



OCTOBER 2014

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COMPLIMENTARY



Tailgate Party Photos on Page 6



PRSR STD
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P A I D
SHELTON, WA
PERMIT NO. 96



Tribe Steps up Efforts to Restore Fish and Wildlife Habitat in Shelton Harbor

The Squaxin Island Tribe is working with local partners to restore fish and wildlife habitat in the Shelton Harbor portion of Oakland Bay.

The tribe recently applied for a grant to restore and protect vital salmon habitat at the mouth of Goldsborough Creek. Unlike most other creeks in the tribe's usual and accustomed fishing area, Goldsborough coho runs are actually on the upswing.

The first part of the project would include the construction of 14 logjams at the mouth of the creek. The log structures are designed to capture sediment, which would begin to correct a massive incising of the creek.

During another portion of the project, the tribe would bring in new sand and gravel near the creek mouth, allowing a natural intertidal area to develop. This intertidal habitat would connect with the newly restored creek itself.

The grant would also fund the purchase and permanent protection of 14 acres of salmon habitat on Eagle Point. The property includes a two acres of freshwater wetland, four acres of tideland, eight acres of riparian upland and 1,600 feet of marine shoreline.

The partners would also plan for bulkhead removal at the Port of Shelton.

These habitat improvements will boost coho production in Goldsborough Creek – the main tributary to Shelton Harbor – and will help protect shellfish harvest in Oakland Bay. The tribe, Simpson Timber and other partners worked together to remove a dam on Goldsborough Creek in 2001, significantly increasing natural coho production.

Tribe Kicks Off Safe Streets Project at Community Events

Even Welkin - Thank you to everyone who participated in our *Safe Streets/Community Watch Project* kickoff on September 3rd and 4th! We had over 90 people sign in over the two days, and we (Officer Klusman really, with Holly and Morgan cooking) served over 100 pieces of fry bread on Wednesday night! 40 people gave us evaluations and all but 2 said they felt more hopeful after the events. Thank you so much to the TANF program, the Elders program, Kim Elam at the Community Kitchen and the Little Creek Casino Resort for helping spread the word, give support and provide us with 2 nights of excellent food.

On the first night of the event, the community chose challenges, action steps and key resources to focus on for this project. Votes were counted on items using the exact words written, so we will need your help in deciding how to interpret and follow up on what participants chose. (For a complete list of all the topics and votes please contact me, Evan at 360-470-3527 or ewelkin@squaxin.us)

The top 3 Challenges voted on by the community were:

1. Drug and Alcohol Abuse
2. Not everyone wants to speak up
3. People are not accountable for their actions

The top 3 Actions voted on by the community were:

1. Neighborhood Watch good/Keep our neighborhood clean
2. Church/Sunday school
3. Reports to the community on police related activities



On the second night, some speakers shared (including Sam Ackerman about her recent participation in the Tribal Youth Police Academy in Wisconsin) and we came up with plan of action. From the action plan, expect to be hearing from Sam, Audelia, and Elizabeth with calls to the youth, adults, and Elders about next steps. (Sam's letter is in this issue) We are also planning the next big community event around Halloween. Anyone interested in helping put on a fun and sober event on Halloween night, please give us a call. In the mean time we will be helping coordinate community watch groups, organizing a sign contest for the project, and reactivating the drug tip line at the police department. If you are interested in learning more about the event or the project in general, please contact me or Officer Klusman (rklusman@squaxin.us) Look for volunteers passing out organizing manuals you can use to make your home and street safer, and please get in touch with us if you'd like to get more involved.



Thank you to everyone! Let's organize!

Evan Welkin, Community Mobilization Specialist (360) 470-3527, ewelkin@squaxin.us



COMMUNITY



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:
 DAVE LOPEMAN: Chairman
 ARNOLD COOPER: Vice Chairman
 PETE KRUGER: Secretary
 ANDY WHITENER: Treasurer
 WHITNEY JONES: 1st Council Member
 JIM PETERS: 2nd Council Member
 VINCE HENRY: 3rd Council Member

Klah-Che-Min Staff:
 THERESA M. HENDERSON: Ext. #3945
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K L A H - C H E - M I N

Council Corner

Whitney Jones - Happy New Year... sort of. October is the start of the new fiscal year for all of our tribal entities and in September we encouraged the community to come to the Public Budget Hearing to provide input and ideas about where you would like the Tribe to focus more attention during the next year. We had about 40 people join us, some staff, some community, some that are both, and we were glad to have quite a few Tribal Elders there too. Thank you to those of you who attended and, of course, we would still like to hear from people who couldn't be there as well. Some of the topics that were brought up include:

- More housing options
- Group home living for elders and vulnerable adults or people with significant health issues
- Elder home visitor or CHR
- Elder transportation assistance
- More funding for home rehabs
- Medical Alert funding
- Funding for fish enhancement activities
- Funding for shellfish enhancement, especially geoduck planting
- Increase in availability of counseling programs
- Attention on a Responsible Fatherhood program

The Talking Circle was another place for the community to provide feedback last month. It was great to have a variety of community members there and the entire Council was able to attend. For the most part, folks were positive about the state of the Tribe and glad for the opportunity to meet with the Council. I took some basic notes about topics discussed that evening and they are available if you want them. The Council plans to review the questions/issues and will work to provide responses between now and the next Circle, which is scheduled for November 11th. The brief report from people who attended the Safe Streets meeting was especially good; I love their unofficial motto: *Our People, Our Community, Our Solutions!* It was a good month to provide input, but if you didn't get a chance to share some, then connect with us in a Council meeting or feel free to contact me directly.

I'd like to send out special thanks this month to the employees of tribal government, Little Creek Casino Resort, and Island Enterprises. As those entities host their Employee Appreciation Dinners this Fall it is very apparent that many of you give a lot of yourselves in service to our tribal community. We have more than just a handful of people who have worked for the Tribe and its businesses for 15, 20, 25 and more years. Whether you've been with us for 25 years, or it's just your first couple of years, thank you to those of you who consider it more than just a job and who are truly part of the family.

You're invited to our

Halloween Party

Come Join Us for an evening of FUN!

Wear your costumes!

We will have Carnival Games and Prizes!

Questions: Call Jerilynn at 432-3992

Where: TLC

When: Friday, October 24th

Time: 5:00 to 7:00pm





COMMUNITY



Veterans Committee Meeting October 13th

All Veterans Welcome and Encouraged to Come



Safe Streets Event

Squaxin Tribal Youth Against Domestic Violence Domestic Violence Awareness Walk

"It is easier to build up a child than to repair an adult-

CHOOSE YOUR WORDS AND ACTIONS WISELY"



Community Youth Awareness Walk

T-Shirts

Music, Karaoke, Games, Prizes

Guest speaker on Bullying and teen dating

Food, fun, and laughter

And to wind it down a youth movie with popcorn

When: October 11, 2014

What time: 10:00am

Where: Community kitchen and ball field

Why: To raise awareness and bring our community together

Questions/Comments contact: Gloria Hill, Family Services; Officer R. Klusman, Squaxin P.D.; Officer G. Blaylock, Squaxin P.D.

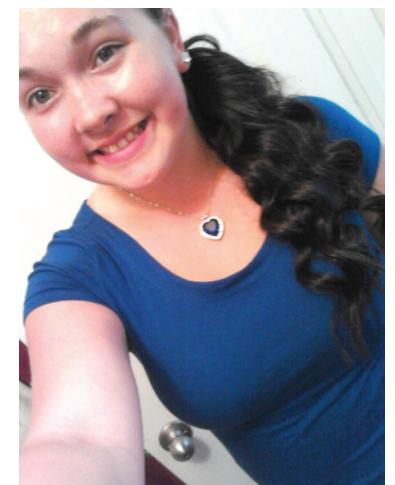
Tribal Police Drug Tip Hotline

360-462-7104

Leave anonymous messages on this newly reactivated, regularly monitored message line direct to Squaxin Island police. You will be asked to leave a message on this non-emergency line and not be required to speak with anyone, but please leave as many important details as possible to help law enforcement pursue tips: the who, what, when, where of your tip are really important, especially with as much up-to-date, factual information as possible. If there is an emergency or you need immediate assistance, call 9-1-1.

Samantha Ackerman's Call to Action

Hi, my name is Samantha Ackerman and I come from the Henry-Cooper Clan. I am a Squaxin Island tribal youth. As a youth, I see and hear things on our reservation that no young child should have to deal with. I hear about drugs, fighting, and most of all, alcoholism. To all youth in our community, do you guys also see that there is a lot that goes on that shouldn't? We are directly affected! My family is affected by the alcoholism that runs throughout our reservation. I believe we can change that. If we don't help create change now, our future children will have to deal with the drugs and alcoholism we deal with today. There are ways we can create change as young Squaxin members, such as being a part of Youth Council, coming to community meetings, coming to drum group or even craft class to stay involved and create momentum throughout our community. "Two is one and one is none." If you have family-related problems, you aren't alone and we can help build each other up. Our People. Our Community. Our Solution. It starts with us. There are multiple events coming up, such as our community block party this month. This is a starting step on our reservation to help create change. Help save our Tribal People Squaxin Youth!



From the Squaxin Island Police Department

Drug related calls for service

August 1st, 2014 to September 14th, 2014:

23 Adult drug-related calls

16 resulted in arrest/citation/or seizure of property

16 require court hearing/proceedings



ISLAND ENTERPRISES INC.



