, if the temperature of the wetland increases, the type of diatom that can exist will quickly become more prevalent than other species. This can tell the tribe that something, like a drought or an unusually hot summer occurred, and had an impact on the creek.

The tribe's diatom study is part of a larger investigation of habitat conditions on Johns Creek. Last fall the tribe mapped water temperatures on several streams, including Johns Creek, using infrared technology. So called “Forward Looking Infrared Radar” allows researchers to find hotspots in surface water temperatures and gives them access to the full picture of water temperature throughout the stream.

Unlike most major river systems in western Washington that have glacial or mountain sources, practically all of the streams in the tribe's traditional fishing area originate in wetlands. “Johns Creek is pretty typical of the kinds of streams we see,” said Konovsky. The more the tribe looks into the unique way that these streams behave, the better they can prevent them from being degraded. “We're developing a way to determine the biological health of these wetlands.”

Coho salmon, which spend a much longer time in fresh water as juveniles than other salmon, have especially been affected by habitat degradation. “Protecting and restoring habitat is the most important thing we can do to recover declining salmon populations,” said Jim Peters, natural resources director for the Squaxin Tribe.

For more information, contact: John Konovsky, water quality manager, Squaxin Island Tribe, (360) 432-3804. Emmett O'Connell, South Sound information officer, (360) 438-1181, ext. 392, eoconnell@nwifc.org.

Natural Resources Hotline
360-432-3899

Squaxin Public Safety Department Certifies New Hunters

Officer Richard Coley held the "Hunter Safety Education Course" on September 11th and 12th. Officer Coley is trained as a Certified Washington State Hunter Safety Course Instructor. There were 19 participants in the class in all age groups from 10 to adult. The major focus of the course was gun handling and safety. Congratulations to the new hunters! We wish you the best of luck in your hunting endeavors. Remember, BE SAFE!



“DAWG GONE IT”

Time to License Your Dogs

Chief Robbin Rhoades - According to the Squaxin Island Animal Control Ordinance, dogs must be licensed annually by July 1st of each calendar year. It is now our intention to strictly enforce this code. We will be allowing residents a grace period through November 8, 2004 to purchase their dog licenses. These can be purchased at the Squaxin Island Police Department.

We have had numerous complaints regarding dogs at large. This is a reminder that if your dog does not have a license and is loose, it will be impounded. If it is impounded, you will have to pay an impound fee of \$25.00 plus the cost of the license. You must redeem your animal within two days, or it may be sold or euthanized. There may also be a fee from the pound as well. In addition, you could be issued a civil infraction for allowing your dog to run loose and/or not having a valid dog license. If you have any questions regarding our Animal Control Ordinance, give Shelley a call at 426-5222 and she can make a copy of the code for you.





Happy Birthday

Wesley Fletcher	11/1	Anthony Furtado	11/7	Aleta Poste	11/21
Kimberly Arnold	11/1	Tammy Birchall	11/8	Bianca Saenz-Garcia	11/21
Juanita Algea	11/3	David Whitener, Jr.	11/8	Leo G. Henry	11/22
Shannon Bruff	11/3	Jeffery Blueback	11/9	Susan McFarlane	11/22
Rickie Leigh Case	11/3	Dillon Decicio	11/9	Lyssa Davis	11/23
Cynthia Dorland	11/3	Mickey Hodgson	11/9	Steven Dorland	11/23
Lena Krise	11/3	Virginia Berumen	11/10	Candee Gillette	11/23
Jeremiah Johns	11/4	Calvin Peterson	11/10	Eric Kruger	11/23
Twana Machado	11/4	Lisa Farron	11/12	Melvin Napoleon	11/23
James Monger	11/4	Ryan Fox	11/13	Michael Parker	11/24
Ronnie Rivera	11/4	Rachel Parker	11/13	Joseph Seymour	11/24
Jordan Whitener	11/4	Mary Mosier	11/14	Cecily Neilsen	11/24
Jennifer Briggs	11/5	Richard Peters	11/15	Donald Brownfield	11/25
Beverly Hawks	11/5	Tammy Peterson	11/16	Candace Penn	11/26
Elizabeth Kuntz	11/5	Jackie Allen	11/17	Carrie Sasticum	11/27
Cynthia Napoleon	11/5	Jennifer Peets	11/17	Leonard Cooper	11/27
Jason Snipper	11/5	Laura Snyder	11/17	Leslie Cooper	11/27
Kenneth Brownfield	11/6	Faith Wilbur	11/17	Nokomis Parish	11/27
Malena Cuch	11/6	Casey Bucher	11/17	Ila Peterson	11/28
Laura Henry	11/6	Joseph Peters	11/18	Tyler Burrow	11/29
Terri Capoeman	11/6	Connie McFarlane	11/20	Sarah Kuntz	11/29
Tammy Peterson	11/6	Nathan Nunes	11/20	Mark Peters	11/29
Thomas Peterson	11/6	Vincent Henry I	11/21	Carol Hagmann	11/30
Russel Cooper	11/7	Herb Johns	11/21		

