



Draft of Water Rules Continued from Page 1

The agency said Tuesday that its cost-benefit analysis found the rule would not affect existing facilities and that the benefits likely outweigh the costs.

Brandon Houskeeper, with the Association of Washington Business, said he is reserving comment until his group has time to review the draft rule.

The proposal appears to provide plenty of time for businesses to meet the standards. It removes a time limit on compliance schedules. Businesses and municipalities can meet standards over a period of time if they demonstrate progress.

While the Department of Ecology noted that the rules are more protective for 70 percent of 96 chemicals regulated by the Clean Water Act, critics say it ignores other chemicals, including cancer-causing ones such as PCBs and mercury.

"This is backsliding, even if the numeric standards stay the same," said Chris Wilke, with the Puget Soundkeeper Alliance. "They've created loopholes."

Lorraine Loomis Elected Chair of Northwest Indian Fisheries Commission



Lorraine Loomis, a Swinomish tribal member, has been elected chair of the Northwest Indian Fisheries Commission.

She replaces the late Billy Frank Jr., who served as NWIFC chairman for more than 30 years. Frank died on May 5, 2014 at the age of 83.

"I am honored and humbled to be elected chair of the NWIFC," said Loomis. "No one can ever replace Billy. It will take all of us to carry on his work."

Loomis, who was serving as vice-chair of the commission, will fill the remainder of Frank's term as chair through May, 2016. Shawn Yanity, Stillaguamish tribal chair, was elected to replace Loomis as vice chair. Ed Johnstone, Quinault Indian Nation, will continue as NWIFC treasurer.

Loomis, 72, has been Swinomish tribal fisheries manager since 1975. She has extensive experience in fisheries management throughout the region. She currently serves on the Fraser River Panel of the Pacific Salmon Commission that manages sockeye and pink salmon under the U.S./Canada Pacific Salmon Treaty. Loomis also coordinates tribal participation in the annual North of Falcon salmon season development process with the State of Washington.

"Our treaty rights are at serious risk today," Loomis said. "Salmon recovery is failing in western Washington because salmon habitat is disappearing faster than it can be restored. If there are no salmon available for harvest, our treaty rights mean nothing. We must stop this ongoing loss of habitat, but so far the trend shows no sign of improvement. We are looking to the federal government, as our trustee, to take a more active role in salmon recovery and lead a more coordinated salmon recovery effort."

The NWIFC is a support service organization for the 20 treaty Indian tribes in western Washington that are co-managers of the region's natural resources with the State of Washington. The commission provides services to tribes in areas such as fisheries management, habitat protection and fish health. The NWIFC also provides a forum for tribes to address shared natural resource management concerns and enables the tribes to speak with a unified voice.

The NWIFC is headquartered in Olympia, with satellite offices in Forks, Burlington and Kingston and employs a staff of 70.

For more information, contact: Mike Grayum, NWIFC executive director, (360) 438-1180, mgrayum@nwifc.org. Tony Meyer, NWIFC communications, (360) 438-1180, tmeyer@nwifc.org

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



Walking On



Mabel Cooper

Mabel E. (Beckwith) Cooper, 92, died September 30, 2014 at home in Shelton.

She was born May 7, 1922 to Ernst Beckwith and Lizzy (Williams) Beckwith in Montesano.

She married and divorced Tony Rogers and then married Buddy Cooper in 1952.

Mabel enjoyed collecting angels and going to garage sales.

According to her family, she was the oldest Chehalis Tribal member.

She is survived by daughters Ruth Rogers of Shelton, Theresa Davis of Austin, Texas, and Lucille Cush of Oakville; sons Buck Rogers of Shelton, Jimmy Rogers of Eureka, California, Mike Cooper of Kamilche, Ed Cooper of Kamilche, Arnold Cooper of Kamilche, Russel Cooper of Kamilche and Duane Cooper of Port Angeles; and step-daughters Rose Davis, Virginia Berumen and Frances Starr.

She was preceded in death by husband Buddy Cooper; daughters Delores Lovelett and Shirley Lopeman; and grandchildren Jolene Lovelett, Cynthia Dorland, Arnold Cooper Jr., Wes Aldrich, Barney Cooper and Shawnee Cooper; and her brothers and sisters.

A funeral was held October 4 at the Chehalis Tribal Community Center in Chehalis.

Arrangements were by McComb & Wagner Family Funeral Home and Crematory in Shelton.



Harry Fletcher

Harry Fletcher, 93, died October 17, 2014.

He was born September 26, 1921 to H. Irven Fletcher and Myrthle Whitener.

He married Bertha Daniel on January 1, 1941.

He worked as a riveter for Boeing, then went into the Army during World War II from April 1945 through May of 1946. He served with the Engineers Section in the Asiatic-Pacific Theater (Okinawa).

Once he returned from military service, he started his own logging business. In 1952, he went to work for Simpson Logging at Govey and retired as a foreman.

He was the eldest Squaxin Island Tribal member. He served on the Squaxin Island Tribal Council in 1984.

