



COMPLIMENTARY

Want to Start Your Own Business?

Island Enterprises is offering a Business Plan class.

A business plan is essential to starting your own business. They can be used to submit to the bank and other resources to find financing for your business and also help you think about what you really want your business to do and be!

Classes are free to Squaxin Island Tribal members and are \$50 for community members.

Start Date:

Monday October, 15th

Class runs for 6 weeks, every Monday.

Time:

5:30 p.m. to 8:30 p.m.

Location:

Island Enterprises Offices

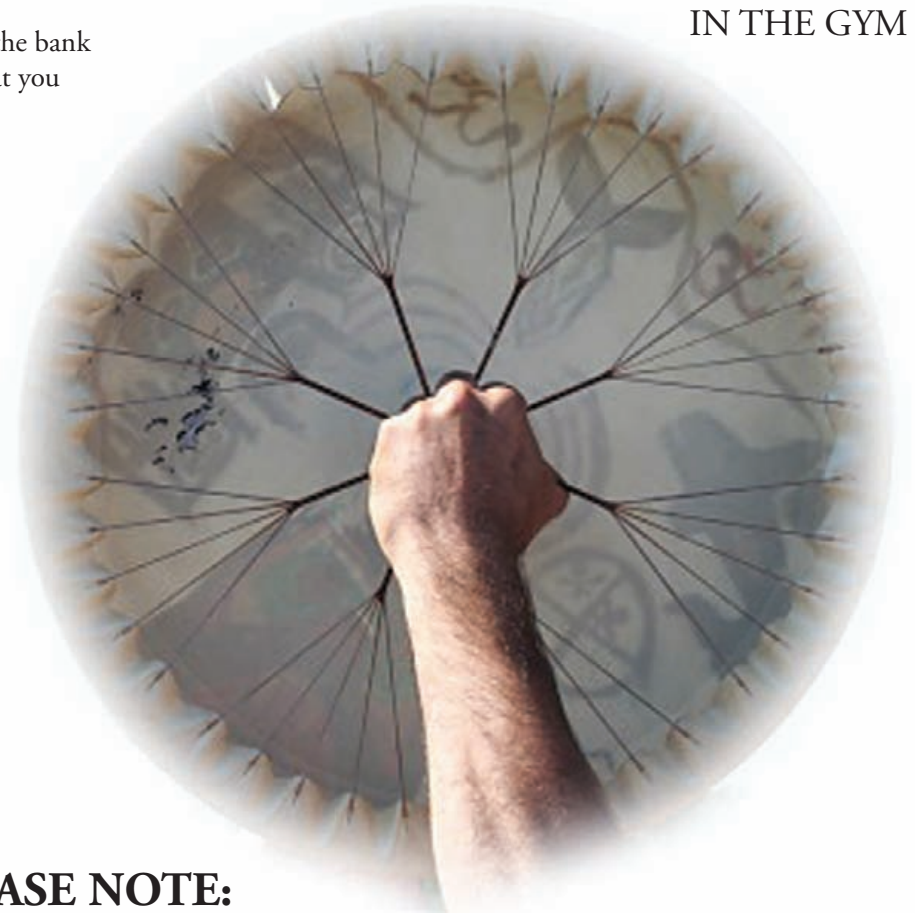
For more information

or to sign up for the class please contact:

Jennifer Ulrich

(360) 432-0231

jwulrich@ieinc.org



PLEASE NOTE:

The Art Auction has been Postponed to Coincide with Sa'He'Wa'Mish Days in February.

Please make a note of it and plan on coming. Its going to be GREAT!

Construction

of the New Fire Station is Progressing

Stay tuned for information in the upcoming issue of the Klah-Che-Min about opportunities for tribal members to gain training for employment with the fire department. This new fire station is a cooperative effort between the Squaxin Island Tribe and Fire District #4.



People of the Water

10 S.E. Squaxin Lane
Shelton, WA 98584

PRSRRT STD
U.S. POSTAGE
P A I D
SHELTON, WA
PERMIT NO. 96



Aquatics Meeting

October 17th @ 2:00 p.m. at NR

Hunting Meeting

October 17th @ 3:00 p.m. at NR

To discuss Enforcement Issues and an update on hunting case.

More Info:

Julie Owens
Office Manager,
Squaxin Island Natural Resources
(360) 432-3807
jowens@squaxin.nsn.us

Squaxin Island TRIBAL NEWS

10 S.E. Squaxin Lane
Shelton, WA 98584

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

www.squaxinisland.org



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

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

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

Submissions Deadline:
15th of each month

SQUAXIN ISLAND TRIBAL COUNCIL:

JIM PETERS: Chairman
ARNOLD COOPER: Vice Chairman
VINCE HENRY: Secretary
RUSSELL HARPER: Treasurer
WILL PENN: First Council Member
PETE KRUGER: Second Council Member
CHARLENE KRISE: Third Council Member

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

Canoe Family Passports for 2007

Charlene Krise - The museum has been working with the Squaxin Island Tribe's Enrollment Office and its Legal Department discussing the passports for 2008 Canoe Journey to Cowichan for the past year. The discussions include the necessity of maintaining our intertribal cultural bonds/unification and for ceremony with our northern relatives. The main concern is the possibility of some of our canoe family members not being able to get a passport. Due to the strict guidelines in the Department of Homeland Security and requirements of International passports there are Squaxin Island tribal members who would not be able to travel to Cowichan.

What we have been trying to pursue is the possibility of a federal Tribal ID for crossing the Canadian border, tribal nations nationwide are currently working on the possibility through National Congress of American Indians.

The "Postmaster" or representative can help with passports. This will be costly and require a couple of months. Tribal individuals can apply for passports now and have them ready by the start of the Canoe Journey 2008.

What are your thoughts? Please contact Charlene Krise at 432-3851.

MLRC Dates to Remember

Please join us for the Canoe Family Dinner on October 13th starting at 1:00, with dinner @ 5:00 p.m.
The canoe Family board would love to see everyone attend!

The next Canoe Family Meeting will be October 3rd in the MLRC classroom @ 5:00 p.m.

Drum practice is back every Wednesday night @ 6:00 p.m. in the MLRC.

A Moccasin-Making class will be taught by Charlene Krise on October 30th, from 1:00-4:00 p.m. in the MLRC classroom. Please contact Ruth Whitener 432-3841 to sign up.



