

## Congratulations Recipients of WA State Historical Society Peace and Friendship Awards

Shanna Stevenson, WSHS Awards Coordinator - The Board of Trustees of the Washington State Historical Society honored several members of the Squaxin Island Tribal community - Charlene Krise, Dale Croes, Rhonda Foster and Larry Ross - at the annual meeting of the Historical Society on October 20, 2012. The *Peace and Friendship* awards are presented to honor those who have advanced public understanding of the cultural diversity of the peoples of Washington State.

Charlene Krise was honored with a *Peace and Friendship* certificate and medal. She is a traditional bearer of Southern Salish culture. As the founding and current Executive Director of the Squaxin Island Tribe Museum Library and Research Center, she is a cultural leader and Tribal Council member. She has worked closely with Dr. Dale Croes and others at the Squaxin archeological site Qwu?gwes on Mud Bay. Her work as the founding director of the Squaxin Museum, celebrating its 10th anniversary this year, focused on sharing the Tribe's rich culture with the public, including the archaeological finds from 11 years work at the Squaxin/South Puget Sound Community College Qwu?gwes site. She served as the Squaxin Tribal Council lead, the 2012 Planning Committee Chair, and the executive cultural advisor in coordinating the highly successful *Paddle to Squaxin 2012* event, bringing 100 canoes into Olympia's Budd Inlet where they were greeted by 15,000 visitors and a week of protocol potlatching at the Squaxin Reservation. Charlene's architecture of the event included the theme "*Teachings of the Ancestors*" which the Salish Canoe Societies carried throughout the journey. A traditional feast dinner at the event was one of her visions. She revived the Squaxin warrior dance to honor the veterans and to strengthen the spirit of young men, and set the basket dance in motion to honor the traditional teachings of native science in harvesting, gathering and to honor Maiselle Bridges for her generosity in the gifts of the baskets.

Olympia resident Dale Croes was awarded a *Peace and Friendship* certificate and medal from the Washington State Historical Society Board of Trustees. An internationally known wet-site archaeologist and faculty member at South Puget Sound Community College, Croes has worked in equal partnerships with tribes at wet sites (sites with excellent preservation of wood and fiber artifacts) at Ozette Village, Hoko River, Qwu?gwes, Sunken Village, Kilgii Gwaay (B.C.), and he is currently working on 500 ancient fish trap stakes from the Hoquiam River. He has participated in these partnerships with tribes of the Makah, Squaxin, Grand Ronde, Siletz, Haida, Quinault, Chehalis and Nisqually, and also internationally with Japanese archaeologists who have sponsored some of this wet site work in the Northwest. He is a founding member of the Squaxin Island Museum Library and Research Center, which is celebrating its 10th anniversary. He also served on the volunteer committee with the Squaxin Island Tribe for the recent and highly successful *Paddle to Squaxin 2012*.



B.A. from Evergreen College in cultural management, and, as a member and employee of the Tribe has served her people for over 30 years. She and her staff, Larry Ross and Margaret Henry, are dedicated to the preservation of tribal cultural landscapes, working closely with state and federal agencies for the protection and preservation of the tribal ancestry's homelands. CRD co-managed the Mud Bay Cultural Site for 11 years and was part of two teams that moved the Slocum /Oakland Cemeteries to a new location for protection against decades of looting. Not stopping there, the CRD team was able to assist a tribal family in reclaiming their historic cemetery which is again being used.

Larry Ross received a *Peace and Friendship* award from the Washington State Historical Society Board of Trustees. Larry Ross was the principal investigator for the Cultural Resources Department and helped manage the Squaxin Island Tribe's cultural resources before his retirement. He continues the work under contract with the Tribe. He is a graduate of the University of Missouri at Rolla, Washington State University and The Evergreen State College.

### Media Contact:

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Rhonda Foster was awarded a *Peace and Friendship* certificate and medal from the Washington State Historical Society Board of Trustees. She is the Director of the Cultural Resources Department (CRD) for the Squaxin Island Tribe. She received her





## Justice Dept announces policy on tribal member use of eagle feathers

WASHINGTON – The Department of Justice announced this month a policy addressing the ability of members of federally recognized Indian tribes to possess or use eagle feathers, an issue of great cultural significance to many tribes and their members. Attorney General Eric Holder signed the new policy after extensive department consultation with tribal leaders and tribal groups. The policy covers all federally protected birds, bird feathers and bird parts.

Federal wildlife laws such as the Bald and Golden Eagle Protection Act generally criminalize the killing of eagles and other migratory birds and the possession or commercialization of the feathers and other parts of such birds. These important laws are enforced by the Department of Justice and the Department of the Interior and help ensure that eagle and other bird populations remain healthy and sustainable.

At the same time, the Department of Justice recognizes that eagles play a unique and important role in the religious and cultural life of many Indian tribes. Many Indian tribes and tribal members have historically used, and today continue to use federally protected birds, bird feathers or other bird parts for their tribal cultural and religious expression.

“This policy will help ensure a consistent and uniform approach across the nation to protecting and preserving eagles, and to honoring their cultural and spiritual significance to American Indians,” said Attorney General Holder. “The Department of Justice is committed to striking the right balance in enforcing our nation’s wildlife laws by respecting the cultural and religious practices of federally recognized Indian tribes with whom the United States shares a unique government-to-government relationship.”

The department first announced it was considering formalizing a policy on eagle feathers in October 2011 and sought tribal input at that time. The department held formal consultations with tribal leaders in June, July and August 2012.

The policy provides that a member of a federally recognized tribe engaged only in the following types of conduct will not be subject to prosecution:

- Possessing, using, wearing or carrying federally protected birds, bird feathers or other bird parts (federally protected bird parts);
- Traveling domestically with federally protected bird parts or, if tribal members obtain and comply with necessary permits, traveling internationally with such items;
- Picking up naturally molted or fallen feathers found in the wild, without molesting or disturbing federally protected birds or their nests;
- Giving or loaning federally protected bird parts to other members of federally recognized tribes, without compensation of any kind;
- Exchanging federally protected bird parts for federally protected bird parts with other members of federally recognized tribes, without compensation of any kind;
- Providing the feathers or other parts of federally protected birds to craftspersons who are members of federally recognized tribes to be fashioned into objects for eventual use in tribal religious or cultural activities.

## Tribal News

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

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

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

Submissions Deadline:  
15th of each month

### SQUAXIN ISLAND TRIBAL COUNCIL:

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

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## Education Forum Feedback

Gordon James - On the evening of September 25, 2012, the Education Department conducted a quarterly Education Forum at the Squaxin Island Gym. After a dinner for about 40 people, the forum provided opportunity for the department to gather comments, complaints, suggestions and ideas about programs and services of the department. A few participants chose to speak in the public forum, while most opted to provide their comments in writing. Some ideas were long-term, some were short-term, and some showed us where the department can do a better job of promoting what we have happening now. All of the comments have been collected together and are shared here by topic.

### Sylvan

- Has been beneficial for students.
- Closed enrollment limits access for more students.  
*Plus empty seats (poor attendance) cost money.*

### In-School Tutoring

- Hopefully we will eventually have a Squaxin Island diploma rather than East Valley.
- This program enabled my child to graduate.

### Tu Ha' Buts Learning Academy

- Actual after school tutoring activities offered for youth.
- Educational games played regularly

### Afterschool Homework/GED Help

- This program is fabulous for my daughter. She passed all 3 MSPS last year. Thank you Jamie! We have found this program to be more beneficial to her than the Sylvan because she needed to focus on understanding and completing her required work rather than having a second curriculum to also try to understand.
- Longer homework help time
- More helpers for School/GED-More Teachers
- Day time GED classes for adults

### Job Training and Placement

- Organized youth mentors who can train for open position. Program providing leadership for youth educators

### Higher Education

- This program has been wonderful for many of our Tribal members. Hope to someday include graduate funding or scholarship
- More Tutors and advertisements for tutoring

### Youth Activity Program

- Archery
- Dance Teams
- Hip-Hop
- Self Defense Classes
- Pool Parties and Music
- Regular Schedule
- Cedar and berry picking/carving
- Movies
- Dance Team/Step
- Ice Skating/Skateland
- Boxing
- Snowboarding
- Go Karts
- Field Trips to Educational Places
- Baseball Team

### Education Liaison

- If this is a counseling position then there should be some counseling activities such as bullying, date rape, teen decision making, etc.
- Keep Evan and Julie

### Teen Center/Teen Activities

- Must be staffed at all times. Activities offered
- Stereo with iPod adapter
- Appropriate supervised activities. No profane music
- Kickball
- College Help
- Job Seeking help
  - o Resumes
  - o Cover Letters
  - o Job applications
- Pool Table
- Games/Pinball
- Security (age wise)
- Dance Teams
- Mirrors for Dance areas
- No bullying
- Snowboarding, longboarding races
- Trips to really awesome stuff
- Laptop with Beat system
- TV lounge for Teen movie times
- Sports teams
- Dances
- More older student/contracted tutoring
- Zumba
- Food/snacks
- SAT prep classes



## TLC Facebook Page

TLC now has a Facebook page. It's one more way for the department to provide announcements about the anything and everything going on. Check out our Events page at [www.facebook.com/TuHabuts](http://www.facebook.com/TuHabuts).



