



KLAH-CHE-MIN

A PUBLICATION OF THE SQUAXIN ISLAND TRIBE

OCTOBER 2010

dibəl ti ʔacaciłtalbixʷ gəł ti xʷələc yəxʷ ti stultuləkʷ yəxʷ ti calcaləl.

COMPLIMENTARY



Own interest in Squaxin Island?

The Squaxin Island Tribe is purchasing undivided fractionated interest in allotments on Squaxin Island. At least twenty-four (24) tribes in the surrounding area have members eligible to sell their interests.

The allotments include:

ALLOTMENT #	ALLOTEE	ALLOTMENT #	ALLOTEE
3	Isaac / Chavilstied	17	Tyee Bob
4	Old Man Sindam	18a	Peter Klabsch
8	Old Man Sedulk	19a	John Sealth
12	Tom	20	Henry Kopel
13	Kate Charley	21	Tobolitsa
14	Old Man Sollatah	22	Jack / Yesapab
16	John Senaksub		

The Tribe is paying individuals the appraised value of the land, the full fair market value of the timber outside established buffer zones, and 50% of the value of timber within the buffer zones. Generally timber cannot be harvested within the buffer zones established in the Tribe's Forest Management Plan. The Squaxin Island Tribe will only be able to purchase interest on allotments that have been appraised by the BIA, Office of Special Trustees. Appraisals are conducted annually.

The Tribe is buying undivided interest on a first come = first served basis. The date of your application will determine your priority status.

PLEASE CONTACT:

**Esther Fox, Real Estate Manager, Squaxin Island Tribe,
(360) 432-3864 or efox@squaxin.us**

Money Skills Workshop Presented to Squaxin Youth

Shawn Spruce, Programs Consultant, First Nations Development Institute -

Below are quotes from local youth when asked to share what they learned after attending last month's tribally sponsored "Building Strong Foundations" personal finance workshop:

"I was amazed to discover how much money I can save if I start investing when I'm young, and pick the right kinds of investments!"

"I can't believe all of the hidden fees associated with credit cards, and the high interest rates that some cards charge to borrow money!"

"You can't afford to buy everything you want so it's important to create a realistic budget for yourself, and then stick to it"

"I had no idea that learning how to manage my personal finances could be so much fun!"

Nearly sixty students took part in the one day financial education event at the Little Creek Casino and Resort, a joint effort between the Squaxin Island Tribal Housing staff, Squaxin Island Human Resources and the Squaxin Island TANF Program. Held on Friday, August 13th the workshop occurred on the last day of the Stepping Stones and Summer Youth Employment Programs in which all of the students had recently participated, and served as an enjoyable yet informative way to close out the two work readiness seasonal programs.

Two certified financial education trainers from the First Nations Development Institute, a nationally recognized non-profit that specializes in delivering personal finance to Native communities, travelled from Longmont, Colorado to conduct the interactive workshop which included an array of exercises, hands on activities, and games to effectively instill financial concepts. Moreover lessons on smart budgeting, using credit responsibly, car buying tips, basic investing, and other pertinent topics were all specifically designed to address the unique needs of Squaxin youth and other participants.

"The games and activities were the best part" commented Cassidy Whitener. "I was worried the presentation was going to be really boring with a lot of lecturing, but it wasn't that way at all. We did one activity where we all had a chance to pick stocks from different companies

Continued on Page 10



Walking On ... **Joyce Johns**

**In Loving Memory
of Joyce Ann Johns**
June 18, 1947 - September 6, 2010

She was a loving mother and grandmother.
She was part of the Squaxin Island community
for many years.

She was married to a tribal member.
She will live on in all our hearts.
We would like to thank the tribe
and everyone who helped out the family.
Thank you very much!!!

Love,
The Johns Family



Tribal News

10 S.E. Squaxin Lane
Shelton, WA 98584

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

www.squaxinidland.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.

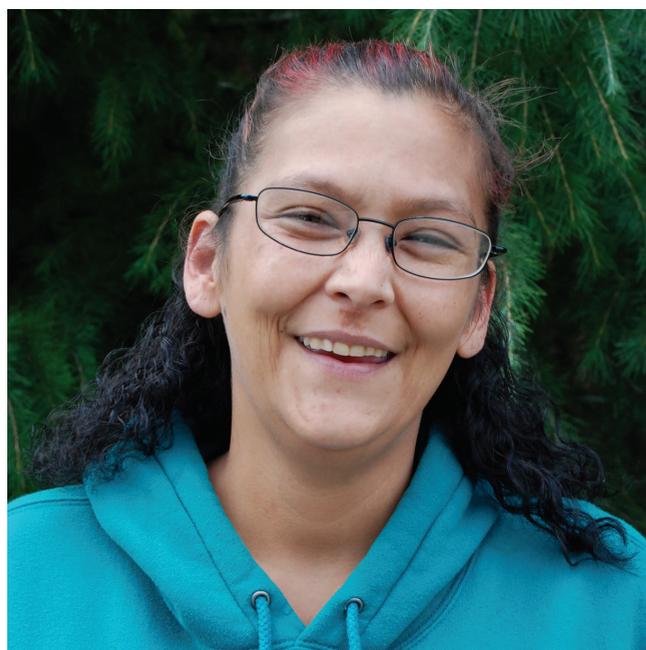
Contributing writers and artists include Squaxin Island community members and staff.

Submissions Deadline:
15th of each month

SQUAXIN ISLAND TRIBAL COUNCIL:

DAVE LOPEMAN: Chairman
ARNOLD COOPER: Vice Chairman
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.us



New Employee (kind of)

Elizabeth Fenton
Family Support Specialist

Hi there family and friends. I am very excited to let you all know of my new position with the Family Services Department. I am the new Family Support Specialist. I am the ICW/TANF Liaison. I will be coordinating and assisting families with accessing and overcoming barriers to services/resources. I will be doing family assessment and conducting home visits.

I will serve as a family resource advocate that will provide support for families who:

- Struggle to meet TANF requirements
- Need help when safety of family member(s) and/or children are compromised
- Need concrete services to preserve family unification

I will encourage as well as support families in gaining tools and skills in their continued efforts toward self sufficiency. I am very happy to be in this new position. I am dedicated to helping our tribal families. I look forward to seeing you guys/gals, my family and friend around.

