

Artwork in Downtown Created for Canoe Journey by Joe Seymour

A call for artists went out from the Olympia Downtown Association (ODA) to paint a mural commemorating Squaxin's hosting of 2012 Canoe Journey. Joe Seymour and Ira Coine's designs were the top two choices.

"The ODA asked us if we would consider combining our designs," Joe said. "After a few meetings, a design was formulated combining both our ideas. Ira brought in two additional artists, his mentor Vince Ryland and Kevin Bouton.

The project took approximately 19 days to paint. The Olympics are depicted on the left and the Cascades on the right. There are seven canoes on the water to represent the seven inlets that the Squaxin people originally came from. "The paintings of the canoes come from actual pictures of canoes from past Canoe Journeys, with Chief Frank Nelson's canoe and our Swiss-a-loo featured prominently in the foreground," Joe said. The welcome figure on the left was designed by Ira, Kevin and Joe and painted by Kevin.

More photos on Page 4.



The Tu Ha' Buts Learning Center invites you to "like" us on Facebook!

Our new Facebook page will allow us to keep the community updated about events at the Learning Center as well as Recreation and Education information. Just search Facebook for the "Tu Ha' Buts Learning Center" and "like" us!!

Community Kitchen and Pool Can Be Rented

The Community Kitchen and pool are available for rental for baby showers, birthday party and family reunions. The two combined makes for great birthday parties! No mess at your own home and lots of room to roam. kclam@ieinc.org or 556-5062



Friday, October 26

5:00-7:00 p.m.

Tu Ha' Buts Learning Center

Halloween Party!

Wear your costumes and be prepared for some spooky fun!!

Ghoulish Pumpkin Carving, Creepy Cake Walk, Win Eerie Prizes!!

Candy for all Ghosts and Goblins



Elder Abuse In Tribal Communities

By Hallie Bonger White

Elder Abuse Is Not A Traditional Value

Elder abuse is not a traditional value in Native American and Alaska Native communities. Many tribal people view the alarming, recent trend of elder abuse and neglect as a symptom of the dissolution of tribal cultural values and as an indicator of serious imbalance within their communities.

Under custom and tradition, native elders were seen as repositories of knowledge and as invaluable community resources. Elders traditionally held positions of power in their communities and were prized for their experience and wisdom. Many tribes, villages, and pueblos continue to hold elders in high esteem as a valuable link to their past and as a resource for future generations.

The Rise Of Elder Abuse Nationally and In Tribal Communities

Unfortunately, abuse and neglect of native elders now occurs with alarming frequency in tribal communities.

Nationally, neglect is the most frequent form of elder abuse. Emotional and psychological abuse, physical abuse, financial and material exploitation, and abandonment are the next most common forms of abuse.

Adult children are most likely to be the perpetrators of abuse. Spouses, other relatives, and grandchildren are also likely to be the perpetrators of abuse. Some tribal social service providers have estimated that close to 80% of those abusing native elders are immediate family members and that 10% of the abusers are extended family members.

What is Elder Abuse?

Many Native communities define elders as those persons 55 years of age or older. Nationally, non-Indian organizations often define an "elder" as a person age 60 or 65 and older.

The web site for the National Center of Elder Abuse is an excellent resource for information on elder abuse. NCEA defines elder abuse and neglect as physical abuse, sexual abuse, emotional or psychological, abuse, financial or material exploitation, neglect, abandonment, and self-neglect. The following has been adapted from their website (www.elderabusecenter.org):

1) Physical abuse: the use of physical force that may result in bodily injury, physical pain, or impairment. Physical abuse may include, but is not limited to, such acts of violence as striking (with or without an object), hitting, beating, pushing, shoving, shaking, slapping, kicking, pinching, and burning. Inappropriate use of the drugs and physical restraints, force-feeding, and physical punishment of any kind are also examples of physical abuse.

2) Sexual Abuse: non-consensual sexual contact of any kind with an elderly person. Sexual contact with any person incapable

of giving consent is also considered sexual abuse. Sexual abuse includes, but is not limited to, unwanted touching, all types of sexual assault or battery, such as rape, sodomy, coerced nudity, and sexually explicit photographing.

3) Emotional or Psychological Abuse: the infliction of anguish, pain, or distress through verbal or nonverbal acts. Emotional/psychological abuse includes, but is not limited to, verbal assaults, insults, threats, intimidation, humiliation, harassment, treating an older person like an infant, isolating an elderly person from his/her family or friends or regular activities, giving an older person the 'silent treatment,' and enforced social isolation.

4) Neglect: the refusal or failure to fulfill any part of a person's obligations or duties to an elder. Neglect may also include failure of a person who has fiduciary responsibilities to provide care for an elder (e.g., pay for necessary home care services) or the failure on the part of an in-home service provider to provide necessary care. Neglect typically means as food, water, clothing, shelter, personal hygiene, medicine, comfort, personal safety, and other essentials included in an implied or agreed-upon responsibility to an elder.

5) Abandonment: the desertion of an elderly person by an individual who has assumed responsibility for providing care for an elder, or by a person with physical custody of an elder.

6) Financial or Material Exploitation: the illegal or improper use of an elder's funds, property, or assets. Examples include, but are not limited to, cashing an elderly person's checks without authorization or permission, forging an older person's signature, misusing or stealing an older person's money or possessions, coercing or deceiving an older person into signing any document (e.g., contracts or will), and the improper use of conservatorship, guardianship, or power of attorney.

7) Self-neglect: the behavior of an elderly person that threatens his/her own health or safety. Self-neglect generally manifests itself in an older person as a refusal or failure to provide himself/herself with adequate food, water, clothing, shelter, personal hygiene, medication (when indicated), and safety precautions. The definition of self-neglect

Squaxin Island 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:

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K L A H - C H E - M I N



Domestic Violence Statistics

Every 9 seconds in the US a woman is assaulted or beaten.

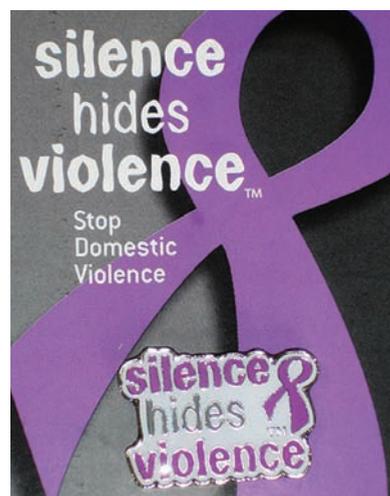
Around the world, at least one in every 3 women has been beaten, coerced into sex or otherwise abused during her lifetime. Most often, the abuser is a member of her own family.

Domestic Violence is the leading cause of injury to women-more than car accidents, muggings and rapes combined.

