



Transportation News

New turn lane improves safety on SR-108 at Casino entrance

Margaret Foley, Transportation Planner - For several weeks, you've seen signs at the 101/108 interchange about construction at the Casino entrance. At times, flaggers and cones restricted traffic to a single lane. Heavy equipment sprouted up along the roadside, doing their work well into the evening hours. The result of all this activity is a new left-turn lane at the Casino entrance furthest from KTP.

This project improves traffic safety in the commercial area in a couple of ways. It is designed to relieve congestion at the KTP/Casino entrance and provide a direct route to the Event Center, Hotel and employee parking. The turn "pocket" lets cars make their left turn without slowing west-



Continued on Page 3



COUNCIL CORNER

Talking Circle with Tribal Council

Friday, November 20th
5:00 p.m. in Council Chambers

If you have any questions, call the Tribal Center at 426-9781.

Tribe Receives USDA Rural Development Award

Tracy Parker, Planner - To celebrate the award of a USDA Rural Development grant to the Squaxin Island Tribe, a special presentation was held on October 14, 2009 at the Squaxin Island Tribal Council Chambers. The Squaxin Island Tribe received a USDA Rural Business Enterprise Grant through the American Recovery and Reinvestment Act (ARRA). The grant, in the amount of \$88,873, will be used to purchase critical equipment that will enable Salish Seafoods, a Squaxin Island tribal enterprise, to continue and expand oyster harvesting operations. The tribe will match ARRA funds with tribal funds to purchase a backhoe, two skiffs, and a cooler/freezer/ice machine unit. The purchase of this equipment will improve safety and increase harvesting productivity. This will save six jobs and provide for growth and the creation of future jobs in Mason County, where the current unemployment rate is 3.1 percent higher than the state average.

The award was presented by Mario Villanueva, USDA Rural Development State Director and Judy Canales, USDA Rural Business Services Administrator, who traveled from Washington, DC for the event. Squaxin Island Tribal Council Member Marcella Castro accepted on behalf of the Council. She expressed appreciation for the award, saying it is especially important for the community because "this is what many of us do for a living." Council Member Castro went on to note how many tribal members fish and harvest seafood and how important this project is to them. Rod Schuffenhauer, General Manager of Salish Seafoods went on to add "The equipment for this project was needed and it is a great honor to receive this award." Schuffenhauer stressed how the project will benefit not only Salish Seafoods but the Tribe as a whole. Salish Seafoods is there to support tribal fishermen and is a buyer of local seafood products. Squaxin Island Tribe was the only community in the State of Washington to receive USDA RBEG funding under the American Reinvestment and Recovery Act.

The presentation also included an \$89,000 award to Enterprise for Equity (E4E) under USDA's Rural Business Opportunity Grant program. This project is a collaborative effort between E4E and the Squaxin Island, Skokomish and Nisqually Tribes. It is an effort to establish small microenterprise development networks within tribal communities in the South Puget Sound to help tribal members and others become successful small business owners. All training sessions will be held in the tribal communities. At least half of the participants in each training session must be native entrepreneurs and 80% of all participants must be low-income entrepreneurs. Lisa Smith, Executive Director of E4E and Squaxin Business Development Center Consultant, Jennifer Whitener Ulrich, accepted the award along with representatives from the Nisqually and Skokomish Tribes.

The award ceremony was attended by representatives of Salish Seafoods, Squaxin Island Tribal staff, Island Enterprises, Enterprise for Equity, USDA Rural Development, and Sarah Crumb, Deputy District Director of Congressman Norm Dicks' office.

If you have any questions regarding this project you may contact Tracy Parker at (360) 432-3960 or Brian Thompson at (360) 432-3907. Questions regarding the USDA Rural Business Enterprise Grant program may be directed to Carlotta Donisi, USDA Rural Development Business Programs Specialist at (360) 704-7724.

TOP PHOTO

L-R: Mario Villanueva, USDA Rural Development State Director, Judy Canales, USDA Rural Business Services Administrator, Tribal Council Member Marcella Castro

CENTER PHOTO

Rod Schuffenhauer, General Manager, Salish Seafoods

BOTTOM PHOTO

Mario Villanueva; Judy Canales; Lisa Smith, E4E Executive Director; Whitney Jones, Squaxin Island Tribe Deputy Executive Director; Jennifer Ulrich, Consultant, Squaxin Island Business Development Center; and Kimberly Miller, Skokomish Tribe





Squaxin Island TRIBAL NEWS

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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:

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Tribal Entrepreneur Finds Market at LCCR

Tribal entrepreneur Dee King, owner of DEE'S TEA CO., has found a market for her product at Little Creek Casino Resort Hotel. Her first shipment of 8,000 tea bags arrived at the hotel on October 20th.

"I was amazed the first time I met her," said Kim Burrow, Director of Hotel Operations. "I didn't know we had a tribal member supplying specialty teas. She was so professional. She came in one afternoon with sample after sample of fresh loose leaf teas, and they're all unique."

According to Kim, the hotel provides guests with 2 tea bags per room.

"Quality is our top priority," Kim said, "I don't think we can do any better than this."

The hotel was previously purchasing its teas from a Native American company back east.

"We are so happy to be supporting a Squaxin Island tribal member business now," Kim said.

According to Dee, it took almost a month for her to complete such a large order. "I wasn't really expecting such a huge order to begin with. The main reason it took so long to produce the first order was that I had to wait for a shipment of the little tea bags." Future orders will be placed every three months.

Kim has selected two of Dee's Teas for the hotel: Twilight Mist (named especially for the hotel) and Maiden Blackberry. Altogether, Dee carries fresh 25 teas. Dee has plans to meet with Emer-

The Squaxin Island Tribal Council recently hosted the 5th Annual Employee Appreciation Dinner. This provided an opportunity to for Tribal Employees to be honored and acknowledged for years of service to the Tribe.

Employee Milestones 5 Years of Employment

Eugene Cooper
Vicky Engel
Elizabeth Fenton
Esther Fox
Jeremiah George
Kendra Glover
Kevin Harper
Sonja Ibabao
Timothy Johnson
Daniel Kuntz
Lisa Peters
Sandra Todd
George Ventura

10 Years of Employment

Thomas Blueback
Michael Evans
Joe Puhn
Kenneth Stanford

15 Years of Employment

Nora Coxwell
June O'Brien
Jeff Peters
Carrie Smith
Deborah Stoehr

20 Years of Employment

Shelley Rawding

The Squaxin Island Human Resources Department would like to express our sincere gratitude for the continued dedication of all Tribal staff. Each individual's years of service is a testament to our collective success and growth as a community.

If you are a Squaxin Island Tribal member interested in joining our team, please visit squaxinislnd.org for listing of available positions. If you would like assistance with your application packet i.e.: application, cover letter or resume please contact Astrid Poste, Staffing Specialist at (360) 432-3865 or aposte@squaxin.nsn.us



Carrie Smith and Deborah Stoehr



*L_R: Dee King
and Kim Burrow*

ald Queen Casino Resort in Puyallup. Her teas are also available at Alderbrook Gift Shop, Mason General Hospital, Robin Hood Restaurant, Vern's Restaurant, the Bistro in Olympia and a couple other coffee shops. She also sells her product retail, so feel free to contact her. In addition to running her own business, Dee will be managing a new tea cafe in downtown Shelton. Grove Street Tea Cafe will open in December.

The business is growing quickly, and Dee is looking for an assistant (hint).

"I want to thank the Lord," Dee said. "He is the one that made this all happen for DEE'S TEA CO."



Tribal Fishers Rescue Pair From Overturned Boat

By Mary Duncan, Mason County Journal - A man and woman who ventured out on the water in a small sailboat in the afternoon of October 4th despite a small craft advisory warning were pulled from the waters of Pickering Passage by two members of the Squaxin Island Tribe.

Vince Henry and Mike Ogden came to the aid of the sailors, according to the Squaxin Island Department of Public Safety and Justice. Because of their efforts, the sailors were only in the water about 15 minutes. With the changing season, hypothermia sets in as fast as 20 minutes.

Garnett Curtis from Mason County Fire District 5 said he was one of the first people on the scene. When he arrived, he said, a tribal fishing boat hooked onto the overturned sailboat and it was in tow. The man was pulled inside the boat and the woman remained on top of the overturned dinghy, Curtis said. Each were wearing life vests.

The pair refused medical treatment when they came ashore. Detective Bill Adam said in a scenario the dispatch center notifies the appropriate agency. However, in this case it appears the rescue was entirely accomplished by civilians.

"People, for their safety and the safety of family and friends, should pay attention to small craft advisory warnings," he commented.



Transportation News, *Continued from Page One*

bound traffic on SR 108. New striping and turn arrows at the intersection improve traffic flow for visitors and employees entering and leaving the commercial zone, particularly when the Event Center attracts large crowds.

The Tribe conducted a competitive bidding process and applied its Native-preference policy in the selection of a contractor. Rodarte Construction, a Native-owned firm based in Auburn, WA, won the award. Rodarte completed the paving portion of the project on schedule. Next steps are installation of signage and illumination, tentatively scheduled for November.

The Tribe, the Casino, the Bureau of Indian Affairs (BIA) and Washington State Department of Transportation (WSDOT) partnered on the project. The Tribe's Planning and Construction Departments handled project coordination and management. The Casino and BIA provided funding. As the owner of the highway, WSDOT provided oversight and inspections.

October 11, 2009

Earl Gruer (bottom right) stopped by Vinny's house to thank him and give him this letter of appreciation. Mike Ogden was also given a letter of gratitude.

Dear Vincent Henry,

My wife and I would like to thank you personally for your help last Sunday in the rescue of us and our sailing dinghy. We wanted to take time to thank you on the spot, but it was really busy and you got away. So it was a good thing the newspaper had your name in it.

We are not novice sailors so we recognized our plight right away and how cold the water is. We were sailing from Jarrell Cove to the landing to take the dinghy out of the water for the season, and the wind piped up. We had already reefed the sail and it was on our last tack that a gust caught us about 400 yards from our destination. The wind was taking us south and the flood was taking us north! I tried to kick us closer to shore, but the mast and sail were too much of a sea anchor.

Thank goodness you saw us before we were in the water too long. Your boat handling skills for our rescue were terrific, also your judgment on how to get us safely to the dock. We feel a real sense of personal closeness and gratitude to you for our rescue.

We are fine and the boat is put away here at home, without even too much damage. Without your coming along to take us to shore, all the warm blankets there would have been no help.

We will look to further repay your help by responding ourselves to someone else who may need ours. Thanks again.

Our Best Wishes

Earl Gruer & Linda Sue Gruer



Bronc-Itis: Mose Kruger In Bucking Saddle

By Diana Hottell, Wenatchee World, BREWSTER, Okanogan County - At 80, cowboy Mose Kruger, part Okanogan Indian and part German, is still all sinew.

The former professional saddle-bronc rider still stands straight in the shade of his Stetson, only a slightly smaller version of the Mose Kruger of the 1930s and '40s pictured in row upon row of 8-by-10 glossies thumb-tacked to his living-room wall.

One photo shows Mose "leaving" Snake. "Leaving" is a benign verb for the fearsome act of leaping from a still-crazed horse after the final buzzer.

Not obvious is the fact that Mose's leg had been shattered. On leaving the chute, Snake had slammed Mose up against a post but failed to unseat him. The photographer caught Mose in mid-leap.

In another photo, Mose rides in fine form on the vast heaving back of Badger Mountain, one of the toughest rides of all time. The picture next to that catches Mose on one shoulder in the dirt, thanks to Whiz Bang.

