



Little Creek Casino Holiday Bazaar

Please join us for our 12th Annual Holiday Bazaar.

Tables available: \$30.00 for small space per day

\$50.00 for large space per day

Friday, Saturday and Sunday

November 14, 15 and 16

9:00 a.m. to 8:00 p.m.

In the hotel boardwalk and Tower 1 lobby

To reserve your space please contact:

April Olson, 360-432-7032 april.olson@little-creek.com

Darlene Krise, 360-427-3027 darlene.krise@little-creek.com

See you there!!

Wellness Center Construction Begins

The Wellness Center and Pool project is well underway on the south side of Tu' Ha Buts Learning Center. The pool will be 75 feet long by 37 feet at it's widest point.

In addition to the pool, there will be a smaller building connected to the learning center with lockers, showers and bathrooms. The existing bathrooms outside of the gym will be remodeled along with the downstairs classroom spaces.

John Korsmo Construction is the lead contractor on the project. The pool subcontractor is Blue Mountain Pools from Portland Oregon. Please watch the Klah-Che-Min for further updates. Tribal members wishing to apply for jobs as laborers or work in the trades should contact Patti Puhn at 432-3830.

See site drawings on pages 4 - 5.



Over \$25,000 in cash and prizes will go!

BINGO AT THE CREEK

Friday, Nov 28th at 6:30pm

Doors open at 3pm

Regular games pay up to \$750

Saturday, Nov 29th at 12:30pm & 3:30pm

Doors open at 10am

Regular games pay up to \$250

Saturday, Nov 29th at 6:30pm

Regular games pay up to \$750

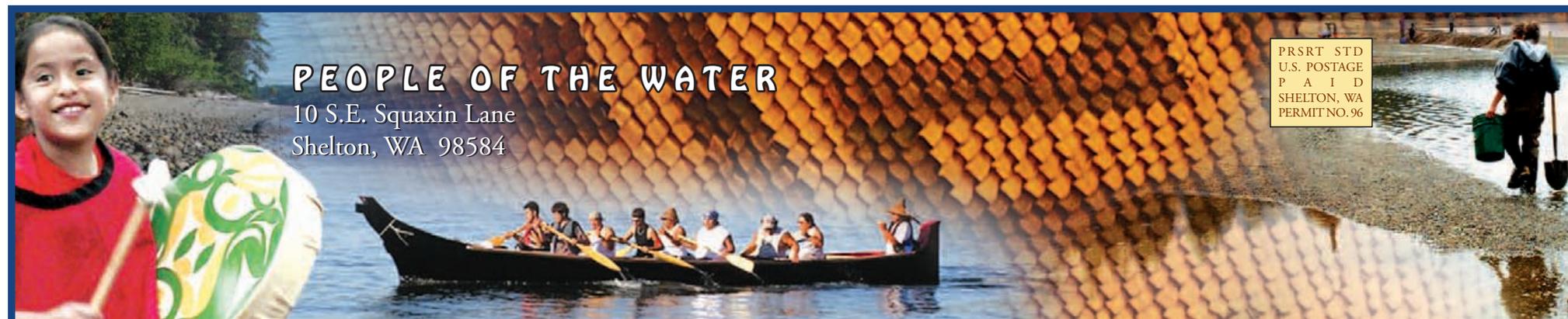
\$9.95 Buffet & \$69 Room Rate

for Bingo participants. Must be Players Club Member

LITTLE CREEK

CASINO • RESORT™
www.little-creek.com

Located in the Skookum Creek Event Center • Must be over 18 to play
Minutes North of Olympia on Hwy 101 • 360-427-7711



PEOPLE OF THE WATER

10 S.E. Squaxin Lane
Shelton, WA 98584

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COMMUNITY

Squaxin Youth Cultural, Educational and Activities Calendar
 November 2008
 Co-Sponsored by DASA
 All activities are Drug, Alcohol and Tobacco Free!!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Basketball starts!! 3:30 6-12 Grade Practice 5-6pm 1-5 Grade Practice 3pm Board Games	4 3pm Board Games 3pm Snack/Wii 3:30-6pm Basketball	5 3pm Board Games 3pm Snack 3:30-6pm Basketball 5pm Youth Council	6 3pm Board Games 3pm Snack 3:30-6pm Basketball	7 3pm Board Games 3pm Wii 4pm Movie/Snack	
	10 3:30 6-12 Grade Practice 5-6pm 1-5 Grade Practice 3pm Board Games	11 Veterans Day!! No school! 12pm-4pm Movie	12 3pm Board Games 3pm Snack 3:30-6pm Basketball 5pm Youth Council	13 No Basketball 3pm Board Games 3pm Snack U of W College Visit	14 3pm Board Games 3pm Wii 4pm Movie/Snack	15
	17 3:30 6-12 Grade Practice 5-6pm 1-5 Grade Practice 3pm Board Games	18 3pm Board Games 3pm Snack/Wii 3:30-6pm Basketball	19 3pm Board Games 3pm Snack 3:30-6pm Basketball 5pm Youth Council	20 3pm Board Games 3pm Snack 3:30-6pm Basketball	21 3pm Board Games 3pm Wii 4pm Movie/Snack	22
	24 3:30 6-12 Grade Practice 5-6pm 1-5 Grade Practice 3pm Board Games	25 3pm Board Games 3pm Snack/Wii 5:30-6pm Basketball	26	27 Thanksgiving	28	29
30				Homework Help is available Mon-Thur From 3:30-5:00!!	Computer Lab is open Mon-Thur 3:30-6pm and on Friday 3:30-5pm	Any Questions Call: Bill Kallappa 163-6361

Squaxin Island TRIBAL NEWS

10 S.E. Squaxin Lane
 Shelton, WA 98584

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

www.squaxinisoland.org



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

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

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

Submissions Deadline:
 15th of each month

SQUAXIN ISLAND TRIBAL COUNCIL:

DAVE LOPEMAN: Chairman
 ARNOLD COOPER: Vice Chairman
 VINCE HENRY: Secretary
 RUSSELL HARPER: Treasurer
 MISTI SAENZ-GARCIA: 1st Council Member
 MARCELLA CASTRO: 2nd Council Member
 CHARLENE KRIZE: 3rd Council Member

Klah-Che-Min Staff:

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

Halloween Bash

Co-hosted by 'Tu Ha' Buts Learning Center

And

Law Enforcement

Saturday November 1, 2008

Everyone is invited:

Please come and join us for a
 Community Dinner

And

Children's Halloween Party (Games
 and Treats).

Community Haunted
 House for children (parent discretion)
 and adults.

Dinner: 6:00-7:00pm/Gym

**Children's Party: 7:00-
 9:00pm/Gym**

**Haunted House: 7:00-9:00pm
 TLC - SURPRISE LOCATION**



Squaxin Island Gym
 70 SE Squaxin Lane

Contact Bill Kallappa, Tu Ha' Buts
 Learning Center @
 (360) 432-3992
 Shelley Rawding in Law
 Enforcement @ 432-5222

Happy 23rd Anniversary Sonny Boy!!!



Always and Forever Baby!
 Love, Charlene



COMMUNITY



2008 Voting Guide: Squaxin Island Legal Department's Recommendations

President/Vice President

▶ Barack Obama /
Joe Biden

The next president may through his choice of appointments to the Supreme Court secure or reverse the trend towards anti-Indian decisions. John McCain's appointments would likely follow the mold of his predecessor, George Bush, and be damaging to tribal positions. Additionally we believe VP candidate Palin's attempts to limit subsistence hunting rights in Alaska are reason to choose the other ticket.

Congressional Positions

District 6, U.S. Representative

▶ Norm Dicks

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

District 9, U.S. Representative

▶ Adam Smith

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

State Executive Positions

Governor

▶ Christine Gregoire

Although we have concerns about both candidates, Dino Rossi's choice to air misleading ads attacking Washington State gaming compacts and his record on water and environmental issues cause us to support Christine Gregoire

Lieutenant Governor

▶ Brad Owen

Brad Owen has provided key rulings in the past allowing legislation to go forward without a "supermajority" vote. He has proved fair-minded and accessible in the Tribe's (limited) interactions with him.

Secretary of State

▶ Sam Reed

Sam Reed has served capably and responsibly and we expect would continue to do so in an additional term.