Stephanie James - In an effort to provide up-to-date information for business clients and their specific area of interests, the Ta-Qwo-Ma Business Center is gathering a list of experienced individuals who would like to mentor others as they prepare themselves to become small business owners (or for those businesses that are already established and seeking guidance or advice from a peer). Ideally we are looking to establish a list of individuals who have business experience who can help guide potential and existing businesses as needed. If you would be willing to serve as a mentor, please contact me at the business center for more detailed information and with any questions. Following is a list of mentor categories and a brief summary on each.

Mentor Categories for Ta-Qwo-Ma Business Center

1. Business Start-Ups:

Experience in any or all phases of opening and running a business.

Examples of prospective mentor: Business Owner or Executive, Business Professor/Instructor

2. Finances:

Financial Education, Access to Capital, Business Loans.

Examples of prospective mentor: Banker, Investor, Finance employees

3. Accounting/Bookkeeping:

Payroll, invoices, keeping the books.

Examples of prospective mentor: Accountants, Finance employees

4. Legal:

Business Law, Taxes

Examples of prospective mentor: Attorney (preferably with Indian law and tribal law experience)

5. HR/Hiring/Training:

Everything related to businesses with employees.

Examples of prospective mentor: HR Directors and staff

6. Marketing:

Marketing your business, advertising

Examples of prospective mentor: Marketing staff, advertising agency staff, marketing professor/Instructor

As a reminder for those interested in learning more about personal finance, writing a business plan or indianpreneurship, sign-ups are being taken for the following classes and workshops (if interested be sure to call 462-0339 and have your name put on the list, as these classes and workshops will be offered based on # of participants).

Business Plan Writing Class--Learn how to develop and write your own business plan.

Indianpreneurship Class: Culturally relevant coursework over eleven sessions (and one graduation event) results in a simple and complete business plan.

Financial Literacy Class: Adult Financial Education

Youth Financial Education: Class is designed to educate and assist youth ages 12-17 in finances to promote a successful future.

IEI's Annual Operations Plan

Thanks to all who came to the Budget Hearing on August 27. It was a nice chance to share information about the Island Enterprises Annual Operations Plan for the coming year, and to hear your ideas and answer questions. The Plan is approved by the Tribal Council each year, and the IEI Board adopts a budget consistent with the Plan. For those unable to make the Budget Hearing, following are some of the Plan highlights.

Mission and Goals. IEI's Mission and Goals are consistent from year to year, but the specific objectives under each Goal change as needed. Our Mission is the development, acquisition and/or attraction of economic ventures that will enable the Squaxin Island Tribe to realize its dream of self-sufficiency and governance. The goals adopted in order to fulfill that mission are listed below with highlights of some of the objectives adopted under each goal.

Goal 1: Operate existing businesses.

- The retail stores will continue to focus on running clean, efficient and safe locations and work to maximize profit and tax collections for the Tribe. The stores will also build on and improve customer service, and work to increase sales through the new Trading Post Rewards program and strategic promotions.
- Salish Seafoods will continue to focus on geoduck aquaculture while strengthening oyster production and supporting tribal harvesters, and will build on its collaboration with the Natural Resources Department.
- Skookum Creek Tobacco will pursue and expand new markets and develop a focused, commission-based sales strategy, while continuing to focus on quality, efficiency, and relationships with existing customers.
- IEI will maintain transparency, integrity, and ethics throughout the organization. New projects will include development and implementation of a company-wide safety program and expansion of employee training and professional development opportunities.

Goal 2: Develop or acquire new businesses.

- Begin construction of a truck/RV fueling island in early Spring 2015, pending approvals from the Washington State Department of Transportation for ingress/egress at Highway 108.
- Evaluate the projected return on investment of partnerships with or acquisitions of two existing businesses (currently engaged in due diligence with these two companies) and other opportunities as suggested by the community, Tribal Council, IEI Board and/or staff.
- Complete a 5-year strategic plan including significant community input.

Goal 3: Assist tribal members.

- Continue to provide a broad array of business planning and support services through the Ta-Qwo-Ma Business Development Center.
- Provide financial literacy training and/or services to support tribal and community entrepreneurs.

Goal 4: Assist other tribally-owned businesses.

- Continue to provide support to the Child Development Center, the Museum, and Tourism Department with business planning, accounting services, HR, and marketing assistance, and through cross-promotions with the Little Creek Casino.

We look forward to getting more community input through the strategic planning process and throughout the year!



Exciting Approach to Community Visioning for Economic Development

As a first step in developing a five-year strategic plan for Island Enterprises, Inc. (IEI), a team from The Evergreen State College Longhouse will facilitate a series of Squaxin Island community meetings over the coming months. Please watch for a mailer and updates in the Daily Scoop with dates and other details.

The TESC Longhouse team will conduct a series of meetings with youth, elders, and the broader community. An artist will be on hand to capture the input received from the community in the form of a series of drawings that blend elements of the vision shared by participants into a whole vision, and the last step in the process will be a larger community meeting to share the results of the process with everyone. Along the way, we'll also offer a written or web-based survey for those unable to attend in-person meetings, and will also take input by phone or e-mail.

While the purpose of the exercise is to gather input on economic development, participants will be encouraged to share community development ideas as well, without worrying about which category an idea fits into. Community development and economic development are different, but can overlap. For the purposes of the IEI strategic plan, only opportunities that will produce new revenues for the Tribe are considered economic development. For example, a fitness center could be operated as a business open to the public, but if it would cost the Tribe money rather than produce revenues, it would be considered community development.

After the visioning process is complete, all ideas brought forth by the community will be analyzed, and ideas that don't fit into the economic development category will be shared with Tribal Community Development staff to ensure that those ideas can be considered in Tribal strategic plans. Ideas that fit the economic development category will be studied for feasibility and make their way into the IEI strategic plan.

IEI is very excited to hear from all of you and to work with the creative TESC Longhouse team to take a new approach to gathering community input and building a vision for the future. Please look for a mailer and information in the Daily Scoop soon with dates and more details!



You Could Win a Coors Light Callaway Cart Golf Bag

This month during our 30 YARD PRIZE PLAY PROMOTION, we're awarding one lucky club member this Coors Light Callaway Cart Golf Bag. Enter at any of our locations all month long! Visit tradingpostrewards.com for more details and a list of our monthly prizes, drawing dates and official rules!



TRADING POST

30 YARD PRIZE PLAY

WIN PRIZES!*

Each month **one lucky Trading Post Rewards member** will win a **Coors Light® grand prize valued at \$100 or more!*** No purchase necessary, receive an entry for **every in-store purchase of \$30 or more!**

Random prize giveaways! Win **free sodas, coffee, hot dogs and milkshakes all season long!** Check the bottom your receipt to see if you're an instant prize winner!

GAME DAY DEALS!*

Sundays, Mondays & Thursday members earn **double points** and special discounts!

*No purchase necessary, visit www.tradingpostrewards.com for more information. Discounts on game day merchandise valid Mondays, Thursdays and Sundays. To participate must be a valid Trading Post Rewards Club Member 18. Must be 21 or older to win monthly grand prizes. Management reserves the right to cancel or modify this promotion without prior notice. Prizes awarded may differ from images shown. Promotion ends January 18th, 2015.

Coors LIGHT



KTP Hosts Football Tailgate Party Featuring Local Chili Contest

Kamilche Trading Post hosted a Tailgate Party to kickoff football season and celebrate its current Football promotion with its local customers and community members. The event included a barbecue, desserts, prizes and of course, the Tasters Choice Chili Cookoff.

The delicious barbecue included; hotdogs, chips and fountain sodas, complements of the Trading Post Stores. Skookum Creek Tobacco showed their support for the event by grilling burgers. They also had a prize wheel booth with prizes ranging from t-shirts to bonus rewards points. Also, a variety of cupcake flavors and delicious frosting combos were provided by Julie Owens, an IEI board member and employee for Squaxin's Natural Resources Department.

The Trading Post Rewards booth was a popular place to be as it featured a swipe and win drawing offering an assortment of prizes including a 40-inch LED smart TV as the grand prize. Other prizes included Shell roadside assistance kits, \$25 Shell gas cards, and an inflatable canoe. Trading Post Reward members swiped their card for a chance to win. With all the hype surrounding the prizes, new customers quickly registered their cards to enter. EJ Crowell from Elma, was the lucky winner of the 40 inch TV Grand Prize. EJ, a loyal shell gasoline consumer had her TV stolen a couple of weeks prior. Who better to win? Congratulations EJ!

Lastly, the Tasters Choice Chili Contest was a huge success. With 9 entrants, there was a wide and tasty variety of homemade chili. There were cash awards for the top three winners. First place: Jenni Evans of Island Enterprises with her Award Winning Tailgate Chili. Second place: Tom McCullough of the Squaxin Island Museum with his popular Smokehouse Chili. Third place: Julie Owens of Natural Resources with her White Chicken Chili. As the first place winner, Jenni had this to say about her chili, "I made it one year for a Halloween Party and was told it was the best chili ever. The funny thing was, I accidentally used a wrong ingredient." Luckily for Jenni, that wrong ingredient became the secret ingredient to the "best chili ever."