Then there's the legend of Screaming Hi-Ki, not a horse who tolerated being ridden. It's not merely a picture of Mose on the back of Screaming Hi-Ki. This is the picture of Mose with a broken back on the back of Screaming Hi-Ki. After that ride in Portland, Mose was paralyzed for 4 1/2 months.

When he lowered himself onto the animal, it reared back, hurling Mose against the boards. They both fell, Mose underneath. "They couldn't get to me for quite a while," Mose recalls.

When he finally was extracted, he ignored his pain and asked for a little time to get repositioned. The men who worked the gates told him to go ahead, say when he was ready.

"I rode him," Mose says. "I spurred the hell out of him."

He should have walked away with the prize money, Mose says, but "the judge was no good."

Mose leaped into professional rodeoing at the age of 17, without first testing the amateur circuit. He traveled steadily from ring to ring, from Vancouver, B.C., to Pendleton, Ore., hitting the big time early on.

He competed in world championships, sometimes beating world champions. He rode the best stock from Alberta to Idaho, soaring on the excitement when he rode to the buzzer and heard the crowds yelling in the grandstands.

Obviously, there were some disadvantages.

"I broke my leg so darn many times," he recalls. Eight to be exact. "I broke my back and was paralyzed. My ribs have all broke. My wrists cracked, but they don't bother me."

He also suffers from emphysema, perhaps brought on by his smoking habit. He admits he was nervous before rides and would smoke up a storm. The ground behind the chutes must have been half dirt, half butts.

He was 44 years old when he finally found inspiration to quit on a ride in which the horse leapt over the top of the gate, leaving Kruger's leg stuck between the bars.

"It got twisted all up," he explains. "When I fell, the horse trumped me, my face and chest. The tissue of my heart pulled loose. Doctors told me to lie still and not even talk."

He grew up in Penticton, B.C., and tells stories about boxing matches and barroom squalls. Though Mose "hated like heck to hurt anyone's feelings," he also says he never lost a fight.

His father raised racehorses, and Mose rode for him, winning most of the time, between the ages of 11 and 15. He grew up breaking horses and knowing how to get them to buck. He kept in shape by running.

Mose, who became a U.S. citizen 50 years ago, lives near the confluence of the Columbia and Okanogan rivers. He raised cattle there from the early 1940s until last year, when failing health meant he had to sell the stock. But back in the corral, two handsome race horses graze. And Mose displays a fine new saddle with silver edging. No one, no matter what, is going to keep Mose Kruger off a horse.

1990 Seattle Times Company



SPIPA Receives CDC Grant for Colon Cancer Screenings

Marilee Bittner-Fawcett (Tsimshian heritage) - Colon cancer is one of the MOST preventable cancers! It can be screened for, and treated, in a "pre-cancerous" stage, with either a colonoscopy (every ten years) or a "stool test" (annually). Now seven Southwest Washington tribal clinics can provide routine colorectal cancer screenings to low-income, or under-insured, patients.

Chehalis, Nisqually, Shoalwater Bay, Skokomish and Squaxin Island, Cowlitz and Quinalt communities will share the \$600,000, five-year grant from the Centers for Disease Control (CDC).

With the grant, SPIPA will design and implement a tribally-based colorectal cancer program. Only four tribal organizations (SPIPA and three Alaska Native organizations) were selected for funding through the Center for Disease Control's review process. SPIPA is the only lower-48 Tribal Colorectal Cancer Program and will be involved in state and national efforts to bring the message forward on how to best address colorectal cancer in Indian Country.

The focus of this national program is to increase colorectal cancer screening rate in the United States for all person 50 years of age and older. This will be achieved through two main goals:

1. Community-wide activities including education activities to increase community awareness and patient assistance with making appointments for colorectal cancer screening. Goal: Achieve an 80% colorectal cancer screening rate of population

2. Free colorectal cancer screening and diagnostic services for low-income patients 50 and older for those without insurance, or assistance with co-pays for those with insurance. Goal: Provide screening and follow up to 900 eligible patients per year

SPIPA has had as Comprehensive Cancer Control Program in place that has received national attention. This Colorectal Cancer Screening Program (CCCP) will help SPIPA achieve the second SPIPA Comprehensive Cancer Control Program goal: to detect all screenable cancers at the earliest stage for tribal and community members of all SPIPA tribes. It will surpass the CCCP fourth objective to work with the Tribal Clinics to screen at least 50% of the age-appropriate population for colorectal cancer.

This new SPIPA program is modeled after our successful Native Women's Wellness Program and our Comprehensive Cancer Control Program. The Colorectal Cancer Program staff will work closely with staff from these two programs.



What the Squaxin Island

Wellness Center Pool Wants You to Know

Want to feel summer all year round? Come to Wellness Center Pool where we keep the pool a nice, tropical temperature ranging between 84-89° degrees, depending on the water activity at that time. We are handicap accessible, and welcome all sizes, shapes and skill levels. In regards to safety, there is a lifeguard present at all times that the pool is open. We have swim belts for any struggling swimmer, and offer a swim test for access to the deep end. Plus, for parents, guardians and family members, there are deck lounge chairs for you to relax in the warm pool air while you keep an eye on your kids.

The swim lessons are great for anyone, especially for kids who will be on boats, will be swimming in the river or will someday be fisherman. Swimming builds muscle strength, coordination, increases a child's confidence and is a safe and enjoyable way to help them sleep at night. A new session of swim lessons starts November 2nd and will be held on Monday's and Wednesday's. Classes are 30 minutes in length with the first class beginning at 6:00 pm and the last one starts at 7:30 pm. The children are taught by certified swim instructors/lifeguards. Swim lessons are \$20.00 for the first child and \$15.00 for every other child registered by a family.

Water Aerobics and Morning Lap Swim are both fun and great ways to stay healthy or promote weight loss. There are lots of reasons why people should exercise; to lower heart-rate, promote circulation, heal injuries and reduce stress are just a few. Now it's more convenient than ever. You can extend your summer fun all year round by coming to the pool. Call us at (360)432-3852 or e-mail us at pool@squaxin.nsn.us for schedule information.

Enjoy watching the rainfall through big windows as you use a kick-board. Feel the sun from the skylight on your face as you float on a noodle. Move your arm buoys through the water as the wind whips through the trees outside. And finally, dive deep with the aid of some goggles to find who else is looking for "the rocket". The pool is full of friendly faces. It's comfortable, safe and a nice experience.

SOME FREQUENTLY ASKED QUESTIONS:

- Q. *Can I drop my 9-under kids at the pool?*
A. No; all children 9 & under need to be accompanied by an adult 18 years or older.
- Q. *Is water aerobics always fast?*
A. No; we support everyone going their own pace. The most important thing is to move in the water, listen to your body and have fun!
- Q. *Can I get ready for work after morning lap-swim?*
A. Yes; we offer showers, plenty of counter and mirror space, and we are blow-dryer accessible.
- Q. *Is there an age limit for Swim lessons?*
A. We say that a child should be at least 1 yr to 3 yrs to be in our youngest class; Parent and Tot, other than that it is never too late to learn how to swim, or even to perfect your stroke.
- Q. *Is there a lot of chlorine in the pool water?*
A. Our pool needs a certain amount of chlorine/sanitation to be safe for all to swim in. We work to keep a well balanced pool so that it will not cause stinging to the eyes.

Call the Wellness Center Pool at (360) 432-3852 for additional information.



Squaxin Island Tourism

The Squaxin Island Museum with the Squaxin Island Tourism Department are members of the Lacey Tumwater Visitor & Convention Bureau (VCB). Recently, Leslie Johnson, Squaxin Island Tourism Director was named to the Board of the VCB.

During the last Legislative Session, the legislature did not fund the Washington State Visitor's Center – which is located at the intersection to the entrance of the capital. The VCB took over this facility a little over two months ago. Our visitors increased virtually overnight from 5,000 people a year to 55,000.

The open house was in September. The only native representation at this new Visitor Center was the Squaxin Island Tribe!

Also in September, I attended two tradeshow. The first, for travel agents, was held at the Vancouver BC Convention Center. Little Creek Casino Resort donated an overnight stay (thanks!). We made over 150 contacts in a very few short hours. On September 29th, I also attended a Meeting Planners' Tradeshow at the Washington State Convention Center in Seattle. We talked to too many people to count!! These planners book events for weddings, meetings, conventions and much more.



Mike Dexler, Executive Director VCB, Hannah Steinweg, Hands On Children's Museum, Cassie Welliver, SPSCC, Ralph C. Osgood, Tumwater Mayor, April Graf, Governor's Hotel, Leslie Johnson, Squaxin Island Tribe, behind Doug Mah ribbon cutting, Olympia Mayor, Craig Ottavelli, Olympia City Council, Bill McGregor and George Barner, Port of Olympia Commissioners, Judith Hoefling, Tumwater Council Member, Graeme Sackrison, Lacey Mayor



The Squaxin Island Integrated Youth Development Project

Elizabeth Eagan - The Squaxin Island Tribe was recently awarded a three-year grant that will allow us to put our minds and hearts together for the benefit of young adults in our community. The grant is through the United States Department of Health and Human Services—Administration for Native Americans—Social and Economic Development Strategies program (ANA SEDS). Our project is the Squaxin Island Integrated Youth Development Project (IYDP). This project was developed in response to community concern that Squaxin youth in the 15-24 age group are underserved by tribal programs.

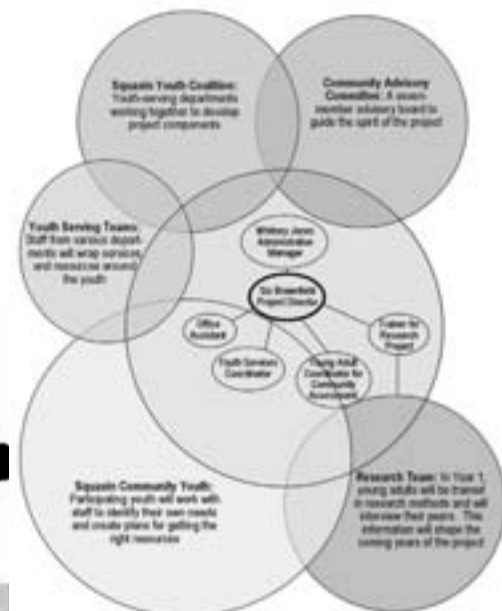
We all want our young people to transition successfully into knowledgeable adults who make wise decisions throughout their lives. Through this project, young people will help to identify what resources they need to fully tap into their skills and abilities. Using this information, we will provide meaningful support systems for our young people.

Receiving this grant is a huge accomplishment and is an unprecedented opportunity to develop community-based approaches and solutions. Many people in this community contributed to the project design. Now every person in this community has an opportunity to influence the way the project becomes a reality!

The project's home will be at the Tu Ha' Buts Learning Center. The Project Administrative Manager is Whitney Jones, the Tribe's Deputy Executive Director. Sis Brownfield, the Education Director, will be the Project Director. An Office Assistant will be hired along with a Youth Services Coordinator and a Young Adult Assessment Coordinator. Additional project elements include:

- **Community Advisory Committee:** Youth, adults and elders will be recruited to be a part of this seven-member advisory board for project oversight, resources and community linkages. This group will meet quarterly throughout the project.
- **Squaxin Youth Coalition:** This team is made up of the leaders of youth-serving departments (Education, Public Safety, Human Resources, Health, Family Services, Museum Library and Research Center, Northwest Indian Treatment Center, Housing, Enterprises, Planning, Community Development, and Executive Departments) who will be working together to develop a sustainable, inter-departmental service delivery model. A representative from the Youth Council and the Elders Council will be asked to join this team, which will meet monthly throughout the project.
- **Youth-Serving Teams:** As youth and project staff collaboratively create Individualized Youth Development Plans, an inter-departmental team will be created to wrap relevant services and resource around each young adult.
- **Research Team:** In Year 1, about a dozen young adults will be trained in participatory research methods by a contracted Trainer. Those youth will then conduct a youth-focused Community Assessment. A young adult will be hired full-time for a year to be the Community Assessment Coordinator to lead this process. The Research Team's body of knowledge will inform the programming in Years 2 and 3.