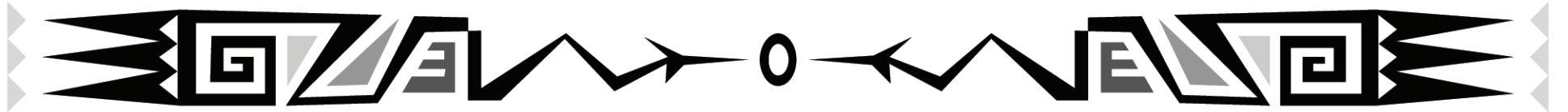
CARF Accreditation of NWITC Programs

June O'Brien - NWITC has been accredited by CARF, a national accrediting body for behavioral health programs, since 1998. The possible outcomes are a three-year accreditation, a one-year accreditation, or non-accreditation depending on the quality of the program surveyed. Each survey NWITC has received a three-year outcome and for the last nine years there have been no deficiencies found at all. In addition, this year we received an exemplary or commendation for excellence of clinical practice.

In 2007 the outpatient program was accredited as an Integrated AOD/MH

program with medication management for psychotropic medications. This means that the program was found to meet standards for providing both treatment for Alcohol and Drug Addiction and Mental Health. We asked to be surveyed under these standards as we provide treatment for people with addictions, people with co-occurring mental health and chemical dependency, and we provide service for family members of addicts who may not have addictions.

If you would like a copy of the survey Summary, please call me, June O'Brien, at 360-482-2674.





Alarm Sounds for Young Coho

John Dodge , The Olympian - Juvenile coho salmon are disappearing at an alarming rate before they can migrate out of South Sound, according to a three-year study by the Squaxin Island tribe.

"If we're seeing this many coho die so soon, Puget Sound is definitely not working the way it should," tribal natural resources director Andy Whitener said. "This data show the urgent need to find out why these fish are dying and how Puget Sound is ailing."

Only six of 175 young hatchery and wild coho fitted with acoustic tags were tracked beyond the Tacoma Narrows Bridge. About 25 tagged in Peale Passage and Mill Creek in Mason County made it halfway to the bridge.

"This is an incredibly high dropoff," said Scott Steltzner, fisheries research biologist for the tribe. "We know that some juvenile salmon die along the way, but there shouldn't be this drastic of a drop so soon."

Up to 4 percent of South Sound coho survive their three-year life cycle split between freshwater and the sea.

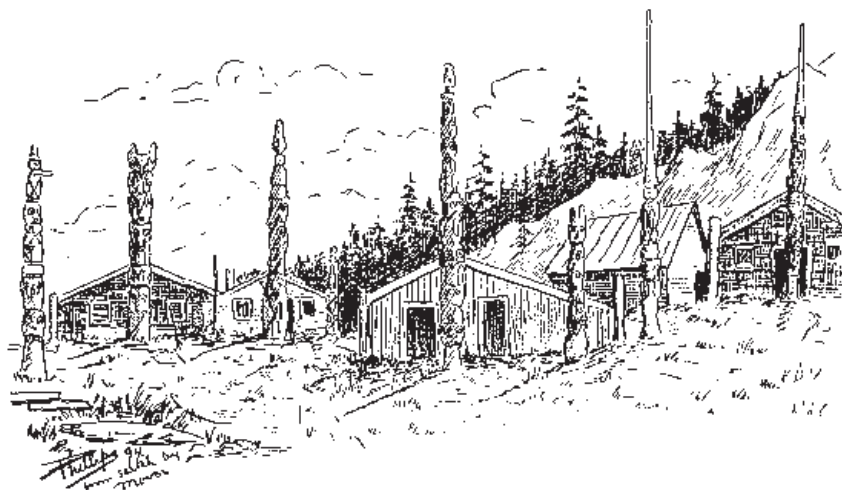
The federally funded study was designed in part to help answer the question of why South Sound coho survival rates have declined dramatically in the past 20 years. The study suggests the fish run into trouble as soon as they start migrating through the marine waters of South Sound.

Possible causes include lack of food or too many predators.

"If there aren't enough fish for the coho to eat, or there are too many fish that eat coho, they aren't going to have much of a chance," Steltzner said.

The study also showed the young fish move around in South Sound and don't just swim out to sea, said Jeff Dickison, tribal assistant natural resources director. Knowing where fish go could help shape estuary and nearshore habitat restoration projects, he said.

Useful follow-up research would include doing stomach content analysis of potential predators in the late spring migration period, including dogfish and harbor seals, Dickison said.



To All Squaxin Island Veterans

As you might have noticed, we have had the ground-breaking ceremony and construction has begun on **your** veterans memorial. A committee has been working on the memorial for over two years. We would like to invite you to become part of the fund-raising process. We have a few items to sell and have been given permission to include them at the museum art auction. There are many jobs you could volunteer for, such as the presenting of colors at functions, which we have requests for more and more as people learn it is available.

We have been collecting photos and data on all the veterans which we hope to publish in book form when we have completed gathering all the information. As part of that book, we would like each of you to write a sentence, paragraph or story about something that was memorable for you while serving in armed forces. These can be submitted to Glen W. Parker, Bob Whitener or any member of the committee. Glen has a box in the tribal hall for mail.

If you have not seen our PowerPoint presentation, there are disks available for you to look at and see what we are all about. We look forward to hearing from you.

- Glen W. Parker, Chairman

Freedom Isn't Free

Seeking TAC members

The Squaxin Island Tribe is seeking Squaxin community volunteers to provide community input for two planning projects – a long-range transportation plan update and a transit enhancement plan – to be part of a Transportation Advisory Committee (TAC).

Squaxin seeks a small mix of people that may include community elders, youth, tribal and community members, transit users (i.e. users of Squaxin Transit, Mason Transit), multi-modal transportation users, (i.e. users of bike, car, truck, on-foot, train, plane, boat, skate, skateboard), and transportation users with special needs (i.e. sight limitations, users of a wheelchair or cane).

