



Tribe Breaks Ground on Wellness Center

The groundbreaking for the Squaxin Wellness Center marks the beginning of the design/build project which will provide the tribe with a community pool. The design/build Team is made up of Anderson Boone Architects and John Korsmo Construction. Many of the members of the team have worked on other successful Squaxin projects including the hotel towers, the events center and the SPIPA Building. The next steps include finalizing the design to satisfy the needs of the tribe and preparing the site for actual construction. Please watch The Klah-Che-Min for updates as the project progresses.



L-R: Dennis Boone, Mary Ellen Love (both from Anderson Boone Architecture), PJ O'Brien, Kim Anderson (both from Korsmo Construction)



Squaxin Island Bible Church Pastor Ron Dailey and Shaker Ministers Mike Davis and Rose Cooper



Executive Director Ray Peters, Tribal Chairman David Lopeman and DCD Director Brian Thompson

Oakland Bay Community Meeting

October 8th, 2008
4:00~8:00 pm
FREE



**Pioneer Primary School
Gymnasium**
110 E. Spencer Lake Rd, Shelton

Join your neighbors & learn the latest about:

- New opportunities—including the EPA funded Sa-Heh-Wa-Mish Stewardship Initiative beginning this fall
- The WA Dept. of Ecology's Oakland Bay Water Clean Up Plan for Bacteria
- The status of shellfish harvesting in Oakland Bay
- What has already been done to improve water quality

Refreshments provided!
Registration is not necessary

DEPARTMENT OF ECOLOGY
State of Washington

Mason County
Clean Water District
Oakland Bay



PEOPLE OF THE WATER

10 S.E. Squaxin Lane
Shelton, WA 98584



PRSR STD
U.S. POSTAGE
PAID
SHELTON, WA
PERMIT NO. 96



The Squaxin Island Police Dept. is actively patrolling for speeding vehicles. With children going back to school, it is even more important now to watch your speed. We have noticed that some of the drivers who break the 15mph speed limit are tribal employees going to and from work. Although I am sure it is unintentional, it remains a risk to our youth. Please slow down and watch for children.

Michael Evans
Chief of Police
Squaxin Island Police Dept. mevans@squaxin.nsn.us
360-426-5222

Tribal Council Resolutions

08-90: Approves membership in Affiliated Tribes of Northwest Indians

08-91: Establishes the Master Apprentice Program of Puget Salish Language instruction

08-92: Supports full immersion language activities that involve children at the Daycare Center and Tu' Ha Buts Learning Center

Legal Notice

Legal #0808144 SQUAXIN ISLAND TRIBAL FAMILY COURT, NOTICE OF HEARING FOR PRELIMINARY INQUIRY IN THE MATTER of A Shea THE SQUAXIN ISLAND TRIBAL FAMILY COURT TO THE SAID CHATAW ZEPPIER, Parent: YOU ARE HEREBY NOTIFIED THAT pursuant to Section 10.08.020 of the Squaxin Island Youth code, a preliminary inquiry has been filed regarding A. Shea. The hearing on this matter shall be held on the 1st Day of October, 2008 at 10:30 am at 10 SE Squaxin Lane, Shelton, Washington. FAILURE TO APPEAR AT THIS HEARING OR TO RESPOND IN WRITING MAY RESULT IN THE CHILD BEING PLACED IN A FOSTER HOME OR RELATIVE PLACEMENT. File your written response with Squaxin Island Tribal Court 360-432-3828. Publish October, 2008

COUGAR SIGHTING



We have had a few reports of a cougar sighting. If you see one, CONTACT 911 IMMEDIATELY and give specific location information of the sighting. Time is critical to track a cougar by scent. If you would like more information, please contact Squaxin Police at 360-426-5222.

ACCORDING TO WASHINGTON STATE DEPT. OF FISH & WILDLIFE

Here are some things to remember:

- Stop, pick up small children immediately, and don't run. Running and rapid movements may trigger an attack. Remember, at close range, a cougar's instinct is to chase.
- Face the cougar. Talk to it firmly while slowly backing away. Always leave the animal an escape route.
- Try to appear larger than the cougar. Get above it (e.g., step up onto a rock or stump). If wearing a jacket, hold it open to further increase your apparent size. If you are in a group, stand shoulder-to-shoulder to appear intimidating.
- Do not take your eyes off the cougar or turn your back. Do not crouch down or try to hide.
- Never approach the cougar, especially if it is near a kill or with kittens, and never offer it food.
- If the cougar does not flee, be more assertive. If it shows signs of aggression (crouches with ears back, teeth bared, hissing, tail twitching, and hind feet pumping in preparation to jump), shout, wave your arms and throw anything you have available (water bottle, book, backpack). The idea is to convince the cougar that you are not prey, but a potential danger.
- If the cougar attacks, fight back. Be aggressive and try to stay on your feet. Cougars have been driven away by people who have fought back using anything within reach, including sticks, rocks, shovels, backpacks, and clothing—even bare hands. If you are aggressive enough, a cougar will flee, realizing it has made a mistake. Pepper spray in the cougar's face is also effective in the extreme unlikelihood of a close encounter with a cougar.

Squaxin Island Police Department

T S q u a x i n I s l a n d
TRIBAL NEWS

10 S.E. Squaxin Lane
Shelton, WA 98584

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

www.squaxiniland.org



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

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

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

Submissions Deadline:
15th of each month

SQUAXIN ISLAND
TRIBAL COUNCIL:

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

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



**Joseph Rivera,
Everyone
at the Squaxin Island Tribe
Has You in Their Thoughts
and Prayers.
We Wish You
a Speedy Recovery!!!
We Will Throw a Party for You
When You Get Home!
We Miss and Love You!!!
- Ness**

**AA Meetings
Every Thursday
7:30 p.m.
Senior Room**

Squaxin Island Tribe GED PREP CLASSES

WHAT:

The GED Prep classes will start again

WHEN:

September 22nd at 5pm

WHERE:

Tu Ha' Buts Learning Center
(large classroom upstairs)

WHO:

Classes open to Tribal Members and
Community Members

If you are interested in getting your
GED please stop in and meet our new
instructor and sign-up for the class. Light
refreshments will be served from 5:00 -
5:30, class will follow.

Any Questions please contact:
Walt Archer: 432-3826
Lisa Evans: 432-3882

Native Business:

Stock is

Ownership in a Company

When stock in a corporation is purchased, the person holding those shares is described as a stockholder or shareholder. They have an equity investment in the company. This gives the person a right to share in success when a company prospers. It also puts the stockholder's investment in the company at risk if the company falters. There is no guarantee you will make money. A benefit of stock ownership is the insulation from liability. If the principals of a company break the law, the stockholder is not liable for wrongful actions—as long as the stockholder's involvement with the company is limited to being a shareholder. Stockholders also have voting rights that can be used to vote on major policy decisions. Examples are whether a company should issue additional stock, sell itself to outside buyers or change the board of directors.

Most stock in the United States is common stock. Shareholders benefit when the company profits and investment is at risk if the company falters. Preferred stock differs from common stock because the amount of the dividend is guaranteed and paid before dividends on common stock. Preferred stock holders also have a greater chance of getting some of their investment back if a company fails. This sounds good but by design a preferred stock reduces investor risk by limiting the reward potential. Dividends don't increase if a company prospers and the stock price increases slower than common stock.

Jim Stanley is a private banker located in Bellevue, WA. He partners with your tribal newspaper to share his knowledge of the financial world in hopes of providing useful information to you, his business minded cousin. He is a member of the Quinault Indian Nation and can be reached at sovereign.developments@gmail.com for your comments.



Hunter's Safety Class



**THE HUNTER'S SAFETY CLASSES WILL
BE TAKING PLACE AT THE SQUAXIN
ISLAND POLICE DEPARTMENT. PLEASE
CALL TO REGISTER. LIMITED TO 10 STUDENTS.**

**OCTOBER 27, 28, 29 & 30
4:30PM-7:00PM**

**TESTING WILL BE NOVEMBER 3RD
4:30PM-7:00PM**

**IF YOU HAVE ANY QUESTIONS OR CONCERNS PLEASE
FEEL FREE TO CONTACT US AT THE POLICE
DEPARTMENT @ 360-426-5222**

Baton Twirling Classes to Start

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.

Where: Squaxin Island Gym
When: Fridays @ 6:00 p.m. Sept. 14 - 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 are taught by Judy Welsheimer, Director of Fantasia Twirling & Show Corps, Certified US Twirling Association Coach and Judge! To reserve your spot call Coach Judy @ (360) 459-2518.





August 13th

Tribal Council Talking Circle On Housing

Hello Honored People,

Firstly, I would like to thank all the tribal and community members who attended the joint meeting with Council and the Housing community. This is the first of many opportunities to share our voices. We came together to raise opportunities for change and to develop a path toward a better community. We heard many people stand and speak, we heard the passion for our community in our voice and the laughter of just being together. Many questions were asked and in this response we hope that we answer many of the questions. There will be more opportunities to create positive change. Following is a list of questions and answers that were brought together from the meeting.

*In conclusion I feel there is no better place to live and grow. It takes a tribe to raise a village.
- Russell Harper*

Question and Answers

Answers provided by the Office of Housing Staff

What is NAHASDA?

The Native American Housing Assistance and Self Determination Act (NAHASDA) was signed into law on October 26, 1996. NAHASDA streamlines the process for providing housing assistance to Native Americans and replaces several programs that previously provided housing assistance to Indian housing authorities. NAHASDA generally allows the tribe more flexibility in running its housing program and provides funding through an annual block grant system. Funding is based on a needs formula tied to the federal census and the number of 1937 Housing Act (pre-NAHASDA) homes managed by the tribe.

The following programs were replaced by NAHASDA:

- Traditional Indian Housing Development Program
- Comprehensive Grant and Comprehensive Improvement Modernization Programs
- Indian HOME
- Youthbuild
- Youthsports
- Homeless Programs

Disagreement with the Southern Puget Sound Inter-tribal Housing Authority (SP-SITHA) over the implementation of NAHASDA is what caused the Tribe to withdraw from SPSITHA in 1999.

What is Title VI?

Title VI is a provision of NAHASDA that allows housing agencies and tribes to borrow funds to build homes and pay them back with future year's NAHASDA block grant funds. The Squaxin Tribe borrowed \$2,184,000 from Anchor Bank in 2002 to help build the second phase of Slocum Ridge (18 homes and the 4 duplex units). The annual payment on the loan is \$182,136.84. In 2016 a balloon payment of \$1,390,610.75 is due. The second phase of Slocum Ridge was also partially funded by a \$450,000 grant from Washington State, Department of Community, Trade and Economic Development, Housing Trust Fund..

Why was a loan taken out to build homes?

Tribal Council felt it was necessary to create more affordable tribal housing.

What is the plan for the balloon payment?

