



The Kennedy Creek Salmon Trail is now recruiting volunteers to serve as docents for the fall 2011 season. The Trail is administered and sponsored by South Puget Sound Salmon Enhancement Group (SPSSEG) and Mason Conservation District (MCD) and is primarily used as an outdoor salmon classroom for local students. Each year, over 5,000 people visit the Trail to learn more about the salmon lifecycle and to observe their spawning and courting behaviors.

Since 2000, SPSSEG and Mason Conservation District along with many other community partners, have been working diligently to make sure that there is a place for local students and our community to learn more about these iconic and wild northwest salmon. Since the beginning, the Trail has

grown into a local and regional destination for salmon viewing. Media coverage ranges from the local Olympia area newspapers and blogs, to regional magazines such as Sunset, and national exposure in the National Geographic Traveler. The word is out about this excellent program and salmon viewing at the Kennedy Creek Salmon Trail.

The Trail is a community supported and volunteer based program. Each year over 40 volunteer docents donate approximately 600 hours specifically to the program. The Trail is open to the general public every weekend day in November as well as Veteran's day and the day after Thanksgiving. During the week, the Trail is reserved for school groups and classroom visits. Classes range from preschool through college. SPSSEG & MCD provide the overall organizational support and coordination necessary to operate the Trail safely and efficiently.

We are always looking for new volunteers! Interested community members attend a one day training where they are taught about the salmon life cycle, habitat and tour the trail. This year's training date is October 22nd from 9 am – 4 pm. If you are interested in learning about chum salmon, or have a desire to educate local school groups and/or community members about this unique trail and salmon run, please contact Stephanie Bishop at (360) 427-9436, ext. 22 or Stephanie@masoncd.org. For more information about the Kennedy Creek Salmon Trail, please visit www.spsseg.org or www.masoncd.org.

Upcoming Holiday Bazaars

MLRC November 4 & 5

We are looking for tribal community vendors to be part of our annual holiday bazaar.

\$20 per 6 foot table

\$10 extra for electricity (*cords/extension not provided*)

Deadline: October 27th

Contact Ruth Whitener

rwhitener@squaxin.us



Little Creek Casino Resort December 2-4

15th Annual Holiday Craft Bazaar 2011

Please join us

Friday, Saturday and Sunday

December 2nd, 3rd and 4th

2nd and 3rd: 8:00 a.m.- 8:00 p.m.

4th: 8:00 a.m. - 3:00 p.m.

We will have candles, ornaments, Native American crafts, crocheted items jewelry and MORE!

Small spaces available: \$30.00 per table per day.

\$25 per space per day for Tribal members

and LCCR Employees

In the lobby and boardwalk

To reserve your table, please contact:

April Olson, 360-432-7037

Darlene Krise 427-3027



The Northwest Native Chamber presents

First Annual Business Showcase

2011 Theme

Face to Facebook

October 20-21, 2011

Little Creek Casino Resort

The Northwest's premier gathering of Native Entrepreneurs, Tribal Enterprises and their partners in the growing Tribal economy!!

NW Native Chamber Business Showcase

The Real Social Network

For business showcase registration, agenda, and other information, go to www.nwnac.com



Human Resources

Squaxin Island Human resources is now accepting application packets for the development of a pool for each of the following positions:

- Cook (on-call)
- Fish Tech 1 (on-call)
- Janitor (on-call)
- Bus Driver – Supplemental (on-call)
- NWITC Cook 1 (on-call)
- NWITC Housekeeper 1 (on-call)
- NWITC Treatment Attendant 1 (on-call)
- Office Assistant 1/Receptionist (on-call)

Continuously accepting applications for the following full time positions:

- Surveillance Observer
- Surveillance Observer (Trainee)
- TGA Agent
- Law Enforcement Officer

For a complete job descriptions, please visit: squaxinisland.org.

Completed application packets may be submitted to: Astrid Poste in the Human Resources Department.

Please call (360) 432-3865 with any questions.

A New Job Title



Janita Raham
Elder Site Manager

Prevention & Wellness Advocate

Hello My name is Janita Raham I am a Squaxin Island Tribal Member and the Great Granddaughter of Florence Sigo, The Granddaughter of Dewey Sigo and the daughter of Janette Sigo. I am married to Jermaine Raham and together we have nine children, I have lived on the Squaxin Reservation all of my life and enjoy working with my community to make positive changes.

It is a great honor to me to be the Elder Site Manager/Prevention and Wellness Advocate for the Squaxin Island Tribe. As the the Elder Site Manager, I will continue to work with the staff to enhance and strengthen this great program. We will be getting a calendar of activities which will include things like drumming and singing before lunch, cultural arts and crafts and language classes. We will also have monthly workshops on foot health, healthy eating and how to assess local services.

I look forward to getting better acquainted with all the Elders and their families.

My office is located in the Elders building, and I can be reached at 360-432-3972. Feel free to stop by with your thoughts and ideas.



Harry Fletcher's 90th birthday party at Elders lunch on Sept. 26

Son Irvin, wife Bertha, daughter Carolyn and Harry
Thanks, Patti Suskin, for the photo!