State Auditor

▶ Brian Sonntag

Brian Sonntag has performed his job effectively and has earned an opportunity for an additional term.

State Treasurer

▶ Jim McIntire

During Jim McIntire's tenure as the chair of the House Finance Committee, he was accessible and generally supportive of tribal issues.

Attorney General

▶ Rob McKenna

Rob McKenna has made his staff and himself available to resolve issues of importance to the Squaxin Tribe. Of the two candidates, we believe he is the best qualified for the job.

Commissioner of Public Lands

▶ Peter Goldmark

Peter Goldmark has made a strong effort to reach out to tribes and has impressed us favorably with his commitment to timely resolution of issues.

Superintendent of Public Instr.

▶ Randy Dorn

Opponent Terry Bergeson's success in promoting tribal education initiatives has been somewhat uneven, so we are inclined to take a chance on a newcomer.

Insurance Commissioner

▶ Mike Kreidler

Incumbent Mike Kreidler has generally been supportive on tribal issues.

State Legislative Positions

Legislative Distr. 35.

Rep. Pos.1

▶ Kathy Haigh

Incumbent Kathy Haigh has been generally supportive on tribal issues, though we continue to build support.

Rep. Pos. 2

▶ Fred Finn

Fred Finn is a supporter of tribal interests and we believe the better choice for the position.

Legislative Distr. 22.

State Senator

▶ Karen Fraser

Karen Fraser has worked well with the Tribe on natural resource issues.

Rep. Pos.1

▶ Brendan Williams

Brendan Williams is running unopposed.

Rep. Pos.2

▶ Sam Hunt

Incumbent Sam Hunt has been a strong supporter on many tribal issues.

Judicial

Mason County Superior Court

▶ Dan Goodell

Dan Goodell is endorsed by the departing Judge Sawyer and appears to be the better choice for the position.



Who Is It?



2008 Housing Fair / Kids Back To School Bash

Ron and I enjoyed the Housing Fair this year. We were able to be there for an hour or so. We took our poodle and got her rabies shot and her license. She got a little more spoiled and had a good time.

We learned a lot of good things and went to just about all the exhibitor tables. We got a lot of good information on energy and learned how to patch a window screen.

Some may have thought the fair was just about how to fix a problem in their house, but it was much more than that. We got good door prizes and good fellowship with our neighbors and friends.

If you didn't go this year, we hope to see you there next year.

Thanks Office of Housing.

- Ron and Kathy Dailey

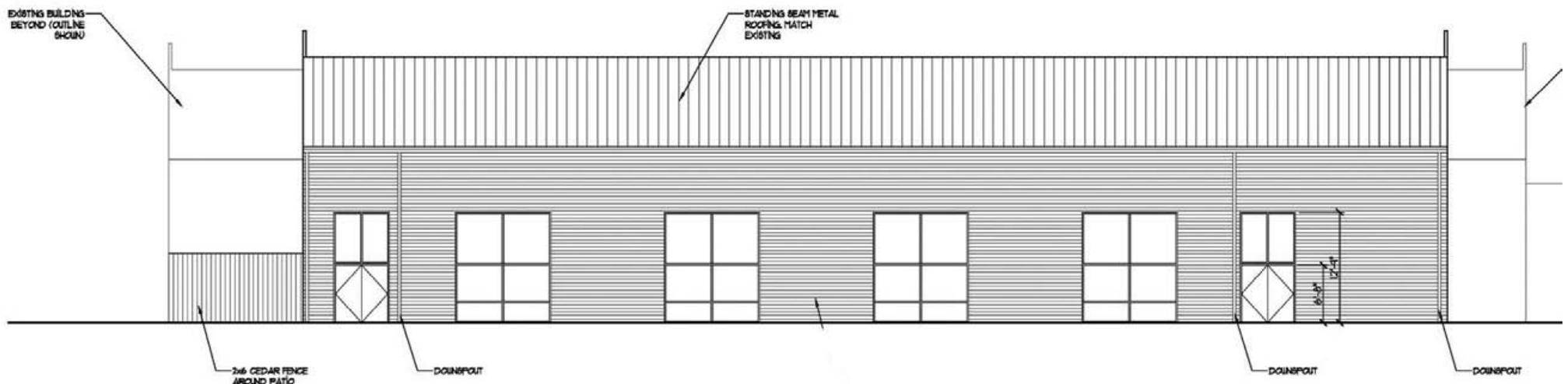
The Housing Fair article is on Page 14!!!

For the Answer, See Page 6.

Wellness Center Exterior



(B) EXISTING AND NEW BUILDING ELEVATION
SCALE: 1/8"=1'-0"





Manage Your Heating Bills

Keep your home warm and cozy while saving energy and money.

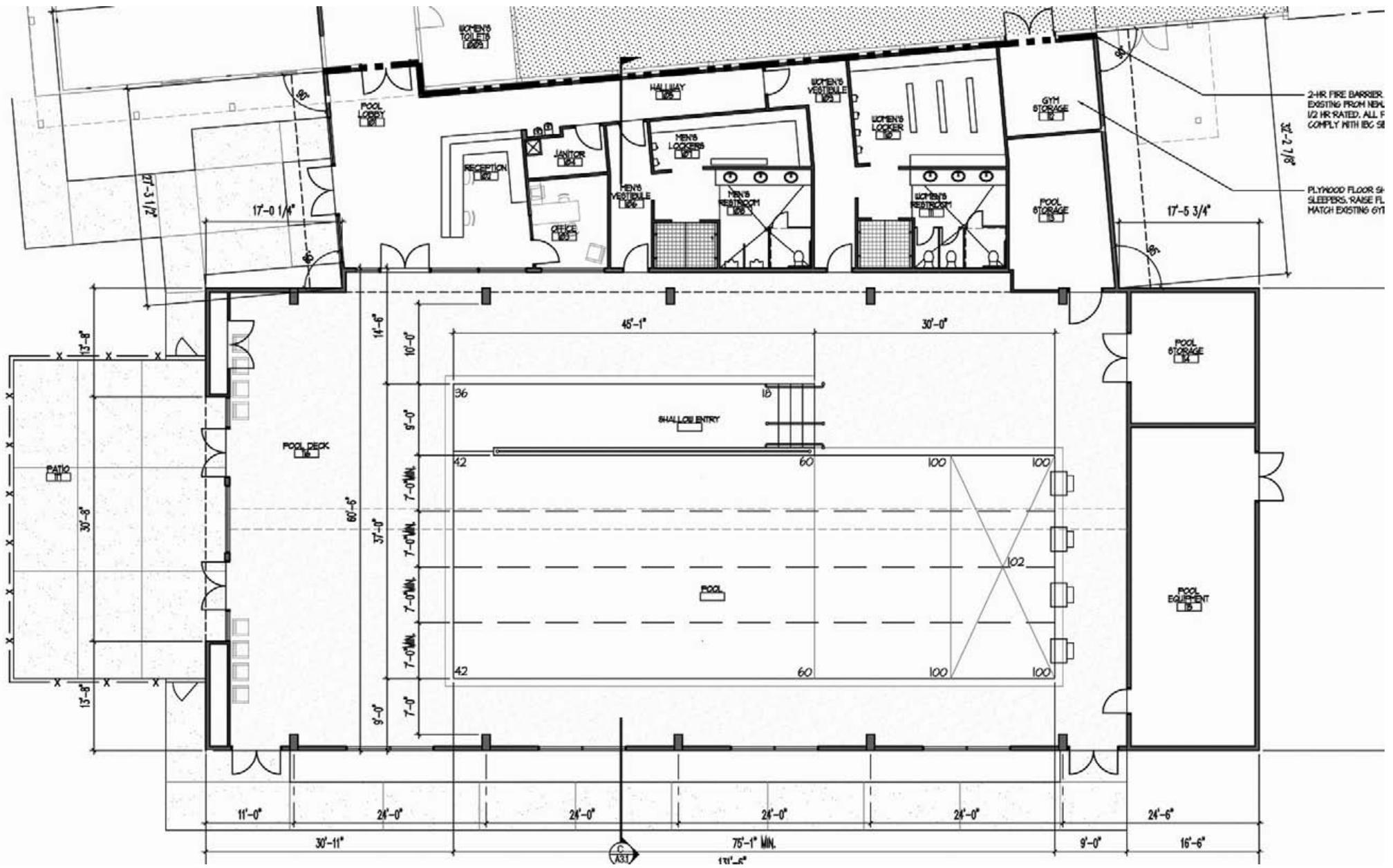
First – Get ready. Weatherize your home . . .

