

Ten Year Anniversary of Little Creek Casino Resort Complimented by Further Expansion

Yet another building expansion complimented Little Creek Casino Resort’s (LCCR) ten year anniversary this September.

An additional 3,000+ square feet was added to the casino floor adjacent to the main entrance; 2,500 square feet became home to 130 new electronic bingo machines and the remaining 640 square feet becomes home to the new gift shop.



“The new machines are similar to the electronic lottery machines that most of us are familiar with,” said LCCR Assistant Manager of Casino Operations Mark West. “But the new games

that we offer are Bingo-based rather than lottery-based. You can actually view and change the Bingo card you are playing while the reels spin. I’m sure our patrons are going to enjoy all the new titles to choose from as well as the chance to win up to \$300,000 dollars on the new high limit machines.”

The previous gift shop was given a beautiful new window treatment and incorporated into the Creekside Buffet to add an additional 46 seats, also “Dancing Goats Espresso” serves up hot and blended drinks in a portion of the area previously belonging to Creekside Cafe which later became the Keno lounge. The un-official opening of the expansion project took place September 30th, but a Grand Opening celebration will be scheduled in the very near future (Watch for details).





People of the Water

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Shelton, WA 98584

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TRIBAL NEWS

10 S.E. Squaxin Lane
Shelton, WA 98584

PHONE: (360) 426-9781
FAX: (360) 426-6577
www.squaxinland.org



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

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

Submissions Deadline:
15th of each month

SQUAXIN ISLAND TRIBAL COUNCIL:

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

Oyster Fest Thanks

The Squaxin Island Elders would like to thank the staff of the clinic for all their help with Oyster Fest: Whitney Jones, Bj Peters and Carrie Smith.

Thanks to the Elders who helped: Ruth and Stub Creekpau, Jackie and Harold Crenshaw, Carolyn Hoosier, Mary and Dan Brown, Linda Lee and Ann Parker, Lil Kruger, Dave and Shirley Lope-man and many other whose names I didn't get.

- Lila Jacobs



Photos by Jackie Crenshaw (thanks!!!).

Veterans Memorial

The Veterans Memorial Committee is trying to assemble a veteran notebook that contains pictures and service data on each Squaxin Island veteran. The following list is of veterans for whom we still need information. This is a request for family and friends to review the list and contact a committee officer if you can provide any information that would help us complete the notebook.

Glen Parker	426-1755
Bob Whitener Sr.	426-3236
Peggy Johnson	426-0833

John Bagley
Charles Bloomfield III
Dan Brown
Dan Brown Sr.
Hank Brown
Joe Brown
Marvin Campbell
Donald Capoean
Vernon Capoean
Ed Clapanahoo
Francis Cooper Sr.
Ed Henry
Delwin Johns Jr.
Lloyd Johns
Richard Johns Sr.
Delbert Krise
Darrel Krise
Frank Krise
Harry Krise
Harvey Krise Jr.
Harvey Krise Sr.
James Krise
John Krise Sr.
Toby Lewis
Dennis Martin
Philip Martin
Francis Napoleon Jr.
Lewis Napoleon
Melvin Napoleon
William Penn
Raymond Peters
William Ray Peters
Dean Reeves Jr.
Dave Seymour
Dewey Sigo
Dave Whitener Sr.



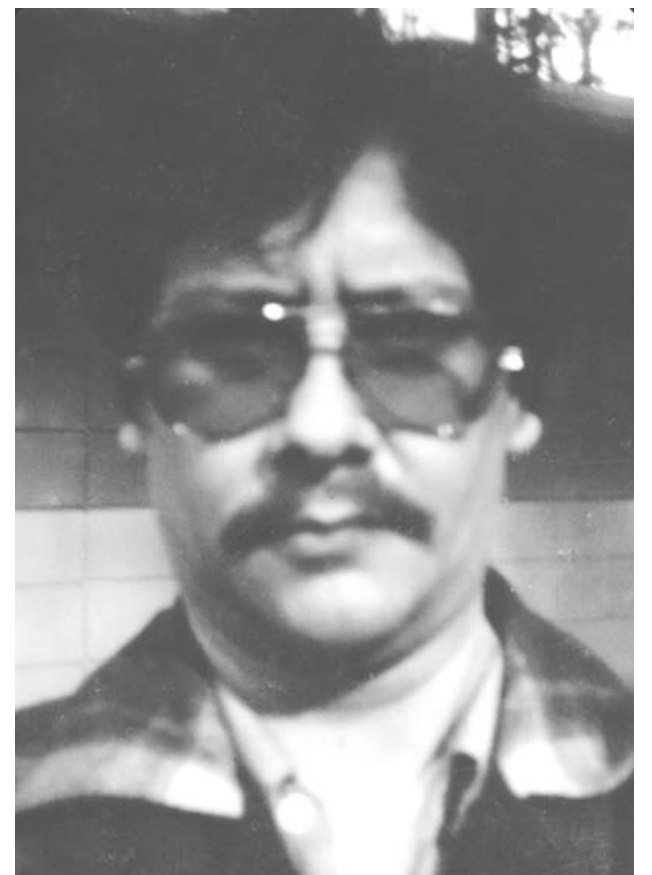
We Honor Our Veterans

Charles Bloomfield III
 John Briggs
 Dan Brown
 Donald Brownfield
 Gary Brownfield
 Marvin Campbell
 Donald Capoeman
 Vernon Capoeman
 Ed Clapanahoo
 Francis Cooper Sr.
 Ron Dailey
 Sallee Elam
 Harry Fletcher
 John James
 Delwin Johns Jr.
 Richard Johns Sr.
 Kimble Kenyon
 Darrel Krise
 John E. Krise
 Pete Kruger Sr.
 Toby Lewis
 Dennis Martin
 Philip Martin
 Josh Mason
 Francis Napoleon Jr.
 Marvin Dale Newell Jr.
 Glen Parker
 William Penn
 William B. Peters
 Calvin Peters
 Rick Peters
 Steve Peters
 William Ray Peters
 Rusty Pleines
 Dean Reeves Jr.
 Mishell M. Saeger
 Dave Seymour
 Joe Seymour Jr.
 Joe Seymour Sr.
 Jonella Seymour
 Dewey Sigo
 B.J. Whitener
 Dave Whitener Sr.
 Donald Whitener
 Robert Whitener
 Ronald Whitener

Who Are These Handsome Protectors of Freedom?



John Krise, Sr.



Kim Kenyon

Our Veterans Who Have Walked On

John Bagley
 Dan Brown Sr.
 Ed Brown
 Hank Brown
 Joe Brown
 Wesley Fletcher
 Ed Henry
 Lloyd Johns
 Bob Johnson
 Bruce Johnson
 Delbert Krise
 Frank Krise
 Harry Krise
 Harvey Krise Jr.
 Harvey Krise Sr.
 James Krise
 John Krise Sr.
 Alfred (Riley) Lewis
 Arthur Martin

Lewis Napoleon
 Melvin Napoleon
 Levi Parker
 Vernon Parker
 Raymond Peters
 Donald K. Whitener
 Joe Whitener
 Wilson Whitener



Veteran Day is November 11th
Please show respect





Higher Education Calendar

January 31, 2006 - Turn in receipts for Winter 05/06 quarter for tuition and books.

March 24, 2006 - Deadline for Spring 06 quarter. Turn in Memorandum of Commitment, Spring Class Schedule, Official Grades from Winter 05/06 quarter.

April 24, 2006 - Turn in receipts for Spring 06 quarter for tuition and books.

June 16, 2006 - Deadline for Summer 06 quarter. Turn in Memorandum of Commitment, Summer Class Schedule, Official Grades from Spring 06 quarter. Remember, Summer Quarter is by special request ONLY! You must write a special request letter to the Education Commission included with the above mentioned paperwork by the deadline date of 6/16/05.

July 1, 2006 - Complete your 2006/07 FAFSA on-line or mail your completed form in the envelope provided by FAFSA.

July 14, 2006 - Turn in receipts for Summer 06 quarter for tuition and books.

August 25, 2006 - Deadline for Re-Application 2006/07 School Year. Turn in Student Aid Report. This is the report you receive from FAFSA, after you have completed the FAFSA form. If you completed on-line, make sure you print out this report. If you completed by mail, FAFSA will send this report to you via US mail. You must provide a copy of your 06/07 SAR. A completed and signed Memorandum of Commitment for Fall 06/07 quarter. A completed and signed Information Release Form. A Completed and signed Education Information Sheet. An official class schedule for fall 06/07. If you are a new student you must provide an acceptance letter from the school.

October 2, 2006 - Turn in receipts for Fall 06/07 for tuition and books.

December 15, 2006 - Deadline for Winter 06/07 quarter. Turn in Memorandum of Commitment, Winter Class Schedule, official grades from Fall.

REMEMBER, it is up to you the STUDENT to keep your education file up to date with current grades, receipts for books, tuition, current class schedules, ALL Squaxin Island Education Forms, change of address and phone number, and current FAFSA information. YOU the STUDENT are responsible for getting the above listed items to the Education Department by the specified dates listed on this calendar, by not doing so your Funding could be delayed.