Participants could also learn about the 30 Yard Prize Play promotion going on now at all Trading Post Locations. During the promotion, members will receive double points and special pricing on select game day merchandise plus prizes awarded at random. The biggest draw to the promotion is the monthly prize giveaways where members can enter for each in store purchase of \$30 dollars or more. A winner will be drawn on the last Monday of each month starting in September, with a Coors Light Beach Cruiser Bicycle. Prizes for other months include a Callaway Cart Golf Bag, OGIO Kickstart 22 Travel Bag, Coors Light Coleman Steel Full Wrap Cooler and Coors Light Compact Refrigerator, with a 36" Flat Screen TV awarded before the big game. For complete rules visit tradingpostrewards.com.



Employee Appreciation Dinner

The 10th annual Employee Appreciation Dinner hosted by the Squaxin Island Tribal Council provided an opportunity to recognize the following employees for their years of service:

5 Year Recipients:

Juana Barckley
Steven Blumer
Sally Brownfield
Shannon Bruff
Jessica Dolge
Keith Doyle
Elizabeth Egan
Margaret Foley
Melissa Grant
Sharon Haensly
Gloria Hill

Nicholas Jones
Vicki Kruger
Cheryl Mahlberg
Rosie Martin
Randi Packard
Tracy Rollins
Daniel Snyder
Brittanya Spence
Miranda Valley
Lorraine Van Brunt
Deanna Warren

10 Year Recipients:

(Eugene) Rusty Cooper
Vicky Engel
Esther Fox
Jeremiah George
Kevin Harper
Sonja Ibabao
Timothy Johnson
Daniel Kuntz
Lisa Peters
Bonnie Sanchez
George Ventura

15 Year Recipients

Thomas Blueback
Joe Puhn
Kenneth Stanford

20 Year Recipients:

Nora Coxwell
Deborah Stoehr

25 Year Recipient:

Shelley Rawding

Taking a moment to pause and acknowledge the years of dedicated service provided by each of you was our honor and privilege. We lift our hands in appreciation. A special thanks to Little Creek Casino Resort for the door prize donations.





HUMAN RESOURCES



New Employees



Cheryl Campbell
**Chemical Dependency
Counselor**

Hi, my name is Cheryl Campbell – but I use my middle name, Deane (pronounced DeeAnn)

I have been hired as the newest Chemical Dependency Counselor.

I have been married to my husband, Rob, for 31 years, and we have two grown children, Cassy and Caleb. Due to a disability, Cassy is no longer able to care for her children, and Rob and I have had custody of the two boys, Cory, age 6 (and ¾!), and Chris, age 8, for over seven years. Like many grandparents raising grandchildren, we feel blessed and honored (and just a wee bit tired) to have the boys in our lives.

My career spans a thirty year period covering time as an administrative assistant, program manager and database manager for various state agencies for 25 years. I changed careers in 2008 to become a Chemical Dependency Counselor and have enjoyed every minute since. Most recently, I worked with the youth in the Chehalis school district. I look forward to my career with Squaxin Island Tribe and feel fortunate to be here.

I have worked with Linda Barker before; she was my

first clinical supervisor who provided my initial training. Her strong admiration of the Squaxin Island Tribe program was a big factor in my decision to apply for this position. I am excited to work with the youth in this community and look forward to what they will teach me about life. I expect to grow and learn with every encounter.

I've already been pleased to find such a strong, cohesive team at BHOP and look forward to working and learning together.



Rachel Johnson
Mental Health Counselor

Hi! I am your new Mental Health Counselor specializing in supporting children and families in collaboration with our team at Squaxin Island Behavioral Health Outpatient.

I was raised out near Spencer Lake. I came back home to be near family while I raise my children. My commitment to supporting children and families through hard time has been well received as I have partnered with the native community in providing opportunities for healing. Most recently, I served the Skokomish community for the past five years. Prior to that, I was a School Psychologist in the Preston School District.

I am excited to be part of the Behavioral Health team as I feel their sincerity and professional commitment to providing quality support and treatment to our native community. We are looking forward to partnering in providing family therapy as well as individual sessions to meet each individual's needs.

I look forward to getting to know each of you, your families, traditions and strengths. It



Jancie Humphries
**Behavioral Health
Office Assistant 1 -
Receptionist**

Hi! I have been hired as the Behavioral Health Outpatient Office Assistant/Receptionist.

I have been married for 43 years and have two wonderful sons and their spouses as well as five grandchildren. I have worked since 1971 in the same type of field other than taking time off to raise our sons.

I have always been interested in helping others within this field and am so excited being with a very family oriented team.

I am looking forward to working with the community and getting to know everyone.



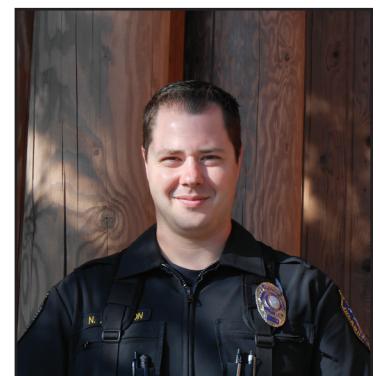
John "BJ" Whitener
**Gaming Commission
Director**

Hi! I should try to keep my family secret, but that is hard to do here at Squaxin Island. I am "BJ" Whitener. Not too many people know me as "John." I am a Squaxin Island member. My dad was Don K Whitener and my mother was Lorine Whitener. I grew up here in Kamilche (it was a little different then).

I worked in Tribal Gaming when the casino opened, but have been working for the Colville Gaming Commission for the last 10 years.

I am pleased to be returning home. I have been gone and it's nice to be back with family and friends. I am also pleased to discover the team here at the Squaxin Island Gaming Commission is a professional and experienced group. This is good, because it means I have less to do. I'm happy with that. Less work is better.

The Squaxin Island Tribe is progressive and a leader among tribes in the Northwest, and I look forward to being part of that again.



Nate Anderson
Police Officer

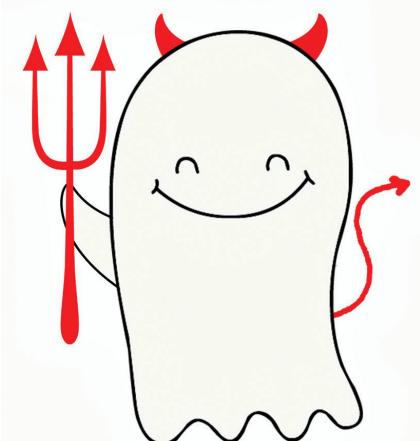
Hi! I am happy to be with the Squaxin Island police. I have a fiance, a dog and three older brothers.

I'm excited to work with the community and meet new people.

I look forward to working with you.



**Happy
Halloween!**





COMMUNITY



Graham Griffin's First Nations & White Antelope Scholarship

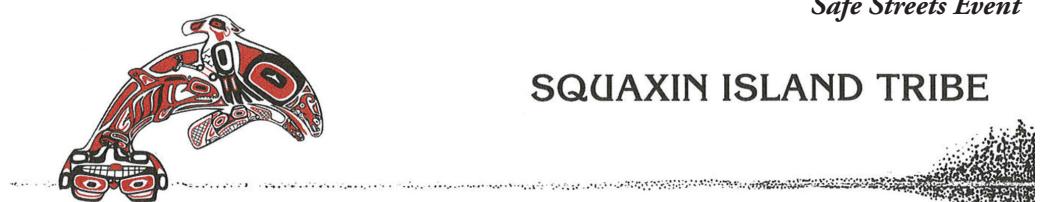


Mt. Rainier fading into the sunset, I wonder what my future will hold. My name is Graham Griffin. To most of you reading this my name will have no familiarity associated with it. However, My great-grandparents, George and Marge Witcraft, may be familiar to some. Through my family heritage I was able to receive a life changing scholarship to the college of my dreams. Thanks to the blood running through my veins I was offered the First Nations and White Antelope Scholarships from the University of Colorado

Boulder. These have allowed me to attend CU Boulder this fall and pursue my dream of becoming a photojournalist. The Journalism school at CU Boulder is one of the most highly regarded programs in the nation. I am overjoyed to be able to attend and become a part of this program. For my future plans I hope that a degree in photojournalism will go hand in hand with my hopeful career as a professional skier. If the stars align much like they did for me to receive the two scholarships I will live out my dream as a skier and then hopefully end up working as a journalist for a ski magazine. I hope that both my skiing and potential degree will allow me to travel to all corners of the world and help me to make a positive impact on the people I meet.



Safe Streets Event



SQUAXIN ISLAND TRIBE

Dear Landowner,

We are reaching out to make you aware that the Squaxin Island Tribe is attempting to consolidate fractionated trust lands. The tribe has been selected to participate in the LAND-BUY-BACK PROGRAM FOR TRIBAL NATIONS. This is a result of the Cobell Settlement Agreement which provides funding for purchasing fractionated interests.

This program is strictly voluntary and will provide you fair market value for any land interests you decide to sell, based on your share in the whole tract, plus \$75. Even if you have little interest and property value you will receive the base payment of \$75.

Please consider selling your land to the tribe which will allow it to stay in trust status so we can protect our reservation from going into fee land.

October 6th the Bureau of Indian affairs will be sending out offers to willing seller. Sellers will have 45 days to consider accepting the offer. If you are interested in selling your land call the TRUST BENEFICIARY CALL CENTER: 888-678-6836. By registering you will be put on a list for consideration for an offer. Our first round of funding for this program will go quick so get your-self registered as soon as possible. Our hope is that as we expend this round of funding we will get another allocation for more purchases.