- Caulk around windows and seal other air leaks. Chip out and replace old cracked caulking.
- Add weather stripping around and under drafty doors.
- Seal between the foundation and siding and wherever brick and wood meet.
- Insulate. Insulation can make the biggest difference in keeping your home warm.

Next – Use your energy wisely . . . Maintain your heating system.

- Clean or replace furnace filters regularly during the heating season.
- Keep your house at the lowest comfortable temperature. A rule of thumb is that for each degree you consistently lower your thermostat, you consistently lower your heating costs by two percent.
- Use a programmable thermostat so your house is warm when you need it and cooler when you don't.
- Look for the ENERGY STAR when replacing appliances to ensure long term savings on energy.

Wellness Center Interior





More Housing Q & A

Can I get my carpet shampooed regularly?

All tenants are responsible for the "routine upkeep" of their homes. This includes among other things, general cleaning (including shampooing rugs), mowing lawns, and damages to the home that they cause. Mutual Help Unit owners are also responsible for all of their own maintenance. The Office of Housing is responsible for maintenance on all rental units. It is important to call the Office of Housing to report any maintenance problem so it can get repaired before it turns into a larger problem.

How do I pay my rent if I go to treatment?

The Rent Collection Policy allows the Tribal Housing Support Team (HST) to direct the Office of Housing to enter into a Continued Occupancy Agreement with the tenant. The Continued Occupancy Agreement would allow for deferral of action contingent upon participation in appropriate in-patient alcohol/drug treatment program. The Tribal HST may suspend and forgive the payment of rent while a tenant participates in the in-patient treatment program.

How do I get a copy of my credit report?

The Office of Housing has the ability to pull a FREE credit report for you from all 3 credit reporting agencies. If you have access to the internet you can also pull a free credit report yourself at www.annualcreditreport.com.

On a monthly basis, a certified Credit Counselor is available to do one on one credit counseling sessions with tribal members. The counselor evaluates your report and offers assistance with any questions regarding your credit. If you are interested in scheduling a session or pulling a credit report please contact Lisa Peters, Housing Counselor at 432-3871

Recently, the Office of Housing installed a fence and other security improvements for a crime victim; how come I can't get the same work done?

The recent installation of these security improvements were funded by a Victims of Crime program administered by SPIPA. The Office of Housing does not have adequate funding to provide fencing or security systems for tenants.

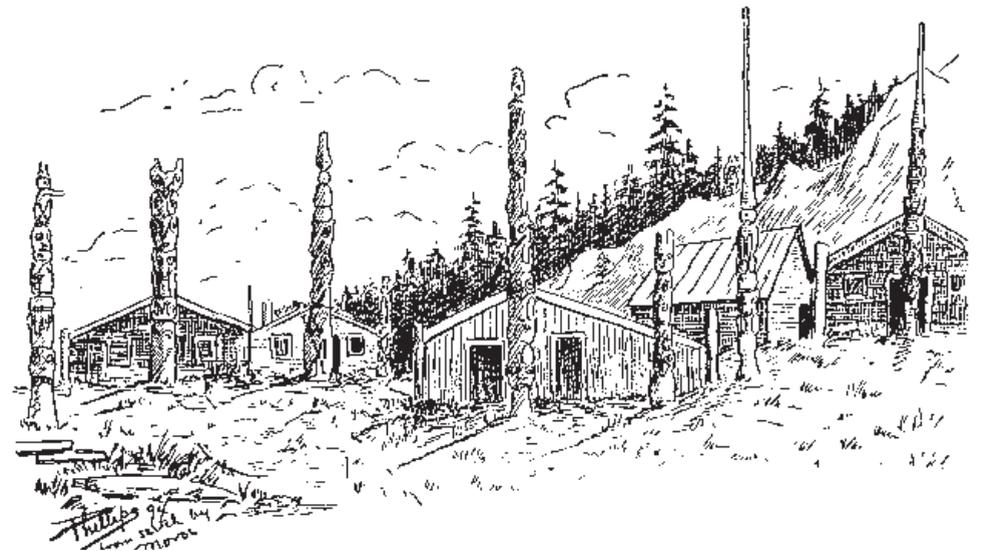
If you have questions that you would like to see answered in this column, please submit them to the Office of Housing. Thank you.

Who Is It?

Answer From Page 4



Mitzie Whitener



WELCOME!!!

The Office of Housing would like to welcome the following tribal members and their families to the community:

Ryan Fox and Morning Star Green





VOCATIONAL REHABILITATION AWARENESS



*Not the Lotto, but we're all Winners!
Angel Peterson*



*Squaxin Island Deputy Executive Director
Whitney Jones*

June Krise - A Vocational Rehabilitation Awareness Dinner was held October 14th at the Little Creek Casino Resort Events Center. Along with their guests, members of Squaxin Island, Nisqually, Skokomish, Shoalwater Bay and Chehalis tribes, attended and shared accomplishments. Lisa Ewing and other guest speakers shared some thoughts about their personal accomplishments and future goals. The keynote speaker was Dr. Don Bartlett, author of *Macaroni at Midnight*, which is a story of his life experiences. Everybody had fun and tee shirts & door prizes were given away throughout the evening. It was a good time for sharing.

"I just want to thank everybody for all the hard work put into the VR dinner," said Carol Cordova. "And I especially want to thank you, VR Counselors, for your service in the community all year long. It definitely was shown through the words of your clients. I'm so happy. It's a good feeling to know that people are being helped with our efforts. My hands go up to all of you!!!!"

This outreach effort was successful in reaching at least 200 people with information about what services the program can offer. The real strength of any program is family and community support.





Tribal Council Blankets Canoe Family Skippers



Cameron Goodwin (L) and Mike Peters (R), on behalf of the Tribal Council Blanket George Krise for being a Canoe Family Skipper



Jeremiah George is blanketed for being a Canoe Family Skipper



Charlene Krise is blanketed for being a Canoe Family Supporter

We Honor Our Veterans

Joseph Seymour, Jr.

June 23, 2008

In an effort to raise money for the squadron morale fund, the Lieutenant in charge of the office I worked in, 1st Lt N.G. Bathon, came up with the idea of buying the chance to wear civilian clothes to work. He called it "Cam-mie Relief Day."

When I heard of this idea, I went to him and asked what kind of clothes I could wear. He said, "LCpl Seymour, just wear something non-offensive."

I replied, "Non-offensive, check sir."

I had this cow costume left over from Halloween. I was a black and white jersey cow suit with a hoodie that had the cow face and horns. When the day arrived, I put the costume in my backpack and went to work.

I was putting the costume on in the back supply room when my Staff Non Commissioned Officer in Charge, MSgt Acres, walked in. This look of shock came over his face. "No, you can't wear that," he said.

"Lt Bathon said something non-offensive. Who's gonna be offended by this?"

"Only until chow." MSgt Acres said.

"Aye, Aye Top."

After he left the supply room, I grabbed a piece of cardboard and some string and made a sign that said "Meat is Murder. Set my People Free" in big black letters and hung that around my neck.

When I walked in the office dressed in cow costume, my lieutenant's jaw dropped and he did a double take. Top Acres already knew what to expect so he was just at his desk laughing hysterically.

My lieutenant gave the morning report and said, "Deliver this to the Squadron Commander personally. If anybody tries to stop you tell them to come see me."

So I grabbed this report and headed upstairs. I get to my Squadron Commander's office and tell the Squadron Gunney that I was to report in to the Colonel, LtCol Robison, personally. He escorts me in and I report in, in the position of attention, "LCpl Seymour, reporting as requested my Lt Bathon."

She did a double take and her jaw dropped. The Squadron Gunney and Squadron Sergeant Major were in a corner laughing.

"I trust LCpl, that you are not going to wear that out of the squadron area."

"Yes ma'am. Top said that I could wear this only until lunch time."

I handed her my report and walked out of the room to the sound of laughter.