Harry loved to fish, hunt and work in the garden and around the house. He enjoyed wood working and, most of all, spending time with his family. In 1956, he built his own home on Whitener Road in Kamilche.

Harry was preceded in death by his father, H. Irven Fletcher; mother Myrthle Whitener; brother, Curtis Fletcher; sister Helan Sumner; and son Irvin Fletcher.

He is survived by wife, Bertha Fletcher of Shelton; daughter, Carolyn (Gene) Hoosier of Shelton; granddaughters Connie (Reid) Smith, Sheryl

(Cress) Cookston; grandsons Timothy (Diane) Hoosier, James (Susan) Fletcher, Jason Fletcher, Daniel (Joann) Fletcher; 11 great-grandchildren and one great-great-granddaughter.

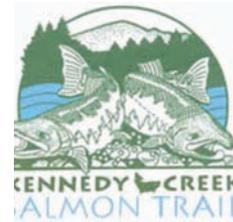
A Celebration of Life was held at the Squaxin Island Tribe's Little Creek Casino Resort Events Center on October 27th at 11:00 a.m.

Burial is at McCleary Cemetery. Arrangements were by McComb & Wagner Family Funeral Home.

In lieu of flowers, please donate to the Squaxin Island Veterans.

Kennedy Creek Salmon Trail

It's that time of year again! The time when leaves start to turn, kids go back to school, and salmon return to their natal rivers to spawn. The Kennedy Creek Salmon Trail is the south Puget Sound's premier spawning Chum viewing interpretive trail. This half-mile community gem includes 11 viewing stations with interpretive signage to assist visitors in viewing tens of thousands of wind chum salmon spawning in their natural environment.



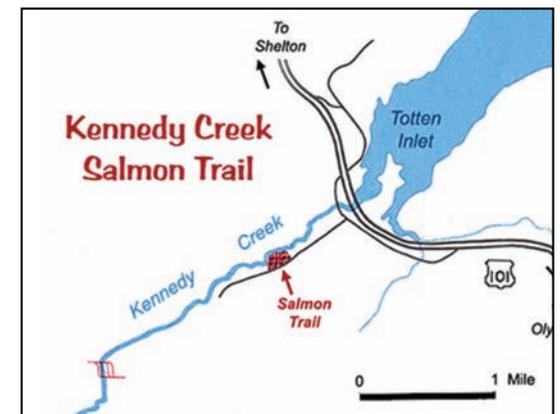
This year the Trail will be open to the public on weekends starting Saturday, November 1 through Sunday, November 30 from 10 a.m. to 4 p.m. The Trail is also open to the public on Veteran's Day and the Friday after Thanksgiving. The Trail is available for pre-arranged field trips Monday through Friday starting November 3 through November 28.

The Trail is a community supported and volunteer based program. Each year over 50 volunteer docents donate approximately 600 hours specifically to the program. A \$35 donation supports 10 student visitors to the Trail; a \$100 donation provides Bus Transportation to a class. Donations are also accepted at the Trail in a donation box. South Puget Sound Salmon Enhancement Group (SPSSEG) supports the Trail by scheduling school groups, training and organizing docents, they also maintain the Trail year-round. SPSSEG spends \$7,500 and 250 staff hours on the effort. "In the past" Says Winecka "we were able to pay the costs of busing kids to the Trail, however, funding has been harder to come by in recent years."

SPSSEG will host two Chum, Chowder and Chocolate open houses this year. On November 15 and November 22 from 11:00 a.m. – 1:00 p.m., Xihn's Clam & Oyster House will provide wonderful geoduck chowder and Taylor Shellfish will steam clams & muscles. "If you haven't been to the Trail, the Open House events are the perfect time to enjoy a hot cup of coco and see the spawning chum." adds Winecka.

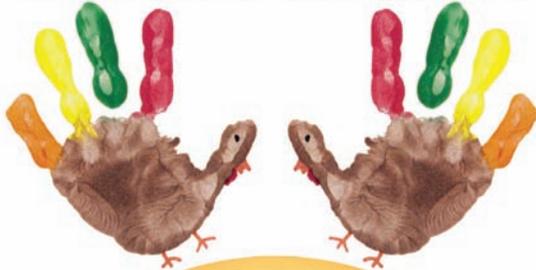
As this year's chum spawning season arrives, SPSSEG thanks those organizations and individuals that make the trail happen. KCST was supported by two grants: the Squaxin Island Tribe contributed \$2,500 and Olympia Federal Savings contributed \$1,000. Additionally, Taylor Shellfish owns the property and Green Diamond Resources maintains the road to the Trail. "We heartily thank our volunteer Docents"

www.spsseg.org





Stuff the Turkey FOOD DRIVE



Swing into any of the Trading Post locations and make a donation to the Stuff the Turkey Food Drive. Round up your next purchase now through December to help support local community members in need. Each donation will be signified with a hand turkey print designed by the children at the Squaxin Island Child Development Center.



Community Visioning for Economic Development Strategic Plan

We need your ideas! Island Enterprises, Inc. (IEI) is working with a team from The Evergreen State College Longhouse to provide a creative visioning process to gather input from the Tribal community as the first step in developing an economic development strategic plan.

