

LONGHOUSE MEDIA IN PARTNERSHIP WITH THE SQUAXIN ISLAND TRIBE PRESENTS:

## SUPERFLY FILM SCREENING

SATURDAY, OCT 24TH, 2009  
6:30PM | SQUAXIN ISLAND MUSEUM

PLEASE JOIN US FOR A COMMUNITY SCREENING OF THE YOUTH FILMS PRODUCED ON THE SQUAXIN ISLAND RESERVATION DURING SUPERFLY 2009. SQUAXIN YOUTH FILMMAKERS WILL BE IN ATTENDANCE AND A Q&A WILL FOLLOW THE SCREENING!

### WHAT IS SUPERFLY?

LONGHOUSE MEDIA'S 4TH ANNUAL "SUPERFLY FILMMAKING EXPERIENCE," WAS HELD JUNE 4TH-6TH, 2009, ON THE BEAUTIFUL SQUAXIN ISLAND RESERVATION. SUPERFLY, IN PARTNERSHIP WITH THE SEATTLE INTERNATIONAL FILM FESTIVAL, BRINGS TOGETHER 50 YOUTH AND 20 MENTORS FROM ACROSS THE COUNTRY TO PARTICIPATE IN A 36-HOUR FILMMAKING CHALLENGE. 4 YOUTH FROM THE SQUAXIN ISLAND TRIBAL COMMUNITY PARTICIPATED IN THIS YEAR'S EVENT. COME CELEBRATE THE ACHIEVEMENTS OF OUR YOUTH IN FILMMAKING!

QUESTIONS? CONTACT ANNIE AT 206-778-8394  
WWW.LONGHOUSEMEDIA.ORG



The Learning Center Presents

## Halloween Party & Haunted House

Friday, October 30th!!!  
Dinner at 6 p.m.  
Haunted House and Party 7 - 9 p.m.

## Tourism Department and Visitor & Convention Bureau Team Up for Vancouver, BC Trade Show

*Addison Travel Trade Show Vancouver, BC*

Leslie Johnson, Squaxin Island Tourism Director, just got back from the Addison Trade-show in Vancouver, BC. Leslie partnered with the Olympia | Lacey | Tumwater Visitor & Convention Bureau (VCB) making over 75 direct contacts with travel professionals throughout the Vancouver, British Columbia area and two strong media connections. The show will result in sales leads for conferences and other travel inquiries. Little Creek Casino provided a free one night stay for a drawing after the show (Thanks, David!).

On September 29th, Leslie and the VCB will promote the area at The Northwest Event Show, at the Washington State Convention & Trade Center. This free and ultra spectacular one-day event is designed by and for meeting & event planners. Ten thousand people are expected to attend the Northwest Event Show!

Squaxin Island Tribal Council intends to continue creating a full service destination at Little Creek Casino Resort. Promoting the museum and Little Creek at trade-shows is one way to increase interest in our native tourism. In addition, smaller, more intimate groups may elect to utilize the museum's meeting rooms for retreats while staying at Little Creek Resort.



Its almost here . . .

(OCTOBER 3RD & 4TH)!!!!!!

It's time, once again, to sign up as a volunteer for this great fund-raiser, to help make this event successful for the Elders and have a lot of fun working together.

The Elders will appreciate any help you can give.

Please contact Colleen @ 432-3936 or come to the Elders building to sign up.

The shifts are SATURDAY 9 a.m. to 6 p.m. & SUNDAY 9 a.m. to 7 p.m.

10 People per shift.

Thank you very much!!!

- The Squaxin Island Tribe Elders





## Two Hawks Krise Young Featured in Skateboard Films

Two Hawks has a part in a recent skateboard film on dvd, *Don't Act Famous*. Most recently, Two Hawks has a part starring in a Boardumb Film, produced by Tom Carter, entitled *Skateballs*, which premiered in Seattle on September 4th. Check him out at <http://skateballsthemovie.com>.



## Tribal Council Resolutions

**09-77:** Adopts an alcohol and drug testing policy including all tribal entities

**09-78:** Approves an agreement between the Squaxin Island Tribe and Northwest Indian Treatment Center for drug and alcohol testing

**09-82:** Approves the final FY10 budget

**09-83:** authorizes island Enterprises, Inc. to enter into a limited waiver of sovereign immunity with West Coast Bank

**09-84:** Maintains membership in Affiliated Tribes of Northwest Indians (ATNI)

**09-85:** Approves loan documents for Salish Cliffs Golf Course

## Squaxin Island TRIBAL NEWS

10 S.E. Squaxin Lane  
Shelton, WA 98584

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TOLL FREE: 877.386.3645  
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Articles and opinions expressed in this publication are not necessarily the opinions of this publication or the Tribal Council.

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

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

Submissions Deadline:  
15th of each month

### SQUAXIN ISLAND TRIBAL COUNCIL:

DAVE LOPEMAN: Chairman  
ARNOLD COOPER: Vice Chairman  
PETE KRUGER: Secretary  
ANDY WHITENER: Treasurer  
MISTI SAENZ-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](mailto:thenderson@squaxin.nsn.us)

## Council Corner

Congratulations to our Planning Department for securing these grants:

Agency	Purpose	Amount	Department
WA DOT Transit	Transit System Ops FY09-11	\$133,000	DCD
Tony Hawk Foundation	Skateboard Park	\$10,000	CONST
WA EMD	Emergency Mgmt.	\$49,892	Emg Mgt
HUD IHBG Formula (ARRA)	Multi-Family Housing	\$326,438	Housing
1% Committee	2012 Canoe Journey	\$5,000	MLRC
Potlatch Fund	2009 Canoe Journey	\$2,000	MLRC
CSBG (SPIPA) (ARRA)	TLC Kitchen equipment	\$7,382	TLC
IHS Equipment (ARRA)	Equipment	\$12,500	HHS
IMLS (Basic)	Library Support	\$6,000	MLRC
EPA Tribal Solid Waste	Solid Waste Management Plan	\$79,225	DCD
CCDF (SPIPA) (ARRA)	Storage Facility	\$39,025	Enterprises
HUD IHBG Formula FY09	Housing Operations	\$733,237	Housing
HUD IHBG Supplemental FY09	Multi-Family Housing	\$66,878	Housing
IHS Meth & Suicide Prev	Behavioral health program	\$402,246	NWITC
USDA RBEG (ARRA)	Oyster Comp. Equipment	\$88,873	Enterprises
IHS M & I (ARRA)	Building Maintenance	\$103,100	H&HS
IHS M & I (ARRA)	Building Maintenance	\$140,418	NWITC
HUD IHBG Competitive (ARRA)	Multi-Family Housing	\$1,196,160	Housing
NPAIHB / WA	Prescription Drug Abuse	\$30,000	HH&S
BIA TTAM Formula FY09	SR108 Turn Lane	\$218,676	Enterprises
DOJ OVW (ARRA)	Post-treatment DV Assistance	\$633,968	NWITC
DOJ COPS TRGP	Equipment, vehicle, & uniforms	\$198,895	PS&J
7th Generation Fund	MLRC Operations	\$5,000	MLRC
BIA - HIP (ARRA)	Housing Improvement	\$35,000	Housing
NIH (in partnership with UW)	Health Research Access	\$144,848	MLRC
ANA SEDS	Young Adult (18-24) Services	\$897,866	TLC
DOJ Rural Drug (ARRA)	Sheriff Dept. Liaison Officer	\$261,357	PS&J
DOE EECBG Formula (ARRA)	Energy Conservation	\$72,300	CONST
		<b>Total</b>	<b>\$5,899,284</b>



## Update from the Language Center

Barbara Whitener - Reminder: the Language Center has moved to the Museum. In the computer center of the museum, interactive CD-ROMs created by Zalmai (Zeke) Zahir for the preservation of the Puget Salish language, are available on three computers. This program is fun and engaging. Committed study with this program can result in semi-fluency when combined with monthly sessions with a Puget Salish speaker. You will find many words and phrases that can be used every day.