Fall Language Schedule

Mon: 9:00 – 10:15, Daycare Center
1:00 – 3:00 drop-In

Tues: 10:00 – noon, drop-In
1:00 – 3:00 drop-In
4:30 – 6:30, non-credit beginning class

Wed: 9:00 – 10:15, Daycare Center
Out of Office

Thurs: 10:00 – noon, individual tutoring
1:00 – 3:00 staff meeting (or drop-in)
4:30 – 6:30, non-credit beginning class

Fri: 9:00 – 10:15 Day Care Center
1:00 – 3:00 Drop-In

**If you would like to schedule Individual Tutoring during Drop-In hours, please call Barbara at 432-3897 / 490-2720 / 426-0041.*



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*
Check Language class schedules 432-3897

BRIDGETTE LOSEY, *Pathways Coordinator*
3:30 – 7:00

MANDY PARADISE, *GED Instructor*
3:00 – 7:00

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

SEDAR ROWSON, *Youth Counselor/Skillbuilder*
2:00 – 6:00 432-3896

Learning Center Rec Room

The Rec room is open until 7:00 p.m. on Friday, and Saturday it is open until 8:00 p.m. We have regularly scheduled youth movie nights. Contact Jeremiah George at 432-3968 for more information. We hope to see you there!



LEARNING CENTER

Mary Johns Room and Gym Usage

The Tu Ha' Buts Learning Center is now responsible for the Mary Johns Room and Gym. These rooms are available for use by the Squaxin Island Tribe, SPIPA and associated departments. These rooms are also available to tribal members and the community for a nominal fee. A deposit must be paid for each room rented. The deposit is returned to the renter if the rooms are left clean and there are no damages to the rooms and their contents. Please call Lisa Evans at 432-3882 if you are interested in reserving one of these rooms. Contact Julie Goodwin in Finance at 432- 3891 to arrange payment of your deposit. Keys will be given out the day of your event, or the Friday before, if event is scheduled for the weekend. The renter is responsible for picking up keys at TLC and returning them after use. Please be aware that keys to these rooms cannot be released to the renter without the deposit receipt.

Learning Center Update

GED Classes are available to Squaxin Island tribal members, community members, and casino employees. Classes are held Monday and Wednesday evenings from 5:00 p.m. to 7:30 p.m., in the classroom upstairs in the old tribal center building (above the gym). You must be 18 years of age to participate in this program. For more information, you may contact Lisa Evans at 432-3882 or Walt Archer at 432-3826.

The Homework Center is open and will be available Monday through Thursday, 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.

The Computer Lab is open and will be available Monday through Thursday, 3:30 to 5:00 p.m. in TLC. Students and parents must read, complete, and sign the TLC Computer Use Agreement before students will be allowed to use the computers in the TLC computer lab. The computers in the TLC computer lab are intended to be used for

educational purposes, homework, research and reports, etc.

Private Tutoring Sessions will be offered in TLC. A certified teacher will be available for private individual tutoring sessions. If your child needs a little extra help in any academic area, please call to schedule an individual tutoring session. Call Lisa Evans at 432-3882 or stop by TLC to schedule your appointment.

Higher Education

Attention ALL Higher Education students, don't forget to send in your receipts for Fall 05 quarter. The deadline to have all paperwork turned in for Winter 05/06 quarter is December 12, 2005. If you need assistance with paperwork, or anything else, please call, Lisa Evans at 432-3882. Please see the Higher Education Calendar for important dates and deadlines.

Scholarship Corner

GATES MILLENNIUM SCHOLARSHIP: Are awarded to students who: 1) are American Indian/ Alaska Native (Federally or State recognized) African American, Asian/Pacific Islander American, and Hispanic American; 2) Will enter a nationally accredited college or university as a full-time freshman in the fall of 2006; 3) Graduate from high school with a cumulative 3.3 GPA on a 4.0 scale or must earned a GED; 4) Meet the federal Pell Grant eligibility criteria (financial need); 5) Demonstrate leadership abilities through participating in community service, extracurricular, or other activities. The 2006-2007 Gates Millennium Scholarship Nomination Packet can be accessed online at www.gmsp.org or www.aigc.com. The deadline to apply is January 13, 2006.



Youth Calendar						
		Homework 1 Help 3 - 5 Rec Room 3 - 6 Open Gym 3 - 6	Homework 2 Help 3 - 5 Rec Room 3 - 6 Open Gym 3 - 6	Homework 3 Help 3 - 5 Rec Room 3 - 6 Open Gym 3 - 6	4 Rec Room 3 - 8 Baton Class 3 - 8	5 Closed
6 Closed	7 Homework Help 3 - 5 Basketball Practice 4:30 - 6	8 Homework Help 3 - 5 B'Ball 4:30 - 6 Open Gym 3 - 6	9 Homework Help 3 - 5 B'Ball 4:30 - 6 Open Gym 3 - 6	10 Homework Help 3 - 5 B'Ball 4:30 - 6 Open Gym 3 - 6	11 Rec Room 3 - 8 Baton Class 3 - 8	12 Closed
13 Closed	14 Homework Help 3 - 5 Basketball Practice 4:30 - 6	15 Homework Help 3 - 5 B'Ball 4:30 - 6 Open Gym 3 - 6	16 Homework Help 3 - 5 B'Ball 4:30 - 6 Open Gym 3 - 6	17 Homework Help 3 - 5 B'Ball 4:30 - 6 Open Gym 3 - 6	18 Rec Room 3 - 8 Baton Class 3 - 8	19 Closed
20 Closed	21 Homework Help 3 - 5 Basketball Practice 4:30 - 6	22 Homework Help 3 - 5 B'Ball 4:30 - 6 Open Gym 3 - 6	23 Homework Help 3 - 5 B'Ball 4:30 - 6 Open Gym 3 - 6	24 Closed	25 Closed	26 Closed
27 Closed	28 Homework Help 3 - 5 Basketball Practice 4:30 - 6	29 Homework Help 3 - 5 B'Ball 4:30 - 6 Open Gym 3 - 6	30 Homework Help 3 - 5 B'Ball 4:30 - 6 Open Gym 3 - 6			



Thank You Lorna Gouin 27 Years of Faithful Service

Lorna Gouin retired September 30th after 27 years of faithful service to the Squaxin Island Tribe. As Human Resources Director, Lorna played a major role in the Tribe's astounding resurgence. Beginning with just a handful of employees in 1978, the Tribe now has over 100 full time employees (not counting all of the business enterprises). Lorna developed all of the current employee policies and procedures and kept the Tribe up-to-date with all federal and state employee laws and regulations. In addition to her work as Human Resources Director, Lorna served several years on Tribal Council and a number of committees and commissions.

She will be greatly missed!



Lorna gifted her staff with lovely bouquets of flowers, L-R: Vicky York, Rose Blueback, June Krise, Patti Puhn and Janna Johnsen



Staff members recalling fond memories and letting Lorna know how much she will be missed. - Photos are by Brooks Farrell (Thanks!)

Talking Circle

Ruby Fuller - On Friday evening, September 16, Tribal Council held a Talking Circle in the Great Hall of the Administration Building. Approximately 25 tribal and community members were present as well as all but one Tribal Council member.

While a person was holding the "Talking Stick," he or she was allowed to speak without interruption. When that person was finished speaking, the "Talking Stick" was passed to another person wishing to speak.

Listed below are some of the several areas of concern brought to the Council.

HOUSING:

- Qualifications required to receive housing
- Denial because of excess income or bad credit
- Building standards
- No inspections
- Faulty or non-existent drains
- Dry rot
- Cracks in the floors
- Problems with the gutters

HEALTH CLINIC

- Difficult or impossible to obtain a purchase order from the clinic

ENROLLMENT

- The five year wait
- Benefits
- Blood Quantum

ELDERS

- Want their own checkbook/funds report
- Elders Coordinator/hiring

CULTURAL ACTIVITIES

- Paying people for doing cultural things

ENTERPRISES

- Employment of tribal members
- Buyers at clam digs

CASINO

- Mentorship program

The participants asked Council about the casino, Island Enterprises and the Daycare Center. The meeting ended with a suggestion and a brief discussion about forming a Healing Circle. Council is in the process of addressing many of these concerns and wishes to thank those who participated in the Talking Circle. The next Talking Circle will take place in January; stay tuned for details.



The Office of Housing would like to welcome all of the new residents to Slocum Ridge Phase II

Lisa Peters, Office of Housing - The Office of Housing is continuing to work with applicants on the Housing Priority Waiting List to fill the remainder of the new homes. If you have any questions about the new homes, please contact the Office of Housing @ 432-3937.



David Elam



Diane Beattie



Annie Ruddell and family



Ronin and Jessica Edwards



Rusty and Rickie Ramage

Helping Trees Through Winter

Submitted by Lisa Peters, Office of Housing- The tree-filled landscapes of winter can be mistakenly thought to be asleep. The winter trees are not sleeping, but are counting the days until spring. Most of the growing points in the tree are protected inside jackets called buds. Only in spring will it be apparent whether the tree has put aside and saved enough resources to respond to the new season of growth.