Studies suggest that up to 10 million children witness some form of domestic violence annually.

Nearly 1 in 5 teenage girls who have been in a relationship said a boyfriend threatened violence or self-harm if they tried to breakup.

Every day in the US, more than 3 women are murdered by their husbands or boyfriends.



92% of women surveyed listed reducing domestic violence and sexual assault as their top concern.

Domestic violence victims lose nearly 8 million days of paid work per year in the US alone – equivalent of 32,000 full-time jobs.

Based on reports from 10 countries, between 55 to 95% of women who had been physically abused by their partners had never contacted non-governmental organizations, shelters, or the police for help.

The costs of intimate partner violence in the US alone exceed \$5.8 billion per year: \$4.1 billion are for direct medical and health care services, while productivity losses account for nearly \$1.8 billion.

Men who as children witnessed their parents domestic violence were twice as likely to abuse their own wives than sons of nonviolent parents.

Resources for Domestic Violence / Sexual Assault

MASON COUNTY:

Turning Pointe: 360-426-1216
Center for Advocacy & Personal Development: 360-426-6925
24 HR Sexual Assault Crisis Clinic: 360-492-5228

THURSTON COUNTY:

Safeplace: 360-786-8754
24 HR Crisis Clinic: 360-754-6300 / 360-943-6703 TTY

NATIONAL DOMESTIC VIOLENCE HOTLINE

1-800-799-7233

NATIONAL TEEN DATING ABUSE HELPLINE

1-866-331-9474
1-866-331-8453 TTY

RAPE, ABUSE, INCEST NATIONAL NETWORK (RAINN)

1-800-656-4673 (HOPE)

SQUAXIN ISLAND LAW ENFORCEMENT: 360-426-5222

Shelton Dispatch: 360-426-4441
OR CALL: 911

No matter what you have been told, you have a right to live without being hurt! You are not alone!

If you have questions regarding domestic violence/sexual assault, please call:

Gloria J. Hill, Domestic Violence Advocate
360-432-3927 or 360-463-7051

ALL CALLS ARE CONFIDENTIAL!



He says
it won't
happen
again

glect excludes a situation in which a mentally competent older person, who understands the consequences of his/her decisions, makes a conscious and voluntary decision to engage in acts that threaten his/her health or safety as a matter of personal choice.

Some tribes may have broader or different definitions of elder abuse. These broader definitions may include forcing an elder to care for small children against their wishes, ritual abuse, and other forms of abuse as defined by the culture and tradition of a tribe. In some tribes and elder's social security check may serve as the sole or primary source of income for an extended family. A native elder may or may not view this as financial exploitation under their culture and world view.

The Causes of Elder Abuse

Elder abuse, like intimate partner domestic violence, can arise from an abuse of power and a sense of entitlement by the abuser. Some researchers have found that caregivers who are unhappy, frustrated, easily angered, and who feel entitled to lash out at others with less power may be more likely to commit some extreme forms of elder abuse.

Native people have also listed alcohol abuse, substance abuse, and a turning away from traditional cultural values as the cause of elder abuse and neglect.

Risk Factors for Abuse

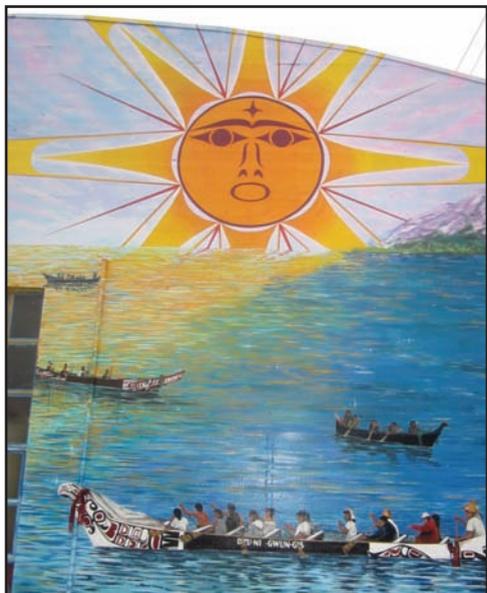
Female elders are abused at a significantly higher rate than male elders. The oldest of the elderly are also at a higher risk for abuse. Those 80 years of age or older are abused and neglected at two to three times their proportion of the elderly population.

Researches have found that poverty is a leading risk factor for elder abuse in native communities. Rates of abuse of native elders are highest in families where income levels for the elder and for the abuser/caregiver are extremely low. Caregiver unemployment also appears to be a risk factor in Indian communities.

Physical frailty and inability to care oneself are also risk factors. Three out of four victims of elder abuse suffer from physical frailty. Close to half of substantiated incidents of abuse and neglect involve elderly persons who are unable to care for themselves. About 28% of substantiated incidents of abuse and neglect involve elderly persons who are able to only marginally care for themselves. Social isolation is another significant risk factor for abuse.



COMMUNITY



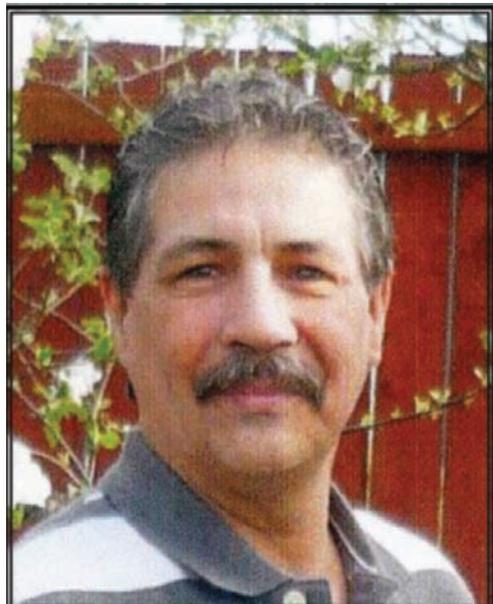
**Congratulations
Joe!
Awesome Job!**

Canoe Journey
Mural
PAINTED BY
IRA COYNE
wahalatsup
Jink Ryland
KEVIN BOUTON-SCOTT





Walking On



Clint Kruger

Clinton Kruger, 55, died on August 15, 2012, at Mason General Hospital. He was a Squaxin Island tribal member and longtime resident of Shelton.

He was born on October 4, 1956, to Pete Kruger Sr. and Donna Pierce.

He attended Weatherwax High School in Aberdeen.

Clint was married to Cherie Moore Kruger, but the marriage ended in divorce.

He was a roofer with OK Roofing and with family-owned Kruger Roofing for 12 years.

He enjoyed hunting, fishing, clamming, baseball, softball, beading and playing pool.