For individual or small group tutoring sessions, please contact Barbara Whitener at 432-3897 or 490-2720 to schedule. The curriculum has been changed to have more focus on pictures representing words and phrases. These sessions are fun and have shown faster results than a school-type setting. Accompanying recordings can be provided for further study.

If you are attending South Puget Sound Community College, The Evergreen State College or Northwest Indian College, you can add the study of Puget Salish to your credit package. Contact Barbara for more details.

*Reprint from the Mason County Journal*

# Squaxin Island artist featured at state show

By MARY DUNCAN

Artwork by a 20-year-old member of the Squaxin Island Tribe is one of 12 works featured in the 17th annual native arts exhibit in Olympia.

Michael Nawamuks Peters calls the silk screen "Sisiutl Greets Sunrise." It depicts a Sisiutl, which is a two-headed serpent, and a sun rising over it. The style I used is my own version of contemporary Salish. However, the Sisiutl creature comes from Kwagiutl mythology, so it is not of-

"Kwagiutl refers to the Native Americans of western British Columbia and Vancouver Island. It is said that Sisiutl is a dangerous creature that ate the flesh of anyone who saw it," he says "For this reason, the Natives of British Columbia would commonly paint Sisiutls over the entrances of houses as a means of protection from bad things."

Peters talks about the importance of the second image in the piece. "The sun brings us light. It brings us food. It brings us happiness.

Without the sun we as a people would not survive. The sun and the Sisiutl are both very powerful things and my favorite to portray in art. So 'Sisiutl Greets Sunrise' is my view of these two powerful things coming together."

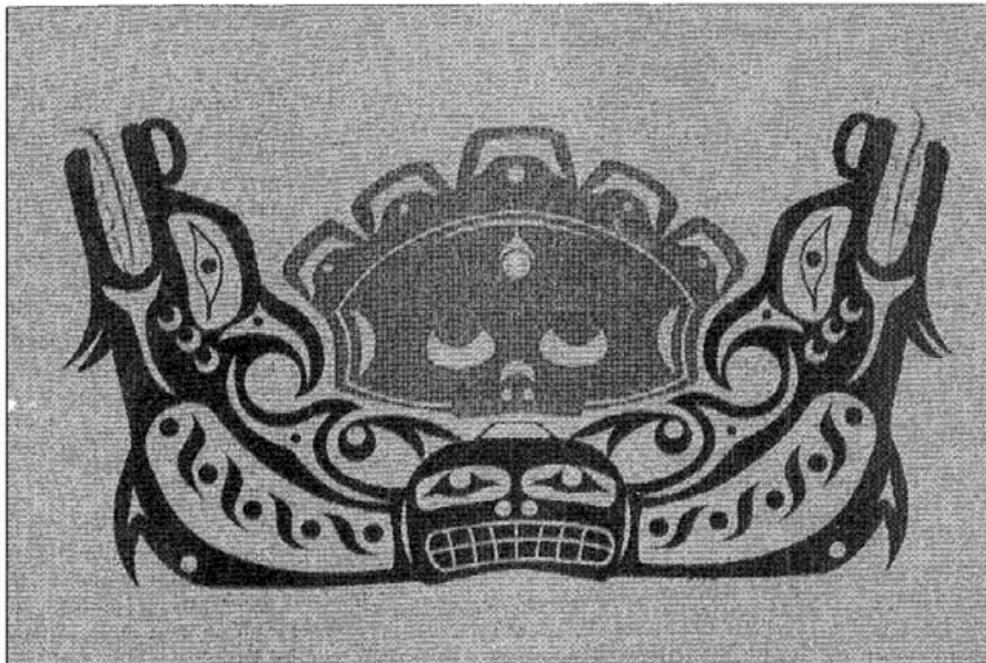
**Michael Peters, a 20-year-old member of the Squaxin Island Tribe, is one of 12 artists whose works are on exhibit at the state capitol gallery.**



ten portrayed in the Salish style," he explains.

He says the inspiration for the piece came from his fascination with both the sun and the Sisiutl, which is commonly used in the Kwagiutl style of art.

He is a member of the Peters family, which has a number of artists. "Being a member of the Squaxin Is-



**This piece, "Sisiutl Greets Sunrise" by a 20-year-old member of the Squaxin Island Tribe is on display as a part of the 17th annual native arts exhibit in Olympia. His work is one of a dozen in the exhibition.**

land Tribe and also being engulfed in a family that has Native American art everywhere, I was kind of born into art. I have been doing it ever since I can remember," he admits.

Peters, who celebrated his birthday this month, was born and raised in Olympia, where he attended Capital High School. "Although I did not live on the reservation nor did I go to

school with other Squaxins, my father and family did an amazing job keeping me in touch with our culture and our tribe."

His middle name, Nawamuks, reflects his native heritage. "Nawamuks is a chinook jargon word meaning sea otter," he explains. "Chinook jargon was a trading language used by the natives of this area."

An artistic turning point

for Peters came when he was in high school. "I actually recognized my love for Native American art," he recalls.

The most rewarding part about creating a piece of art is when it's finished, "knowing the time, effort and passion that I put into it," Peters says. "It is also rewarding to know that I can share it with my community, and hopefully they can feel the

time, effort and passion as well."

There are also challenges, the key one being able to get what he wants down on paper. "It takes me days, weeks, months and even years to get a design perfect. I get an idea in my head, but when I go to put it on paper it never comes out right," he confesses.

"I have many, many designs in my head right now that I have not been able to put down yet because they are not perfect yet. It's frustrating," he continues. "I just want to get those designs out. There is one design that I have been working on for 15 months now, and it's not even half finished. That probably sounds crazy, but I need it to be perfect."

Although his work in the exhibit is a silk screen Peter says his favorite medium is wood. "I have done a couple on wood, including one Salish paddle. I like the way it looks, very natural looking."

The sophomore at Southern Oregon University plays football and is studying social sciences programs they have here. He says he does not intend to major in art.

Yet it's clear from his own passion that Michael Peters will be adding more art in the Native American tradition.



## Tutors in the Schools

Last fall three tutors were hired to work with our children in Shelton School District. The tutors were placed at Bordeaux, Olympic Middle School/Oakland Bay Junior High, and the Shelton High School. These employee positions were established to enhance the existing program. Stephanie Weaver works at Bordeaux, Mandy Valley works at Olympic Middle School (OMS)/Oakland Bay Junior High (OBJH), and the position at Shelton High School will soon be filled.

Stephanie works from 9:00 until 3:30 at Bordeaux and then tutors K-5 students at the Tu Ha Buts Learning Center until 5:00 P.M. Mandy's scheduled hours are collectively spent tutoring first at OBJH in the A.M. and OMS in the P.M. Mandy's hours are from 7:30 to 4:00. The High School tutor's hours will be from 7:30 to 4:00 and will be located in the Native Ed room in the 300 building. Students are encouraged to drop in at the room 308, eat lunch, use the computers, and get tutored by Trivian Nault (Indian Ed. Tutor), Bridgette Hughes (Skokomish Tutor), and the Squaxin Island Tribe's tutor. The tutors need parent/guardian consent to speak with teachers about your child. This includes the tutors ability to work with Squaxin Island youth on daily assignments in and out of the classroom and to intervene on behalf of our children.