## LCCR's New State-of-the-Art RV Parking Area

Little Creek Casino Resort recently opened it's newly constructed 1.75-acre RV parking area with 44 berths, television connection, Wi-Fi hotspot, pet area, drinking water connection, AC power, bathhouse, sewer connection and coin-operated laundry. The park is easily accessible via Highway 101 and the cost is \$35 per night, per vehicle.

Other amenities added in the last year at the resort include Salish Cliffs Golf Club (already ranked one of the top courses in Washington by national golf publications), Skookum Spirit Cigar and Wine Lounge (featuring more than 70 different premium cigar names, top-shelf spirits and a tapas menu), and Seven Inlets Spa (a full-service venue with state-of-the-art personal care suites, a relaxation and meditation room and eucalyptus steam rooms).

For more information on Little Creek Casino Resort, or to book a reservation, visit [www.little-creek.com](http://www.little-creek.com) or call 1-800-667-7711.

### About Little Creek Casino Resort

Little Creek Casino Resort currently features nearly 190 guest rooms, eight dining choices and more than 1,000 slot machines and table games, including poker, blackjack, craps, roulette and Texas Hold-Em. Top-quality, live entertainment — comedy, music and other shows — perform in Skookum Creek Event Center, which hosts business and other events for up to 2,000 guests.





# LEARNING CENTER



## NEW Exhibit Explores Revitalization of Local Native Food Traditions

Now Hibulb Cultural Center November 3rd – January 2013

Tulalip, WA –The Hibulb Cultural Center and Natural History Preserve presents a new exhibit, Salish Bounty: Traditional Native American Foods of Puget Sound. Focusing on the revival of traditional Native foods, Salish Bounty is co-curated by Burke Museum archaeologists and Coast Salish advisors.

Salish Bounty—comprised of historic photo images, map, and informative text printed on free-standing banners—reminds us that food isn't solitary; cooking and eating are things we do with other people and express our cultural history and values. The exhibit also includes a 4-minute audiovisual DVD, offering archaeological insight into

Coast Salish food resources spanning thousands of years along the Duwamish River.

More than 280 kinds of plants and animals have been identified as ingredients in Coast Salish cuisine. Contemporary Coast Salish cooks incorporate both traditional and newly introduced ingredients, sharing traditions to create healthy alternatives.

The Natural History Preserve will open in the spring of 2013 with 42 acres of walking trails, interpretative signage and exhibits. [www.hibulbculturalcenter.org](http://www.hibulbculturalcenter.org)

The Tulalip Tribes are federally recognized successors in interest to the Snohomish, Snoqualmie, Skykomish and other tribes and bands signatory to the Treaty of Point Elliott. The 22,000 acre Tulalip Indian Reservation is headquarters for approximately 4,000 members, 2,500 living on the Reservation.

NOV

### Squaxin YOUTH Education, Recreation and Activities Calendar

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

YOUTH Gym/Recreation hours: M-F: 3-6pm Rec Rm: 432-3275 (only 3-6pm)

All activities are drug, alcohol and tobacco free.

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1 GSD-ER @ 12:20 pm</b> Open Gym: 12:30-4:30 pm B-Ball Practice: 4:30-6pm Rec. Room: 12:30-6pm	<b>2 GSD-ER @ 12:20 pm</b> Open Gym: 12:30-6pm Rec. Room: 12:3-6pm Open Swim: 5-8pm
<b>5</b> Open Gym: 3-6pm Rec. Room: 3-6pm Open Swim: 3-6pm	<b>6</b> Open Gym: 3-4:30 pm B-Ball Practice: 4:30-6pm Rec. Room: 3-6pm	<b>7 GSD-ER @ 2:15pm</b> Open Gym: 2:30-6pm Rec. Room: 2:30-6pm Open Swim: 3-6pm	<b>8</b> Open Gym: 3-4:30 pm B-Ball Practice: 4:30-6pm Rec. Room: 3-6pm	<b>9 SSD – NO SCHOOL</b> Open Gym: 12:00-6:00 Rec Room: 12:00-6:00 Open Swim: 5-8pm
<b>12 SSD &amp; GSD – NO SCHOOL</b> Open Swim: 11:00-5:00 Rec Room: 11:00-5:00 Open Swim: 3-6pm	<b>13</b> Open Gym: 3-4:30 pm B-Ball Practice: 4:30-6pm Rec. Room: 3-6pm	<b>14 GSD-ER @ 2:15pm</b> Open Gym: 2:30-6pm Rec. Room: 2:30-6pm Open Swim: 3-6pm	<b>15</b> Open Gym: 3-4:30 pm B-Ball Practice: 4:30-6pm Rec. Room: 3-6pm	<b>16</b> Open Gym: 3-6pm Rec. Room: 3-6pm Open Swim: 5-8pm
<b>19</b> Open Gym: 3-6pm Rec. Room: 3-6pm Open Swim: 3-6pm	<b>20</b> Open Gym: 3-4:30 pm B-Ball Practice: 4:30-6pm Rec. Room: 3-6pm	<b>21 SSD – ER 3 HRS GSD-ER @ 2:15pm</b>  <b>TLC will be CLOSED</b>	<b>22 SSD &amp; GSD – NO SCHOOL</b>  <b>TLC will be CLOSED</b>	<b>23 SSD &amp; GSD – NO SCHOOL</b>  <b>TLC will be CLOSED</b>
<b>26</b> Open Gym: 3-6pm Rec. Room: 3-6pm Open Swim: 3-6pm	<b>27</b> Open Gym: 3-4:30 pm B-Ball Practice: 4:30-6pm Rec. Room: 3-6pm	<b>28 GSD-ER @ 2:15pm</b> Open Gym: 2:30-6pm Rec. Room: 2:30-6pm Open Swim: 3-6pm	<b>29</b> Open Gym: 3-4:30 pm B-Ball Practice: 4:30-6pm Rec. Room: 3-6pm	<b>30</b> Open Gym: 3-6pm Rec. Room: 3-6pm Open Swim: 5-8pm
<b>After school snacks:</b> <b>Computer Lab:</b> <b>Sylvan:</b> <b>Homework Help, GED Prep:</b>	M-F 4-4:45pm M-Th 3-6, F 3-5pm M-Th 4:30-7:30pm T-TH 4-7pm	<b>Key</b> ER = early release SSD = Shelton School District GSD = Griffin School District TLA = Tu Ha'Buts Learning Academy		

#### REMINDER

Tutors are available everyday afterschool from 3:30-5:00pm.

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



## Fighting Drugs

Chief Kristopher Peters - The Squaxin Island Department of Public Safety and Justice is taking a larger role in fighting drugs by working both on the reservation and in surrounding Mason County. Working in Mason County is proving to be pivotal in our fight since many of our drug dealers are non-native, who live in the surrounding areas. The Squaxin Island police department has assigned a detective to work with a multi-agency special operations team in Mason County. This team was assembled to fight a large variety of crimes with a focus on eradicating drugs from the county. Assigning an officer from our department to be a detective with this team has already started to pay off.

We also have K9 Officer Tim Smith and his drug dog, Bora. Bora is a five-year-old Belgian Malinois. She is trained to search for many types of drugs using her sense of smell. She is a happy, fun loving dog who loves to be around people.

Just during the month of September we had many drug related arrests/incidents. A few of the big ones include:

- A car that was seized after it was stopped on the reservation and drugs were detected by Bora. An arrest was made and heroin was seized.
- Another stop with the use of the dog at LCC led to a large amount of heroin and money to be seized. Two people were arrested. These people are known Mason County drug dealers.
- During an investigation, heroin and traces of methamphetamines were found in an apartment on the reservation. Our detective working with the multi-agency special operations team investigated and tracked two known drug dealers. These dealers were known to deal heroin on the Squaxin Island Reservation. They served a warrant on a residence in Mason County, arresting both subjects and seized heroin. They also seized a large amount stolen property from around Mason County.

These are just a few of the cases that we worked over the month of September. Drug cases typically take a lot of time and resources to investigate until we gain enough information to effect a warrant or arrest. Any information that any of you may have to help with the eradication of drugs from our reservation is needed. We can keep names anonymous and will take any amount of information whether it is big or small.

We also need your help in urging our family, friends and co-workers who are battling addictions to seek out help. Also, when someone comes out of treatment, they need constant support and positive influence/reinforcement to keep from relapse. We can make all the arrests in the world, but that does not help someone's addiction.