What's Happening						
	1	2	3	4	5	6
		VOTE!!!		Elders Cultural Exchange w/ SPSCC at Senior Lunch	Family Night Childcare Center 6:00 - 8:00 p.m. AA Meeting 7:30	Bible Book Club 10:30 Mary Johns Room Food/Transportation
7	8	9	10	11	12	13
	Diabetes Support Group 12:45 Elder's Bldg	Court Church 7:30	Drum practice 6:00 p.m., MLRC	Veterans Day Celebration at Senior Lunch Tribal Council Brief Walk	Diabetes Screening AA Meeting 7:30	Bible Book Club 10:30 Mary Johns Room Food/Transportation
14	15	16	17	18	19	20
	Mammogram Day	Church 7:30	Drum practice 6:00 p.m., MLRC	Brief Walk After Lunch	LCC Christmas Bazaar (tomorrow too) 10 a.m. - 9 p.m. AA Meeting 7:30	Bible Book Club 10:30 Mary Johns Room Food/Transportation
21	22	23	24	25	26	27
	Diabetes Support Group 12:45 Elder's Bldg	Church 7:30	Drum practice 6:00 p.m., MLRC	Tribal Council Brief Walk After Lunch	AA Meeting 7:30	Bible Book Club 10:30 Mary Johns Room Food/Transportation
28	29	30				
		Church 7:30				

Happy Belated First Birthday Sept. 19th Sophia Pinon (Left)



Love,
Mom, Dad, Gramma, Grandpa
and All Your Loving Aunties, Uncles
and Cousins



I Cried

By Kristen Davis

I cried the day you left me,
I wondered for months how?
I could never figure out,
I asked myself why?

The answer to those questions,
can only be answered by you.
My understanding of why,
is because your buddies went out.

They told me that they never
saw you drink that night.
After the police found out what
caused the accident they told me.
They told me that the other driver
was a drunk driver.

You may not have survived,
but you don't have to suffer,
like you probably would've if
you were still here.

The other driver will be the
one who suffers.

He will have to suffer
with his consequences,
and the fact that he
killed someone.

Don't drink and drive!
It has consequences that can change your life
and lives of others.

Happy Birthday Dad

Love,

Ruthie, Andy, Wes & Leila

Happy 18th Birthday

to Our Super Swimmer

Michael Donald Trotter

November 4, 2004

We Love You Very Much

and Are Super Proud

of All Your Accomplishments!!!

Mom, Dad, Matt, Tyler & Kaitlyn



Happy Birthday Daddy (Vinny)

Lots of Love,

Malia Red-Feather, Kiana Jean and the

Rest of Your Loving Family

(November 21, 2004)

Totem by Mike Krise

Adorns New Tribal Center

A totem pole carved by Mike Krise was recently purchased for the new Tribal Center/Administration building.

Mike believes the stories told by each carving and painting are the life and spirit of each piece.

"Keeping the story with each carving is important to continuing the true Indian way of life in our traditions and old ways," Mike said.