Winter is a difficult time for trees. Trees must stand in the face of drying and cold winds. Food reserves are carefully conserved for the coming needs of spring and water continues to move through the tree until it freezes. Any creature needing a meal chews and nibbles on the resting buds and twigs. Trees stand against all circumstances that the winter season can generate.

What can you do to help your valuable trees? A few things can help a tree be more efficient and effective in surviving the winter and thriving in the spring. These small winter investments can pay off in a large way, yielding healthy and structurally sound trees.

- Add a thin layer of composted organic mulch that blankets the soil surface. Mulch protects and conserves tree resources and recycles valuable materials.
- Properly wrap new young trees and newly planted trees that have not developed a corky bark and could easily be damaged. Mechanical injury from the environment, including chewing and rubbing by animals, must be prevented.
- Remove visible structural faults and deadwood. Try to make small pruning cuts that minimize the exposure of the central heartwood core on branches.
- Perform limited pruning of declining and poorly placed branches. Pruning should conserve as many living branches as possible with few selected cuts.
- Fertilize in early spring with elements needed in small quantities. Essential elements added over a mulch layer will help provide a healthy soil environment for root growth.
- Water where soils and trees are cool but not frozen, and where there has been little precipitation during the summer or fall. Winter droughts need treatment with water the same as summer drought. However, it is easy to overwater in winter, so be careful. (Source: Society of American Foresters Urban and Community Forestry Working Group)



Tips on Storing Firewood

With cold weather upon us, you may begin to store firewood in or near their homes. However, you may be storing more than firewood and may unknowingly bring insects into the house. As long as wood is properly handled and stored, insect emergence in the home can be avoided.

If wood is kept below 50° F, insects living in it will remain dormant. However, if taken indoors and allowed to warm up, insect activity resumes and they may emerge in the home. Emerging insects can then move out of the firewood, wander into the rest of the house and become a nuisance.

The best way to avoid invasion is to store the wood outside in the cold until it's ready to be burned so insects don't have a chance to warm up and become active.

Store wood away from the house and under a cover, such as in a woodshed, unheated garage, utility building or under a sheet of plastic or sheet metal roofing to keep it dry. Leave an air space between the wood and covering. Splitting, sawing and stacking wood in loose piles raised off the ground accelerates drying. Few insects will survive if wood is dried quickly and is kept dry.

Firewood also may be stored in a sealed box or container. Apply a coat of residual insecticide inside the container before putting wood inside. But don't directly spray the firewood or allow wet spray to contact the wood because pesticides can release poisonous gases when the wood is burned. If firewood insects, such as bark beetles, ambrosia beetles and both roundheaded and flatheaded wood borers, do emerge indoors they are not likely to attack wood in the home. However, powderpost or lyctid beetles can reinfest the hardwood from which they emerged and can attack other unfinished hardwoods in the house.



How Healthy is Your Home?

Most Americans spend much of their time indoors. Research has found that in homes across America, the quality of indoor air can be worse than outdoor air; that's because many homes are being built and remodeled more tightly. Consumers are using more products and furnishings containing compounds sensitive to occupants.

October is National Indoor Air Quality Action/Awareness Month. Become aware of indoor air pollutants and take the time to remove these potential problems from your home.

Some things that may affect the air quality of a home are mold, tobacco smoke, radon and carbon monoxide. Lead poisoning and asthma triggers are also important considerations.

Carbon Monoxide

Carbon monoxide (CO) is a lethal gas produced whenever fuels such as gas, oil, kerosene, wood or charcoal is burned. Hundreds of people die every year from carbon monoxide poisoning.

To prevent carbon monoxide poisoning - have your fuel-burning appliances inspected and serviced by a trained professional every year - either at the end of the heating season or at the beginning; make sure these appliances - furnace or boiler, gas stove or dryer, wood stove or fireplace - are vented to the outdoors and chimneys and vent pipes are not blocked by an animal nest or other obstruction.

Avoid using an unvented space heater, or if you must, open a window in the room where it is burning, and never sleep in a room where an un-vented heater is burning; never a fuel powered engine in an enclosed space.

Asthma Triggers

Asthma is a disease that makes it difficult to breathe during an attack. In severe cases, this can be life-threatening and calls for immediate medical treatment. Asthma attacks are set off by "triggers." These are different for different people. For some asthma sufferers, triggers can be cold air, exercise or emotional upsets. Others triggers can be things like pollen, dust, mold, particles from furry animals. Cockroaches and dust mites can cause a large number of attacks. Other important triggers are tobacco smoke and combustion products.

It is especially important to vacuum carpet frequently. Carpet can contain dust, mold, dust

mites, lead and other pollutants. Be careful with carpet cleaning chemicals (follow label instructions). If wet methods are used on carpet, use fans as needed so carpet dries out within a day or so.

Dust - can be controlled by a regular program of housekeeping. High performance vacuum cleaners are best. Using a damp mop or dustrag is a good method to control dust. Since cleaning can put dust into the air, it is best to schedule cleaning when children will not be in the facility.

Pets - it is best not to have furry pets. If present, try to keep them out of areas where children spend a lot of time. Keep pets out of carpeted areas.

Roaches - control is difficult. Roaches need food and water to grow. Be careful to store food in tight containers, clean up scraps and crumbs promptly. Fix plumbing leaks promptly and get rid of water drips and spills. Do not allow open containers of water to stand around. Control moisture problems.

Dust mites - are found mostly in bedding. They can live in many other places, including upholstered furniture and stuffed toys. Regular cleaning is helpful. For things that are laundered, the "Hot" setting can kill mites and their eggs. Small stuffed animals can be placed in the freezer for a few hours to kill mite eggs.

Mold

People with asthma, allergies or other breathing conditions may be more sensitive to mold. People with immune suppression (such as people with HIV infection, cancer patients taking chemotherapy and people who have received an organ transplant) are more susceptible to mold infections.

Possible health effects of mold exposure - people who are sensitive to mold may experience stuffy noses, irritated eyes, wheezing, skin irritation, difficulty breathing and/or shortness of breath. People with weakened immune systems or chronic lung diseases, such as obstructive lung disease, may develop mold infections in their lungs.

Recognizing mold - You may recognize mold by:

- Sight (are the walls and ceiling discolored, or show signs of mold growth or water damage?)
- Smell (Do you smell a bad odor, such as a musty,



earthy smell or foul stench?

To Prevent mold growth - Controlling moisture in your home is the most critical factor for preventing mold growth.

If there are minor water problems in your home, clean wet items and surfaces with detergent and water.

If there are major water problems (such as flooding) clean up and dry out the building (within 24 to 48 hours). Open doors, windows, and use fans for better circulation. Remove all porous items that have been wet for more than 48 hours and cannot be thoroughly cleaned and dried.

If there is mold growth - you should fix any water problem (such as leaks in roofs, walls, or plumbing) and clean up the mold. Removing mold growth is important because even dead mold may cause allergic reactions in some people.

To remove mold growth from hard surfaces, first use soap and water and then a bleach solution of one cup of bleach in one gallon of water. Use a stiff brush on rough surface materials such as concrete. If you choose to use bleach to remove mold:

- Never mix bleach with ammonia. Mixing bleach and ammonia can produce dangerous, toxic fumes.
- Open windows and doors to provide fresh air.
- Wear non-porous gloves and protective eye wear.

Porous, noncleanable items with mold growth should be removed from the home. This includes carpeting and carpet padding, upholstery, wallpaper, drywall, floor and ceiling tiles, insulation material, clothing, leather, paper, wood and food.

If the area to be cleaned is more than 10 square feet, consult the U.S. Environmental Protection Agency (EPA) guide titled Mold Remediation in Schools and Commercial Buildings. Although focused on schools and commercial buildings, this document also applies to other building types. You can get it free by calling the EPA Indoor Air Quality Information Clearinghouse at (800) 438-4318 or by going to http://www.epa.gov/mold/mold_remediation.html.

Another good resource is the EPA's publication, "A Brief Guide to Mold and Moisture in Your Home," online at <http://www.epa.gov/iaq/molds/images/moldguide.pdf>.

Pathways to Success

By Bobbie Bush, Pathways to Success Project Coordinator, SPIPA 5 Tribes Education and Career Center - During the week of October 5 through October 9, 2005, I traveled to Denver, Colorado to participate in the National Indian Education Association Conference. This was the 36th Annual NIEA conference. The trip was very exciting and challenging to me physically (it was hard to breathe in the higher elevation, emotionally (students participated in a run from the Sand Creek Massacre site – that touched my heart), and intellectually (I learned how to do e-reports).

The week began with a reception - meeting and greeting. During that time I met a very nice woman, Lenore White Lightening from Fort Totten, North Dakota. Lenore worked for almost twenty years as a classroom teacher. Now she serves as a School Board Vice President for their Tribal school. She is taking care of her grandchildren and works hard to serve her community. Lenore is also a Sundancer.

The first day of the conference it was mandated for me to attend a meeting with the United States Department of Education, Office of Indian Education personnel. During that meeting I learned that the quarterly reports required for the SPIPA Intertribal Pathways to Success Project now must be sent via an "e-reports," portal. This is a new way to work with the Federal government in a virtual world.