Enclosed is a flyer that gives more information on the program. We will be holding meetings on October 20th at 5pm and November 19th at 1pm in the Community Kitchen to help process paper work and answer any questions.

Esther Fox is available to help with processing offers and answer any questions. She can be reached at 360-432-3864 or contact Ray Peters at 360-432-3900.

SQUAXIN ISLAND TRIBE / 10 S.E. Squaxin Lane / Shelton, WA 98584 / Phone (360) 426-9781

Fax (360) 426-6577

www.squaxinisland.org

Safe Streets Event





All of us at the TLC are very pleased to welcome Isaiah Coley and Jeremiah Roberts as our youth basketball coaches for this season. They have graciously offered their time and experience and are already doing an outstanding job with the youth! The Intertribal League schedule is listed on this month's Teen Activity Calendar. Everyone is welcomed to cheer the kids on.

Many of you are aware that a new floor has been installed in the gym. In addition, we are planning for new bleachers, new protective pads, and more. It may take a few more weeks to have everything in place but when it is ready we will be inviting everyone to join us for a grand re-opening of the updated facility.

Are you interested in funding for a Master's Degree? Mandy shares information that you might want to take advantage of in her Higher Education article.

Youth Activity Program

Jerilynn Vail - The schools have quite a few early release dates in October. Please make sure to check our schedule for the hours we will be open in coordination with the school schedules. We have special activities planned throughout the month, especially the last week of the month. A few other things to keep in mind:

- The Intertribal League will begin basketball games for 4th - 6th graders in November. In October, we begin basketball practices for the 4th - 6th graders to get ready for the league. Practice will be on Thursdays from 5:00-6:00 p.m.
- We have our annual Halloween Party scheduled for Friday, October 24. As we will be getting the gym prepared for the party, we will not have an after-school program on October 24.
- The afterschool program will close at 5:00 p.m. on October 31st so everyone will have plenty of time to get out and do some trick or treating.

Teen Activity Program/CHUM Project

Laurel Wolff - The Teen Center schedule is on the Teen Activity Calendar. Plus, there are a number of activities scheduled for teens, including:

- Basketball season is here again and practice for Jr. High and High School-aged teams will be held on Mondays, Tuesdays and Thursdays from 4:15-6:00 p.m.
- To complement basketball practices, Laurel will be providing a one-hour conditioning class on Fridays from 3:30-4:30. Please show up on time and be ready to push yourself to be your best.
- For youth not participating in basketball, Culture Night is on Wednesdays from 3:00 - 5:00 p.m. in the Community Kitchen.
- Girl's Circle will meet October 10th from 5:00 - 6:00 p.m. If you find yourself without transportation to make it to Girl's Circle, Laurel has offered to drive you home.
- Youth Council will meet on October 13th from 3:30 - 4:30. All youth interested in making a difference are encouraged to come to the meetings.
- On October 17th, Jaimie will be helping make decorations for the Halloween Party. There is also a pool party planned for the 17th from 2:00 p.m. - 4:00 p.m.
- On October 23rd, the University of Washington is hosting a Native American student orientation. Any interested students should contact Laurel. Departure times for the college visit are being worked out, but if you're interested in participating, let us know and we will keep you updated.
- With the TLC Halloween Party on October 24th, the Teen Center will be closed so we can set up for the party. The Halloween party will be from 5:00 p.m. - 7:00 p.m.

Education Liaison News

Peggy Peters - Many students and families will enjoy new, challenging and exciting events in the 2014-2015 school year. The TLC provides multiple opportunities to assist students:

- The Squaxin Island Tribe has three tutors assisting students in the Shelton Schools, at Bordeaux Elementary, Olympic Middle School, Oakland Bay Jr. High, and Shelton High School. These tutors work with individuals, in small groups, in the classroom, and after school at the Tu Ha' Buts Learning Center.
- For those who are not in school, the TLC provides a teacher who can work with students to prepare for GED testing. This teacher can also assist school students on school projects and homework, on Tuesdays, Wednesdays, and Thursdays from 4:00 p.m. to 7:00 p.m.
- The Tu Ha' Buts Learning Academy is an alternative high school offered in partnership with the East Valley School District. Through the TLC there are options for students to work online, in classroom, or at home.
- One-hour Sylvan classes are offered either Monday/Wednesday or Tuesday/Thursday, at 4:30 and 5:30. In very small groups in our classroom, the Sylvan teachers offer skills-based instruction on either reading or math.

Unfortunately for some students, truancy becomes a problem. Children and teens not arriving to school on time or not attending school can get behind on their school work and special projects. Parents and guardians, please understand that according to Squaxin Island Tribe Truancy Policy and Procedures states: "Any student who has either five unexcused or excused absences, in any calendar month, or ten (10) unexcused or twenty (20) excused absences accumulated throughout the school year, whichever comes first, shall be considered truant under this Code. (Res. 00-76 part)." According to the website, TruancyPrevention.org, students who are chronically truant typically fall behind in grade level and drop out of school. They are also at-risk for other behaviors, such as alcohol and drug abuse, teenage pregnancy, and delinquency. Getting caught up requires extra time from teachers, who may not have adequate time to offer.

Higher Education News

Mandy Valley - It's the time of year when many colleges are coordinating formal opportunities for campus visits for new and potential students. The TLC works to arrange at least a few field trips annually for interested students to visit college campuses on these days. Please let us know if you are interested in more information about participating in our college visits for this year. We will keep you updated as we plan for more.

The 1% Commission and the Seven Inlets Foundation have made a limited amount of scholarship funds available for enrolled Squaxin Island tribal members, to be used towards tuition and required books and required fees when earning a master's degree. Currently the Education Commission and the education department are working together to establish protocols to distribute these funds as soon as they possibly can. Are you or someone you know currently working towards your master's degree? Are you planning to start your master's degree in the near future? Are you interested in scholarship money to help with the cost of tuition and books for a master's degree? If your answer to any of these questions is yes, please contact me! We are gathering information on how many people may have an interest in this type of scholarship funding, now and into the near future. You can reach me by phone at (360) 432-3882, by email at mvalley@squaxin.us, or on Facebook at www.facebook/TuHaButs.



LEARNING CENTER



Thanks

TLC would like to give a big shout out to Skookum Creek Tobacco Company, Kamilche Trading Post, Little Creek Casino Resort, Sam Roark and Dan Nee-lands for helping in getting the new floor for the gym. Thank you!



Squaxin Youth Education, Recreation and Activities Calendar

TLC HOURS: M-F 7:30AM-7:00PM FRONT DESK: 432-3958 REC RM: 432-3275 (ONLY 3-6PM)