Please complete and return this consent form to the Tu Ha' Buts Learning Center.

### Squaxin Island Tribe Education Department

70 S.E. Squaxin Ln. Shelton, WA. 98584  
Phone: 360-432-3826 Fax: 360-426-7897

#### CONSENT TO DISCLOSE PERSONALLY IDENTIFIABLE INFORMATION

STUDENT:	BIRTHDATE:	
PARENT/GUARDIAN NAME:	PHONE:	
ADDRESS:		
CITY/STATE/ZIP:		
SCHOOL:	GRADE:	School District:

I, the parent/legal guardian/representative of the above named student, do consent to the disclosure of personally identifiable information including educational progress reports, academic assessment information, attendance, discipline, and credit accrual to the Squaxin Island Tribe's Educational Department for the purpose of working collaboratively between tribe and district to encourage and support Native American students.

Parent/Guardian/Authorized Representative\* (signature)

Date

Name (Print)

\*Description of representative's authority to act for the individual (parent/guardian):

*Don't miss the Halloween Party  
and Haunted House on October 30th!*





# LEARNING CENTER



*Happy Halloween*



Squaxin Youth Cultural, Educational and Activities Calendar

October 2009

Co-Sponsored by DASA

All activities are Drug, Alcohol and Tobacco Free!!



Sun

Mon

Tue

Wed

Thu

Fri

Sat

				1 Open 3pm-6pm 3pm Board Games 4pm Basket Ball	2 POWER Conference No School-Wah he lut 3-6pm Open Swim 3pm Ping Pong 4pm Movie/Snack	3 POWER Conference
4 POWER Conference	5 3-6pm Open Swim 4pm Movie/Snack 4pm Basketball	6 3pm Board Games 4pm Medic Ball 3pm Snack	7 Youth Council 5pm 3-6pm Open Swim 4pm Ping Pong	8 Open 3pm-6pm 3pm Wii 4pm Basket Ball	9 No School-Shelton 3-6pm Open Swim 3pm Ping Pong 4pm Movie/Snack	10
11	12 No School-Wah he lut 3-6pm Open Swim 4pm Movie/Snack 4pm Basketball	13 3pm Board Games 4pm Basketball 3pm Snack	14 Youth Council 5pm 3-6pm Open Swim 4pm Wii	15 Open 3pm-6pm 3pm Board Games 4pm Basket Ball	16 Early release-Shelton 3-6pm Open Swim 3pm Ping Pong 4pm Movie/Snack	17
18	19 3-6pm Open Swim 4pm Movie/Snack 4pm Basketball	20 3pm Board Games 4pm Medic Ball 3pm Snack	21 Youth Council 5pm 3-6pm Open Swim 4pm Ping Pong	22 Open 3pm-6pm 3pm Wii 4pm Basket Ball	23 No School Griffin 3-6pm Open Swim 3pm Ping Pong 4pm Movie/Snack	24
25	26 3-6pm Open Swim 4pm Movie/Snack 4pm Basketball	27 Shelton Early Release 3pm Board Games 4pm Basketball 3pm Snack	28 Shelton Early Release Youth Council 5pm 3-6pm Open Swim 4pm Wii	29 Shelton Early Release Open 3pm-6pm 3pm Board Games 4pm Basket Ball	30 Shelton Early Release HALLOWEEN !! Haunted House and Dinner 6pm Dinner 7-9pm Halloween Party	



# LEARNING CENTER



## EDUCATION:

Sylvan (Must be enrolled for these 3 one-hour classes)	Monday –Thursday	4:30-7:30
After-School Tutor (Homework Central)	Monday - Wednesday	4:00-5:00
GED	Monday - Wednesday	5:00-7:00

## HIGHER EDUCATION:

Assistance with FAFSA forms, college enrollment, scholarships, Squaxin Higher Education applications	Monday – Friday	8:00-5:00
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## RECREATION:

Rec. Center, Teen Center, Skill Building, Open Gym (Fun, Games, and Club)	Monday-Friday	3:00-7:00
Community Open Swim	Mon., Weds. & Friday	3:00-6:00

## Tu Ha' Buts Learning Center Town Hall Meeting & Back To School Kick Off

Sally 'Sis' Brownfield, Education Director - Tu Ha' Buts Learning Center held an education Town Hall Meeting Friday, August 28th. But, of course, the event really took days of preparation and a lot of help and support. The evening actually included a light meal, displays of some of the services TLC provides and community colleges in the area, a book give-away, and an open discussion centered on input from the community. The event ended with the much-awaited backpack distribution.

The Tribal Council and TLC worked together to build a budget to purchase backpacks and school supplies. The TLC staff got supply lists from several schools our students attend, made a huge shopping list and went to town. Then came the daunting task of filling the backpacks with the different supplies needed at different grade levels. So we put a call out for volunteers. The Mary Johns room was filled with backpacks and supplies and more than a dozen volunteers; two hours later over 200 backpacks ready to go.