## Marijuana

Information from "TOGETHER!" <http://www.thurstontogether.org>

Slang terms: weed, pot, grass, reefer, ganja, Mary Jane, blunt, joint, roach, nail

Marijuana is a mind-altering drug made from the dried leaves, stems, seeds and flowers of the Cannabis plant. It is the most commonly abused illicit drug in the United States. Marijuana may be ingested, although it is most commonly smoked, usually in a hand-rolled cigarette known as a joint or doobie. Other methods of smoking marijuana include using a pipe or a bong, a type of water pipe. Marijuana has psychoactive and physiological effects when consumed. The most common short-term effects include increased heart rate, reddened eyes, lowered blood pressure, impaired coordination, impaired concentration, dry mouth, hot or cold flashes, and short-term memory problems.

The most immediate attraction of marijuana is the intoxication, or high, that the drug can produce. Friends, society, home life and confusing information about the drug can influence a person to use marijuana. Young people may be drawn to marijuana because they want to fit in socially. Most young people are not using marijuana. However, youth popular culture, fed by portrayals in movies, music and television, may give youth the false impression that marijuana use is commonplace and acceptable, that "everyone is doing it." They may hear it is "natural" or safer than other illegal substances.

What are the facts?

Marijuana affects your brain. The active ingredient in marijuana, THC, affects the nerve cells in the part of the brain where memories are formed. It impairs learning and decreases motivation and concentration.

Marijuana is addictive. Marijuana releases dopamine in the mesolimbic area of the brain, beginning the same process that reinforces dependence to other addictive drugs.

Marijuana affects your self-control. Marijuana can seriously affect your sense of self-control and your coordination, affecting things like driving. Using marijuana or other drugs increases your risk of injury from car crashes, falls, burns, drowning and other accidents.

Marijuana affects your judgment. Marijuana use is associated with risky behavior – sexual activity, driving while high, riding with someone under the influence of drugs or alcohol.

Marijuana affects your lungs. There are more than 400 known chemicals in marijuana. A single joint contains four times as much cancer-causing tar as a filtered cigarette.

*Continued on Page 9*



**Please feel free to come by the office or call to set up an anonymous meeting with me anytime.**  
- Kris

*Photos by Brett Fish*



## Salmon Fishing Update

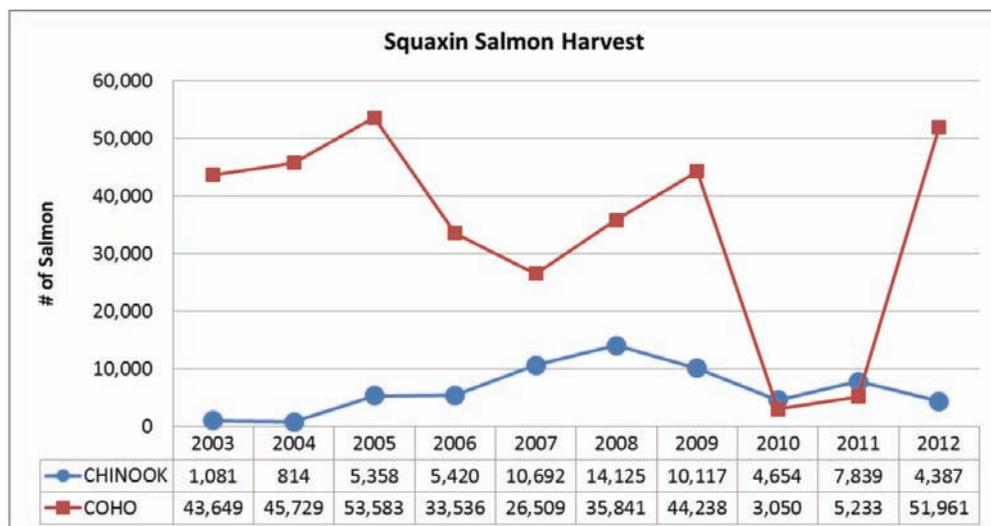
Joe Peters - Fishing has been under way for the past few months, with what looks like a fair chinook season and an above average coho season. As of October 23rd, our 88 licensed Tribal fishers have harvested 4,375 chinook and 51,961 coho.

### Chinook and Coho Fish Management

This year the Budd Inlet chinook fishery yielded 4,387 fish, below the ten-year average. Squaxin's projected catch for chinook is based on average catches from previous years, the predicted returning run-size to Tumwater Falls Hatchery, and the 3,500 chinook escapement needed for the hatchery. Escapement needs for the hatchery program were met this year. While other fisheries to the north harvest Deschutes fish, tribal and sport fisheries must contend with listed chinook stocks of concern and are limited to a ceiling harvest rate. Some tribes get only one to two days of fishing for their chinook fisheries.

Overall the run size was lower than expected and the Tribal fishery was down as well. Squaxin coho catch is based on the previous year's average harvest rates of net pen coho. The harvest rate of Squaxin net pen coho by Tribal fishers ranges from 94%-98%. During the coho fishery there are weekly in season update conference calls with the tribes and state to discuss regional catches and test fisheries from the straights and northern Salish Sea. It is during these calls that an in-season update is made based on actual fishery results. If a run size increases or decreases, the allocation of fish to tribes and the state change.

Squaxin coho fisheries are unique in that the vast majority of the fish caught in 13D are net pen coho with limited impacts on natural coho due to the protected areas in the inlets. By staying out of the inlets natural coho have a better opportunity to escape into the creeks to spawn. The coho fishery through October 23rd has harvested 51,961 coho worth over \$718,953. This is an above average outcome and suggests that there has been better ocean survival than previous years.



### Squaxin Island Tribe Salmon Catches

Species	2012 Catch	10 Year Average
Chinook	4,387	6,449
Coho	51,961	34,333

\* 2012 Catches as of October 23rd, 2012

The results from this year's fisheries will be used to plug back into fishery management decisions for next year. In the months of February through April, Squaxin Natural Resources takes part in the North of Falcon process, part of the Pacific Fishery Management Council. This series of meetings gathers state, federal, and tribal fishery managers to plan Washington coastal, Strait of Juan de Fuca, and Puget Sound recreational and commercial salmon fisheries. Tribal and State fisheries managers negotiate and agree on harvest impacts on forecasted returns, as well as scheduled fisheries.

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### Coming soon-December Klah-Che-Min: Chum and Chum Management

## Shelton Fire Out But Fears Linger For Spawning Salmon

Ashley Ahearn, OPB, Earthfix - A fire that burned roughly 250 acres last month near Shelton has been extinguished, but now biologists are concerned about the potential impacts on local salmon runs.

Johns Creek is about nine miles long and flows into Puget Sound. Its home to one of the strongest runs of chum salmon in the southern part of the Sound.

Right now, it's full of fish and surrounded by hills of ash from the recent fire.

"The fire burned all the way down to the water," says John Konovsky, environmental program manager for the Squaxin Island Tribe. "It's in a steep ravine and you look up the hillside and all you see is all this ash, this blanket of ash. It looks like a snowstorm actually."



The rain came late and that could be bad news for the tens of thousands of summer run chum salmon spawning in the creek.

John worries the ash will irritate their gills and smother the eggs.

Johns Creek also empties out onto some of the most valuable shellfish beds in Puget Sound.

This September was the third driest on record and there was no measureable rain in August - perfect fire conditions, even in a part of the state that has not traditionally been prone to fire.

"It's not something I've ever dealt with before," John said. "If this is a harbinger of the future it's not good."

Johns says the tribe will be monitoring the situation and may put down straw to block the ash from

sensitive parts of the creek.

More than 60,000 acres burned in Washington this year.



## New Employees



**Misti Saenz-Garcia**  
**SPIPA Healthy Families Parent Educator Home Visitor**

Greetings, I am Misti D. Saenz-Garcia (McFarlane). I am the granddaughter of the late master basket weaver Theresa Nason (Cooper) full-blooded Squaxin, born and raised on the island. My gramps was the late Walter J. Henry Sr., full-blooded Skokomish. My parents are Larry McFarlane Sr. and Susan Henry. I was born and raised here.

I grew up in summer employment and baby-sat in my spare time. I went straight on to being a mother/wife. My husband is Miguel, and we have Miguel Jordan, Brittany Faye, Justin Cruz, and Bianca Angelina. My family is my pride and joy.

I have held many positions throughout 20 years of working for my tribe: Enrollment, CHR, Planner Trainee, Information Services Administrative Assistant, Clinic Receptionist, Medical Assistant, Mental Health Program Assistant, ICW, tobacco factory Quality Control and KTP Clerk and Purchasing, four years at Natural Resources, SPIPA TBP Training Coordinator and now I'm at our Family Services Department as Healthy Families Program Parent Educator/Home Visitor.

This is an exciting program opportunity in Indian Country, and is basically in-home early childhood development.

I also served our people on many committees and commissions as well as a term on Tribal Council.

I was even selected as a candidate for rez cop once, but ended up not doing that line of work.

I am a 20 year state licensed foster parent, an aquatics harvester, hunter, notary public, and have spent many moons on the island and beaches clam digging and fishing (Mom and Evie used to make me go out fishing with them when I was a prissy girl that didn't wanna get dirty).

I love my family, friends and pets. I was a devoted soccer mom for many moons (miss it badly). I have spent nearly two decades in our church family and participate in Shaker things here at home.