The current plan is to pay for the balloon payment with the proceeds of the sale of the homes that currently have Leases with Option to Purchase. Tenants are expected to obtain a loan under the HUD Section 184 program and buy the home after the Tribe offers a substantial discount based on the tenants income. All of the revenue of the sale of these homes is pledged to pay-down the balloon payment under the terms of the loan. Also, the tribal government is going to explore refinancing the balloon payment with continued payment out of the annual NAHASDA block grant.

Why can't the homes on Slocum Ridge be more like the old Mutual Help Units? How is Slocum Ridge different?

Under the terms of a Mutual Help Agreement, the owner/tenant actually makes no contribution towards the cost of the home. Their monthly payment consists of two parts: a \$70 Admin Fee that partially pays for things like insurance and program administration, and a Mutual Equity Payment Account (MEPA) contribution. The tenants/owners get their MEPA back at some point in their term of occupancy. No part of their monthly payment either helps pay for their home or contributes to building future homes. As explained in the paragraph above, the program needs to sell some of the homes on Slocum Ridge and recover some of the cost of construction in order to pay off the balloon payment and have funds to build more homes in the future.

Can we change policies to move away from rental back to something like MHO?

The Office of Housing (OOH) has direction from Tribal Council to work towards making homeownership more practical and easier for tenants and help move eligible renters into homeownership. These new policies are currently being developed and discussed with HUD. Terms of the Title VI Loan, Washington State grants and other funding considerations like the balloon payment must be worked out in greater detail before these policies can be implemented.

What is rent to own? If I keep renting will I eventually own?

A rent to own program is usually defined as a rental agreement that transfers ownership of the item rented to the renter after a set number of payments. Normally, the total of the monthly payments, however, far exceeds the fair market purchase price of the item. That is how the Rent to Own stores make money! Under current policies, renters do not end up eventually owning their home, but the Office of Housing will look into some version of this concept as a potential option.

How will these new policies be approved and implemented?

The Office of Housing Staff will present ideas and recommendations to the Housing Commission. The Housing Commission will host public hearings and collect community input. The Housing Commission will adopt the policy changes and forward them to Tribal Council for ratification.

Who writes policies and procedures?

The OOH staff generally drafts policies and procedures with the help of the Legal Department for review and approval by the Housing Commission. In the case of the primary housing policies (such as the Eligibility, Admission, and Occupancy Policy (EAOP), Rent Collection Policy, etc), they are then forwarded to Tribal Council for ratification.



COMMUNITY DEVELOPMENT



What is the Housing Commission?

The Squaxin Island Tribe Housing Commission was established by the Tribal Council to serve as the advisor, decision-making, and policy authority for the Squaxin Island Tribal Housing Program. The Commission meets the second and fourth Friday of each month.

Is the Housing Commission made up of people living on the reservation?

The Housing Commission is made up of 6 commissioners, 3 alternates, and a Tribal Council Representative. At the current time, 5 commissioners and 2 alternates live on the reservation. According to the Housing Commission By-Laws, the commissioners are tribal members who can live either on or off the reservation.

In 1998 the original objective was single person housing 1-2 people; who changed that mission?

The Mission of the Squaxin Island Housing Program is "To provide housing and housing services to low and moderate-income families while working towards achieving the Tribe's goal to develop and maintain a community that is a desirable place to live and raise a family." When funding is available to construct new homes, the needs of the individuals and families currently on the waiting list are evaluated and a recommendation on the number and size of proposed homes is submitted by the housing staff to the Housing Commission and Tribal Council for approval.

What defines a family?

The Eligibility, Admission and Occupancy Policy (EAOP) defines a family as (1) two or more persons living together related by blood or marriage; or (2) two or more individuals living together in a committed, stable relationship; or (3) a single person. An applicant shall not claim as a family member any individual named and qualified as a member of another family participating in any of the Tribal housing programs. An Indian family is defined by the Squaxin Island Tribe (in the EAOP) as a family whose head of household or spouse is an enrolled member of the Squaxin Island Tribe.

How does NAHASDA define a family?

The term 'family' includes a family with or without children, an elderly family, a near-elderly family, a disabled family, and a single person as determined by the Indian tribe.

What are the criteria for being "Low-income?"

NAHASDA defines "low-income" as being below 80% of the "median income" which in Mason County is total income of households equal to:

- 1 person = \$30,700
- 2 persons = \$35,100
- 3 persons = \$39,450
- 4 persons = \$43,850
- 5 persons = \$47,350.

How are applicants selected from the waiting list for the empty units?

Eligible applicants are categorized according to the date of their application, family composition, and specific housing requirements. The highest priority is given to the oldest dated application. If a unit remains available after the applicants on that bedroom size waiting list is exhausted, the next smaller bedroom size waiting list will be served.

In order to prevent overcrowded conditions and wasted space, homes will be assigned in accordance with the EAOP in the following schedule; 2 bedrooms will be assigned to 1-3 persons, 3 bedrooms will be assigned to 3-5 persons, 4 bedrooms will be assigned to 5-6 persons, and 5 bedrooms will be assigned to 7 + persons.

The tribe may make exceptions due to unusual circumstances. Factors to be considered include age and sex of children, potential changes in family composition, availability of unit sizes, etc.

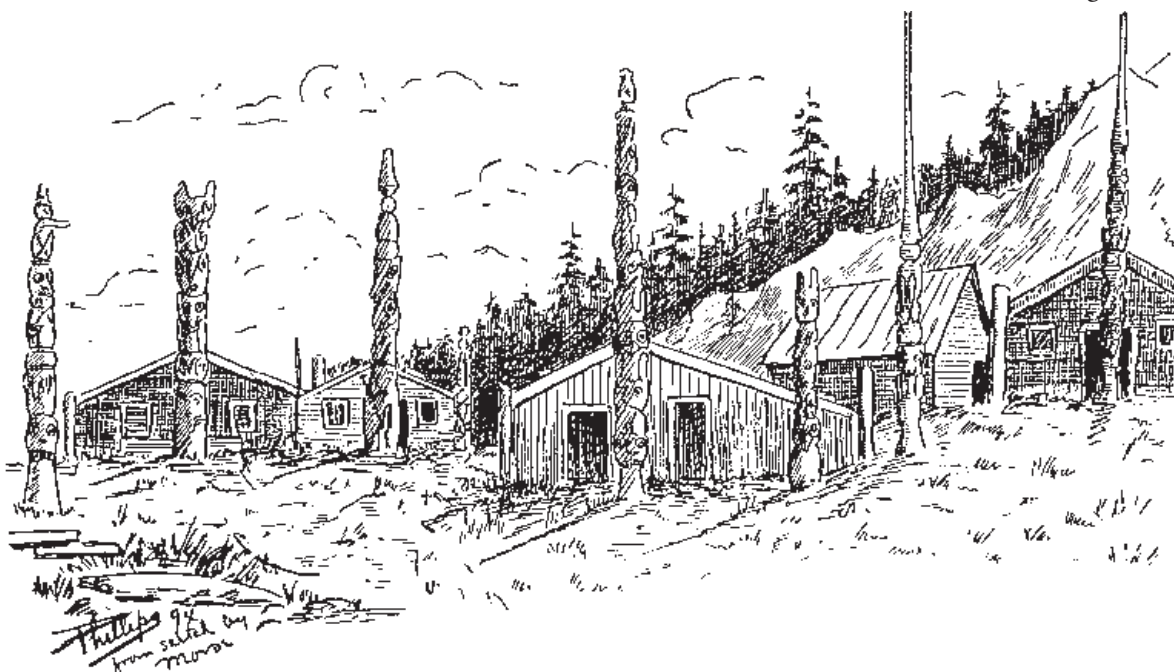
How are people bumped off the top of the list?

People are not bumped off the list. However, people may feel that way. What happens is sometimes applicants with small household compositions and who need fewer bedrooms do not get a home as fast as families with larger household compositions, because three bedroom and larger homes become available more often (see question above).

Waiting list applicants are removed from the list when they request to be removed, when the applicant fails to update their application annually, fail to meet the eligibility requirements specified in the EAOP, and death.

It is important that applicants update their applications annually. Individuals on the waiting list are mailed annual update request forms. The OOH publishes the names of those who do not reply in the Klah-Che-Min. It is very important that you always keep the OOH updated with your current address and phone number.

If an applicant declines a home, they are given a new application date and moved to the bottom of the waiting list.



Continued on Page 6



Housing Q & A Continued

Are background checks completed for everyone in housing?

There are 129 housing units on the reservation. 41 of the homes are former Mutual Help Units that now have been conveyed or transferred to the tribal member homeowner. The remaining 88 are managed by the Office of Housing.

Background checks are completed on all tenants and family members 18 years and older listed on the family household composition in the homes managed by the OOH. Waiting list applicants are screened when the application is received and again before the unit is assigned.

When an owner of a conveyed home notifies the OOH that they wish to rent their home to another person, the OOH does a background check of the potential tenant and checks other eligibility requirements outlined in the Tribal Housing Code.

Applicants who have felony convictions must be approved by the Housing Commission before they are placed on the waiting list or occupy a housing unit.

What causes a home to be vacant?

Homes managed by the Office of Housing can be vacant for generally three reasons, 1) Voluntary relinquishment, 2) Eviction or 3) Abandonment. Conveyed homes that are owned by individual tribal member can sit empty at the owner's discretion.

The leases now used by the Office of Housing for rental units require that tenants occupy homes for a minimum of 20 days per month.

What keeps a house empty?

After a home is returned to the Housing Program either by eviction, abandonment or voluntary relinquishment, there are various reasons why it may appear to sit empty for a period of time.

Appropriate court proceedings for an eviction can take up to approximately 73 working days. The OOH generally works with evicted tenants and gives them up to 30 days to claim and remove their personal belongings from the home. Since August 2006, all units are tested for Meth between tenants. To complete the test and receive results from the lab can take up to 7 working days. If the test comes back positive, it will add another 30 days to the process for a professional cleanup contractor to come in and clean the unit before repairs can begin. The average cost of cleaning up a unit contaminated with Meth is about \$17,000.

For a normal home rehabilitation, a scope of work must be completed and a request for bid is generated. Tribal contractors receive tribal preference during the bidding process. Once the contractor has been selected a contract is completed and approved by the Legal Department prior to work starting. Depending on the extent of work needed it could take as long as 30-45 days to complete rehabilitation.

The tribal member assigned to the home is also given some flexibility on their move in date. They may need to give notice to a current landlord or make other arrangements before they can move so the unit could sit empty a while even after the repairs are completed.

What are the criteria used for eviction?

A tenant may be evicted for:

- Nonpayment of rent
- Behavioral issues – Illegal activity, drugs and drug activities, damage to the property or surrounding grounds, disturbing the peace of other tenants or other prohibited activities or conduct.

An Eviction Prevention Policy was created by the Housing Commission in January 2007. This policy created the Housing Support Team (HST). The HST's mission is to help tribal members avoid eviction by providing them options. The HST only authorizes eviction proceeding to be initiated by the OOH as a last resort.