TRIBAL NEWS

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Shelton, WA 98584

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www.squaxinisland.org



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

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

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

Submissions Deadline:
15th of each month

SQUAXIN ISLAND TRIBAL COUNCIL:

DAVE LOPEMAN: Chairman
ARNOLD COOPER: Vice Chairman
PETE KRUGER: Secretary
ANDY WHITENER: Treasurer
RAY PETERS: 1st Council Member
JIM PETERS: 2nd Council Member
CHARLENE KRISSE: 3rd Council Member

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



Solid Waste and Recycling Program

Proper Disposal of Fluorescent Light Bulbs

Fluorescent light bulbs are more energy efficient than standard light bulbs. Many homes are switching to these bulbs because they lower the amount of electricity used to light the home. These bulbs also require special care and disposal because they contain mercury, a toxic, though natural, element that can build up in humans and animals. Fluorescent bulbs should not be thrown in the garbage. They could break and cause harm to your family, to those handling your garbage, or leach into the ground and surface water which harms the environment and fish. Fluorescent bulbs can be taken to the following locations for free recycling:



Mason County Solid Waste Facility
501 W Eels Hill Rd, Shelton

Mason County PUD 3
307 W Cota St, Shelton

Lowes
4230 Martin Way E, Olympia

Home Depot
1101 Kingswood Drive SW, Tumwater

Questions or comments about this article can be directed to Sheena Kaas, Solid Waste and Recycling Program Manager at 432-3907 or skaas@squaxin.us.

Avoid Stacking Firewood Next to House

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

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

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

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

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

Stacking wood against an exterior wall of your home also invites insect problems. Wood is the natural home for carpenter ants, termites, wood boring beetles and countless other insects and spiders. Except for carpenter ants and termites, which can seriously damage your home, most of these insects are more nuisance than threat. But they will move indoors for the winter. You issue the invitation when you stack wood next to the house. The insects then find the little crack in the foundation or the loose-fitting storm door and stroll right in.

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

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



Renters Need Insurance Too!!

Why do I need rental insurance?

The landlord of your apartment or home has insurance, but it probably only covers the building where you live—not your personal property or your liability for accidents. If your possessions are stolen during a break-in or damaged by a fire or severe weather, a renter's insurance policy will allow you to recover their value. Renter's insurance also covers you in the event that someone else is injured in your apartment or someone's personal property is damaged and sues you.

What if I don't have much personal property?

Renter's insurance is still important even if you don't have much personal property because of the liability component. Also, chances are your personal property is worth more than you think. If you don't have much personal property to insure, then you can save money by choosing a lower policy limit.

How much does renter's insurance cost?

Renter's insurance probably costs less than you think. It should run you roughly \$10-\$25 per month.

Is a good renter's insurance policy hard to find?

If you already have insurance (for instance, for your car) with a company that you like, ask your agent or broker whether you can also get a renter's insurance policy. Keep in mind that having more than one policy with the same insurer can save you money through a "multi-line discount."



Happy Halloween!

Comprehensive Fall Task Checklist **Organize and Get a Jump on Winter** **In and Around the House**

- Buy and store a supply of wood. Less seasoned wood may be cheaper; let it dry this year and use it next year. Just don't burn it until it's dry!
- Have your backup heat source serviced. Wood stoves and pellet stove should be checked to make sure they are in good condition and ready for another year of service.
- Have your chimney cleaned, especially if you use a woodstove or fireplace a lot during the cold season.
- Clean the gutters.
- Check downspouts and splash blocks. Water should flow freely away from the house.
- Examine the roof and gutters. Make repairs yourself, or hire someone, but do it now.
- Check ridge vents and make sure they are clear of any obstructions.
- Schedule heating system service if you haven't done it in a while.
- Check the smoke alarm and carbon-monoxide detector. Replace batteries.
- Weatherize your home. Use caulk, weather stripping, and check for new, inexpensive ways to reduce heat loss.
- Check your foundation before winter sets in. It may be too late to do anything if you find cracks or damage, but you can take a picture and document any problems you find. It will give you a point of reference next spring when you make your post-winter inspection and give you an idea of how quickly problems are progressing.
- Wander through your home and make sure that all heat vents are clear. Stuff gets moved during the summer and often vents get blocked, especially in homes without central air conditioning.
- Replace that air filter before you turn on the heat. Pick memorable date (like the first Saturday of every month) and make replacing the filter a monthly chore. Buy a season's supply of filters. Many come in packs of three or more and you can save money as well as time.
- Add insulation. If your home needs more, start at the top and work down to get the most for your money. Most warm air leaves through the roof so concentrate your insulation there, adding extra to the walls and under floors as time and money permit.
- Remove screens, clean, and repair before putting them away. Replace with storm windows if you don't have dual-pane, low-e windows.
- If you have a crawl space under your home, make sure that entries are blocked to prevent critters from taking up habitation and nesting.
- Check siding. Caulk or repair as needed.
- Wrap pipes with heat tape in cold climates.
- Install a programmable thermostat if you don't already have one. This can save you a ton of money, especially if you program it so temperatures are lower at night. Buy a new sweater and resist the temptation to turn the heat up.
- Trim trees and bushes so nothing touches your house.
- Hire an arborist to remove dead and diseased branches on your trees so your home doesn't get crunched during high winds or ice storms. They can also remove branches that might take out power lines too. (Make sure the tree service you hire is licensed and insured. If they drop a big branch on your car, you'll want them to pay for the damage.)
- Clean and put patio furniture and the barbeque away. There's nothing quite like finding a cruddy, gross barbecue next spring on that first warm weekend.



Money Mom

Halloween on the Cheap

I'm sure you've noticed that Halloween has become quite the expensive holiday – a pumpkin-printed garbage bag stuffed with leaves or a ghost fashioned out of a white sheet will no longer do. And even beyond the costumes, you have the parties, decorations, and candy. All told, the average American is expected to spend \$66 this year, according to the National Retail Federation.