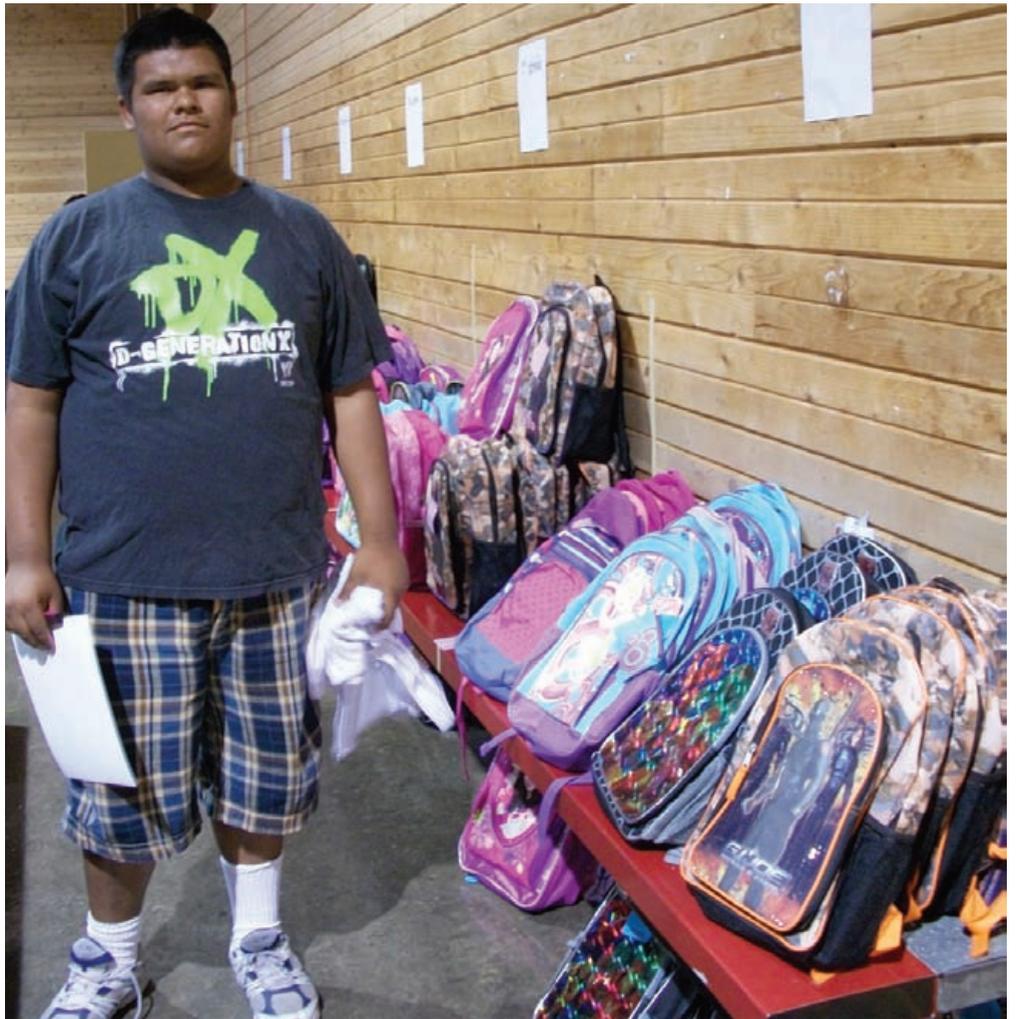
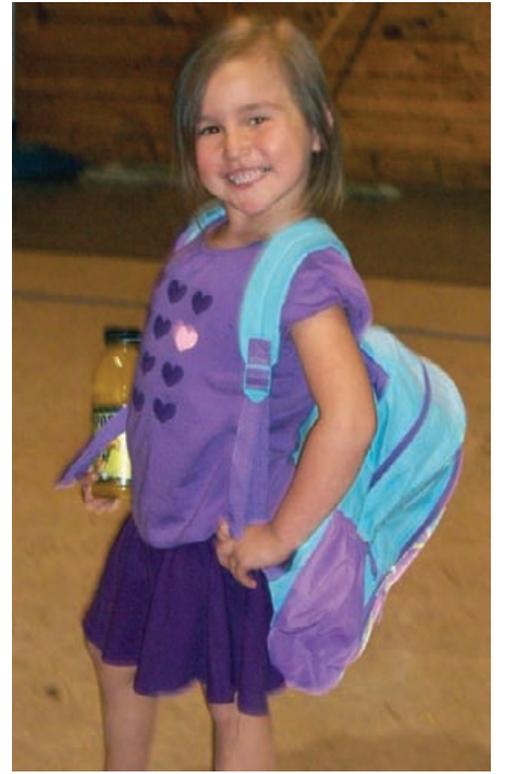
Over 150 people attended the Town Hall dinner and meeting. Community members came with lots of ideas and questions. Some of the ideas and issues discussed were: computer classes open to all community members, book clubs for young people, tutors in each school in Shelton School District, incentives for good grades and good attendance, more help with special needs, parenting classes, Sylvan on Saturdays, transportation for kids who miss the regular school bus, funds for vocational programs, bus routes in housing at 7:00 p.m. when most programs at TLC end and it is dark out, curfews, and more.

These ideas and the great discussion during the Town Hall meeting gives TLC clearer understanding of community needs and helps us to focus on how to support our community in their educational needs. We plan to have another Town Hall meeting this winter. But please feel free to share your ideas any time.





# LEARNING CENTER





# LEARNING CENTER





# LEARNING CENTER





# COMMUNITY



## **MICHAEL JONES PHOTOGRAPHER**

1937 NW Quimby St, Portland, OR 97209

phone 503-274-2666 / fax 503.274.4318

web: michaeljonesphotostudio.com / email: michael@michaeljonesphotostudio.com

**CASTING CALL:** September 14, 2009

**PLEASE POST & FORWARD TO ANYONE TO WHOM IT MAY APPLY !**

### **You Can Appear in Print Ads announcing the upcoming 2010 Census.**

The US Census Bureau is a government agency. The ads promote the Native American participation in the upcoming census. You will earn money for appearing in the ads.

We are looking for:

(1) Male, age 45+, any tribal affiliation, to photograph in Seattle.

**We will pay you: \$400**

(1) Male age 30+, NW tribal affiliation, to photograph in Puget Sound area.

**We will pay you: \$400**

(3) Family members showing three generations of any tribal affiliation.

Older mother, middle-aged son and granddaughter (12-18)

**Pay: \$300 each person (\$900 for family) + location fee \$300**

This photo will be taken inside your home, (Puget Sound area) with all of you sitting together on your couch. (It doesn't have to look perfect!)

(1) Female, age 35+ **We will pay you: Adult \$300**

(3) Girls, ages 9+ **We will pay you: \$200 each**

**The photo shoot will take place in Seattle and the Puget Sound area on October 1 or 2, 2009.**

It will involve 3-4 hours of your time. You must provide your own transportation to the photo shoot – locations are still to be determined.

G & G Advertising, a Native American owned ad agency is producing this ad campaign.

### **APPLY BY SEPTEMBER 24, 2009.**

**Email a photo** of yourself with your name, age, tribal affiliation and contact information

to: [michael@michaeljonesphotostudio.com](mailto:michael@michaeljonesphotostudio.com), subject: NW Census Print Casting

Send jpeg format, 5x7, 72 dpi, no later than 9/24/09.

**OR**

**Send a photo** of yourself with your name, age, tribal affiliation and contact information

to: Michael Jones Photographer, 1937 NW Quimby St., Portland, OR 97209

Send early to reach us by 9/24/09.

**PLEASE SUBMIT AS SOON AS POSSIBLE**

**Questions ? Call 503.274.2666**

## **Squaxin Island Canoe Family T-Shirts & Sweatshirts 4 SALE**

**STOP BY THE  
SQUAXIN  
MUSEUM  
TO PURCHASE  
YOURS TODAY!**

**\$20.00  
T-SHIRTS**

**\$30.00  
HOODED  
SWEATSHIRTS**





## Obama Plan to End Tricare for Veterans and their Spouses

Submitted by Gloria Krise - Part of "Obamacare" would be an end to the hard fought fight for Tri-Care For Life (TFL) health coverage for military retirees, their spouses and medically retired active duty members who have been severely injured in Iraq and Afghanistan. Obama feels that elderly veterans are "too expensive" to care for, and soak up too much money he wants for his great plan.

In a recent ABC 20/20 interview, Obama actually said that our nation's elderly "need to embrace death . . ." Not only only our elderly, but our veterans certainly deserve much better than that. Fox News reports that over 70% of the citizens in countries with Nationalized Health Care systems like Canada, England, Germany and New Zealand hate their health care . . . and can't get rid of it.

This isn't about being Democrat or Republican . . . don't be a sheep and just follow everyone else blindly over the cliff . . .

The Congressional Budget Office (CBO) has already drafted proposed legislation that would basically reduce our Tri-Care For Life (TFL) benefits to a system whereby we pay deductibles and co-pays up to \$6,301 the first year for you and your spouse, with future years being indexed to increase with inflation.

Tri-Care for Life was instituted to correct the broken promise that military retirees would receive free health care coverage for life and it covers the medicare co-pay. Now a heavy assault has begun on veterans/retirees benefits to pay for other programs our President promised during the campaign. And it is a high priority for his administration.

The one item of most interest to Retired Military is in Article 189. If approved by Congress, the first assault wave would hit in 2011, and would hit hard. It would initiate cost sharing to require retirees to pay the first \$525 of medical cost and 50% of the next \$4,725 for a first year cost of \$2,888 per inflation. A reason given for this action for PR effect is "overuse" by retirees. For those of you who are covered by Tri-Care For Life (TFL), you will want to pay attention to what has surfaced about the future of TFL.