For those of you who don't know me, I am a member of the Cooper family. My grandpa is the late Francis "Buddy" Cooper and my grandma is Mabel Cooper of the Chehalis Tribe. My mother is Theresa Davis and my father is Marvin Campbell, Sr. I have one brother CPO Marvin Campbell Jr. (Illinois) and three younger sisters, Lyssa, Kristen and Kelly (Texas). I also have four beautiful daughters, Alicia, Shashoney, Savannah and Jewels.



Stephanie Gott - The Business Center staff attended ONABEN'S "Innovations In Indianpreneurship"-A business plan competition for NW Indian Country on September 22, 2010 in Pendleton, Oregon.

"Innovations in Indianpreneurship" is a business development process, competition, and showcase for Native innovation. Inspired by the World Bank's Development Marketplace model and the Alaska Federation of Natives' Alaska Marketplace, Innovations in Indianpreneurship seeks to bring Native peoples, ideas, and capital together to create and grow new enterprises in rural Northwest Indian Country.

ONABEN is an innovator in creating new products and services to educate, counsel, coach, and inspire entrepreneurship in Indian Country. For over 19 years, ONABEN has developed creative and culturally appropriate ways to generate more financial-and-social capital in support of Native entrepreneurship.



**Saint Martin's
UNIVERSITY**



3 DAYS OF NO TALK, ALL ACTION!

Pitch your green, technology or any entrepreneurial idea, or come and join a team

October 15-17, 2010 - Fri, Sat, Sun

Startup Weekend Olympia

*St Martin's University - Harned Hall
5300 Pacific Ave, Lacey WA*

Doors Open Friday at 5 p.m.

Come Network, Learn, Create and Have Fun!

- 1 - Register for Event
- 2 - Pitch a green, tech, any idea Fri nite
- 3 - Work on a team to develop your idea
- 4 - Present your startup Sunday nite
- 5 - POTENTIALLY WIN STARTUP FUNDING



Enterprise for Equity is a community supported nonprofit serving people with limited incomes who want to start a business.

Enterprise for Equity Business Training Program

Thank you to everyone who attended a n Enterprise for Equity Orientation. The Fall Business Training Class will begin the end of September and will be hosted by the Ta-Qwo-Ma Business Center. Look for more Orientations to begin next year (we will keep you posted).

We hope for a fun, successful learning experience to all the participants.

Conference Room

State of the art amenities include:

- Executive or Classroom setting options
- Comfortable, relaxed seating
- Interactive Whiteboard
- Built in tele-conferencing
- Business Library
- Computer workstation

Please call or email Stephanie Gott: (360) 462-0339 or sgott@ieinc.org to reserve the conference room.

Business Center Hours

Tuesday 2:00-6:00 PM

Wednesday: 2:00-6:00 PM

Thursday: 2:00-6:00 PM

**Monday, Friday and mornings available by appointment.*

Please call 462-0339.



Ta-Qwo-Ma Business Center is proud to be the central office for the NWNAC!



Fall in love with The Kamilche Café and Espresso

Brittany Bitar - Is there a better time of year than fall? The trees are changing colors and the air is crisp. The month of October offers some of the best fall experiences, especially Halloween. Get into the holiday spirit by trying one of our berry scary, boo berry or caramel corn lattes. If these lattes sound too scary, try a delicious fall classic, the pumpkin spice latte.

KTP Espresso is changing with the season. The name of the new espresso stand is The Kamilche Café and Espresso. Construction is underway across the street from our current location and the grand opening is just around the corner. Along with the new name comes an appetizing new breakfast and lunch menu. The Kamilche Café and Espresso's menu will have your mouth watering. We will be offering a variety of pastries, soups, salads, and sandwiches. Come and see our full menu when we announce our grand opening!

Don't forget to enter to win our exciting drawing on your next visit. Just ask your Barista how you can win an espresso gift basket that includes a free beverage-per-day



for a week gift certificate! The winner will be chosen on October 30th so stop by and enter soon.



Pool News

**Hello again from Molly Robertson,
Manager of the Squaxin Island Pool
(360)432-3852**

SWIMSUITS are now required at the pool

Need a SWIMSUIT? - We may have one for you!

Tribal Members can request a suit size & color from the Pool office, as we have received the 1% fund. A first order will be made on October 11th. Come in and put your suit order in now!! Patty Suskin from the Diabetes Program first told me about the 1%. What an incredible resource! We are buying suits from A3, a popular swimming suit company who we are getting a bulk discount from. We will stretch as many swimsuits and swimming caps out of this money as possible!

De-Stress Your Day - Come swim at the pool! After a full day at school or work, there is nothing better than swimming to counteract a day of concentration. Time spent in the pool ensures a deep and sound sleep for each youngster.

Youth Swim lessons: Sign up now! Lessons start on October 1, 2010.

Adult Swim lessons: Let us know if you are interested!

Come to the **Family Pool Party** on Friday, October 22nd from 5:00-8:00 p.m. complete with pool games and food. Want a monthly Pool Party? Come on the 22nd and show us you're interested!

For Pool Hours and activities, please see <http://www.squaxinland.org/>

Commercially caught salmon species must be recorded

All commercially caught salmon species must be recorded on a fish ticket. Any salmon not sold to a commercial buyer or sold to the public and/or used for personal use or consumption is regarded as Take Home fish. All Take Home fish must be recorded on a fish ticket and/or reported to the Squaxin Island Natural Resources Department. Reporting Take Home catch is essential to for the Squaxin NR department to properly estimate the total harvest of our fisheries and future management of our fisheries as well as providing information for future run forecasts

To report Take Home fish please contact Joseph Peters @ 360-432-3813 or email jcpeters@squaxin.us

Shellfish harvesters

It is unlawful for any shellfish harvesters to dig more than their limit for any dig. A reasonable amount of incidental overages may be shared with another harvester that is present on that dig, but at no point can a harvester dig another limit for a person who is not present and is not on the list for that day. Designated diggers must be pre-approved by the Natural Resources Dept. and must be documented on the list.

Weigh out stations on digs will be closely monitored by the Natural Resources Dept. and the Squaxin Island Police Dept. Anyone who attempts to sell a limit for another person who is not present on a dig will have the clams seized and will be cited for: 7.16.110 E. Providing Unauthorized Assistance.