I love being a community advocate for our people.....I spent many years as a parent volunteer with our youth program and throughout the whole community.

I love our people and am honored to be of service where the Creator sees fit. I look forward to seeing you all around. Feel free to email me [msg@squaxin.us](mailto:msg@squaxin.us), or call 360-432-3258.



**Wes Whitener**  
**Tutor**

Welcome Wes Whitener, TLC Tutor! My name is Wes Whitener, and I am the new

Tutor for Bordeaux Elementary. I am happy and excited to work with our youth, while helping them grow and learn.



**Adirian Emery**  
**ICW Social Worker**

Hi! I have been hired as the ICW Social Worker for Family Services. I graduated with my Human Services degree in May, 2012 and have been working with Native families for the past 6 years at the Quinault Indian Nation.

I live in Aberdeen with my husband, Doug, and we have three daughters: Kyla, 12 yrs; Mallory, 10 yrs; and Arabella, 4 yrs. We enjoy family time and that can include anything from camping, traveling, beading, and baking. I love working with families and serving the community to protect our most valuable resource - our children!

I am looking forward to meeting you as I am here longer and working with you and your families!

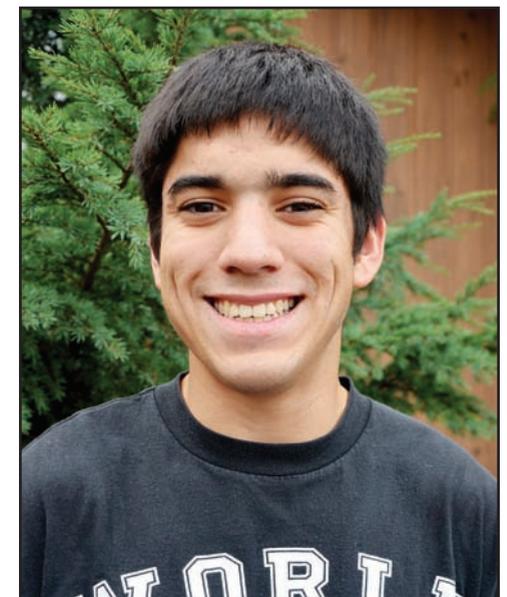
**Zach Clark**  
**Youth Activities Manager Assistant/Trainee**

Hello, my name is Zach Clark and I will be working at the Tu Ha' Buts Learning Center. I am 19 years old. My parents are Winona Plant and Buck Clark Jr. I look forward to working with the Tribe in the program to meet new people and have more experiences.



**Isaac Ackerman**  
**MLRC Cultural Preservation Apprentice**

Hello, my name is Isaac Ackerman and I will be working at the museum's front desk along with facilitating in upholding the rich culture of the Squaxin Island Tribe. I love working in the museum and learning about the culture. I just recently finished up Summer Youth at the museum during the Canoe Journey and look forward to being back. I am excited to see everyone again and to once again be part of the MLRC staff.





## Youth Activities Program

Jerilynn Vail - The month of October sure flew by! We have been keeping the kids busy every day after-school. We have created a schedule for the kids: Monday is Game Day, Tuesday is Art & Crafts, Wednesday is Community Club, Thursday is Crafty Kitchen Concoction and Friday is Fun Day. The kids have been really engaging in our activity time from 5:00-5:45pm. One of our Fun Day Friday's we had a Pool Party, which the kids thoroughly enjoyed! The kids were busy shaking their bags to make homemade ice cream.



*Sophia*



*Loretta & Monique*

In September we took Kiana Henry, Billie Marie Lopeman-Johns, Airyana Peterson, Damian Castellane and Loretta Krise, up to Seattle to spend the night in Seattle Aquarium. The kids had a chance to take part in preparing Sea Otter play enrichments, feeding the Sea Urchins, do a plankton tow to look under a microscope and we camped overnight in the aquarium. The kids had a great time in Seattle and taking part in the Salmon Homecoming Ceremony.

We are excited for the 4-H Science Club to start. Ruth will be leading the activities with the kids. She will be here on Wednesday's from 5:00-5:45. Ruth has some fun science experiments to explore with the kids!

We also would like to welcome Zach Clark to our team at the After-School Program! Entering November, there are a few days where the hours for the after school program are changed to reflect opening early for early school release, and being closed for Thanksgiving holiday. Please note that on Veteran's Day, the afterschool program is open 11am-5pm.



*Aryanna*



*Feeding Sea Urchins*

## 8th Annual Employee Appreciation Dinner

The following employees are being recognized in appreciation for reaching a career milestone of continued support and service to the Squaxin Island Tribe:

### Five Years of Service

Joy Anderson  
Tracy Bogart  
Penni Giles  
John Gouley  
Ben Huffman  
Jill Krise  
Lagitauiva Niuatoa  
Nate Schreiner  
Dorinda Thein  
Mitzie Whitener

### Ten Years of Service

Espie Austria  
Rose Boggs  
Cliff Cowling  
Henry Dole  
Nicole Donais  
Lisa Evans  
Kim Heller  
John Konovsky  
Tonya Nelson  
Summer Petty  
Mike Ulrich  
Adam Visser

### 15 Years of Service

Pam Bartley  
Pete Kruger  
JeNene Miller

### 20 Years of Services

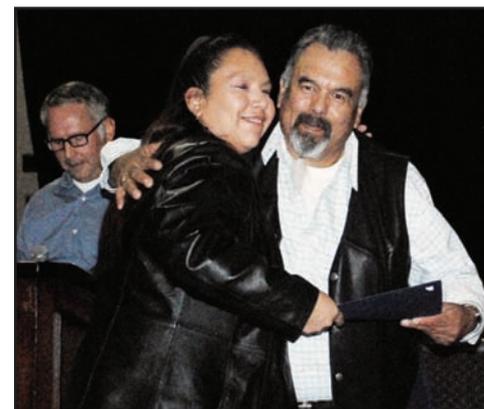
Brooks Farrell  
Vince Henry Sr.  
Charlene Krise

### 25 Years of Service

June Krise



*Photos by  
Josh Whitener and  
Marshall Shefler*





## Education Updates

From Gordon James

### ANA Grant

There's always plenty going on in the education department. The department wrapped up the Integrated Youth Development Project in September. As I write this article, final reporting is underway. While the grant funding is ending, there are efforts of the grant that are continuing. Five young adults in the project recently attended training to prepare them to teach the Independent Life Skills curriculum to community teens.

### The Chum Grant

The Tribe has been approved for funding for a project to address at-risk teens. The grant is funded through Department of Justice and has an overall goal to "increase resiliency and prevent delinquency among tribal youth ages 12-17 by providing after school and summer center-based opportunities to develop social, work and study skills."

*This is a three year grant with three objectives:*

1. Increase opportunities for academic support, culturally relevant life skills development, cultural teachings and supportive service referrals in a teen-entered environment
2. Decrease total counts of juvenile delinquency by 15%
3. Decrease the school drop-out rate by 10% among participating youth

This grant blends into our plan to establish a teen center in the Mary Johns Room. The grant supports a Teen Advocate to advocate for students on issues of truancy or delinquency; re-connect dropouts to school or GED programming; connect teens to tutoring and homework help; coordinate group visits to area colleges; and plan and implement educational, recreational and cultural activities.

### Sylvan

The Tu Ha' Buts Learning Center continues to offer formal after school tutoring through Sylvan. Youth attend this program for one hour twice each week, either Monday/Wednesday or Tuesday/Thursday. There are currently 27 youth receiving Sylvan tutoring services, with three open slots at this time. Call us or stop in at the TLC to get more details about getting youth signed up for this.

### GED/Homework Help

The department offers after school homework help and GED instruction, in the TLC classroom, Tuesday through Thursday, from 4:00-7:00 p.m. The homework help and GED instruction are available on a drop-in basis. Stop by and meet Jamie, the teacher.

### Tu Ha' Buts Learning Academy

Tu Ha' Buts Learning Academy continues. This is a program for youth to continue their schooling with the East Valley School District in Spokane, WA. Students in this program can work online, independently, and with Lynn, our on-site, certified teacher. Lynn is regularly scheduled to be in the classroom 21 hours weekly, Monday-Thursday from noon to 4pm, and Friday from 11am-4pm. She is available to answer your questions and help students with their class work, as they work toward a high school diploma or a GED.

### Tutoring in School

The Education Department has tutors placed in Shelton High School and Bordeaux Elementary. By November we will have a tutor working with Shelton Middle School and Oakland Bay Junior High School as well. Teachers and school counselors help our tutors connect with Squaxin youth who could use the help of a tutor at school. If you have concerns about your children needing tutoring assistance at one of these schools, please call the TLC and we will make sure the tutors are following up with them.

### Wanted

Basketball Coach. Jerilynn Vail has written more about our youth activity program, so make sure to take a look at her article and the November activity calendar. I want emphasize that the youth activity program is still seeking to contract with a coach for the coming youth basketball season. If you could be interested, we would love to hear from you. We have had meetings with representatives of the Intertribal Sports League to coordinate Squaxin participation in the intertribal youth basketball league. We also want to start getting different age groups of youth prepared as teams for the annual Squaxin Island Youth Basketball Tournament. Held each year during the winter holiday from school, this year's tournament is scheduled for December 28-30.