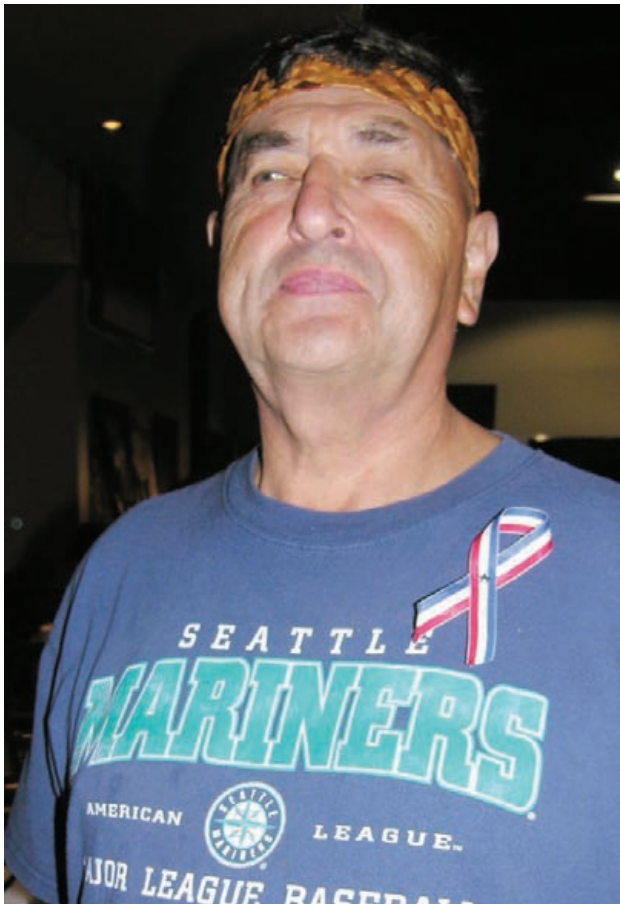
The TAC will be selected in October and meet at least 4-6 times before the plans are approved next summer.

The TAC will provide community feedback by attending meetings, reviewing planning documents, and soliciting comments from people within their varied interest groups.

Please contact Lynn Scroggins at (360) 432-3952 for more information. If you are interested being part of the TAC, please contact Lynn by October 15. Thank you!



ELDERS GATHERING





OPEN MIC POETRY READING

Including June O'Brien
and Earla Penn

Please join us
and bring your favorite poem to share.

WHERE
Squaxin Island MLRC

WHEN
October 17

TIME
4:00 - 5:00 p.m.

MORE INFORMATION
Ruth Whitener at 360-432-3841



Mother Earth

*This poem is for all
who are trying to end global warming*

I woke up today and saw Mother Earth
is loosing her flamboyance.

The leaders of society
ignore the danger of global warming.

Greed only brings death, destruction
and sickness to all mankind.

Help restore her flamboyance.

Bring back the ways of our ancestors
When there was no such thing as greed.

Now look what has happened to her.

Oh, how it saddens this heart of mine
To see all the ugliness done upon her.

Can you hear the cry of Mother Earth dying?

Awake someone to tell them she is truly dying.

Before all her true beauty is lost forever.

Lost into the hands of greed.

Earla Penn, 2007

International Society of Poets Achievement in Poetry
Award Winner
Riviera Hotel, Las Vegas, NV
July 22, 2007

Walking On



Larry Lynn Nelson
"Cane Larry"

Larry Nelson, 57, passed away on September 13, 2007. He was born March 27, 1950 in Shelton, WA. He is survived by his mother, Rosetta Nelson; sister, Karen; brother, Darrel; four daughters, Corri, JC, Dodie and Jamie; two sons, Mat and Christopher; and nine grandchildren (with one on the way).

He passed away after a four year battle with liver disease.

Larry was a very outgoing and good-hearted man who loved to make people laugh and smile with his funny sense of humor. He was a great mechanic. Larry enjoyed making native arts, fishing, driving, rebuilding computers and spending time with his family and friends.

He will be missed greatly. He will be in our hearts forever. We love you Dad!



Good Job on Your First Buck
Aunty Bobo!!!
Love, Davina



Elders Gathering Thank You's

The elders would like to thank Jim Peters and the Department of Natural Resources for catching and preparing the salmon for our 2nd annual Elders Luncheon. Also, our thanks go to the Council for the donation of the fish, clams, oysters and elk for our event.

The elders are very thankful for the use of the Event Center and would like to thank David Black and Angela Ballard, Kim Burrows and all the staff for being so helpful, thoughtful and understanding our needs and helping make our event run smoothly and be very successful. Also, we would like to thank Cameron Goodwin for the extra help he gave to make sure that the event ran smoothly.

Also, the elders would like to thank Whitney Jones, Charlene Krise and the museum staff for all their help and support to make our host luncheon successful. We would also like to thank the Canoe Family, Brooks Farrell, Rose Algea, Mike and Shirley Davis, Carrie Smith, the baton twirlers, Family Home Services and Tammy Ford.

We thank the KTP for their donation of the beautiful Pendleton blanket for the raffle. We thank all of the elders who donated their skills and long hours in making crafts and raffle items for the luncheon.

The elders sincerely appreciate the help of everyone who took part in creating this wonderful day.

Thank you VERY much!



Baton Twirling Classes

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

Where: Squaxin Island Gym
When: Fridays @ 6:00 Sept. 14 through June
Who: Any child 5 and older
Fee: Team classes funded by the 1% Fund

Performance opportunities include the Shelton Christmas parade, local meets, fairs and festivals. Some teams travel to out of area competitions.

Classes taught by Judy Welsheimer, Director of Fantasia Twirling & Show Corps Certified US Twirling Association coach & judge!

To reserve your spot call Coach Judy @ (360) 459-2518.

Youth Employment

The Summer Youth Program came to a close on August 17. We want to thank all of the participants: youth employees, youth mentors and department management. We hope that it was a valuable experience for all, especially our young, rising Squaxin Island employees.

High School juniors and seniors who are interested in working in the after school or year around programs, please see Bonnie Sanchez. These programs will kick off after October 1st and will continue as positions and funding are available.

Have a great school year!

Four Seasons Painting

Four Seasons Painting is a tribal member owned and operated licensed/bonded company available for painting!

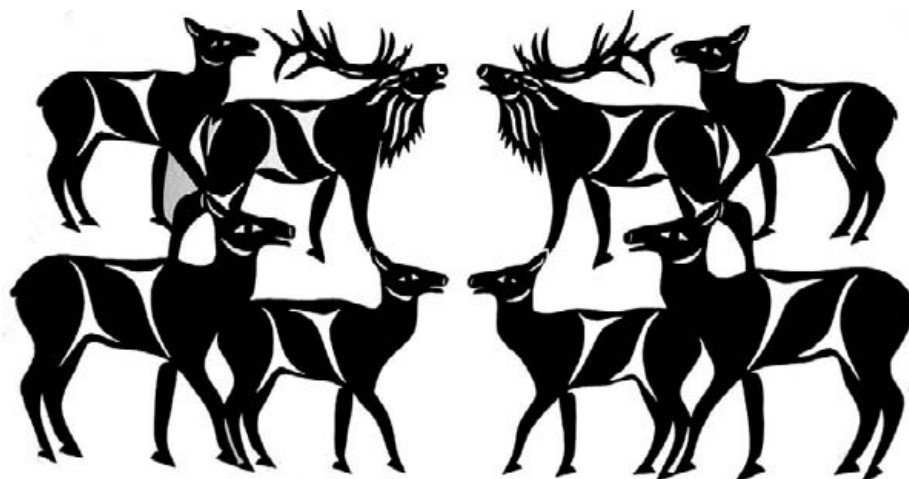
For more information, call Misti Saenz-Garcia @ 280-1036 or 427-2326.