### What can we do?

Please, get involved, write your Congressmen, Senators and every military retiree and veteran you know. Do this for you grandparents, your parents, yourself and mostly (for me) for our children and grandchildren.

**Please check this web site: <http://www.cbo.gov/doc.cfm?index=9925>**

The way to secure your benefits is to write your members of Congress and keep writing and writing and writing. Once is not enough! Keep repeating until you are blue in the face.



### Experience the Expansion

*Please join us in celebrating the grand reopening of the newly expanded Evergreen Longhouse.*

**Saturday, October 17, 2009**

"House of Welcome"  
Longhouse Education and Cultural Center  
The Evergreen State College

**1:00 p.m.**  
**Opening Ceremony**

**2:00 p.m.**  
**Program**  
Acknowledgments, Dedication of new Longhouse art,  
Dance performances, Potlatch (giveaway)

RSVP by 10/12/09 to 360.867.5344 or [longhouse@evergreen.edu](mailto:longhouse@evergreen.edu)



## When Nets Are a Good Day's Catch



The New York Times - The Nisqually tribe in Washington has a dive team that is part of a \$4.6 million stimulus-financed effort to remove fishing nets that were often lost or discarded decades ago but can still kill fish, birds and other animals. Chris Melson, a diver with Nisqually Aquatic Technologies, prepares to dive to remove nets from Puget Sound.

Steve Sigo owns the boat that the Nisqually tribe's team has been using for its recent dives off Point Jefferson on the Kitsap Peninsula, across Puget Sound from Shilshole Bay in Seattle. Mr. Sigo, a member of the Squaxin Island tribe, said if he were not helping to remove nets he would probably be fishing for salmon. "My first year was '74, fishing commercially, and so I've lost nets," Mr. Sigo said. "I've fished up in this area, fished the San Juans, fished everything, so it's kind of nice to be on the clean-up end of it instead of the losing-the-net end of it."



In Puget Sound, the removal of the nets that fishermen left behind reflects enormous changes: fish populations have declined, restrictions have increased, and the fishing industry is a small fraction of what it was in the 1970s and 1980s.



Jeff Choke, director of marketing for Nisqually Aquatic Technologies, on board the Twila Dawn on Puget Sound. Mr. Choke's Nisqually tribe is one of many that fished for salmon in Puget Sound for centuries -- before Europeans arrived and began aggressively fishing with large commercial nets that depleted populations of Chinook, sockeye and other kinds of salmon.

On board the Twila Dawn, divers with Nisqually Aquatic Technologies watching a live video feed from another diver below tethering nets. Mr. Choke said that the project offers a chance to move beyond old debates.



"We want to diversify," Mr. Choke said, referring to the tribe's expanding business interests, which range from casino gambling to the harvesting of geoduck clams in the Sound, a pursuit that first led the tribe to start its dive team.

The net-removal project is being organized by the Northwest Straits Initiative, a conservation agency authorized by Congress. Supporters say the project is an example of environmental restoration that creates jobs -- about 40 in the next 18 months, many for divers - and has a measurable impact.





Crew members on board the Twila Dawn pulling out sea life caught in a old net that has just been recovered from Puget Sound. "In many cases, it's layer upon layer of net," said Ginny Broadhurst, the group's marine program coordinator.

With more than 3,000 nets believed to be underwater, the project was expected to take many more years to complete. But with the infusion of stimulus money, the work should be finished by the end of 2010. From right to left, Mr. Choke, Mr. Sigo and his son Andy Sigo with an old net just removed from the Sound into a plastic bag.



In 60-foot waters with less than 20 feet of visibility, Chris Melson finishing a dive to remove nets from Puget Sound.

Mr. Sigo, and his son Andy untangling a crab just freed from an old net. "The ocean faces lots of problems, from acidification, the ocean becoming more acidic, to the water temperature rising and a slew of other problems, but marine debris is something that we can do something about," said Nir Barnea, a manager in the marine debris program for the National Oceanic and Atmospheric Administration, the federal agency that distributed the stimulus money.



## Divers Monitoring Freshwater Mussels in Area Creek

GARY CHITTIM / KING 5 News, Wednesday, August 26, 2009 - There's an important research project underway below the surface of the quiet Little Skookum Creek, south of Shelton.

Ripples moving up the creek are the first signs of something heading upstream. Moments later dark human figures come into view, moving slowly face down in the water. Three biologists with the Squaxin Island Tribe are snorkeling up the creek searching the bottom for small black shells.



"We don't know much about freshwater mussels," explains Eric Sparkman, a shellfish biologist with the Tribe. "Nobody does."

The biologists hope to find out more about the freshwater mussels because they may hold some important clues about the health of our creeks and about something the tribe is very interested in; salmon.

Sparkman says the mussels, which grow larger than most salt mussels available in stores, travel by attaching themselves to the gills of fish, like salmon and ocean going cutthroat. So, the scientists say, if you find mussels in a certain part of a creek you know salmon probably pass through there, or at least they did.

The mussels can live for 75 years or more, so the older ones can say a lot about the creek and what used to live there.

There are three species of freshwater mussels in western Washington: western pearlshell (*Margaritifera falcata*) (shown), Oregon floater (*Anodonta oregonensis*), and western ridgemussel (*Gonidea angulata*).

Since freshwater mussels are bivalves that filter stream water for food, they are among the first to go when water quality declines. So, finding them also provides indications of a healthy stream.

The Tribe's biologists want to map out where the mussels live now and then revisit those sites years from now to see how development, logging or other practices have affected them.

Check out the online video clip of the new broadcast at [http://www.king5.com/localnews/environment/stories/NW\\_082609ENB\\_divers-freshwater-mussels-JM.11bc2a6de.html?rss](http://www.king5.com/localnews/environment/stories/NW_082609ENB_divers-freshwater-mussels-JM.11bc2a6de.html?rss)



## Do You Need Your Feet Checked?

John Krise knows it is important to take care of his skin. He is having his feet examined by Molina Kochhar, DPM (Podiatrist) in August. Dr. Kochhar will be back the morning of October 9th. If you would like Dr. Kochhar to check your feet, contact Patty Suskin at (360)432-3929.



## Good Skin Care Tips for People with Diabetes or Not

Source: American Diabetes Association, modified & submitted by Patty Suskin - Diabetes can affect every part of the body, including the skin. As many as one third of people with diabetes will have a skin disorder caused or affected by diabetes at some time in their lives. In fact, such problems are sometimes the first sign that a person has diabetes. Luckily, most skin conditions can be prevented or easily treated if caught early.

**There are several things you can do to head off skin problems:**

**Controlling your blood glucose (sugar) is the best way to keep your skin healthy.** People with high glucose levels tend to have dry skin and less ability to fend off harmful bacteria. Both situations increase the risk of infection.

- **Avoid long, hot baths and showers, as they can dry out skin.** If your skin is dry, don't use bubble baths. Moisturizing soaps may help. After a bath or shower, pat skin gently with a towel and apply a moisturizing lotion within 3 to 5 minutes when your skin is slightly damp to lock in the moisture. (hypoallergenic lotions such as Curel, Lubriderm & Neutrogena are best since they are unscented and are less drying). Don't put lotions between toes because the extra moisture there can encourage fungus to grow.
- **Prevent dry skin.** Scratching dry or itchy skin can open it up and allow infection to set in. Moisturize your skin to prevent chapping, especially in cold or windy weather.
- **Treat cuts right away.** Wash minor cuts with soap and water. Do not use Mercurchrome antiseptic, alcohol, or iodine to clean skin because they are too harsh. Only use an antibiotic cream or ointment if your doctor says it's okay. Cover minor cuts with sterile gauze. See a doctor right away if you get a major cut, burn, or infection.
- **During cold, dry months, keep your home more humid.**
- **Use mild shampoos. Do not use feminine hygiene sprays.**
- **Check with your doctor about skin problems if you are not able to solve them yourself.**

Take good care of your feet. Check them every day for sores and cuts. Wear broad, flat shoes that fit well. Check your shoes for foreign objects before putting them on.