## Squaxin Drug Task Force

Working for a Drug-free Community



Marijuana affects other aspects of your health. Marijuana can limit your body's ability to fight off infection. Long-term marijuana use can even increase the risk of developing certain mental illnesses.

Marijuana is not always what it seems. Marijuana today is more potent and its effects alone can be more intense. Marijuana can be laced with other dangerous drugs without your knowledge. "Blunts," hollowed-out cigars filled with marijuana, sometimes have substances added such as crack cocaine, PCP (phencyclidine), opium or embalming fluid, which create an intense (and dangerous) experience.

## Marijuana Continued from Page 5

### Talking to your child

What to say if your child says:

"Marijuana is harmless."

Smoking marijuana is every bit as dangerous as smoking tobacco cigarettes.

"It's not addictive."

More kids enter drug treatment for marijuana than for all other illicit drugs combined.

"It can't cause any real problems in the long term."

If you're smoking marijuana, you could do things that jeopardize your future, like having sex or getting in trouble with the law.

"Marijuana makes you mellow."

Not always. Marijuana use is associated with violent behavior. Kids who use marijuana weekly are four times more likely to engage in violent behavior than those who don't.

"Marijuana's not as popular as new drugs like Ecstasy."

More kids use marijuana than cocaine, heroin, Ecstasy (MDMA) and all other illicit drugs combined. Sixty percent of kids who use illicit drugs use marijuana only.

"If I smoke marijuana, I'm not hurting anyone else."

Marijuana trafficking is a big, often violent business, at home and abroad. And if you get caught, it will really hurt



**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

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

**Tuesday,  
Nov 13th is  
WIC DAY at  
SPIPA**



# BASKET CONFERENCE



*Photos by Margaret Henry  
and Charlene Krise*

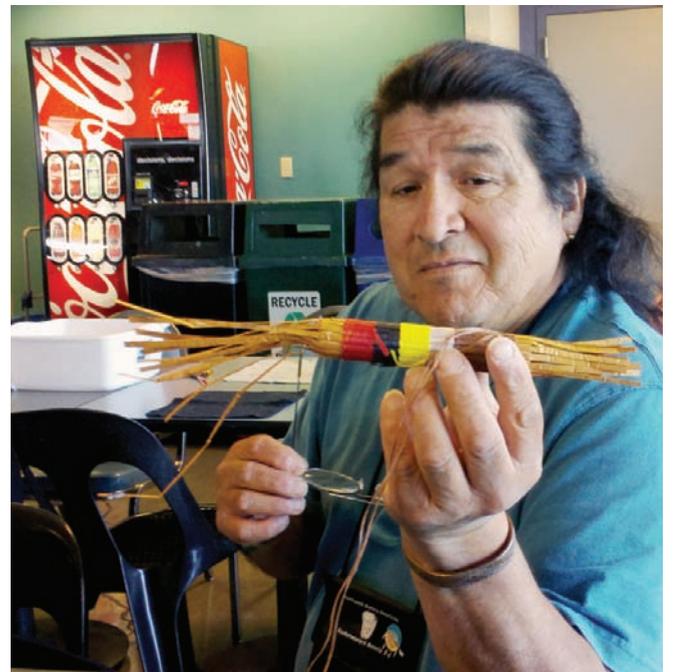


**Basketry Classes**  
**Where:** Squaxin Island Museum  
**When:** Every Tuesday  
**Time:** 4:30-6:00  
**For Squaxin Island community**  
 Ruth Whitener 360-432-3841  
 rwhitener@squaxin.us  
**Learn, Live, Share**





# BASKET CONFERENCE





# OYSTERFEST



Janita Raham - The OysterFest 2012 Eders' booth was a hit, selling over 1,000 pounds of salmon during the weekend of October 6th & 7th. The booth was very busy and sold out of fry bread on both days.

Shelton Skookum Rotary Club congratulates three vendors who win the annual People's Choice awards, created to boost service and interaction with OysterFest attendees. The Elders' booth won the Skookum Award for the People's Choice Friendly Contest. The award represents 2nd place, showing the Elders were a friendly and efficient booth.

Everyone had a great time and the fund-raiser was a great success.



*Photos by Dorinda Thein and Janita Raham*





## Walking On

### Crystal McCulloch

Squaxin Island Tribal member Crystal Kay "Hill" McCulloch, 40, of Loyal Hannah, Pa., died Sept. 21, 2012. She was born Feb. 17, 1972 to Edward Cooper and Carol Floyd. Crystal graduated from Goldendale High School in 1992.

A Memorial Service was held at the Squaxin Island Gym on October 15th. A meal followed in the Community Kitchen. Out of respect for the family, all tribal offices were closed at noon that day.

Crystal enjoyed clam digging, beading and creating dreamcatchers.

Survivors include her husband, Charles McCulloch; her mother, Carol Floyd; father, Edward Cooper; a brother, Shawn Hill; a sister, Nondy Street, and numerous nieces, nephews and many loved ones.



### Congratulations Jamie and Dennis Hartwell

Married on September 27, 2012. Best Wishes sister and new brother in law.

Love,

JC, Dodie, Corri, and Mom

And a big thank you to Ron and Kathy for a beautiful ceremony



GEAR UP Oakland Bay Junior High  
Class of 2017 Cohort  
Tami Engstrom- GEAR UP Coordinator  
Glenhelen Smither- Tutor/Mentor  
3301 N. Shelton Springs Road  
Shelton, WA 98584  
360-426-7991 ext. 15012

Dear GEAR UP Families,

Welcome to the 8<sup>th</sup> grade at Oakland Bay Junior High. GEAR UP is an acronym for Gaining Early Awareness and Readiness for Undergraduate Programs. Our goal is to increase the number of students who graduate from Shelton High School and enroll in, and are successful in, postsecondary education. GEAR UP will be following the Class of 2017 all the way through graduation at SHS.

In advisory classes, the students will be learning a comprehensive curriculum designed to teach them the basics of financial education called The Vault. The curriculum is arranged into four key sections Budgeting, Getting Your Money's Worth, Saving & Investing and Managing Your Money. They will also be exploring Career Cruising and Reality Check through computer programs that will help our students with career choices.

One of the KEYS to your student's success is your involvement! We can't wait to meet all of you. There will be a \$25.00 gift card drawing for parents who are in attendance at each family night. After each dinner, we will be presenting a different topic to support our goal.

#### Mark your calendars!

##### GEAR UP Family Nights

5:30 pm to 6:00 pm: Dinner

6:00 pm to 7:00 pm: Presentation

Thursday, October 18, 2012 ~ Financial Aid with NELA

Thursday, December 6, 2012 ~ The Vault with WSECU

Thursday, February 28, 2013 ~ High School Registration and ACT/EXPLORE Results

Thursday, April 11, 2013 ~ Career Night

Thank you,

Tami Engstrom, GEAR UP Coordinator  
Glenhelen Smither, GEAR UP Tutor/Mentor

## November Menu

Thurs. 1	Pork Chops
Mon. 5	Baked Chicken
Tues. 6	Soup & Sandwich
Wed. 7	Stuffed Cabbage Rolls
Thurs. 8	French Dip
Mon. 12	Turkey Dinner
Tues. 13	Soup & Sandwich
Wed. 14	Salisbury Steak
Thurs. 15	Chili Beans
Mon. 19	Sweet & Sour Pork
Tues. 20	Soup & Sandwich
Wed. 21	Chicken Fajitas
Thurs. 22	Thanksgiving
Mon. 26	Chicken & Rice Casserole
Tues. 27	Soup & Sandwich
Wed. 28	Ham & Potato Casserole
Thurs. 29	Taco Pie



## Tribal Elder Abuse in Indian Country

Charlene Krise - The Squaxin Tribe hosted an Inter-Tribal gathering to address elder abuse and need for advocacy. Tribes from across Washington State contributed to discussion on the power to prevent elder abuse. Recent research indicates more than one in ten elders may experience some type of abuse, but only one in five cases or fewer are reported. Presenters gave an intensive look at Tribal Elder Abuse in Indian Country and highlighted healthcare and care givers.





**FACTORY OUTLET STORE**  
Located at the **FACTORY**

**“NOVEMBER SPECIAL”**  
**TRIBAL MEMBERS ONLY**

**BUY 1 CARTON**  
**RECEIVE \$5.00 DISCOUNT**  
**BUY 2 CARTONS**  
**RECEIVE \$15.00 DISCOUNT**  
**ON 2<sup>ND</sup> CARTON**  
**OF EQUAL OR LESSOR VALUE**  
**(Complete, Premis, Traditions)**

**(Offer good November 1<sup>st</sup>-November 30<sup>th</sup>)**  
**NO COUPON REQUIRED**

**(Must show Tribal membership card)**



## Policy on tribal member use of eagle feathers Continued from Page 2

“From time immemorial, many Native Americans have viewed eagle feathers and other bird parts as sacred elements of their religious and cultural traditions,” said Ignacia S. Moreno, Assistant Attorney General of the Justice Department’s Environment and Natural Resources Division. “The Department of Justice has taken a major step forward by establishing a consistent and transparent policy to guide federal enforcement of the nation’s wildlife laws in a manner that respects the cultural and religious practices of federally recognized Indian tribes and their members.”