With the recognition that the best solutions exist within the Squaxin Island community, this project will tap into the creative power of all willing project participants. Youth, adults and elders will be asked to advise, give input and work alongside the project staff by participating in the Community Advisory Committee, the Research Team and the Squaxin Youth Coalition. Please see the announcements in this issue and posted in the community for more information on how you can participate.



Youth Research Team Members Needed for the Squaxin Island Integrated Youth Development Project

Be involved in determining the future of your community!

The Squaxin Island Tribe was recently awarded a three-year Administration for Native Americans grant that will allow us to put our minds and hearts together for the benefit of young adults in our community.

With the recognition that the best solutions exist within the Squaxin Island community, this project will tap into the creative power of the whole community. One element of the project is the Youth Research Team.

In the first year of the project, about a dozen young adults will be trained in peer research methods by a contracted trainer. Those youth will then interview their peers, conducting their own youth-focused Community Assessment.

The young adult researchers will gain a better understanding of themselves and the needs of their peers and ways to generate knowledge and information. A young adult will be hired full-time for a year to be the Community Assessment Coordinator to lead this process. The Research Team's body of knowledge will inform the way the project evolves in Years 2 and 3.

Details:

- Up to 12 Squaxin community youth ages 19-24 are needed to form the Research Team for the Integrated Youth Development Project
- The Research Team will meet for 9 months. There will be 8 sessions per month (about 2 sessions/week for 9 months)
- Compensation: \$50 per session
- Interested applicants should respond to Sis Brownfield, Education Director, (sbrownfield@squaxin.nsn.us or 432-3904) with the following information by December 4, 2009:

- Name
- Contact information (address, phone number, etc.)
- Availability (days, nights, weekends, etc.)
- Short statement about why you would like to serve on the Research Team
- Resume (if you have one)



LEARNING CENTER / PLANNING



Always something to do at Tu Ha' Buts Learning Center!

After school homework help • Games • Teen Center • Ping Pong • Sylvan Reading & Math Tutoring • Computer Lab • GED Classes • Open gym • Youth Council



Coloring contest



We're doing our best!



Signing In



Checking out the hottest trucks!



The new rec center is awesome!



The computer lab helps our learning and it's fun!



Time to read and share



So far so good!



Reading with Sylvan



Wow look at those stars!

Community Advisory Committee Members Needed
for the Integrated Youth Development Project

Be a voice for positive change! Help young adults shape their future!

The Squaxin Island Tribe was recently awarded a three-year Administration for Native Americans grant that will allow us to put our minds and hearts together for the benefit of young adults in our community.

With the recognition that the best solutions exist within the Squaxin Island community, this project will tap into the creative power of the whole community. One element of the project is the Community Advisory Committee (CAC).

Youth, adults and elders are needed to be a part of this seven-member advisory board for project oversight, resource connection and community linkages. This group will be the guiding and visionary force for this project.

Details:

- Seven Squaxin Island community members aged 15 to elders are needed for the Community Advisory Committee for the Integrated Youth Development Project.
- The Community Advisory Committee will meet four times per year for three years.
- Interested applicants should respond to Sis Brownfield, Education Director, (sbrownfield@squaxin-nsi.us or 432-3904) with the following information by November 13, 2009:

- Name
- Contact information (address, phone number, etc.)
- Availability (nights, weekends, etc.)
- Resume (if you have one)
- Short statement about why you would like to serve on the Community Advisory Committee

Squaxin Youth Coalition Members Needed
for the Squaxin Island Integrated Youth Development Project

Help young adults shape their future!
Be involved in planning the future with your community.

The Squaxin Island Tribe was recently awarded a three-year Administration for Native Americans grant that will allow us to put our minds and hearts together for the benefit of young adults in our community.

With the recognition that the best solutions exist within the Squaxin Island community, this project will tap into the creative power of the whole community. One element of the project is the Squaxin Youth Coalition. This team is made up of the leaders of youth-serving departments (Education, Museum Library and Research Center, Public Safety, Human Resources, Health, Family Services, Northwest Indian Treatment Center, Housing, Enterprise, Planning, Community Development, and Executive Departments) who will be working together to develop a sustainable, cross-departmental service delivery model. A representative from the Youth Council and the Elders Council are needed to join this team.

Details:

- One representative from the Youth Council and one representative from the Elders Council are needed to join the Squaxin Youth Coalition for the Integrated Youth Development Project.
- The Squaxin Youth Coalition will meet monthly for all three years of the project.
- Interested applicants should respond to Sis Brownfield, Education Director (sbrownfield@squaxin-nsi.us or 432-3904), with the following information by November 13, 2009:

- Name
- Contact information (address, phone number, etc.)
- Availability (days, nights, weekends, etc.)
- Short statement about why you would like to serve on the Squaxin Youth Coalition
- Resume (if you have one)



LEARNING CENTER



You're Invited!

EDUCATION:

Sylvan (Must be enrolled for these 3 one-hour classes)
After-School Tutor (Homework Central)
GED

Monday – Thursday 4:30-7:30
Monday - Wednesday 4:00-5:00
Monday - Wednesday 5:00-7:00

HIGHER EDUCATION:

Assistance with FAFSA forms, college enrollment,
scholarships, Squaxin Higher Education applications

Monday – Friday 8:00-5:00

RECREATION:

Rec. Center, Teen Center, Skill Building, Open Gym
(Fun, Games, and Club)
Community Open Swim

Monday-Friday 3:00-7:00
Mon., Weds. & Friday 3:00-6:00

Scholarships

Morris K. Udall Native American Congressional Internship is a fully-funded ten week summer internship in Washington DC, for Native American and Alaska native undergraduate, graduate and law students. Interns work in congressional and agency office where they have opportunities to research legislative issues important to tribal communities, network with public officials and tribal advocacy groups, and enhance their understanding of nation-building and tribal self-governance. The Foundation provides airfare, housing, per diem, and a \$1200 educational stipend. Applications must be received by January 29, 2010, please visit www.udall.gov.

Morris K. Udall Scholarship awards \$5000 merit-based scholarships for college sophomores and juniors seeking a career in tribal health, tribal public policy or the environment. Scholars participate in a five-day orientation in Tucson, AZ, to learn more about tribal and environmental issues through discussions with experts, their peers, and members of the Udall family. Applications must be submitted through a Udall Faculty Representative at the student's college or university. More information about Faculty Representatives can found on the Udall website. The application dealing is March 2, 2010, please visit www.udall.gov.

Squaxin Youth Cultural, Educational and Activities Calendar November 2009

Co-Sponsored by DASA

All activities are Drug, Alcohol and Tobacco Free!!

TLC hours 8:30— 7:30 M-F (office hrs 8:30— 5:00) Recreation Programs 3:00— 7:00 M-F

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <i>Snacks are provided after school daily</i>	2 Basketball start!! 3:30 6-12 Grade Practice 5-6pm 1-5 Grade Practice 3pm Free Swim	3 3pm Ping Pong Wii 3:30-6pm Basketball	4 3pm Free Swim 3:30-6pm Basketball 5pm Youth Council	5 3pm Wii 3:30-6pm Basketball	6 3pm Board Games 3pm Wii 4pm Movie/Snack	7
8	9 3:30 6-12 Grade Practice 5-6pm 1-5 Grade Practice 3pm Free Swim	10 3pm Board Games Wii 3:30-6pm Basketball	11 Veterans Day!! No school! Movies!! Leave @ 12pm Return @ 4pm	12 3pm Board Games 3:30-6pm Basketball	13 3pm Board Games 3pm Wii 4pm Movie/Snack	14 11AM—3 PM Intertribal Youth Potluck and free swim
15	16 3:30 6-12 Grade Practice 5-6pm 1-5 Grade Practice 3pm Wii	17 3pm Ping Pong Wii 3:30-6pm Basketball	18 3pm Free Swim 3:30-6pm Basketball 5pm Youth Council	19 3pm Wii 3:30-6pm Basketball	20 3pm Board Games 3pm Wii 4pm Movie/Snack	21
22	23 3:30 6-12 Grade Practice 5-6pm 1-5 Grade Practice 3pm Free Swim	24 3pm Board Games Wii 3:30-6pm Basketball	25	26 Thanksgiving	27	28
29	30 3:30 6-12 Grade Practice 5-6pm 1-5 Grade Practice 3pm Free Swim		GED Classes M-W 5-7 PM	Homework Help is available Mon-Wed From 3:30-5:00!!	Computer Lab is open Mon-Thu 3:30-6pm and on Friday 3:30-5pm	



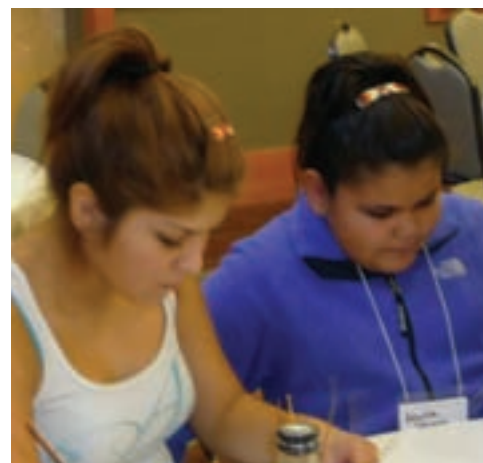
Provided by Janita Johnson,
Prevention & Wellness Advocate
360 432-3972



BASKETWEAVERS CONFERENCE



Photos by Margaret Henry and Margaret Pickernell



**Squaxin Island Museum Basketry
Classes Two Times a Week!**

**Starting November 3rd & 4th
Tuesday s from 1:00 to 4:00
Wednesday s from 3:00 to 6:00**





BASKETWEAVERS CONFERENCE



Photos by Margaret Henry and Margaret Pickernell





Native Business:

Three Points for Economic Expansion

Tribal economies are transitioning from a natural resource base to diverse commercial enterprises. I have three tips for sustainable economic growth of tribal economies.

1. Understand what you have and how it works.
2. Determine what is within your scope of expertise.
3. Know the critical mass of your economy.



The first step is to understand the businesses that are already in your portfolio of companies. Management needs to have experience in finance and operations well enough to manage the business through good times and bad. This ensures the efficient utilization of resources whereby profits can be produced in any market condition and stable employment levels achieved. Another benefit of having a layer of capable management is the ability to nurture an environment of mentorship for tribal members and build bench strength within the organization.

Sound economic diversity does not mean investing in businesses that are extremely different from the ones you already have in portfolio. Diversity can mean a difference in location or size or investing in a business

that is related to an existing business in your portfolio of companies. A tribe should assess their current skills and experience to determine the scope of any future economic expansion. The next step is to develop a strategy for economic growth allowing a tribe to focus energy on opportunities that leverage skills and expertise to create synergies.

Knowing the critical mass of a tribal economy is understanding cash flow and a matrix of financial ratios that measure the health of a tribe's businesses. Financial measurements will show the business aggregate's ability to absorb potential losses associated with a new venture. By knowing the critical mass of a tribal economy the tribe will be able to determine the appropriate size of new ventures. A venture too big will put everything at risk because the cost of mitigating any unintended consequence or interruption in business will require a cash injection or supplement of some other resource that in turn will bring material harm to the operations of a tribe's other businesses. A venture the correct size will allow a tribal nation to manage their risk by having sufficient resources available to mitigate problems.