Despite what economists say, I know that money is still tight, and that \$66 could be put to better use. So here's how to save rather than spend this year:

- **Set your own rules.** Halloween – and other major holidays – has become a competitive sport, complete with yard decorations and king size candy bars. Why not be the one in your neighborhood to put an end to it? Skeletons or other scary fixtures for your yard can cost hundreds, and by the time they get home, kids won't remember who contributed the most to their haul. Your friends and neighbors will probably be happy to save a few dollars this year, and if they aren't, you shouldn't be trying to keep up with the Joneses anyway.

- **Get crafty.** Prepackaged costumes cost two and three times what you could make at home. A pretty, solid-color dress your daughter already owns can easily be turned into a Princess costume with a piece of toile attached to the end of a cone hat made out of cardboard and a wand of tin foil. Pull together a stripped shirt, a pair of black pants, a bandana and a fabric eye patch and your son is a pirate. For smaller kids, themed-pajamas – Spiderman, Superman – easily double as costumes.

- **Pick and choose.** So maybe your kid has his heart set on a complicated costume at the store, and you don't have the time or skill to make it at home. Go ahead and buy it, but see if you can cut back elsewhere (your dog, for one, does not need a costume). Use last year's leftover decorations instead of buying new, or invite a friend over to help meet trick-or-treaters and split the candy bill. Another great tip: Buy candy in bulk from a place like Sam's Club or Costco and split it with a neighbor.

- **Buy used.** Second hand stores like Goodwill are a great place to find costumes. The prior owner likely spent \$30 or \$40 on it and only wore it once, so they're generally in great shape (and many are still in style – the most popular costume trends tend to be timeless, or at least continue for a few years). These stores are also a great resource for accessories, like costume jewelry and shoes, as well as decorations.

By: Jean Chatzky -
Making Money Make Sense





Higher Education

If you or someone you know are interested in going to college please contact Lisa Evans in TLC for the Squaxin Island Higher Education application and for college information. Lisa can be reached in TLC at 432-3882 or by email at levans@squaxin.us.

NOW is the time to apply for the new school year, Fall 2011/12 quarter. FAFSA funding and State Need Grants are available on a first come first serve basis. The deadline to apply for the Winter 2011/12 quarter is Wednesday November 30, 2011 by 5:00 pm.

Grays Harbor Reservation Based AA Degree Bridge Program

The Grays Harbor College Bridge Program is designed to serve students with less than 90 college credits who are place-bound students and deeply connected to their tribal communities. It prepares students for success in the Evergreen State College Reservation Community Determined (RBCD) program or any upper division college program. It operates in tribal communities, and is implemented in partnership with The Evergreen State College in cooperation with WashingtonOnline, Washington Tribes and Washington community and technical colleges.

The classes for this program are provided on-line with partnering colleges, including those of cultural relevance and those compatible with Evergreens philosophy. There are weekly class meetings at each site, with a study leader to help students succeed. Students also attend Saturday classes at the Longhouse on the Evergreen campus, and participate in seminars with Reservation Based Community Determined students through an integrated studies class, providing a bridge to the RBCD program.

If you are interested or would like more information on this program contact Lisa Evans in the Tu Ha' Buts Learning Center at (360) 432-3882 or by email at levans@squaxin.us.

Available Scholarships

Please contact Lisa Evans if you are interested in available scholarships to help with your Higher Education endeavors. Currently there is a booklet available with approximately 75 different scholarships for Native Americans students.



Tu Ha' Buts Learning Center

DATE: OCTOBER 7, 14, 21
TIME: 2:00 PM — 5:00 PM
LOCATION: MARY JOHNS ROOM

Paula Henry is presenting
three cultural classes,
for ages 15-24.

- Cedar Weaving - Oct. 7
Vases and Roses
- Neck Shawls - Oct. 14
Fringed and Beaded
- Dream Catchers - Oct. 21
Beaded and Shells

To sign up please visit the Tu Ha' Buts Learning Center or your school's tutor to receive a registration form.

For more information contact
Kim Benally-Hood: 432-3853

Cultural Classes

Life Skills Workshop

The Tu Ha' Buts Learning Center is providing a life skills workshop for 19-24 year olds.

Taught by Pam James,
this tailor made curriculum will help you
learn the skills necessary to live a
successful life.



Questions contact Kim Hood: 432-3853

4:30 pm—7:30 pm
October 10th—18th
At the TLC

Learn:

- Relationship and family skills
- How to communicate effectively
- How to manage money
- Job skills
- Tribal history and cultural skills

Refreshments provided.
Stipends provided for completing the workshop.



Elders Host Luncheon Help Needed

We are having our host luncheon and have invited 34 Tribes. We just went to the Puyallup Host Elders Luncheon, and they had 700 Elders attend. We had 450 at our last luncheon in 2009.

The Elders are asking if each department would be willing to donate a gift basket to put on their raffle table at the Host Luncheon. The donations should be brought to the Elders building by October 20th. If you have any questions, please contact Colleen 432-3936.

Thank you very much for your participation.
- Squaxin Elders



TLC Update

With school starting up again, we've been seeing many familiar faces dropping by for the after school program. It's great to see all of you again, and we look forward to enjoying a lot of great activities over the coming months. As this is October, that includes the Halloween Party, scheduled for Friday, October 28, from 6:00-8:00 p.m. in the gym. Since this is being written in mid-September, things are still in the planning stages, but more details will be announced over the upcoming weeks. We hope that everyone can get a chance to bring the kids down and enjoy an evening of fun for all ages.

One of the many things we're working on in the youth activity program is to provide something for teenagers. We're developing concepts for a center for teens that will be in the Mary Johns Room. The room is being painted and reorganized to accommodate this new use. Plans for a teen center include tutoring and homework help, computer access, socializing and meeting space, plus learning activities and crafts.