Then during the week there were workshops on all kinds of topics. I was looking for workshops that would relate to the Pathways to Success Video-conference classes that have been scheduled at our new location for the 5 Tribes Education and Career Center and SPIPA. The first workshop I went to was about how to use the United States Geological Services GIS to enhance math, geography, and geology for our students. This was a very good workshop. There were handouts presented that have information on websites. We looked at population density maps and did statistical comparisons on school age populations in Indian country based on Census data collected in 1970 and 1990. Did you know that over half of the American Indian population in the 1990 census is school age children? Check out the web site rockyweb.cr.usgs.gov/public/outreach for more information.

Another workshop was about a Lakota Language Immersion camp. That was good, because the presenters described how they planned and carried out a weeklong camp for 65 students during July 2004 and July 2005, and what they learned about planning a big camping event for their community.

One of the highlights of the conference was the cultural feast on Friday, October 7, 2005 in downtown Denver. Denver is a big city. All week when I was there, I could not get my sense of direction until that Friday night, when the sun was going down. Finally, I got my bearings as the sun sank in the west. That day was very beautiful up there.

We ate corn, buffalo, potatoes, blueberries and some kind of wannabe fry bread. The dinner was delicious, but nobody makes fry bread like we do at home, or like Mary Williams makes it. Then the people of the Arapahoe invited participation in a Bear Dance. That was fun, because it was a woman's choice dance. Then the Haida Dance group from Alaska came out and shared their dances. I was glad they were there, because when we were walking to the park in Downtown Denver, at first I felt lost, but then I saw the Haida people with their canoe paddles and joined them.

After the cultural feast there was a Pow-Wow at the Denver convention center. It was nice to see all the people from all over the United States, Alaska and Hawaii come and share together. There were even people from New Zealand. It was very beautiful - all of us together.

Then it was time to get back on the airplane and return home. As soon as we got in the terminal it seemed as if we disbursed, like puffs of smoke to the four directions of our continent.

When I returned to work that Monday, October 10, it was to the newly constructed Intertribal Professional Center at Squaxin Island Reservation. We have two new, big classrooms and classes started that week. The Pathways to Success Project has scheduled two months of videoconference classes in the new facility. More classes are added all the time. If you are interested or curious about what is here and what we have to offer, please call me at 360-462-3237, or stop by any day after ten am and before 4:00 p.m.



SKOOKUM CREEK TOBACCO



Hi, I'm a member of the Squaxin Tribe. My name is Rose Krise. I've been married to Alan Krise for sixteen years. We have four children, Kasia, Kristy, Kenna and AJ. We also have one grandchild, TJ.

I've been working for IE Inc. in various divisions for the past three months. The past month I was given the opportunity to further my education in the field of accounting. I've been hired on as an Accountant Trainee for IE Inc. I look forward to attending school in the winter.

I enjoyed working for RYO, KTP and Skookum Creek Distributing, but it's a blast working for IEI accounting department. I'm learning a lot and having lots of fun at the same time.



Hello, my name is Lisa Ewing. I am the Receptionist down at Island Enterprises Inc. I have been working here since June of 2005. I enjoy my job very much.

I'm a single parent of three wonderful children: two strong boys, Patrick and Malachi and a beautiful daughter, Lisa.

Now everyone knows the smiling voice you hear when you call IEI is me.



Hi, I'm David Elam. I'm an Operator/Maintenance here at Skookum Creek. I love working here and enjoy the work atmosphere that has been established by management. Come on down and see the factory. I would love to give you a tour!



A New Site

Construction at the new site for Skookum Creek Tobacco has already begun. It is located on Highway 108 just past the railroad tracks on the left side of the road coming from Kamilche. It is right next to the tracks, so don't go too far if you want to go down and check it out!





SKOOKUM CREEK TOBACCO



Hi, my name is Matt Plant. I work here at the factory. I'm in training to be an Operator of the cigarette making machines and I love working with all the wonderful people here at Skookum Creek Tobacco.



Hi, I'm Patrick Braese. I am a Case Packer at the tobacco factory. I've worked quality control and production for the past six months and was the first full time production employee.



Hi, I'm Kristin Penn. You haven't seen me at the store because I don't work there anymore - I am an Operator/Quality Control person at the tobacco factory now. I run the soft pack machines. It's hard work, but it makes the day go by fast. I am the only female on the floor, which sucks, but I like working here.



Hi, My name is Buck Clark. I am the new Truck Driver and Sales Person at Skookum Creek Distributing. Come and down and get a tour of your cigarette factory. We'll be moving at the end of January, so feel free to come on in now and say hi.



Hi, my name is Jeramy Obremski. I used to work at the store, but I transferred down here as the Floor Person. I get supplies for the makers and packers and do whatever I can do to help.
See ya guys around.



Hi, my name is Nick Cooper. I work at Skookum Creek Tobacco as a Machine Operator. If your smoke Completes, I probably made them, so I hope you enjoy. Have a good day.



Three Reasons to Stop the Pop!

1. **Tooth Decay**
2. **Obesity**
3. **Weakened Bones**



Tooth Decay



Pop causes cavities. There are 9-12 teaspoons of sugar in a 12 ounce can of pop. That's almost 1/4 cup of sugar per can!

A "Big Gulp" has 5 cans of pop in it for a total of over one cup of sugar.

There are also acids in pop that play a role in causing tooth decay. These acids are found in both regular and diet pop.

Obesity

Children who drink pop daily add about 200 calories to their diet each day compared to children who do not drink pop daily. Pop is not filling and so children still eat the same amount of other food. This is why children who drink pop daily tend to be overweight. The sugar in pop adds more sugar to toddlers' diets than candy, cookies and ice cream combined. These are empty calories with no nutrition!

Weakening of Bones

Children who drink pop daily have weakened bones and their bones break more easily. The phosphorus in pop robs bones of calcium.



Kids who drink pop daily drink less milk and are not getting enough calcium. This is another way pop weakens bones.

Children need 3-4 glasses of milk per day. Don't replace milk with pop and other sugared drinks.

For more information on children and calcium, check out the "Milk Matters" web site at www.nichd.nih.gov/milk/.

Ways to Stop the Pop!

1. Don't keep pop at home
2. Insist on milk at each meal
3. Drink water when you are thirsty and keep cold water in the fridge.
4. Resist those extra big cups. They're not a good deal when it come to your health.

For more information contact your local dental clinic

Squaxin Island Tribal Dental Clinic

Michelle Wiley, R.D.H

Children and Pop: A Bad Combination



Caffeine Warning

There is about 1/3 the caffeine in pop as there is in coffee. Young children weigh less than adults so the effect is increased. Caffeine can make children anxious and affect their moods and sleep.

Tobacco Quit Line 877-270-STOP

FREE, CONFIDENTIAL
INDIVIDUAL ATTENTION

Quit Line Hours:

Monday - Thursday: 5:00 a.m. - 9:00 p.m.

Friday: 5:00 a.m. - 7:00 p.m.

Saturday - Sunday: 6:00 a.m. - 5:00 p.m.

If you call at other times, we'll call you back.

Unsure about calling?

Visit www.quitline.com to get tips on quitting, hear a sample call or meet the quit line specialists.

INFORMATION TO HELP YOU SUCCEED

- Private counseling and support
- A quit plan made for you
- Skills to help you succeed in quitting
- Information on resources, such as insurance benefits and stop smoking programs where you live
- A Tobacco Quit Kit mailed to you

CALL

1-877-270-STOP (7867)

Toll-free

to speak with a trained expert on quitting

We'll help you plan!!!





Could You Have Diabetes and Not Know it?

There are 18.2 million Americans with diabetes - and nearly one-third of them (or 5.2 million people) don't know it! Diabetes is more common in African Americans, Latinos, Native Americans, Asian Americans and Pacific Islanders. If you are a member of one of these ethnic groups, you need to pay special attention to this test. To find out if you are at risk, write in the points next to each statement that is true for you. If a statement is not true, write a zero. Then add all the points to get your total score.

November is Diabetes Awareness Month – Take the quiz below to see if you are at risk for having diabetes.

	<u>Yes</u>	<u>No</u>
1. My weight is equal to or above that listed in the chart below?	5 points	0 points
2. I am under 65 years of age <u>and</u> I get little or no exercise during a usual day?	5 points	0 points
3. I am between 45 and 64 years of age?	5 points	0 points
4. I am 65 years old or older?	9 points	0 points
5. I am a woman who has had a baby weighing more than nine pounds at birth?	1 point	0 points
6. I have a sister or brother with diabetes?	1 point	0 points
7. I have a parent with diabetes?	1 point	0 points

TOTAL POINTS ____

Scoring 3-9 points - You are probably at low to medium risk for having diabetes now. But don't just forget about it -- especially if you are Hispanic/Latino, African American, American Indian, Asian American, or Pacific Islander. You may be at higher risk in the future. Scoring 10 or more points - You are at greater risk for having diabetes. Only your health care provider can determine if you have diabetes. At your next office visit, find out for sure.

Diabetes Facts You Should Know

Diabetes is a serious disease that can lead to blindness, heart disease, strokes, kidney failure, and amputations. It kills almost 210,000 people each year. However, you can lead a long, healthy life with diabetes if you control your blood sugar.