The Housing Support Team is made up of the SIT Executive Deputy Director, Chairman of the Housing Commission, a representative from the Northwest Indian Treatment Center, the Family Services Manager, and the TANF Manager. The Housing Manager and Housing Counselor provide staff support to the HST but do not have a vote in their decisions. There are currently no non-Indians on the HST (3 Squaxin Tribal members and 2 staff members who are members of other tribes).

How does a tribal member who has been evicted from housing get back on the waiting list, for a home?

Tribal members are not eligible to be placed on the waiting list for rental or home ownership units if the applicant has previously been evicted for non-payment or non-compliance with Squaxin Island Tribe, Tribal Designated Housing Entity (TDHE), Indian Housing Authority (IHA), Tribal or Public Housing Authority (PHA), unless they pay any and all outstanding debt to the housing agency and are approved by the Squaxin Tribe's Housing Commission.

When a tribal member completes an application for housing and it is determined they are ineligible they will be promptly notified in writing. The notice will state the reasons for ineligibility and advise the tribal member of his/her right to appeal.

Why are there no grants to assist with home repairs?

Where can I get help to assist with home repairs?

The Tribe does apply for grants for housing related projects. A good example is the \$500,000 grant received from HUD in 2006 to replace siding on 22 homes on the reservation. There are also grants available to help individual low-income families and elders (see next page). The OOH maintains rental units with NAHASDA funds. Mutual Help Unit tenants are responsible for their own maintenance under the terms of the Mutual Help Agreements.

For low-income households, on and off the reservation (including Mutual Help Units) the following programs are available (**You can contact Lisa Peters, the Housing Counselor for the OOH to find out if you qualify for any of these programs and to obtain assistance in completing the necessary paperwork**):

Section 504 Repair Program: USDA Rural Development provides a 1% interest rate loan program to qualified very low income homeowners to repair or make improvements



to their home. (Applicants age 62 and over may be considered for grant funding if they cannot repay the entire loan.)

Examples of repair items which may be financed include:

- Health and safety hazards (electrical, water, roof repair or replacement, structural).
- Repair, accessibility accommodations for people with disabilities).
- Home weatherization (insulation, window replacement, heating).
- Utility hookup, installation and/or assessment fees.
- Repairs to a manufactured home, provided that the applicant owns the land and the structure is on a permanent foundation.

Community Action Council Weatherization Program - Weatherization programs exist to help low-income households reduce home energy consumption while increasing the health, safety, comfort, and longevity of their homes.

Housing Repair and Rehabilitation Program - The HRRP program addresses some of the minor home repair needs of low-income individuals and families. Only low-income applicants of single-family, owner-occupied dwellings may be eligible for these grants and loans.

Elders Emergency Maintenance Program: Tribal Council has provided OOH with a small fund to assist Tribal Elders with emergency repairs up to \$500.

How many Squaxin Island Tribal families have received the benefits of the programs listed above?

- USDA Section 504 Program – 4
- Community Action Council Weatherization Program – 13
- Home Repair and Rehabilitation Grant – 1

What is Section 184?

Section 184 Indian Home Loan Program is a mortgage product specifically for Native Americans. This program was established to facilitate homeownership in Native American communities especially to overcome problems with banks loaning money for homes on trust lands.

Borrowers must apply for a Section 184 loan with a participating lender approved by HUD. Each mortgage loan made to borrowers is guaranteed by HUD. The guarantee assures the lender that its investment will be repaid in the event of foreclosure. Tribes also must be approved to participate in the Section 184 program. Approval

Continued on Page 8

Tribe Begins Purchasing Land on Squaxin Island

Brian Thompson - It is a long established goal of Tribal Council to acquire all of the property on Squaxin Island to secure it for future generations. After several years of negotiations with the Bureau of Indian Affairs (BIA), the Squaxin Island Tribe's Department of Planning and Community Development recently began purchasing undivided fractionated interests of selected allotments on Squaxin Island. This first group of seven selected allotments includes the following:

Allotment	Historical Name	Interests Purchased	Percent of the Allotment Purchased (as of 9/8/08)
121-3	Isaac	3	2.5%
121-8	Old Man Sedulk	11	4.6%
121-12	Tom	7	17.9%
121-13	Kate Charley	8	9.6%
121-18a	Peter Klabsch	3	.3%
121-21	Tobolitsa	17	33.5%
121-22	Jack	7	8.3%

Please Note:

ISAAC was also known as Chav-Ha-Ted and Chaviststied

OLD MAN SEDULK was also known as Scalloped, Kalapin, Skalapin, and Scalapine

KATE CHARLEY was also known as Kate (Milne) Charley, Dyer Bowers, and Mrs. Tenas Charley

JACK was also known as Yesapab

So far the Tribe has purchased the equivalent of 54 acres and spent \$505,000. The Tribe is paying individuals the appraised value of the land, the full fair market value of the timber outside of established environmental buffer zones, and 50% of the value of timber within the buffer zones. The buffer zones are created by the Tribe's Forest Management Plan and generally timber can not be harvested in these buffer zones.

The first 54 individuals who completed paperwork to sell their interests to the Tribe before October 1, 2007 will receive the appraised value determined in March 2008. Subsequent sellers will be offered a purchase price based on a revaluation of timber at current fair market value. This revaluation will be conducted by the BIA in the next few weeks.

The Tribe is buying undivided interest on a first come, first served basis. Regardless of the allotment, the date of your paperwork will establish your date on the list. However, the Tribe will only be able to purchase interests on allotments that have been appraised by the BIA. If you own an interest on one or more allotments and want to sell your interest to the Tribe, please contact Esther Fox, Tribal Real Estate Manager at 432-3864.

NEXT ROUND OF PURCHASES: About February 1, 2009, the Tribe will begin purchasing interests on the following three allotments approved by Tribal Council:

Allotments	Historical Name
121-16	Johnny Senaksub
121-19a	John / Sealth
121-20	Henry Kopel

The purchase of interests on these allotments will start after the BIA completes the required appraisal process for both the land and timber. The Tribe requested BIA initiate the appraisal process on these three allotments on August 18, 2008 and the process should take four to six months. Individual owners who are interested in selling their interests on these allotments should contact Esther Fox, Tribal Real Estate Manager at 432-3864 to start the paperwork process. Purchases will be made on a first come, first served basis until all allocated funds are spent.

FUTURE ROUNDS OF PURCHASES: In late 2009 or early 2010, the Tribal Council will select the next allotments for purchase.

The Tribe is not pressuring individuals to sell their land on Squaxin Island; it is a very personal decision. However, if individuals want to sell their interests, the Tribe is willing to purchase at the appraised value. The Tribe is not, however, willing to pay more than the appraised price to individual sellers.



Q & A Continued

is primarily based on the Tribe agreeing to specific terms in its Housing Code, which Squaxin Island has done. The OOH has received several inquiries regarding Section 184 loans, but is not necessarily involved in the entire loan process unless requested by the borrower. OOH can provide important assistance to speed up the process if they get involved early in the process.

What are the credit criteria for the Section 184 loan?

With the recent turmoil in the banking industry the criteria is getting tougher, but generally it has been:

- 12 months of steady payment history.
- Any collections or judgments must be paid.
- After bankruptcy (depending upon type of bankruptcy), 1-2 years steady payments.

How can I repair my credit?

Listed below are the classes offered by the OOH to assist tribal members through the credit repair and loan process. (All classes are advertised in the Klah-Che-Min and individual flyers are sent to households.)

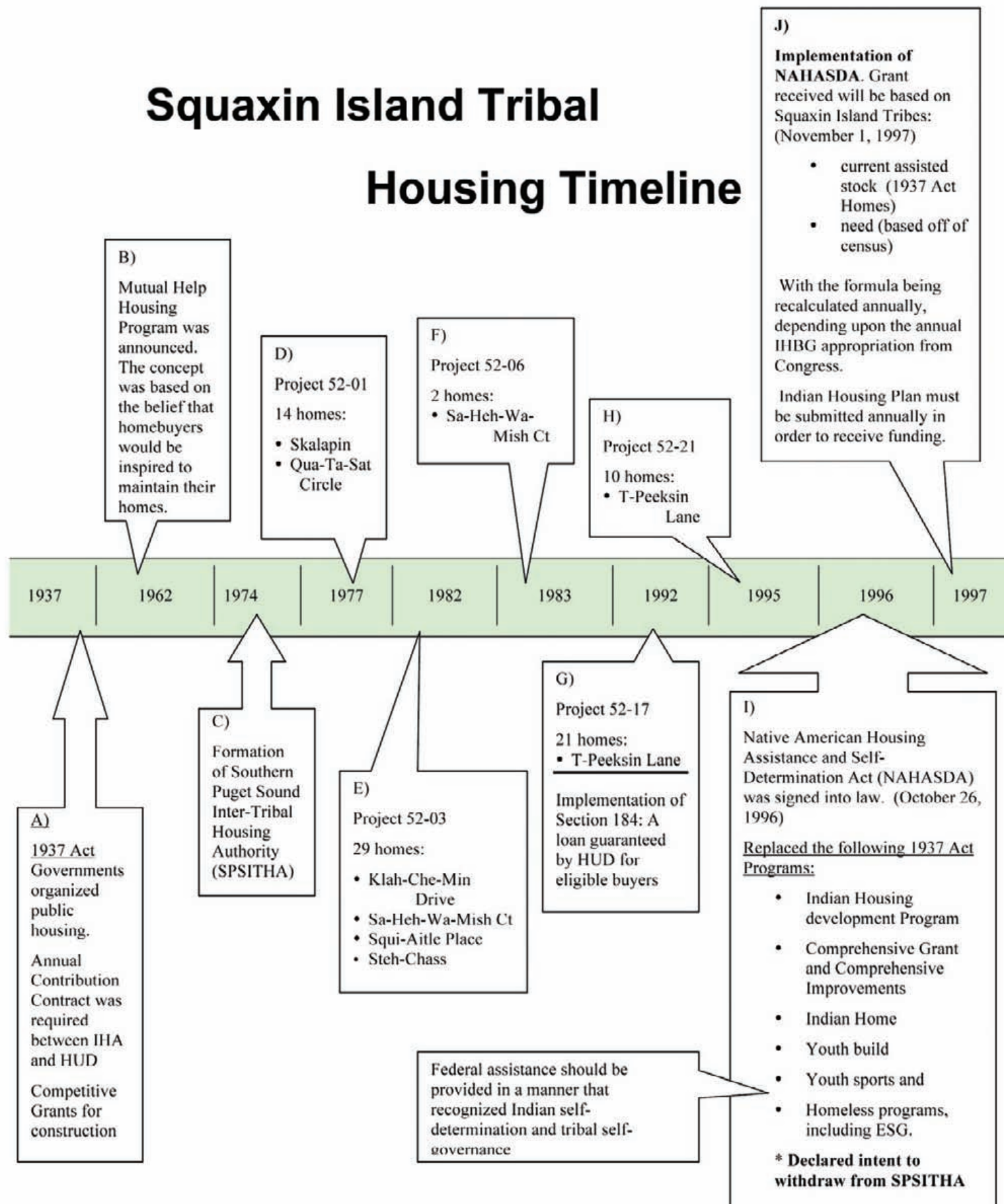
- One on One Credit Counseling - monthly
- Building Native Communities (BNC), Financial Skills for Families - quarterly
- Steps to Homeownership - scheduled as needed
- Section 184 / Credit Repair - provided under BNC training

Who owns the land

where the homes are located?