Church Services

Squaxin Bible Study

Tuesdays @ 6:30 p.m.,
30 Ho-Mamish Court

Pastors Ron and Kathy Dailey

Shaker Prayers and Services

Rose and Mike Davis are available
for Shaker prayers and services

Please call 877-0820

Tribal Council Resolutions

10-79: Allocates FY10 BIA Indian Reservation Roads (IRR) program shares

10-80: Tabled

10-81: Authorizes equipment lease (copy machine) from DeLage Financial services, Inc (DLL)

10-82: Tabled

10-83: Authorizes membership in NCAI

10-84: Authorizes membership in Affiliated Tribes of Northwest Indians

10-85: Amends the Anita Estupinan Neal, attorney at law, contract to extend for a period of three years

10-86: Amends the Leslie K.S. Ching, attorney at law, contract to extend for a period of three years

10-87: Amends the Thomas Meyer, attorney at law, contract to extend for a period of three years

10-89: Authorizes submission of a grant application to the U.S. Department of Interior BIA OJS to address the critical need for additional funds to support the Squaxin Island Tribal Public Safety and Justice Department in its effort to protect lives and maintain peace within the tribal community





Fresh out of beauty school!

Stephanie Cleveland

Hi! I graduated from the Gene Juarez Academy and will be working at the Catwalk Studio Hair Design in Olympia. I'm passionate about hair and want to make you feel beautiful or handsome! Call for specials and to schedule your appointment. I look forward to seeing you! Phone: 360-943-0600 – you can find us on Facebook too!



Walking On

In Loving Memory



Donna Lee Krise
1937-2010

- Born:** *March 24, 1937, Taholah, WA*
- Passed:** *August 1, 2010, Taholah, WA*
- Services:** *Thursday, August 5, 2010 @ 1 p.m., Taholah Community Center*
- Officiating:** *Pastor Stanley Lien, Mike Curley Jr.*
- Burial:** *Taholah Cemetery*



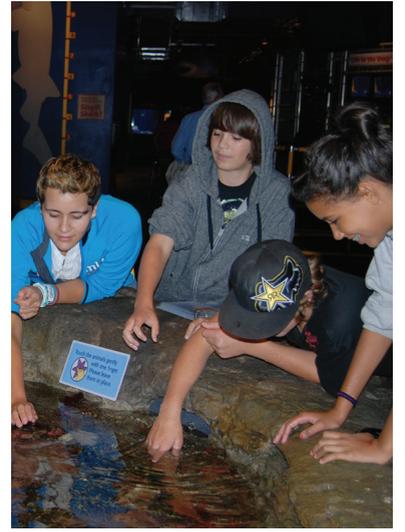
TU HA' BUTS LEARNING CENTER



TLC Tours UW in Seattle

Shannon Bruff - Eight of our youth were able to join The Learning Center staff for a trip to University of Washington Seattle on Friday, September 17th. We participated in a tour of the campus, ate lunch at McMahon Hall and walked through the UW Book Store. The youth learned about life on campus, the many opportunities the UW can offer, including over 150 major studies, student housing and much more. We were also able to walk the Seattle Waterfront and see the Seattle Aquarium where we watched the octopus eat dinner and ended our trip by taking the Bremerton Ferry boat home.

This was a tremendous opportunity for our youth to learn more about the University of Washington college experience, and we look forward to offering more campus tours soon!



FAMILIES
are
TALKING

Parents' words matter most

presented by
PLANNED PARENTHOOD
OF THE GREAT NORTHWEST

Teens rank parents as the #1 influence on their sexual decisions – they need your guidance on sexuality whether or not they ask. We'll help you start the conversation.

November 2010 Squaxin Island will be hosting a special two day event.

Save the dates: November 2nd & 4th at 5:30

Join Planned Parenthood in a workshop to help parents start and continue the conversation. The workshops focus on communication skills and how to talk about values, decisions, boundaries, and health.

Please contact Janita Raham 360-432-3972 for more information or to register.

www.ppgnw.org/familiesaretalking | 800.230.PLAN (7526)

The Health Promotion Program at the Portland Area Indian Health Service helped sponsor this community event





Your Educational Journey

TLC Staff - Tu Ha' Buts Learning Center hosted a two day college preparation workshop entitled *Your Educational Journey*. This program emphasized goals, preparation, motivation, and family support. The goal of the workshop was to help interested youth find their career path and professional success by looking at the skills and interests they possess now.

The first day of the workshop participants met at Olympic College to create their story about why they want to attend college. The participants discovered that finding the right direction in college and career involves knowing themselves, their interests, and their skills. To gain first-hand experience of college programs, the participants toured Bronze Works, an Olympic College welding program. A tour of South Puget Sound Community College rounded out the day. At SPSCC, the participants spoke with college representatives regarding financial aid, the admissions process, and SPSCC Programs.

On the second day, the youth learned more about their own journey by listening to the journeys of others. Youth participated in workshops like *Creating Your College Application*, *The Perfect Match:*

Finding the Right College, and *Don't Count on Winning the Lottery: Paying for College*. Finally, participants realized that every journey requires costs and finding resources is not an impossible task. TLC hopes to continue the program in the future, so look out for future college prep workshops!




Youth Council Elections

- To be held October 6, 2010 5:30 p.m. at TLC
- Squaxin Island Community Youth between grades 7—12 eligible to run
- Must be available for weekly meetings and other activities—be dependable and drug free
- All Tribal Youth who follow the Rules and Regulations are welcome to attend and have the right to cast one vote



TU HA' BUTS LEARNING CENTER



Squaxin Youth Education, Recreation and Activities Calendar

TLC office hours 8:30am-5pm M-F Front Desk: 432-3958 Meghan Brandt: 432-3992
 Recreation program hours 3-7pm M-Th; 3-6 F Co-sponsored by DASA
 All activities are drug, alcohol and tobacco free!