New Employees

Diane Stymacks



Daniel Kuntz



Dorinda Thein



Annie-Beth Whitener



Paralegal Trainee

Hi, my name is Diane Stymacks, I have moved. I am transferring from the Department of Community Development, Office of Housing to the Squaxin Island Legal Department. I am excited to start a new career and continue my education. Thanks.

Shellfish Enhancement Manager

My name is Daniel Kuntz; I recently graduated from The Evergreen State College. I just started as the Shellfish Enhancement Manager for the Natural Resources Department. Not only is this a new position to me, but also to the Natural Resources Department. Our goal is to use funds received in the 2007 Commercial Growers Shellfish Settlement to enhance tideland under the management of the Squaxin Island Tribe. This fall we started the enhancement program out by planting 9 million manila clam seed on beaches located on Squaxin Island and in Case Inlet. I understand the cultural and economic significance of shellfish to the Squaxin Island Tribe and I am very thankful to be given this opportunity.

Lead Janitor

Hi, my name is Dorinda Thein, also known as Evon.

I'm the new Lead Janitor for Squaxin Island Tribal Center. I have worked in the janitorial program for eight months. I have really enjoyed working for my tribe. I have learned a lot working here.

I'm two years new to this area and really love it here. I lived on the coast for 25 years and the weather is much better here. I am a sun worshipper and there is more sun here.

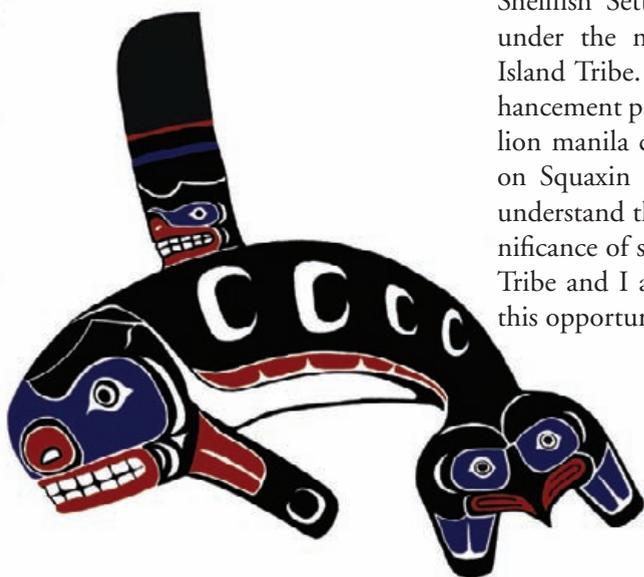
My mom is Lila Jacobs and I come from the Bagley side of the family. I have lots of relatives here, Uncle David Seymour, Auntie Lizzie, and numerous more aunts, uncles and cousins.

My favorite things to do are quilting (when I get time) and Country Line Dancing at the Gym Wed. - Fri. @ noon. It's for everybody who wants to come.

Janitor

Hi, my name is Annie-Beth Whitener. I started working with the Janitorial crew almost a month ago. Over the summer, I worked with Summer Rec which was a ton of fun. Those kids are so much fun to hang out with. I enjoy this job as well. Rusty and Dorinda make the time go by real fast.

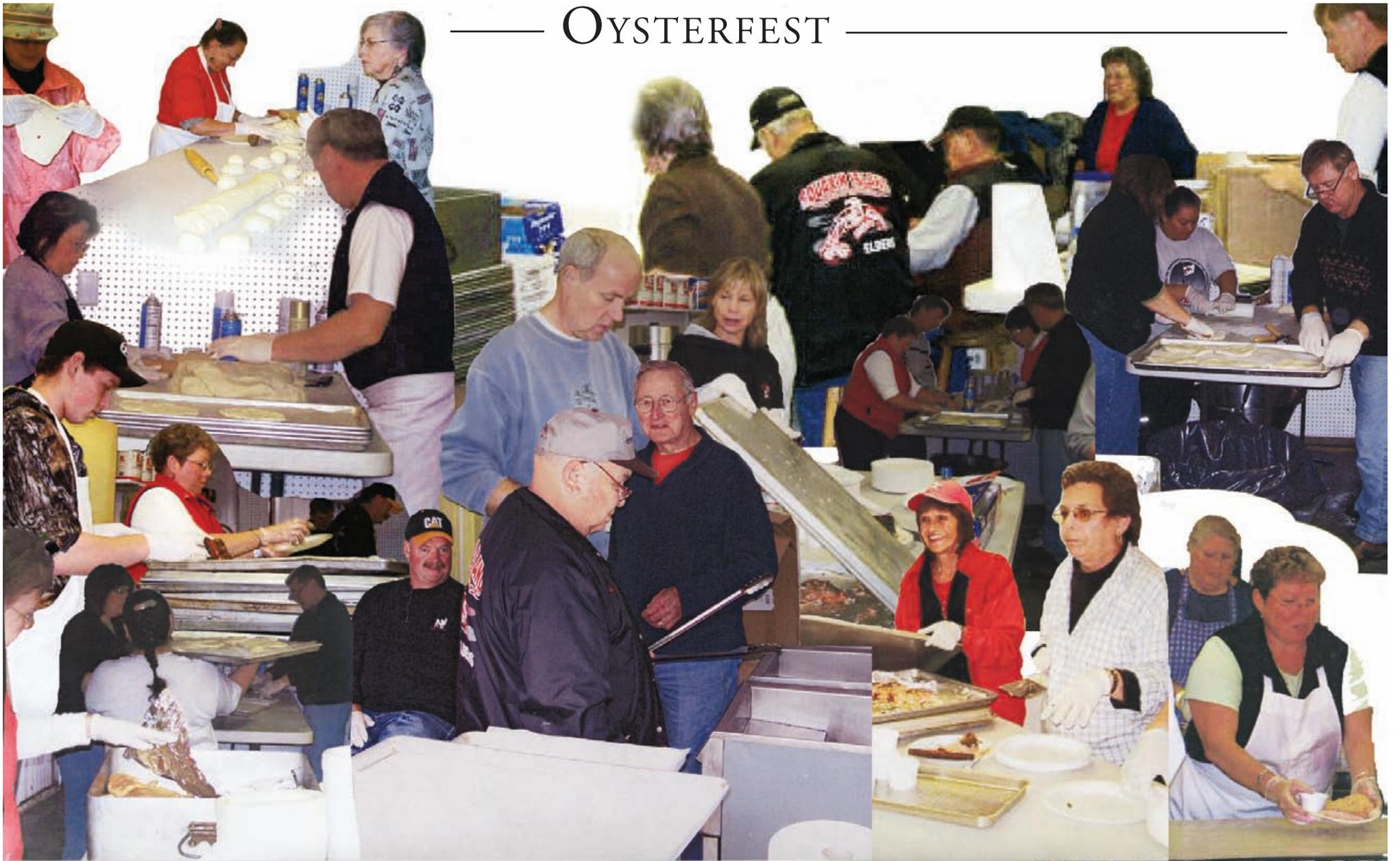
I attended SPSCC last year and am also attending this winter. I am working towards my AA & would eventually like to become a Professor in Literature.



Killer Whale by George Krise



OYSTERFEST





— OYSTERFEST —



Oysterfest Thank Yous!

First of all, the Squaxin Elders want to thank the Council for the encouragement to make everything possible for this year's Oysterfest. Thank you to all of the filleters for their hard work in preparing the fish for Oysterfest. A big thanks to Fisheries - Andy Whitener and all the fishermen - for successfully getting their limit of fish this year for Oysterfest.

Thanks to Jeff Peters and his men for all their help in getting things out to the Oysterfest and for doing the set up. Thank You!! Thank you to all of the departments for helping find volunteers for Oysterfest. Thank you to Whitney Jones, Ed Fox, Bonnie Sanchez, Rhonda Foster and the Drummer Family for all their help.

Thank you, Patti Brown and the Tobin's for also making everything possible. A big Thank You goes to Teresa Henderson for the advertising of Oysterfest.

Once again, Thank You to everyone.

- The Squaxin Elders

Thank You Volunteers!!!