The 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 ideas shared by participants into an overall vision, and the last step in the process will be a larger community meeting to share the results of the process with everyone. There will be 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. Either way, the Longhouse team will capture your ideas!

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 Longhouse team to take a new approach to gathering community input and building a vision for the future. The schedule of meetings is as follows:

Youth Sessions	Elders Sessions	All Community Sessions
1st Youth Visioning Session Tuesday, Nov. 4, 4pm-7pm Community Kitchen Light dinner	1st Elders Visioning Session Thursday, Nov. 6; 1pm-4pm Elder's Building Follows Elder's Lunch	1st All Community Session Thursday, Nov. 20, 5pm-8pm Community Kitchen Light Dinner
2nd Youth Visioning Session Tuesday, Nov. 18, 4pm-7pm Community Kitchen Light Dinner	2nd Elders Visioning Session Thursday, Nov. 20, 1pm-4pm Elder's Building Follows Elder's Lunch	Final Presentation to Community Thursday, January 8, 5pm-8pm Community Kitchen Light Dinner

Good Luck Tribal Fishers




SKOOKUM CREEK
TOBACCO

The Factory Store
Welcomes you to enjoy our November

Thanksgiving
"TRADITIONS"

ALL TRADITION CARTONS

\$32.49

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



Business Spotlight Where Are They Now?... Part 3

By Stephanie James - I can hardly believe that four years have gone by since I wrote my first ever "Business Spotlight", but it has and what better way to celebrate my four year mark? How about to revisit my first entrepreneur...Juana (JC) Barckley. When we last met to discuss her business, JuanaClean, she was just starting out. She was energetic, optimistic and ready to make the world a "cleaner" place..... one clean home, one clean business after another. So let's see how things are going.....



SJ: *I last interviewed you in fall of 2010 and you were just starting out pretty much. I'm curious, how is your business doing these days?*

JB: My business is doing great. JuanaClean has really come a long ways.

SJ: *During our last interview you mentioned that you did not have employees (at least not yet), do you have employees now?*

JB: Yes. I have three family members that work for me. It is becoming a great family business.

SJ: *What services are you providing?*

JB: I provide any type of house cleaning services. I also provide commercial cleaning, including vacuuming, dusting, bathrooms, trash, etc.

SJ: *Are you accepting new clients?*

JB: Yes, I'm always looking to add new accounts.

SJ: *What is the best way to contact you?*

JB: My cell number is 360-742-2772 . For any questions or to set up an appointment you can also email me at juanaclean@comcast.net

SJ: *What advice can you give to those considering starting a business of their own?*

JB: Be flexible and willing to accommodate your clients. If they are not happy with the service, do whatever it takes to make it right. And as a Tribal member who works sometimes with family, always be fair and consistent no matter who you are dealing with.

SJ: *Is there anything else you would like to add?*

JB: I would just like to say "Thank you!" for this opportunity. And also thank the Ta-Qwo-Ma Business Center for all they have to offer. It is great being a small business owner and having the support from the businesses and the community.

SJ: I like that last part there Juana. But I should add that from our perspective it has been fun watching your business grow over the past 4 years. Can you only imagine where you may be 4 years from now? Hmm...I think we should revisit again in 2018!!



Las Palmas is now on winter operating hours. They will be open their normal hours, 7:00 a.m. - 7:00 p.m., through the week and on Saturday they will open from 11:00 - 4:00, and be closed on Sunday.



Private Tidelands Leasing Programs

This past year Natural Resources department staff collaborated with private tideland owners to lease their tidelands for

the harvest of manila clams. The Tribe has been harvesting the tribal share from local private tidelands for years, resulting in increased harvest opportunities for Squaxin Tribal members.

To continue increasing harvest opportunities, shellfish staff is continuing to work with tideland owners to also harvest the non-treaty share of clams.

This provides a benefit for both tribal members and community members.

Additionally, staff has worked with shellfish growers to exclusively manage certain tidelands, which includes netting and seeding of manila clams on these beaches. This management strategy will allow the shellfish program to provide additional harvesting for Tribal members through the enhancement of natural clam populations on these particular tidelands.

Expansion of this leasing and cultivation program of privately owned tidelands is currently taking place. Additional tideland lease harvests are planned for the near future as shellfish program staff continue to work with landowners on this mutually profitable venture.

TRADING POST
30 YARD PRIZE PLAY

PRIZES, EARN 2X POINTS AND MORE!

Each month **one lucky Trading Post Rewards member** will win a **Coors Light® grand prize valued at \$100 or more!**
No purchase necessary, receive entries 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!

In November one lucky Trading Post Rewards member will win...
Coors Light® OG10 Kickstart 22 Travel Bag!*

*No purchase necessary, visit www.tradingpostrewards.com for more information. Discounts on game day merchandise valid Mondays, Thursdays and Sundays. To participate must be 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.

TRADING POST
30 YARD PRIZE PLAY

OCTOBER WINNER...