Jim Stanley is a business banker located in Bellevue, WA. He partners with your Tribal newspaper to share his knowledge in hopes of providing useful information to you. He is a member of the Quinault Indian Nation, serves as Vice President on the Quinault Nation Enterprise Board, and can be reached at sovereign.developments@gmail.com for your comments.

Tribal Investments Featured in Television Ads

By W. Ron Allen, Chairman, Washington Indian Gaming Association, and Jamestown S'Klallam Tribe - A series of 30-second public service announcements designed to raise public awareness about investments being made by Washington's tribal governments are running this fall on cable television stations.

Earlier this year, the Washington Indian Gaming Association (WIGA) board of directors authorized a public information campaign to educate the public about how investments across the board by tribal governments are benefiting tribal members and all citizens of the state.

WIGA conducted opinion research- focus groups and polling- in April and June, to help understand the public's perception and knowledge of tribes in Washington. The research showed that people are largely uninformed about tribes in Washington, and, when presented with actual facts, have a more favorable opinion.

Washington's tribal governments are a major contributor to the economy of Washington state - generating tens of thousands of jobs and business opportunities for Indians and non-Indians alike. Tribal governments also make significant contributions to protect and improve the environment and to provide much needed social services to our communities - and the WIGA board felt it was important for citizens and elected officials to be made more aware of that fact.

Six television commercials were produced this summer by a Native American-owned video production company. The commercials feature different tribes and investments:

- Education - the new Muckleshoot K-12 School

The commercials are running on popular cable channels such as CNN, Fox, ESPN, Northwest Cable News, and the History Channel, and will continue through mid-November. WIGA believes this modest, \$175,000 expenditure in public education is a good, long-term investment. It not only supports and reinforces the positive public perception of Washington tribes, but also lays the groundwork necessary to protect tribal gaming and other programs.

WIGA hopes to produce another series of television commercials next year. If you would like to suggest an investment or tribe to feature, or if you want more information, call WIGA at 360-352-3248. You can view the spots on YouTube.com by copying the URLs below.

Nisqually, Environment, Delta Restoration Project
<http://www.youtube.com/watch?v=FokWMAxG6ms>

Puyallup, Economic Development, Ocean Shipping Terminal
<http://www.youtube.com/watch?v=ZvacpkT4GLM>

Jamestown, Health Care, Investment in New Facilities
<http://www.youtube.com/watch?v=LaAvBFhhD1A>

Tulalip - Natural Resources, Forestry Program
<http://www.youtube.com/watch?v=e0YCiJHDsKY>

Muckleshoot, Education, New School
<http://www.youtube.com/watch?v=gzOPBfH83Ao>

Suquamish, Culture, the Canoe Journey
http://www.youtube.com/watch?v=wjd6g--_WJ8

Happy Thanksgiving!





Do You Qualify for any of These Programs?

Section 504 Home Repair Loans and Grants

USDA Rural Development provides home repair loans and grants to qualified very low income home owners to repair or improve their home, remove health and safety hazards, weatherize, pay for installation and assessment cost of utilities and/or provide accessibility for persons with disabilities. The applicant must be the owner of the home (This includes mutual help units)

SECTION 504 HOME REPAIR LOANS

- Must be unable to obtain conventional financing elsewhere
- Must have a satisfactory credit history
- Must have reliable and dependable income
- Must show repayment ability including the loan payments, real estate taxes, homeowner's insurance and other current debt obligations
- Must be a U.S. Citizen or legally admitted U.S. resident
- Must be 18 years of age or older and able to enter into a binding contract
- Cash value of non-retirement assets cannot exceed \$7,500 for non-elderly and \$10,000 for elderly households
- Maximum loan limit is \$20,000
- Interest rate is 1% fixed for a term of up to 20 years.

SECTION 504 GRANTS

If you are a senior citizen (age 62 or older), who meets the criteria above but does not show repayment ability for a loan, you may be eligible for a grant, or a loan/grant combination. Grants are limited to a lifetime limit of \$7,500. 504 Grant funds may be used only for repairs and improvements that remove health and safety hazards or to repair or remodel dwellings to make them accessible for household members with disabilities.

SECTION 504 LOAN AND GRANT INCOME LIMITS

504 Loan and grants can only be made to very-low homeowners with incomes below the following limits:

County	1 person	2 persons	3 persons	4 persons	5 persons	6 persons	7 persons	8 persons
Pierce	23,150	26,500	29,800	33,100	35,750	38,400	41,050	43,700
Thurston	23,200	26,500	29,850	33,150	35,800	38,450	41,100	43,750
Mason	19,200	21,900	24,650	27,400	29,600	31,800	34,000	36,150
Grays Harbor	18,400	21,050	23,650	26,300	28,400	30,500	32,600	34,700

WEATHERIZATION ASSISTANCE PROGRAM

Weatherization programs exist to help low-income households reduce home energy consumption, while increasing the health, safety, comfort and longevity of their home. The Community Action Council of Lewis, Mason and Thurston Counties provides a Weatherization Assistance Program which may include air measures such as weatherstrip and caulking, insulation measures to wall, floor and ceiling areas and related repair measures. Health and safety issues such as indoor air quality and heating system repair are also addressed. Each home is unique as to what is needed. Below are the income guidelines for the weatherization program:

Household	Average Monthly Income
1	\$ 1,083
2	\$ 1,458
3	\$ 1,833
4	\$ 2,208
5	\$ 2,583
6	\$ 2,958
7	\$ 3,333
8	\$ 3,708

Note: Income requirements vary for individual programs. Use this chart as a quick reference to see if your household may be income eligible for assistance. Please note that other program requirements may apply to qualify for program assistance.

If you would like more information on any of these programs, please contact Lisa @ Office of Housing 432-3871.

Upcoming Events

Tools For Success

Class 2 and 3

Administration Bldg –1st floor

Monday, November 9, 16

4:30 pm – 7:30pm

One on One Credit Counseling

(by appointment only)

If you have any questions about the scheduled classes or would like to attend, please call Lisa Peters @ 432-3871.



Tribe Restricts Coho Fishing to Protect Chum

Emmett O'Connell, information officer, NWIFC - The Squaxin Island Tribe is closing its coho fishery at a popular tribal fishing site to protect a unique run of wild chum salmon.

Coho fishing is closed at Arcadia Beach, a tribally owned boat launch that is one of the easiest spots for tribal fishers to access. The beach also is situated on the migration route of chum salmon returning to Kennedy Creek at the same time tribal fishermen are targeting coho in the area. The normal tribal coho fishing season will remain open throughout South Sound.

"Usually, chum and coho migrate during different time windows, but Kennedy Creek chum tend to show up early, so they can be caught during coho season right around Arcadia," said Joe Peters, the tribe's fisheries management biologist.

An unusually high number of chum were caught at Arcadia during coho season last year. That led the tribe to close its chum fishery for a couple of weeks in November to ensure enough fish made it back to Kennedy Creek to perpetuate the run. Benefits to the chum outweigh the loss of fishing opportunity for coho, Peters said.

In addition to closely monitoring tribal harvest, spawning surveys are conducted by the tribe on area creeks to determine how many fish have returned to reproduce.

Restricting fishing in a particular area is a common method of fisheries management. Squaxin Island Tribe fishers only harvest coho outside South Sound inlets. "The outside-the-inlet fisheries method ensures we are only targeting healthy stocks of hatchery coho," Peters said. "More than 90 percent of our catch consists of hatchery fish when we harvest outside of the inlets."

Like most South Sound chum stocks, the Kennedy Creek chum run is strong, with more than 30,000 fish returning annually, Peters said. "Still, we want to boost the overall run to be as certain as we can that enough fish get back to the creek every year," he said. "Our extensive monitoring of harvest and escapement allows us



Danny Snyder, fisheries technician for the Squaxin Island Tribe, checks coho salmon that were caught in the tribe's salmon fishery.

to adjust our fisheries quickly, even in mid-season."

For more information, contact: Joe Peters, fisheries management biologist, Squaxin Island Tribe, (360) 432-3813. Emmett O'Connell, information officer, NWIFC, (360) 528-4304, eoconnell@nwifc.org



Provided by Janita Johnson, Prevention & Wellness Advocate 360 432-3972

Shellfish Licenses Are Expired

To: All Shellfish Harvesters

From: Natural Resources Office

Date: Friday September 25, 2009

Re: New Shellfish License Season

Dear Harvesters:

Please be advised that your current shellfish license expired September 30, 2009. You will no longer be on your previous designated group list Effective October 1, 2009. All groups will be redone in first come first serve order.

To purchase your new license you must have all taxes owed current plus the fee of either \$50 (6 month) or \$100 (1 year) license.

Should you have any questions, please feel free to contact either BJ Peters (360) 432-3802 or via email bjpeters@squaxin.nsn.us or Misti Saenz-Garcia (360) 432-3812 mmsg@squaxin.nsn.us.

Little Creek Casino Resort Hotel Staff Beautify the Boardwalk

Staff from Little Creek Casino Resort Hotel volunteered to beautify the Boardwalk between the hotel and the main gaming floor after contractor bids came in at an excess of \$30,000. The staff did this amazing and professional job for under \$4,000. Excellent job! We have some fantastic employees!





NEW EMPLOYEES



Lorraine Van Brunt



Family Services Director

Hi! I am looking forward to serving the families of the Squaxin Island Tribe as the Family Services Department Director. Our newly restructured department will include TANF, VR, ICW, Elder's Programs, Childcare, Domestic Violence Prevention, and Community Education.

I am a member of the Colville Tribe and a long-time resident of Shelton. I served as Foster Home Licensor for SPI-PA for nine years, and have also served as a foster parent for the Squaxin Tribe. I've worked as an Indian Child Welfare worker, as Regional Manager with Indian Policy and Support Services of DSHS, and tribal liaison, working with the Quinault Tribal TANF program. I also worked with the National Indian Child Welfare Association as a Community Development Specialist. In my earlier career, I worked as a legal secretary with the Attorney General's Office for several years.

I am very happy to be working with the Squaxin Island Tribe in this exciting position. Squaxin is a great community with strong families and very dedicated employees. Please feel free to stop in and visit.

lvnbrunt@squaxin.nsn.us
(360) 432-3914

Lea Cruz



Women's Health Outreach Worker

Hello everyone, my name is Lea Cruz. I have been selected to be the new Women's Health Outreach Worker. My first day was Monday, October 12, 2009. I am excited to be working with the Squaxin Island Tribe again. I came here from the Little Creek Casino Resort gift shop, where I was employed for the past three years. I am stationed in Rose Cooper's old office. I am looking forward to developing my own program within the women's health program.

I am enrolled in the Squaxin Island Tribe. I am from the Krise family. My great-grandfather, William Krise, was one of the original settlers in Kamilche. He was married to Jenny Sasal. My parents are Evelyn Krise (mother) and Walter J. Mesplie (father/enrolled Yakama). My dad, the one who raised me with my mother is Buddy Miller (Skokomish). I have strong ties to Kamilche as I lived with my grandpa, Mike Krise, and grandma, Ann Jackson, while my mother worked. I went to school at the Kamilche Valley School. Robert Whitener, Sr. was one of my teachers. I have 7 children (Terri, Angel, Jay, Santana, Jamie, Jessica and Jackson). I am the proud mother of 9 grandchildren

(Latoya, Lachell, Koreena, /Elena, Clara, David, Baby Zack, Kaleb and Crifdcstian, who I have raised). I will be a great-grandmother in January. I have been blessed to have a large family.