Colleen Woodard and the Squaxin Elders thank the following people for all their volunteer time this year for Oysterfest:

Saturday, Oct. 4th

Harvey Pegg
Erline Anderson
George Witcraft (both days)
Don & Rose Brownfield (both days)
Ray Tyler
Steve, Marti Witcraft (both days)
Ruth, Stub Creekpaum (both days)
Terri Capoeman,
Koreena Capoeman
Tom & Nancy Moore
Eugene Russel Cooper
Margaret Pickernell
Sam Penn
Jackie Henry
Meg Young
Joe Seymour Jr (both days)
Casey Fletcher (both days)
Mary Fletcher (both days)
Ed & Peggy Fox
Keith
Dorinda Thein
Lori Hoskins
Missy Cooper
Lea Cruz
Ella
Jessie Cruz

Sunday, Oct. 5th

Heidi Brown
Glen Parker (both days)
Sandy Getty (both days)
Espie Austria
Sally Brownfield
Jaron Heller
Linda Evans
Aaron Lake
Sharon Ahrens
Judy Arola
Jennifer Gilmore

Both Days at the BBQ

Dan & Patti Brown
The Tobin's and all their friends and family

Thank you, Glenn and Ed for picking up the fish.

Also another thank you to all the people who filleted the fish and everyone who made Oysterfest possible.

A GREAT BIG THANK YOU
TO ALL THE FISHERMEN!!!





BASKETWEAVERS CONFERENCE



Photos Courtesy of Charlene Krise

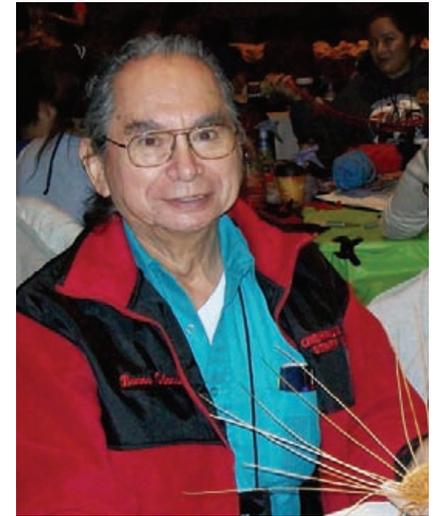




BASKETWEAVERS CONFERENCE



Photos Courtesy of Charlene Krise





COMMUNITY DEVELOPMENT



Squaxin Island Housing Staff Host Another Successful Housing Fair

Iris Friday, HUD NW Office of Native American Programs - Congratulations to the Squaxin Island Housing staff for yet another educational, entertaining and successful Housing Fair! Each year the staff add new events and activities and this year proved no exception. Attendees had the opportunity to engage in discussions with vendors on home ownership options, home maintenance and repair and higher education, as well as to learn health and safety tips from the food and nutrition program and the local police staff. For instance, "Did you know that 10 grams of sugar is equal to one regular teaspoon of sugar?" Think about that the next time you drink a 16 oz. soda with 43 grams of sugar. And, to further promote healthy lifestyles, the Diabetes Prevention Specialist was on hand to provide diabetes checks for those willing to get their finger pricked.



Participants who showed up early were given a mop bucket filled with household cleaning items and increased their chance of winning one of the many door prizes available for participants. The wide array of door prizes included, Little Creek Casino Resort night stay/dinner, 2 - \$50 gas cards from KTP, steam cleaner, vacuum, wheel barrow/gardening tools, digital camera, bedding for pets, home maintenance supplies, a beautiful Pendleton blanket and many more gifts that were donated by local businesses.

The Housing Maintenance staff provided hands on demonstration sessions where participants learned how to clean gutters, replace furnace filters, custom make window screens (who knew it was so easy), repair toilets and repair those annoying faucet drips. Toilets seem so complex and yet just require simple replacement of the tank flapper to ensure a complete flush and to keep it from continually running. After a quick consultation with the maintenance crew, I was able to go home and repair my own toilet.

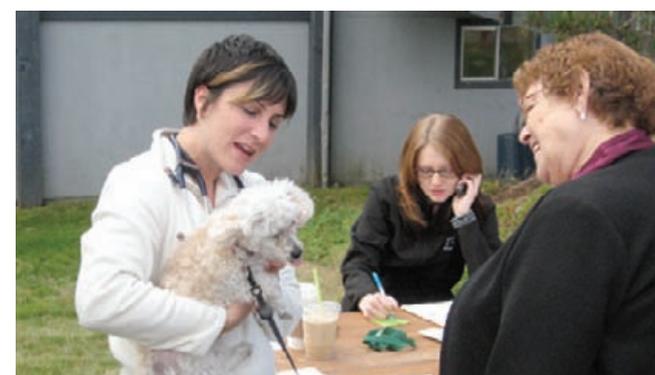
Over at the activity table, young attendees had the option to choose from a variety of arts and crafts activities, such as painting a piggy bank, a bird house or a planter. The white ceramic piggy banks were transformed into colorful, custom de-



signed works of art that the kids got to take home with the intent that they will become early savers. The bird houses were hand-painted and came with a bag of bird feeder, so that they could be put right to use. And, for the little green thumbs, they were able to, not only paint their pot, but also plant a bulb to take home with them.

In addition to the many planned activities, lunch and hot fudge sundaes, participants had a chance to visit over 20 vendor booths with lots of housing, education, and community safety related information. There was even a booth addressing pet licensing, free rabies vaccinations and neutering needs for families with pets. After visiting the booths, participants were entered into the door prize drawing for the many drawings that took place throughout the day.

Once again the Squaxin Island Housing Staff have outdone themselves by putting on a top notch event for the community that showed a great attention to detail and fun event for all participants, both young and old!





Sah-Heh-Wa-Mish Stewardship Initiative

On the evening of October 8th over 100 Mason County residents gathered at Pioneer School to learn about Oakland Bay and water pollution. Chairman Dave Lopeman welcomed Elin Miller, the head of EPA in Seattle, who spoke about our Sa-Heh-Wa-Mish Stewardship Initiative.

Later presentations included information about how water pollution is changing state harvest regulations for shellfish. In November 2006, the extreme head of the bay was downgraded to "restricted" status year around. That means that shellfish harvested there cannot be sold directly to the public. The clams must be relayed to an approved harvest area and held for several weeks. Squaxin currently does not harvest any shellfish in the restricted area and so Tribal digs have not been affected by the situation.

Over the last two years there have been modest improvements in water quality during the winter months, but not the summer months. The Department of Health is proposing that harvest regulations for the extreme end of the upper bay be changed at the end of the year. It will remain classified as "restricted" during the summer months. During the fall, winter and spring, the classification will change to "conditionally approved." That means that the shellfish can be harvested at the extreme end of the upper bay and sold directly to the public unless it rains more than 1" in 24 hours. When it rains that much, the upper bay will be managed just like the rest of Oakland Bay. It will be closed

to shellfish harvest for five days to clear any water pollution flushed out by stormwater runoff.

The good news is that there is a slight improvement in water quality, but not enough to really breath a sigh of relief yet. We all must remain diligent in our efforts to keep the bay clean!



Yikes!!!

Kim Burrow Caught Jaws in Her Fishing Net

Fishing for coho on October 5th, Kim Burrow caught JAWS instead!!!! "I thought I had the mother load of salmon, but it turned out to be a 6.5 foot salmon shark," she said.





November is Diabetes Awareness Month

Submitted by
Patty Suskin, Diabetes Coordinator -

We are making progress fighting diabetes and reducing complications of diabetes in the Squaxin Island Community.

What is Diabetes?

Diabetes means having too much sugar in the blood. Having high blood sugar for long periods of time can cause problems with a person's eyes, kidneys, feet, heart & gums. Controlling your blood sugar will help you avoid these problems. You can control your blood sugar. You can live a long, healthy life with diabetes!

What Causes Diabetes?

Type 2 Diabetes is mainly due to changes in eating & exercise. Years ago, Native Americans did not have diabetes. People gathered, hunted & fished for food. People walked a lot. But eating habits and daily work have changed. Now, we buy food at stores. We eat more fast food and sugared drinks. We drive cars rather than walk. People are heavier. These changes are causing many Native Americans to have diabetes.

Continued on next page.