Sacha from Tumwater won Coors Light® Callaway Golf Bag!

Steamboat Trading Post would like to CONGRATULATE our lucky Trading Post Rewards Club Member, Sacha from Tumwater for winning the Coors Light® Callaway Golf Bag!

Visit tradingpostrewards.com to see how you can win prizes during our 30 yard prize play promotion!



LEARNING CENTER



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.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
3 Rec Rm: 3-6pm Arts-n-Craft: 5-6pm Open Gym: 3:00-4:15 Bball – Jr/HS 4:15-5:30pm Bball – Elem – 5-6pm Open Swim: 3-6pm	4 Rec Rm: 3-6pm Cultural: 5-6pm Open Gym: 3:00-4:15 Bball – Jr/HS 4:15-5:30pm Bball – Elem – 5-6pm	5 <i>GSD – ER @ 2:15pm</i> <i>WHL – ER @ 12:00pm</i> Rec Rm: 1:30-6pm Game Day: 5-6pm Open Gym: 1:30-6pm I.T.B. = TBA Open Swim: 3-6pm	6 <i>WHL – ER @ 12:00pm</i> Rec Rm: 1:30-6pm Crafty Kitchen: 5-6pm Open Gym: 1:30-4:15pm Bball – Jr/HS 4:15-5:30pm Bball – Elem – 5-6pm	7 No After-School Program Open Swim: 5-8pm
10 Rec Rm: 3-6pm Arts-n-Craft: 5-6pm Open Gym: 3:00-4:15 Bball – Jr/HS 4:15-5:30pm Bball – Elem – 5-6pm Open Swim: 3-6pm	11 NO SCHOOL Rec Rm: 10:00am-4pm Kennedy Creek: 11-1pm Pool Party: 2-4pm Open Gym: 10:00-4pm Bball – Jr/HS 4:15-5:30pm Bball – Elem – 5-6pm	12 <i>GSD – ER @ 2:15pm</i> Rec Rm: 2:30-6pm Game Day: 5-6pm Open Gym: 2:30-4:15pm I.T.B. = TBA Open Swim: 3-6pm	13 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm Open Gym: 3:00-4:15pm Bball – Jr/HS 4:15-5:30pm Bball – Elem – 5-6pm	14 SSD – 1.5 HR ER Rec Rm: 1:30-6pm Fun Day: Thankful Dinner Open Gym: 1:30-6pm Open Swim: 5-8pm
17 Rec Rm: 3-6pm Arts-n-Craft: 5-6pm Open Gym: 3:00-4:15 Bball – Jr/HS 4:15-5:30pm Bball – Elem – 5-6pm Open Swim: 3-6pm	18 Rec Rm: 3-6pm Cultural: 5-6pm Open Gym: 3:00-4:15 Bball – Jr/HS 4:15-5:30pm Bball – Elem – 5-6pm	19 <i>GSD – ER @ 2:15pm</i> Rec Rm: 2:30-6pm Game Day: 5-6pm Open Gym: 2:30-4:15pm I.T.B. = TBA Open Swim: 3-6pm	20 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm Open Gym: 3:00-4:15pm Bball – Jr/HS 4:15-5:30pm Bball – Elem – 5-6pm	21 <i>WHL-NO SCHOOL</i> Rec Rm: 12:00-6pm Fun Day: Movie Night Open Gym: 12:00-6pm Open Swim: 5-8pm
24 Rec Rm: 3-6pm Arts-n-Craft: 5-6pm Open Gym: 3:00-4:15 Bball – Jr/HS 4:15-5:30pm Bball – Elem – 5-6pm Open Swim: 3-6pm	25 Rec Rm: 3-6pm Cultural: 5-6pm Open Gym: 3:00-4:15 Bball – Jr/HS 4:15-5:30pm Bball – Elem – 5-6pm	26 <i>GSD – ER @ 2:15pm</i> <i>WHL – ER @ 12:00pm</i> SSD – 3 HR ER NO AFTER-SCHOOL PROGRAMS Open Swim: 3-6pm	27 NO SCHOOL CLOSED	28 NO SCHOOL CLOSED
TLA: M: 1-4pm & 5-7pm; T: 1-4pm; W: 3-6pm; F 1-4pm After School Snacks: M-F 3:45-4:45pm Computer Lab: M-Th 3-7, F 3-5pm Sylvan: M-Th 4:30-6:30pm Homework Help, GED Prep: 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 B-Ball High School: 9-12 Grade Middle School: 7-8 Grade Elementary: 4-6 Grade





Youth Activity Program

Jerilynn Vail - Every youth participant in our afterschool program has phone numbers on file for parents and emergency contacts. If any of these numbers have changed, please remember to update the phone numbers on file at the TLC so we are better able to contact the proper people in an emergency. Also, if any families have extra magazines laying around the house, we could use your old magazines for collages in our afterschool program.

November brings changes to our youth basketball schedule. The Elementary (3rd – 6th) and Middle School (7th – 9th) Inter-Tribal Basketball session will start. Please check our November calendar and our Facebook page for the schedule of practices and games.