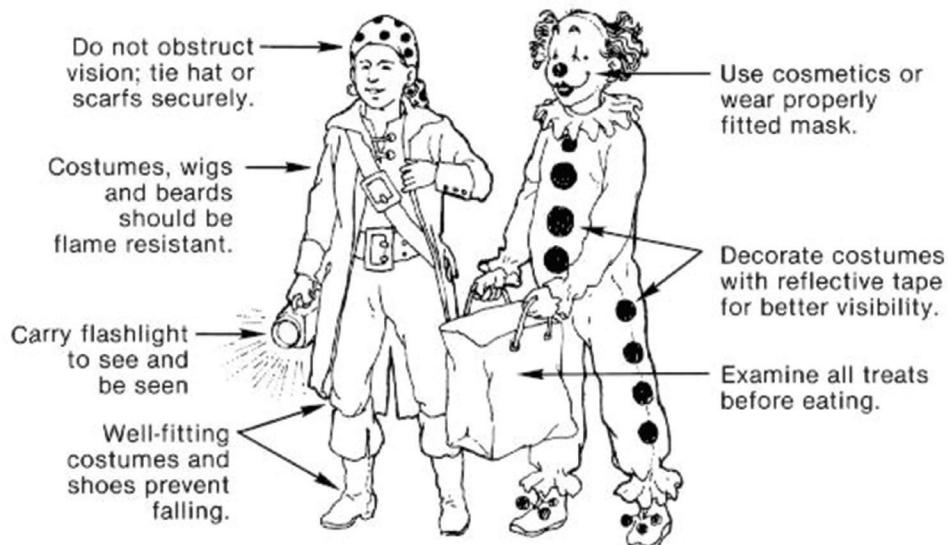
All activities are drug, alcohol and tobacco free.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|---|
| | | 1 GSD – ER @ 2:15pm Rec Rm: 2:30-6pm Game Day: 5-6pm Open Gym: 2:30-6pm I.T.B. = Bye Week Open Swim: 3-6pm | 2 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm Open Gym: 3:00-4:15pm Bball – Jr/HS – 4:15-6pm Bball – Elem – 5-6pm | 3 SSD – 1.5 HR ER Rec Rm: 1:30-6pm Fun Day: 5-6pm Open Gym: 4:30-6pm Open Swim: 5-8pm |
| 6 Rec Rm: 3-6pm Arts-n-Craft: 5-6pm Open Gym: 3:00-4:15 Bball – Jr/HS – 4:15-6pm Open Swim: 3-6pm | 7 Rec Rm: 3-6pm Cultural: 5-6pm Open Gym: 3:00-4:15 Bball – Jr/HS – 4:15-6pm | 8 GSD – ER @ 2:15pm Rec Rm: 2:30-6pm Game Day: 5-6pm Open Gym: 2:30-6pm I.T.B. = Bye Week Open Swim: 3-6pm | 9 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm Open Gym: 3:00-4:15 Bball – Jr/HS – 4:15-6pm Bball – Elem – 5-6pm | 10 Rec Rm: 3-6pm Fun Day: Movie Night Open Gym: 3-6pm Open Swim: 5-8pm |
| 13 Rec Rm: 3-6pm Arts-n-Craft: 5-6pm Open Gym: 3:00-4:15 Bball – Jr/HS – 4:15-6pm Open Swim: 3-6pm | 14 Rec Rm: 3-6pm Cultural: 5-6pm Open Gym: 3:00-4:15 Bball – Jr/HS – 4:15-6pm | 15 GSD – ER @ 2:15pm Rec Rm: 2:30-6pm Game Day: 5-6pm Open Gym: 2:30-6pm I.T.B. = Home Game Open Swim: 3-6pm | 16 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm Open Gym: 3:00-4:15 Bball – Jr/HS – 4:15-6pm Bball – Elem – 5-6pm | 17 SSD-NO SCHOOL Rec Rm: 12-6pm Fun Day: Pool Party 2-4pm Open Gym: 12-6pm Open Swim: 5-8pm |
| 20 Rec Rm: 3-6pm Arts-n-Craft: 5-6pm Open Gym: 3:00-4:15 Bball – Jr/HS – 4:15-6pm Open Swim: 3-6pm | 21 Rec Rm: 3-6pm Cultural: 5-6pm Open Gym: 3:00-4:15 Bball – Jr/HS – 4:15-6pm | 22 GSD – ER @ 2:15pm Rec Rm: 2:30-6pm Game Day: 5-6pm Open Gym: 2:30-4:00pm I.T.B. = Home Game Open Swim: 3-6pm | 23 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm Open Gym: 3:00-4:15 Bball – Jr/HS – 4:15-6pm Bball – Elem – 5-6pm | 24 Rec Rm: CLOSED for our Halloween Party! Gym: CLOSED Open Swim: 5-8pm |
| 27 Rec Rm: 3-6pm Arts-n-Craft: 5-6 Open Gym: 3:00-4:15 Bball – Jr/HS – 4:15-6pm pm Open Swim: 3-6pm | 28 SSD – 3 HR ER Rec Rm: 12-6pm Make Fry Bread from 1-3 And from 5-6pm Open Gym: 12-4:15 Bball – Jr/HS – 4:15-6pm | 29 GSD – ER @ 2:15pm WHL – ER @ 12:00pm SSD – 3 HR ER Rec Rm: 12-6pm Game Day: 5-6pm Open Gym: 12-6pm I.T.B. = Away Game Open Swim: 3-6pm | 30 SSD – 3 HR ER Rec Rm: 12-6pm Pumpkin Carving: 1-3:30 Open Gym: 12-4:15pm Bball – Jr/HS – 4:15-6pm Bball – Elem – 5-6pm | 31 SSD- 3 HR ER Rec Rm: 12-5pm Fun Day: Face Painting Open Gym: 12-5pm Open Swim: 5-8pm |
| TLA: After School Snacks: Computer Lab: Sylvan: Homework Help, GED Prep: | M & W 5-7pm M-F 4-4:45pm M-Th 3-7, F 3-5pm M-Th 4:30-6:30pm T-TH 4-7pm | ER = Early Release WHL = Wa-He-Lut Indian School SDD = Shelton School District GSD = Griffin School District TLA = Tu Ha' Buts Learning Academy | | I.T.B. – Inter-Tribal Ball High School: 9-12 Grade Middle School: 6-8 Grade Elementary: 3-5 Grade |

LEARNING CENTER



HALLOWEEN Safety Tips



October 2014

Teen Activity Calendar

Laurel Wolff Teen Advocate: 432-3842

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|---|
| | | No Basketball Game Culture Night @ Community Kitchen 3-5pm | 1 JR.H/HS Basketball Practice 4:15-6pm | 2 Strength Class 3:30-4:30 |
| 5 Basketball Clinic Noon-4pm | 7 JR.H/HS Basketball Practice 4:15-6pm | 8 Squaxin Vs. Puyallup Jr. High @ 6pm High School @ 7pm Culture Night @ Community Kitchen 3-5pm | 9 JR.H/HS Basketball Practice 4:15-6pm | 10 Strength Class 3:30-4:30 Girl's Circle 5pm-6pm |
| 6 JR.H/HS Basketball Practice 4:15-6pm | Craft day in Teen Room | | | |
| 13 JR.H/HS Basketball Practice 4:15-6pm YOUTH COUNCIL 3:15 - 4:15 | 14 JR.H/HS Basketball Practice 4:15-6pm Craft day in Teen Room 5-6pm | 15 Squaxin Vs. Skokomish Jr. High @ 5:30 High School @ 6:30 Culture Night @ Community Kitchen 3-5pm | 16 JR.H/HS Basketball Practice 4:15-6pm | 17 No School Jaime Cruz in the Teen Room Halloween Decorations 12pm-6pm |
| 20 JR.H/HS Basketball Practice 4:15-6pm | 21 JR.H/HS Basketball Practice 4:15-6pm | 22 Squaxin Vs. Suquamish Jr. High @ 6pm High School @ 7pm Culture Night @ Community Kitchen 3-5pm | 23 UW Native American Student Day TIME: TBD JR.H/HS Basketball Practice 4:15-6pm | 24 Teen Center Closed Halloween Party 5-7pm |
| 27 JR.H/HS Basketball Practice 4:15-6pm | 28 Early Release Craft day in Teen Room JR.H/HS Basketball Practice 4:15-6pm | 29 Early Release Squaxin @ Nisqually Van leaves at 5pm Culture Night @ Community Kitchen 3-5pm | 30 Early Release Craft Day in Teen Room JR.H/HS Basketball Practice 4:15-6pm | 31 Early Release Strength Class 3:30-4:30 |



Five Easy Ways to Spot a Scam Phone Call

The IRS continues to warn the public to be alert for telephone scams and offers five tell-tale warning signs to tip you off if you get such a call. These callers claim to be with the IRS. The scammers often demand money to pay taxes. Some may try to con you by saying that you're due a refund. The refund is a fake lure so you'll give them your banking or other private financial information.

These con artists can sound convincing when they call. They may even know a lot about you. They may alter the caller ID to make it look like the IRS is calling. They use fake names and bogus IRS badge numbers. If you don't answer, they often leave an "urgent" callback request.

The IRS respects taxpayer rights when working out payment of your taxes. So, it's pretty easy to tell when a supposed IRS caller is a fake. Here are five things the scammers often do but the IRS will not do. Any one of these five things is a sign of a scam. The IRS will never:

1. Call you about taxes you owe without first mailing you an official notice.
2. Demand that you pay taxes without giving you the chance to question or appeal the amount they say you owe.
3. Require you to use a certain payment method for your taxes, such as a prepaid debit card.
4. Ask for credit or debit card numbers over the phone.
5. Threaten to bring in local police or other law-enforcement to have you arrested for not paying.



If you get a phone call from someone claiming to be from the IRS and asking for money, here's what to do:

- If you know you owe taxes or think you might owe, call the IRS at 800-829-1040 to talk about payment options. You also may be able to set up a payment plan online at IRS.gov.
- If you know you don't owe taxes or have no reason to believe that you do, report the incident to TIGTA at 1.800.366.4484 or at www.tigta.gov.
- If phone scammers target you, also contact the Federal Trade Commission at FTC.gov. Use their "FTC Complaint Assistant" to report the scam. Please add "IRS Telephone Scam" to the comments of your complaint.

Remember, the IRS currently does not use unsolicited email, text messages or any social media to discuss your personal tax issues.

For more information on reporting tax scams, go to www.irs.gov and type "scam" in the search box.



Planning an Event?

Reunion • Wedding • Party • Funeral • Meeting • Conference • Fair

The Green Team can help!

Squaxin Island Solid Waste Green Team can help you achieve your waste reduction goals by providing the following free services for your public or private event.

Borrow:

- Recycling bins
- Water coolers
- Tablecloths
- Signage

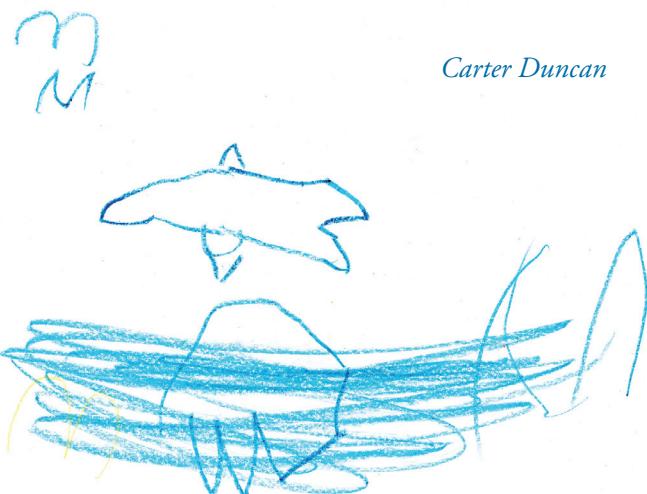
Use the Green Team for:

- Training
- Dishwashing
- Recycling assistance at your event





COMMUNITY DEVELOPMENT



Carter Duncan

Summer Youth Environment Art

Solid Waste and Recycling Program

Summer Rec Youth Explore Needs and Wants

During Summer Recreation the youth met with Sheena Kaas to explore the concept of needs and wants. They learned that every person has different ideas about what is necessary to him or her and it can differ according to a person's age and cultural background. They discussed their needs as native people, particularly those needs that come from the Earth, such as water, wind, rain, fire, sun, berries, fish, etc. Each young person wrote a poem or drew a picture as a tribute to a need that the Earth provides.