On another note, we want to thank Emily Sigo for all of her time and efforts in the youth recreation program, being an important part of the after school and Summer Rec programs. She has certainly put a lot of her heart into working with so many young people in this community, and I'm sure many of the children will miss her being a part of their afternoons. As Emily moves on to other things in her life, we wish her the best for all she wants to accomplish. Thanks Emily.

If anyone would like to volunteer time or resources to help out at the Halloween Party, or at the teen center, please contact Gordon James at the Tu Ha' Buts Learning Center at (360) 432-3992.



OCT

Squaxin YOUTH Education, Recreation and Activities Calendar

TLC hours: M-F 8:30am-5pm **Front Desk:** 432-3958

YOUTH Gym/Recreation hours: M-F: 3-7pm

All activities are drug, alcohol and tobacco free.

Monday	Tuesday	Wednesday	Thursday	Friday
3 Open Gym: 3-6 Open Swim: 3-6 Rec Room: 3-6	4 Open Gym: 3-6 Rec Room: 3-6 Group Games: 5-6	5 ER GSD Open Gym: 2:30-5:30 Open Swim: 3-6 Rec Room: 3-6	6 Open Gym: 3-6 Rec Room: 3-6 Crafts: 5-6 Youth Council: 5:30-6:30	7 ER SSD Open Gym: 1-6 Rec Room: 1-6 Open Swim: 5-8 Cultural Classes Ages 15-24 2-5 PM
10 Open Gym: 3-6 Open Swim: 3-6 Rec Room: 3-6 Living Skills Ages 19-24 4:30-7:30 PM	11 Open Gym: 3-6 Rec Room: 3-6 Group Games: 5-6 ILS Ages 19-24 4:30-7:30	12 ER GSD Open Gym: 2:30-5:30 Open Swim: 3-6 Rec Room: 3-6 ILS Ages 19-24 4:30-7:30	13 Open Gym: 3-6 Rec Room: 3-6 Crafts: 5-6 Youth Council: 5:30-6:30 ILS Ages 19-24 4:30-7:30	14 No School SSD Open Gym: 1-6 Rec Room: 1-6 Open Swim: 5-8 Cultural Classes ages 15-24 2-5 PM ILS Ages 19-24 4:40-7:30
17 Open Gym: 3-6 Open Swim: 3-6 Rec Room: 3-6 ILS Ages 19-24 4:30-7:30	18 Open Gym: 3-6 Rec Room: 3-6 Group Games: 5-6 ILS Ages 19-24 4:30-7:30	19 ER GSD Open Gym: 2:30-5:30 Open Swim: 3-6 Rec Room: 3-6	20 Open Gym: 3-6 Rec Room: 3-6 Crafts: 5-6 Youth Council: 5:30-6:30	21 ER SSD Open Gym: 1-6 Rec Room: 1-6 Open Swim: 5-8 Cultural Classes for 15-24 yrs olds 2-5 PM
24 Open Gym: 3-6 Open Swim: 3-6 Rec Room: 3-6	25 ER SSD Open Gym: 1-6 Rec Room: 1-6 Group Games: 5-6	26 ER SSD, ER GSD Open Gym: 1-5:30 Open Swim: 3-6 Rec Room: 3-6	27 ER SSD Open Gym: 1-6 Rec Room: 3-6 Crafts: 5-6 Youth Council: 5:30-6:30	28 ER SSD Halloween Party 6-8
31 Open Gym: 3-6 Open Swim: 3-6 Rec Room: 3-6	After school snacks: M-F 4-4:45pm Computer Lab: M-Th 3-6, F 3-5pm Sylvan: M-Th 4:30-7:30pm Homework Help, GED Prep: T-TH 4-7pm		Key ER = early release SSD = Shelton School District GSD = Griffin School District TLA = Tu Ha' Buts Learning Academy	

REMINDERS

Tutors are available everyday in Shelton Schools and afterschool, 3:30-5:00pm at TLC.

Homework Help is every Tuesday, Wednesday & Thursday from 4:00-7:00pm in the TLC classroom.

TLC Education Office will be closed Oct 25-31. Sylvan, Homework Help, GED Preparation and Recreation Programs will still be open.



Drivers now have the option to buy the new \$30 annual Discover Pass when renewing their license tabs through the Department of Licensing (DOL).

The Legislature created the Discover Pass, a new access pass required for vehicles entering parks or recreation lands managed by the Washington State Parks and Recreation Commission, the Washington Department of Fish and Wildlife (WDFW) and the Washington State Department of Natural Resources (DNR).

Vehicle owners may purchase the Discover Pass at DOL vehicle licensing offices or when renewing tabs online at www.dol.wa.gov. Buyers of the pass through the DOL process will receive their passes in the mail from WDFW within 10 business days of renewal and purchase. Transaction and dealer fees are not charged for annual passes purchased directly from DOL.

The Discover Pass also can be purchased in person from nearly 600 vendors across the state, by telephone or online at <https://fishhunt.dfw.wa.gov>. In addition, the Discover Pass can be purchased from state parks as staff is available.

The \$30 annual (\$10 one-day) pass was created to generate revenue that would keep the state's parks and recreation lands open to the public by replacing tax dollars reduced in the agencies' operating budgets. The Discover Pass is projected to make \$65 million in revenue over the 2011-13 biennium.



Watershed Park: *A Gem of Nature in the City*

Submitted by Patty Suskin, Diabetes Coordinator

What

Watershed Park in Olympia, 153 acres of trails, mature forest and pristine sections of Moxlie Creek right in the middle of town

Where

The main trailhead parking lot is on Henderson Boulevard, south of Interstate 5. There are other trailheads at Eastside Street and 22nd Avenue.