“The Justice Department’s policy balances the needs of the federally recognized tribes and their members to be able to obtain, possess and use eagle feathers for their religious and cultural practices with the need to protect and preserve these magnificent birds,” said Donald E. “Del” Laverdure, Principal Deputy Assistant Secretary for Indian Affairs. “Its reasoned approach reflects a greater understanding and respect for cultural beliefs and spiritual practices of Indian people while also providing much-needed clarity for those responsible for enforcing federal migratory bird protection laws.”

“This policy helps to clarify how federal law enforcement goes about protecting these special birds and also should reassure federally recognized tribal members that they do not have to fear prosecution for possessing or using eagle feathers for their religious and cultural purposes,” said Brendan V. Johnson, U.S. Attorney for the District of South Dakota and the Chairman of the Native American Issues Subcommittee of the Attorney General’s Advisory Committee.

The Department of Justice will continue to prosecute tribal members and non-members alike for violating federal laws that prohibit the killing of eagles and other migratory birds or the buying or selling of the feathers or other parts of such birds.

The policy expands upon longstanding Department of Justice practice and Department of the Interior policy. It was developed in close coordination with the Department of the Interior. The Department of Justice’s Environment and Natural Resources Division (ENRD) and United States Attorneys’ Offices work closely with the Department of the Interior’s U.S. Fish and Wildlife Service and Bureau of Indian Affairs on enforcement of federal laws protecting birds.

To view the policy and a fact sheet on the policy, visit: [www.justice.gov/tribal](http://www.justice.gov/tribal).



**sg<sup>w</sup>ig<sup>w</sup>ia?ltx<sup>w</sup>**  
The House of Welcome  
Longhouse Education and Cultural Center  
at The Evergreen State College

invites you to attend *g3hLaXil 3hL teWil*  
an “Evening of Dignitaries”  
honoring  
Mary Ellen Hillaire (Lummi) (1927-1982)  
Pete Peterson, Sr. (Skokomish)  
Fran and Bill James (Lummi)

**Saturday, November 17, 5pm**  
Regalia and drums encouraged

Sponsors: Native Arts and Cultures Foundation and Longhouse Education and Cultural Center  
Photo by Gary Wessels-Galbreath (2012)  
“Thunderbird” by Greg Colfax (Makah) and Andy Peterson (Skokomish) in Partnership with the  
Washington State Arts Commission’s Art in Public Places Program  
RSVP: Tina Kuckkahn-Miller, J.D., Director, P. (360) 867-5344, [kuckkaht@evergreen.edu](mailto:kuckkaht@evergreen.edu)

## Solid Waste and Recycling Program

### What Happens to Recyclables?

Recycling trash is the first step to giving materials new life. Many recyclables will not take the same form the next time around but will be turned into new materials. That new form will depend on where you live and local market trends. Here is what happens to recyclables in the Northwest:

- Newspaper is recycled back into newspaper or it is used for insulation, egg cartons, or phone books.
- Cardboard is recycled back into cardboard or it is made into paper grocery bags.
- Mixed paper is recycled into writing paper, tissue, and cereal boxes.
- Aluminum cans are recycled back into aluminum cans or into aluminum house siding, foil, appliances, or car parts.
- Tin cans are actually mostly steel and are recycled back into cans or into car parts, freeway signs, and building materials.
- Plastic is recycled into new plastic containers or into carpet, fleece clothing, car dashboards, toys, or lawn furniture.
- Glass jars are rarely recycled back into jars in this area because it is more expensive than making glass from fresh sand. Instead, crushed glass is commonly used for road fill or landscaping projects.

Consumers can encourage recycling not only by fueling industries with recyclables but by purchasing items made from recycled materials. By placing a higher demand on recycled products, more waste is recycled, saving waste from going to the landfill and preventing new materials from being mined from the earth.

Questions or comments about this article can be directed to Sheena Kaas, Solid Waste and Recycling Program Manager, 432-3907, [skaas@squaxin.us](mailto:skaas@squaxin.us).



## Free Septic System Maintenance Workshop

Your septic system’s health depends on you!  
Invest in the health of your family, your community, your property and your clean water.

Learn the ins and outs of caring for your on-site septic system from  
WSU Extension & Mason County Public Health.

**Every participant will receive a free manual and coupon discounting septic services!**

**Wednesday, November 28, 2012**  
5:30-7:30 PM  
North Mason School District  
71 E. Campus Drive, Belfair

To register & for more info please call: 360.427.9670 x 680  
or email: [mary.dimatteo@wsu.edu](mailto:mary.dimatteo@wsu.edu)

 WASHINGTON STATE UNIVERSITY  
MASON COUNTY EXTENSION  
WSU Extension programs and employment are available to all without discrimination.





# HEALTH CLINIC



## Squaxin Island's Food Bank at the Health Promotions

Monday-Friday Between 10 am & 4 pm  
(our lunch break is from noon to 1 pm)  
If possible, Wednesday is the best day.

If you need access to the food bank,  
stop by once a week

If you would like to be on the call list  
for fresh produce or bread.

Please call Melissa Grant: 360-432-3926



## FREE BLOOD PRESSURE SCREENING 2012

The First Thursday of each month



Blood Pressure checked by your  
friendly neighborhood firefighters

Where: Elder's building  
When: 11:45am - 12:45 pm.  
Everyone is welcome!

## USDA Foods : The Food Distribution Program on Indian Reservations



### USDA Foods at SPIPA

Monday, Sept 10th from 10 am to Noon

Contact Shirley or Bonita at

360 432-4216 or 360 438-4235

Applications available at  
Housing, Food Bank,  
Natural Resources, SPIPA, and  
TANF




**We have the Power to prevent diabetes**

**W**e're American Indians and Alaska Natives, and we have the power to prevent type 2 diabetes. Science has proven that we can prevent diabetes if we lose as little as 10 pounds by walking 30 minutes 5 days a week and making healthy food choices.

*"I know everyone can do it once they make up their mind. A lot of people out there know it runs in their family and they think 'Okay, I'm going to get it.' No, it's not so. You can prevent it. If I can do it, you can do it."*

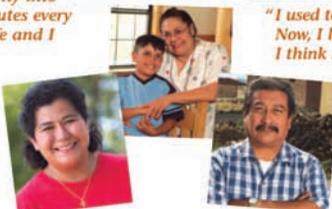
GLENDIA THOMAS FIFER  
GILA RIVER INDIAN COMMUNITY AND  
DIABETES PREVENTION PROGRAM  
PARTICIPANT

## Here are 7 powerful steps you can take to get started today:

**1 MOVE MORE.** Get up, get out, and get moving. Try walking, dancing, bike riding, swimming, or playing ball with your friends or family. It doesn't matter what you do as long as you enjoy it. Try different things so you don't get bored.

*"I found ways to work activity into my day. I walk for 10 minutes every morning. At night, my wife and I walk with our daughter."*

**TOM JOHN**  
SENECA



**2 EAT HEALTHY.** Focus on eating less and making healthy food choices. Try to eat more fruits and vegetables (5 to 9 servings a day), dried beans, and whole grains. Cut down on fatty and fried foods. You still can eat the foods you enjoy, just eat less.

*"I used to always go back for second helpings. Now, I leave the leftovers for another day. I think it's working."*

**JOSEPHINE MALEMUTE, RN**  
ATHABASCAN

**3 TAKE OFF SOME WEIGHT.** Once you start eating less and moving more, you will lose weight. By losing even 10 pounds, you can cut your chances of getting diabetes.

*"Since losing a few pounds, I feel better and have more energy to do the things I enjoy."*

**LORELI DECORA**  
WINNEBAGO TRIBE OF NEBRASKA



**4 SET GOALS YOU CAN MEET.** Start by making small changes. Try being active for 15 minutes a day this week. Then each week add 5 minutes until you build up to 30 minutes 5 days a week. Try to cut 100 calories out of your diet each day (that's one can of pop!). Slowly reduce your calories over time. Talk to your health care team about your goals.

*"When I first started walking, I could only go for about 10 minutes. Now I feel stronger and am able to walk 45 minutes every day."*

**JONATHAN FEATHER**  
EASTERN BAND OF CHEROKEE INDIANS

**6 GET HELP.** You don't have to prevent diabetes alone. Ask your family and friends to help you out. Involve them in your activities. You can help each other move more, eat less, and live a healthier life. There are groups in your area that can help as well.