Each of the 11-12 year olds wrote a special type of poem to express their connection with the Earth. We have featured these poems in the Klah-Che-Min this month. The younger children drew pictures. We will feature a few of their pictures each month over the course of the upcoming year. The youth did a great job; they became especially engaged when discussing their needs as native people.



Is Your Dog Prepared for Winter?

The winter season is approaching. Days are getting shorter, nights are getting longer and the temperature is falling. Although most dogs (especially northern breeds and other double-coated dogs) can tolerate cold weather better than us, we still need to take precautions to guarantee their comfort during the cold season.

Reinforce Housebreaking Training

Sometime in the winter dogs make messes in the house instead of asking permission to go outside. Because of the cold and snow, many dogs, especially toy breeds "forget" their training. If you are a pet owner with this problem, re-emphasize housebreaking training by taking your dog outside frequently; if possible first thing in the morning, last thing at night and once in between. Do not wait for your dog to ask permission.

Provide Cold Protection

When taking your dog for a walk, make sure it is protected against the cold and snow. Smooth coated dogs begin to chill when the temperature is below 45F. If you observe your animal shivering, consider providing him with a dog coat. Salt or other chemicals are frequently used for de-icing roads and sidewalks during this time of the year. These de-icers can cause your dogs' paw pads to become sore or even crack. Therefore it is a good idea to wash your dogs' feet with warm water to remove any residues and dry them well after walks.

As a general rule, outdoor dogs become adapted to the climate they live in. Make sure you provide adequate food, water and shelter so they can get along well in the cold.

Provide a well-insulated doghouse. The house needs to be clean, dry and small enough to hold the dogs' body heat but provide enough space for your dog to stand up, turn around and lie down effortlessly. Protect the house from wind, insulate the floor from frozen ground and place in a sunny location.

Do not use blankets and linens as bedding because they trap moisture and become uncomfortable. Clean hay or straw is a better choice for bedding. Smell the hay to make sure it is not moldy, it should smell like dried grass clippings.

If temperatures are extremely cold or you observe your animal shivering, take additional precautions to make sure your animal is comfortable and will not end up with hypothermia (body temperature below the normal temperature) or frostbite (the death of tissue in the extremities). In extreme weather it may be necessary to bring your outdoor dog inside.

Watch their diet

Dogs require more to eat during cold weather to help keep their bodies warm. Also, increased eating is an instinctive behavior of survival adding an extra layer of fat in their bodies to better insulate and protect them against the cold.

An indoor dog does not need extra food because they tend to exercise less and they don't have to worry about environmental temperatures. Outdoor dogs may receive some extra food, but be careful, they will need an exercise and diet regimen to slim their waist down when spring rolls around.

Dogs need fresh water available to them all day. Twice daily watering isn't enough. If your dog lives outside in a cold climate, consider using a heated bowl.





Why Renter's Insurance is Important

We've all heard about the recent devastation caused by earthquakes, tornadoes, floods, hurricanes and fires that have swept the nation coast-to-coast. Forces of nature are not to be reckoned with and as a tenant, you should be proactive in protecting yourself financially in the off-chance you drastically lose the contents and personal belongings that make your day-to-day life happen.

Often, tenants have a false sense of security thinking that they will automatically be covered if something were to happen to the home they are renting from a landlord or property manager. It is not uncommon that lease agreements are written with the standard verbiage of something along the lines of "tenant shall hold the landlord/property manager harmless from any and all liability." In layman's terms, the landlord/property manager insurance policy covers the structure only, not the tenant's personal contents.

No doubt insurance premiums can seem costly or a hassle, but imagine having to replace all of your belongings because a hurricane devastated your town last week. The expense and inconvenience of replacing all of your clothes, jewelry, food, furniture, TV, computers, your smartphone, and all of the supplies it takes just to live each day will sky rocket if you do not have renters insurance. You could find yourself spending upwards of \$50,000-plus to replace everything plus finding a new rental.

Other considerations for obtaining a tenant insurance policy should be for issues related to vandalism or theft, liability reasons (example: slips and falls), or property defects causing destruction of personal property. In the case of a property defect, it is typical that the landlord's insurance policy will cover the structure only, so if the roof on your home leaks, the landlord will usually repair or replace the roof. However, if the roof leaks down on your computer and ruins your expensive equipment, the landlord's policy will typically only cover the roof, not your personal property because that would be covered by your renter's insurance policy.

Renter's or tenant's Insurance is actually pretty inexpensive in the grand scheme of things. You can usually obtain a policy for somewhere in the ballpark of \$20 bucks a month and you can often receive a discount if you lump it together with your auto insurance policy. Talking with an insurance agent about a renter's policy is a wise move that will pay off for you, in the rare event you find yourself in a dire situation.

Elder Lunch Menu

| | | | |
|-----------|---------------------|-----------|-------------------|
| Wed 1: | Ginger Chicken | Mon 20: | Halibut & Chips |
| Thurs 2: | Pot Pie | Tues 21: | Soup and Sandwich |
| Mon 6: | Pork Roast | Wed 22: | Pizza |
| Tues 7: | Soup and Sandwich | Thurs 23: | Teriyaki Chicken |
| Wed 8: | Taco Bar | Mon. 27: | Stew |
| Thurs 9: | Hot Turkey Sandwich | Tues 28: | Soup and Sandwich |
| Mon 13: | Potato Bar | Wed 29: | Halloween Meal |
| Tues 14: | Soup and Sandwich | Thurs 30: | Ribs |
| Wed 15: | Spaghetti | | |
| Thurs 16: | Meatloaf | | |



Older Adult Falls

In Washington State from 2008 to 2012, there were 104,001 hospitalizations for falls. Of these, 68,828 (66 percent) were among people 65 and older. Also during this time there were 3,920 fall-related deaths, with 3,373 (86 percent) of these were people 65 and older. Even though falls happen at all ages, the risks and adverse outcomes increase as people age. These include traumatic brain injury, broken limbs, nursing home placement, or other long-term care needs. In 2015, the number of people over age 65 in Washington State will be about 47,695; by 2030 (15 years) the estimate is 72,774. It is likely older adult falls and falls prevention will continue to be an important public health and injury prevention issue.

Key Messages to Help Reduce Risks

- ◆ Fall-related injuries and deaths happen throughout the age span, and increase sharply with advancing age. Yet, **falls are not a normal part of aging**.
- ◆ Hip fractures and traumatic brain injuries are serious outcomes from falling.
- ◆ For older adults in the community, the risk of falling is 3-4 times higher for those with muscle weakness, or gait and balance problems. These people need to do regular strength and balance exercises.
- ◆ Risk factors for falls can be reduced:
 - Exercise to improve muscle strength, gait, and balance.
 - Have vision checked by an eye doctor at least once a year. Vision problems can improve with the correct glasses and good lighting in and around the home.
 - Know, understand, and monitor medications. Ask if you really need all the medications you are taking. Have your pharmacist review all prescriptions, over-the-counter medications, and supplements to reduce harmful side effects and negative interactions.
 - Reduce hazards in and around where you live. Put electric cords out of the way, secure loose rugs, install handrails on stairways, improve lighting, and install grab bars in the shower and tub, and by the toilet.
- ◆ Keep a portable or cell phone with you when alone. If you fall and cannot get up, call 911 as soon as possible. Consider getting an emergency alert system to call when you need help.

Information and Resources

- Area Agencies on Aging in Washington State (find your local AAA) www.agingwashington.org
- Centers for Disease Control and Prevention (CDC) www.cdc.gov/ncipc
- National Council on Aging www.ncoa.org
- WA State Injury & Violence Prevention Guide, January, 2013 [Falls \(PDF\)](#)

July 21, 2014



HEALTH CLINIC



Preventable Cancers

For American Indians and Alaska Natives
Steps to wellness for you and your family

prevent cancer
FOUNDATION

- Colorectal cancer affects men and women equally
- American Indians have a higher incidence of colorectal cancer than other population groups
- American Indians and Alaska Native females have a higher mortality rate for cancer than any other population group
- If you are age 50 or over, please talk to your health care provider about getting screened for colorectal cancer today

SCREENING SAVES LIVES!
COLORECTAL CANCER IS PREVENTABLE

Squaxin Island Health Clinic-Lindy Parker LPN
Colon Health Program 360-432-3933

Cancer Support Groups

Comprehensive Cancer Control Program
South Puget Intertribal Planning Agency

Date: Monday,
October 13th

Time: 5:00 PM

Where: Squaxin Island
Elder's Room

All are welcome. A light meal will be provided. Contact Sarah
360-462-3241 or Traci 360-432-3930 for more information.



Want to Lose Weight? Consider Starting with your Kitchen

Source: USA Today, Brian Wansik Research Study Tips

Submitted with modifications by Patty Suskin, Diabetes Coordinator

If you declutter your kitchen, you're likely to eat mindlessly about half as much, and if you don't keep breakfast cereal & other treats on the kitchen counters, you may weigh about 20 pounds less than your neighbor who has it in plain view, says one of the nation's top researchers on eating behavior.

We all can be victims of mindless eating. Remember the mantra, "Out of sight, out of mind" and/or "keep healthier foods visible."