Prints By Andrea Sigo for Sale to Benefit Veterans Memorial

ALL proceeds from the sale of these two prints by Andrea Sigo will benefit the Veterans Memorial Project.

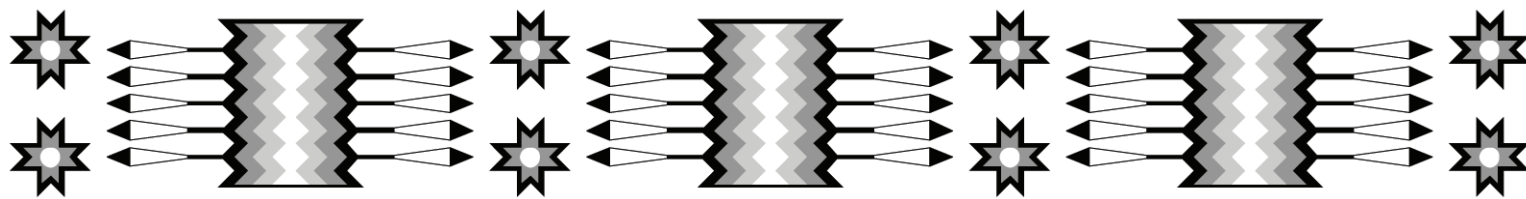
10x10 (\$30)
10x14 (\$40)
or the set for \$60
Limited editions of 88, each print
For more information, contact Glen or Ann Parker @ 426-1755 or email to gwpark@msn.com

Available at the Tribal Center, LCCR Gift Shop and the MLRC!





LEARNING CENTER



Squaxin Youth Cultural, Educational and Activities Calendar OCTOBER 2007



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Homework Help is available Mon-Thur From 3:30-5:00!!	1 Open 3pm-6pm 3pm Board Games 4pm Floor Hockey	2 3pm Board Games 4pm Medic Ball 3pm Snack	3 Youth Council 5pm After School Program Open from 3pm-6pm	4 After School Program Open 3pm-6pm 3pm Board Games	5 3pm Board Games 3pm Ping Pong 4pm Movie/ Snack	6
7	8 Open 3pm-6pm 3pm Board Games 4pm Floor Hockey	9 Open 3pm-6pm 3pm Board Games 4pm Floor Hockey	10 Youth Council 5pm After School Program Open from 3pm-6pm	11 After School Program Open 3pm-6pm 3pm Board Games	12 3pm Board Games 3pm Ping Pong 4pm Movie/ Snack	13
14	15 Open 3pm-6pm 3pm Board Games 4pm Floor Hockey	16 3pm Board Games 4pm Medic Ball 3pm Snack	17 Youth Council 5pm After School Program Open from 3pm-6pm	18 After School Program Open 3pm-6pm 3pm Board Games	19 3pm Board Games 3pm Ping Pong 4pm Movie/ Snack 7-11pm DANCE!!	20
21	22 Open 3pm-6pm 3pm Board Games 4pm Floor Hockey	23 Open 3pm-6pm 3pm Board Games 4pm Floor Hockey	24 Youth Council 5pm After School Program Open from 3pm-6pm	25 CLOSED	26 CLOSED	27 Haunted House!! 
28	29 Open 3pm-6pm 3pm Board Games 4pm Floor Hockey	30 Open 3pm-6pm 3pm Board Games 4pm Floor Hockey	31 Halloweeh 		Any Questions Call: Mark Snyder 701-1561 Jeremiah George 229-0547 or Bill Kallappa 463-6361	Computer Lab is open Mon-Thur 3:30-6pm and on Friday 3:30-5pm



Fall Maintenance

It may seem early, but now is the time to think about fall maintenance of the home. Everyone is busy with school and fall activities and winter will be here before we know it. By doing a maintenance check now, the home will be ready for winter and it will save time and money later.

Schedule these jobs to be done this fall as time permits and involve the family in making the home and yard ready for next season.

- Rake debris away from the sides of the house and other outbuildings.
- Clean out gutters and check down spouts and roof for leaks.
- Clean out deck debris above joists.
- Note any foundation, brick or stucco cracks.
- Clean around air condition equipment and compressor.
- Trim away any limbs or shrubs touching the house.
- Clean flower beds and garden areas.
- Inspect and replace any worn weather-stripping.
- Inspect and clean windows, check storm window, if they are used.
- Inspect and lubricate windows for emergency exits.
- Clean out window wells and under decks and porches.
- After gardening season, clean and oil tools.
- Check chimney and have it cleaned, if necessary.
- Check crawl space for broken heating ducts, mold, excess moisture or insects.
- Prepare mowers and other yard equipment for storage.
- Clean the garage and/or storage shed.
- Find proper storage for summer games and sports equipment.



Tax Time Is Just Around the Corner, Get Ready!

The Squaxin Island Tribe, Office of Housing will be sponsoring a FREE TAX PREPARATION SITE for the 2007 tax year. The site will be open to the public and operating two evenings a week from January 15, 2008 to April 15, 2008.

We encourage everyone to take advantage of this free service. THINK OF THE MONEY YOU WILL SAVE!!!

Watch for more details in the near future!!!

Do You Know

What's on Your Credit Report?

The Office of Housing now has a Certified Housing Counselor that comes in monthly to assist tribal members with credit problems or questions.

The OOH has the ability to pull a FREE credit report from all 3 credit reporting agencies, which will also reflect credit scores from each.

The Counselor will then evaluate your report with you and offer assistance with any questions regarding your credit.

If you are interested in obtaining your credit reports and receiving a free consultation, please call Lisa Peters @ 432-3871 to schedule an appointment.