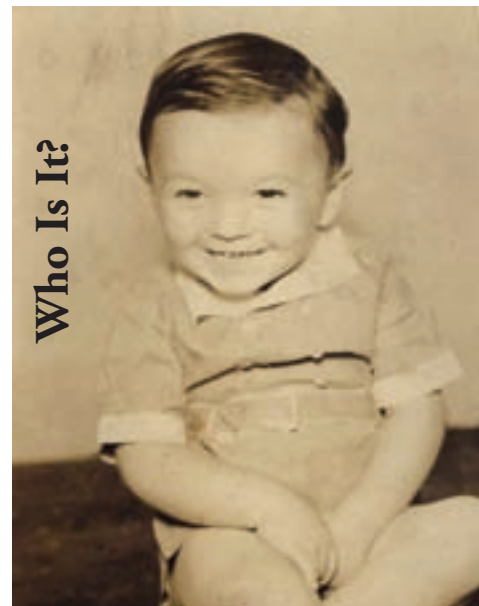
Kamilche is my heart. I look forward to working with my community. Everyone keep safe. Great blessings to everyone.

Deanna Warren



ICW Caseworker

Hi, my name is Deanna Warren. I started working for the Squaxin Island Tribe as an ICW Caseworker in April, 2009. My hobbies include scrapbooking and crocheting.



Bill Lopenman

Jennifer Howell



ICW Caseworker

Hi, my name is Jennifer Howell. I have been employed with the Squaxin Island Tribe Family Services department for just about five years. I started my career with ICW as an Intern, then a Case Aid, Caseworker In-Training, and am currently an ICW Caseworker.



What you can expect at the 2009 MLRC Holiday Bazaar:

- Baked goods
- Dee's Gourmet Tea
- Hand made jewelry by Nandy McCullough
- Hand made Wood Crafts by Carl Jonsson

3RD ANNUAL SQUAXIN ISLAND MUSEUM BAZAAR
November 13th 9:00 to 5:00 & November 14th 9:00 to 4:00

Sponsored by Squaxin Island Museum
Squaxin Island Museum, Library & Research Center
100 SE Main-Deane-Allen
Wahkiakum Co. WA 98596



NEW EMPLOYEES



Rosie Martin



***Dental Clinic Front Office
Scheduling Coordinator***

Hi, my name is Rosie Martin. I have been a dental assistant for 18 years. I am currently working at Squaxin Island Dental Clinic as a Front Office Scheduling Coordinator. I am very excited to be here on staff; I have had an ongoing contracting position here off and on for ten years.

I grew up in Shelton, Washington and attended school with so many folks out here it is awesome to reconnect relationships and see and meet all of their family members. I feel blessed to have great co-workers and a very positive environment around me. I look forward to serving you in the dental community.

Shannon Bruff



K-12 Education Liaison

Hi, My name is Shannon Rae (Bloomfield) Bruff. I am a Squaxin Island tribal member who was recently hired to fill the K-12 Education Liaison position in the Tu Ha' Buts Learning Center. I have worked at Shelton High School, as a Tutor and in the Squaxin Island Stepping Stones Pre-Employment Program. Now, as an Education Liaison, I will be available to make connections between the community and the schools.

I have a Master's in Teaching with endorsements in elementary and middle school (all subjects). I have also earned separate endorsements for humanities, math/science and special education. I am enrolled in Saint Martin's Educational Staff Associates (ESA) certification program, and plan to earn my teaching endorsement in school counseling.

Meghan Brandt

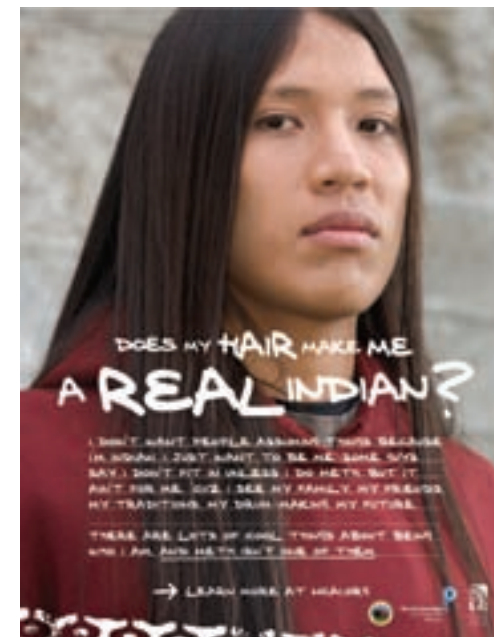


***Shelton High School
Educational Tutor***

Hi! My name is Meghan Brandt. I am an enrolled tribal member, daughter of Chris and Kathy Brandt, granddaughter of Ann and Glen Parker. I was raised near Bellevue, WA. I am excited to be the newest Squaxin Island Educational Tutor at Shelton High School.

I am thankful for the support I received from the tribe while getting both my Bachelors of Liberal Arts and Masters of Arts in Teaching at Willamette University. I think it is important to give back to this community by supporting its students and I find it very rewarding to teach. Should you or your student need academic support please stop by room 308 at Shelton High School!

*Provided by Janita Johnson,
Prevention & Wellness Advocate*



Happy Holidays



Holiday Bazaar

Little Creek Casino 13th Annual Holiday Bazaar!
November 20th, 21st, 22nd

9:00 am to 8:00 pm Daily!~

Event will be held in Tower 1 & Tower 2 Lobbies!~

This is a non-profit event and all proceeds are used to help provide Christmas Gifts, Dinner, etc. for families in need.

Vendors are welcome to sign up. Booth spaces run @ \$30.00 per day for an 8X10 space. A limited amount of larger spaces are available.

For further information, contact

April Olson @ 360-432-7037

april.olson@little-creek.com

OR

Darlene Krise @ 360-427-3027

darlene.krise@little-creek.com



Bridge Repair

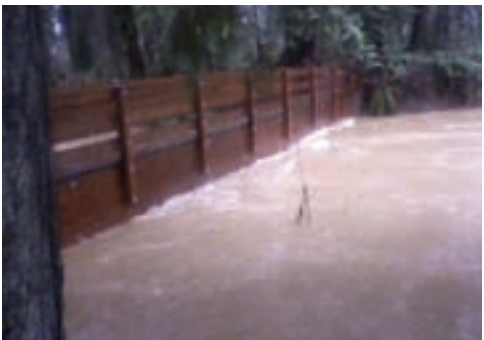
Child Development Center

Tyson Kruger - John Korsmo Construction recently completed extensive repairs to the bridge damaged in 2008's record flooding.

The walking bridge behind Squaxin Island Child Development Center is re-open, thanks to the great work of our friends at Korsmo Construction.

The bridge has been closed since the November, 2008 "Fall Storm" when the record flooding and debris caused extensive damage to the structures abutment, foundation and the footings, to name a couple. The bridge is now open and fully repaired.

Below are some pictures of the bridge during the 2008 flooding which caused its damage. We hope that you enjoy having the bridge back and if you get the opportunity, let Korsmo Construction know they have another "Job Well Done."



Congratulations Marvin Campbell, Chief Petty Officer

On July 31st, 2009 I found out I was selected for promotion to Chief Petty Officer. I admit it was the happiest day of my 12 years serving in the Navy. The six weeks that followed, known as "transition" weren't so happy. On September 16th I was pinned with my anchors and allowed to wear the uniform of a Chief. The journey to this point has humbled me and taught me many lessons. I am currently a Recruit Division Commander (aka Drill Instructor) for Navy Boot Camp in Great Lakes, IL. It has always been something I have wanted to do since I left here upon completion of my own boot camp 12 years ago. I really enjoy this job, I enjoy watching the change these kids go through as they volunteer for the Navy. I wanted to become a Division Commander because I was tired of seeing the lack of work ethic and the attitude of the young Sailors onboard the ship. I thought why complain about it, I will be part of the solution and do my part to train them myself. This has, without a doubt, been the most rewarding command I have been to. I love hearing the new recruits when they first get here tell me they can't do this and they want to go home... that is just a challenge for me... before they leave the word can't isn't in their vocabulary.

Prior to being here at Recruit Training Command, I was stationed onboard the USS Harry S. Truman. That is an aircraft carrier in Norfolk, Virginia. Onboard the Truman, I learned a tremendous amount of leadership. I was in charge of 35 personnel and I was responsible for all the communication on and off the ship. I worked a lot of hours and gained even more knowledge. During the seven month deployment I did from November of 2007 to June of 2008 I usually slept four hours a night, but it was well worth it. It was then I learned if you aren't part of the solution, then you are part of the problem. I also learned that the people that work for you are what determines how good of a leader you are.

This journey I have made to Chief has been great, I have learned a lot and met some outstanding people, but it has come at a sacrifice to my family. I don't get a lot of time with my four great kids (Jaelin, Jacob, Jocely and Brandon) and my wonderful wife, Erin (whom without I would be a wreck). I almost never get to return home to the reservation. I absolutely love what I do, and I wouldn't change a thing about the choices I have made. There were only 55 people in my job field selected to be Chiefs out of 600 and I was the most junior of them. Some people will do 20 years in the Navy and not make Chief. I am grateful for it, and I know none of it would be possible without the love and support of my family and those I grew up with! When I transfer from my job here I am hoping to get stationed in Washington. My long term goal is to finish my 20 years in the Navy and hopefully return to the reservation and take my shot at the Tribal Council.

God Bless,
Marvin Campbell





Tribes Demand Quicker Culvert Fixes for Salmon

By Tim Klass, Associated Press - A federal judge should order Washington state to drastically increase the pace of fixing culverts that block salmon passage because nothing else will get the job done in a reasonable amount of time, a lawyer for American Indian tribes said.

John C. Sledd, representing nine of the 19 tribes in the case, asked U.S. District Judge Ricardo S. Martinez to order repairs to end salmon blockages caused by all state highway culverts within 20 years and those caused by culverts under the jurisdiction of other state agencies within six years.

Two tribal fisheries managers, Charlene Krise of the Squaxin Island reservation near Shelton and Lorraine Loomis of the Swinomish reservation near La Conner, told the judge their people have been hard-hit spiritually as well as economically by the depletion of salmon runs that is at least partly the result of bad culverts.

Assistant Attorney General Rene D. Tomisser argued that the case was a “distraction” from cooperative salmon restoration efforts by governmental agencies, tribes and private interests and that, if granted, the tribes’ timetable would focus excessively on one aspect at the expense of others such as habitat restoration, hatcheries and changes in harvesting and hydroelectric dam operations.

Presiding over a tangle of fishing rights litigation dating from 1970, Martinez ruled in August 2007 that the state must ensure that its thousands of culverts do not block salmon migration, cutting the catch of the iconic fish on which tribes have relied from time immemorial for subsistence, culture and commerce.

Under treaties dating from the mid-19th century, the tribes must be allowed not only to fish but also to catch fish, and the state is obligated not to diminish salmon runs with culverts, the judge ruled.

Tribal fishing activists, leaders and scientific experts have complained that decrepit and ill-designed water conduits beneath roadbeds have blocked more than 250 miles of streams to adult salmon trying to reach spawning grounds and to juvenile fish heading out to sea.

Both sides agree that the culverts need to be fixed — Tomisser noted that the state began fixing bad culverts in 1991, 10 years before that aspect of the issue was raised in federal court — but negotiations on the pace of the work have run aground.

“That summary judgment reinforced the tribes’ treaty rights. Now is the time to enforce it,” Sledd said.