Congratulations Raffle Winner



*Mary Lou VanBrunt
August Mammogram Winner*



We have the *power* to prevent diabetes

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

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

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

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

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

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

TOM JOHN
SENECA

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

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

JOSEPHINE MALEMUTE, RN
ATHABASCAN




National Diabetes Education Program
www.YourDiabetesInfo.org



3

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

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

LORELI DECORA
WINNEBAGO TRIBE OF NEBRASKA



4

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

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

JONATHAN FEATHER
EASTERN BAND OF CHEROKEE INDIANS

6

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

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

KELLY MOORE, MD
CREEK NATION OF OKLAHOMA

5

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

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

LORRAINE VALDEZ, RN
ISLETA/LAGUNA PUEBLOS



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

7

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

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

RALPH FORQUERA
JUANEÑO BAND OF CALIFORNIA INDIANS

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

YVETTE ROUBIDEAUX, MD
ROSEBUD SIOUX



What can you do to help your loved one with Diabetes?

Talk with them.

Here are some suggestions:

- 1) What do I do that helps you with your diabetes?
- 2) What do I do that makes it harder for you to manage your diabetes?
- 3) What can I do to help more than I am now?

Offer practical help.

- Instead of nagging, find ways to be helpful.
- Offer to go to the doctor with them.
- Take a walk with them.
- Cook a special meal that is tasty & healthy.
- Ask what would help them the most?

Learn more about diabetes.

- Come to the Health Promotions Building across from the clinic. We have lots of written information.
- Talk with your health provider. Stop by and talk with Patty Suskin, Diabetes Coordinator or make an appointment. (360)432-3929
- If you have internet, check the American Diabetes Association website, www.diabetes.org

Sources: IHS, National Diabetes Education Program

Congratulations Raffle Winner



Cathy Humphreys
September Mammogram Winner

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



Basketry Classes

Tuesdays & Wednesdays

4:00 to 6:00 p.m.

Squaxin Island Museum, Library & Research Center

Learn to make cedar baskets of all sizes, bracelets, headbands, cedar hats, and other items!

For more information, contact:
Ruth Whitener
432-3841



Flu Vaccine is Here!

P.Peters RN-BSN - The Flu Vaccine has arrived at the Squaxin Island Health Clinic! We have an ample supply. Please call for an appointment...427-9006.

Every year an average of 36,000 people in the United State die from flu- related illness and more than 226,000 people are hospitalized.

“The best way to avoid flu is to get vaccinated each year,” says Washington’s Secretary of Health Mary Selecky. “Getting an influenza vaccine will protect you, your family and friends.”

This year the vaccine is recommended for all kids 6 months to 18 years, expanding vaccination to all school-age children. This population catches influenza at higher rates, even though they don’t get as sick as younger kids.



Everyone can benefit from an annual flu vaccine, and for many people, it’s crucial. This includes young children, pregnant women, anyone over age 50, and people of any age with a chronic condition like diabetes, heart disease, or asthma.

**Little Creek Casino's
Creekside Buffet
Serves Indian Tacos
Every Thursday!!!**

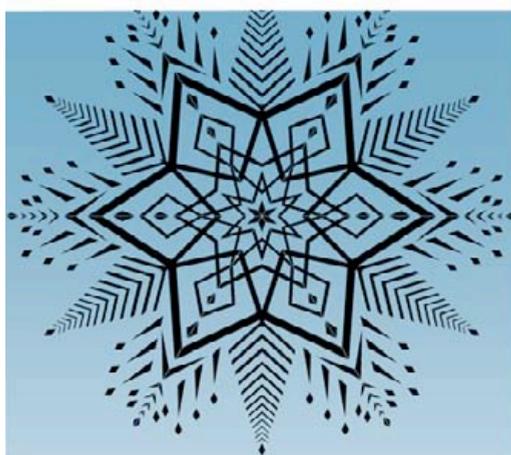
YOUR BILLS PAID FOR A YEAR!
**ALL THRILLS
NO BILLS**

PAID Credit Cards!
PAID Mortgage!
PAID Car Payment!

WIN Free Gas For A Year!
WIN Free Buffets For A Year!
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Holiday Bazaar
Enjoy fresh Herbal Teas by
Dee
Hand made Basketry
Home made Baked Goods
Hand made jewelry by Mandy

Squaxin Island

Date: November 21st, 2008

Time: 10:00 am to 4:00 pm

Squaxin Island Museum, Library & Research Center

150 S.E. Kunth-Deegs-Altxw Shelton, WA. 98584

Contact person: Ruth Whitener 432-2841 or
ruth.whitener@squaxin.nsn.us

Tables are available at \$20.00 per table

Phone: 432-3839

Fax: 432-3744

E-mail: www.squaxinmuseum.org



Upcoming Health Events

Brief Community Walk

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

November is Diabetes Awareness Month
Everyone invited to

Cooking Demos and Tastings

Tuesday, November 11th (Lunch)
Friday, November 14th (Breakfast)
Healthy Recipes and Food Provided by
Local Farmers
Contact Patty for Details

Community Health Walk

Thursday, November 20th
Meet at Elder's Building at 12:40 for
a 20 minute walk around the REZ
All SPIPA tribes will be taking a walk
in their area
at the same time -
for diabetes prevention!
Help us win the Walking Stick!
The tribe with the most walkers
each month wins the walking stick
for that month.
We won it last July ...
can we get it back this November?

Mammograms / Women's Health Exams

November 21st
Contact Rose Cooper (360)432-3930

Want a Garden in Your Yard?

Are you low income?
Contact Patty Suskin
to get on the waiting list
to have a garden placed in your yard
- for FREE.

Free Pilates Classes

Community members welcome
Mondays and Wednesdays
4:00 - 5:00 p.m.
at SPIPA

Free Line Dancing

Wednesdays & Fridays
at noon in the gym

Smart Shopping/ Food Label Reading Workshops

Contact Patty to schedule a family &
friends session

Come Visit Our Health Promotions Programs

We have exercise videos
(Sit & Be Fit, Yoga, Walk Away the Pounds
& more)
You can come & use in them
in the building across from the clinic.
Work out alone, with us,
or schedule a time for a group

Interested in Lifestyle Balance Program?

If you are Native American & over 18,
see if you qualify to participate in this 16-
week workshop to improve your health by
changing your nutrition and activity

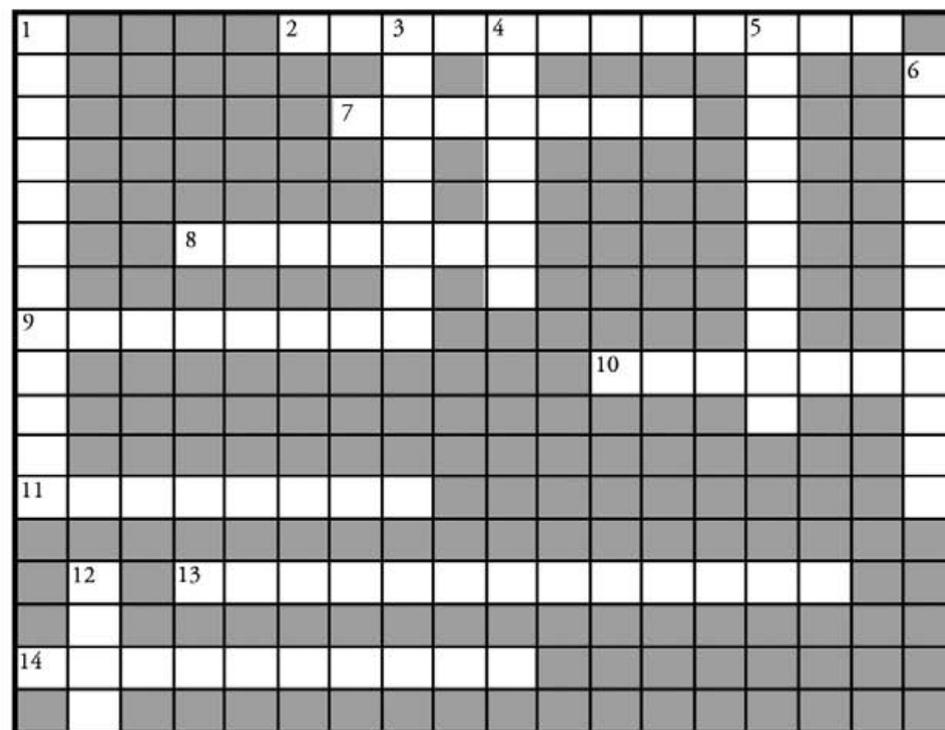
Questions?