October 2010: Candy Corn is not a Vegetable

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Open Gym/ Rec. Room M-Th 3-7; F 3-6 After school snacks M-F 4-5 Open Swim: M & T 3-6; F 5-8; Sat 1-4 Homework Help & GED Prep. in TLC classroom M-W 4-7pm Computer Lab M-Th 3-6, F 3-5			Key E.R. = early release SSD = Shelton School District GSD = Griffin School District		1	2
3	4	5 Parachute	6 ALTERNATE SCHEDULE * Sand Art 5pm Youth Council	7 ALTERNATE SCHEDULE * GYM CLOSED	8 ALTERNATE SCHEDULE * GYM CLOSED SSD No School	9
10	11 ALTERNATE SCHEDULE * GYM CLOSED	12 ALTERNATE SCHEDULE * GYM CLOSED	13 4:15-5:15 Nutrition Disc Golf 5pm Youth Council	14 PAK Activities	15 WaHeLut E.R. Lushootseed Chutes and Ladders	16
17	18 Tether Ball, Ping-Pong	19 Disc Golf	20 4:15-5:15 Nutrition Disc Golf 5pm Youth Council	21 WaHeLut E.R. PAK Activities	22 SSD E.R. GSD No School WaHeLut No School Lushootseed Bingo	23
24	25 Parachute	26 SSD E.R. Basketball	27 4:15-5:15 Nutrition SSD E.R. Basketball 5pm Youth Council	28 SSD E.R. Basketball	29 SSD E.R. Halloween Party: Time TBA Basketball	30
31 HAPPY HALLOWEEN!	* Sylvan, After-school tutoring and GED Prep. ARE available Oct. 6-12. All other offices will be closed Oct. 6-12.					



Bazaar



Squaxin Island Museum

**November 12th, 9-5
13th 9-4**

**150 SE Kwuh-Deegs-Altsw
Shelton, WA**

**Would you like to be a vendor
this year?
Fill out our vendor application,
and send or bring it into the
Squaxin Island Museum.**

**Ruth Whitener
432-3841
rwhitener@squaxin.us**

**NO LATER THAN:
November 5th, 2010**

Vendor Information Squaxin Island Museum

Vendor

Vendor Name: _____ Address Line 1: _____
 Type of Business: _____ Address Line 2: _____
 E-mail Address: _____ City: _____
 Telephone Number: _____ State/Province: _____ Postal Code: _____
 Fax Number: _____
 Web Site Address: _____

Payment Options

This vendor accepts: \$20.00 per 6ft table.

Check \$ Cash \$

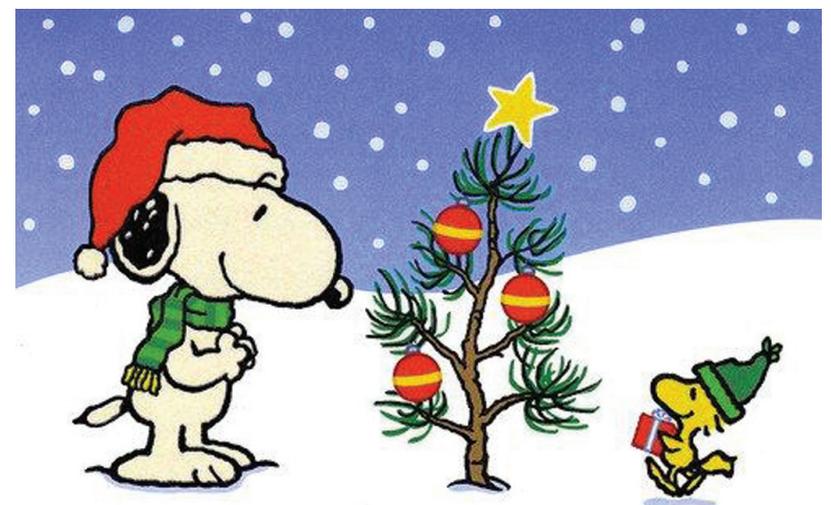
Contact at Museum

Name: Ruth Whitener	E-mail Address: (NOTE it's changed) rwhitener@squaxin.us
Job Title: Cultural & Tour Coordinator	Telephone Number: 360-432-3841
Office Location: 150 SE Kwuh-Deegs-Aktsw Shelton, WA. 98584	Mobile Phone Number: 360-490-8127
	Fax Number: 360-432-3744

Vendor Products and Services

The following table lists the products/services this vendor provides. To add or remove categories or types from the table, click **Edit Table**.

Category	Type	Specialty



Christmas is coming...Ho ho ho



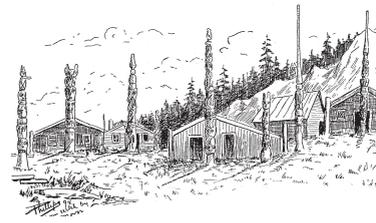
Building Strong Foundations Housing and Education Fair

The 2010 Housing and Education Fair proved to be another educational, entertaining, and successful Fair! Attendees had the opportunity to engage in discussions with vendors on homeownership options, home maintenance and repair, higher education, as well as learn health and safety tips from the food and nutrition program and the local police staff.

The first 20 participants that arrived had their choice of a first aid kit, a flashlight or a bucket of household cleaning items. There was a wide array of door prizes included, Little Creek Casino Resort night stay/dinner, gas cards from KTP, vacuum, wheel barrow/gardening tools, digital camera, I-Pod, a beautiful Pendleton blanket and many more gifts that were donated by local businesses.

In addition to the many planned activities, the TaHa'Buts Learning Center staff provided lunch and distributed "Back to School" gift cards to all tribal youth in attendance. Participants had a chance to visit well over 20 vendors on hand with a multitude of housing, education, and community safety related information. There was a booth addressing pet licensing, free vaccinations and neutering needs for families with pets. After visiting the booths, participants were entered into the door prize drawing for the many drawings that took place throughout the day

We would like to thank our generous sponsors, the wide variety of vendors who donated their time to be on site answering questions and providing valuable information, our hard working volunteers and all of the tribal and community members that participated in the fair.



Money Skills Workshop Continued from Page 1

like Nike, Best Buy, and Apple and see which ones have performed better over the last three years. It was really high energy and I learned a lot. Like Apple's stock is doing way better than Microsoft's right now!"

The problems many individuals and families face today with regard to poor financial management extend far beyond Squaxin Island and the State of Washington. In fact overwhelming personal debt, unhealthy dependency on consumer finance companies often referred to as predatory lenders, and soaring bankruptcies have all reached epidemic proportions in the United States in recent years. As a result financial education classes, such as last month's workshop at Little Creek, are now offered in many cities and towns across the country.

Squaxin Housing Financial Counselor, Lisa Peters, played an instrumental role along with Liz Kuntz and Juana Perry in organizing the extremely well received workshop. Moreover all three women have strong feelings when asked about the value in providing the Squaxin community with this type of financial training.