"The Spirit Bear totem pole first came to life in the form of dreams, and in it there is a message to a future leader of Indian people. The message is meant to assist and bless our future leadership. In carrying on the traditional teachings, and sharing them with our young ones, we continue to show respect and give thanks to the Salmon People."

The Spirit Bear totem was carved of cedar in the Nisqually Valley, near Frank's Landing. It began with this year's return of the First Salmon.

Mike says he hopes to see longhouse carving sheds constructed for our Native carvers, both young and old, very soon.

"The carving longhouses will be a way to bring together Indian people of the area, without dividing them with the political boundaries set in place by non-Indians of the past when the agenda was to turn territories of the Bear, the Salmon, the People, into state government. The totems created in carving longhouses will bring to life some of the stories still shared among the People, continuing to strengthen our customs, culture, and heritage."

Happy Belated Birthday Mom

Love Terri

Happy Belated Birthday

Nikki

From Sister

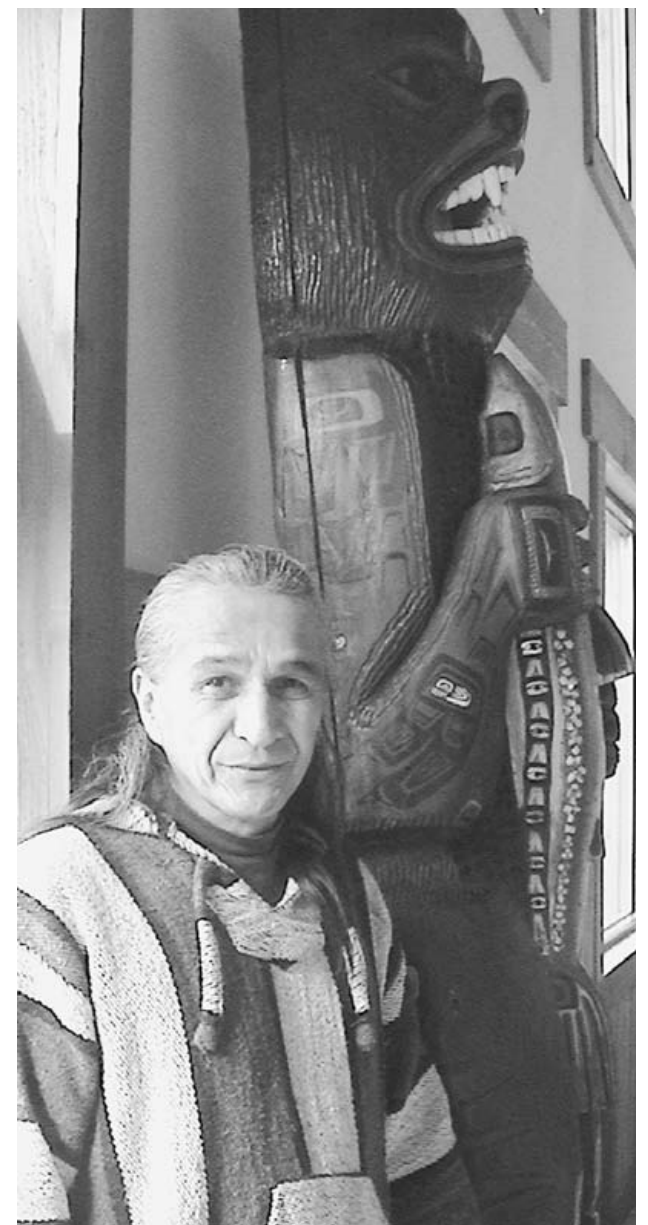
Happy Belated Birthday Uncle Joe **From Your Family at Squaxin Island**

Special Thanks

for all the gifts and love welcoming me
back home. The Tribe is so generous
and I am so thankful for it

I love you all!

- Nancy Rose





SMITHSONIAN

National Museum of the American Indian
The Mall, Washington D.C.

Several Representatives of the Squaxin Island Tribe attended the Grand Opening Celebration for the Smithsonian, National Museum of the American Indian showcasing the unique cultures of tribes throughout North, Central and South America.



Photos by Margaret Seymour-Henry and Ruth Whitener