Contact Patty Suskin @ 432-3929
or
Janita Johnson @ 432-3972



November is Diabetes Awareness Month

Try this crossword with "Diabetes Words"



ACROSS

2. Low blood sugar (Hint: "hypo" means low)
7. A hormone that helps the body use glucose for energy
8. Two organs in the body that remove waste products and water from the blood-stream & make urine
9. A disease where the body does not properly control the amount of sugar in the blood
10. The standard unit for energy measurement in nutrition.
11. This is a great way to bring your blood sugar down, lose weight & build muscle, too
13. High blood sugar
14. Machine to test blood sugar levels

DOWN

1. A nutrient found in sweets, sodas, grains, fruit, milk & makes your blood sugar rise
3. The body's organ where insulin is normally made
4. A sugar in the blood and a source of energy for the body
5. The doctor may prescribe this to help you lower your blood sugar
6. A condition with blood sugar higher "normal" but not as high as diabetes
12. Join us each Thursday after Elder's lunch for this

diabetes	hypoglycemia	insulin	glucose	kidneys
walk	exercise	medication	carbohydrate	calorie
	glucometer	prediabetes	hyperglycemia	pancreas

Answers on Page 20.



Senior Meal Menu

Mon. 3 Pot Roast
Wed. 5 Baked Chicken
Thurs. 6 Grilled Ham & Cheese with Soup

Mon. 10 Chicken Fried Steak
Wed. 12 Breakfast for Dinner
Thurs. 13 Seafood as Available

Mon. 17 Stew & Biscuits
Wed. 19 Liver & Onions
Thurs. 20 Enchiladas
Mon. 24 Turkey Dinner
Wed. 26 Closed for Thanksgiving
Thurs. 27 Closed for Thanksgiving

Diabetes Crossword Answers

ACROSS

2. Low blood sugar = HYPOGLYCEMIA
7. A hormone that helps the body use glucose for energy = INSULIN
8. Two organs in the body that remove waste products and water from the bloodstream & make urine = KIDNEYS
9. A disease where the body does not properly control the amount of sugar in the blood = DIABETES
10. The standard unit for energy measurement in nutrition = CALORIE
11. This is a great way to bring your blood sugar down, lose weight & build muscle, too = EXERCISE
13. High blood sugar = HYPERGLYCEMIA
14. Machine to test blood sugar levels = GLUCOMETER

DOWN

1. A nutrient found in sweets, sodas, grains, fruit, milk & makes your blood sugar rise = CARBOHYDRATE
3. The body's organ where insulin is normally made = PANCREAS
4. A sugar in the blood and a source of energy for the body = GLUCOSE
5. The doctor may prescribe this to help you lower your blood sugar = MEDICATION
6. A condition with blood sugar higher "normal" but not as high as diabetes. = PREDIABETES
12. Join us each Thursday after Elder's lunch for this = WALK

Power Outage?

What Food is Safe?

Submitted by Patty Suskin, Registered Dietitian

TOP TIP: Keep refrigerator & freezer doors closed as much as possible to keep the food colder (and safer) for longer.

REFRIGERATOR: Throw it out after 4 hours without power. Throw out refrigerated foods if stored at higher than 40 degrees for 2 hours or more. Toss anything that feels warm to the touch or room temperature.

TOSS THESE (if they've been held more than two hours over 40 degrees): meat; fish, including tuna; poultry; all lunch meats; eggs (cooked and raw); milk; sour cream; soft cheese like cream cheese; blue cheese; feta or cottage cheese; packaged shredded cheese; hot dogs, bacon and sausages; leftover pizza; canned meats that had been opened; baby formula; cut-up fresh fruits; creamy-based salad dressings; opened jars of spaghetti sauce; refrigerator rolls and biscuits; any cooked leftovers, including rice, potatoes, pasta, casseroles, fresh pasta, cheese cake, cream pies, packaged lettuces or greens; cooked vegetables; garlic in oil; and potato salad and other creamy salads.

OK to KEEP: (even if over 40 degrees for more than two hours.) Hard cheeses like Cheddar, Swiss, provolone and Romano; processed cheeses and cheese foods; butter and margarine; fruit juices; whole fresh fruits, canned fruits and dried fruits; peanut butter; jelly; mustard; ketchup; pickles; olives; relish; barbecue sauce, Worcestershire sauce, soy sauce and vinegar-based salad dressings; breads, rolls, cakes and fresh vegetables; fruit pies; waffles; bagels; and pancakes.

FREEZER: Even after 48 hours, many items that still have frozen ice crystals in them can be safely refrozen, if they feel as cold as if they have been refrigerated and are not thawed completely. This includes meat, fish and leftovers. However, most items, including meat, that have been thawed completely and then held at over 40 degrees for more than two hours should be discarded.

- For extended power outages, adding a block of ice or dry ice to a freezer will help it to maintain its temperature longer.

SOURCES:

http://www.fsis.usda.gov/factsheets/keeping_food_Safe_during_an_emergency/index.asp
or
<http://ohioline.osu.edu/home/freezer.html>.

Outdoor Activity of the Month

Steilacoom's Chambers Creek a good place to go any day- Check out the bird life

By Chester Allen | The Olympian - This great blue heron stalked around the clear waters of Chambers Creek. The big, shy bird got a few fish, but it also missed quite a few. It's never easy being an angler.



What

Outing to Chambers Creek Canyon Park in Steilacoom.

To do

In fall, few people visit this 195-acre park just off the 7100 block of Chambers Creek Road - right near the Steilacoom waterfront. On a lonely day, shorebirds, raptors and songbirds swarm over the quiet waters. An osprey took a bath in the shallows. Geese and ducks nibbled water weeds, preened and dozed on the mud flats. Two great blue herons hunted for little fish in the shallows - and got their share. A belted kingfisher swooped over the water and perched in a dead cedar tree. The trail network through dense forest was quiet and cool. A pileated woodpecker jackhammered on a snag, and two young blacktail deer browsed in the foliage. This park is a good idea on any day.

Directions

From South Sound, take Interstate-5 north. Take exit 119 and turn left at the top of the offramp and cross over I-5. Turn right onto Dupont-Steilacoom Road. Follow the road through North Fort Lewis. Turn right at Lafayette Street in Steilacoom, which is near a ferry dock. Lafayette Street becomes Chambers Bay Drive. Follow Chambers Bay Drive to the park sign and a small parking area.

Equipment

Cameras, sunglasses, sunscreen, birding guides. If you want to try the trails, bring bug spray and good hiking shoes.

Safety

Put life preservers on the kids. Watch for poison oak in the woods.

More information

Visit Pierce County Parks and Recreation at www.co.pierce.wa.us/pc/services/recreate/fac-list.htm



Computer Lab

Computer Lab is open and will be available Monday through Thursday, 3:30 to 7:00 p.m., and Friday 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 lab is open to adults from 9:00 a.m. to 5:00 p.m. The computers are intended to be used for educational purposes, language, homework, research and reports, etc.

Hours

Kim Cooper	8:30 – 5:00	432-3904
Walt Archer	7:30 – 4:00	432-3826
Lisa Evans	8:30 – 5:00	432-3882
Bill Kallappa	10:00 – 8:00	432-3992
Vanessa Algea	10:00 – 8:00	432-3876
Stephanie Weaver	3:00 – 8:00	432-3895
	M-Th	

Tutoring

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 areas, please call to schedule an individual tutoring session. Please be aware that there is often a waiting list for these services. Call Lisa Evans at 432-3882 or stop by TLC to schedule your appointment.

Homework Help is offered in TLC after school. If your child needs a little extra help with homework, please call if you would like to schedule a certain time. Call Walt Archer at 432-3826 or stop by TLC to speak with Walt.

GED

GED prep classes are offered in TLC every Monday and Wednesday from 5:00 p.m. to 7:30 p.m. The instructor is contracting through Olympic College. Call Walt Archer at 432-3826 or stop by TLC to speak with Walt.

Higher Education

The deadline to apply for funding for winter quarter 08/09 is Wednesday, December 10, 2008 by 5:00 p.m. In order to have your paperwork processed before the holiday season, it is imperative that your information be turned in by the above date. If paperwork is turned in late, it may not be processed until after January 2, 2009. If you need assistance with higher education paperwork or need to use a computer, please give me a call, Lisa Evans 432-3882.