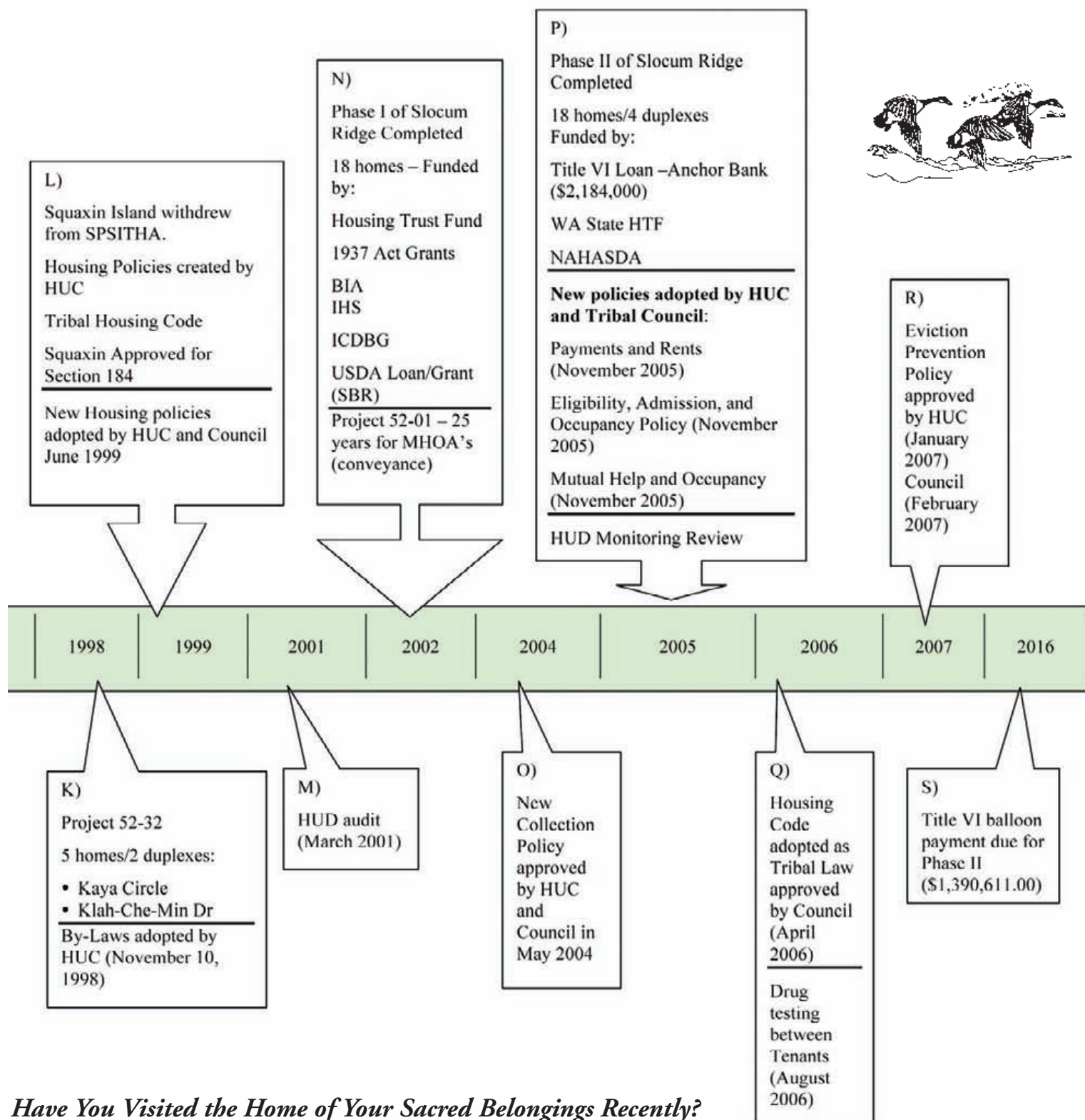
The Squaxin Island Tribe owns the land. On April 21, 2003 a fifty year land lease was entered into between Squaxin Island Tribe and the Housing Commission. This allows the Housing Commission to provide Residential Sub-leases (RSL) for land to individual homeowner that have conveyed in accordance with current policies. Residential Sub-leases are recorded with

Squaxin Island Tribal Housing Timeline





COMMUNITY DEVELOPMENT



the Bureau of Indian Affairs. Having these 50-year Residential Sub-leases in place is one of the important criteria for the Section 184 program described above.

Why are we paying an annual land lease?

An annual fee is charged owners of Residential Sub-leases to cover a small portion of the cost for Tribal government to manage the programs and services that benefit these home sites. These include:

- Mail boxes
- Administration of group insurance
- General program administration
- Maintenance of common grounds
- Recovery of cost of tenants whom default on insurance
- Administration of recordings documents such as leases, wills, etc.

Costs of utilities (water, sewer, street lights, and garbage) are billed to all residents on the reservation.

Does everybody pay the same amount for their Residential Sub-lease?

Yes, all conveyed homeowners are required to have a Residential Sub-lease and pay an annual land lease fee in the amount of \$125.00.

Why do renters have to pay a pet deposit?

The non-refundable pet deposit is to help cover any damage caused by a pet beyond normal wear and tear during the tenancy. This fee is set by the Housing Commission.

Tribal Council is always blessed when community comes together. Thank you, thank you, for making the journey to the meeting. Please look to the future and make time for the next meeting. Squaxins always set a precedent in Indian Country for success and that is what you, as Squaxin people, do!

Hoy'

- Russell Harper





Thanks for the Finance Class

Dorinda Thein - I took a finance class that I was required to take in order to qualify for a house. I really didn't want to take the class thinking it would be boring, but I had to, so I did. I was really surprised at how informative it was. I learned a lot about how badly I managed my money and my credit status. I thought my credit score was really bad, but it wasn't as bad as I anticipated because I paid off loans in the past. I really learned a lot and would recommend everyone to take this class with Lisa Peters and the Office of Housing. It is very educational!

Transit Plan Update

Squaxin is getting started with a year-long comprehensive transit planning project to develop a Squaxin Transit Plan. The project is partially funded by the U.S. Department of Transportation, Federal Transit Administration (FTA) Tribal Transit program and by the Community Transportation Association of America (CTAA), a non-governmental organization with headquarters in Washington DC. CTAA is the lead funding agency.

Squaxin is working with CTAA to finalize the work agreement and select a project consultant and forming a transit advisory group of Squaxin and Non-Squaxin stakeholders. While the project is in process, Squaxin will address short-term needs such as options for a larger bus.

Our planning models are Stillaguamish and Quinault. Stillaguamish Tribe developed a new transit program with FTA and CTAA technical and funding assistance. Quinault Nation is working on a similar transit planning project. Our project is a bit different because we operate Squaxin Transit, an existing transit program to be enhanced to serve a lot more of our transit needs.

The project will involve a LOT of qualitative and quantitative data collection – past, present, and future data - in a cost-benefit analysis to make recommendations about short-term, mid-term, and long-term priorities.

Squaxin Transit has operated since 1996, a free service for Natives and Non-Natives. In the past five years, demand has grown approximately 42% while operating resources have remained the same. The need for transit enhancement is great, especially with youth and elders.

Thanks to Planner Tracy Parker who submitted a \$146,564 grant proposal to FTA for a 20-passenger replacement bus with wheelchair accessibility (replacing a 1996 15-passenger bus with over 250,000 miles) and a year of additional operations funds for more service hours and/or routes. The Tribe is committed to providing a 10% in-kind match of project/program development support if we receive the FTA grant.

Squaxin Transit operates Monday through Friday, 7 am to 4:30 pm. The schedule is available on the Mason Transit and Squaxin web sites, in the Mason Transit service guide, in the Klah-Che-Min, and available at the Tribal Center and other locations within the service area.

For more information about the Squaxin transit planning project, please contact Planner Lynn Scroggins at (360) 432-3952 or lscroggins@squaxin.nsn.us or Brian Thompson at (360) 432-3907 or bthompson@squaxin.nsn.us.



4th Annual Housing Fair and Back to School Bash

Lisa Peters - The Squaxin Island Tribe, Office of Housing held their 4th Annual Housing Fair and Back to School Bash, on September 13th. This was an opportunity for individuals to gather information, ask questions, participate in some hands on repairs, have some fun and eat some GREAT food!

Thanks to all of our vendors, listed below, who provided valuable information and were on hand to answer questions and offer solutions.

- Squaxin Island Tribe - Law Enforcement, TANF, Diabetes Prevention, Emergency Management, Language, Housing and the Learning Center
- Mason County Garbage and Recycling/City of Shelton/Mason County
- USDA – Rural Development
- Key Bank
- Office of Native American Programs
- Mason County Fire District 4
- Reservation Animals Rescue and Education (Rare)
- Consumer Counseling NW
- Energy conservation with Scott Hansen
- University of Washington (Tacoma extension)
- HUD
- Action Pest Control
- Meth Awareness
- Steamboat Animal Hospital
- 4-H
- Washington State Extension Health and Garden



The Fair was funded by a 1% Grant and a donation made by Key Bank.

Thanks to all of our wonderful sponsors, vendors, volunteers and participants for making the 4th Annual Housing Fair and Back To School Bash such a great success!!!





COMMUNITY DEVELOPMENT





New Employees



Jamie Jhanson

Hello! My name is Jamie Jhanson and I am working with the Tu Ha' Buts Learning Center after school as a Tutor for both GED students and school aged students. I will be at TLC Mondays and Wednesdays from 4:00 - 6:00 p.m. Please come and see me if you need any help with homework or studying for tests. I am here to help any and all who need it.

Some of you may already know me. I am the granddaughter of Ruth and Stub Creekpau and the daughter of Kim Heller. I have attended numerous tribal events over the span of my lifetime. Last year I worked at TLC as a Sylvan Tutor.

I look forward to helping and getting to know more of you throughout the school year.



Angie Chambers

Hi everyone, my name is Angie and I am the new chemical dependency counselor with outpatient. I have been a counselor for going on twelve years. I grew up on the Lower Elwha and worked with the Lower Elwha Klallam Tribe for the last seven years as a counselor.

I recently got married and relocated to Shelton. I am very excited and honored to serve this community and make it my new family. My parents are Pat and Bill Brooks. I have two brothers, Steven and Ricky. My husband's name is Darrell; he is also a counselor and works in Olympia. I have three amazing children, Patsy (19), Dustin (12), and Trevor (9).

Some of my favorite things to do include, softball, camping and laughing. I love to laugh even if it's at me. I have played softball every summer for the last twenty two years. So if any of you know a team I could play on next year that would be great. My hands go up to all of you who have been so kind to me so far and welcomed me. I look forward to meeting all of you and getting to know you.