*"I try to be more active throughout the day. At work, we take the stairs instead of the elevator."*

**KELLY MOORE, MD**  
CREEK NATION OF OKLAHOMA

**7 KEEP AT IT.** Making even small changes is hard in the beginning. Try adding one new change a week. If you get off track, start again and keep at it.

*"When I don't think I have time to exercise, I just remember how important it is to be around for my family."*

**RALPH FORQUERA**  
JUANEÑO BAND OF CALIFORNIA INDIANS

**"We have the power to help our people and the generations to come. We have the Power to Prevent Diabetes."**

**YVETTE ROUBIDEAUX, MD**  
ROSEBUD SIOUX

**5 RECORD YOUR PROGRESS.** Write down all the things you eat and drink and the number of minutes you are active. Keeping a diary is one of the best ways to lose weight and keep it off.

*"Keeping track of my activity allows me to see how I'm doing. By walking for 10 minutes at least 3 times a day, I'm able to get my 30 minutes in."*

**LORRAINE VALDEZ, RN**  
ISLETA/LAGUNA PUEBLOS



Take your first step today. Talk to your health care provider about your risk for type 2 diabetes and the small steps you can take to prevent it. For more information, call **1-800-438-5383** and ask for your free **GAME PLAN** for preventing type 2 diabetes.



**small steps  
big rewards**  
Prevent type 2 Diabetes

[www.ndep.nih.gov](http://www.ndep.nih.gov)

A message from the National Diabetes Education Program, sponsored by the National Institutes of Health and the Centers for Disease Control and Prevention. NIH Publication No. 04-5525 April 2004



## What You Can Do for Your Loved One with Diabetes

Submitted by Patty Suskin, Diabetes Coordinator - If your mother, father, husband, wife, grandfather, grandmother or another loved one has diabetes, there are things you can do to help. First, try to understand how it feels to have diabetes.

### Some people might feel:

- In denial
- A lack of control
- Overwhelmed
- Scared
- Depressed
- Angry

There are things a person can do to live a healthy life with diabetes.

### This is what your loved one might be doing every day:

- Testing blood sugar several times each day
- Changing their eating habits to eat foods with less sugar and fat
- Changing their eating habits to include more fruits, vegetables, whole grains and lean protein
- Being more active by walking, working out at a wellness center, splitting wood, etc.
- Resting when needed and trying not to get "stressed out"
- Going to medical appointments more often
- Taking diabetes pills every day or giving themselves insulin shots

You can help your loved one with diabetes.

### Here is what you can do:

- Keep up your usual relationship with them
- Ask them if there is anything you can do to support them with their diabetes (provide a ride to the clinic or be a support person at a doctor's appointment)
- Be positive when they are drinking water instead of pop or eating baked foods instead of deep-fried foods
- Try not to nag or judge them when they make a choice you think isn't healthy
- Join them in making healthy food choices
- Walk with them or invite them on a walk
- Let them rest and have stress-free time to take care of themselves

One of the best ways you can support your loved one with diabetes is to let them know they are inspiring you. You can become a champion in the fight against diabetes. You can prevent diabetes by being physically active every day and staying at a healthy weight.

Tell your loved one, "I want to help you stay healthy with diabetes, and I want to be healthy myself. Let me join you in making healthy lifestyle changes. You have inspired me to stay healthy and fight diabetes. Thank you."

Source: IHS Division of Diabetes Treatment & Prevention



Left to Right: Patty Suskin, Diabetes Coordinator at Squaxin Island Tribe & Candace Gruginski, Diabetes Coordinator at Shoalwater Bay (others unable to attend due to illnesses & last minute family & staffing needs)

### \$25.00 GAS VOUCHER AND OTHER INCENTIVE GIFTS

WILL BE AWARDED TO THOSE INDIVIDUALS AGE 50-64 WHO ARE ELIGIBLE TO GET THEIR COLON CANCER SCREENING TEST DONE THROUGH THE SPIPA GRANT PROGRAM. SEE LINDY FREDSON IN THE SQUAXIN CLINIC TO SEE IF YOU ARE ELIGIBLE FOR THIS PROGRAM. COLON CANCER SCREENING IS VERY IMPORTANT BECAUSE IT CAN SAVE YOUR LIFE. COLO-RECTAL CANCER IS ONE OF THE MOST PREVENTABLE OF CANCERS. AMERICAN INDIANS AND ALASKA NATIVES HAVE THE HIGHEST INCIDENCE OF COLORECTAL CANCER IN THE REGION. HISTORICALLY, THIS GROUP IS SCREENED LESS OFTEN THAN THE GENERAL PUBLIC AND AT A LATER STAGE WHEN THE MORTALITY RATE IS HIGHER. PLEASE DON'T DELAY. GET YOUR SCREENING DONE TODAY. CALL LINDY FREDSON AT 432-3933 OR COME BY THE CLINIC FOR MORE INFORMATION.



## Diabetes Coordinators Meet at Shoalwater Bay

In September, Tribal Diabetes Coordinators met to share best practices progress, activities, successes, challenges and lessons learned. As a result of these meetings, diabetes services continue to improve.



## Clinic 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

### Smart Shopping/ Food Label 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

November 6th from 9 a.m. to 3 p.m.  
@ the Health Clinic  
Contact Elizabeth Heredia  
at 432-3930

## Flu Shots are in



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

Native Americans only



## Facts on Bullying

The facts on bullying reveal it is a growing problem among teens and children. There are several different types of bullying including cyber bullying, bullying in schools as well as other forms of harassing.

Bullying can happen anywhere. Many children and teens are regular victims of bullying, which can lead to serious emotional scarring and problems with the victims self-esteem and self-image. Correcting these behaviors before they start or get out of hand are important for parents and educators to keep in mind. In this article we are discussing the facts on bullying and how you can watch for warning signs in victims of bullying as well as in children who might be bullies themselves.

### Types of bullying:

**VERBAL.** This type of bullying usually name calling and or teasing.

**SOCIAL.** Spreading rumors, intentionally leaving others out of activities on purpose, breaking up friendships are all examples of social bullying.

**PHYSICAL.** This traditional form of bullying involves hitting, punching, shoving and other acts of intention physical harm.

**CYBERBULLYING.** This method of bullying involves using the Internet, texting, email and other digital technologies to harm others.

### Facts on bullying:

**Imbalance of power.** Typically those who engage in bully-like behaviors use their strength, popularity of power to harm, control or manipulate others. They will usually target those who are weaker in size or may have a difficult time defending themselves.

**Intent to cause harm.** A bully is a person who does not do things by accident. The bully intends to physically or emotionally injure a person or group of persons.

**Repetition.** Typically incidents of bullying are not a one-time thing. Bullies target the same person or group over and over again.

It is important for parents to discuss the facts on bullying with their children to help teach them how to watch out for bullying and to avoid being bullied. There are several signs parents can look for when evaluating if your child is a victim of bullying.

- Comes home with unexplained injuries or with damaged or missing clothing or other belongings
- Has change in eating habits
- Makes excuses not to go to school
- Has fewer friends
- Feels helpless
- Talks about suicide
- Acts out of character
- Avoids certain places or playing outside alone
- Feels like they are not good enough
- Has trouble sleeping
- Blames themselves for their problems

The facts on bullying also provide information on what types of signs to look for in children who might be bullying others.

- Becomes frequently violent
- Has trouble controlling anger
- Is manipulative and controlling of others and situations
- Is quick to blame others
- Does not accept responsibility for their actions
- Needs to win or be the best at everything

Understanding these warning signs can help parents prevent their children from becoming bullies or help them not become a victim of a bully. Counseling or therapy are good methods in helping to treat a child who exhibits symptoms of bullying. Children who are victims may also need some kind of support or counseling to help resolve underlying issues of emotional feelings of inadequacy. Children who are confident and have higher self-esteem are less likely to fall prey to the attacks of bullying.

*Sources: mychildsafety.net, <http://stopbullying.gov/>*

## Bullying in Native American Communities

Lately the media has decided to focus on bullying across the country and the affects it has on young children. What really saddens and frustrates me is that we never hear about bullying in Native American communities.

Native Americans make up 1.2 percent of students in public schools. It may seem like a small percentage, but in the grand scheme of things 1 percent of all public schools is a huge number. A lot of what students are bullies about stems from racial stereotyping. If you are like most middle-class Americans, you probably were not aware of this. Native American students may be bullied for some of the following reasons.

Stereotypes and misconceptions of what it means to be Native American, and inherent bullying by the predominant culture, generational poverty, generational alcoholism and drug addiction, poor nutrition and diet, substandard and inadequate housing, family structures that are not intact.

And of course the list goes on and on. As human beings, we need to recognize the differences that we all have, and respect each others' culture and beliefs.

One of the saddest things about bullying is that it is not just students who target minority groups, but teachers as well. On statistic says, 'Latin American, Native American, Alaskan Native and mixed-race, 10th graders at low minority schools were the most likely to feel 'put down by teachers. Teachers hailing from low-minority high schools are likelier to insult, isolate or otherwise marginalize Latin American students at a rate of 17.3 percent and Native America, Alaskan native and mixed-race students at 17.8 percent.