Some people with diabetes exhibit symptoms, some do not. If you have any of the following symptoms, contact your doctor:

Extreme thirst

Frequent urination

Unexplained weight loss

For more information on diabetes, go to www.diabetes.org or call 1-800-DIABETES.

Diabetes screening available in the Tribal Center November 2, 16, & 30th from 7:30 am to 9 am. Be sure to wait to eat or drink anything until after the test!

Join us for the Diabetes Awareness Breakfast and walk on Friday, November 4th at 8:00 a.m. at the Elders building.

For more information, contact Patty Suskin, Diabetes Coordinator at the health center at (360)432-3929.

At-Risk Weight Chart Body Mass Index

HEIGHT

in feet and inches without shoes

WEIGHT IN POUNDS

without clothing

4'10"	129
4'11"	133
5'0"	138
5'1"	143
5'2"	147
5'3"	152
5'4"	157
5'5"	162
5'6"	167
5'7"	172
5'8"	177
5'9"	182
5'10"	188
5'11"	193
6'0"	199
6'1"	204
6'2"	210
6'3"	216
6'4"	221

If you weigh the same or more than the amount listed for your height, you may be at risk for diabetes.



Why Eat Breakfast?

Breakfast is 'most important meal'

Some foods may have greater health benefits

"Breakfast may really be the most important meal of the day."

- Dr Mark Pereira

Eating breakfast is the secret to staying healthy, according to evidence unearthed by doctors in the US. They believe skipping the first meal of the day increases the chances of becoming obese, developing diabetes or even having a heart attack. Dr Mark Pereira and colleagues at Harvard Medical School analyzed the eating habits of 2800 Americans.



Health benefits

People who ate breakfast were:

1. Less likely to be obese compared to those who skipped the meal.
2. Less likely to have blood-sugar problems, which increase the risk of developing diabetes or having high cholesterol, which is a known risk factor for heart disease.

The researchers believe that eating first thing in the morning may help to stabilize blood sugar levels, which regulate appetite and energy. They suggest people who eat breakfast are less likely to be hungry during the rest of the day and are, therefore, less likely to overeat. "Our results suggest that breakfast may really be the most important meal of the day," said Dr Periera. "It appears that breakfast may play an important role in reducing the risk of type 2 diabetes and cardiovascular disease."

Growing evidence

Breakfast can be a very good source of vitamins. Whole grain cereals of at least 4 grams of fiber per serving are recommended. Choose a cereal with 5 grams or less of added sugar per serving. Instead of buying presweetened cereals, make cereal sweet with fresh, canned or dried fruit. Or mix different cereals together to increase the nutrients and fiber.

Many processed cereals are fortified with vitamins and minerals which people can find it difficult to get elsewhere if they are just having two meals a day. The study was presented at the American Heart Association's annual conference in Miami.

Breakfast Tips for Non-Breakfast Eaters - Do these describe you?

Maybe these tips will give you some ideas to start a new habit---for your health!

1. **I'm too busy** - the preparation is what takes time. Start a new routine - many people rotate 2 breakfast ideas to make it simple (what do you like? Oatmeal? Cereal? Leftovers?)
2. **I 'm not hungry** - Just a little something about an hour after rising is better than waiting until lunch. It is easy to overeat when you wait until lunch. Try a few nuts or a piece of cheese even if you don't feel hungry.
3. **I wake up too late** - Leaving the house without eating? Bring a snack that you can eat either as you travel or at a break. Ideas include: nuts, cheese stick, some jerky, fresh fruit, a few crackers.
4. **I don't like breakfast foods** - No need to eat breakfast foods. Try leftovers, or heat up some soup, pasta, a sandwich, think of other foods that you enjoy.

Here are some quick "ready to eat" Breakfast ideas: Hardboiled egg with carrot sticks or tomato juice, yogurt with sliced almonds or cereal, whole grain toast or waffle with peanut butter, turkey and tomato or cheese in a sandwich or tortilla, cottage cheese & tomatoes or fruit
Be creative! Be adventurous!

Submitted by Patty Suskin

Join us for the Thursday Walks!

Thank you to (see photo) Left to Right: Lorrain VanBrunt, Carolyn Hoosier, Dave Caulfield, June Krise, Ann Parker and Melanie Vigue for joining in the Thursday Walk on September 22nd. We start from the Elder's building about 12:40 & walk at your own pace for about 20 minutes.

On the 3rd Thursday of the month, we will have special community health walks. These will be aimed at Diabetes Prevention and will be held at the same time as the other five SPIPA tribes in their own community. Come & show your support for this grant from IHS to reduce Diabetes in the Squaxin Island Tribe Community!

For more information, contact Patty Suskin, Diabetes Coordinator, at the health center or call (360)432-3929





A Fun and Healthy Holiday Treat!

Try this recipe!

The layers make it pretty to look at, too!

PUMPKIN TRIFLE

- 3 cups cold fat-free milk
- 2- 1 oz. packages vanilla pudding mix
- 1 15oz. can solid packed pumpkin
- ¾ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- ¼ teaspoon ground ginger
- 1 2/3 cups ginger snaps crumbs, roughly crushed
(can also use sugar-free ginger snaps)
- 2 ½ cups fat-free whipped topping

Directions

1. Place the cold milk in a large mixing bowl. Slowly add pudding mixes while mixer is running. Scrape down the sides of the bowl with a spatula and beat for 2 minutes on high speed. Chill pudding in refrigerator for 5 to 10 minutes.
2. Add pumpkin and spices to pudding and stir well with a spatula. Set aside.
3. To assemble the trifle, sprinkle 2/3 of ginger snap crumbs in the bottom of a large clear, glass bowl. Gently spread about 2 cups of the pumpkin pudding over the crumbs. Spread 1 ½ cups of whipped topping on top of the pudding. (You should see nice, neat layers through the sides of the bowl.) Repeat process with another 2/3 cups of crumbs and remaining pudding. Top with 1 cup of whipped topping in a neat, decorative circle and sprinkle with 1/3 cup of crumbs for a garnish.

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.

Monday	Wednesday	Thursday
	Pancakes & Ham 2	Baked Chicken 3
Chicken Enchiladas 7	Buffalo Roast 9	Veterans Celebration 10 Baked Salmon
Soup and Sandwich 14	Spaghetti 16	Turkey Dinner 17
Tacos 21	CLOSED 23	CLOSED 24
Tuna Casserole 28	Fried Oysters 30	

Another Fun Supermarket Tour/Food Label Reading Workshop and Recipe Tasting Sept 28th!

On September 28th, Traci Lopeman and Paula Krise joined Patty Suskin, Diabetes Coordinator, at Fred Meyer in Shelton and learned more about the foods we eat. We noticed the calories, fat, and carbohydrate in foods such as chili, milk, yogurt, breads and more. We also brainstormed ideas to eat healthier on a budget. For example, vegetables can be added to casseroles and more. Fruits can be a healthy dessert or snack alternative. We also bought some fresh vegetables and fruits to taste.

Afterwards, we stopped by the Tribal Center lunchroom where we tasted some healthy recipes containing vegetables and fruits prepared by Bj Peters, Health Promotion Assistant. Bj made a minestrone soup, baked apples, cucumber and tomato salad and rice and beans in zucchini. Recipes for these tasty, healthy, treats were provided.

A total of 18 people - community & staff - enjoyed the tasting session. Have you tried the new honey crisp apples? Grape tomatoes? Snap peas? We did! Thank you to Bj for purchasing and preparing the delicious healthy foods!

The Basic Food and Nutrition Education Program (BFNEP) paid for this activity in order to promote eating more vegetables and fruits for good health. Did you know the new recommendation is eating 2 1/2 cups of vegetables each day and 2 cups of fruit each day?

If you are interested in future food label reading workshops at the grocery store, or would like ideas on how to eat healthier, contact Patty Suskin, Diabetes Coordinator at the clinic (360)432-3929.



Traci Lopeman, Patty Suskin & Paula Krise look at a can of chili & talk about how to make it healthier.

Paula Krise & Traci Lopeman read labels & learn about dairy products



At the Tribal Center lunch room, Jeannette Freitag, Bj Peters, Jason Todd and Mitzi Whitener enjoy tasting healthy recipes.



Outdoor Activity of the Month

Thanksgiving Holiday is a great time for watching nature

Area creeks are full of spawning salmon this time of year.

What: Spots to watch spawning salmon

Where: Thanksgiving is the best time of the year to see wild spawning salmon in the South Sound. Thousands of fish jam into Kennedy Creek; it looks like an Alaska stream. Tiny McLane Creek also has lots of big fish. Just about every stream that flows into Puget Sound now has spawning chum salmon, but trails at Kennedy and McLane creeks allow visitors to see the spectacle up close. Walking to visit one of these streams is a great family holiday fitness activity.

How to do it: watching spawning salmon is an outdoor skill. Here's the best way to do it:

Don't walk right up to the bank and spook the fish. Stay back, or use brush or trees for cover. If you do this, the fish continue fighting, swimming and spawning instead of racing around in fear. Fish are focused on spawning, but the sudden appearance of a human will scare the daylights out of them.

Pick out one group of salmon and try to identify the smaller males swarming around the larger females. The males bite each other with their big teeth, and they brush against the female during their wooing. Salmon dig deep nests in the gravel, which is the sign of a fresh nest, which is called a redd.