Lastly, please note the afterschool activity program will be closed on November 7th and 26th.

Higher Education

Mandy Valley - Paperwork for winter quarter/semester is due on Monday, December 9. You will need to turn in a new Memorandum of Commitment, Class schedule, and final grades from fall quarter/semester (if available). Final grades need to be turned into the TLC no later than January 6, 2014. If you have any questions or need assistance please email me at mvalley@squaxin.us, call me at (360)432-3882, or fax me at (360)426-7897.

Tuesday, November 11th

Is A No School Day for Shelton/Griffin/Wa-He-Lut
Come Join us we are open from 10am to 4pm

- Field Trip to Kennedy Creek Salmon Trail
Bus leaves at 10:45am and returns at 1pm.
- Lunch will be from 1-1:30pm
- Pool Party from 2-4 pm



Veteran's Day

Teen Activity Calendar

Laurel Wolff Teen Advocate: 432-3842

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
JR.H/HS Basketball Practice 4:15-5:30pm Youth Council 3:30-4:15	JR.H/HS Basketball Practice 4:15-5:30pm Craft Day in Teen Room	Jr. High Basketball Game TBD Culture Night @ Community Kitchen 3-5pm	Life After High School Dinner Community Kitchen 5-7pm JR.H/HS Basketball Practice 4:15-5:30pm	Teen Center Closed
10	11	12	13	14
JR.H/HS Basketball Practice 4:15-5:30pm	No School Day JR.H/HS Basketball Practice 4:15-5:30pm	Jr. High Basketball Game TBD Culture Night @ Community Kitchen 3-5pm	Native American Student Day @SPSCC JR.H/HS Basketball Practice 4:15-5:30pm	Early Release Thankful Diner 5pm-7pm
17	18	19	20	21
JR.H/HS Basketball Practice 4:15-5:30pm Youth Council 3:30-4:15	JR.H/HS Basketball Practice 4:15-5:30pm Craft Day in Teen Room	Jr. High Basketball Game TBD Culture Night @ Community Kitchen 3-5pm	JR.H/HS Basketball Practice 4:15-5:30pm	Strength Class 3:30-4:30
24	25	26	27	28
Teen Center Closed JR.H/HS Basketball Practice 4:15-5:30pm	Teen Center Closed Jr. High Basketball Game TBD	Teen Center Closed	Teen Center Closed	Teen Center Closed



GED Homework Help

Jamie Burris - It is that time of year we are reminded to think of things we are thankful for. Be thankful for being caught up on your school work and passing all of your classes. I am here to help with your homework and to encourage you. You could add earning your GED to your thankful list. Come up to the Tu Ha' Buts Learning Center (Education) to take official practice tests and find out what you need to study. I am here to help you study and become prepared to take your official GED tests and earn that GED!

Come read to learn on Tuesdays, Wednesdays and Thursdays 4:00 – 7:00pm. For more information, please contact Jamie Burris - jburris@mcclary.wednet.edu.

Education Liaison News

Peggy Peters - The Tu Ha' Buts Learning Center hosted an Education Forum on September 18, 2014. We enjoyed a dinner with lots of families and friends. Three representatives from Shelton School s also joined us, including Jennifer Deyette, Shelton School District Special Services; Rachel Cromer, Skyward Records; and Zack Miller, Shelton High School Counselor. Rachel Cromer did a short presentation on how to access Skyward, a computer program to enable parents and students to access grades and attendance. If you would like Skyward access to your child's records, you can still pick up and fill out the needed paper work for either Griffin or Shelton School Districts. Check with your child's school for more information.

Throughout the evening, TLC staff requested feedback on the many services and activities of the department, and input for potential future activities.

We want to thank everyone for their comments shared at the Forum, including the following ideas:

- The Summer Rec Program should add an archery class, more water slide fun, and go to the park.
- The GED Program should have more one-on-one tutoring sessions.
- The Teen Program should support a fast-pitch team, a cheerleading team and outfits, take teens to the fair, and take teens to Wild Waves for Halloween.
- The After School Program should have archery, recruit musically-inclined high school students to come teach about music and music education, and there should be a talent show.
- After School Homework Help should offer one-on-one tutoring to help students learn different way of learning.
- In the "Miscellaneous" category, the department should have a full-time, year-round Sports Coordinator. The department should offer more cultural activities including a youth canoe club and a campout on Squaxin Island. There should be mini-workshops on: teen dating violence, teen pregnancy, and drug awareness. There should be personalize basketball jerseys, and youth be able to take them home and keep them. There should be more tutors in the schools, at Griffin and Oakland Bay Jr. High. At least one youth wants an opportunity to sing.



Domestic Violence Awareness Event Thank You

The Squaxin Island police department and Family Services want to thank all those who were involved with the Domestic Violence Prevention and Awareness Event in October. Fun was had by all who attended.

Special Thanks to KTP, Subway, and Home Meats for the food donations; without your kind and generous donations, this would not have been possible. Thank you to the Pierce family for your support, for cooking the food and the help with clean up.