"I am really proud we were able to offer this exciting educational opportunity to our youth, all of who worked so hard this past summer" Peters stated during an afternoon break in the training. "Because it's simply not enough today to just know how to work and make a living. A person must also understand how to properly manage all of the money he or she earns if one really wants to get ahead in life"



COMMUNITY DEVELOPMENT



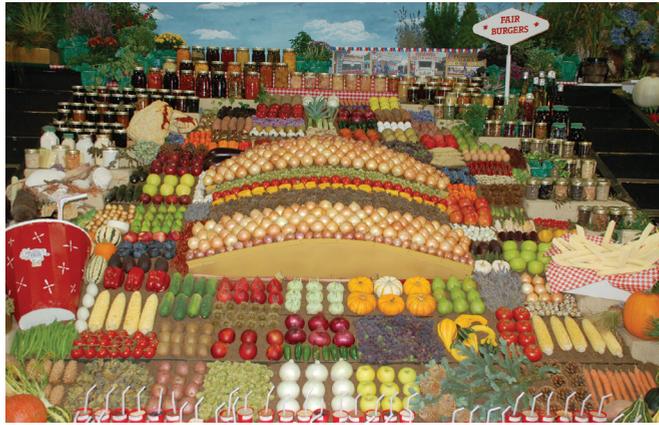


ELDERS



Elders Do the Puyallup

Ann Parker - The day started out a little chilly and foggy, but ended up just right for a day at the fair. Thirty four elders loaded onto the bus and had a comfortable ride to the Blue Gate. They disembarked and were off to see the sights. Some stopped for an early flu shot; then stopped at the reception table to enjoy rolls and coffee or tea that were free for elders. From there we scattered to all points to find our favorite booths. We welcomed some of the new elders this time. George and June Krise came back from their time at the fair with a HUGE stuffed pink porpoise!! Others had bought items they “couldn’t live without” from the many vendors. We were all happy to sit down on the bus and rest our old bones! We stopped for Chinese Buffet at Dupont on the way home.



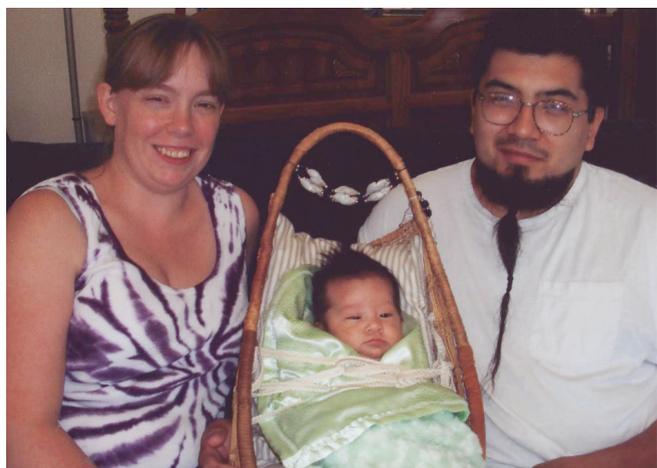


COMMUNITY



Lila's Tribe

Here are some pictures of new additions to the list of Clara Bagley Seymour and Roy Seymour's family. All the babies are in baby cradles made by basketweavers from Northern California from the Yurok and Hoopa Tribes.



This is a picture of Daniel Napoleon's son Jackson Cooper, and the mother is Tuesday Kennedy.



A Yurok /Hoopa woman



Jordan Whitener



Here is Lolita Johns, the daughter of Latoya Johns, and granddaughter of Terri Capoeman and Wilson Johns.



Sammy Seymour, grandson of Joseph Seymour Sr.



David Martin, son of Phillip Martin



Dorinda Thein and son, Guy Cain



Hayden Seymour is the son of Nicole Seymour and Lizzy Perez is the Grandmother.

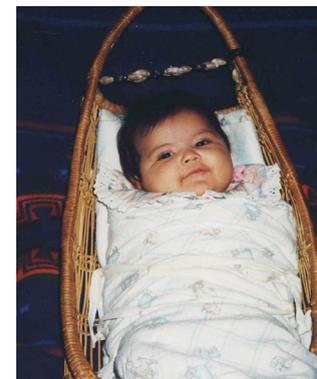


Hi Mike!

Guy Cain (Lila's grandson) and son Jacob



Guy Cain



Malia Henry



HEALTH CLINIC



Need Food? Check these out..

WIC @ SPIPA

Provides healthy foods and nutrition information for you and your child up to age 5
Please bring: your child, medical coupons or paystub & identification
Monday, Oct. 11, 9 a.m. to 4 p.m.
Contact Debbie Gardipee-Reyes:
462-3227
Dates subject to change

USDA FOODS AT SPIPA

Monday, Oct. 4th 10 a.m. to noon
Contact Shirley or Bonita at
438-4216 or 438-4235
Dates subject to change

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 fresh produce or bread, let me know.
Contact Melissa Grant: (360)432-3926

Upcoming Health Events

Brief Community Walk

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

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

Diabetes Support and Education

Monday, November 1st
Elders Building
Right after lunch (12:45) p.m.
Guest speaker: Dr. Karen Anderson

Health Promotions Programs

We have exercise videos in the building across from clinic
Work out alone, with us or schedule a time for a group

Our Nationally Recognized Lifestyle Balance Program

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

Mammogram Clinic

November 4th
9 a.m. to 3 p.m.
Health Clinic
To schedule an appointment,
Call Melissa Grant
(360)432-3926

Community Health Walk

Thursday, October 21st
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.
All SPIPA tribes will be taking a walk in their area at the same time for diabetes prevention!
The tribe with the most walkers each month wins the walking stick.
We won it in July ... can we get it back in October?

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

Flu Shots will be here soon... delivery expected October 15th, 2010



Contact Jaclyn at the Clinic
(360) 427-9006 to get your shot

We are happy to administer flu shots for non-native clients for \$20

Diabetes Support & Education

Everyone is welcome—those with Diabetes or not.

Bring your questions and meet Dr. Karen Anderson MD, new at the clinic

Come for a few minutes or the whole time

Monday, Nov 1st, 2010

Right after Elder's Lunch at Elder's building

12:45 to 2:00 pm

Optional walk at end

You can take charge of your diabetes and live a long, healthy life

Questions? Contact Patty Suskin, Diabetes Coordinator at (360) 432-3929





HEALTH CLINIC



Meal Entrees

Mon., 5:	Chili
Tues., 5:	Soup & Sandwich
Wed., 6:	Baked Chicken
Thurs., 7:	Pork Chops
Mon., 11:	Meatloaf
Tues., 12:	Soup & Sandwich
Wed., 13:	Crab Cakes
Thurs., 14:	Teriyaki Chicken
Mon., 18:	Spaghetti
Tues., 19:	Soup & Sandwich
Wed., 20:	Beef Roast
Thurs. 21:	Baked Salmon
Mon., 25:	Ham
Tues., 26:	Soup & Sandwich
Wed., 27:	Steamed Clams
Thurs., 28	Cabbage Rolls

Menu Subject to Change

How to Start Your Family Plan to Lose Weight

Remember:

- If you are overweight or obese, losing a small amount of weight can help you lower your risk of heart disease.
- Lose weight slowly, about 1-2 pounds a week.
- Pick a day to begin.
- Change one thing at a time, and stick to each one.
- Be physically active. Walk or dance for 30 to 60 minutes on most days.