To do

Watershed Park is perfect for a quick hike during a rain break -- or even during a rainstorm. There is a 1.4-mile loop trail, and spur trails let hikers get in and out of the park -- and to different neighborhoods -- in an hour or so. The trails have some steep climbs, so this is a great spot to keep your hiking muscles in shape -- and stay strong for winter sports. The fall and winter scenery is amazing, too, with rotting leaves underfoot, huge sprays of ferns on tree trunks and moss draping tree branches. The whole park shows that forest life doesn't end when it gets cold and rainy. Hikers quickly realize that much of South Sound looked like the park before human development. Hikers can get glimpses of squirrels, raccoons and blacktail deer. The sound of running water -- whether it is dripping from the huge trees, burbling from 28 springs or running through Moxlie Creek -- is never far away.

To see

Watch for the giant maple and cedar trees as the trail descends from the traffic ruckus on Henderson Boulevard into the silence of the forest. Many of the huge tree trunks are coated with moss and ferns. Look for trees growing out of old cedar stumps or logs. One cedar stump still has the springboard cuts that some long-ago logger notched into the tree. Boardwalks and bridges cross over the many marshes, springs and creeks in the park. Moxlie Creek, which flows from the park, underneath downtown Olympia and into Budd Inlet, has runs of salmon, and lucky visitors might see spawning fish. At one point on the trail, a giant cedar and big maple tree grow out of the same spot. Their trunks meld into one another, and their roots intertwine right at the edge of the trail. At another spot, an oval hole is at the base of a small cedar tree.

Hike details

This trail can be steep, and it has stairs at some parts. The city of Olympia has installed excellent trail markers and

some interpretive signs. This trail is not suitable for those who use wheelchairs. Benches are at some scenic spots, and it's worth taking a lunch on this hike. Be sure to study the map signs at the trailheads before descending into the park. It would be great if the city of Olympia provided simple paper maps at the trailheads. The Loop Trail is 1.4 miles. The hike from the main park trailhead on Henderson Boulevard to the 22nd Avenue trailhead is about 0.7 mile. The hike from the main trailhead to Eastside Street is about 0.6 mile.

Equipment

Good hiking shoes, sunglasses, cameras, binoculars, rain gear -- this place is a damp, mossy rain forest -- water and food. There are no water fountains here!

Parking

There is parking at the Henderson Boulevard trailhead.

Directions

Take Exit #105 off I-5 follow to Port of Olympia to Henderson Boulevard. Go on the round-about and take a left onto Henderson. Look carefully for the parking area on your left. There also are entrances on Eastside Street and 22nd Avenue.

Restroom

There is a portable toilet at the main Henderson Avenue parking lot.

Safety

Keep a close eye on children, as many dense thickets and gooey swamps lurk just off the trail. Signs ask hikers to stay on the trail at all times. Steep slopes -- with no guardrails -- border some sections of the trail. Watch for tree roots in some parts of the trail.

History

Wells in this area provided Olympia's drinking water from the late 1800s to the early part of the 1950s. It's possible to spot some of the old water works. In 1955, the property was to be sold and logged, but citizens worked to keep the area pristine. A sign near the main trailhead on Henderson Boulevard introduces hikers to local conservationists who fought to preserve the park.

Rules

No camping, fishing, alcohol or firearms allowed. Dogs must be on leashes, and plastic bags for pet waste are available at the trailhead. Running, cycling and jogging are not allowed on the trail.

More information

Call Olympia Parks, Arts and Recreation Department at 360-753-8380 or go to www.ci.olympia.wa.us. Or <http://olympiawa.gov/community/parks/parks-and-trails/watershed-park.aspx>



***Want to do something outdoors
with family & friends or solo?***

**Check out at least 30
Outdoor Activity ideas
now online:**

Go to www.squaxinisland.org


Click on "Government"

Then "Departments"

Then "Health Clinic"

Then "Outdoor Activities"

Also, look for the Fitness Activities Brochure now on line on the Health Clinic page.



WIC
(Women, Infants, and Children)
provides healthy foods &
nutrition information for you and
your child up to age 5.

Please bring:
Your child, Provider One Card
or paystub and Identification for
you & your child

**Tuesday,
October 11th is
WIC DAY at
SPIPA**

**Call Debbie Gardipee-Reyes at
SPIPA 360 462-3227**



HEALTH CLINIC



Lower Your Risk for Heart Disease.

Mary: "The good news is that there are many things my family and I can do to lower our risk for heart disease. We have agreed to take the path of heart health. Working together as a family strengthens our chances of staying healthy. I am changing my habits because I want to be at my grandchildren's graduations and weddings."



Mary's Family Takes the Path to Heart Health

- **Lose weight.** "We eat smaller portions. If we are still hungry, we have salad."



- **Get 30 to 60 minutes of moderate physical activity a day.** "We walk together after dinner every night."



- **Eat less saturated fat and sodium.** "I bake chicken instead of frying. I use herbs instead of salt to season our food."



- **Eat more fruits and vegetables.** "We enjoy them with meals, as a snack, or for dessert."

- **Limit beverages and foods with sugar.** "We limit sweets, such as doughnuts, cookies, and soda."

- **Quit smoking.** "Our home is smoke free."



- **Have regular checkups.** "We use our heart health cards to track our weight, waist measurement, blood pressure, blood cholesterol, and blood sugar (to check for diabetes)."



You can lower your risk, too. When you change your lifestyle behaviors by doing some of these things, you **will** live longer.

Sally: "Changing old habits is no easy chore, but as a family, we will help each other. We are more active and eat healthier meals now."