Thank you to Barbie for getting things arranged with the store. Thank you to Gloria Hill for all the years of dedicated service you have given to your community. And a special thank you to my department and Chief Peters. Thank you for putting up with the mess in the back room and thank you for all the support while putting this together for our community.



SPEAK OUT
Stop
Domestic Violence



"You're braver than you believe, and stronger than you seem, and smarter than you think!"
(Christopher Robin)

Family Service Department
Domestic Violence Prevention Program

WomenSpirit Coalition Presents:
"Healing and Recovery from Abuse/Trauma"

Thursday Nov. 13, 2014

10AM—4PM

Lunch Provided

Friday Nov 14, 2014

10AM—Noon

Community Kitchen

Women's Group Motto:
IT'S NOT YOU, ME, OR I, ...IT'S WE!!!





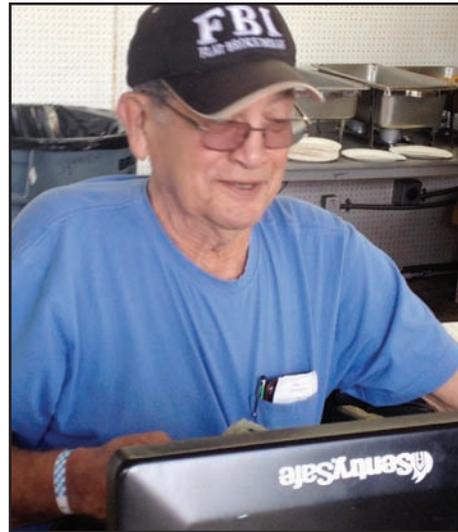
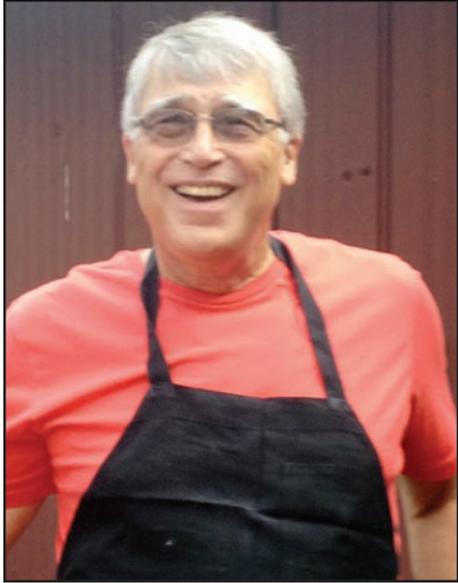
OYSTERFEST



OysterFest Photos by Janita Raham and Kimi James

Squaxin Island Elders walked away with the "Peoples Choice" Award!

A BIG heartfelt thank you to all who took time from their busy days and worked so very hard. Squaxin was busy the first weekend in October with Basket Weavers Conference and the OysterFest, so volunteers were spread out all over. Squaxin, once again, walked in with determination and walked away with an honor. Thank you, Elders, and all the hardworking volunteers! I raise my hands and heart to each of you. - Elizabeth Heredia, Elders Activities and Services Coordinator.





BASKET CONFERENCE



Photos by Josh Whitener, Margaret Henry, Dale Croes and Sadie Whitener

Our hands go up to all who helped make the 20th Annual NNABA (Northwest Native American Basket-Weavers Association) Conference a huge success this year!

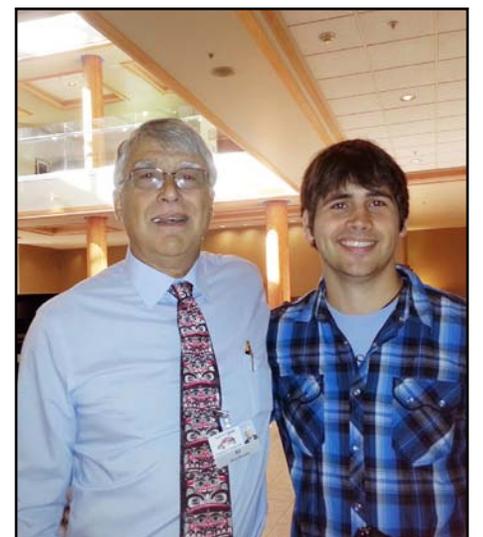
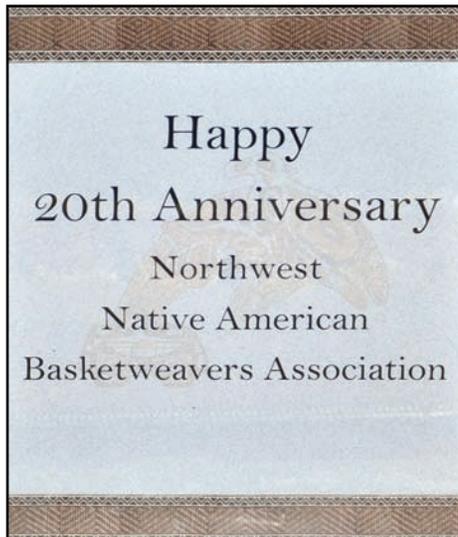
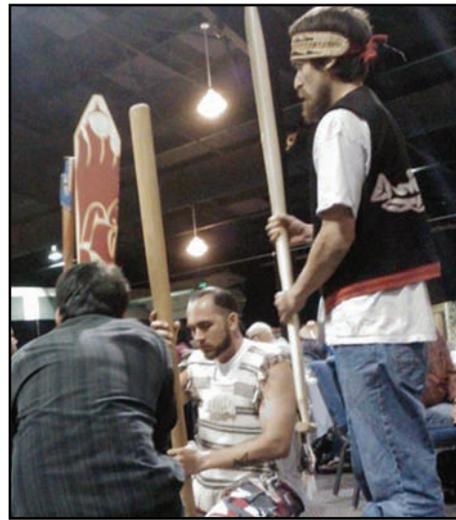
We would like to thank the Squaxin Island Community, Squaxin Island Tribal Council, Little Creek Casino Resort, IEI, Natural Resources, Featured Weavers, Information Services, all of the volunteers and all of the participants. All together, we were able to put on a wonderful gathering here at Squaxin Island.