Kruger is survived by father Pete (Lillie) Kruger Sr. of Shelton; son Dustin Kruger of Olympia; daughters Misty Kruger of Shelton and Janessa and Shawnee Kruger of Chiliwack, B.C.; brothers Michael, Pete Jr. and Tully Kruger of Shelton; sisters Kathi Nielsen of Enumclaw and Michelle Buechel of Olympia; step-sisters Rene Klusman and Treasa Ryan of Olympia; three grandchildren, and numerous nieces, nephews and cousins.

He was preceded in death by brother Eric Kruger and mother Donna DeCoy.

A service was held on August 20th at the Squaxin Island

tribal cemetery in Kamilche. Arrangements are under the direction of McComb Funeral Home.

Donations can be made to the charity of the donor's choice.

From the Family

The Kruger family would like to say "Thank You" to each and every one of you for all the kindness expressed to us during this difficult time. The cards, calls and flowers were all very comforting.

Tahnk you, Squaxin Island Tribal Council for words of encouragement and all your prayers. A very heartfelt thank you to David Lopeman for speaking at the service. It meant a lot to us and we are so grateful. The service was beautiful.

Thank you, Mike and Rose Davis, for your prayers and the ringing of the bells. You're always there when needed, and we appreciate both of you and all you do for the Squaxin Island Tribe.

Thank you, Ray Krise, for the beautiful song honoring Clint, and your heartfelt words spoken to the family.

Thank you to all who shared their stories with the family about Clint . . . memories to cherish and hold in our hearts forever.

Thank you, Family Services, cooks and volunteers, for the lovely meal you prepared. Your hard work and caring hearts were so very much appreciated.

Thank you, Natural Resources Department, for the help with preparing the salmon. A job done well, as usual.

Thank you, Rhonda Foster and Margaret Henry, for the beautiful cedar corsages. your always so very thoughtful and caring.

Thank you, Kathy Block and Melissa Puhn, for all the help with making the arrangements. Your kindness and compassion will always be remembered.

Sincerely,

The Kruger Family



Tribal Council Resolution

12-47: Authorizes SPIPA to submit a grant proposal to the Department of Health and Human Services for the Community Services Block Grant on behalf of the Squaxin Island community.



KTP Update

Olena Cooper - Hello everyone, KTP just wants to let the community be aware of our success in the 2012 fiscal year. As a convenience store, we have many great numbers to be proud of:

- Monster sales for KTP are the best throughout Mason and Thurston Counties.
- We are the #1 account with Wilcox & Flegel, our gas supplier.
- We are the #4 account out of 216 with Olympic Eagle, our Budweiser distributor.
- We are the #2 account out of 196 with Marine View, our Coors/Miller distributor.
- We are the 5th largest seller in the USA of Umpqua Jerky.
- We hold the #1 account with Harbor Wholesale out of Washington, Oregon, Idaho, Montana, and Alaska.
- We are Redbull's #10 account

Other accounts include Wal-Mart, Safeway, Fred Meyer, and Albertson's, in all of both Mason and Thurston counties. These are incredible numbers that make KTP stand out from so many other retail operations.

KTP has also supported the community by donating funds to youth, Elders, and the museum. We also helped with the 2012 Paddle to Squaxin.

Every KTP employee should be recognized for their team work and dedication. They are all part of the success of KTP being a leader in the industry. These are just a few of the accomplishments for KTP in 2012, and we will strive for more growth in 2013.



LEARNING CENTER



After-School Program

Jerilynn Vail - School is underway, and its fantastic to see all the kids each day after school! Tara and I are excited to see them as they arrive, and hear the many stories to share with us about their day. We have been taking advantage of the sunny weather and playing outside. A few have been participating in the homework help with Jamie upstairs in the classroom, and several have been working downstairs on their homework as well!

We have introduced "Crafty Kitchen Concoction" to the kids on Thursday; it has been fun to see the kids make treats! One treat that will be nice to give to our canine friends in the community is the homemade dog treats!

This month is going to be very busy, with early release days and our daily activities. We were excited for the opportunity to take eight, 4th and 5th graders to the

Salmon Homecoming School Days Celebration up in Seattle and spending the night at the Aquarium! This will be one trip the kids will not forget, sleeping under the dome of fish!

Be ready, elementary and middle school kids; we are going to start basketball and prepare for the intertribal league starting at the end of the month running through the end of December!!! Be on the lookout for information to come out the first of the month!

Our staff will have our annual Halloween Party on Friday, the 26th from 5-7 p.m. Come dressed up ready for some fun activities and games!! We are looking forward to a fun, filled evening! Please keep in mind; we will have to close the after-school program, that day to set up for the party!

Thank you!

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: 3-6pm Rec Rm: 432-3275 (only 3-6pm)

All activities are drug, alcohol and tobacco free.

Monday	Tuesday	Wednesday	Thursday	Friday
1 Open Gym: 3-5:30pm Rec. Room: 3-6pm Open Swim: 3-6pm	2 Open Gym: 3-4:30 pm B-Ball Practice: 4:30-6pm Rec. Room: 3-6pm	3 GSD-ER @ 2:15pm Open Gym: 2:30-6pm Rec. Room: 2:30-6pm Open Swim: 3-6pm	4 Open Gym: 3-4:30 pm B-Ball Practice: 4:30-6pm Rec. Room: 3-6pm	5 Open Gym: 3-6pm Rec. Room: 3-6pm Open Swim: 3-6pm
8 Open Gym: 3-5:30pm Rec. Room: 3-6pm Open Swim: 3-6pm	9 Open Gym: 3-4:30 pm B-Ball Practice: 4:30-6pm Rec. Room: 3-6pm	10 GSD-ER @ 2:15pm Open Gym: 2:30-6pm Rec. Room: 2:30-6pm Open Swim: 3-6pm	11 Open Gym: 3-4:30 pm B-Ball Practice: 4:30-6pm Rec. Room: 3-6pm	12 SSD-ER 1.5 hrs Open Gym: 3-6pm Rec. Room: 3-6pm Open Swim: 3-6pm
15 Open Gym: 3-6pm Rec. Room: 3-6pm Open Swim: 3-6pm	16 Open Gym: 3-4:30 pm B-Ball Practice: 4:30-6pm Rec. Room: 3-6pm	17 GSD-ER @ 2:15pm Open Gym: 2:30-6pm Rec. Room: 2:30-6pm Open Swim: 3-6pm	18 Open Gym: 3-4:30 pm B-Ball Practice: 4:30-6pm Rec. Room: 3-6pm	19 SSD-ER 1.5 hrs Open Gym: 3-6pm Rec. Room: 3-6pm Open Swim: 3-6pm
22 Open Gym: 3-6pm Rec. Room: 3-6pm Open Swim: 3-6pm	23 SSD-ER 3hrs Open Gym: 3-4:30 pm B-Ball Practice: 4:30-6pm Rec. Room: 3-6pm	24 GSD-ER @ 2:15p SSD-ER 3hrs Open Gym: 2:30-6pm Rec. Room: 2:30-6pm Open Swim: 3-6pm	25 SSD-ER 3hrs Open Gym: 3-4:30 pm B-Ball Practice: 4:30-6pm Rec. Room: 3-6pm	26 SSD-ER 3hrs After-School Program closed to set-up for the Halloween Party  5-7pm
29 GSD-ER @ 12:20 pm Open Gym: 12:30-6pm Rec. Room: 12:30-6pm Open Swim: 3-6pm	30 GSD-ER @ 12:20 pm Open Gym: 12:30-6pm Rec. Room: 12:30-6pm	31 GSD-ER @ 12:20 pm Open Gym: 12:30-6pm Rec. Room: 12:30-6pm Open Swim: 3-6pm		
After school snacks: Computer Lab: Sylvan: Homework Help, GED Prep:	M-F 4-4:45pm M-Th 3-6, F 3-5pm M-Th 4:30-7:30pm T-TH 4-7pm	Key ER = Early Release SSD = Shelton School District GSD = Griffin School District TLA = Tu Ha'Buts Learning Academy		