Brain Injury and Employment Training

90 minute audio training

Thursday, October 23rd, 12-1:30 p.m.

FREE

In the Conference Room at the Tribal Center

Returning to work or entering the labor force following a traumatic brain injury (TBI) can be a daunting task for new survivors. This exciting training gives survivors, caregivers, supporters and professionals across the country usable, valuable tools. Whether you are a job seeker or someone assisting a job seeker, this training will help you discover the critical components needed to prepare for the job, organize a successful job hunt and build the job seeker's confidence.

Please Call June Krise @ 432-3821

Please come learn about and increase your understanding of Traumatic Brain Injury (TBI)

Canoe Journey 08

Jeremiah George - I chose to ask Theresa Henderson to reprint this picture in this month's Klah-Che-Min because my article and collages were submitted late last month and I was lucky that she found the space for it. The pictures did not print in color except for the last two photos because the account that the Tribe has with the company who prints the newsletter did not allow for so many color pages. There was another last minute addition which was an advertisement for the Salmon Homecoming in Seattle which was placed smack in the middle of the two photos that were in color. Theresa sent me an email asking if it was okay to do that, but I didn't receive the message in time.

This photo represents this year's Annual Intertribal Canoe Journey to me. It captures the beauty and the power of the X̱wəł̓c̓ which means the salt water in our language. That day was grey & dark, cold & wet. That day was long & exhausting. That day brought on a lot of risk & I think my cousin, Mike, may have been right when he said that our fatigue that caused us to feel as if we could sleep was hypothermia knocking on our door.

I think that day of the crossing also placed us all into a state of awe. We all have our own situations in our life that we go through that determines how we live each day. Sometimes it gets to weigh on us so much that we feel the need to focus solely on what we can accomplish on a given day. A lot of the time the natural world is simply a backdrop. It is just kind of there & not really appreciated and it rarely affects our tasks. When we are immersed in it and the natural world is in extreme conditions we have no choice but to be at its mercy. At that moment we are placed into a feeling of amazement and respect mixed with fear that is often coupled with a feeling of personal insignificance or powerlessness.

That is what this picture means to me and that is the effect that the Canoe Journey has on myself and possibly others who partake in this cultural resurgence. I felt that this picture should be reproduced alone as a full page because it represents so much. Theresa asked what pictures I wanted reprinted for this month's edition but rather than have them all printed again I just felt that this should be retouched upon. Also, the pictures from last month can be seen on the Tribe's web site in full color which you can print from any computer (Go to the links page and find the Daily News on the left. Locate the link to the photo gallery near the bottom of the page)

This picture was taken from the ferry that travels from Port Angeles to Victoria by Sadie Whitener. She had said that even the ferry was having a tough time on the water that day. I remember getting a little nervous about the size of the waves that the ferry created as well as the waves of a freighter ship that crossed close to us, but the water was so rough that it didn't seem much different as we crossed over their waves.



CANOE JOURNEY 2008





NATURAL RESOURCES



Sa-Heh-Wa-Mish Stewardship Initiative

Background: the county surrounding Hammersley Inlet was named Sa-Heh-Wa-Mish in 1853 to honor those already living there. The county name was changed in 1864, but still encompasses Oakland Bay—a natural resource vital to the ecologic and economic health of Puget Sound, Mason County, the shellfish and timber industries, the City of Shelton and the Squaxin Island Tribe.

The shellfish industry is one of the largest employers in Mason County and Oakland Bay represents a robust resource for the entire state. The value of shellfish harvested from the bay exceeds \$10 million. This includes over three million pounds of clams and nearly two million oysters. Over 200 tribal harvesters make part or all of their annual income there and 2,000 recreational harvesters visit the bay every year.

Although the watershed is relatively undeveloped, its geography makes it extremely sensitive to human activities. The bay itself is a small, relatively broad and shallow estuary with a large intertidal zone. Only a small amount of bay water makes it out to the rest of South Sound on each tidal cycle because of the narrow constriction formed by Hammersley Inlet. Instead, the majority of Oakland Bay's water re-circulates between the bay and inlet. This slow exchange of water allows pollution from the uplands to linger for long periods of time.

The prime pollution sources diminishing water quality are straightforward—pathogens and bacteria from failing onsite septic systems and livestock/manure. These issues coupled with habitat alterations and increased stormwater runoff have limited the capacity of the landscape and vegetation to filter and buffer such pollution.

Solutions for the immediate problems in Oakland Bay are far simpler than for much of the rest of Puget Sound. There is not a dissolved oxygen crisis and any toxic contamination is likely limited to Shelton Harbor. The necessary best management practices are well understood—they only need to be implemented.

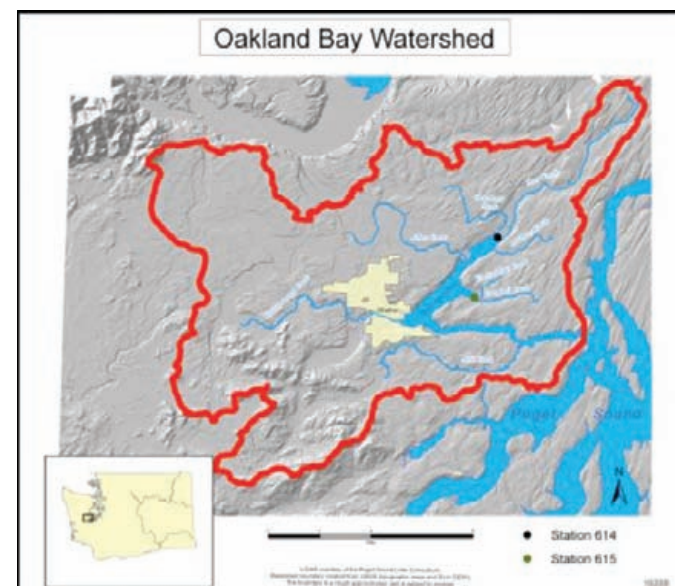
Sa-Heh-Wa-Mish Stewardship Initiative: key to restoring Oakland Bay is working with private landowners and assisting in the implementation of land stewardship practices that limit contributions of pathogens and bacteria. To achieve such an outcome, a broad-based community action coalition has formed the Sa-Heh-Wa-Mish Stewardship Initiative. It is funded by a grant from the EPA Region 10 West Coast Estuaries Initiative to the Squaxin Island Tribe and involves many partners throughout the community.

The initiative objective and measure for success in Oakland Bay is to perpetuate shellfish harvest, and this requires the whole watershed be healthy. The coalition is committed to providing technical assistance and best management practice incentives to foster good stewardship practices and improve fish and wildlife habitat. Innovation through promotion of low impact development and nearshore conservation to decrease the environmental impact of future population growth is a complementary action.

Credible science is an important ingredient for the initiative. The Squaxin Island Tribe arranged to work with EPA to use DNA to identify fecal bacteria sources for corrective action, and is currently investigating the role of wind in re-suspending fecal bacteria growing on intertidal sediment. The coalition's commitment to science will continue with a program of effectiveness monitoring to assess the achievements of the Sa-Heh-Wa-Mish Stewardship Initiative.

Oakland Bay represents a tremendous opportunity for biological recovery within Puget Sound. With all the right elements for a highly successful outcome—the leadership, an energetic and broad-based community coalition, engaged citizens, an action plan, relatively intact landscape and the necessary science—a healthy Oakland Bay is within our reach.

Initiative partners include: City of Shelton; Departments of Agriculture, Ecology and Health; EPA Region 10; Green Diamond Resource Co.; Mason Conservation District; Mason County; Puget Sound Partnership; Seattle Shellfish; Simpson Timber Co.; Squaxin Island Tribe; Taylor Shellfish; UW Sea Grant; and WSU Extension.



For more information:

Oakland Bay Sa-Heh-Wa-Mish Stewardship Initiative

www.co.mason.wa.us/oakland_bay

John Konovsky, Environmental Program Manager

Squaxin Island Tribe

(360) 432-4803, jkonovsky@squaxin.nsn.us

Emily Sanford, Water Resources Educator

WSU Mason County Extension

(360) 427-9670 ext.682, elpiper@wsu.edu



1. Foster Behavior Change



2. Clean-up Toxics

3. Invest in Technical Assistance & Best Management Practice Incentives



Sa-Heh-Wa-Mish Stewardship Initiative



...if we can sustain Oakland Bay,
there's hope for the rest of Puget Sound...

4. Innovate with Low Impact Development & Nearshore Conservation



Conservation Easements



5. Investigate Unusual Sources of Water Pollution



Testing for Fecal Bacteria Growing on Sediment

6. Judge Success by the Opportunity to Harvest Shellfish



EPA Region 10 and the local community have committed nearly \$1 million to Oakland Bay. Together we want to keep the bay safe for swimming, fishing and all activities important to the culture, heritage and economy of the area—help us find ways to keep the entire watershed healthy!

Partners include: City of Shelton; Departments of Agriculture, Ecology and Health; EPA Region 10; Green Diamond Resource Co.; Mason Conservation District; Mason County; Puget Sound Partnership; Seattle Shellfish; Simpson Timber Co.; Squaxin Island Tribe; Taylor Shellfish; UW Sea Grant; and WSU Extension (more info at: www.co.mason.wa.us/oakland_bay)



Water Baptismal Service

On Septmeber 7, 2008 the Squaxin Island Bible Church experienced an historic event that had not occurred for many years. Pastor Ronald L Dailey had the privilege of baptizing in water Paula Henry and Stephen Henry, Squaxin Island Tribal members, as well as Ryan Shepherd.

If you desire Christian baptism, we are planning another baptismal service in the neat future. If you would like to be baptized in water, please contact Kathy Dailey at 432-3009 or Stephen Henry at 402-6977.

We appreciated our guest, Charlene Krise, who came along to take pictures of the event.

Squaxin Island Bible Church

Sunday Service 11:00 a.m.
Simpson Room at the Museum

Bible study in the Pastor's home

Tuesday 6:30 p.m.

Everyone welcome!

Pastors Ron and Kathy Dailey



The Elders enjoyed another dinner gathering August 21st at Little Creek Casino Resort Thank you, LCCR!!!

Drive Hammered Get Nailed Campaign Shows Great Results

As a dedication to Wilson BlueBack, who was killed in 1998 while riding with an intoxicated driver, law enforcement throughout Mason County were on a mission to remove impaired drivers from the roadways. The Drive Hammered, Get Nailed enforcement took place between August 15 and September 1 and honored all DUI victims and families in Mason County. Participating locally were the Shelton and Squaxin Island Police Departments, the Mason County, Sheriff's Office and the Washington State Patrol.