Consider these ideas to improve your food surroundings.

1. **Move healthier foods to visible spots. Rearrange your cupboards, pantry and refrigerator so the first foods you see are the healthy ones.**
Examples:
a. Move fruits & vegetables from the crisper bins to the top shelves of the refrigerators and move the less healthy foods to the crisper.
b. Have a bowl with two or more types of fruit in plain view in the kitchen and at work.
2. **Make tempting foods invisible and inconvenient.** Don't have any foods other than fruit visible in the kitchen. That means no cereal, baked goods, chips, muffins out on the counters or table.
3. **Declutter your kitchen.** Research shows that people with cluttered kitchens caused more mindless eating than an organized one. Clean up & put things in their place.
4. **Make your kitchen less of a lounging area.** Leave TVs, computers, tablets in other rooms.
5. **Think twice about buying big packages of food.** If you do, repack into single-size servings.
6. **Use smaller serving sizes and bowls.** We will eat less. Use smaller, narrower drinking glasses to consume less of high-calorie drinks, such as soda and sugary tea. For things like water, use the bigger glasses.
7. **Serve food from the counter or the stove.** "People tend to serve themselves again and again when the food is right in front of them."
8. **Avoid doing other activities while eating.** Research shows the more people reported watching TV during dinner time, the higher their body mass index (a number that takes into account height and weight) of both the parent and the child.



WIC at SPIPA
(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

Contact at SPIPA for an appointment:
Debbie Gardipee-Reyes
360 462-3227, gardipee@spipa.org
or Patty Suskin 360 462-3224

Tuesday,
October 14th is
WIC DAY at
SPIPA



I Walk Because...

1. Life is not a race.



2. It keeps me on my toes.

3. My energy soars.

4. I'd rather count miles than calories.

5. One step at a time, I'm on my way to better health.

6. It's a stress buster.

7. With each step, I leave STRESS my worries behind.

8. It makes me feel younger.

9. It improves my circulation.

0. It lowers my blood pressure.

1. It makes my heart stronger.



2. It's low impact (for happier knees).

3. It's fun.

4. It's cheap.

5. It's 100 percent fat free.

6. It lowers my bad cholesterol.

7. It raises my good cholesterol.

8. It reduces my risk of cancer.

9. It helps prevent and control diabetes.

0. It improves my memory.

1. It improves my appearance.

2. I don't need lessons.

3. I don't need fancy equipment.



4. I can "work out" on my own schedule.

5. I don't have to wait in line for the Stairmaster

26. The world is my gym.



27. I need only a pair of shoes.

28. I'm building stronger bones.

29. I'm preventing osteoporosis.

30. It helps me sleep better.



31. It helps me fall asleep faster.

32. I feel more rested.

33. Hippocrates called walking "man's best medicine."

34. It lowers my doctor's bill.

35. It's the best health insurance.

36. It's safe.

37. It's easy.

38. I can walk with my friends.

39. I can walk with my family.

40. I can walk by myself.



41. My dog loves me for it.

42. I can do it all year.

43. I can walk in the city.

44. I can walk in the woods.

45. No prescriptions are required.

46. No one keeps score.

47. I can leave my footprints on the world.

48. My doctor smiles at my chart.

49. I smile at the mirror.

50. It gives my skin a healthy glow.

51. Perspiration leads to inspiration.

52. Sweat is sexy.

53. The sidewalk beckons.



54. The trail calls.

55. The "road not taken" is mine.

56. The only map is in my mind.

57. It keeps my joints loose.

58. It builds my muscles.

59. It builds my confidence.

60. I'm getting stronger every day.

61. I can feel my muscles flexing.

62. I can feel my muscles stretching.

63. Every step brings me closer to my destination.

64. I can experience my surroundings.

65. I can watch the seasons change.

66. I can feel the wind on my face.

67. I can hear the birds sing.

68. I want to see what is around the corner.

69. These feet were made for walking.

70. I don't need a helmet, kneepads or goggles.

71. I don't have to be coordinated.

72. I can do it at my own pace.

73. I can hum my favorite songs.

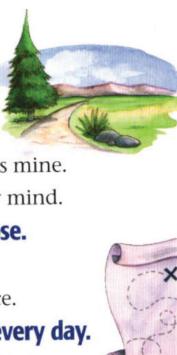
74. I can walk as long – or as short – as I like.

75. I can walk rain or shine.

76. It's available anytime, anywhere.

77. I can watch the sunrise – or sunset.

78. It's a great way to meet people.

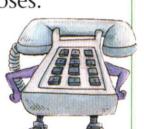


79. It's a great way to escape people.



80. My neighbors wave hello.

81. I can check out my neighbors' gardens.



82. I can stop and smell the roses.

83. The phone doesn't ring (if you leave it at home)!

84. There's no TV.

85. I'm proud to be a biped.

86. There are no membership dues.

87. I can walk instead of drive.

88. There are no traffic jams, parking meters or speed limits.



89. My feet take me where cars can't go.

90. I'm my own all-terrain vehicle.

91. It's a reliable form of transportation.

92. It's good for the environment.

93. It helps stop global warming.

94. **I'm saving money on gas.**

95. It helps me stay trim.

96. I'm walking my way to thin.

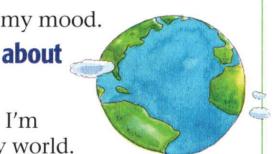
97. It's good for my mood.

98. **I feel better about myself.**

99. Step by step, I'm changing my world.

100. I'm taking charge of my health.

101. Every step is a new adventure.



Submitted by Traci Lopeman, Women's Wellness Outreach Specialist

FREE BLOOD PRESSURE SCREENING 2014

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!





HEALTH CLINIC



Dr Ott Discusses Kidney Disease and Prevention at Diabetes Support

Key points discussed:

Consider diabetes as a blood vessel disease, not a blood sugar disease. It affects all the blood vessels.

The kidney is a giant filter that filters out toxins.

High blood pressure causes damage to the kidneys. It is like water from a fire hose trying to go through a tiny roll of toilet paper.

What can you do to prevent kidney disease?

Go to the clinic and have these checked:

- A1c (blood sugar control)
- Urine Kidney test (to see if any problems are starting)
- Take medications that protect kidneys
- Quit smoking
- Stay active
- Over age 40 - baby aspirin once a day

Good news:

People are living longer with diabetes because of better education, medications, and tools for finding out problems. Recent studies show that the medication metformin should be started early & continued for a long, healthy life.

Talk with your family members with diabetes & encourage them to regularly visit with Dr. Ott, Tiff, or their provider and Patty Suskin, Diabetes Coordinator. We are here to partner with you to keep you healthy & strong.



10 tips

Nutrition Education Series

snack tips for parents



10 tips for healthy snacking

Snacks can help children get the nutrients needed to grow and maintain a healthy weight.
Prepare single-serving snacks for younger children to help them get just enough to satisfy their hunger. Let older kids make their own snacks by keeping healthy foods in the kitchen. Visit ChooseMyPlate.gov to help you and your kids select a satisfying snack.

1 save time by slicing veggies

Store sliced vegetables in the refrigerator and serve with dips like hummus or low-fat dressing. Top half a whole-wheat English muffin with spaghetti sauce, chopped vegetables, and low-fat shredded mozzarella and melt in the microwave.



2 mix it up

For older school-age kids, mix dried fruit, unsalted nuts, and popcorn in a snack-size bag for a quick trail mix. Blend plain fat-free or low-fat yogurt with 100% fruit juice and frozen peaches for a tasty smoothie.

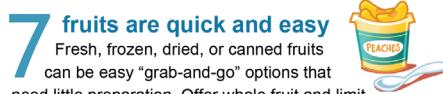
3 grab a glass of milk

A cup of low-fat or fat-free milk or milk alternative (soy milk) is an easy way to drink a healthy snack.



6 keep an eye on the size

Snacks shouldn't replace a meal, so look for ways to help your kids understand how much is enough. Store snack-size bags in the cupboard and use them to control serving sizes.



7 fruits are quick and easy

Fresh, frozen, dried, or canned fruits can be easy "grab-and-go" options that need little preparation. Offer whole fruit and limit the amount of 100% juice served.

8 consider convenience

A single-serving container of low-fat or fat-free yogurt or individually wrapped string cheese can be just enough for an after-school snack.



9 swap out the sugar

Keep healthier foods handy so kids avoid cookies, pastries, or candies between meals. Add seltzer water to a ½ cup of 100% fruit juice instead of offering soda.



10 prepare homemade goodies

For homemade sweets, add dried fruits like apricots or raisins and reduce the amount of sugar. Adjust recipes that include fats like butter or shortening by using unsweetened applesauce or prune puree for half the amount of fat.



United States
Department of
Agriculture

Go to www.ChooseMyPlate.gov
for more information.

DG TipSheet No. 24
March 2013
Center for Nutrition Policy and Promotion
USDA is an equal opportunity provider and employer.