An average of \$2.3 million is needed to fix each of the 807 state Transportation Department culverts that pose a significant blockage to salmon. Each project must be custom-designed and adopting the tribes’ timetable would boost spending on the highway share alone from

about \$15 million in the current biennium to \$185 million, Tomisser said.

“You don’t just send a couple of maintenance workers out with a shovel and a bag of cement,” he said. “The budget is a constraint that the court simply has to take into account.”

Scientific research indicates culverts are “not the primary factor” in the decline of salmon runs and that fixing the blockages would not necessarily be “the best bang for the buck” in restoring fish populations, Tomisser asserted.

Testimony is scheduled to run through Oct. 30. Martinez is hearing the case without a jury.

Krise and Loomis, both members of their tribal councils, said salmon was a staple of their families’ diet and a near-necessity for community events ranging from baby namings, weddings and funerals to spiritual ceremonies such as honoring the first salmon of the fishing season.

“When we have a Shaker Church gathering, there’s always salmon ... fish stew, salmon eggs, smoked fish heads,” Krise said.

Petroglyphs and other Squaxin Island tribal museum artifacts dating back 7,000 years depict her ancestors catching and eating salmon, she said.

Loomis, vice chairwoman of the Northwest Indian Fisheries Commission, listed three of her ancestors among the tribal signers of the Treaty of Point Elliott in 1855 and said fishing and hunting rights were primary concerns in the preceding negotiations.

“Fishing was just handed down from generation to generation,” she said. “It was taught and taught, generation to generation. We lived it.”

Jeff Dickison - After decades of work, another dispute in the long running U.S. v Washington fishing case has finally gone to trial. In a forgotten skirmish among the battles over fishing rights in the 1970s, the tribes in the Boldt case also pushed to force the state to protect fish habitat. After decades of litigation over what that really means, the tribes settled in 2001 on using culverts as a specific example. The tribes collectively sued the state in 2001. That led to months of negotiations that failed.

More than 1,000 culverts between the Columbia River and British Columbia, most of them owned by the Washington Department of Transportation, are designed so poorly or in such ill repair that they block or limit access by fish to hundreds of miles of streams. While the state slowly has been working to fix them, U.S. District Judge Ricardo Martinez ruled for the first time in 2007 that treaty rights required it. He urged the state and tribes to agree on plans. But negotiations stalled after months of talks while the economy collapsed, sending both sides back to court.

It's not just pipes placed too far above the streambeds that create problems for fish. Culverts all over the state block salmon streams in a number of other ways that require expensive reworking, replacing and restorations. For example, many culverts are too small for the volume of water they carry, creating high-pressure hoses salmon can't navigate.

Now the trial is focusing on what the State will be required to do to fix the problems with their culverts. The judge has already found that there is a treaty right to protect habitat. The question now is how far the federal courts are willing to go to compel that result. It is almost certain that the State will appeal any ruling of the District Court since they have already lost the legal argument. On appeal, it will be very important that there is a clear understanding of the consequence of the court's ruling. That is what the current trial is all about.

Tribal Natural Resources and Legal staff have been working on this issue for years under the guidance and leadership of the Tribal Council. It looks like all that hard work is finally ready to come to fruition.





Holiday Spending Tips

Unplanned and impulsive holiday spending can be the final straw that breaks a family's financial back. Here are some money management tips for a peaceful holiday season:

- Decide before you go shopping what you can afford to spend. Be sure everyone in the family understands the money limit and how far the total amount has to stretch.
- Consider gifts of service. Give coupons for babysitting, a meal, housecleaning, lawn moving or other such tasks.
- Think green when making your holiday lists. Use towels, grocery sacks or newspaper to wrap gifts. Reuse gift bags and boxes.
- Keep track of holiday spending, especially if you are using credit cards and accounts to delay bills. One idea is to wrap a card around each credit card and note what is purchased, the date and amount. This also works well for debit cards. Try keeping a "running" total figure so you'll know at a glance just what's owed on a particular account. Another idea is to use a small notebook to help you keep tabs on your credit and debit use.
- Use "cheap money" sparingly. Deferred payment accounts which let you wait until February or March before payments begin may be an incentive for you to spend more than you normally would or have. Keep your head, February and March always comes faster than you expect.
- Take a chance the items which normally go on sale just before the holidays will still be available in the eleventh hour and you'll be able to save a bundle. Enjoy the holiday season knowing you have done your best in making good financial decisions.

Avoid Stacking Firewood Next to House

Don Janssen, UNL Extension Educator - That big woodpile that gives you such a feeling of snug security going into the winter may also shelter rodents and insects and may even provide them an opportunity to spend the cold season under your roof.

Where and how you stack the wood is the key. Mice and rats will readily take shelter in a backyard woodpile if conditions are right. If the woodpile is located some distance from the house so the rodents would have to cross a wide expanse of open lawn, they're likely either to stay near the woodpile or move on. If the wood is stacked next to the house, however, so the rodents don't have to venture out into the open, the woodpile enables them to search in perfect safety for an opening through which they can squeeze into your house.

It doesn't have to be a very big opening—a mouse can squeeze through a hole 1/4-inch in diameter, and a rat needs only a 1/2-inch hole. Both rats and mice can climb any surface rough enough to give them a toehold, so openings need not be at or below ground level to give them entrance. Provide the rodent with shelter in the form of a woodpile right next to the house, and they'll be able to take as much time as they need to scout out an entryway.

Provide them with a supply of food, too, and your rodent problem can get serious very quickly. Food can be in the form of easily accessible garbage, a poorly managed compost pile, wild bird food in flimsy containers, crop residues in the vegetable garden or dog food.

If right next to the house is the worst place for a woodpile, probably the next-worst place is next to the dog pen. If you feed the dog there, spilled and leftover food and the dog's water dish provide rodents with all they need in addition to shelter.

Stacking wood against an exterior wall of your home also invites insect problems. Wood is the natural home for carpenter ants, termites, wood boring beetles and countless other insects and spiders. Except for carpenter ants and termites, which can seriously damage your home, most of these insects are more nuisance than threat. But they will

move indoors for the winter. You issue the invitation when you stack wood next to the house. The insects then find the little crack in the foundation or the loose-fitting storm door and stroll right in.

Close up openings around windows and doors, seal cracks in the foundation and mend holes in screens. Then stack wood some distance from the house or, if you must pile it nearby, get it up off the ground—at least 18 inches—and keep it an arm's length away from the wall. Make the pile long and narrow, one log wide rather than several logs laid side by side. Multiple rows make better rodent quarters.

Insects may hitchhike indoors on wood, so bring in only what you'll use in a day or two. A log riddled with insect tunnels that begins to erupt with big black ants or termites when it's disturbed or warmed to room temperature should be rushed outdoors at once, then burned or otherwise disposed of. Other insects brought out of firewood by the warmth inside your home are a nuisance rather than an emergency and can be collected with a vacuum cleaner.

"Pest-Proof" Checklist

Fall is a time when some insects and animal pests begin looking for overwintering sites. You should already be taking steps to keep pests from entering your home. Pest-proofing may not keep every mouse or spider from entering your home, but you'll reduce the chances these pests will be successful.

OUTSIDE YOUR HOME:

Cool, sunny fall days are perfect for working around the home and taking steps to prepare for winter.

- Seal cracks and crevices. This will help keep mice, snakes and insects from squeezing into your house. Use strong materials like caulk, cement or mortar. Do not stuff cracks and holes with rags – it just won't help keep pests out.
- Look for holes and other possible openings in your home and garage. If you find an opening and it is too large to be filled, cover the damage with hardware cloth. Hardware cloth is a flexible wire mesh that is both easy to use and inexpensive. Use hardware cloth with 1/4-inch squares—this will keep out most animal pests. If the opening was made by a larger animal like a squirrel, be sure the animal is out of the building before making repairs and covering up the damage.
- Doors, windows and screens should fit tightly. Make repairs in window screens. Caulk around openings like windows and doors. In addition to keeping pests out, you'll also help lower your heating bills this winter.
- Check other possible entry areas. Inspect around your dryer vent, air conditioner and other possible entry areas for pests. Make sure cracks and openings are sealed or screened (do not block vents). Make sure your chimney cap is fitted correctly.

OUTDOORS:

This is a great time for a thorough backyard clean-up to help remove hiding places for insect and animal pests.

- Remove leaves and grass clippings around your home. Clean up any overgrown, weedy areas. Make sure you check window wells.
- Remove debris and possible hiding places. Dispose of old tires, bicycles and other debris from the yard.
- Check your trash cans. Make sure the lids fit tightly. If you are having a problem with rats or mice, consider metal trash cans with lids. Store trash cans away from the house because they will attract pests.

Soni Cochran, UNL Extension Associate



OYSTERFEST



OysterFest Thanks

The Squaxin Island Elders Would Like to Thank:

Thank you, Whitney, for helping to coordinate the fish and filleting of the fish for the Elders' OysterFest.

The Elders would also like to thank Andy Whitener and Julie Owens and all the crew at NR for making sure all the fish were in and taken care of for our OysterFest.

The Elders would also like to thank all of the filleters and fishers for their great part in our success at OysterFest.

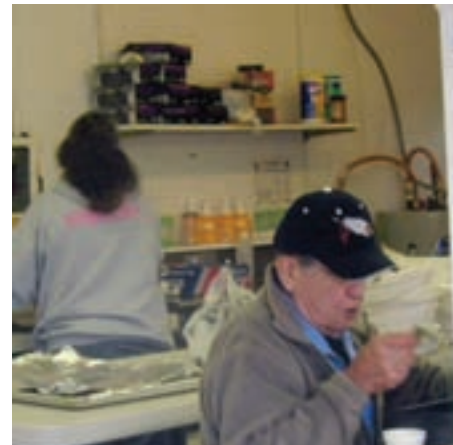
Thank you very much to everyone that helped at the booth at OysterFest. It was so much fun working with such a fun group of people.

We would like to give a great big thank you to the maintenance crew and their strong arms in helping us get everything set up and taken down. Thank you again!

A huge thank you to everyone that helped at the BBQ pit. You did a fabulous job, as always. Its so nice to look out and see the fun and laughter. You worked as a great team. Thanks again!

Thank you again, we really appreciate all of you very much! We could not have done it without you.

- SQUAXIN ISLAND ELDERS





WATER SOUNDS ART AUCTION



MLRC 2009 Water Sounds Art Auction Unprecedented Success!

The Squaxin Island Museum Library and Research Center would like to thank our supporters, supporting artists and attendees of the Water Sounds Auction – it ROCKED. With your generous contributions, sponsorships, and participation in this important annual fundraising event, we were able to raise over \$34,000 for our museum - more than double previous years' efforts. This year people and businesses also “raised the paddle” to earmark their contributions specifically for our museum’s cultural education programs. Every contribution helps to ensure that the history and culture of the Squaxin Island people and other Coast Salish tribes are honored, acknowledged and sustained. Your generous donations are a significant part of the on-going success of the Museum Library and Research Center.