Look for salmon that are on their sides and thrashing. They are spawning or getting ready to spawn.

Look for other animals: Cutthroat trout eat stray salmon eggs and decaying salmon carcasses. Birds, coyotes, bears and other animals eat dead salmon.

KENNEDY CREEK

Details: The Kennedy Creek Salmon Trail is open to the public Friday, Saturday and Sunday from 10 a.m. to 4 p.m. The trail closes for the season Sunday evening. To get to the trail from the Tribal center, take U.S. Highway 101 South from Little Creek Casino, toward Olympia. Between mileposts 358 and 357, turn west or right onto the Old Olympic Highway, which is on Totten Inlet, about halfway between Olympia and Shelton. Go three-fourths of a mile to a gravel road. A sign will read "Kennedy Creek Salmon Trail." Follow the gravel road a half-mile to the trail parking lot.

Information: Call 360-754-6464 or log onto www.spsseg.org.

MCLANE NATURE TRAIL

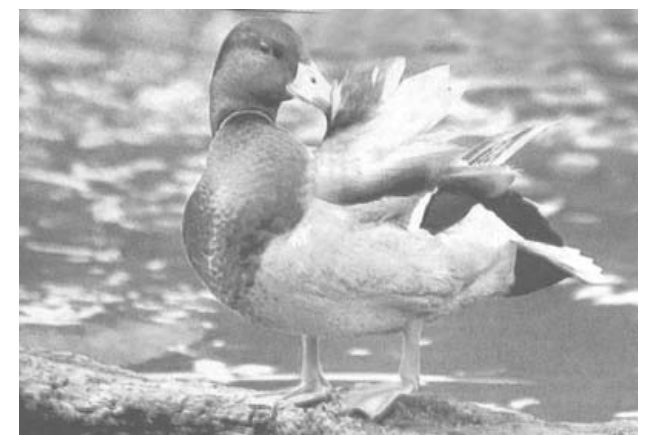
Details: The McLane Nature Trail is open daily until 8 p.m., but darkness makes salmon spotting tough after 5 p.m. To get to McLane Nature Trail, take the Mud Bay Exit off Hwy 101. Turn left (west) on Mud Bay road. At nearly the crest of the hill, turn right onto Delphi. Follow Delphi several miles to the McLane Nature Trail sign and turn right.

Be careful driving at McLane Nature Trail, as the access road is one lane for much of the way. Park in the second lot and follow the trail- which is mostly wood boardwalks- to McLane Creek. You'll have no trouble seeing the salmon in the small stream. Be careful on the boardwalks, as some of them have no railings and can get slippery. This trail is not passable for people who use wheelchairs and walkers.

Watch for beavers, newts and ducks while walking along the trail- especially the section that crosses a large, shallow pond.

History: Many salmon runs in the northwest are in trouble, but there is a lot of evidence that Puget Sound fall-run chum salmon are at historical highs. Chum salmon are doing well because they can spawn in small creeks and their young leave for salt water right after hatching. This lets the young fish avoid many of the perils of spending one or two years in freshwater, which is the life pattern for Coho and Chinook salmon. Chums even use creeks that run dry during the summer, as the young chum are in salt water long before the stream runs dry.

Chum: Small chum salmon will hatch from the eggs and almost immediately head for salt water. Large numbers of young chum are in Puget Sound by February or March. The young fish then head for the Gulf of Alaska and the eastern Pacific for three to five years. The survivors of this year's spawn will return to their creeks as 3-, 4- or 5- year old fish. The fish that hatch this winter will return to their streams during Thanksgiving of 2007, 2008 or 2009.



Happy Holidays Everyone!



HEALTH & HUMAN SERVICES



Upcoming Health Events

DIABETES SCREENING

Tribal Center
November 2nd, 16th & 30th
7:30 a.m. - 9:00 a.m.

FOOD TASTING WITH YOUTH

Youth Center
Every Tuesday
4:30 - 5:30 p.m.

DIABETES BREAKFAST & WALK

Elders Building
November 4th
8:00 a.m.

HEALTHY HABITS FOR LIFE

Take charge of your health!
1st and 3rd Tuesdays noon to 1:00 p.m.
Tribal Center Lunch Room

DIABETES FOOT EXAM MORNING

Clinic
November 15th
9:00 - noon

MAMMOGRAMS

Clinic
November 21
Contact Rose Algea @ 432-3930

DIABETES & DEPRESSION WORKSHOP

Clinic
November 10th
1:00 - 2:00 p.m.

DIABETES & EYES WORKSHOP

Tuesday, November 22nd
12:45 - 1:30 p.m.
Field trip to Olympia Eye Clinic

BRIEF WALK

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

Contact Patty Suskin for more information at
(360)432-3929 or stop by the clinic
Contact: Patty Suskin @ 360-432-3929
or
Bj Peters @ 360-432-3884

FIVE TRIBES COMMUNITY HEALTH WALK

November 17th
12:30



Congratulations Thelma Shea



September '05 Mammogram winner

November Health Events						
November is Diabetes Awareness Month!		1 Healthy Habits Food Tasting with Youth	2 Diabetes Screening 7:30 a.m. - 9:00 a.m.	3 Thursday Walk	4 Diabetes Breakfast Elders Building	5
6	7 Commodities Tasting 10:00 - Noon	8 Food Tasting with Youth	9	10 Thursday Walk Diabetes and Depression Workshop	11	12
13	14	15 - Foot Exam Morning - Healthy Habits - Tasting with Youth	16 Diabetes Screening 7:30 a.m. - 9:00 a.m.	17 Community Health Walk	18	19
20	21 Mammogram Day	22 Diabetes and Eyes Food Tasting with Youth	23	24 Thursday Walk	25	26
27	28	29 Food Tasting with Youth	30 Diabetes Screening 7:30 a.m. - 9:00 a.m.			



Tribal Council Resolutions

05-85: Approves the final FY06 budget in the amount of 36,452,209

05-86: Resolves that tribal funds in the amount of \$5,000, based on tribal membership, will be paid for membership dues in National Congress of American Indians

05-87: Authorizes a Tribal Advisory Board to serve as an advisory body for the implementation of the Tribal Juvenile Accountability Discretionary Grant and further resolves that the members of the committee will be; Director of Public Safety and Justice; Prosecutor; Probation Services; Juvenile Court Clerk; Director of Education Department; President and CEO of Island Enterprises Inc.; Executive Director of Museum Library and Research Center; Director of NWITC; Family Services Manager and Director of Health and Human Services

05-88: Adopts the National Incident Management System. This system will be used at all incidents and drills, taught in all appropriate Squaxin Island Emergency Management and Safety training courses and reflected in all emergency mitigation, preparedness, response and recovery plans and programs

05-89: Declares the Tribe's intent to institute the guidelines established in the Revised Code of Washington 38.52.070, which grants local organizations and joint local organizations authority to establish, operate and exercise emergency powers and procedures under Washington State Law while maintaining the authority of the Tribe under its Constitution, bylaws and inherent sovereignty

05-90: Enrolls Eathon Caasi, Dawn Marie Caasi and Angel Henry

05-91: Rescinds Resolution 05-66 which incorrectly enrolled Tristian Villanueva

05-92: Agrees to sign the amended memorandum of Agreement between Squaxin Island Tribe and the Washington State Department of Revenue concerning authority to affix stamps to cigarettes for the purpose of entry of cigarettes into the State of Washington

05-93: Agrees to sign the Memorandum of Agreement between the Squaxin Island Tribe and the Washington State Department of Revenue concerning authority to transport and distribute tobacco products in the State of Washington



05-94: Declares that tribally-operated retailers are the only entities permitted to make retail sale of OTP (other tobacco products) in Indian Country and further resolves that tribally-operated retailers must make all OTP sales in consumer quantities

05-95: Approves the Room Occupancy Tax Code

05-96: Appoints Dave Whitener Sr. to the Squaxin Island Childcare Board of Directors as a representative with special heritage and cultural knowledge or interest with Margaret Henry as a community representative with age appropriate children and further appoints J.P. Janovitch, Janice Sturgeon and Tracy Farrell to unrestricted positions and appoints the Tribal Chairman as an ex-officio

05-97A: Approves the Settlement Agreement re Tribal Motion to Intervene pertaining to the state's lawsuit against Clear Bay Fisheries Inc. regarding theft of geoduck from state-owned lands in which the Squaxin Island, Puyallup and Nisqually Tribes filed motions to intervene based on their argument that their treaty rights entitle them to a share in any recovery against Clear Bay. The tribes agreed not to pursue their motions if the state abides by terms of a separate agreement that obligates the state to consult with tribes regarding progress of the lawsuit against Clear Bay Inc.