Statewide, law enforcement officers arrested 1,797 motorists for Driving Under the Influence. We are on track to have fewer traffic deaths on our roadways as the year-to-date numbers show:

Statewide Year to Date Fatalities (as of Sept 2):

2006: 378 2007: 364 (4% reduction) 2008: 319 (12.4% reduction)

Mason DUIs

2008 – 21 2007 – 25 2006 – 14 DUIs

As you may know, the extra DUI patrols were funded by grants from the WA Traffic Safety Commission. During this summer's campaign there were **21 DUI arrests in Mason County** and here are the results from our local agencies:

Mason Co Sheriff's Office – 7

Shelton PD – 4

WSP – Remaining

“We are pleased to report this year's Drive Hammered Get--Nailed Crackdown helped make the Labor Day holiday a safer one than Washington had in 2007,” said Lowell Porter, Director of the Washington Traffic Safety Commission. “We urged drivers to be a part of the solution to reduce the number of people killed and injured by DUI drivers, and they responded. This year Washington had four traffic fatalities during the holiday weekend, and we are proud to announce that none involved drugs or alcohol. It has been six years since a Labor Day holiday was free from a traffic death due to alcohol,” continued Porter.

In Washington State, the number one factor contributing to traffic deaths is driver impairment. During 2007, traffic crashes killed 571 people on Washington's roadways, preliminary figures show. Impaired driver-involved fatalities accounted for 46 percent of the total deaths (263).

Although this was a special two week emphasis, extra DUI patrols have been taking place statewide since February 15, 2008, as part of a program called X52: Extra Patrols, Every Week. The Washington Traffic Safety Commission funds grants for X52, which is a part of Washington's Strategic Highway Safety Plan, also known as Target Zero. The goal of Target Zero is to eliminate all traffic deaths and serious injuries in Washington by 2030.

For additional information about the Washington Traffic Safety Commission, visit www.wtsc.wa.gov



We Love and Miss You, Mark!

Special thanks for the 17 years of working with the youth in our community!

*We Love and Miss You!
- Squaxin Families*



Congratulations to the Newly Wed's

*Steven Lehman, Jr & Brittanya Spence
Married September 9, 2008*

*If Love is a gamble.....
Yours is a safe bet!!!*

Don't Babyize Me!!!

By Jason Billenhus, Former President of Montana People First, Submitted by June Krise, Voc Rehab Counselor - I'd like to share something with you that I believe in my heart. I believe: Disability is natural. I believe that. AND it is part of the law of our country. The ADA, the American with Disabilities Act, is the law that protects the rights of citizens with disabilities. It says, "Disability is a natural part of the human experience."

If you don't believe me, just look at the numbers. According to the US Census, 20% of American have a disability. That's 1 in 5 people. If 1 in 5 people has a disability, what could be more "natural?" Think about that and look around this room. Does every fifth person appear to have a disability? Sometimes it isn't easy to tell.

That's because people can get a disability a lot of different ways. Some people may be born with a disability. If you got your disability before the age of 22, the government would label you as "developmentally disabled." Some people get a disability through an accident - maybe a sports injury or they were injured at work. We are seeing more and more of our Iraq veterans return home with disabilities. Diabetes is a disability that is an example of serious chronic illness. It is an epidemic in America.

If you don't have a disability today, wait a few years. Someday your doctor will say to you "as we get older . . ." and you'll understand what it is like to have trouble walking or seeing, or hearing, or remembering. And then you, too, will be a person with a disability. It's natural.

As you look around this room, the faces of disability are all around you. Remember, 1 in 5 people has a disability. But it may not be obvious who has one. Lots are hidden. Some people don't say if they have a disability. Some people are ashamed and try to hide it. They can't hear as well as they did. They have more trouble walking. And opening a pickle jar lid is a major challenge. But they don't want to admit it.

You can't just put a disability label on someone. You have this disability, therefore you are this way. It doesn't work that way. You can't fit people into neat and tidy boxes. People don't like to be "labeled." I'm not a can of green beans, so don't label me. Instead of talking about what I can't do, talk about what I can do and what help I need. The help you need opening a pickle jar is called a "support." And we all need some supports.

Words are very powerful and it is important to use words that are respectful when we talk about people with disabilities like Mark Twain said, "the difference between the right word and the almost right word is the difference between lightning and lightning bug."

Some words can really hurt people's feelings, like *handicapped*. This means to beg with your cap in your hand. *Mentally retarded*. This is like the "N" word for African Americans and insults my friends. *Birth defect*. Saying someone is defective isn't nice. Brain damaged. Nobody likes to be called damaged. And *confined to a wheelchair*. Wheelchairs free people who use them. Without their wheelchairs they would be confined to their homes and couldn't enjoy the world. Don't use these phrases when you talk about people with disabilities. They aren't respectful.

And the best way to show respect to people with disabilities is to remember - Don't babyize me. I'm not a little kid. I'm not a baby. If you call me a kid you are insulting me. I am an adult. I may need your support to do a job. I may need more time to understand. I may not be as fast as you. But **I'm not a baby!** Help me achieve my full potential as a citizen.





WE HONOR OUR VETERANS



Rick K. Peters

A Battle Between a Mine Sweeper and a Bow Picker

During the summer of 1978, my ship USS Implicit MSO-455, and one of our sister ships, USS Esteem MSO 438, were performing a deep moored sweep in the Straights of Juan De Fuca. A deep moored, consists of two ocean mine sweepers connecting their mine sweep gear for a very deep trawl for deeply moored anti-ship/submarine mines. Each minesweeper has approximately 2,500 feet of cables equipped with cable cutters (to cut the mine mooring lines) and kites for assisting the gear to dive deep; hence the name "deep moored sweep." We were operating in the separation zone (an area which divides the incoming and outgoing vessel traffic lanes of the Straight) off Port Angeles. Trouble was, we were 2 hours over our scheduled operating time within the separation zone. It was 1630 (4:30 PM) and we were traveling east, into a very bright setting sun.

I was at my duty station, the navigation chart table in the center of the bridge on the ships O-4 level (4 levels of 40' above the water), working my navigational duties with the other Quartermaster on watch that afternoon. Also on the bridge was the Caption, Executive Officer, Officer of the Day, the Boatswains Mate of the Watch,

my supervisor; Master Chief Quartermaster Whitney, Signalmen First-class Jordie, and 3 other boatswain mates and a couple observing officers. Given the limited space on the bridge of a minesweeper, it was very crowded. As I was taking a fix (triangulation to fix ship position) through the compass located on the port side of the bridge, I noticed a boat at 10 o'clock of the port bow, at approximately 1/4 mile. After I plotted the ship's position, I returned to the port side and took another look at the vessel of the bow and realized, it was a bow picker, with a connecting line running through the fairleads. Further observations made it clear he was attached to a net which was laid out in front of the two minesweepers and we were going to go through the middle of his 1,800 net. Given the amount of mine sweep gear connected to the ships, the ships were only able to commence a 2% starboard turn; we were not going to miss his net. After the bow picker cut free from his net he sped full speed toward the port side of my ship. I was at the port compass taking a bearing to plot the ships position when the bow picker came along the port side. As the skipper of the bow picker started yelling, "You just ran over my net you *%#\$^!". I looked back into the black abases of an empty bridge. Then the Captain (I can see just his head and shoulders, as he's standing on the starboard stairwell) is yelling at me, "Pete, you talk to them, you know their language." So I give the skipper of the bow picker the ship's name, although he, of course, can see the ship designation number, MSO-455, painted on the bow, and he leaves to reclaim the ruminants of his net.

A few days later, when we pulled into Vancouver, Canada to the mooring pier and reversed our engines to moor, out spewed what we found out later to be 450 feet of cork line. It took divers two days to clear the propellers. Months later I read in the Navy's Notice to Local Mariners, it cost the Navy \$10,000 for the Lower Elwha's gill net we laid waste to.



Visiting the Makah Veterans Memorial

Ann Parker - One group of us went one way and the other another way. The group we were with stayed at the Red Lion Inn and were there to greet the canoe paddlers in the afternoon. The paddlers were busy, so we drove up Hurricane, which is where most of the pictures were taken. We had dinner with the paddlers and listened to the different drum groups. The next day we drove home via Neah Bay. We stopped to visit the Neah Bay Veterans Memorial and their museum before we came home through Quinalt. We had hoped to eat lunch at the Quinalt Lodge, but they were closed for the afternoon so we continued on to Duffys in Aberdeen. There we got stuck in traffic because of the bridge and thankfully, Don Brownfield knew a way to bypass and get back on the highway to get back to Shelton.





Active Lifestyles



Smart Ways to Get Fit for Successful Hunting

Hunting is a mentally and physically demanding activity - where strength, stamina, focus, and concentration are as important as having the proper equipment and the right location. Being out of shape can ruin a long anticipated hunting trip - and lead to serious injuries, heart attacks, and even deaths. Getting fit beforehand will improve your physical endurance, your mental concentration, and your enjoyment. **Bottom line:** Don't put yourself - or your companions - at risk during hunting season. Think ahead and put the necessary time and energy into improving your physical fitness level. That way, you can be successful and feel great during your entire hunting trip.

Allow six weeks (minimum) to get into better shape.

If you are significantly overweight or have any health concerns (high blood pressure, elevated blood sugar, shortness of breath, etc.), talk to your health provider before beginning any new exercise or fitness regimen. This is especially important if you are over 40 years old and/or use tobacco products. **If you are currently in poor physical condition, it will take concentrated effort for a minimum of six weeks to reach a reasonable level of physical fitness.**

Start slowly, increase gradually, and be consistent.

Although you may be tempted to rush out, pump hard, and try to recreate the physical exploits of your youth, that is exactly the wrong way to approach getting fit. Slow and steady is definitely the way to get in shape most effectively - especially if you are currently a confirmed couch potato. Gradually add moderately intense activity (where you sweat but are able to carry on a conversation) until **you are active for 30 to 60 minutes on most days of the week.**

Focus on flexibility, endurance, and strength.

Safe hunting requires all types of fitness: endurance to hike over rough terrain; flexibility to climb tree stands or kneel in the field; and strength to carry equipment and dress meat. Choose a workout program that emphasizes all aspects of fitness: **Aerobic activity (walking, biking, etc.) to build endurance and cardiovascular fitness, weight lifting for strength (3 days per week), and daily stretching (after a 5 to 10 minute warm up) to improve flexibility and balance.**

Find a workout buddy.

Fitness experts know that being accountable to another person can be one of the most important keys to success. If you know that someone else is counting on you for an early morning walk or trip to the gym, you are much more likely to stick with the plan. **A workout partner can be anyone who has the same basic fitness goals as you - your spouse, a child or grandchild, a friend from work, or one of your usual hunting companions.**

Looking for a simple program designed with the physical needs of hunters in mind?