Managing Your Blood pressure

Submitted by Patty Suskin, Registered Dietitian & Mary Prentice, Captain, Mason County Fire District 4

We want you to live a long and healthy life. High Blood Pressure has been called the "Silent Killer". High blood pressure isn't a problem that you can treat and then ignore. It's a condition you and your healthcare provider need to manage for the rest of your life.

When not controlled, you are at risk for:

- Stroke
- Chronic kidney disease leading to dialysis
- Heart attack and heart failure
- Poor blood supply to the legs
- Bleeding from the aorta (the large blood vessel that supplies blood to the abdomen, pelvis, and legs)
- Problems with your vision

Things you can do to help control your blood pressure:

ADOPT HEALTHY HABITS:

- Eat a heart-healthy diet and drink plenty of water.
- Stay at a healthy body weight. Find a weight-loss program if you need help.
- Exercise regularly: at least 30 minutes of aerobic exercise a day. Start with a 5 minute walk if you have not been active.
- If you smoke, quit! Contact Janita Raham 360 432-3972 about the New Breath Program or your health provider.
- Limit how much alcohol you drink: one drink per day for women, two a day for men.
- Limit the amount of sodium (salt) you eat. Aim for less than 1,500 mg per day. Read your food labels.
- Reduce stress. Try to avoid things that cause you stress. You can also try meditation or yoga.
- If you need assistance with these challenges, contact your health provider or Patty Suskin, Registered Dietitian at 360-432-3929.

TAKE YOUR MEDICATIONS PROPERLY:

- If side effects pose problems, don't stop taking your medications. Ask your doctor about other options.

SCHEDULE REGULAR DOCTOR VISITS:

- It takes a team effort to treat high blood pressure successfully.
- Your healthcare provider can't do it alone, and neither can you.
- Work with your provider to bring your blood pressure to a safe level — and keep it there.

MANAGE STRESS:

- Say no to extra tasks, release negative thoughts, maintain good relationships, and remain patient and optimistic.
- If you need assistance, call the Counseling office at 360-426-1582

Free Blood Pressure Checks are available at the Elder's Building from 11:45 am to 12:45 pm the first Thursday of every month. This service is provided by Mason County Fire District 4 firefighters.

Sticking to lifestyle changes can be difficult — especially if you don't see or feel any symptoms of high blood pressure. If you need motivation, remember the risks associated with uncontrolled high blood pressure. It may help to enlist the support of your family and friends as well.

New Employee



Leslie Maniccia Nurse practitioner

I'm Leslie Maniccia, the new nurse practitioner at the Squaxin Island Health Clinic. I come to serve the Squaxin people from Seattle, where I worked as a nurse and massage therapist for many years. I studied medicine at Seattle University, Shamanism with Char Sundust, and Massage with Brian Utting. I like to incorporate these and herbal medicines into my medical practice. I bring a love of health and wellness complemented with a deep-seated compassion for people in every stage of life's journey.

When I'm not busy at the clinic, I love to do yoga, hike, bike, kayak and ski. I enjoy beading, knitting, and reading when I'm ready for a rest. I have three children that are my greatest blessings and greatest challenges.

I have enjoyed getting to know many of you and look forward to meeting those I have not yet met.



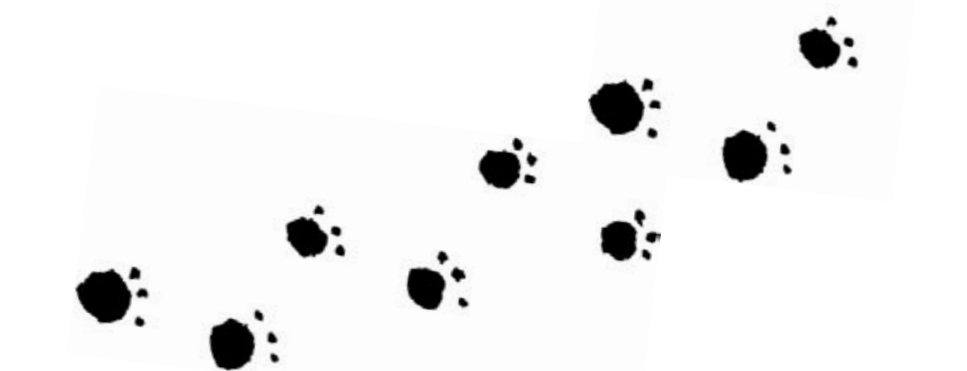
HEALTH CLINIC



Attention Squaxin Island Tribal Members

Adult Flu Vaccine is now Available

Call the Clinic for an appointment at 427-9006



SKOKOMISH NATION * SQUAXIN ISLAND *
SHOALWATER BAY * CHEHALIS *

*** 4 TRIBES ***

HEALTHY

Sponsored By
Nike,
Diabetes Prevention
Program & Tobacco
Cessation

N7

BIGGEST LOSER

Nike will outfit the
winner head to toe
with Nike product,
hat, shirt, long sleeve
hoodie, shorts, pants,
socks, shoes

FUN

Are you up for the Challenge?

Begins October 3, 2011
At Squaxin Island Contact 360-432-3972 for more details and to sign-up!

Challenge rules:

1. Set monthly goals
2. Weigh in will be every other Monday
3. \$20 registration fee
4. Can you keep it off? Prize for those who maintain weight 45 days past competition!
5. Monthly Tribal biggest Loser wins cash prizes

Questions:
At Squaxin Island Contact Janita Raham
360-432-3972 or jraham@squaxin.us for details on
prizes, qualifications, to sign up and more!