Tu Ha' Buts Learning Center Update

Gordan James - As school has gotten underway, so have many of the programs and services of the Education Department. The after-school program puts out a monthly calendar of activities. Jerilynn Vail has written more about our after-school program, so take a look at her article.

The Tu Ha' Buts Learning Center continues to offer tutoring through Sylvan, and we have some spots still available. Sylvan is in the building Monday through Thursday, from 4:30-6:30 p.m. Contact the TLC or come on by to get more details about getting youth signed up for this. We also offer after school homework help and GED instruction, in the TLC classroom, Tuesday through Thursday, from 4:30-7:00 p.m. The homework help and GED instruction are available on a drop-in basis. Stop by and meet Jamie, the teacher.

The Tu Ha' Buts Learning Academy continues. This is a program for youth to work online with the East Valley School District in Spokane, WA. An on-site teacher, Lynn, is available as well to answer questions and help students with their on-line classwork.

The Higher Education program is in high gear as many have returned to college, and many more have just begun. If you are interested in going to college, give us a call and we can help you with several steps along the way, including applying to the tribe for college funding.

The department is working to fill several vacancies. This means we aren't able to provide the complete range and depth of services we would like to, but the staff of the Education Department are doing a wonderful job to keep things moving forward. If you are interested, check out the tribe's web site for employment opportunities in the department.

The department also works with Bordeaux Elementary, Shelton Middle School, Oakland Bay Junior High, and Shelton High School by offering tutors to work directly with Squaxin students in the school. As the new school year has begun, we are still filling vacancies so stay tuned. We will be announcing more about our tutors soon.

How to stay tuned? The Tu Ha' Buts Learning Center uses several methods to share the latest of what's going on in the department. We contribute articles and calendars to the Klah-Che-Min. We place updates in the Daily Scoop. And the TLC has started to post announcements on a new Facebook page. Check out our Events page at www.facebook.com/TuHaButs.

KAMILCHE
CAFE & ESPRESSO

FRYBREAD
\$7.99 FRIDAYS

Served 11am - 2pm

1ST FRIDAY
Steamer Clams & frybread

2ND FRIDAY
Dave's Clam Chowder
or Julz Chili with frybread

3RD FRIDAY
Oysters & frybread

4TH FRIDAY
Indian Tacos

Domestic Violence Facts

WHY IT MATTERS

Domestic Violence is the willful intimidation, physical assault, battery, sexual assault, and/or other abusive behavior perpetrated by an intimate partner against the another. It is an epidemic affecting individuals in every community regardless of age, economic status, race, religion, nationality or educational background. Violence against women is often accompanied by emotionally abusive and controlling behavior, and thus is part of a systematic pattern of dominance and control. Domestic violence results in physical injury, psychological trauma, and sometimes death. The consequences of domestic violence can cross generations and truly last a lifetime.

DID YOU KNOW?

- One in every four women will experience domestic violence in her lifetime.
- An estimated 1.3 million women are victims of physical assault by an intimate partner each year.
- 85% of domestic violence victims are women.
- Historically, females have been most often victimized by someone they knew.
- Females who are 20-24 years of age are at the greatest risk of nonfatal intimate partner violence.
- Most cases of domestic violence are never reported to the police.

CHILDREN WHO WITNESS DOMESTIC VIOLENCE

Witnessing violence between one's parents or caretakers is the strongest risk factor of transmitting violent behavior from one generation to the next. Boys who witness domestic violence are twice as likely to abuse their own partners and children when they become adults. 30 - 60% of perpetrators of intimate partner violence also abuse children in the household.

SEXUAL ASSAULT AND STALKING

One in 6 women and 1 in 33 men have experienced an attempted or completed rape. Nearly 7.8 million women have been raped by an intimate partner at some point in their lives. Sexual assault or forced sex occurs in approximately 40 - 45% of battering relationships. 1 in 12 women and 1 in 45 men have been stalked in their lifetime. 81% of women stalked by a current or former intimate partner are also physically assaulted by that partner; 31% are also sexually assaulted by that partner. Stalking - the act or an instance of stalking or harassing another, in an aggressive, often threatening and illegal manner (stalking is now a crime in many states).

REPORTING RATES

Domestic violence is one of the most chronically underreported crimes. Only approximately one-quarter of all physical assaults, one-fifth of all rapes, and one-half of all stalkings perpetuated against females by intimate partners are reported to the police.

IF YOU NEED HELP:

National Domestic Violence Hotline:	1-800-799-7233
National Sexual Assault Hotline:	1-800-656-4673
National Teen Dating Abuse Hotline:	1-866-331-9474

Gloria J. Hill: 360-432-3927



How and Why to Start Saving for the Holidays Right Now

The holidays are still a few months away, but now is a great time to take a close look at your budget and start setting aside some extra cash for those holiday purchases. According to the American Research Group, Inc., Americans spent an average of \$646 on gifts for the 2011 holiday season. This doesn't include other holiday-related purchases such as food, decorations, or travel expenses, so your actual holiday expenditures could be significantly higher. Planning for those purchases over the next few months can help you enjoy the season without money worries--and prevent high credit-card debt come January.

Here are some tips on how to start saving for the holidays right now:

Set Up a New Savings Account

Separating your finances will make it much easier to visualize your goal and actually reach your savings targets before the holidays. If you have an online savings account, it's very simple to section off your account for different savings goals. If not, you can work with your personal banker to set up a separate savings account just for holiday expenses. Make sure you're choosing an account that doesn't charge high fees for carrying a low balance, and find out what the policy is for closing the account when you're done with it. If the process is too complicated, remember you can just use that account for another savings goal next year.