The South Dakota Department of Health has developed a six-week, step-by-step conditioning program specifically for hunters. *Training for the Hunt* has weekly instructions on both physical and nutrition conditioning and is available at www.healthysd.gov/HealthyHunter/conditioning.pdf

It's All About Balance | Celebrating Healthy Families 2008

Meet Wellness Author and Traditional Artist

BARBARA MORA

*Return to Tradition,
Return to a Balanced Life*

Date: October 24, 2008

Place: T.L.C. Gym

Program: 5:45 pm Doors

Open: 6:00 pm

Dinner

and entertainment:

6:45 p.m. Keynote Presentation

7:15 p.m. Book signing

7:30 p.m. Art Project: Creating Beautiful Journals



Contact Janita Johnson at 432-3972 for more information (times subject to change). *Sponsored by Squaxin Island Health and Human Services and SDPI*

N7's Are Available for Purchase

N7's are a shoe Nike created especially for Native Americans to encourage people to be active. If you are Native American and interested in a pair they are \$50 and you have to pre-pay. There is a limited supply so act fast. To place an order bring your \$50 and Tribal ID to Janita in the Health Promotions Building across from the clinic. There are no refunds or exchanges and you must pay cash! There are two colors for men and two for women and popular sizes have limited numbers. Once an order is placed it only takes about three days to receive the shoes.



Men's sizes currently available are 7-14 (for styles above)



Women's sizes available 6.5-11 (for styles above)

N7 Features and Design Cues

Features true Native Fit based on new cast developed specifically to fit the Native American foot shape. The interior shape of the shoe reflects the shape derived from Native American foot scans. The interior of the shoe is nearly seamless to reduce chafing and irritations. **For more information, call Janita Johnson at 432-3972.**



HEALTH & HUMAN SERVICES



Upcoming Health Events

Women's Circle

October 28th

4:00 p.m.

at Health Promotions

Contact Rose Cooper (360)432-3930

Brief Community Walk

Every Thursday at 12:40 p.m.

Meet at the Elder's Building
after Senior Lunch

Community Health Walk

Thursday, October 16th

Meet at Elder's Building at 12:40 for
a 20 minute walk around the REZ
All SPIPA tribes will be taking a walk
in their area

at the same time -

for diabetes prevention!

Help us win the Walking Stick!

The tribe with the most walkers
each month wins the walking stick
for that month.

We won it last July ...

can we get it back this October?

Mammograms /

Women's Health Exams

October 21st

Contact Rose Cooper (360)432-3930

Are You Low Income?

Want a Garden in Your Yard?

Contact Patty Suskin

to get on the waiting list

to have a garden placed in your yard – for
FREE.

Ask Patty for more information

Free Pilates Classes

Community members welcome

Mondays and Wednesdays

4:00 – 5:00 p.m.

at SPIPA

Free Line Dancing

Wednesdays & Fridays

at noon in the gym

Smart Shopping/ Food Label Reading Workshops

Contact Patty to schedule a family &
friends session

Come Visit Our Health Promotions Programs

We have exercise videos

(Sit & Be Fit, Yoga, Walk Away the Pounds
& more)

You can come & use in them
in the building across from the clinic.

Work out alone, with us,
or schedule a time for a group

Interested in Lifestyle Balance Program?

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

Diabetes Support Group

October 20th (Tentative)

Cooking/tasting session

Check with Patty or the Scoop for details

Community Dinner Friday

October 24th at 6:00 p.m.

in the Gym

Welcome and hear Barbara Mora,
(Pauite/Dine) author of the Book,

*Using our Wit and Wisdom to Live Well
with Diabetes*

Questions?

Contact Patty Suskin @ 432-3929

or

Janita Johnson @ 432-3972



Senior Meal Menu

Wed. 1 - BBQ Baked Chicken

Thurs. 2 - Spaghetti

Mon. 6 - Hot Roast Beef Sandwiches

Wed. 8 - Pork Chops in Sauce

Thurs. 9 - Seafood as available

Mon. 13 - Chalupa

Wed. 15 - Seafood Cakes

Thurs. 16 - Sandwich Bar & Soup

Mon. 20 - Lasagne

Wed. 22 - Ribs

Thurs. 23 - Stirfry

Mon. 27 - Tuna on Muffin

Wed. 29 - Ham & Scallop Potatoes

Thurs. 30 - Chili

Dental Clinic Updates

We are actively looking for a dentist to
replace Dr. Glad. In the meantime, the
dental clinic is still working to meet your
needs. We are available for emergencies,
cleanings, sealants and referrals as needed.
Dr Todd is still here and we also have the
option of referring to Kamilche to have
dental work done.

If you have a toothache, please call
the clinic so we can get you in to determine
the cause and treat the problem. (360)432-
3881.

Hands on Childrens' Museum

FREE ADMISSION

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

Enjoy FREE FIRST FRIDAY!

Address:

106 11th Ave SW

Olympia

(Right by Capital Campus)

Phone: 360 956-0818

A Career in Nursing

Want a great career? Have you thought
about being a nurse?

There is a shortage of nurses nationwide.
The Washington Center for Nursing has
opportunities for different levels of nurses
– Licensed Practical Nurse (LPN), Regis-
tered Nurses (RN), and more.

For more information, contact:

Washington Center for Nursing

(206) 281-2978

www.wacenterfornursing.org

Pam Peters, RN at the clinic

Brochures and information about financial
assistance are available at the Tu Ha' Buts
Learning Center.





Italian Bean Soup

Did you miss the soup sampling at Per Capita in August? Washington State University (WSU) Extension staff, Kellan McKay brought an easy, tasty, inexpensive soup for sampling. In case you missed it, here is the recipe.

Italian Bean Soup

(Sampled at Per Capita August 2008)

Serving Size:

1/18 of recipe

Yield:

18 servings

Ingredients:

- 1 can (15 ounce) great northern beans
- 1 can (15 ounce) red kidney beans
- 2 cans (15 ounce) pinto beans
- 1 can (46 ounce) tomato juice or V-8
- 1 can (15 ounce) Italian or stewed tomatoes
- 1 can (15 ounce) vegetable-broth, low sodium
- 1 can (15 ounce) drained green beans
- 1 1/2 Tablespoons Italian seasoning (or 3/4 t basil, + 3/4 t oregano she used 1/2 t each)
- 1 medium chopped onion
- 1/4 teaspoon black pepper
- 2 fresh garlic cloves

Yum! Yum!

Nutrition Facts	
Serving Size 1/18 of recipe (247g)	
Servings Per Container	
Amount Per Serving	
Calories 110	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 440mg	18%
Total Carbohydrate 20g	7%
Dietary Fiber 6g	24%
Sugars 6g	
Protein 7g	
Vitamin A 10%	Vitamin C 30%
Calcium 6%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Instructions:

1. In a large pot, combine all ingredients.
2. Cover and simmer for 30 minutes.

Note: Beans are a healthy high-fiber alternative to meat. Freeze leftovers in plastic sealed containers with 1/2-inch air space under the lid.

Cost:

Per Recipe: \$ 6.49

Per Serving: \$ 0.36

Source:

Adapted from:

Choices: Steps Toward Health University of Massachusetts Extension Nutrition Education Program

HEALTH PROMOTIONS BLG
ACROSS FROM CLINIC

TUESDAY, OCTOBER 28TH, 2008
4:00 P.M. – 5:30 P.M.

WOMENS CIRCLE

THERE WILL BE SNACKS & AND DRINKS
PLEASE COME AND JOIN US .

WOMEN AND GIRLS WELCOME
ROSE COOPER

PLEASE CONTACT ROSE
COOPER @ 432-3930
IF NEED MORE
INFORMATION

HEALTH PROMOTIONS BLG
COME
COME

Emergency Room Guidelines

Because Contract Health Services has only 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 a.m. until 8:00 p.m., Fridays from 8:00 a.m. until 5:00 p.m. and Saturday from 8:30 a.m. until 5:00 p.m.. Group Health Urgent Care is open Monday through Friday from 8:00 a.m. until 8:00 p.m. and Saturday and Sunday from 9:00 a.m. until 7:00 p.m. 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 is 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.

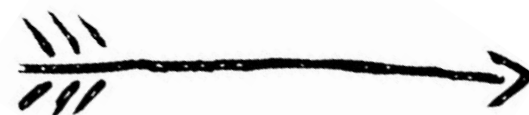
GO TO A CLINIC:

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

EMERGENCY ROOM:

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

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





October is Domestic Violence Awareness Month

Through a Rapist's Eyes

Submitted by Gloria Hill - A group of rapists and date rapists in prison were interviewed on what they look for in a potential victim and here are some interesting facts:

1) The first thing men look for in a potential victim is hairstyle. They are most likely to go after a woman with a ponytail, bun, braid or other hairstyle that can easily be grabbed. They are also likely to go after a woman with long hair. Women with short hair are not common targets.

2) The second thing men look for is clothing. They will look for women whose clothing is easy to remove quickly. Many of them carry scissors around specifically to cut clothing.

3) They also look for women on their cell phone, searching through their purse, or doing other activities while walking because they are off-guard and can be easily overpowered.

4) Men are most likely to attack and rape in the early morning, between 5:00 a.m. and 8:30 a.m.

5) The number one place women are abducted from/attacked is grocery store parking lots. Number two - office parking lots/garages. Number three - public restrooms.

6) The thing about these men is that they are looking to grab a woman and quickly move her to another location where they don't have to worry about getting caught.

7) Only 2% said they carried weapons because rape carries a 3-5 year sentence but rape with a weapon is 15-20 years.

8) If you put up any kind of a fight at all, they get discouraged. It only takes a minute or two for them to realize that going after you isn't worth it because it will be time-consuming.

9) These men said they would not pick on women who have umbrellas, or other similar objects that can be used from a distance, in their hands. Keys are not a deterrent because you have to get really close to the attacker to use them as a weapon. So, the idea is to convince these guys you're not worth it.

Defense Mechanisms

If someone is following behind you on a street or in a garage or with you in an elevator or stairwell, look them in the face and ask them a question, like what time is it, or make general small talk, "I can't believe it is so cold

out here," or "we're in for a bad winter." Now you've seen their face and could identify them in a line-up; you lose appeal as a target.

If someone is coming toward you, hold out your hands in front of you and yell STOP or STAY BACK! Most of the rapists this man talked to said they'd leave a woman alone if she yelled or showed that she would not be afraid to fight back. Again, they are looking for an EASY target.

If you carry pepper spray, yell, "I HAVE PEPPER SPRAY." Holding it out will be a deterrent.

If someone grabs you, you can't beat them with strength but you can by outsmarting them. If you are grabbed around the waist from behind, pinch the attacker either under the arm (between the elbow and armpit) OR in the upper inner thigh VERY, VERY HARD. One woman said she used the underarm pinch on a guy who was trying to date rape her and was so upset she broke through the skin and tore out muscle strands - the guy needed stitches. Try pinching yourself in those places as hard as you can stand it - it hurts. After the initial hit, always GO for the GROIN. If you slap a guy's parts it is extremely painful. You might think that you'll anger the guy and make him want to hurt you more, but these rapists said they want a woman who will not cause a lot of trouble. Start causing trouble and he's out of there. When the guy puts his hands up to you, grab his first two fingers and bend them back as far as possible with as much pressure pushing down on them as possible.

Of course the things we always hear still apply. Always be aware of your surroundings. Take someone with you if you can and, if you see any odd behavior, don't dismiss it; go with your instincts!!! You may feel a little silly at the time, but you'd feel much worse if the guy really was trouble.