Another frightening statistic is that Native American children, on average, have some of the highest rates of suicide and mortality compared to any other group.

One of the biggest issues with bullying is that parent are not aware that it is happening, or they choose to ignore it when in fact there are many ways to help your child. If your child tells you about a bully, focus on offering comfort and support, no matter how upset you are. Kids are often reluctant to tell adults about bullying because they feel embarrassed and ashamed that its happening, or worry that their parents will be disappointed. Sometimes kids feel like it's their own fault, that if thy looked or acted differently it wouldn't be happening. Sometimes they're scared that if the bully finds out that they told, it will get worse.

Praise your child for being brave enough to talk about it. Remind your child that he or she isn't alone – a lot of people bet bullied at some point. Emphasize that it's the bully who is behaving badly – not your child. Reassure your child that you will figure out what to about it together.

Sometimes an older sibling or friend can help deal with the situation. It may help your daughter to hear how the older sister she idolizes was teased about her braces and how she dealt with it. An older sibling or friend also might be able to give you some perspective on what's happening at school, or wherever the bullying is happening, and help you figure out the best solution.

Please take time to talk to your child or a friend. You never know you could be saving a life.

*Source: Navajo-Hopi Observer*



# COMMUNITY



Wesley Fletcher	01
Kimberly James	01
Juanita Pugel	03
Shannon Bruff	03
Cynthia Dorland	03
Lena Krise	03
Rickie Ramage	03
Roxsanne White	03
Twana MacHado	04
Jeremiah Johns	04
Olivia Mason	05
Beverly Hawks	05
Elizabeth Kuntz	05
Jason Snipper	05
Lawanna Sanchez	05
Jennifer Briggs	05
Keerah Brown	06
Laura Smith	06
Thomas Peterson	06
Terri Capoeman	06
Cyrus Little Sun	07
Thelma Shea	07
Anthony Furtado	07
Russel Cooper	07
Tammi Birchall	08
David Whitener Jr.	08

## Happy Birthday

Malena Herrera	09
Jefferey Blueback	09
Mickey Hodgson	09
Dillon Decicio	09
Monique Pinon	10
Virginia Berumen	10
Calvin Peterson	10
Jolene Cowan	10
Samantha Armas-Govan	10
Benjamin Sayers	11
Ryan Fox	13
Rachel Parker	13
Mary Mosier	14
Richard Peters	15
James Orozco	16
Tammy Peterson	16
Laura Snyder	17
TJennifer Johns	17
Casey Lacefield	17
Elizabeth Heredia	17
Ethan Pugel	18
Joseph Peters	18
Taeahni Fox	18
Lucille Quilt	19

Samantha Smith	20
Nathan Nunes	20
Connie Uribe	20
Jason Kenyon	20
Herbert Johns	21
Aleta Poste	21
Vincent Henry Sr.	21
Bianca Saenz-Garcia	21
Olivia Korndorfer	22
Susan McFarlane	22
Lyssa Davis	23
Candee Gillette	23
Diane Deyette	23
Steven Dorland	23
Delores Johnson	23
Joseph Seymour, Jr.	24
Cecily Neilsen	24
Michael Parker	24
Terry Tahkeal	25
Donald Brownfield	25
Candace Penn	26
Leslie Cooper	27
Leonard Cooper	27
Hope Pughe	27
Nokomis Masoner	27
Ila Ball	28
Sarah Thornton	29
Mark Peters	29
Tyler Burrow Doc # 321980	29
Carol Hagmann	30

## What's Happening

				1 Culture Night 5:00 p.m. AA Meeting 7:30	2	3
4	5	6 <i>MLRC Basket Class</i>	7 <i>Family Court</i>	8 Culture Night 5:00 p.m. <i>Council Mtg.</i> AA Meeting 7:30	9	10
11	12	13 <i>MLRC Basket Class Criminal/Civil Court</i>	14	15 Culture Night 5:00 p.m. AA Meeting 7:30	16 <i>MLRC Holiday Bazaar</i>	17 <i>MLRC Holiday Bazaar</i>
18	19	20 <i>MLRC Basket Class</i>	21	22 <i>Happy Thanksgiving</i>	23	24
25	26	27 <i>MLRC Basket Class Criminal/Civil Court</i>	28	29 Culture Night 5:00 p.m.	30	

## Happy Birthday My Baby Girl Mommie Loves You 2 Much



## Drum Group Correction

"Drum Group" is now called "Culture Night" and will be on Thursday evenings at 5:00 p.m.



# COMMUNITY



**Happy 6th Birthday  
to My Daughter/Sister  
Keerah Lynn Brown!!  
We Love You,  
Love, Mom and  
Your Big Brother Christopher**

**Happy Anniversary  
Tara Mae Brownfield**



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**I Love You!  
And I'm Happy!  
Love, Leonard**

**Happy Birthday!**



**We Love You!  
Uncle Rick, Auntie & Mom**



**Happy Birthday Sister  
Love you!  
- Loretta**

**Happy Birthday Vinny (Dad)**



**Love,  
Margaret, Kiana, Malia,  
Jolene and Vince Jr.**



**Ed Cooper, Squaxin Tribal Elder  
walking the community and  
making sure everyone  
is doing well**

*Photo by Charlene Krise*

# Thanksgiving Day Buffet

Thursday

November 22nd, 2012

Creekside Buffet • 11am-9pm

First come first served

Sa-He-Wa-Mish • 11am-7pm

Reservations for parties of 8 only\*

12 and up \$25.95

Children 4-11 \$13.95 • 3 and under free

Herb Roasted Prime Rib	Mashed Potatoes
Glazed Turkey Breast	Rosemary Red Potatoes
Slow Roasted Turkey	Brussels Sprouts
Traditional Herb Dressing	Glazed Baby Carrots
Baked Salmon	Green Bean Casserole
Honey Glazed Ham	Dungeness Crab
Steamed Clams	Snow Crab
Grilled Oysters	Peel and Eat Shrimp
Grilled Flank Steak	Assorted Salads
Rock Fish	Gourmet Desserts
Candied Cinnamon Yams	And much more!

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

Visit our website for the full menu and more information.

\*For reservations call 360-432-7107.

An automatic 18% gratuity will apply.

## We Honor Our Veterans

To these brave men and women we are eternally grateful . . .

Baller, Christian  
Bloomfield, Charles III  
Briggs, John  
Brown, Dan  
Brown, John Mac  
Brownfield, Donald R.  
Brownfield, Gary L.  
Campbell, Marvin E.  
Capoeman, Donald L.  
Capoeman, Felix E.  
Capoeman, Vernon  
Cheeka, Cecil P.  
Cheeka, Ernest R. Jr.  
Clapanhoo, Edward E.N.  
Cooper, Rusty  
Dailey, Ronald L.  
Elam, Sallee G. Rankin  
Fletcher, Harry A.  
Frank, Billy Jr.  
Greenwood, Dustin  
Henry, Christopher  
James, Robert Jan  
Johns, Delwin C. Jr.  
Johns, Richard Sr.  
Kenyon, Kimble  
Krise, John E.  
Kruger, Pete Sr.  
Lewis, Toby Davie Larry  
Lister, James Tod  
Martin, Dennis L.  
Martin, Phillip E.  
Mason, Joshua Dylan  
Napolean, Francis Jr.  
Newell, Marvin Dale Jr.  
Parker, Glen W.  
Penn, William  
Peters, William B.  
Peters, Rick K.  
Peters, Steve  
Peters, William Ray  
Pfundheller, Jan Brown  
Pleines, Rusty  
Reeves, Dean Jr.  
Saeger, Mishell M.

Seymour, Dave  
Seymour, Joseph H. Jr.  
Seymour, Jonella A.  
Sigo, Dennis  
Sequak, Martin  
Stephens, Gail Marie  
Whitener, John Brady  
Whitener, Dave W. Sr.  
Whitener, Donald E.  
Whitener, Robert W. Sr.  
Whitener, Ronald Andrew

*Deceased,  
but forever in our hearts*

Bagley, John  
Brown, Dan Sr.  
Brown, Edward B  
Brown, Henry P.  
Brown, Joe  
Clapanhoo, Edward E.N.  
Cooper, Francis Sr.  
Fletcher, Wesley  
Henry, Edward N.  
Johns, Lloyd

Johnson, Robert B.  
Johnson, Bruce Allen  
Krise, Darrel  
Krise, Delbert  
Krise, Frank  
Krise, Harvey L., Jr.  
Krise, Harvey Sr.  
Krise, James E.  
Krise, John Sr.  
Lewis, Alfred Lincoln  
Martin, Arthur  
McCloud, Donald  
Napoleon, Lewis R.  
Napoleon, Melvin  
Parker, Levi  
Parker, Vernon W.  
Peters, Calvin J.  
Peters, Raymond  
Seymour, Joseph H. Sr.  
Sigo, Dewey  
Snipper, Brent Donald  
Whitener, Donald K.  
Whitener, Joseph Lee  
Whitener, Wilson W.

Happy  
Holidays

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