Dates to remember:

October 3-weigh in/body measurement
October 17-weigh in
October 31-weigh in
November 14-weigh in/body measurement
November 29-weigh in
December 12-weigh in/body measurement
December 27-weigh in
January 9-weigh in/body measurement
January 23-weigh in
February 6-weigh in/body measurement

Upcoming 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 Juana Perry @ 432-3863
to get on the waiting list to have a garden
placed in your yard – for FREE.

Free Pilates classes

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

Smart Shopping/ Food Label Reading Workshops

Contact Patty to schedule
a family & friends session

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

October 11th 9 a.m. to 3 p.m.
@ the Health Clinic
Contact Elizabeth Heredia
at 432-3930

Community Health Walk

Thursday, October 13th
Meet at Elder's Building at 12:40
for a 20 minute walk around the REZ

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

September menu

Mon. 3 - Tacos & Spanish Rice
Tues. 4 - Soup & Sandwich
Wed. 5 - Pepper Steak
Thurs. 6 - Pizza

Mon 10 - London Broil Roast
Tues. 11 - Soup & Sandwich
Wed. 12 - Pork Chops
Thurs. 13 - Halibut w/ Mango Salsa

Mon. 17 - Beef Stew
Tues. 18 - Soup & Sandwich
Wed. 19 - Chicken & Rice Casserole
Thurs. 20 - Crabby Patties

Mon. 24 - Grilled Oysters
Tues. 25 - Soup & Sandwich
Wed. 26 - Baked ham & Potatoes
Thurs. 27 - Cabbage Rolls
Mon. 31 - Meatloaf

Need food?

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
Tuesday, October 11th
9:00 - 4:00

Contact Debbie Gardipee-Reyes:
462-3227
Dates subject to change

USDA FOODS AT SPIPA

Contact Shirley or Bonita at
438-4216 or 438-4235
Monday, October 3rd
10:00 a.m. - Noon
Applications available at Housing,
Food Bank, NR and TANF

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



Happy Birthday

Shirley Monahan 01
Jess Ehler 01
Donna Penn 01
Carmen Orsillo 01
Adam Mowitch 03
Joshua Smith 03
Steven Sigo, Jr. 04
Clinton Kruger 04
Nichole Seymour 04
Lorenzo Solano 04
Lydia Buffington 05
Beth Robinson 05
Shiloh Henderson 06
Jeremiah Schlottmann 06
Russell Pleines 06
Michael Todd 06
William Peters 07
Michael Krise 07
Theresa Davis 08
Elizabeth Perez 08
Audelia Araiza 08
Colton Gott 09
Ronald Day, Jr. 09
Mathew Nelson 09
Addison Peters 09
Kade Whitener 10

Ernest Pluff Jr. 10
Christina Smith 10
Susan Clementson 10
Dontae Hartwell 11
Michael Peters 11
Sharen Ahrens 12
Sabrena Johns 12
Larry Mc Farlane, Jr. 12
Jericho Hartwell 13
Julian Masoner 13
Steven Sigo 13
Savannah Fenton 14
Leo Henry Jr. 16
Bobbi Filipetti 16
Troy Baxter 16
Charles Bucher 17
Wilson Johns 17
Kelly Davis 17
Mitchell Coxwell 17
Ruth James 17
Danielle Whitener 18
Christina Price 18
Micha Roberts 18
Clara Seymour-Luby 18
Shanika Rose Cooper 18

Christine Thompson 19
Trelace` Sigo 19
Michael Henderson, Jr. 20
Jacey Gonzales 20
Giovanni Solano 21
Sean Spezza 21
Bear Lewis 21
Leroy Yocash, Jr. 21
Draven Brown 21
Anthony James 22
Danielle White 22
Peter Kruger, Sr. 22
Erik Johnson 23
Marjorie Hill 24
Daren Brownfield 24
Roger Turner Ford 24
Rolayno Charters 24
Rose Davis 24
Donna Baker 25
Erika Poste 25
Cloe' Martin 25
Selah Thale 26
Autumn Murch 26
Lisa James 26
Kasia Krise 26
Ellen Davenport 27
Mario Rivera 27
Dione Johnston 27
Andrew Crone 28
Zackary Sayers 29
Arthur Barragan 29
Ronnie Johns 29
Mariano Bello 29
John Krise 29
Adrian Garcia 29
Tori Willis 30
Carie Kenyon 30
Hayden Seymour 31
Marvin Henry, Jr. 31
Tanya Anderson 31
Sam Luby 31
Wilma Morris 31
Tarvail Davis 31

What's Happening

						1
2	3	4 Drum Group 6:00 p.m.	5 Family Court	6 Council Mtg. AA Meeting 7:30	7	8
9	10	11 Criminal/Civil Court Drum Group 6:00 p.m.	12	13 AA Meeting 7:30	14	15
16	17	18 Drum Group 6:00 p.m.	19	20 Council Mtg. AA Meeting 7:30	21	22
23/30 <i>Happy Halloween</i>	24/31	25 Criminal/Civil Court Drum Group 6:00 p.m.	26	27 AA Meeting 7:30	28 <i>Halloween Party</i>	29

**We want to wish the best Grandma/
Mom in the world, Rose Krise
A Happy Belated Birthday
We Love you very much Mom!
Love Alan, Kasia & Tyrone, Kenna &
Hugo, Kristy, Aj,
Tj, Johnny, Larissa & Camilo.**



Poems by Dave Whitener Sr

Summer

Fresh soft breezes
Caress green leaves of maple
Cheeks of God's creation

Brothers Four

John, Ham, Ed, Lloyd and Dave
Singers, lovers, storytellers
One empty chair awaits