We had over 300 participants in the "Youth Track" and approximately 600 weavers in the "Adult Track" this year. A special thank you goes out to our Squaxin youth and adult track teachers.

NNABA board members Cindy Andy and Margaret Henry wrapped Katherine in a beautiful blanket, honoring her as the eldest "Master Weaver". Katherine Barr, who is a member of the Quinault Tribe, was featured almost every year as a Master Weaver from the start of NNABA. Katherine is 94 years young and is still working on baskets. Katherine was also a very close and dear friend to the late, Clara "Bagley" Seymour.

~ The Squaxin Island NNABA Conference Planning Committee ~ Kathy Block, Rhonda Foster, Julie Owens, Peggy Peters, Patti Puhn, Charlene Krise, Ruthie Whitener & Margaret Henry.

Next year's Basket Conference will be in Warm Springs, Oregon.





BASKET CONFERENCE



Photos by Josh Whitener, Margaret Henry, Dale Croes and Sadie Whitener





ELDERS



Elders Activities

Squaxin Island Elders have had a lot of fun activities going on all summer. So busy that we (the staff) haven't had the time to sit down and tell you all about it.

During this past summer, we went to the Cavalia Odyssey Horse show; we went to see Porgy and Bess, a musical in Seattle at 5th Avenue Theatre; we went to see the Native Code Talkers Veterans Exhibit in Poulsbo and then had a nice lunch at Clearwater Casino's Buffet. We've been to several Elders' Host luncheons near and far. We also took Elders to the Puyallup Fair. Add to that combination the fact that Little Creek Casino Resort gives Squaxin Elders tickets to all events at the Event Center as well as a free passes to their wonderful buffet once a month. We've been busy!!!

We had a couple big trips take place in September. On September 7th through 14th, we had 27 Elders go on a cruise aboard the Holland America Amsterdam to Alaska and Canada. On September 27th – Oct. 1st we had a group of 14 go to Branson, Missouri and take in some shows and do a lot of sightseeing in some wonderful late summer weather (see photo on Page 24).

Most recently we have had a few events honoring our own here at home. On September 17th, we had a late Grandparents Day Celebration at the Elders Building. We had a great dinner, fun activities involving Elders and their grandchildren and picture taking.

On September 24th, we had an Honoring Our Eldest Elders Celebration during our regular Wednesday evening meal. We had a roll call of Squaxin Elders age 70 and above as well as a raffle drawing for several prizes donated by Squaxin Elders and Elders programs. Some Elders shared their stories about growing up. We were honored by the attendance of several new elders at our dinner that day that had not attended before.

Adding music and exercise to the activities already mentioned, we have offered Zumba and basic line dancing classes every Wednesday and Friday through the end of October.

The first weekend of October, we started out our Fall season of activities with a bang!! Squaxin hosted the Northwest Native American Basket Weaver's Conference Friday and Saturday. Squaxin Elders set up their regular food booth at Shelton Rotary's Annual OysterFest Saturday and Sunday, then, on Monday, Squaxin hosted the Chairmen's Golf Challenge. Whewwww!

We are planning more close to home activities for the rest of Fall and Winter. In October we start a Wii games tournament with a raffle drawing for the highest scoring winners. Wii games set up on Thursdays.

Every other Tuesday, we will have classic movies in the afternoon. Movies with a blast from the past theme will be shown after lunch. Light refreshments available.

We will have a beaded medallion class on October 15th. We have contracted an instructor to come in and teach us on the 15th and 29th. Please plan to attend. Make a Seahawks Logo medallion or other native design.





Safe Streets

A group of community members met on October 15th in the Community Kitchen to work on making the community safer. Each person shared some of their personal concerns about crime and drug abuse on the reservation and their ideas for solutions, building on ideas shared by others. We looked at the organizing manuals handed out at the Safe Streets kickoff event in September that offer tips for organizing as a community and explain government services available, as well as introducing new people who were interested in helping out. Building on ideas and priorities, while staying open to new people and interest, we planned a few upcoming events in November. The Safe Streets/Community Watch Program will coordinate with the afterschool activities program in the Tu Ha' Buts Learning Center to plan a safe and sober sign painting day with kids in November. Families are invited to join us to help each child design a sign showing their commitment to a safe and drug free community to put in their yard or window.