Scholarship Corner

For a complete scholarship list, please contact Lisa Evans in TLC or visit the web site:

http://www.squaxinisland.org/learning_center/scholarships.html

The list is quite lengthy. Lisa can be reached at 432-3882 between 8:30-5:00 or by email at levans@squaxin.nsn.us.

TWIRL



FANTASIA

Baton Twirling Classes

Basic baton twirling skills, marching technique and elementary dance movement will be taught. Emphasis is placed on proper warm up and teamwork. Class attire should be black leotards, tennis shoes and hair neatly secured in a pony tail. Continuing classes available for returning students. Squaxin Twirlers are the 2007 WA State & Western Regional Team Champions.

Where: Squaxin Island Gym
 When : Fridays @ 6:00 p.m.
 Who: Any child 5 and older
 Fee: Team classes funded by the 1% Fund

Performance opportunities include the Shelton Christmas parade, local meets, fairs and festivals. Some teams travel to out of area competitions. Classes are taught by Judy Welsheimer, Director of Fantasia Twirling & Show Corps, Certified US Twirling Association Coach and Judge! To reserve your spot call Coach Judy @ (360) 459-2518.



It is Parent/Guardian/Student/Teacher Conference Time!

Please join us Tuesday, October 28 or Wednesday, October 29 from 12:15-3:15 or 4:30-8:00 in the SHS Mini Dome.

No appointment is necessary, but please arrive at least 20 minutes prior to session end.

Tuesday October 28th

ACT Plan Testing

Sophomore students will complete the ACT Plan test on Tuesday, October 28th. This test provides students with an opportunity to answer questions that will help them make decisions about future educational goals and plan for their future. The ACT Plan is a part of the GEAR UP For Student Success Program. For more information about this program and the grant opportunities provided to Shelton High School, please go to WWW.GEARUP.WA.GOV.

CSI Options for Jr. & Sr. Class

Juniors and Seniors will not attend Shelton High School on October 28th. Juniors are expected to have made appointments with local businesses to complete a Job Shadowing experience on this day, and Seniors will use this opportunity to meet with project mentors or complete hours toward the completion of their culminating project.

Be sure to register for Family Access while you are at Conferences.

Tuesday, October 28th

Sophomores: ACT Plan Testing/Early Release
Juniors & Seniors: CSI-Job Shadow or Sr. Project Opportunities

Early Release Days: Tuesday, Oct. 28– Friday, Oct. 31.

COMMUNITY

Happy Birthday

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



Happy Birthday Wickett
(Lil-One)!
Love, Connie

Happy Birthday to My
Cousin Vinny!
Love, Connie

Happy Birthday to My
Niece, Bianca!
Love, Tia-Connie

Happy Belated Birthday
to My Brother (Bugs)!
Love, Bear!
See You Soon.

Happy Birthday to
Grandpa Herb
From His Wife, Sharon,
His little Girl Tiana and,
of course, Dottie



What's Happening

Basketry Classes every Tuesday and Wednesday from 4:00 - 6:00 MLRC						1
2 Squaxin Indian Bible Church 11:00 a.m.	3	4 VOTE!!!	5 Family Court	6 AA Meeting 7:30	7	8
9 Squaxin Indian Bible Church 11:00 a.m.	10	11 Veterans Day Criminal/Civil Court	12	13 Council Mtg. AA Meeting 7:30	14 LCCR Holiday Bazaar 9-8 p.m.	15 LCCR Holiday Bazaar 9-8 p.m.
LCCR 16 Holiday Bazaar 9-8 p.m. Bible Church 11:00 a.m.	17	18	19	20 AA Meeting 7:30	21 MLRC Holiday Bazaar 10-4	22
23/30 Squaxin Indian Bible Church 11:00 a.m.	24	25 Criminal/Civil Court	26	27 Happy Thanksgiving AA Meeting 7:30	28 BINGO at the Creek 6:30	29 BINGO at the Creek 12:30, 3:30 and 6:30



American Indian Alaska Native Tourism Association Board Elects Leslie Johnson Board Treasurer

AIANTA is excited to announce the election of Leslie Johnson Treasurer of the Board of Directors in its recent meeting in Coeur D'Alene, Idaho. Two new board members representing the Plains & Alaska Regions were also elected by the AIANTA membership. The AIANTA board of directors consists of two elected representatives from each of the six regions and two at-large representatives for a total of 14 members.

AIANTA elected a new Executive Committee to serve as AIANTA Board officers:

Leslie Johnson, Puyallup, was selected to serve as the AIANTA Treasurer. Leslie has represented the Pacific Northwest Region since 2007 and has been the Director of Tourism for the Squaxin Island Tribe since 2006. She serves on the board of the Shelton/Mason Chamber of Commerce and is also a board member of NorthWest Tribal Tourism in Washington State.

Tina Osceola, Seminole Tribe of Florida, will serve as the new AIANTA President. Tina is the Chief Historic Resources Department for the Seminole Tribe of Florida and an enrolled member of the Tribe. She oversees the tribe's museums, Tribal Historic Preservation Office, Seminole Heritage and Events Promotion

and Florida Seminole Tourism. Tina was elected in 2006 to serve as an At-Large Representative of AIANTA.

Mary Jane Ferguson becomes AIANTA Vice President, and is the Director of Marketing and Promotions for the Eastern Band of Cherokee Indians in Cherokee, North Carolina. Mary Jane was elected in 2007 as an At-Large Representative of the AIANTA membership. She is a lifelong resident of Cherokee and is an enrolled member of the EBCI.

Selena Chino becomes Secretary, and is a member of the Mes-calero Apache Tribe. She is also Hopi, Laguna and White Mountain Apache. Representing the Southwest Region since 2007, Selena was appointed in 2006 to serve a six year term to the New Mexico Tourism Commission.

2009 American Indian Alaska Native Tourism Board of Directors



Photo taken with Joe Garcia, President, NCAI. Mr. Garcia addressed the full body at the conference. NCAI signed a Memorandum of Understanding with AIANTA.

L-R Front Row: Kirby Metoxen (Midwest) and Farren Penney (Pacific/Northwest)

L-R Back Row: Tina Osceola, (President, Southeast), behind Tina: George Lambert (Southeast), Mary Jane Ferguson (At-Large), Camille Ferguson (Past President, Alaska), Mike Metoxen (Midwest), Leslie Johnson (Treasurer, Pacific/Northwest), Joe A. Garcia, President of the National Congress of American Indians (NCAI), Selena Chino (Southwest), Mikky LaRoche (Plains), behind Mikki: Brian Zepeda (Southeast), Janice Hirth (Executive Director), Staci Eagle Elk (Marketing Director-- Plains) and Jackie Franits, (BIA). Board members newly elected and not pictured, Ruth Tong (Alaska), Karen Paetz, (Plains Region)

Two regional representatives were also elected by the AIANTA membership: Karen Paetz of United Tribe Technical College (UTTC), located in Bismarck, North Dakota, was elected to represent the Plains region along with Roseanne "Mikki" LaRoche of Lower Brule, South Dakota. Karen is an enrolled member of the Three Affiliated Tribes of Fort Berthold, North Dakota. She is currently the USDA Land Grant Director at United Tribes Technical College in Bismarck, North Dakota. Previously, she was the Director and Curriculum Development Specialist for the UTTC Tourism Program where she developed a first in the nation Tribal Tourism curriculum.

Ruth Tong was selected by Alaska members to represent their region along with Camille Ferguson of Sitka, Alaska. Ruth is Se-gagruk, an Inupiaq from Koyuk, Alaska. She has worked as a Career Placement Specialist at Cook Inlet Tribal Council (CITC) from 2004 to 2007 in the Hospitality and Tourism Career Institute, which is now closed. From February 2008 to present, she has been an Institutional Advancement Associate in the corporate communications and fund-raising office of CITC.

Other AIANTA board members and their respective region(s) include:

- Camille Ferguson, Alaska
- Roseanne "Mikki" LaRoche, Plains
- George Lambert, Eastern
- Mike Metoxen, Midwest
- Kirby Metoxen, Midwest
- Farren Penney-Wilkerson, Pacific Northwest
- Brian Zepeda, Eastern

For more information on AIANTA, please visit our website: www.aianta.org



BASKETWEAVERS CONFERENCE *Photos Courtesy of Charlene Krise*