Make Your Gift List Now

Draft up that gift list now so you have a fair idea of how many gifts you will need to purchase this year, and approximately how much they'll cost. Be as detailed as possible with the list so that your final gift expenditures end up being close to what you projected. Consider trimming down the gift list if you don't think you can meet that savings goal by the end of the year. Preparing this list now will make it much easier to plan your holiday expenses and cut back in some areas if needed. Of course, you can always modify it over the next few weeks as you think of more people to include or exclude from the list.

Set a Weekly Goal

Estimate your total holiday expenditures this year, or review your purchases from last year and modify the total as needed. Remember that this needs to include the cost of postage and shipping fees, décor, contributions to charitable organizations, events, clothing, and food costs. Divide that amount by the number of weeks left before the holiday shopping season begins so you have a fair idea of how much you will need to save each week to reach your goal. Knowing what that figure is can help to make the goal more tangible--you can cut out extra expenses throughout the week and contribute the saved amounts to your holiday savings account.

Research Travel Deals

If you're planning on traveling this holiday season--whether it's for a holiday celebration or just a leisurely getaway --start looking at flights and hotel packages to secure some of the lowest rates. Remember that flights and hotel rooms will fill up fast as the holidays approach, and limited availability usually means paying a premium. Plan ahead and take advantage of early bird specials and package deals so you can book something affordable and end up spending less over the holiday season. Consider working with a local travel agent who can help you find some great rates and deals on attractive packages over the peak holiday season. Now is a great time to start searching for and securing these deals, because many people start looking into Thanksgiving travel packages as early as October.

Take Credit Cards Out of the Picture

How many holiday seasons have gone by when you've had to use your credit cards to pay for certain purchases because they ended up being a "holiday emergency"? Don't make the same mistake again this year, take your credit cards out of the picture. Don't even consider your available balance for those extra holiday purchases, because you will end up paying interest on anything you carry for-

ward into next year. Focus instead on shopping on a "cash only" basis this holiday season--if you can't afford to buy those items with cash, they don't belong on your holiday gift and purchase list.

By Wise Bread



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, October 9th is WIC DAY at SPIPA



“OCTOBER SPECIAL”

\$10.00

Tribal Discount
On every carton purchased
(Complete, Premis, Traditions)

(Offer good October 1st – October 31st)

***Must show Tribal membership card**

Bazaar



Squaxin Island Museum

November 16th & 17th
9-4

150 SE Kwuh-Deegs-Altsw Shelton, WA

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

Ruth Whitener
432-3841
rwhitener@squaxin.us

NO LATER THAN: November 5th



Solid Waste and Recycling Program

Keep the Green Team momentum going with recycling and composting!



The recycling bins used during the Canoe Journey hosting can now be checked out for use in public spaces on the campus and at community events. The frames are light-weight and collapsible making them easy to set up, maintain, move and take down. See-through bags are easy to install and remove, and help maximize recycling and composting. To see how the bins could be used at your next event or family gathering, check out the set of these bins in use at the Elders Center. For more information, contact Sheena Kaas, Solid Waste and Recycling Program Manager 432-3907 or skaas@squaxin.us.

New Solid Waste and Recycling Plan Approved

The two-year planning phase for the Solid Waste and Recycling Program came to a close last month with Council's approval of the Solid Waste Management Plan. The plan outlines five goals:

- GOAL 1: Cultivate leadership collaboration in program growth;
- GOAL 2: Increase education and outreach to youth, community member, and employees;
- GOAL 3: Explore ways to make services/infrastructure convenient;
- GOAL 4: Manage solid waste in a way that honors our connection with the earth*; and
- GOAL 5: Increase awareness and opportunities related to reduction, reuse, and recycling.

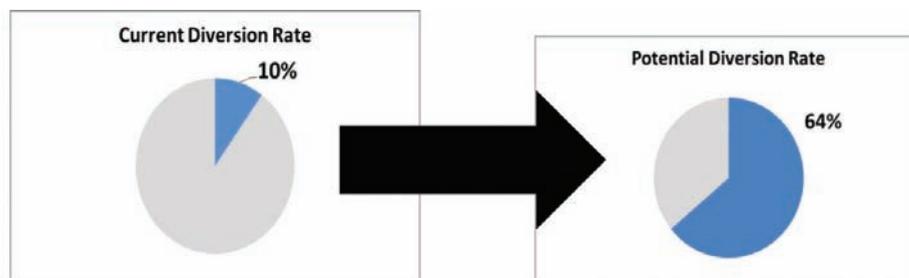
* Honoring our connection with the earth means: 1) reducing the resources taken from the earth, 2) reusing resources we have already taken from the earth to minimize further extraction from the earth, 3) recycling the resources that can no longer be reused to minimize further extraction from the earth, 4) materials disposed into the earth do not contain substances that will harm the earth.

Squaxin Island Tribe currently recycles 10% of waste, but with more recycling and the introduction of composting services, there is a potential to prevent 64% of waste from going to the landfill. Services and practices to help reach that goal have been developed into three phases. The first phase will be implemented this year and upcoming phases will be implemented based upon the outcome of Phase 1.

Watch for the following activities this year:

Solid Waste and Recycling Activities in Year One (October 2012-September 2013):

- Expand education and outreach
- Expand semiannual cleanup to include recycling
- Provide residential backyard composting workshops
- Transport food waste off site
- Collect and transport universal waste (batteries, fluorescent bulbs)
- Incentivize curbside recycling
- Collaborate with businesses to divert waste



Laundry Tips that Promote Sustainability

Sustainable laundry practices are good for the environment ... and good for your budget. While it may be easy to find green products, going beyond green is about more than choosing a green product. It's about proper use, dosage and recycling. Follow these simple tips and make a commitment to go beyond green in your laundry room!