05-97: Approves the Common Interests Privilege Agreement pertaining to the state's lawsuit against Clear Bay Inc. to ensure protection of all parties' privileged information

05-98: Approves Thomas L. Meyer, attorney at law, to serve as Prosecutor in civil and criminal matters and as presenting officer in Indian Child Welfare matters

05-99: Approves Anita Estupinan Neal, attorney at law, to preside as a sitting judge primarily in the family law court, including Indian Child Welfare and domestic violence

05-100: Approves Leslie K.S. Ching, attorney at law, to preside as a sitting judge primarily on the criminal calendar, and the civil calendar (other than family law court matters) when called upon

05-101: Establishes a Tribal Certification Program of Puget Salish Language Teachers (the "Certification Program"), which will permit qualified applicants to demonstrate their Puget Salish language proficiency and teaching ability under criteria established under the program

05-102: Authorizes SPIPA to submit a grant proposal to the Office of Community Services Block Grant for its allotment of up to \$25,000 to provide community activities, program referrals and services targeted at Elders and youth

05-103: Authorizes submission of the Indian Housing Plan for the Squaxin Island Housing Program for Fiscal Year 2006 to the Department of Housing and Urban Development

05-104: Appoints Michael Evans and John Taylor as Squaxin Island Incident Commanders and further appoints the following staff as Emergency Operations Center Supervisors: Brian Thompson, Whitney Jones, Deborah Stoehr, Michael Evans and John Taylor

05-105: Resolves that monies held by General Government from the Two Percent distributions in excess of those amounts necessary to fully perform the Tribe's obligation under the agreements with the MCSO and MCFD#4 through the end of Fiscal year 2005, and in excess of those amounts necessary to perform the Tribe's continuing obligations under the agreements with the MCSO and MCFD#4 shall be distributed to the General Government for purposes of funding tribal police, fire and treatment enhancement programs, including problem gambling, adversely affected by Class III gaming



My favorite Place

My favorite place in the world is the reservation. The rez is in Shelton, WA. I love it because there are plenty of family members there. It is the one true place I feel safe. We all know that everybody needs a family.

To begin with, everywhere you go, you see family. Every other night we have a family dinner. No matter what it is, we're there for each other - weddings, birthdays, Christmas, Easter - and any other celebration. We are always just a phone call away.

Secondly, when you first come to town there are powdered packages being launched into the sky. One by one they're racing into the sky. By the time it is dark, there's garbage everywhere. Can you imagine how long it must take to pick up all those fireworks? But with lots of family members, Fourth of July is fun and fast and easy to clean up. The next morning I can smell snakes, sparklers, smoke balls, and many more stinky fireworks. After everything is cleaned up. ssssssssssssspppppppppp, ssssssssssssspppppppppppppppppppppp, ssssssssssssspppppppp. Off go more fireworks I love Fourth of July on the reservation.

Third, we are what you like to call party animals. We find any excuse to get together and have a good time. There are birthday parties, school dances, and parties for no exact reason. All the dances and many birthday celebrations are held at the gym or in the Elders' room. Some of the parties are thrown at home. When parties are over, the rez is as silent as a broken speaker. There is no sound, and the air is dead. In the morning the noise returns as the kids awake.

In conclusion, family, fireworks and parties are at the tip of every corner. Trust me, you'll never be bored. Now ask yourself, what your favorite place is, because I have already told you mine. I can't wait until I go back home. My cousins say it is still the same as I described. I miss the green grassy hills of my tribe. It's about time for me to fly back.....

By Patricia Gonzalez-Montanez
daughter of Dayleann
grandaughter of Bev Hawks

New Employee



Carol VanderWal
ICW Caseworker

Hi, my name is Carol VanderWal and I am very happy to be here. I graduated from Evergreen State College last March with a degree in Liberal Arts, with my focus on Native American studies. You may have already seen me working in the ICW program for the last year as an intern. I really have enjoyed the families I have been working with and this department. This ICW program has been making some incredible changes and I am very excited for the future. I am a busy mother of four and I think family/children are very important. I am looking forward to many years of serving this community and the people of the Squaxin Island Tribe.



Important Notice

We are not being funded for Energy Assistance this year. Community members need to be sure to pay their electric bills. There are no funds available for LIHEAP until January (possibly) because all funds went to help with Hurricane Katrina disaster relief.

* Also, Food vouchers are available. Please contact Marcella Castro at 432-3931, Tuesday - Thursday.

Important Housing Notice

The Housing and Utilities Commission will be considering major revisions to the Housing Policies at their regular meeting on November 4, 2005. Copies of the proposed revisions are available for public review and comment at the Tribal Center, Sally Selvidge Health Clinic and the Museum Library and Research Center. Comments may be directed to the Office of Housing or can be given to any Housing and Utilities Commission member.

TRIBAL POINT OF CONTACT:

Liz Kuntz
Office of Housing
Dept. of Planning and Community Development
432-3864

Kennedy Creek Salmon Trail Open to Public on Weekends

The Kennedy Creek Salmon Trail will be open for visitors on Saturdays and Sundays, October 29 through Thanksgiving weekend.

Located just north of the Thurston County line, the half-mile trail will be open to the public from 10 a.m. to 4 p.m. Saturdays and Sundays, October 29 to November 27 and on Friday, November 25.

Volunteer trail guides will be available to answer questions. For more information, call 360-754-6464 or see www.spsseg.org.



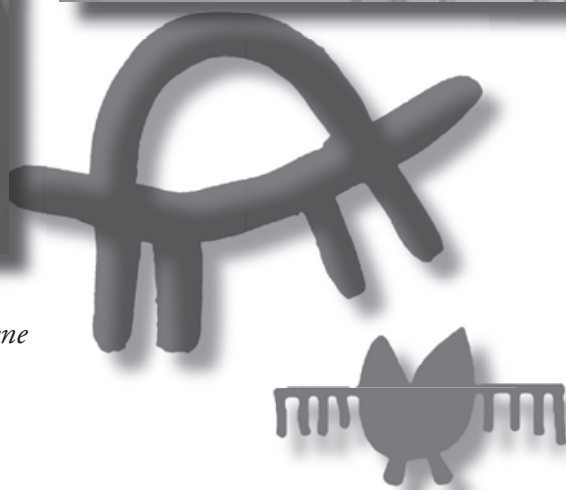
Congratulations MLRC Director Charlene Krise

American Association of State and Local
History's Regional Winner of its Certificate of
Accommodation Related to Museum Develop-
ment



*David Crosson and Terry Davis presenting Charlene
with her award*

Annual MLRC Art Auction Raises \$29,000



Congratulations

Erika and Tyler Thale

on the birth of your beautiful baby girl
born October 26th at 5:42 a.m.
at Capital Medical Center
weighng 7 pounds, 14 ounces
17" in length



Special Thanks

Special thanks to everyone who supported this
year's art auction, especially the artists, donators
Little Creek Casino Resort and staff, tribal staff
and those who attended the event. The evening
was another great success. We truly appreciate
every one of you!





Coast Salish Gathering IV *What About the Children?*

December 1-3, 2005

Wex 'liem Community Building,
Lummi Nation



Join us as we discuss how illegal drugs have hurt the wellness of children in our communities and what solutions are available.

Free and open to the public

For more information, call Danita Washington
(360) 384-1489 or danita@lummi-nsn.gov

The Lummi Tribe plans to burn a "drug house."

The transition from middle to high school is a particularly risky time for teens, putting them at an increased risk for drug use.

- The most dramatic increase in first-time marijuana use occurs between the ages of 12 and 13, the time of transition from middle school to high school, and continues to climb significantly, peaking at age 15 before leveling off.
- The percentage of kids who have tried drugs doubles between 8th and 10th grade, from 18 percent to 36 percent. During this same grade transition, disapproval of marijuana use declines significantly between 8th and 10th grade from 82 to 68 percent.
- Highly stressed teens are twice as likely as teens with a low level of stress to smoke, drink, get drunk and use illegal drugs. Nearly one in three girls and one in four boys report being highly stressed.

Myths & Facts About Marijuana

Do you know the facts about marijuana? Here are some common myths.

MYTH: Marijuana is harmless.

FACT: Marijuana is the most widely used illicit drug among youth today and is more potent than ever. Marijuana use can lead to a host of significant health, social, learning, and behavioral problems at a crucial time in a young person's development. Getting high also impairs judgment, which can lead to risky decision making on issues like sex, criminal activity, or riding with someone who is under the influence of drugs or alcohol. According to the National Center on Addiction and Substance Abuse at Columbia University, teens who use drugs are five times more likely to have sex than teens who do not use drugs. Getting high also contributes to general apathy, irresponsible behavior, and risky choices.

MYTH: You can't get addicted to marijuana.

FACT: Don't be fooled by popular beliefs. Kids can get hooked on pot. Research shows that marijuana use can lead to addiction. Each year, more kids enter treatment with a primary diagnosis of marijuana dependence than for all other illicit drugs combined.

MYTH: There's not much parents can do to stop their kids from "experimenting" with marijuana.

FACT: Most parents are surprised to learn that they are the most powerful influence on their children when it comes to drugs. But, it's true, so this message needs to start with parents. Kids need to hear how risky marijuana use can be. They need to know how damaging it can be to their lives. And they need to begin by listening to someone they trust. By staying involved, knowing what their kids are doing, and setting limits with clear rules and consequences, parents can keep their kids drug-free. **Tell Your Kids to Say No Even if You Didn't**

MYTH: There are no long-term consequences to marijuana use.

FACT: Research shows that kids who smoke marijuana engage in risky behavior that can jeopardize their futures, like having sex, getting in trouble with the law, or losing scholarship money. Marijuana can also hurt academic achievement and puts kids at risk for depression and anxiety.