Clinic Events

Mammogram Clinic

October 29th

Contact Traci Lopeman
360-432-3930

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

Smart Shopping/ Food Label Workshops

Contact Patty to schedule

Health Promotions

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.
Native American and over 18

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



COMMUNITY

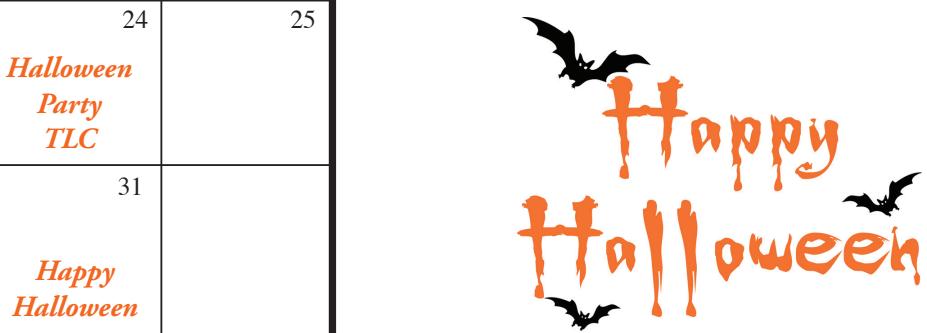


Happy Birthday

| | | | | | |
|----------------------|----|-----------------------|----|------------------------|----|
| Carmen Orsillo | 01 | Ernest Pluff Jr. | 10 | Christine Thompson | 19 |
| Jess Ehler | 01 | Kade Whitener | 10 | Jacey Gonzales | 20 |
| Donna Penn | 01 | Susan Clementson | 10 | Michael Henderson, Jr. | 20 |
| Shirley Monahan | 01 | Owen Dorland | 10 | Giovanni Solano | 21 |
| Adam Mowitch | 03 | Michael Peters | 11 | Sean Spezza | 21 |
| Joshua Smith | 03 | Dontae Hartwell | 11 | Leroy Yocash, Jr. | 21 |
| Thailer Vilter Jr. | 03 | Sabrena Johns | 12 | Draven Brown | 21 |
| Lorenzo Solano | 04 | Larry Mc Farlane, Jr. | 12 | Bear Lewis | 21 |
| Nichole Seymour | 04 | Sharen Ahrens | 12 | Peter Kruger, Sr. | 22 |
| Steven Sigo, Jr. | 04 | Julian Masoner | 13 | Danielle White | 22 |
| Lydia Buffington | 05 | Jericho Hartwell | 13 | Anthony James | 22 |
| Beth Robinson | 05 | Steven Sigo | 13 | Erik Johnson | 23 |
| Russell Pleines | 06 | Savannah Fenton | 14 | Rose Davis | 24 |
| Michael Todd | 06 | Leo Henry Jr. | 16 | Marjorie Hill | 24 |
| Jeremiah Schlottmann | 06 | Troy Baxter | 16 | Daren Brownfield | 24 |
| Shiloh Henderson | 06 | Bobbi Filipetti | 16 | Rolayno Charters | 24 |
| William Peters | 07 | Mitchell Coxwell | 17 | Roger Turner Ford | 24 |
| Michael Krise | 07 | Charles Lacefield | 17 | Donna Baker | 25 |
| Elizabeth Perez | 08 | Ruth James | 17 | Cloe' Martin | 25 |
| Audelia Araiza | 08 | Wilson Johns | 17 | Erika Poste | 25 |
| Alea Shea | 08 | Kelly Davis | 17 | Kasia Seymour | 26 |
| Theresa Davis | 08 | Danielle Whitener | 18 | Lisa James | 26 |
| Colton Gott | 09 | Shanika Rose Cooper | 18 | Autumn Murch | 26 |
| Addison Peters | 09 | Micha Roberts | 18 | Selah Thale | 26 |
| Ronald Day, Jr. | 09 | Clara Seymour-Luby | 18 | Ellen Davenport | 27 |
| Mathew Nelson | 09 | Christina Price | 18 | Dione Johnston | 27 |
| Christina Claridy | 10 | Trelace' Sigo | 19 | Mario Rivera | 27 |

What's Happening

| AA & ALANON Meetings: Every Thursday at 7:30 p.m. Elders Building | | | 1 | 2 | 3 | 4 |
|---|--|----|--------------|--------------|---------------------------|----|
| | | | Family Court | | | |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| | | | | Council Mtg. | | |
| 12 | 13 <i>Veterans Committee Mtg.</i> | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| | | | | Council Mtg. | Halloween Party TLC | |
| 26 | 27 | 28 | 29 | 30 | 31 | |
| | | | | | Happy Halloween | |





COMMUNITY



Happy 8th Birthday Leo



**Love,
Dad, Rose, Hailey and
Skylehr**

Happy Birthday to my Son ThaiBudd!



**I love you so much!
Love,
Mom**



Happy Birthday Audelia

I want to wish a very, very special person a very special Happy Birthday. Audelia Araiza celebrates her birthday on October 8th. Audelia is the living, walking example that you can turn your life around and not let past mistakes define who you are today. I am so proud of my beautiful daughter! Happy Birthday from your Momma and your son who love you forever and for always! Elizabeth Heredia and Joshua Lopez. (Go Hawks!)

Happy Birthday to the best dad in the world!



**Love,
Rose**



FREE LEGAL HELP FOR LOW-INCOME NATIVE AMERICANS AND ALASKA NATIVES

The Northwest Justice Project's Native American Unit provides free civil (non-criminal) legal services for people who cannot afford a lawyer in Washington. Our services range from limited assistance to full representation depending on the legal issue and individual circumstances. We provide legal assistance in following areas:

- Domestic Violence
- Indian Child Welfare Act
- Trust Property and Housing
- Education: Discipline, Discrimination and Special Education
- Protecting Indian Monies
- Health Care
- Public Benefits including food stamps, TANF and SSI
- Issues in Tribal Court
- Wills and BIA Probates
- Employment: Discipline and Termination

To find out if we can help you, **call Northwest Justice Project's toll-free hotline ("CLEAR") at 1-888-201-2014 and press 5** to leave a message for the Native American Unit. You can leave a message 24 hours a day, 7 days a week and the NAU will return your call within 2 business days. **The best time to call is before 9:00 a.m. and after 12:30 p.m.**

What is Northwest Justice Project?

The Northwest Justice Project (NJP) is a statewide non-profit organization with 13 offices in Washington State that provides free civil legal services to low-income people. NJP's mission is to secure justice through high quality legal advocacy that promotes the long-term well-being of low-income individuals, families, and communities.





"BOO" - TIFUL OCTOBER SALE

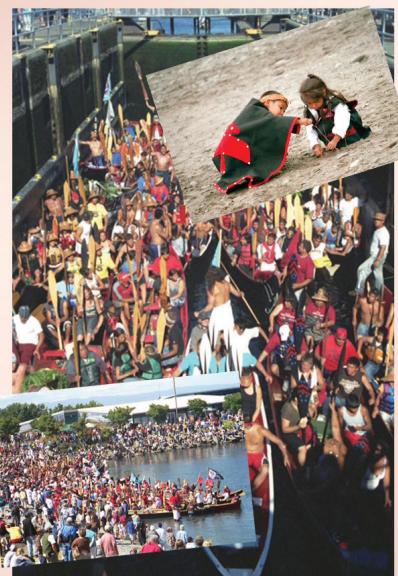
**ALL
PREMIS**

CARTONS
(85'S AND 100'S)

\$27.99

Located at the factory
Hours: M - F 9 AM - 3 PM

MUST SHOW TRIBAL MEMBERSHIP CARD
(\$5.00 TRIBAL DISCOUNT EVERY CARTON EVERY DAY)
NOT INCLUDED IN MONTHLY SPECIALS



Sharing Our Culture Through The Canoe Journey

**Photo Exhibit by Denny Sparr Hurtado
Welcome Reception
September 26th at 12pm**

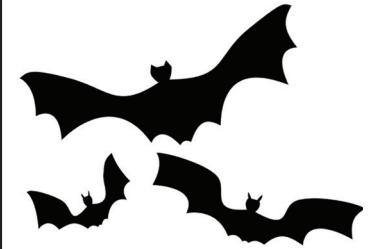
*On-site at our Home of Sacred Belongings
150 Kwuh-Deegs-Altxw Shelton, WA 98584*

Join us for a welcoming of our new exhibit!

Hurtado has photographed the Canoe Journeys since the summer of 2002. The photos represent what the Canoe Journey entails. This photo exhibition will be on display at the Squaxin Island Museum until Oct 10, 2014.

Hours of Operation: Wed-Sat} 9am-5pm, Sun}1-5pm
Admission: Adults} \$5, Seniors} \$4, Children K-12} \$2 (under 3: Free)

For details call 360.432.3839 | visit: squaxinislandmuseum.org



Happy Spooking



BOZ SCAGGS THE MEMPHIS TOUR

SUNDAY | OCT 12, 2014
7PM

\$65 | \$55 | \$45



THE ALBUM
MEMPHIS
AVAILABLE NOW

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BOZSCAGGS.COM

FOR TICKETS VISIT THE BOX OFFICE, ONLINE, OR CALL 800-667-7711

LITTLE CREEK
CASINO • RESORT.
www.little-creek.com
Must be 21 or older. Call for Skyboxes.



Friday • October 24th • 6:30pm
Saturday • October 25th • 2:30 & 6:30
Early Bird Specials at 6:30 sessions

Wear your Halloween attire and receive a free Level 1 (3-on) with buy-in

\$79 Special Room Rate for Bingo Participants

See Keno for more details 1-800-667-7711
Must show Bingo Room Rate Coupon at time of check-in to receive special room rate
Customers can call in advance to book rooms
Must be 21 or older for Bingo Specials

LITTLE CREEK
CASINO • RESORT.
www.little-creek.com
Call 360-427-3005 for more details