Tax Refunds for Working Families *Find Out if You Qualify!!*

WHAT: Earned Income Tax Credit Workshop.
WHEN: Monday, November 5, 2007 at 6:00 p.m.
WHERE: Elders Building
PRESENTED BY: Iris Friday, Northwest Office of Native American Programs

The agenda includes:

- What is the Earned Income Tax Credit?
- Am I Eligible to Receive an EITC Refund?
- Selecting a Tax Preparer
- How Can I Use My EITC to Improve My Family's Financial Situation?

Every year in Native communities millions of Earned Income Tax Credit (EITC) dollars go unclaimed or get reduced by unnecessary fees.

Please join us to find out more information and if see if you may qualify for the EITC. To reserve a seat, please call Lisa at 432-3871.

HOPE TO SEE YOU THERE !!!!

Upcoming Events

One-on-One Credit Counseling with a Certified Housing Counselor

Administration Bldg. 2nd Floor

October 9, 2007

By appointment only

4:30, 5:30, 6:30

Building Native Communities: Financial Skills for Families

Administration Bldg. 2nd Floor

October 4, 9, 11

3:00-6:00

Tax Refunds for Working Families Do You Qualify for the EITC?

Elders Building

November 5, 2007

6:00

If you have any questions about the scheduled classes or would like to attend, please contact Lisa Peters @ 432-3871. The OOH asks that you call to reserve a seat if you plan to attend a workshop.



COMMUNITY



Happy Birthday

Jess Ehler	10/1	Happy Birthday		Leroy Yocash	10/21
Donna Penn	10/1			Anthony James	10/22
Carmen Varela	10/1	Sabrena Johns	10/12	Pete Kruger, Sr.	10/22
Adam Mowitch	10/3	Larry McFarlane, Jr.	10/12	Danielle White	10/22
Josh Smith	10/3	Jericho Hartwell	10/13	Eric Johnson	10/23
Clinton Kruger	10/4	Ray Peters	10/13	Rose Algea	10/24
Nichole Seymour	10/4	Steven Sigo. Sr.	10/13	Daren Brownfield	10/24
Steven Sigo, Jr.	10/4	Savannah Fenton	10/14	Marjorie Hill	10/24
Lorenzo Solano	10/4	Machiah Nugent	10/14	Roger Hartung, Jr.	10/24
Lydia O'Brien	10/5	Joseph Seymour	10/14	Donna Baker	10/25
Jeremiah Whitener	10/6	Troy Baxter	10/16	Erika Poste	10/25
Michael Todd	10/6	Bobbi Filipetti	10/16	Selah Thale	10/25
Shiloh Henderson	10/6	Charles Bucher	10/17	Lisa Ewing	10/26
Russell Pleines	10/6	Ruth James	10/17	Mario Rivera	10/27
Mike Krise	10/7	Wilson Johns	10/17	Dione Whitener	10/27
William R. Peters	10/7	Mitchell Coxwell	10/17	Joseph James	10/27
Theresa Davis	10/8	Kelli Davis	10/17	Ellen Davenport	10/27
Yum Krise	10/8	Charles Lacefield	10/17	Dione Johnston	10/27
Elizabeth Perez	10/8	Shanika Cooper	10/18	Andrew Crone	10/28
Ronald Day	10/9	Christina Lorentz	10/18	Mariano Bello	10/29
Colton Gott	10/9	Clara Seymour-Luby	10/18	Ronnie Johns	10/29
Matthew Nelson	10/9	Danielle Whitener	10/18	John Krise II	10/29
Addison Yvette Peters	10/9	Trelace Sigo	10/19	Carie Kenyon	10/30
Susan Clementson	10/10	Christine Thompson	10/19	Tori Kruger	10/30
Christina Smith	10/10	Brenda Thomas	10/20	Tanya Anderson	10/31
Dontae Hartwell	10/11	Michael Henderson, Jr.	10/20	Marvin Henry. Jr.	10/31
Mike Peters	10/11	Bear Lewis	10/21	Sam Luby	10/31
Sharon Ahrens	10/12	Giovanni Solano	10/21	Wilma Morris	10/31
Draven Brown	10/12	Sean Spezza	10/21		

What's Happening

	1	2	3	4	5	6
			Family Court		AA Meeting 7:30	
7 Squaxin Indian Bible Church 11:00 a.m.	8	9 Criminal/Civil Court Church 7:30	10	11 Council Mtg.	12 AA Meeting 7:30	13
14 Squaxin Indian Bible Church 11:00 a.m.	15	16 Church 7:30	17	18	19 AA Meeting 7:30	20
21 Squaxin Indian Bible Church 11:00 a.m.	22	23 Criminal/Civil Court Church 7:30	24	25 Council Mtg.	26 AA Meeting 7:30	27 Halloween Party In the Gym 6:00
28 Squaxin Indian Bible Church 11:00 a.m.	29	30 Church 7:30	31 Happy Halloween!			



Happy Halloween!

The Department of Public Safety and Justice is going to host the Halloween Pizza Party/Haunted House. The Learning Center is unable to participate this year. It will be on Saturday, Oct. 27, 2007, starting at 6:00 P.M. in the gym.



Little Creek Casino Resort's 11th Annual Holiday Bazaar

November 9th - 11th

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

Lower 1 lobby and banquet room

Please contact Leah 427-7711 to reserve your table
\$30 per day for a small space
or \$50 per day for a large space

All money from space rentals will be donated. This year we hope to bring in even more help and support to our local community. This is a non-profit event put on by LCCR to help families in our community through the holidays.

For further information, please contact:

April Olson @ 432-7032
or email april.olson@little-creek.com

or
Leah Balmer @ 427-3035
or email leah.balmer@little-creek.com



Third Annual Employee Appreciation Celebration Honors Tribal Employees' Dedication

The third annual Squaxin Island Tribe Employee Appreciation Celebration was held September 20th at Little Creek Casino Resort's Grand Ballroom.

Tribal Council members and the Executive Director reminisced about the growth of the Tribe over the past decade or two and thanked the dedicated employees who have made it all possible. Many door prizes were given out and special awards were given to employees reaching career milestones.

Andy Whitener was the employee with the most years of service: 30! In receiving his award, he joked that 30 years ago the Natural Resources Department was located in an old trailer, and 30 years later it is still housed in a trailer. "Natural Resources is just Trailer Trash," he joked. (Natural Resources and Cultural Resources will soon be housed together in a new facility that will be constructed in 2008.)