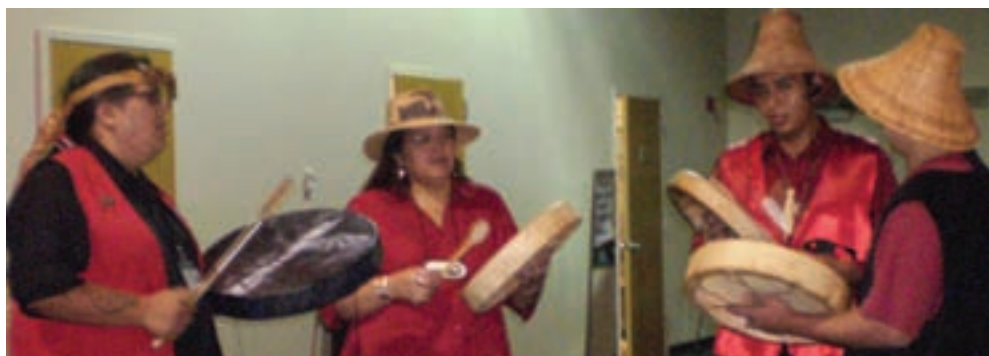
This year’s event was held on-site within the museum and packed the house! Water Sounds Auctioneer, Jeff Kingsbury, charmed and thrilled about 150 attendees as he, and accomplice, Ray Peters, sold 38 live auction items to the highest bidder. Hot ticket items such as hand carved paddles, cedar hats, button shawls and a small bentwood box caused quite a commotion and several artist proof prints added to the excitement of the evening. Other highlights of the Water Sounds Auction included:

- Pre-dinner mixer giving folks a chance to visit, make friends and joke around
- Five silent auction tables featuring over 100 silent auction items
- Fine cuisine featuring Squaxin salmon and traditional foods catered by Lime
- An amazing, fun group of people out for an evening to support a good cause

Your ongoing support is invaluable to our efforts to preserve and perpetuate our culture through museum programs and operations in challenging economic times. We will be hosting another Water Sounds Auction event in September 2010. Please check out the MLRC web-page, and check back for updates and opportunities to participate.

Thank you again!
MLRC Water Sounds
Auction Crew





Special Thanks

Once again, thank you to all the people who helped with our Elders Host Luncheon. With so many out sick, Whitney stepped right in and helped make our luncheon a Huge success.

Once again thank you to the fishermen. You made the Luncheon perfect.

Thank you to Julie Owens and her crew for your entire expert help in making the Luncheon a success.

Thank you, to Charlene Krise and the Museum staff for your donation. It was wonderful.

Thank you to Pam Hillstrom and EVERY ONE UP STAIRS at the Tribal Center for the donation to the give-away. That was awesome.

Thank you to the main floor at the Tribal Center for your donation. That was great. Thank you again.

Thank you to Patty Suskin and her crew for your donations. They were very much appreciated.

Thank you to the Stepping Stones for the freezer jam and beautiful drums you made for give-way at the Host Luncheon.

Stepping Stones. We are very sorry you couldn't make it to our Luncheon. You were very much missed.

A huge THANK YOU to all the Elders who also worked so very hard on the jams, pot holders, afghans, crafts, donations, lap blankets (hand-made) and many, many, more things that you worked on for two years. THANK YOU TO EVERY ONE.



Thank you to Jake and Robin Smith for your beautiful donation. It was much appreciated. Thank you again.

Thank you, KPT, FOR YOUR DONATION. It was very much appreciated.

Thank you to the entire staff at the Little Creek Resort and the Event Center for the wonderful job that you all did and the kindness that you showed to our guests. We have heard many, many times from our guest what a wonderful time that they had and how well they were treated. Thank you again.

Also a huge thank you to the resort for your donations. They were one more Big reason our day was so successful.

Thank You very much. It makes us very proud to be a part of the Squaxin Island Tribe.

Thank you to the Council, once again. If it wasn't for the Council, none of this would have been possible.

- Speaking for the Elders,
Colleen Woodard
Squaxin Island
Elders Activities Coordinator





Lead your Family to Better Health- 5 Steps

Parents can improve their children's health and fitness greatly by remembering five basic steps.

Even making one or two changes from Healthy You's "Countdown to Family Fitness: 5-4-3-2-1" program will help.

Five: Serve at least five servings of fruits and vegetables every day. It's easier than it sounds. Half a cup of veggies or half a banana, for example, counts as a serving. Keep sliced fruits and vegetables within easy reach.

Four: Give kids four servings of water a day. Avoid soda and sugary juices - they're very high in calories and sugar - give them their own water bottles to fill up and keep a pitcher of water on the kitchen table.

Three: Aim for three daily servings of low-fat dairy products, which are rich in the calcium a child's growing body needs. Examples of one serving are an 8-ounce glass of milk or yogurt and 1 1/2 ounces of cheese. If lactose intolerant, look for calcium fortified products or a calcium supplement.

Two: Limit a child's total daily "screen time" to two hours or less (the American Academy of Pediatrics recommends no screen time at all for kids younger than 2). That includes watching television, being on a computer and playing video games.

One: Encourage kids to get at least an hour of physical activity every day. Plan active family outings, sign up for team or individual sports and get kids to go outside and exercise by playing or riding a bike.



Try This No-Bake Pie Recipe

Submitted by Melissa Grant, Diabetes Prevention CHR

Pumpkin Chiffon Pie
A great alternative to traditional pumpkin pie.
Makes 8 servings

Pumpkin Pie Filling:	Graham Cracker Crust:
<ul style="list-style-type: none">• 1/2 cup cold water• 1 - 7 1/2 ounce jar marshmallow Cream• 16-ounce can pumpkin• 1/2 teaspoon ground ginger• 1/2 teaspoon ground cinnamon• 1/4 teaspoon grated nutmeg• 1/2 teaspoon salt• 1 cup frozen low fat whipped Topping thawed• 1 envelope non flavored gelatin	<ul style="list-style-type: none">• 2 1/2 tablespoons light margarine or non-saturated fat margarine, melted• 1/4 cup sugar• 1 1/4 cups low fat graham crackers• cooking oil spray

To prepare crust, Crumble graham crackers, combine first 3 ingredients in the graham cracker crust recipe; toss with a fork until moist. Press into bottom and up sides of a 9-inch pie plate coated with cooking oil spray; chill. In medium saucepan combine gelatin and cold water; let stand 1 minute. Cook over low heat, stirring constantly, until gelatin is completely dissolved. Blend in marshmallow cream, pumpkin, spices and salt. Chill until mixture mounds when dropped from a spoon. Fold in whipped topping. Turn into pie crust and chill until set, about 2 hours.

H1N1 vaccine

Swine Flu Vaccines are being given at the clinic. We have already vaccinated over 170 patients with the H1N1 vaccine. This is more than we have ever vaccinated for the regular flu.

There are two ways to administer the H1N1 vaccine (and the seasonal); there are the familiar shots and the less familiar nasal mist.

Give us a call or stop by at the clinic if you would like to get your protection from swine flu (H1N1).

This vaccine can prevent swine flu (the H1N1 virus). It is important pregnant women & children and young adults up to 24 years of age be vaccinated.

H1N1 Nasal Spray (mist) vaccine is for those 2 to 49 years old. Nearly everyone in this age group should get this, but we will go over your health history to be certain you are not in one of the groups who should not get the mist(spray).

You can get the H1N1 spray or shot, with your seasonal flu shot if you have not had it yet.

The shots (injectible) vaccines are being delivered slower than expected, but we have had our first delivery of 100 doses. Anyone over 6 months old can get this shot (with some exceptions that your provider will go over with each patient).

We do expect there will be occasional interruptions in supply, especially the H1N1 shot.



Fall and Winter Excursions Close to Home

Submitted by Patty Suskin, The Olympian, by Chester Allen- The days are getting shorter and shorter and shorter. That makes it hard to get outside, but there are some great spots right here in South Sound that attract birds — and other wildlife — like a magnet. It's easy to go by these places for an hour or two or three — say, on Thanksgiving morning or afternoon — to get some fresh air, see some cool sights and ease the pain of the shortest days of the year.

Here are a couple great choices:

WOODARD BAY

Woodard Bay Natural Resources Conservation Area is minutes from downtown Olympia on Henderson Inlet. This terrific spot has two trails. The Loop Trail is a winding, up-and-down journey through mature stands of Douglas fir, cedar and salal. This trail brings you up close to woodland birds, such as pileated woodpeckers, chickadees, warblers and other songbirds. Another short trail takes you to the old Weyerhaeuser Co. log landing and pier. This trail — actually a scenic road — has great views of Woodard Bay and Chapman Bay — and many different kinds of water birds and ducks. A special treat — in the form of dozens of great blue herons huddling on the old pier and pilings — often waits at the end of this short hike.

• **Directions:** From downtown Olympia, take East Bay Drive toward Boston Harbor. The road changes its name to Boston Harbor Road somewhere around Priest Point Park. Continue on Boston Harbor Road to where it forks with Woodard Bay Road. Bear right onto Woodard Bay Road. Woodard Bay Road merges onto Libby Road for a short distance, but then watch for a right-hand turn that puts you back on Woodard Bay Road. The state Woodard Bay Natural Resources Conservation Area parking lot is on your left after a short downhill grade.

• **More Information:** Call the state Department of Natural Resources at 360-902-1600 or go to www.dnr.wa.gov.

Continued on Page 24



HEALTH CENTER



Need Food? Check These Out . . .

WIC (WOMEN, INFANTS, & CHILDREN) AT SPIPA

Provides healthy foods & nutrition information for you and your child up to age 5

Please bring: your child, medical coupons or paystub, & identification

Monday, November 2, 9 am to 4 pm

Monday, December 2, 9 am to 4 pm

Contact Debbie Gardipee-Reyes at 462-3227

Dates subject to change

COMMODITIES AT SPIPA

Monday, November 2nd, 10 to noon

Monday, December 2, 10 to noon

Contact Shirley or Bonita at 438-4216 or 438-4235

Dates subject to change

SQUAXIN ISLAND TRIBE FOOD BANK

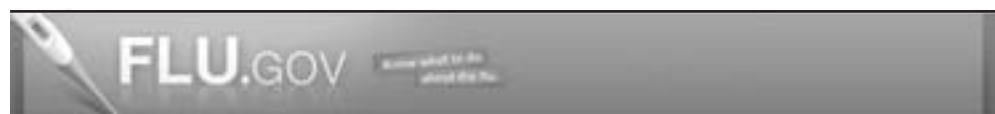
At Health Promotions Building

If you need access to the food bank at any time once a week, just stop by.

If possible, Wednesday is the best day.

If you would like to be on call list for when we receive fresh produce or bread, let me know.

Contact Melissa Grant (360)432-3926



2009 H1N1 Flu: Symptoms & Basic Steps

You may have the flu if you have some or all of the following symptoms:

- fever (not everyone with the flu will have a fever)
- cough
- sore throat
- runny or stuff nose
- body aches
- headache
- chills
- fatigue
- sometimes diarrhea and vomiting

IF YOU THINK YOU HAVE THE FLU

- Stay home and away from other people as much as possible; cover your nose and mouth if you must be around other people (facemask or tissue).
- Unless you are in a high-risk category (a young child, pregnant, have certain underlying health conditions like asthma or diabetes or a weakened immune system, or are 65 years and older), take acetaminophen (Tylenol) or ibuprofen and drink plenty of fluids.
- Stay home for at least 24 hours after your fever is gone without the use of fever-reducing medicine.
- Most people get better without treatment and don't need to seek medical help. However, if you are in a high-risk category, consult with your health care provider if you get flu symptoms.