## Parents - The Anti-Drug Teen Stress - Helping Your Teen Cope

Stress is a common problem among teens, and as a parent, you have a role in helping the teen in your life cope with it. So what exactly is stress? According to the Centers for Disease Control and Prevention (CDC), stress is the body's physical and psychological response to anything perceived as overwhelming. This may be viewed as a result of life's demands—pleasant or unpleasant—and the body's lack of resources to meet them.

While stress is a natural part of life, it often creates imbalance in the body, especially a teen's body, which is already experiencing so many changes. Girls also report feeling "frequently stressed" more than boys. A certain amount of stress can be helpful as a way of keeping your teen motivated. But too much or too little may render them ineffective and interfere with their relationships at home and socially, as well as their physical well-being. According to a recent survey, 43 percent of 13- to 14-year-olds say they feel stressed every single day; by ages 15 to 17, the number rises to 59 percent. The day-to-day pressures teens experience, such as the pressure to fit in and to be successful, can lead to stress. Jobs and family economics can also prove stressful for teens, as nearly two-thirds of them say they are "somewhat" or "very concerned" about their personal finances.

If stress becomes unmanageable and teens are left to their own devices without guidance from a parent or caregiver, they may find their own ways of coping. Sometimes these coping mechanisms involve unhealthy behaviors such as drinking, smoking marijuana, and engaging in other risky behaviors. Here's how you can help the teen in your life with healthy, productive coping strategies.

**Recognize when your teen is stressed-out.** Is your teen getting adequate rest? Are they eating well-balanced meals? Do they ever get to take breaks to restore their energy? If these needs are unmet, your teen will show it through chronic moodiness, irritability, anxiety and/or long bouts of sadness. If you have a teen daughter, be particularly aware if she is obsessing about looks or weight.

**Introduce positive coping strategies to your teen.** Let's face it, stress will be a part of your teen's life. Help them identify ways in which they can relieve their stress in a healthy way. It can be as simple as having your teen talk to you about their problems or pressures. Other ideas include: exercising, getting enough sleep, listening to music, writing in a journal, keeping a healthy diet, seeing a counselor and reminding them of their accomplishments.

**Winners for the Third Thursday Walk on August 20, 2009**

**1st Place Winner  
Tammy Ford  
\$25 gas certificate  
Nike visor and sweat proof socks**

**2nd Place Winner  
Emma Valle  
\$25 gas certificate  
plus Nike fanny pack**

**3rd Place Winner  
Vernon Sanchez  
Nike visor plus Nike sweat proof socks**

Want to know how to win contact Melissa Grant at 432-3926 or email me at [mgrant@squaxin.nsn.us](mailto:mgrant@squaxin.nsn.us).





## Check Out This New Park in Olympia!

### *Mission Creek Park*

SIZE  
37 Acres



#### LOCATION

1700 San Francisco AVE NE (three blocks East of Roosevelt Elementary School at the headwaters of Mission Creek)

#### PARK HISTORY

A portion of this site was purchased as a future neighborhood park and the remainder was purchased as an open space. An Interim Use and Management Plan was implemented in 2007.

#### PARK FEATURES:

- 5 Pedestrian Entrances
- 1 Mile of Crushed Rock and Soft-Surface Trails

Bike, walk, or bus over to Mission Creek Park and explore this lovely area. (To take the bus, take Intercity Transit route 21 from the Olympia Transit Center and get off at San Francisco Ave & Central St. A park entrance is one block east on San Francisco Ave.) There is no dedicated vehicle parking for this park.

## Meal Program Entrees

Thurs., Oct. 1: Lasagna

Mon., Oct. 5: Steamed Clams & Soup

Wed., Oct. 7: Roast Pork

Thurs., Oct. 8: Pizza

Mon., Oct. 12: Soup & Sandwich

Wed., Oct. 14: Chicken Fettucini

Thurs., Oct. 15: Baked Fish & Soup

Mon., Oct. 19th: Chicken Stirfry

Wed., Oct. 21: Swiss Steak

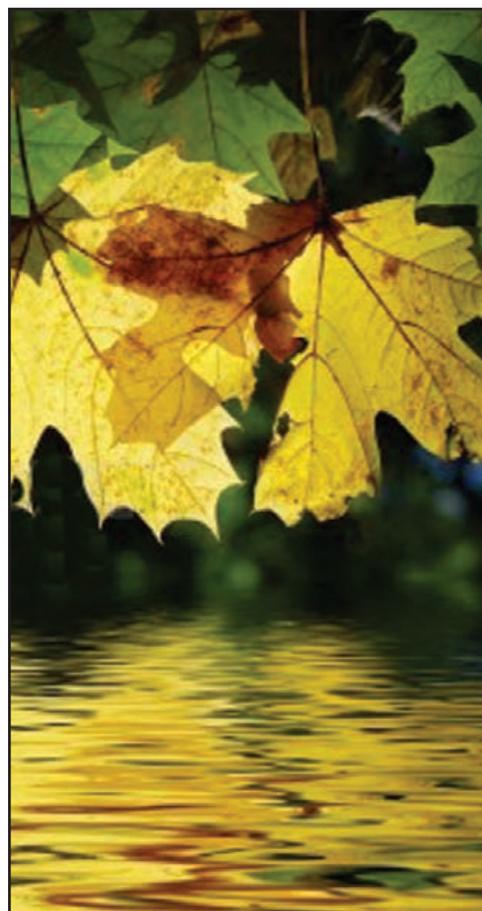
Thurs., Oct. 22: BBQ Ribs

Mon., Oct. 26th: Hot Turkey Sandwich

Wed., Oct. 28: Pork Chops

Thurs., Oct. 29: Chili & Baked Potato Bar

*Menu Subject to Change*



## Trouble Swallowing Pills?

Submitted by Dave Caulfield - When we prescribe medications for children, we do so by weight. As they get older (and bigger) the dose gets to be a lot, especially if they can't swallow pills. This means a lot of liquid, and that may make them nauseated.

Try this "old nurse's" trick... have the person sip liquid through a straw while taking the pill...it works!



## Upcoming Health Events

### Brief Community Walk

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

### Diabetes Foot Exam Morning

Fri., Oct. 9th, 9 a.m. to noon at the clinic  
Contact Patty for an appointment

### Community Health Walk

Thursday, October 15th  
Meet at Elder's Building at 12:40  
for a 20 minute walk around the REZ  
If you cannot make it to our walk, report your 20 minutes of fitness to Melissa to be in the drawing for a gas card!  
First place: \$25 gas card & Nike visor  
2nd place: \$25 gas card & Nike socks  
3rd place: \$25 gas card.  
All SPIPA tribes will be taking a walk in their area at the same time for diabetes prevention!  
Help us win the Walking Stick!  
The tribe with the most walkers each month wins the walking stick for that month.

We won it in August ...  
can we get it back in October?