MYTH: Marijuana isn't as popular as other drugs like ecstasy among teens today.

FACT: Kids use marijuana far more than any other illicit drug. Among kids who use drugs, 60 percent use only marijuana.

MYTH: Young kids won't be exposed to marijuana.

FACT: Not only are they exposed to marijuana, they are using it. Between 1991 and 2001, the number of 8th graders who used marijuana doubled from one in 10 to one in five.

MYTH: Parents who experimented with marijuana in their youth would be hypocrites if they told their kids not to try it.

FACT: Parents need to make their own decisions about whether to talk to their children about their own drug use. But parents can tell their kids that much more is known today about the serious health and social consequences of using marijuana.



Happy Birthday

Wesley Fletcher	11/1	Russel Cooper	11/7	Lucille Quilt	11/19
Kimberly Arnold	11/1	Anthony Furtado	11/7	Connie McFarlane	11/20
Juanita Algea	11/3	Thelma Shea	11/7	Nathan Nunes	11/20
Shannon Bruff	11/3	Tammy Birchall	11/8	Vincent Henry I	11/21
Rickie Leigh Case	11/3	David Whitener, Jr.	11/8	Herb Johns	11/21
Cynthia Dorland	11/3	Jeffery Blueback	11/9	Aleta Poste	11/21
Lena Krise	11/3	Dillon Decicio	11/9	Bianca Saenz-Garcia	11/21
Roxsanne White	11/3	Malena Herrea	11/9	Leo G. Henry	11/22
Jeremiah Johns	11/4	Mickey Hodgson	11/9	Susan McFarlane	11/22
Twana Machado	11/4	Virginia Berumen	11/10	Lyssa Davis	11/23
James Monger	11/4	Calvin Peterson	11/10	Steven Dorland	11/23
Ronnie Rivera	11/4	Monique Pinon	11/10	Candee Gillette	11/23
Jordan Whitener	11/4	Lisa Farron	11/12	Delores Johnson	11/23
Jennifer Briggs	11/5	Ryan Fox	11/13	Eric Kruger	11/23
Beverly Hawks	11/5	Rachel Parker	11/13	Melvin Napoleon	11/23
Elizabeth Kuntz	11/5	Mary Mosier	11/14	Cecily Neilsen	11/24
Cynthia Napoleon	11/5	Richard Peters	11/15	Michael Parker	11/24
Bonnie Sanchez	11/5	Tammy Peterson	11/16	Joseph Seymour	11/24
Jason Snipper	11/5	Jackie Allen	11/17	Alan Steehler	11/24
Kenneth Brownfield	11/6	Elizabeth Heredia	11/17	Donald Brownfield	11/25
Malena Cuch	11/6	Jennifer Peets	11/17	Candace Penn	11/26
Laura Henry	11/6	Laura Snyder	11/17	Carrie Sasticum	11/27
Terri Capoeman	11/6	Faith Wilbur	11/17	Leonard Cooper	11/27
Tammy Peterson	11/6	Casey Lacefield	11/17	Leslie Cooper	11/27
Thomas Peterson	11/6	Joseph Peters	11/18	Nokomis Parish	11/27
				Ila Peterson	11/28
				Tyler Burrow	11/29
				Sarah Kuntz	11/29
				Mark Peters	11/29
				Carol Hagmann	11/30

What's Happening

November 8th - family court November 22nd - criminal/civil court	1	2	3	4	5 Bible Book Club 10:30 Mary Johns Room Food/Transportation
6	7	8 <i>Court</i> Church 7:30	9 Drum practice 6:00 p.m., MLRC	10 <i>Council Mtg.</i> Brief Walk After Lunch	11 AA Meeting 7:30
13	14	15 Church 7:30	16 Drum practice 6:00 p.m., MLRC	17 Brief Walk After Lunch	18 AA Meeting 7:30
20	21	22 <i>Court</i> Church 7:30	23 Drum practice 6:00 p.m., MLRC	24 <i>Council Mtg.</i> Brief Walk After Lunch	25 AA Meeting 7:30
27	28	29 Church 7:30	30 Drum practice 6:00 p.m., MLRC		

Welcome To Our World! *Hayzin Robert Underwood Rodriguez*

Born Sunday, 10/9/05 at 6:18 p.m.

5 pounds, 18 inches

Mom: Alexis Underwood

Dad: Edward Rodriguez

Granddaughter of Connie Napoleon

MAY I HAVE YOUR ATTENTION PLEASE

**This ain't no jive,
Terri Capoeman is 35!!!!!!**

Terri Louise,

I love you!

Cuzin G



Happy Birthday Bianca
Love,
Your Tia
I Miss You Baby!



Happy Birthday
to My Lil Sister Wicket
Love You Wicket
Love,
Bear

Happy 20th Birthday
Susan Colleen (11/22)
Love,
Your Mom, Dad, Brother, Sisters,
Nieces and Nephews
XOXO

Happy Birthday Vinny
How's it Feel to be 29?
Your Loving Family,
Margaret, Vince Jr., Jolene,
Malia and Kiana



Congratulations

Wenona Thomas & Hugo Bolanos
on the birth of your beautiful new baby girl
Angelina Maria Bolanos
Born 10/3/05
7 pounds, 18 inches



Lots of Love,
Your Family



To My Baby Sister (Wicket)
We Love You and We Do Have
Choices Kid
Love,
Connie

The Invisible Letter

The strangest thing happened today;
An invisible mailman passed my way.
He gave me a letter that wasn't there
'cause invisible mail is very rare.
So I opened this nothing real, real wide,
only to find less inside.
The penmanship was so neat and clear,
so clear it couldn't be seen.
The scent was so sweet as I recall;
In fact, I smelled nothing at all.
So I'm writing you back with love.
You can bet to say thanks
for the letter I never did get.
Also for the photos I can't even see.
I guess I'll stand at the mirror and look at me.
And though I sit content behind these walls,
I'm enjoying the letter I never got at all.
And when I'm out and things are better,
that's when I'll remember your invisible letter.

- Connie Uribe McFarlane

Happy Birthday Mary Mosier
Hope its Wonderful!



Love,
Your Family

Faculty Position at TESC

The Evergreen State College has announced the opening of a faculty position in Public Administration with Tribal Governance Specialty.

To view detailed information including requirements for this position, visit www.evergreen.edu/facultyhiring.

For application materials or for questions regarding this position, please contact:

Faculty Hiring Coordinator
The Evergreen State College
2700 Evergreen Parkway, L-2211
Olympia, WA 98505

(360) 867-6861 voice
(360) 867-6794 fax
(360) 867-6834 TDD
facultyhiring@evergreen.edu

Review of complete files starts January 23, 2006.
Applications will be accepted until finalists are selected.

Online position announcement at www.evergreen.edu/facultyhiring/jobs/mpatribal.htm

Free Legal Advice Clinic to Open in Shelton

Thurston County Volunteer Legal Services has announced that on November 22, it will open a free legal advice clinic in Shelton for low-income residents of Mason County. TCVLS has operated a legal clinic in Olympia for more than ten years which has also served Mason County residents, but has never had a physical presence in Mason County.

The Mason County legal Clinic will be held one Tuesday evening per month at the old armory building in Shelton where SOCK has had its offices and holds its programs. Mason County residents will still be able to attend the Olympia legal clinic as well, but this new clinic will provide much-needed service within the county.

The clinics provide legal advice, court forms, and procedural information. In limited instances TCVLS is able to arrange for direct representation by volunteer attorneys, but in general, the clinic exists to assist people in handling their own legal cases.

Initially, the clinic will have the same subject matter priorities as the Olympia clinic: family law (85% of case load), landlord-tenant law including mobile home issues and consumer law. At this point TCVLS does not advise on bankruptcy, but does advise on other forms of debt relief. As the clinic becomes established the scope of issues may increase.

The clinic will begin at 6:00 p.m. and end by 9:00 p.m. Appointments will last between 30 and 45 minutes per client. Five to six attorneys will be on-hand at each clinic.

Astrid Poste Presents at National Substance Abuse Conference

The United States Department of Health, Substance Abuse and Mental Health Services Department was so impressed by the Northwest Indian Treatment Center (NWITC) Outpatient Program's Dialectical Behavioral Therapy (DBT), that it requested a representative to do a presentation at its annual "Best Practices" conference.

Astrid Poste served as that representative, explaining how the Tribe applies DBT in our own tribal community by providing a form of therapy focused on behavior modification by dealing with emotions and developing interpersonal skills.

According to Astrid, NWITC was asked to do a presentation because it's one of the few Native American programs using the DBT model successfully.

"Other people in Indian Country are very interested in what we are doing," Astrid said.

The conference was held in San Diego in June and was attended by treatment professionals (even some PhDs) from all over the United States and Canada.

"We have had some amazing, awesome work done in the outpatient program," NWITC Director June O'Brien said.



**Per Capitas will be
distributed Thursday,
December 1st from
8:00 a.m. - 4:00 p.m.
at the Tribal Center**

**Due to the Upcoming Holidays,
the newsletter submission deadlines will be:
November 10th and December 7th**