Try these steps to lose weight

Choose heart healthy foods

- Choose fat-free or low-fat (1%) milk and cheese
- Eat fruit and vegetables with your meals
- Drink water or other calorie-free drinks instead of regular soda.
- Eat lean cuts of meat and fish

Pregnant and breastfeeding mothers should talk to their health care provider to find out what types of fish are lower in mercury. Mercury may be harmful to your baby.

Mary: *"We took steps to lose weight slowly. We are now at a healthy weight. My cousin followed a diet that offered a fast and easy way to lose weight. She lost weight initially, but she gained it all back."*

Are you ready to begin?

You can start physical activity slowly if you do not have a health problem.

If you do have a health problem, check with your doctor before starting physical activity.

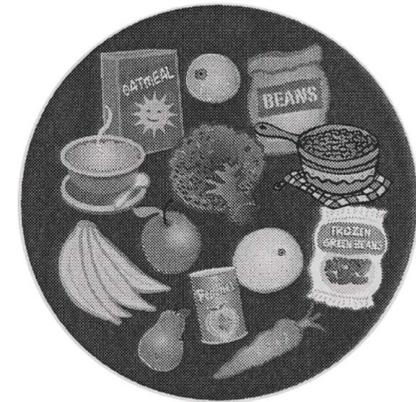
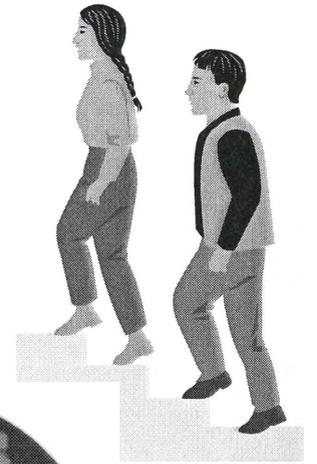
Celebrate in a healthy way with your family. We encourage each other to eat the right amount of food and not eat too much.

Don't go to the family gathering hungry. Eat a heart healthy snack before you leave home. Bring a heart healthy dish to share. Prepare a dish with lots of vegetables.

Cut down on calories and high-fat foods. Eat more vegetables and fruits instead of fried food.

Watch your portions. Go for small portions, and eat slowly

Take the focus off food. Dance, walk, play sports such as basketball or other ball games. Plan activities for the kids. Encourage the family to get involved.



**DSHS State Financial Worker
(Terri Butler)
in the Clinic**

**Tuesday & Friday
8:30 am to 4:30 pm**

**No need to go downtown to
see if you qualify.**

**Call her on her direct line
for more information:**

(360) 432-3920

**TRIBAL MEMBERS:
Are you approaching 65 ?**

You may be eligible for
Medicare Part D (Medications)

The tribe will help you with
your premiums only if you
choose HUMANA.

Sign up *before* you turn 65.

Questions?

Contact Nora Coxwell (360) 432-3925

If you already have Part D & want to switch,
annual open enrollment is: Nov 15– Dec 31.



Car Seat Facts

The 4 Steps for Kids are:

1. Rear-facing infant seats in the back seat from birth to at least one year old and at least 20 pounds. Best practice says keep your child rear facing to age two.
2. Forward-facing toddler seats in the back seat from age one to about age four and 20 to 40 pounds.
3. Booster seats in the back seat from about age four and 40 pounds to at least age eight, unless 4'9".
4. Safety belts at age eight or older or taller than 4'9". All children 12 and under should ride in the back seat. Most kids age four to eight need booster seats. NHTSA recommends using booster seats in the back seat for children from about age four and 40 pounds to at least age eight, unless 4'9".

Moving to a safety belt too early greatly increases risk of injury. Children age two to five who are prematurely graduated to safety belts are four times more likely to sustain a serious head injury than those restrained in child safety seats or booster seats.

Because many State laws only require children to be in a safety seat up to age four or so, many parents assume older kids are safe in just a safety belt. However, all children need to be restrained correctly whenever they ride in a motor vehicle. As of December 2002, only 15 States and the District of Columbia had enacted booster seat provisions in their child restraint laws.



Many children are placed in the wrong restraint.

Get your child's car seat checked and they will get entered into a drawing for a new Car Seat.

One car seat a month will be raffled off for September, October, and November

- Car seat checks will be scheduled for Fridays
- Bring your child in their car seat, in the vehicle they regularly ride in.
- Call Janita Raham 432-3972 to schedule an appointment



Moving to a safety belt too early greatly increases risk of injury



The Health Promotion Program at the Portland Area Indian Health Service helped provide the car seats for this Squaxin Island Family Services community activity.

Most kids age four to eight need booster seats

High Blood Pressure... The Silent Killer

Submitted by: **Dr. Karen Anderson, MD & Patty Suskin, Diabetes Coordinator**

Blood pressure is the force of your blood pushing against the walls of your arteries. Each time your heart beats, it pumps out blood into the arteries. Your blood pressure is highest when your heart beats, pumping the blood. This is called systolic pressure. When your heart is at rest, between beats, your blood pressure falls. This is the diastolic pressure.

Your blood pressure reading uses these two numbers, the systolic and diastolic pressures. Usually they are written one above or before the other. A reading of

- 120/80 or lower is normal blood pressure
- 140/90 or higher is high blood pressure
- 120 and 139 for the top number, or between 80 and 89 for the bottom number is prehypertension

High blood pressure usually has no symptoms, but it can cause serious problems such as stroke, heart failure, heart attack and kidney failure. You can control high blood pressure through healthy lifestyle habits (such as daily aerobic exercise and eating a diet low in fats and salt) and taking medicines, if needed.

CHECK THAT PRESSURE: Call ahead to the clinic to get on the nurse's schedule (360)427-9006 or stop at any "manned" firestation, which includes the one between the REZ & Little Creek.