- Make proper use of your washing machine's capacity. Washing one load will take less energy than washing two smaller loads. To get a feel for proper load size, check your machine's load capacity, and then weigh out a few loads of laundry to get a sense of how much volume 10, 18, or 20 pounds represents. Based on this, use your eye to judge the volume for future loads.
- If your hot-water supply is limited, start with the hot-water wash load, then follow with warm, then cold.
- Use cold water for the rinse cycle.
- Pay attention to water levels and select the right amount of water for each load of laundry. Avoid over-filling your washing machine to save water and energy.
- Follow garment care instructions to select the right water temperature. Select a lower water temperature, when possible.
- Presoaking heavily soiled clothes may mean a cooler wash temperature can be used.
- Treat stains promptly to prevent extra laundry cycles.
- Use the recommended amount of detergent, bleach, and fabric softener. It will give you top performance and can help you save money.
- Concentrated laundry products save packaging and transportation energy costs. Do your part by disposing of empty laundry product containers at your local recycling facility.
- The two biggest energy uses when doing laundry come from heating the water and drying the load. Always follow fabric care labels and instructions: wash with the coldest water possible and spin at the highest recommended speed to remove water.
- When drying clothes, put similar types/weights together. Lightweight synthetics, for example, dry more quickly than bath towels.
- Don't over dry clothes. Too much heat, too often, can help wear them out before their time. If you take the clothes out while they are still slightly damp, it can reduce the need for ironing – another energy saver.
- To conserve energy and save money, consider using a clothesline to dry your laundry outdoors, instead of using your gas or electric dryer.
- Clean the dryer's lint filter after each use. A clogged filter will restrict flow and reduce dryer performance.

Source: American Cleaning Institute



Earthquakes

Before, During And After

BEFORE

- Get together with the members of your household and put together a disaster plan.
- Assemble disaster supplies and store them in an easy-to-get to location.
- Identify safe spots and danger zones in each room.
- Consider buying earthquake insurance.
- Know how to shut off all utilities.
- Ensure the house is firmly anchored to its foundation.
- Anchor overhead lighting fixtures.
- Store breakable items on low shelves or in cabinets that can fasten shut.
- Place large or heavy objects on lower shelves.
- Fasten shelves to walls. Brace high, top-heavy objects.
- Repair defective electrical wiring, leaky gas and inflexible utility connections.
- Securely fasten water heaters and gas appliances.
- Anchor wood burning stoves to the floor. Secure stove pipe to the flue exit and securely fasten stove pipe segments together.

DURING

- If indoors -- take cover under sturdy furniture or against an inside wall, and hold on, "Drop, Cover and Hold." Stay away from the kitchen!
- If outdoors -- stay there. Move away from buildings, street lights and utility wires.
- If outdoors near tall buildings -- step inside a doorway, drop down and cover your head and shoulders to protect yourself from falling glass and other debris.
- In a high-rise building -- take cover under sturdy furniture away from windows and outside walls. Stay in the building on the same floor. An evacuation may not be necessary. Wait for instructions from safety personnel. Do not use elevators.
- In a vehicle -- stop as quickly as safety permits, and stay in the vehicle. Avoid stopping near or under buildings, trees, overpasses or utility wires.

AFTER

- Check yourself and other for injuries.
- Prepare for after shocks.
- Wear sturdy shoes to prevent injury.
- Use flashlights or battery powered lanterns if the power is out.
- If you smell gas or hear a hissing sound - open a window, leave the building and shut off the main gas valve outside.
- If water pipes are damaged -- shut off the water supply at the main valve.

- Check your home for structural damage to include the chimney.
- Clean up spilled medicines, bleaches, and flammable liquids.
- Visually inspect utility lines and appliances for damage.
- Do not flush toilets until you know that sewage lines are intact.
- Open cabinets cautiously. Beware of objects that can fall off shelves.
- Use the phone only to report a life threatening emergency.
- Listen to the radio for the latest emergency information.
- Stay off the streets and avoid damaged areas, unless you have been asked to help by proper authority.



Cleaning the Dishwasher

Even home appliances like the dishwasher may need to be cleaned. While certainly not a daily task, cleaning the dishwasher regularly can keep it in good working order.

Follow these steps for cleaning the dishwasher:

- Read the manufacturer's use and care manual for cleaning recommendations. If you have lost the manual, contact the manufacturer.
- Scrub the rubber gasket with a toothbrush and wipe the residual crumbs off with a damp cloth.
- Pull out the racks and check the drain. Be sure to remove any objects that may block the drain.
- You can place a dishwasher-safe cup filled with plain white vinegar on the top rack of the dishwasher and run the dishwasher to remove unpleasant odors.
- Use a soft cleanser or baking soda to scrub away any remaining stains.

There are also appliance cleaners available to consumers who don't want to go it alone. Be sure to read the product label prior to use.

October Menu

Mon. 1	Pepper Steak
Tues. 2	Soup & Sandwich
Wed. 3	Pork Roast
Thurs. 4	Rosemary Chicken
Mon. 8	Carne Asada Tacos
Tues. 9	Soup & Sandwich
Wed. 10	Hamburger Steak
Thurs. 11	Tilapia with Mango Salsa
Mon. 15	Spaghetti
Tues. 16	Soup & Sandwich
Wed. 17	Baked Ham
Thurs. 18	Tortilla Zucchini Casserole
Mon. 22	Garden Penne
Tues. 23	Soup & Sandwich
Wed. 24	Porcupine Meatballs
Thurs. 25	Chicken & Dumplings
Mon. 29	Taco Casserole
Tues. 30	Soup & Sandwich
Wed. 31	Shake 'N Bake Chicken

Energy Challenge

What can each person do to reduce energy usage in their home? Many simple steps can be taken each day to reduce energy. Make a challenge with your family and set some short-term goals to reduce energy in our home.

Energy challenge ideas:

- Do an energy audit of your home. Some utility companies provide this service.
- Shut off lights when not in rooms.
- Install and use dimmer switches.
- Unplug chargers when not charging phone, batteries . .
- Reduce water usage when taking a bath, shower, or brushing teeth.
- Change out incandescent bulbs with compact florescent bulbs when replacing bulbs.
- Completely shut down computers, printers, radios, TVs, etc. when not in use.
- Set the thermostat up or down a couple degrees depending on the season.
- Don't rinse dishes before putting them in the dishwasher. Scrape off food.

Energy usage is affected not only by what we use, but in the preparation and transportation of the product. The way electricity and gas is produced and how it is transported adds to the cost of energy.



Teen Dating Violence

(from Alabama Coalition Against DV)

Teen dating violence isn't an argument every once in awhile, or a bad mood after a bad day. Teen dating violence is a 'pattern of controlling behavior' that someone uses against their partner.

Teenagers often experience violence in dating relationships. In dating violence, one partner tries to maintain 'power and control' over the other through abuse.

Statistics:

One in 5 teens that have been in a serious relationship report being hit slapped or pushed by their girlfriend or boyfriend. One in 3 girls who have been in a serious relationship say they've been concerned about being physically hurt by their girlfriend or boyfriend. Nearly 80% of girls who have been physically abused in their relationship, continue to date their abuser.

Early Warning Signs That Your Partner May Eventually Become Abusive

Extreme jealousy	Controlling behavior
Quick involvement	Unpredictable mood swings
Alcohol and drug abuse	Explosive anger
Isolates you	Uses force during an argument
Shows hypersensitivity	Believes in rigid sex roles
Verbally abusive	Abused former partner
Threatens violence	Cruel to animals and children
Blames other for his problems or feelings	

Teenagers can choose better relationships when they learn to identify the early warning signs of an abusive relationship, understand that they have choices, and believe they are valuable people who deserve to be treated with respect!