Five Years of Service

Espie Austria
Rose Blueback
Kenneth Brownfield
Cliff Cowling
Henry Dole

Nicole Donais
Lisa Evans
Kim Heller
John Konovsky
Tonya Nelson
Summer Petty
Lynn Scroggins
Brian Thompson
Michael Ulrich
Adam Vissar
Nia Wellman

10 Years

Allan Burns
Pete Kruger Sr.
JeNene Miller
Jim Peters
Pam Peters

20 Years

June Krise

30 Years

Andy Whitener

15 Years

Brooks Farrell
Vince Henry Sr.
Charlene Krise



Andy receiving his award

Tribal Council Resolutions

07-67: Authorizes SPIPA to submit a grant proposal to the Office of Community Services, Community Services Block Grant for up to \$25,000 for community activities, program referrals and services targeted at Elders and Youth

07-68: Approves the final budget for FY08

07-71: Substitutes Cameron Goodwin for Douglas Boon as the named fiduciary for the Squaxin Island Gaming Enterprises 401(k) Profit Sharing Plan

07-72: Authorizes Island Enterprises Inc. to enter into an agreement with Dave Smith Petrosol Inc. for the building and use of a railroad spur and propane off-loading facility





New Employees



Whitney Jones
Deputy Executive Director

With considerable enthusiasm and commitment, I am happy to have accepted the position of Deputy Executive Director of the Tribe. I've enjoyed serving as the Health and Human Services Director for the last nine years and I am excited to continue working for our community in this new capacity. The Tribe has experienced remarkable growth in recent years and I look forward to additionally contributing to its strength and continued expansion.

I love participating in and supporting tribal events and, when I'm not running around helping with those, I'm probably with my two beautiful daughters, Spirit and Teagan, home reading or baking or out swing-dancing and singing karaoke.



Cindy Hovind
Paralegal

Hi, my name is Cindy Hovind. I recently joined the Tribe's legal staff and bring a broad background from early work in Port Townsend for Peninsula Legal Service to ferry boating. For the last six years I have been immersed in Siuslaw culture. I'm pleased to be back home near my Mum and two grown children, Colin and Brie. Colin works for a branch of Homeland Security; Brie is a primo pastry chef in a Portland bakery. The family member that takes center stage is my three-year-old granddaughter! Off hour passions include oral history and basketry.

Hope to meet you all very soon!



Mary Renville
Indian Child welfare Caseworker

Hi, my name is Mary Renville, and I am the new ICW Caseworker. I joined the Family Services team in mid-July. I am enrolled with the Sisseton Wahpeton Tribe of South Dakota and bring many years of experience with me as a Social Worker in Minnesota. I see my work here as a dynamic and exciting opportunity to promote and enhance healthy, strong families.



Janelle Colson
Family Services Caseworker
No Photo Available

Hi! I am an enrolled member of the Three Affiliated Tribes on the Fort Berthold Reservation in N.D. I am Mandan, Hidatsa, Lakota and Turtle Mtn. Chippewa. I received my AA in Social Work from Haskell Indian Nations University, and I received my Bachelors Degree in Social Work from the Evergreen State College.

Thank you for this great employment opportunity!



Good Health Depends on Good Care

Diabetes is a progressive disease. Often, complications can begin without noticeable symptoms. Therefore, it's important to go for regular check-ups to make sure that all systems are A-OK.

Here are some of the things that will be covered.

- Hemoglobin A1c (your blood sugar control)
- Creatinine and BUN levels (how kidneys are working)
- Cholesterol levels
- Blood pressure
- Feet and lower extremities check
- Immunizations

Schedule your yearly diabetes physical with your provider at the clinic. (Call now before you get busy with the holidays!)

First, schedule your fasting diabetes blood draw (don't eat or drink after midnight the night before). Schedule your "Diabetes Physical" for a few days after the blood draw so your provider can go over the results & make any needed changes.

Hemoglobin A1c

The A1c test will tell you your average blood glucose level for the previous three months. Making sure that your A1c is in your target range helps you keep your risk for complications lower. The American Diabetes Association (ADA) recommends an A1c of less than 7%, while the American Association of Clinical Endocrinologists (AACE) advises an A1c of less than 6.5%. **The normal range for people without diabetes is between 4% and 6%.**

Check your blood sugar 2 hours after eating to find out how your body handles your food. The numbers for 2 hours after eating correspond most closely with your Hemoglobin A1c (see explanation above). Your blood sugar levels 2 hours after eating should be below 140 or 150. If they are regularly higher than this, you may need to have a change in your medication. See your health provider to discuss your numbers. Remember, if a food has carbohydrate, the larger the portion you eat, the higher your blood sugar will go.

Bring your lunch and attend our **Diabetes Support Group on October 15th at 12:15 in the Elder's building** to learn more about how food affects your blood sugar. If you want to know how to keep your blood sugar in range with food & activity, contact Patty Suskin, Diabetes Coordinator, at (360) 432-3929 or stop by the Health Promotions Building.

Correction



Nancy Lorton
July Mammogram
Apologies to Nancy and Iladee King
for the mistake in last month's issue!

Pot and the Teenage Brain

www.theantidrug.com - New research is giving us better insight into the serious consequences of teen marijuana use, especially how it may impact mental health. Here are some facts:

Young people who use marijuana weekly have double the risk of depression later in life.

Teens aged 12-17 who smoke marijuana weekly are three times more likely than non-users to have suicidal thoughts.

There is evidence of increased risk for schizophrenia in later years in some teens who smoke marijuana.

There is substantial evidence linking marijuana to causal symptoms of depression, suicidal thoughts and schizophrenia. A teen brain is different than an adult brain in many ways. Ever wonder why high schoolers love things and love them so intensely? The limbic system, the area that controls memory and emotions, is highly developed, whereas the prefrontal cortex, the area responsible for judgment, is still developing, well into a person's 20's. This may be why teens tend to make decisions based on their emotions rather than reason.

Certain brain centers, such as the limbic system, are highly influenced by THC (tetrahydrocannabinol), the active ingredient in marijuana. That's right...the same centers responsible for memory formation, emotion, aggression and fear are significantly affected by pot.

This is where YOU come in. The first step in being able to discuss the dangers of marijuana with your teen is knowing the facts.

MEAL PROGRAM MENU

A salad bar will be available at each meal, as well as fresh fruit or fruit salad. Beverages available each meal: milk, crystal light, water, coffee, tea, hot chocolate. Menu is subject to change. Free to seniors 55 and older. All others \$3.