### Mammograms and Women's Health Exams

October 23rd at the clinic

### Free Diabetes Screening

at Health Promotions  
Tuesday through Friday  
Contact Melissa Grant for details

### Want a garden in your yard?

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

### Free Pilates classes

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

### Smart Shopping/ Food Label Reading Workshops

Contact Patty to schedule a family & friends session

### Come Visit

### our Health Promotions Programs

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

### Interested in our Nationally Recognized Lifestyle Balance Program?

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

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



## Extended Hours

Extended hours at the Clinic begins October 5. The clinic will be open from 8AM until 7 PM on Mondays until further notice.

## Flu Shots

Watch for an announcement soon concerning regular seasonal and H1N1 (swine flu) shots in the Daily Scoop and the weekly mailouts.



## Swine Flu Information

<http://id-center.apic.org/cidrap/content/influenza/swineflu/resources/swineflures.html>

The above link is to the best listing of information resources on Swine Flu/H1N1. It is regularly updated by CIDRAP (UofMinn).

The attached document (click here for a Word document that will download to your computer) is the best listing of all the various agencies' "information sheets," usually one pagers, on various aspects of Swine Flu/H1N1. This is good reading for a rainy weekend. It is great fodder for conversation and each document can be freely adapted for use by your department.

No matter what department, there is something on this listing that can help you keep staff and families healthy and workers at work longer. It will also reduce 'choke points' in our health care system. Our clinic, local emergency rooms and the intensive care units in Mason and Thurston county all approached overload earlier this summer. It is important that we stretch out (or slow) the spread of the pandemic so we can take care of swine flu patients, but also heart disease, overdoses, and respiratory illnesses that require these ICUs in normal times.

If you see anything on here that you want the Health Department to comment on please send me an email or give me a call.

You will notice that some of these documents are temporarily 'pulled' for revision as new information becomes available. If the outbreak (spread or virulence) is milder or worse than expected many recommendations will change.

- Ed Fox



## Parents - The Anti-Drug

*Teen Stress - Helping Your Teen Cope, Continued from Page 10*

**Be a good example.** Young people often pick up their coping strategies by watching their parents. If a child sees a parent drink an alcoholic beverage or smoke a cigarette every time they are overwhelmed, they are more likely to imitate the same behavior. So, be mindful of your own reactions to stress and set a good example for your children.





## MARGARET'S STORY: How she lost a lot of weight – and gained a ton of wisdom.

"I'm proud to be 67. I'm even more proud of losing 67 pounds.

Putting on the weight was the easy part. I grew up on a ranch, and it seemed like I was always hungry. I placed a high value on food. When I had children of my own, food was scarce – so I made sure they ate everything on their plate. Of course, I cleaned my plate as well.

Then I got sick, and my world changed. The doctors told me I had to lose weight. That's when I realized how hard it is to change old habits, but I did. Today, I eat out of hunger, not out of habit. I don't eat just to have something to do. I don't eat cakes, candy, and soda. Most important, I just eat until I'm full.

When my 8-year-old granddaughter came to live with me, I decided I wasn't going to make the same mistake with her that I'd made with my own kids. I didn't want her to grow up struggling with her weight, so I let her decide how much to eat. Sometimes she leaves food or chooses



Margaret

not to eat much. That's fine with me. I like it that she's listening to her inner voice, not to me. It's easier to hear that inner voice when you're young – that's the best time to learn how much to eat.

Of course, staying at a healthy weight isn't just about eating. Being active has changed my life. Now when I look at overweight older people, I think, "They need exercise!"

I love to walk with my granddaughter – it keeps me going, because it's fun to walk with her. Her energy is catchy, and soon I realize we're both swinging our arms and laughing. When it's too hot to walk, we do exercise videos together. I hope my granddaughter will always be active, so she doesn't have to struggle with weight like I did.

If only I had gained this wisdom when my own kids were little. Mothers who help their children learn how to eat right and exercise at an early age are giving them a wonderful gift."



### Need Food? Check these out . . .

#### WIC

(Women, Infants, & Children) at SPIPA  
Provides healthy foods  
and nutrition information  
for you and your child up to age 5

#### PLEASE BRING:

Your child, medical coupons or paycheck stub, and identification

Monday, Oct. 5th 9 a.m. to 4 p.m.

#### CONTACT:

Debbie Gardipee-Reyes @ 462-3227  
*Dates subject to change*

#### Commodities at SPIPA

Monday, Oct. 5th, 10 a.m. to noon  
Monday, November 2nd 10 a.m. to noon

#### CONTACT:

Shirley or Bonita at 438-4216  
or 438-4235

*Dates subject to change*

### Margaret's top 10 tips for family fitness.

1. Allow children to decide how much to eat.
2. Don't make them clean their plate.
3. Place small servings of food on their plate. If they want more, they'll ask.
4. Make sure they don't look for food because they're bored – read or play a game with them instead of giving them food.
5. Be proud of giving them "grow" foods like vegetables and fruit. Get rid of "slow" foods like candy and soda.
6. Talk a walk together every day. They will treasure the memories!
7. Put on an exercise video when it's too hot for a walk.
8. Don't wait to get sick before you do something about your weight.
9. Remember that it's easier to pick up healthy habits when you're young, but ...
10. Don't forget that it's never too late to change bad habits.

#### Squaxin Island Food Bank

At Health Promotions Building  
If you need access to the food bank at any time once a week, just stop by. If possible, Wednesday is the best day. If you would like to be on call list for when we receive fresh produce or bread, let me know.

#### CONTACT:

Melissa Grant @ 432-3926



# COMMUNITY



## Happy Birthday

Shirley Monahan	01	Colton Gott	09	Christina Price	18	Selah Thale	26
Carmen Orsillo	01	Ernest Pluff Jr.	10	Danielle Whitener	18	Kasia Krise	26
Jess Ehler	01	Kade Whitener	10	Christine Thompson	19	Lisa Ewing	26
Donna Penn	01	Christina Smith	10	Trelace` Sigo	19	Dione Johnston	27
Adam Mowitch	03	Susan Clementson	10	Jacey Gonzales	20	Mario Rivera	27
Joshua Smith	03	Michael Peters	11	Michael Henderson, Jr.	20	Ellen Davenport	27
Lorenzo Solano	04	Dontae Hartwell	11	Giovanni Solano	21	Andrew Crone	28
Steven Sigo, Jr.	04	Sabrena Johns	12	Sean Spezza	21	Adrian Garcia	29
Clinton Kruger	04	Larry Mc Farlane, Jr.	12	Bear Lewis	21	Arthur Barragan	29
Nichole Seymour	04	Sharen Ahrens	12	Draven Brown	21	Zackary Sayers	29
Lydia Buffington	05	Jericho Hartwell	13	Joseph Bisson	21	Mariano Bello	29
Beth Robinson	05	Steven Sigo	13	Leroy Yocash, Jr.	21	John Krise	29
Michael Todd	06	Savannah Fenton	14	Peter Kruger, Sr.	22	Ronnie Johns	29
Shiloh Henderson	06	Machiah Rivera	14	Danielle White	22	Carie Kenyon	30
Russell Pleines	06	Leo Henry Jr.	16	Anthony James	22	Tori Kruger - Willis	30
Jerimiah Schlottmann	06	Troy Baxter	16	Erik Johnson	23	Wilma Morris	31
William Peters	07	Bobbi Filipetti	16	Rolayno Charters	24	Sam Luby	31
Michael Krise	07	Ruth James	17	Roger Turner Ford	24	Tarvail Davis	31
Theresa Davis	08	Wilson Johns	17	Marjorie Hill	24	Marvin Henry, Jr.	31
Audelia Araiza	08	Charles Lacefield	17	Rose Cooper	24	Tanya Anderson	31
Elizabeth Perez	08	Mitchell Coxwell	17	Daren Brownfield	24		
Darrell Krise	08	Kelli Davis	17	Cloe' Martin	25		
Ronald Day, Jr.	09	Micha Roberts	18	Erika Thale	25		
Mathew Nelson	09	Shanika Rose Cooper	18	Donna Baker	25		
Addison Peters	09	Clara Seymour-Luby	18	Autumn Murch	26		