Domestic Violence is a problem that affects every community across the country. Domestic Violence is not a private matter, a couple's problem, a domestic 'squabble' or 'fight.' It is not a momentary loss of temper or abuse of alcohol or drugs.

Domestic Violence is a Choice the Abuser Makes

Domestic Violence is a deliberate pattern of abusive tactics used by one partner in an intimate relationship to obtain and maintain 'power and control' over the other person.

DOMESTIC VIOLENCE IS A CRIME!!!

Are You Being Abused? Do you feel like you are walking on eggshells to keep the peace? Does your partner hurt you with bad names or put downs? Does your partner threaten or harass you? Does your partner give you 'the

look?' Does your partner shove, slap or hit you? Does your partner abuse your children? Does your partner talk bad about your family/friends? Does your partner keep you from seeing family/friends? Does your partner break your things? Does your partner threaten to hurt your animal? Does your partner follow you, spy on you, or show up at your job, school or your friends home? Does your partner listen to your phone calls or keep you from using the phone? Does your partner talk you into having sex when you don't want to? Does your partner accuse you of having affairs? Does your partner get extremely jealous when you hang out with your male family/friends? Does your partner control all the money and give you little or none? Does your partner harass you about how you spend your money? Does your partner keep you from getting or keeping a job? Does your partner harass you about your 'life goals,' and try to talk you into not doing what you have always wanted to do?

If you answered "YES" to any of these questions, you are likely to be in an 'abusive relationship.'

NO ONE DESERVES TO BE ABUSED IN ANY WAY!!!

Domestic Violence is a Learned Behavior

It is learned through: Family, Observation, Experience, Culture, Community (peer group, school, etc)

VICTIMS OF DOMESTIC VIOLENCE DO NOT CAUSE THE VIOLENCE!!!

THE ABUSER IS RESPONSIBLE FOR EVERY ACT OF ABUSE!!!

Abusers may try to manipulate their partners, especially after a violent episode.

He may try to 'win' her back in some of these ways: Invoking sympathy from her, her family/friends; talking about his 'difficult childhood;' Become overly charming, reminding her of the good times they've had; Bringing romantic gifts, flowers, dinner; Crying, begging for forgiveness; Promising it will 'never happen again;' Promising to get counseling, to change. Abuse gets worse and more frequent over time.

Effects of an Abuser

An abusive dating relationship can have long-term effects on the abuser. While the 'abuser' may get what he/she wants in the short-term,

These consequences may follow:

- Alienation of their friends and family
- Losing respect from their peers, family and community
- Being alone, does not have many friends
- Losing their job or status in the community
- Having a criminal record
- Losing personal freedom

Abusers create a pattern of behavior for themselves, which puts them at risk for ruining future relationships. The earlier this problem is recognized and dealt with, the sooner it can be addressed.

There is help:

National Teen Dating Abuse Helpline - 1-866-331-9474
National Domestic Violence Hotline - 1-800-799-7233

Gloria J. Hill

Domestic Violence Advocate

360-432-3927 / 360-463-7051

All calls are kept confidential!!!!!!!

SPIPA'S NWWP 10th Annual Breast Cancer Awareness Walk at Nisqually



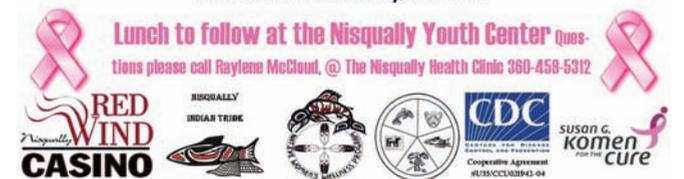
Saturday, October 6, 2012

10:00 am-12:00

Lacey Regional Athletic Complex

8345 Steilacoom Rd./Lacey, WA 98513

Lunch to follow at the Nisqually Youth Center. Questions please call Raylene McCloud, @ The Nisqually Health Clinic 360-459-5312



Contact:

Elizabeth Heredia 349-9368 for transportation and Pledge sheets.



Emergency Room Guidelines

Because Contract Health Services has limited funding, you are required to use the Squaxin Island Tribe Health Clinic whenever possible. If the Clinic is closed, both Shelton Family Medicine (426-2653) in Shelton and Group Health Urgent Care (923-5565) in Olympia have extended business hours.

Shelton Family Medicine is open:

Monday through Thursday from 8:00 a.m. - 8:00 p.m.
Fridays from 8:00 a.m. - 5:00 p.m.
Saturday from 8:30 a.m. - 5:00 p.m.

Group Health Urgent Care is open:

Monday through Friday from 8:00 a.m. - 8:00 p.m.
Saturday and Sunday from 9:00 a.m. - 7:00 p.m.

Either of these offices can advise you on how to handle a medical problem. The care you receive at these clinics must fit the priority levels at which CHS is currently operating or you will be responsible for the bill.

An emergency may be defined as "a threat to the loss of life and/or limb." See partial listing under EMERGENCY ROOM listed below.

Contract Health Services will only pay for Priority Level 1 and Priority II procedures.

Below are some situations in which you might need to go to a Clinic or Emergency Room. Please note that this is not a complete list, and is only meant to provide you with a few examples.

GO TO A CLINIC:

Earache
Cough
Ingrown Toe/finernail
Bronchitis
Minor Cuts & Bruises
Headache
Colds

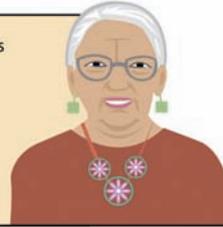
EMERGENCY ROOM:

Heart Attack
Stroke
Profuse Bleeding
Coughing/vomiting blood
Sexual Assault
Acute Asthma Attack
Amputation

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

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."



You Have the Power To Protect and Improve Your Heart Health!

The Amazing Heart

Your heart is one of your strongest muscles. It pumps blood through miles of blood vessels to all parts of your body. The heart is so important, you want to keep it healthy. When the heart stops, life stops.



Heart Disease Is a Growing Problem Among American Indians and Alaska Natives.

Grandma Mary of the Wisdom family will show you how she and her family take care of their hearts.

Mary Wisdom: "A long time ago, our ancestors were very active—walking, running, hunting, picking berries, hauling wood and water. They took care of their animals and had to do other things just to survive. Our ancestors did not smoke commercial cigarettes. Today, we have more demands and are less active. This change in lifestyle has caused our people to have an increased chance of getting heart disease."