Monday	Wednesday	Thursday
Spaghetti 1	Fish & Chips 3	Pot Roast 4
Chalupas 8	Biscuits & Gravy 10	Sloppy Joes 11
Pizza 15	Steamed Clams 17	Pork Roast 18
Beef Stew 22	Swiss Steak 24	Soup & Sandwich 25
Stuffed Green Peppers 29	Meatloaf 31	



Terry Tomato's Edible Plant Parts



Hi! I'm Terry Tomato, and I love gardening. Gardening is a fun way to learn more about plants, especially fruits and vegetables. Did you know that when you eat fruits and vegetables you're eating edible plant parts like flowers, roots, and seeds? Have fun working on this activity sheet and finding out which plant parts you love to eat!

1. List your three favorite fruits and your three favorite vegetables in the spaces below.

My three favorite fruits are:

1. _____
2. _____
3. _____

My three favorite vegetables are:

1. _____
2. _____
3. _____

2. Now see if you can find your favorite fruits and vegetables in the lists below. When you find them, circle them.

FRUITS

Apples
Apricots
Avocados
Bananas
Bell Peppers
Blackberries
Blueberries
Cantaloupe
Cherries
Cranberries
Dates
Eggplant
Figs
Grapes
Kiwi fruit
Kumquats
Lemons
Mangos
Oranges
Papayas

More FRUITS

Peaches
Pears
Persimmons
Pineapple
Plums
Pomegranates
Pumpkin
Raspberries
Strawberries
Squash
Tangelos
Tangerines
Tomatoes
Watermelon

FLOWERS

Artichokes
Broccoli
Cauliflower

LEAVES

Basil
Brussels sprouts
Beetgreens
Cabbage
Chard
Cilantro
Endive
Kale
Lettuce
Mustard greens
Onions
Parsley
Spinach
Turnip greens
Watercress

ROOTS

Beets
Carrots
Parsnips
Radishes
Rutabagas
Sweet potatoes
Turnips

SEEDS

Black beans
Corn
Lima beans
Kidney beans
Peas
Pumpkin seeds
Sunflower seeds

SEED PODS

Chili peppers
Green beans
Okra
Snap pea pods
Snow pea pods
Wax beans

STEMS

Asparagus
Celery
Leeks
Green onions
Rhubarb

TUBERS

Potatoes
Yams

3. Are you surprised to learn how many different plant parts you like to eat? Which do you like best — flowers, fruits, leaves, roots, seeds, seed pods, stems or tubers? _____

©2005 Dole Food Company, Inc.
Find more 5 A Day Activity Sheets at www.dole5aday.com

Congratulations Raffle Winners



Ruth Creekpau
August Women's Health
Basket Winner



Sue Henry
August Mammogram
Basket Winner



Rea Brown
August Mammogram
Pendleton Blanket Winner



ELDERS GATHERING





ELDERS GATHERING





HEALTH & HUMAN SERVICES



Upcoming Health Events

HEALTH FAIR

Tuesday, October 30th
in the Gym 10:00 a.m. to 3:00 p.m.

SQUAXIN ISLAND HEALTHIEST TRIBES PROJECT

Funded by the Washington Health Foundation
We are looking for 2-person teams,
an adult and a youth, 12 & up,
to participate in a 12-week Wellness Program
To get on the Waiting List, contact Janita or Patty

BRIEF COMMUNITY WALK

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

COMMUNITY HEALTH WALK

Thursday, October 18th
Meet at Elder's Building at 12:40 for
a 20 minute walk around the REZ
All SPIPA tribes will be taking a walk in their area
at the same time- for diabetes prevention!
Help us win the Walking Stick!
A walking stick was donated
by a Skokomish community member.
The Tribe with the most walkers each month wins the
walking stick for that month.
We won it in July . . . can we get it back in Oct.?

MAMMOGRAMS & WOMEN'S HEALTH EXAMS

Oct. 12th & Nov. 9th
9:00 a.m. - 3:00 p.m.
Contact Rose Algea (360) 432-3930

SMART SHOPPING/ FOOD LABEL READING WORKSHOPS

Contact Patty to schedule a family & friends session

HEALTH PROMOTIONS

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

INTERESTED IN LIFESTYLE BALANCE PROGRAM?

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

DIABETES SUPPORT GROUP

Monday, October 15th
Bring your lunch at the Elder's building
Meet at 12:15 in the small room
What are Carbs? Why do we need them?
What are better Carb choices for good health?
What if I have Diabetes?
Discussion leader: Patty Suskin
Bring your lunch at the Elder's building
Meet in the small room from 12:15 p.m. to 2:00 p.m.
Come Join US!

PILATES

The Diabetes Prevention Program is offering Pilates
classes free of charge to all community members Mon-
days and Wednesdays 4 - 5:00 p.m. at the Health
Promotions building. Pilates is a form of exercise that
focuses on slow, controlled movements designed to
strengthen ligaments, muscles and joints, and increase
flexibility. Every exercise can be modified to accom-
modate injuries, fitness level and comfort. The core
of the body is emphasized, and abdominal muscles are
engaged in nearly every exercise. Many people find
they lose inches by doing Pilates just twice a week.
Interested? Call Janita Johnson @ 432 - 3972.



Are you Having Trouble Making Ends Meet?

Kathy Hatch (Chippewa) is a DSHS Employee who
works for the tribes at tribal clinics. She is here to
help you get the services you need from DSHS. She is
friendly and likes to help people.

Mondays and Wednesdays
at the Clinic
10:30 a.m. to 1:45 p.m.
Or call the clinic at 427-9006 to leave a message.
She will call you back!

She can check your eligibility and applications for:

Basic Food Program/Food Stamps
Medical Benefits
CHOICE medical (no income limit)
COPES (in-home care)
SSI (Social Security)
First Steps (Pregnancy)
Child Placement Medical Applications
ADATSA (Drug and ETOH medical tr
Community Resources
And more...

Interested in receiving Commodities? Contact Shirley
or Bonita at (360)456-9607



Hands on Children's Museum

First Friday of each month
FREE ADMISSION from 5:00 to 9:00 p.m.

FREE FIRST FRIDAY - enjoy it!

Address:
106 11th Ave. SW
Olympia
(Right by the Capital Campus)
Phone: 360 956-0818

THINK VEGGIES & EAT VEGGIES!



Outdoor Activity of the Month

Bottle Beach Park

already a gem among birders

From The Olympian

What

Trip to Bottle Beach State Park.

Where

Bottle Beach State Park is tucked away just off state Route 105 a few miles east of Westport. This park is about 60 miles from Olympia.