## What's Happening

<b>Squaxin Bible Study</b> Tuesdays @ 6:30 p.m., 30 Ho-Mamish Court Pastors Ron and Kathy Dailey				1 AA Meeting 7:30	2	3 OysterFest
4 OysterFest	5	6	7 Family Court	8 Council Mtg. AA Meeting 7:30	9	10
11	12	13 Criminal/Civil Court	14	15 AA Meeting 7:30	16	17
18	19	20	21	22 Council Mtg. AA Meeting 7:30	23	24
25	26	27 Criminal/Civil Court	28	29	30 Halloween Party and Haunted House	31 Happy Halloween!





**Congratulations to Marvin Henry Jr. and his new wife, Shannon Henry, who were married on August 29, 2009!**

**We all love you guys and wish you all the best for many years to come!**



**Love,  
Melissa, Alonzo and Kids.  
Dad and Willow  
Mom and John  
Cameron and Annie Beth**

## Scholarship Opportunities

Submitted by TLC

**College Bound Scholarship:** The Washington College Bound Scholarship program is a commitment of college scholarship funds to selected Washington middle school students. To be eligible, you must meet the family income standards, take a pledge to graduate from a Washington high school with a 2.0 GPA or higher, and be a good citizen. [www.hecb.wa.gov/collegebound](http://www.hecb.wa.gov/collegebound).

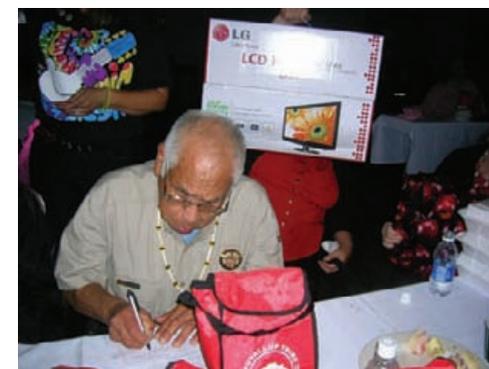
**Tuck School of Business at Dartmouth:** A summer program that introduces Native American and Alaska Native high school students to careers in business and finance. High achieving Native American and Alaska Native students are currently in their junior year of high school during the 2009-10 academic year are eligible to apply. Students must provide proof of Tribal enrollment. Students must have a 3.0 minimum cumulative GPA. Students, who have an interest in learning about business, are involved in extra curricular activities and leadership activities are competitive for the program. Applications will be available in October at [www.nafoa.org](http://www.nafoa.org).

**Native American Political Leadership Program:** In January 2010, a select group of qualified Native American, Alaska Native and Hawaiian students will receive individual scholarships to cover tuition, fees, housing, books and other expenses. As a participant in NAPLP you will have the opportunity to: Spend a semester in the nation's capital while taking classes at George Washington University, participate in hands-on internships, interact with political leaders and policy makers, receive academic credit for classroom study, study issues of importance to your communities. You will learn key elements of political campaigns and governance such as: message development, voter targeting media production, direct mail, and fundraising, lobbying, grassroots advocacy. Applications are available at [www.naplp.gwu.edu](http://www.naplp.gwu.edu) application deadline is November 1, 2009.

## 40 Elders Attended a Luncheon Sponsored by the Puyallup Tribe



**Raffle winners were: Mary Fletcher, Ina Peters, Herb Johns and Harold Crenshaw (Harold's picture didn't turn out)**

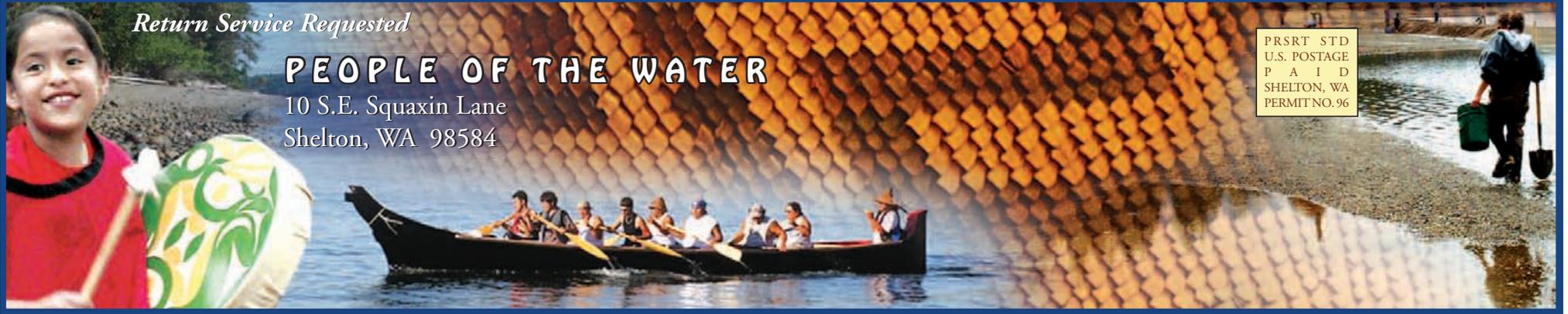


Return Service Requested

# PEOPLE OF THE WATER

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Shelton, WA 98584

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SHELTON, WA  
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*Have a Safe and Happy Halloween Everyone!*



OVER \$25,000 IN CASH & PRIZES WILL GO!

# OCTOBER BINGO

FRIDAY, OCT 30TH AT 6:30PM

SATURDAY, OCT 31ST

AT 12:30PM, 3:30PM & 6:30PM

- \$69 Stay\*
- \$8.95 Food Specials
- Early Bird Specials for 6:30pm sessions

DRESS IN HALLOWEEN ATTIRE TO RECEIVE A FREE LEVEL ONE WITH PURCHASE OF AN ADMISSION BUY-IN!



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CASINO • RESORT™  
[www.little-creek.com](http://www.little-creek.com)

Minutes North of Olympia on Hwy 101 • 360-427-7711

Visit our website for future monthly session dates! Located in Skookum Creek Event Center  
Restrictions may apply. Must be over 18 to play.

\*Valid for Bingo participants, must show Players Club Membership

# NORTHWEST POKER TOURNAMENT

ARE YOU ALL IN?

**\$445,500 IN CASH PRIZES**  
**\$100,000 TOP PRIZE**

QUALIFY IN OCTOBER TO WIN A SEAT  
AT THE NORTHWEST POKER TOURNAMENT



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Visit the Poker Room for more information on how to qualify or play "Tournament Poker" Scratch

For reservations call 800-667-7711 • Minutes North of Olympia on Hwy 101

Overall odds are 1:3.86. Overall odds of winning 2nd Chance prizes depend on number of entries received. Must be 18 to purchase. Be a smart player. Know your limit. Problem Gambling Helpline: 1-800-547-6133. Please visit [Walottery.com](http://Walottery.com) for details.