Source: NIH: National Heart, Lung, and Blood Institute

Diabetes Support At Little Creek!

Join in to Learn How to Be Healthier

Staff at Little Creek asked Patty Suskin to share information about Diabetes with anyone with or without Diabetes or Pre-Diabetes. Each month, the group decides what to discuss the next month. Patty will be back to discuss Food Label Reading on Thursday, October 14th at 2 p.m. in the Executive Board Room. Everyone is welcome. For more info, contact Patty Suskin, Diabetes Coordinator at 360 432-3929 psuskin@squaxin.us or Darlene Krise at 427-7711.

In addition to Little Creek, our next support group at the Elder's Building is November 1st about 12:45 (right after lunch). Guest Speaker is Dr. Karen Anderson, MD, new at the clinic.



Little Creek employees seeking information about diabetes. L to R: Judy, Lori, Mark, Cheri, Bea, Faith, Darlene, Reza, & Ellen.

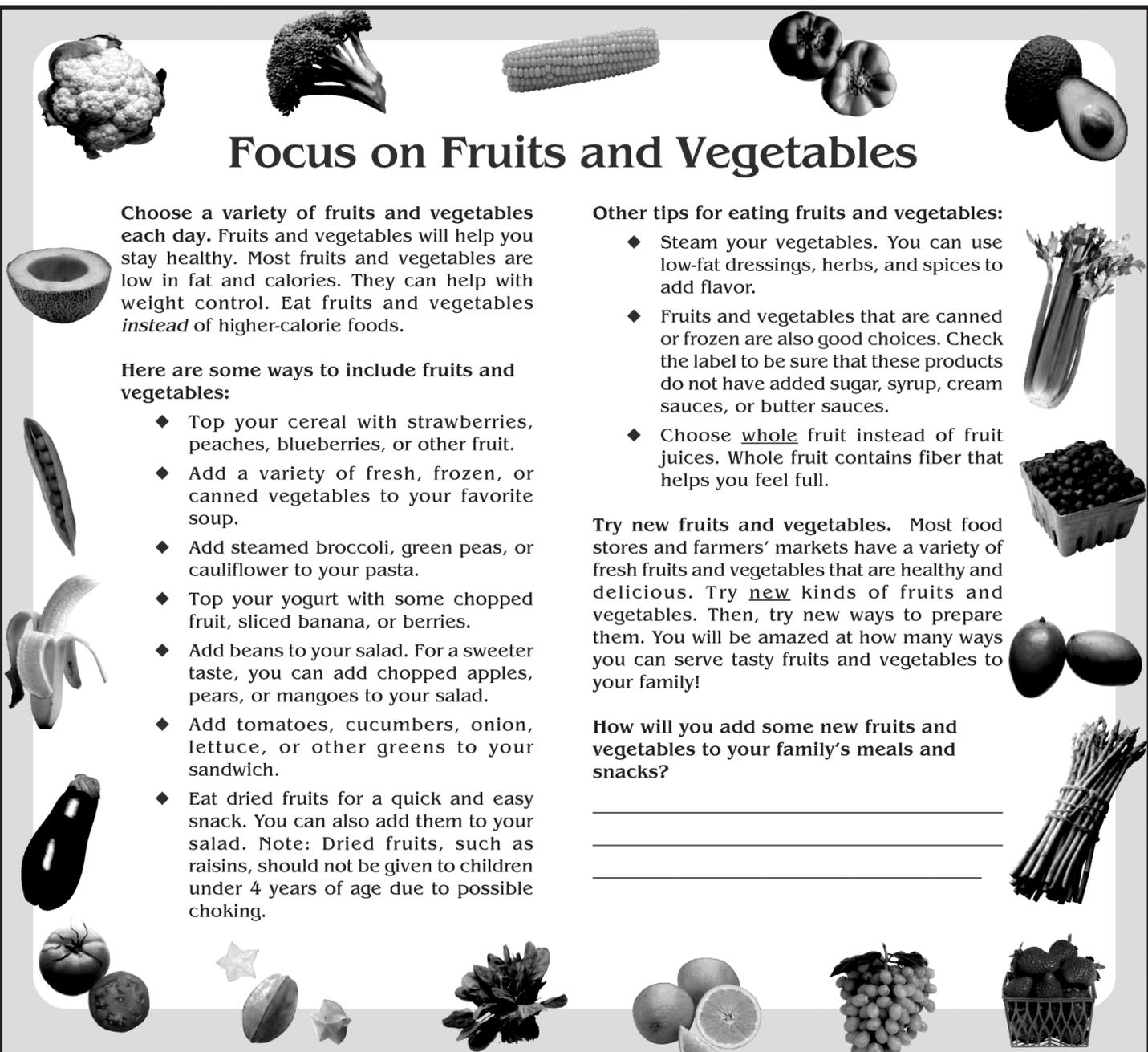


Stop By for a Quick Visit

It has been 8 months since we have had the Colon Health Program at Squaxin Island Tribe. There have been an outstanding number of patients that have had their FIT (Fecal Immunochemical Test) tests done. Others have had their screening colonoscopies done. But, there are still a lot of eligible people out there that have not had their screening tests done.

If you are over the age of 50, then it is to your benefit to stop by the Health Clinic to set up your screening test. It takes a short amount of time to get the test. When you return the test, you can also receive some nice gifts along with a tee-shirt that has the Colon Health Program logo (like the one above) on it. You might also consider arranging your test when you come to the clinic for your flu shot. Or perhaps you are scheduled for a Mammogram. You are welcome to stop by Cheryl's office at that time to get your FIT test.

Remember, colorectal cancer is a preventable and treatable form of cancer. Colorectal cancer has a five-year survival rate of 90% when diagnosed early. It's a quick visit to set up and do your test. It's worth the few minutes it takes to arrange and do the test. Stop by for a quick visit. If you have questions contact Cheryl Mahlberg at 432-3933 or 427-9006.



Focus on Fruits and Vegetables

Choose a variety of fruits and vegetables each day. Fruits and vegetables will help you stay healthy. Most fruits and vegetables are low in fat and calories. They can help with weight control. Eat fruits and vegetables *instead* of higher-calorie foods.