Sounds of Silence

Clear a path
Golden teardrops shape us all
Quiet time has value
Holding hands, skipping, art,
Holding hands with God
Hands hold the answer

I Saw a Dragonfly

On the way to the truck I
Lying grotesquely on the asphalt
Wings together pointed upward
Out sideways at an angle
I saw a dead dragonfly
Body crushed suddenly it seems
Stopped in mid-flight
Wings reaching
I saw a dead dragonfly
Nearby in stately repose
Lay a red maple leaf
Floated softly on the wind
No doubt from a nearby tree
At rest now
Added color to the drab pavement
A dead red maple leaf

Two Angry Boys

Back to back they faced each other
Drew their swords and shot each other
A deaf policeman heard the noise
A blind man
Picked up his hammer and saw
They ran up the stairs and
Arrested the two dead boys
(credited to Percy Whitener)

TESC beach name changed

Indigenous ancestral name returns to the point, Bushoowa-ahlee

The US Board of Geographic Names has approved the name change of The Evergreen State College beach from "Squaw Point" to the indigenous ancestral name for the point, Bushoowa-ahlee. The name Bushoowa-ahlee is now in the USBGN's Geographic Names Information System (GNIS) and also reflected in the Thurston County mapping information.

The effort to rename the point came about during fall 2010 while reviewing maps of the campus for hazard mitigation purposes. Members of the Evergreen staff were surprised to see that a portion of the college's property on Eld Inlet was designated as "Squaw Point." With the support of the college, a group of faculty, staff and students has been meeting to initiate a change in the name. (The group includes Longhouse personnel, student members from the Native Student Alliance and First Peoples' Advising Services along with other staff and faculty).

The group consulted with the Squaxin Island Tribe, upon whose land The Evergreen State College sits and with whom it has a long-standing positive relationship. The State of Washington encourages agencies to work directly with tribes on issues like this name change as part of the Centennial Accord of 1989 and the 1999 New Millennium Agreement which encourages government to government collaborative agreements and actions which benefit both entities.

Squaxin Island appointed Lushootseed language scholar Zalmai Zahir (Puyallup/Afghani) to research the ancestral name of the area. Mr. Zahir had worked for many years with the late Vi Hilbert (Upper Skagit) who was the region's primary Lushootseed language expert and scholar on indigenous place names of the region around the Salish Sea.

The name is documented in Thomas Talbot Waterman's 1922 book Puget Sound Geography. A recent reproduction (by Vi Hilbert, Jay Miller, and Zalmai Zahir) contains

his original manuscript with the addition of maps, tables and Lushootseed spelling updated to with the International Phonetic Alphabet (IPA) system. On page 300 (place name number 111), T.T. Waterman lists the name of the point as B1cuwa'3ali, (1= uh, c=sh, and 3= glottal stop in his orthography). In the convention of re-indigenizing place names, Mr. Zahir recommended that we use the Roman alphabet phonetic spelling as the official name.

Thomas Talbot Waterman was an anthropologist who was most interested in recording Native languages and cultures and depicting how those languages appeared phonetically. He traveled widely in the area and among the many things he collected, he also collected geographic names.

The name Bushoowa-ahlee is very old and there isn't a comparable English translation. The Squaxin Island Tribe has requested that the phonetic spelling of the name in the Roman alphabet be officially adopted, rather than the Lushootseed alphabet, which uses diacritical marks. By using the ancestral name, Bushoowah-ahlee, we are reminded of the history of this place that goes much further back in time than the mid-nineteenth century and offers us the chance to appreciate the area as it was originally known.

At the Washington State level, Caleb Maki of the Washington Board on Geographic Names (BGN) has directed the Washington DNR cartography office to change Squaw Point to Bushoowah-ahlee Point on any new state maps. The change is automatic on USGS topoquads (definition here) and all other federal maps, according to faculty member Zoltán Grossman. As of September 15, 2011, the US and State Boards of Geographic Names recognizes the beach officially by its original name.

In April 2012, there will be a celebration in late April to mark the official name change to coincide with Day of Absence/Day of Presence and the official start of the Salish new year, which begins in Spring.

Tourism Director Joins Olympia Rotary



Judy Henderson introduced Leslie Johnson who is the Squaxin Island Tourism Director. Connie Lorenz introduced Patricia Seib who is the Capital Medical Center Director of Public Affairs.

"The Olympia Rotary is a dynamic club! I joined originally to promote the Canoe Journey. But as a business club, it's a great place to keep in touch with the local community!" said Squaxin Island Tourism Director Leslie Johnson. "I look forward to representing Squaxin Island Tourism venues as well as to representing native people from our region."



CONCERTS AT LITTLE CREEK



KOOL & THE GANG

Saturday, October 15th at 8pm

Tickets \$50/\$40/\$30

**LINDSEY
BUCKINGHAM**

Sunday, October 23rd at 7pm

Tickets \$50/\$40/\$30



LITTLE CREEK
CASINO • RESORTSM

For tickets visit the box office or purchase online at
www.little-creek.com or call 360-432-7300

Must be 21 or older. For Skyboxes call 360-432-7300

Over \$20,000 in Cash and Prizes!

BINGO

Friday, October 28th at 6:30pm

Saturday, October 29th

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 for Bingo participants*

WEAR A HALLOWEEN COSTUME

(or orange and black)...

and receive a free level 1 with buy-in!

LITTLE CREEK
CASINO • RESORTSM
www.little-creek.com

Restrictions may apply. Must be over 18 to play.

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

Return Service Requested

PEOPLE OF THE WATER

10 S.E. Squaxin Lane
Shelton, WA 98584

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