To do

Bottle Beach is a small, lesser-known state park - unless you are a birder. Birders flock to Bottle Beach in the spring and fall to see clouds of migrating shorebirds that feed on worms and crustaceans in the park's extensive mudflats. Bottle Beach, which features three-quarters of a mile of beachfront along Grays Harbor, is always a good place to spot great blue herons, many types of gulls and the odd shorebird. The best shorebird viewing is in spring and fall. Songbirds swarm in the marsh. The best time to see shorebirds is at high tide, as the water pushes them toward the beach. Most of the 70-acre park is dense wetlands and marshes - which makes for spectacular birding.

The park

Bottle Beach is a rustic park, as the only parking area is a small gravel lot. There isn't even a sign, but this spot is worth the drive from South Sound. The sandy beach is studded with interesting driftwood, shells and some beach glass. Visitors can see pilings in the water, which are some of the last relics of the old town of Ocosta.

The beach is a great place to visit for a picnic. If you visit at low tide, the mudflats are alive with clams squirting water from their holes and crabs scuttling around. It's fun to wander around on the mudflats, but look out for soft, sticky spots and don't go out too far from shore.

On the way there

The trail from the rustic parking lot to the beach is about a quarter-mile long, and there are plenty of things to see and do on the short hike.

Check out the marsh creatures - especially herons and other water birds. Ducks and geese often stop in the area, and deer come out in the mornings and evenings. There are thousands of ripe blackberries on the vines along the trail right now.

Bees are very attracted to flowering plants that grow right from the sand at this lesser-known state park.



Directions

Finding Bottle Beach can be a challenge, as there is no sign. Take U.S. Highway 12 to Aberdeen. In Aberdeen, take state Route 105 and start keeping track of the mileage markers. When you're between mile markers 34 and 35, the road will curve and you should look for a sign for Ocosta Third Street on your left. The Bottle Beach parking area is on the right side of the road - right across state Route 105 from Ocosta Third Street. Nearby areas: Westport is just a few miles farther down state Route 105, and Twin Harbors State Park is also nearby off Route 105.

Equipment

Bring binoculars, spotting scopes and cameras. Rain gear and a warm fleece are always good ideas when visiting the coast. A picnic lunch, water, and a bird identification guide will come in handy.

Comforts

None. This park is not yet developed, so there is no drinking water or bathrooms. Westport is less than 10 minutes away.

Safety

Good hiking shoes are a good idea on the trail, and you should wear some kind of shoe or sneaker on the beach and mudflats.

More information

Go to www.parks.wa.gov/parks



Flocks of geese graze on saltwater plants during low tide at Bottle Beach State Park. The best time to see shorebirds is 90 minutes before and after high tide. (Photos by Chester Allen/The Olympian)

Open Letter to Parents

If you have outdated perceptions about marijuana, you might be putting your teen at risk. Today's teens are smoking a more potent drug and starting use at increasingly younger ages during crucial brain development years. Still think marijuana's no big deal? Remember, you are the most important influence in your teen's life when it comes to drugs, so tell your teen the facts about marijuana. Teens who learn about the risks from their parents are less likely to smoke marijuana or use other drugs than teens who don't. Let your teens know you don't want them using marijuana. Their mental health may depend on it.

Signed,

- American Psychiatric Association
- American Academy of Child and Adolescent Psychiatry
- American Society of Addiction Medicine
- Asian Community Mental Health Services
- Association for Medical Education and Research in Substance Abuse
- Institute for Behavior and Health, Inc.
- National Asian American Pacific Islander Mental Health Association
- National Association of Addiction Treatment Providers
- National Council for Community Behavioral Healthcare
- National Latino Behavioral Health Association
- National Medical Association
- Office of National Drug Control Policy
- Partnership for a Drug-Free America

Did You Know . . . ?

We have a Food Bank for Squaxin Island Tribal community members!

We receive monthly deliveries from Northwest Harvest. Typical items include: pasta, corn, carrots, rice, beans, pears, coffee, frozen ground turkey, frozen potatoes and more. We never know what we will receive.

Located at the Health Promotions Building (across the parking lot from the clinic) Hours are 9:00 to 4:00 p.m. on Wednesdays.

Contact Janita Johnson, Diabetes Prevention CHR, at 432-3972 for more information or stop by on a Wednesday!



COMMUNITY



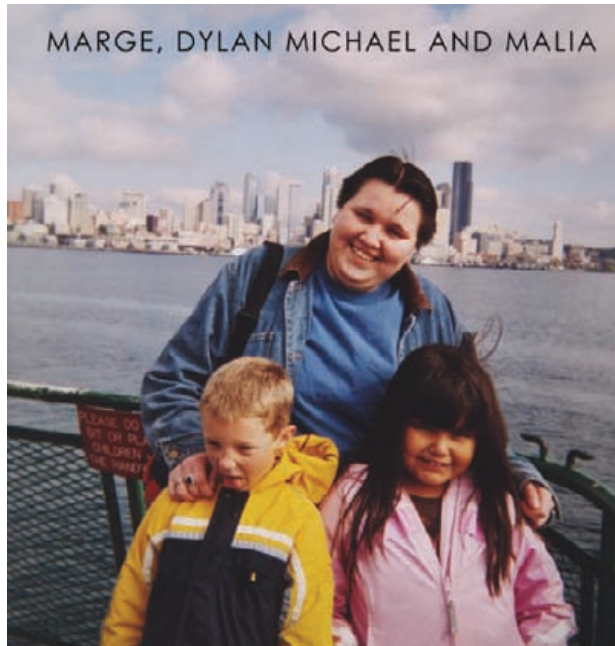
Happy Belated 18th Birthday Baby



**Sorry Mamma Was Slow and Missed the
Last Two Newsletters.**

**I love You So Much, Sweetness!
Love, Mamma and Your Brothers,
Patrick and Malachi**

Happy 30th Birthday Babe



**Love You Lots,
Moms and the Rest of the Family**

My Name is Leo E. Henry Jr.

On Oct. 16th, I will be ONE year old!
I am the son of Leo (aka.) "Beau" Henry, and the
grandson of the late Leo G. Henry!



Happy Birthday, Handsome Little Guy!

Proud Aunty of Another Great Niece, Ariana

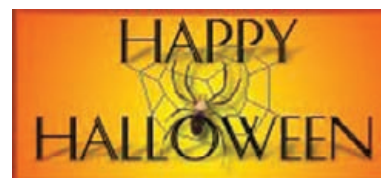


**Love You, Baby!
Love, Aunty Bobo**

It is Hard Work Being a Big Sister!



**Great Aunty Loves You Both Very Much!
Love, Aunty Bobo**



Whitener Family Gathering