Here are some ways to include fruits and vegetables:

- ◆ Top your cereal with strawberries, peaches, blueberries, or other fruit.
- ◆ Add a variety of fresh, frozen, or canned vegetables to your favorite soup.
- ◆ Add steamed broccoli, green peas, or cauliflower to your pasta.
- ◆ Top your yogurt with some chopped fruit, sliced banana, or berries.
- ◆ Add beans to your salad. For a sweeter taste, you can add chopped apples, pears, or mangoes to your salad.
- ◆ Add tomatoes, cucumbers, onion, lettuce, or other greens to your sandwich.
- ◆ Eat dried fruits for a quick and easy snack. You can also add them to your salad. Note: Dried fruits, such as raisins, should not be given to children under 4 years of age due to possible choking.

Other tips for eating fruits and vegetables:

- ◆ Steam your vegetables. You can use low-fat dressings, herbs, and spices to add flavor.
- ◆ Fruits and vegetables that are canned or frozen are also good choices. Check the label to be sure that these products do not have added sugar, syrup, cream sauces, or butter sauces.
- ◆ Choose whole fruit instead of fruit juices. Whole fruit contains fiber that helps you feel full.

Try new fruits and vegetables. Most food stores and farmers' markets have a variety of fresh fruits and vegetables that are healthy and delicious. Try new kinds of fruits and vegetables. Then, try new ways to prepare them. You will be amazed at how many ways you can serve tasty fruits and vegetables to your family!

How will you add some new fruits and vegetables to your family's meals and snacks?

Here are some recipes to get you started.

Skillet Zucchini with Chopped Tomatoes

- 1 teaspoon margarine
- 1 cup chopped onion
- 4 small zucchini, thinly sliced
- 2 medium tomatoes, chopped
- 1/4 teaspoon black pepper

Directions: In a large nonstick skillet, melt margarine over medium heat; add onions and cook, stirring until onions are softened. Add zucchini and cook for 2 minutes. Add tomatoes and cook for 3 to 5 minutes or until the zucchini is tender-crisp. Season with black pepper.
Makes 4 servings.

Breakfast Sundae

- 2 (8 ounce) containers of fat-free flavored yogurt of your choice
- 1 cup WIC cereal of your choice
- 2 medium, firm bananas, sliced
- 1 cup of mixed fruit of your choice

Directions: In four separate glasses, layer 2 tablespoons each of yogurt, cereal, bananas, and mixed fruit. Repeat layers. Serve immediately.
Makes 4 servings.



1-800-342-3556
www.FloridaWIC.org

WIC is an equal opportunity provider.





COMMUNITY



Happy Birthday

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

What's Happening

						1	2
3	4	5	6 Youth Council Elections 5:30 @ TLC Family Court	7 AA Meeting 7:30	8	9	
10	11	12 Criminal/Civil Court	13	14 Council Mtg. AA Meeting 7:30	15	16	
17	18	19	20	21 AA Meeting 7:30	22 Pool Party 5-8 p.m.	23	
24/31 	25	26 Criminal/Civil Court	27	28 Council Mtg. AA Meeting 7:30	29 Halloween Party	30	

Happy Birthday Mathew
Love you forever
My son, my son, my favorite son
Love, Mom
(Love from Sisters too)



COMMUNITY



**Happy Birthday Uncle David
(Brother, Cousin)**



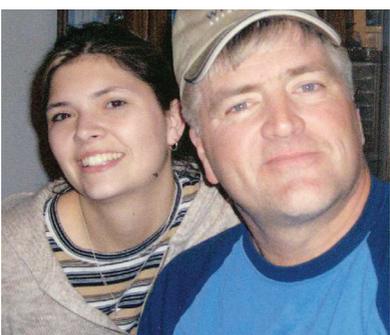
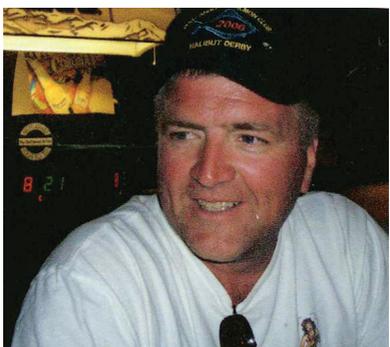
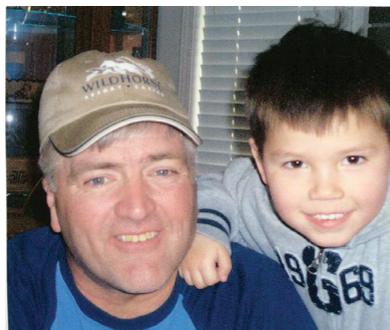
**Love,
The Seymour, Martin
& Napoleon Clans**



**Working on the NOAA ship
Davidson**

**Happy 4th Birthday
Micha Roberts (10/18)
Lots of hugs & kisses!!!
Love, your aunties & cousins**

Happy Birthday Rusty



**We Love You!
Cathey
Lyle
Heather
Kelly
Kobe
Kyler
Kelvin
Chris
and Will**

**Congratulations
Steve and Andrea Sigo**



**Robert Edward Sigo
Born August 8th at 12:07 a.m.
6 pounds 13 ounces
19.5 inches**

**Happy Anniversary
to my husband**



Love, your wife

**Happy Birthday Mom,
Donna Penn (10/1)
We love you very much
and wish you all the best
on your B-Day!!!
Love, your kids & grand-kids**

**Happy Birthday Larry (10/12)
Lots of love & wishes on your
B-Day!!!
Love,
Me & kids**



Happy Halloween



BINGO AT THE CREEK

Over \$20,000 in Cash and Prizes!

Oct 22nd at 6:30pm

Oct 23rd at 2:30pm & 6:30pm

2:30pm Session Blackout Prize • \$599

6:30pm Session Blackout Prize • \$1,199

Early Bird Specials • 6:30pm Sessions
\$69 Hotel Stay*

WEAR TIE-DYE

Receive a free level 1 with buy-in!

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CASINO • RESORT
www.little-creek.com

Restrictions may apply. Must be over 18 to play.

*Valid for Bingo participants. Must show Players Club Membership.

SPIN TO WIN \$100,000!
BIG SPIN
Receive one free entry per day!

Swipe daily for a chance to...
INSTANTLY WIN \$10,000!

Tues, Weds & Thurs at 6pm & 8pm...
SPIN TO WIN UP TO \$100,000!

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CASINO • RESORT
www.little-creek.com

See the Players Club for more details. Promotion ends 10/14/10.
Earn extra entries for every three points you earn! Must be present to win.

Return Service Requested

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Shelton, WA 98584

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