Couch Potatoes

Stepping in Place

During Commercials Counts as Exercise

Exercise scientists have determined that getting couch potatoes to step in place - just during TV commercials - counts as exercise that can result in calorie burn.

Stepping in place just during the commercials during one hour of programming resulted in a person burning an average of 148 calories, which encompassed 2,111 steps in 25 minutes of total stepping/commercial time.

Stepping in place during an entire hour of TV programming resulted in 258 calories burned.

Sitting in a chair-not moving burned 81 calories.

In comparison to a more active activity, study subjects who walked on a treadmill for one hour burned 304 calories on average.

The authors of the paper concluded that encouraging couch potatoes to take up a small behavior change such as stepping in place during TV commercials can increase the calories burned and the amount of physical activity in their life.



Flu Shots are in



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

Native Americans only



HEALTH CLINIC



Diabetes Support Group with Dr. Carl Ott, M.D.

Submitted by Patty Suskin, Diabetes Coordinator - In August, Dr. Ott presented information on heart health including: how the heart works, risk factors for heart attacks & strokes, medications to explore to reduce the risk of heart attacks, & importance of nutrition & physical activity. Everyone is welcome to attend diabetes support- those with diabetes or not. Our October 29th diabetes support topic will be sugar substitutes.



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

October 2nd from 9 a.m. to 3 p.m.
@ the Health Clinic
Contact Elizabeth Heredia
at 432-3930

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

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!

Diabetes Support & Education

Everyone is welcome—
those with Diabetes or not.
Come for a few minutes or
the whole time

Monday, October 29, 2012

Right after Elder's lunch
at Elder's Building
12:45 to 2 pm

TOPIC: Sugar Substitutes

You can Take Charge of your Diabetes &
Live a Long, Healthy Life

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



COMMUNITY



Happy Birthday

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

Kade Whitener 10
 Susan Clementson 10
 Dontae Hartwell 11
 Michael Peters 11
 Larry Mc Farlane, Jr. 12
 Sabrena Johns 12
 Sharen Ahrens 12
 Jericho Hartwell 13
 Julian Masoner 13
 Steven Sigo 13
 Savannah Fenton 14
 Leo Henry Jr. 16
 Bobbi Filipetti 16
 Troy Baxter 16
 Charles Lacefield 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 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 Seymour 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
 THayden 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	5	6
		Drum Group 6:00 p.m.	<i>Family Court</i>	AA Meeting 7:30		
7	8	<i>Criminal/Civil Court</i> Drum Group 6:00 p.m.	10	<i>Council Mtg.</i> AA Meeting 7:30	12	13
14	15	16 Drum Group 6:00 p.m.	17	18 AA Meeting 7:30	19	20
21	22 <i>Veterans Committee Mtg</i> <i>10:00 a.m.</i>	23 <i>Criminal/Civil Court</i> Drum Group 6:00 p.m.	24	25 AA Meeting 7:30	26 <i>Halloween Party</i> <i>5:00 - 7:00</i>	27
28	29	30 Drum Group 6:00 p.m.	31 <i>Happy Halloween</i>			

**Veterans
 Committee
 Meeting
 October 22nd
 Tribal Center
 All veterans invited!!!**

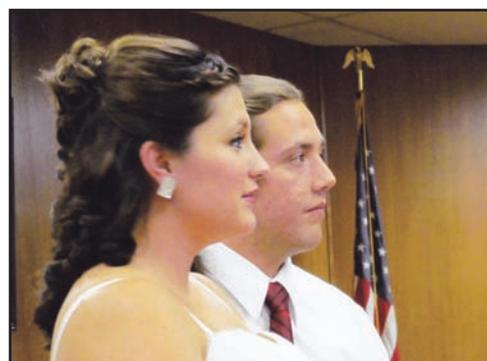




Congratulations on Your Wedding

David & Melanie (Greenwood) Dorland

Married Monday, August 27th



Jake & Robin Smith, David & Melanie, and David & Shirley Lopeman

Charlene Krise and Dale Croes to Receive Wa State Historical Society Peace and Friendship Award

TACOMA – September 24, 2012 – Charlene Krise, a resident of Shelton and a member of the Squaxin Island Tribe, has been awarded the Peace and Friendship Award from the Washington State Historical Society Board of Trustees. This award is presented to a person who has advanced public understanding of the cultural diversity of the peoples of Washington State. As the founding and current Executive Director of the Squaxin Island Tribe Museum Library and Research Center, Charlene Krise is a Traditional Bearer of Southern Salish culture and Tribal Council member. She has worked closely with Dale Croes and others on work at the Squaxin archeological site at Qwu?gwes. She was also a leader of the recent successful Paddle to Squaxin 2012 event.

Dale Croes, a resident of Olympia, has also been awarded the Peace and Friendship Award 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 and the Squaxin Island Tribe have created a model for bringing together the science of archaeology and the cultural knowledge of the tribe to inform the interpretation of the artifacts.

The award will be presented at the Annual Meeting of the Historical Society on October 20, 2012 at the Washington State History Museum in Tacoma at the noon luncheon. To reserve seats, contact Laura Berry at (253) 798-5899 or lberry@wshs.wa.gov.

Media Contact:

Shanna Stevenson,
WSHS Awards Coordinator,
360-586-0171
sstevenson@wshs.wa.gov.

Happy Birthday to John Krise
From His Wife Who Loves Him
Sons and Grandchildren



CHANGING OUR
REFLECTIONS

NEW

Narcotics Anonymous
MEETING

TUESDAY NIGHTS
STARTING 9/11/12
FROM 5:30-7:00

SQUAXIN ISLAND ELDER'S
Building to the
Squaxin Island Tribal Center

BINGO AT THE CREEK

OVER \$20,000 CASH & PRIZES!

Friday Oct 12th • 6:30pm
Saturday Oct 13th • 2:30pm & 6:30pm

2:30 Session Blackout Prize • \$599

6:30 Session Blackout Prize • \$1,199

Early Bird Specials • 6:30 Sessions

\$69 Hotel Stay*

**WEAR A COSTUME OR
HALLOWEEN T-SHIRT**

Receive a free Level 1
with buy-in

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

IT'S NOT HOW FAR YOU GO, IT'S HOW FAR YOU GET AWAY

Restrictions may apply. Must be over 18 to play.

Located in the Skookum Creek Event Center.

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

Little Creek Casino Resort

THE SHELTON
ROCK'N' BLUES
FEST
FRIDAY, OCTOBER 19TH AT 8PM
Tickets on sale now!

Edgar Winter Band
Canned Heat
Rick Derringer
Savoy Brown's
Kim Simmonds

Return Service Requested

PEOPLE OF THE WATER
10 S.E. Squaxin Lane
Shelton, WA 98584

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