More Helpful Tips

Tip from Tae Kwon Do: The elbow is the strongest point on your body. If you are close enough to use it, do!

If a robber asks for your wallet and/or purse, DO NOT HAND IT TO HIM. Toss it away from you....chances are that he is more interested in your wallet and/or purse than you, and he will go for the wallet/purse. RUN LIKE MAD IN THE OTHER DIRECTION!

If you are ever thrown into the trunk of a car, kick out the back tail lights and stick your arm out the hole and start waving like crazy. The driver won't see you, but everybody else will. This has saved lives.

Women have a tendency to get into their cars after shopping, eating, working, etc., and just sit (doing their check-book, or making a list, etc.) DON'T DO THIS! The predator will be watching you, and this is the perfect opportunity for him to get in on the passenger side, put a gun to your head, and tell you where to go. AS SOON AS YOU GET INTO YOUR CAR, LOCK THE DOORS AND LEAVE.

If someone is in the car with a gun to your head DO NOT DRIVE OFF! Repeat: DO NOT DRIVE OFF! Instead gun the engine and speed into anything, wrecking the car. Your Air Bag will save you. If the person is in the back seat, they will get the worst of it. As soon as the car crashes, bail out and run. It is better than having them find your body in a remote location.

Parking Garages are Dangerous!

Be aware: look around you, look into your car, at the passenger side floor, and in the back seat.

If you are parked next to a big van, enter your car from the passenger door. Most serial killers attack their victims by pulling them into their vans while the women are attempting to get into their cars.

Look at the car parked on the driver's side of your vehicle, and the passenger side. If a male is sitting alone in the seat nearest your car, you may want to walk back into the mall, or work, and get a guard/policeman to walk you back out. IT IS ALWAYS BETTER TO BE SAFE THAN SORRY. (And better paranoid than dead.)

ALWAYS take the elevator instead of the stairs. (Stairwells are horrible places to be alone and the perfect crime spot. This is especially true at NIGHT!)

If the predator has a gun and you are not under his control, ALWAYS RUN! The predator will only hit you (a running target) 4 in 100 times. And even then, it most likely WILL NOT be a vital organ. RUN, preferably in a zigzag pattern!

As women, we are always trying to be sympathetic: STOP! It may get you raped or killed. Ted Bundy, the serial killer, was a good-looking, well-educated man, who ALWAYS played on the sympathies of unsuspecting women. He walked with a cane, or a limp, and often asked for "help" into his vehicle or with his vehicle, which is when he abducted his next victim.



Happy Birthday

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

Update for Dave Whitener, Sr.

David remains living at Alpine Way Care facility in Shelton (near Wal Mart). Although the Parkinson's Disease persists, the medications seem to offset the symptoms enough to allow limited mobility. His room number is #404 in the Special Care Unit (SCU). Staff can direct you. He has a telephone in his room; that number is 426-6906. At times he may talk softly or feel a need to quickly end the conversation. Sometimes he does not have the strength to hold the phone for long. This should not discourage you from trying to call him at another time.

I want to personally thank you who continue to visit with David regularly. [Especially Dennis & Ruby, Pete & Lil, Bob & Alene, Lynn Scroggins, Mary, Darren, Tammy, Brooks, Glen and Annie-Beth. If I have failed to mention you, it is not intentional.] These visits brighten his days. Sometimes the medication is not working very well and David has a difficult time communicating. At that time, it is nice to read to him or watch a television show or movie with him. Anyone is invited to have a meal with him by first purchasing a meal ticket (\$4 - \$6) at the front desk. On the second Wednesday of each month there is an "Elegant Dinner" with accompanying music and linen table cloths. The tickets for this dinner are \$8. Be sure to let the receptionist know when you plan to attend as there is a guest list for seating. There is also a choice of food for the main course.

David has had some dental issues lately and will soon be having oral surgery. Please consider supporting him through that recovery. I also want to thank my close friends for supporting me in this difficult time. I remain committed to David's care, but at times I need a distraction. Recently friends have made it possible for me to go white water rafting and to spend some time in Seattle where I was able to attend a baseball game and saw Safeco Field for the first time. These outings regenerate my enthusiasm for life and give me strength to continue. If you have any questions regarding David's schedule, please call me at 426-0041 or 490-2720.

~ Barbara Whitener

What's Happening

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



Litefoot Movie Nights!!!

Indian in the Cupboard

October 2nd
4:00 - 6:00 p.m.
PG-1

Litefoot Movie

To be determined
October 9th
4:00-6:00 p.m.

Thanks for Your Support

Thank you! Your support on my exciting journey was very grateful. Thank you for supporting Susan G. Komen for the Cure and the National Philanthropic Trust Breast Cancer Fund by attending our 50/50 Rummage sale and visiting me at our booth at the Salmonfest or just by making a monetary donation! Many people took the time in many ways to support me. I had a few tribal members who just were my biggest sale in the hand made earrings, another person went out of her way to make a donation, she tried snail mail but it was returned to her, then she took the time to come visit me to make the donation. Other people just logged onto my breast cancer website to make donations, people who I don't even know! Also our Squaxin Island Tribe one percent was a huge help! Thank you for your donation - your gift will help save lives. You can read more about the Breast Cancer 3-Day and the efforts your donation goes to support at <http://www.the3day.org/>.



I was able to raise \$2,224.00!!! \$24.00 more than what was expected! I joined a few moms who picked me up on their way to Bellevue WA for the big event, which started Friday September 12, 2008. I woke up at 3:00 in the morning! Over 3200 of us started walking at 6:00 am! This was my first time walking in such an event; it was a tremendous site to see! I didn't know anyone there so I stuck to my group who adopted me. My first day I walked 15 miles, with a few blisters! On my second day, I kept walking with a few pulled hamstrings! The last day there was no stopping me! It was very exciting walking in with my adopted team: Kindred Spirits of 104 team members! The excitement, the emotions were flying very high! At the closing ceremony having all 3200 people, plus the volunteers all in one area just was amazing of how many people who took the time to make such a huge event happen! Over all I walked at least 40 miles!

As I walked I kept all of my donors in mind, and in my heart, as I walk 40 miles for the Breast Cancer 3-Day. Without your generosity, none of this would be possible.

Sincerely,
~ Leila Whitener





Westport Light State Park

The Olympian

- **WHAT:** Outing to Westport Light State Park
- **WHERE:** About 70 miles from downtown Olympia.
- **TO DO:** Late summer and early fall are sensational times on Washington's coast. The weather is usually stable and mild — and there is a better chance of a warm, sunny afternoon than any other time of year. One of the best places to visit is Westport Light State Park You can walk around the outside of the lighthouse, which is on U.S. Coast Guard property on the border of the 212-acre park.
- **SHINING LIGHT:** But this park is much more than a lighthouse. A 1.3 -mile paved concrete trail leads from the park picnic area near the beach through grassy dunes covered with waving beach grass all the way to Westhaven State Park. There are trails from the main trail that lead to the public beach, which stretches 18 miles from West-haven State Park south to Grayland. The trail is an easy walk for just about

anyone, and people who use wheelchairs will have no problems. The views of the Pacific Ocean, the Westport Jetty and the gorgeous beach are terrific.

- **BIRDERS' PARADISE:** Birdwatchers love the variety of shorebirds, anglers love the excellent surf perch fishing along the beach, surfers love the waves, and beachcombers love the beach. There are few places in Washington more attractive or beautiful than the trail and nearby beach on a sunny day.

- **NATURAL SPLENDOR:** There are benches along the trail, and a free telescope is available near the trailhead at Westport Light State Park. On a calm evening, the sunset over the Pacific Ocean is beautiful. There are sheltered picnic tables, restrooms and grills at the picnic area



near the beach. This is an wonderful place for a family cookout.

- **SAFETY:** Don't go into the water unless you are an experienced ocean swimmer or surfer wearing a high-quality wetsuit. There are rip currents that can take swimmers out past the breaking waves. The water is also very cold — 55 degrees is about as warm as it ever gets. At high tide, watch for logs in the surf — especially right after a big storm.

- **RIPPED?** Relax: If you are caught in a rip tide, don't panic or fight the current. Just relax and let the current pull you away from the shore. Swim parallel to the beach, and you'll soon be out of the rip. Then let the waves carry you in. You often can stand on the bottom and wade in once you get out of the rip. Don't let kids play in water deeper than their ankles.

- **EQUIPMENT:** Good walking shoes, raingear, sunscreen, snacks, water, binoculars, cameras and beach gear if you want to linger on the sand. If you are casting for surfperch, consider wearing a wetsuit and life preserver — just in case a sneaker wave decides to swamp you.

- **DIRECTIONS:** Drive to Westport and take a left turn from state Route 105 onto Ocean Avenue to get to the park.

- **CAMPING:** There is no camping at this park, but nearby Twin Harbors State Park has lots of campsites.

- **HOURS:** The park is open from 8 a.m. to 6 p.m. during winter.

- **MORE INFORMATION:** Check www.parks.wa.gov.





Squaxin Youth Cultural, Educational and Activities Calendar

October 2008

Co-Sponsored by DASA

All activities are Drug, Alcohol and Tobacco Free!!



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Youth Council 5pm 3pm Board Games 4pm Ping Pong	2 Open 3pm-6pm 3pm Board Games 4pm Basket Ball	3 3pm Board Games 3pm Ping Pong 4pm Movie/Snack	4
5	6 Open 3pm-6pm 3pm Board Games 4pm Basket Ball	7 3pm Board Games 4pm Medic Ball 3pm Snack	8 Youth Council 5pm 3pm Board Games 4pm Basketball	9 3pm Board Games 4pm Medic Ball 3pm Snack	10 3pm Board Games 3pm Ping Pong 4pm Movie/Snack	11
12	13 3pm Board Games 4pm Medic Ball 3pm Snack	14 Open 3pm-6pm 3pm Board Games 4pm Basket Ball	15 Youth Council 5pm 3pm Board Games 4pm Ping Pong	16 Open 3pm-6pm 3pm Board Games 4pm Basket Ball	17 3pm Board Games 3pm Ping Pong 4pm Movie/Snack	18 Youth Dance !! 8pm-12am Gym
19 	20 Open 3pm-6pm 3pm Board Games 4pm Basket Ball	21 3pm Board Games 4pm Medic Ball 3pm Snack	22 Youth Council 5pm 3pm Board Games 4pm Basketball	23 3pm Board Games 4pm Medic Ball 3pm Snack	24 Closed National Indian Education Association Convention in Seattle	25 
26 	27 3pm Board Games 4pm Medic Ball 3pm Snack	28 Open 3pm-6pm 3pm Board Games 4pm Basket Ball	29 Youth Council 5pm 3pm Board Games 4pm Ping Pong	30 Open 3pm-6pm 3pm Board Games 4pm Basket Ball	31 HALLOWEEN-CLOSED!! Haunted House Prep	

Boo!