Also, anyone with the following emergency warning signs needs urgent medical attention:

CHILDREN

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash

ADULTS

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and worse cough



2009 H1N1 Flu: Parents and Caregivers of Young Children

- If your child is younger than 6 months, you should get vaccinated against seasonal and 2009 H1N1, since children younger than 6 months cannot be vaccinated.
- If your child is 6 months or older, he or she should get both a regular flu shot and a 2009 H1N1 shot when they are available in your community.
- If your child is 2 years or older and does not have asthma, he or she may get the nasal spray form of the vaccine.
- If your child is 9 or younger, he or she will need two doses of the H1N1 vaccine given 3-4 weeks apart.
- Both you and your child should wash your hands often, cover your coughs and sneezes, and keep a distance from others when sick.
- If you are sick and need to be in close contact with a child, consider wearing a surgical mask or cover your nose and mouth with a tissue and wash your hands frequently.
- If your child is younger than 5 years old (and especially if he or she is younger than 2 or of any age with a condition that places them at high risk of flu complications) and develops flu symptoms (including some or all of the following: fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, or tiredness), please call your health care provider or the nurse advice line at your health plan, clinic, or health department.
- Most people with flu symptoms do not require testing for 2009 H1N1 because the test results usually do not change how you are treated.
- Early treatment with antiviral medicine for young children and children of any age with underlying health conditions is important and can make a big difference. (Treatment within 2 days of when symptoms start is best.)
- Aspirin should not be given to people under the age of 19 with flu, and over-the-counter cough medicine should not be given to children younger than 4 years.
- Underlying conditions in children include asthma or other lung problems, diabetes, weakened immune systems, kidney disease, heart problems, and neurological and neuromuscular disorders.





HEALTH CENTER



Upcoming Health Events

Brief Community Walk

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

Community Health Walk

Thursday, November 19th
Meet at Elder's Building at 12:40
for a 20 minute walk around the REZ
If you cannot make it to our walk, report
your 20 minutes of fitness to Melissa to be
in the drawing for a gas card!
First place: \$25 gas card & Nike visor
2nd place: \$25 gas card & Nike socks
3rd place: \$25 gas card.
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 in October ...
can we get it back in November?

Mammograms and Women's Health Exams

November 19th at the clinic
Contact Lea Cruz @432-3930

Free Diabetes Screening

at Health Promotions
Tuesday through Friday
Contact Melissa Grant for details

Want a garden in your yard?

Are you low income?
Contact 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 Health Promotions

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)
in building across from clinic
Work out alone, with us
or schedule a time for a group

Interested in our Nationally Recognized Lifestyle Balance Program?

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

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

If you have diabetes, check with Patty to see if all of your annual exams have been completed. Once complete, stop by & get your pair of socks while supplies last.

Five Facts About Diabetes

by Griffin P. Rodgers, M.D., M.A.C.P., Director, National Institute of
Diabetes and Digestive and Kidney Diseases (NIDDK)



With so much health information readily available, it's often hard for the 24 million Americans living with diabetes to separate fact from fiction. To help people with diabetes better understand how to manage the disease, the National Diabetes Education Program provides five facts about diabetes.

Fact #1: Diabetes is a serious disease. It can lead to serious complications such as heart attack, stroke, blindness, kidney failure, and lower limb amputations. People with diabetes can take steps to manage it and lower their risk for complications. Make healthy food choices, be physically active, and stay at a healthy weight. Good diabetes care includes managing the ABCs of diabetes – as measured by the A1C test, blood pressure, and cholesterol – to help avoid having a heart attack, stroke, or other problems.

Fact #2: The only way to know for sure what your levels are is to check your blood glucose. The absence of symptoms of high blood glucose is an unreliable guide for judging glucose control, since symptoms do not occur until blood glucose reaches high levels. Diabetes is often called a "silent disease" because it can cause serious complications even before you have symptoms. Set your blood glucose targets with your diabetes care team. Ask your health care team to show you how to self-monitor your blood glucose. Keep a record of your results, and share them with your team. Also, know your A1C goal and keep a record of your test results, which reflect your average blood glucose levels over the past three months. It is the best way to know how well your blood glucose is controlled overall.

Fact #3: Small amounts of foods that contain sugar can be part of a healthy meal plan. If you choose to eat sweet foods, just have a small amount at the end of a healthy meal, not every day, or have a piece of fruit rather than a sugary snack.

Fact #4: A healthy meal plan for people with diabetes is a healthy meal plan for everyone. Eat foods that are high in fiber and low in saturated fats, *trans* fats, cholesterol, salt (sodium), and added sugars. Healthy foods include a colorful mix of fruits and vegetables, fish, lean meats, chicken or turkey without the skin, dry peas or beans, whole grains, and low-fat or skim milk and cheese. Ask your health care team for a healthy meal plan.

Fact #5: Physical activity is safe – and essential – for people with diabetes. Talk to your health care team about ways to safely increase your daily physical activity. Being physically active can help people with diabetes improve their blood glucose, cholesterol, blood pressure, and weight. It also helps improve strength, flexibility, and balance. Start by setting small goals until you reach at least 30 to 60 minutes of physical activity on most days of the week. Brisk walking is a good way to move more.

For more information about diabetes, download or order the free *Tips to Help You Stay Healthy* tip sheet developed by the National Diabetes Education Program at www.YourDiabetesInfo.org

*This great blue heron was spotted
wading around in Woodard Bay.
Woodard Bay is a popular wintering
spot for these big, shy birds.
(Chester Allen/The Olympian)*



Fall and Winter Excursions Close to Home MCLANE CREEK NATURE TRAIL

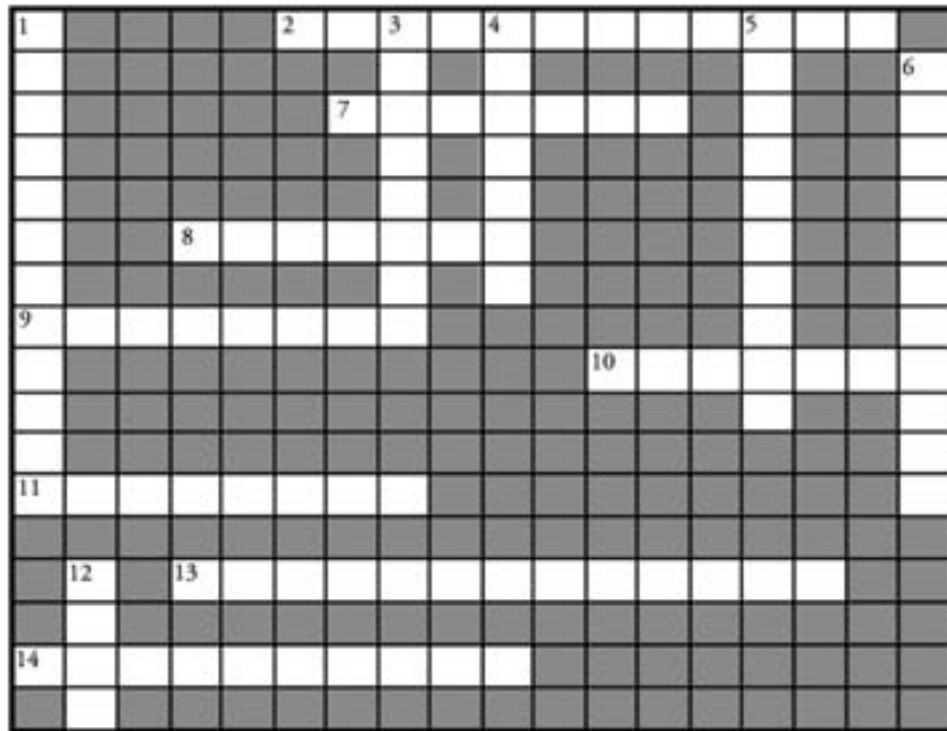
The McLane Creek Nature Trail is famous for the late-fall and early winter chum salmon run, but the beaver pond attracts lots of ducks and other waterfowl all winter long. It's possible to see wood ducks almost any time of year in this spot. The pond is also home to slinky rough-skinned newts. The trail also takes visitors through dense forest, where woodpeckers and other birds flit around all winter.

• **Directions:** Take Hwy 101 toward Olympia. Exit at Mud Bay Road and turn left at the stop sign. Go up the hill and turn right onto Delphi Road. After driving 3.4 miles, turn right at the Department of Natural Resources McLane Creek Nature Trail sign.



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

Meal Menu



Mon., Nov 16: Enchiladas
Wed. Nov 18: Tuna Noodle Casserole
Thurs. Nov 19: Chicken Rollups

Mon., Nov 2: Build Your Own Burger
Wed., Nov 4: Pot Roast
Thurs., Nov 5: Spaghetti

Mon., Nov 23: Turkey Dinner
Wed., Nov 25: Closed for Thanksgiving
Thurs., Nov 26: Closed for Thanksgiving

Mon., Nov 9: Corned Beef & Cabbage
Wed., Nov 11: Breakfast for Dinner
Thurs., Nov 12: Sandwich & Soup

Mon., Nov 30: Sloppy Joes

Menu Subject to Change

Emergency Room Guidelines

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

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

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

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

GO TO A CLINIC:

Earache
Cough
Ingrown Toenail/fingernail
Bronchitis
Minor Cuts & Burns
Headache
Colds

EMERGENCY ROOM:

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

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



COMMUNITY



Happy Birthday

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



What's Happening

1	2	3	4	5	6	7
			Family Court	AA Meeting 7:30		
8	9	10	11	Volunteer Appreciation Dinner Council Mtg. AA Meeting 7:30	13 MRLC Holiday Bazaar	14
15	16	17	18	19 AA Meeting 7:30	20 Talking Circle w/ Tribal Council LCCR Holiday Bazaar	21 LCCR Holiday Bazaar
22 LCCR Holiday Bazaar	23	24 Criminal/Civil Court	25	26 Happy Thanksgiving!!!	27 Tribal Center Closed	28
29	30	Squaxin Bible Study Tuesdays @ 6:30 p.m., 30 Ho-Mamish Court Pastors Ron and Kathy Dailey				

Special Thanks from Tribal Council!

The Squaxin Island Tribal Council would like to thank all tribal and community members who have volunteered their time on various tribal committees, commissions and tribal activities over the years. Service to the community is important to the continued growth and well being of the Tribe and its people.

Tribal Council will host an appreciation dinner for volunteers, November 12, 2009
5:00 p.m. at the Little Creek Events Center

Please R.S.V.P. by November 9th
to Ruby Fuller at 360-426-9781



"You cannot do all the good the world needs, but the world needs all the good you can do." ~Alan



COMMUNITY



Who Are They?



Mike Krise, Charlene Krise and George Krise

**All Our Love and Best Wishes
For a Quick Recovery**



**Crystal,
We Love You
More Than Words Can Say!!!**

**Love,
Dad and the Whole Family**

**Especially From Dad:
I Love You Very Much.
I Need You To Get Well,
Not Just For My Sake,
But For Everyone in the Family
and, Of Course, Ila Mae**

**Happy Birthday Kasia Lee Krise
Love, Tyrone**

**Happy Birthday Mom (Elizabeth Perez)
Love, Tyrone**

**Happy Birthday Nicole Seymour
Love, Tyrone**

**John Briggs (Uncle John)
Taking Cultural Resources Department
Staff to the Island**



**This Picture Demonstrates
His Love of the Island & Bay
Thanks, John**

**From
All of Us
*Photo by Margaret Henry***

**Happy Birthday Vinny (Dad)
Hope You Have a Great Birthday!!
Your Loving Family...**

xoxo

**Happy Birthday Jefferey A BluBack
11-09-1992**



**We All Love You Very Much!
With Love
- Your Family**

Happy Birthday To: Da Chief



**From:
Everyone in the Security Department
@ Little Creek Casino Resort**

My name is Sandee Geshick, and I am in search of my relatives. My Uncle, Matt Mireau, was married to a woman named Mimi. They had some children and I would like to meet them. My mother's name was Iola (Mireau) Columbus and, before she passed on, she went out to visit them. Here is my contact information. Address: 39857 Res Hwy 3 - Morton, MN 56270 Home phone:(507) 697-9069 Cell phone: (952) 693-3027

**Pidamaya ye (Thank you),
- Sandee**

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*Valid for Bingo Participants, must show Players Club Membership