Stay tuned for an invitation to the next community meeting in November which are open to everyone. Thank you to Chass who offers this message to parents of the community this month.

Hello, my name is Chasity Masoner. (Chass)

I am from the Henry-Cooper family and have lived here on Squaxin for most of my life except maybe 2 years. I am writing this to try and reach out to our community. I know that a lot of us know what is going on out here, how it is now, and how it used to be.

When I was young, we had a few problems, like the alcohol, but we didn't have as many drugs, and I don't believe our youth were as lost as they seem to be now. I am worried for our children and our future grandchildren. Our elders also need us. If we, at our age, do not try to change things now and take a positive step for our children, it will keep getting worse.

I would like to see more people get involved with cleaning up our community and working together instead of against each other. The only way things will change is if we take that first step. Please come to the next meeting, bring someone, give some input.

Also we are having a sign-making day in the near future. We would like the kids to all come and paint. So watch for it and bring your children in to paint and have some fun!



Tribal Police Drug Tip Hotline

360-462-7104

Leave anonymous messages on this newly reactivated, regularly monitored message line direct to the 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.

Drug and Alcohol Related Police Events

September 15th through October 14th, Drug and Alcohol related statistics from the Squaxin Island police department:

- 25 incidents involving drug/alcohol
- 14 arrests were made
- 1 seizure was made and
- 15 citations were issued

The Safe Streets/Community Watch will meet again Monday, November 10th after the Tribal Council Talking Circle in the Community Kitchen. This is open to all.





Now's the Time to "Pest-Proof!"

Cooler temperatures signal winter is on the way. By taking a few moments now to inspect your home, you may prevent animal and insect pests from using your home as a winter hideaway. Here's what to look for:

- Make sure all cracks around the outside of your house are sealed. A mouse just needs a gap or crack the size of a dime to get into your home. To fill openings, use something strong like cement, mortar or caulk. Steel wool can be used as a temporary fix. Don't try to stuff cracks with cloth rags.
- If you notice any holes or damage from rodents around your home, make repairs. Once you've made a repair, you can cover it with 1/4" hardware cloth to prevent rodents from chewing through again.
- Inspect your doors, windows and window screens. They should fit tightly and be in good repair. Early fall is a good time to caulk around openings.
- Do your floor drains need screens? Does your chimney need a cap? If so, ask a professional to help you select the right screen and cap.
- Inspect where the utilities and air conditioning unit enters the house. Look closely around the dryer/ stove vents. Make sure everything fits tightly and there are no gaps.
- Remove leaves and grass clippings from around your foundation. Clean out your window wells and cover them.






Family Communication Plan

Emergencies can happen at any time. Do you know how to get in touch with your family if you are not together?

Let them know you're OK!

Pick the same person for each family member to contact. It might be easier to reach someone who's out of town.

Text, don't talk!

Unless you are in immediate danger, send a text. Texts often have an easier time getting through during emergencies, and you don't want to tie up phone lines needed by emergency responders (like 911).



Know the Numbers!

Home: _____	Adult: _____
Parent: _____	Home: _____
Cell: _____	Cell: _____
Work: _____	Neighbor: _____
Parent: _____	Home: _____
Cell: _____	Cell: _____
Work: _____	Neighbor: _____
My cell: _____	Home: _____
Sibling: _____	Cell: _____
Cell: _____	Out of state friend/relative: _____
Sibling: _____	Home: _____
Cell: _____	Cell: _____

Memorize your home and parents' cell phone numbers!



Cut this out and keep it somewhere safe like your backpack, school notebook, or wallet. Or input these numbers into your cell phone if you have one.



<http://www.ready.gov/kids>



New Employee



Stephanie Neil
Cultural Resources
Archaeologist

Hi! I grew up in Belfair and have a large extended family there. I've worked all over the country, but moved back to the area when I started my family. I have a seven year-old boy and a four year-old daughter that keep me very busy.

My most recent job was working for the Forest Service as an Archaeologist. I'm excited to have a new opportunity working for the Tribe, learning new things and meeting new people.

Squaxin Logo Pendleton Blankets On Sale for Christmas



Regularly \$150
November & December ONLY \$100!
Contact Stephen Henry at the Tribal Center Cashier's Office
360-432-3948 OR sshenry@squaxin.us



Family Communication Plan

Let them know
you're OK!

Pick the same person for each family member to contact. It might be easier to reach someone who's out of town.

Emergencies can happen at any time. Does your family know how to get in touch with each other if you are not all together?

Before an emergency happens, have a family discussion to determine who would be your out-of-state point of contact, and where you would meet away from your home — both in the neighborhood and within your town.

Important Information

Fill in this information and keep a copy in a safe place, such as your purse or briefcase, your car, your office, and your disaster kit. Be sure to look it over every year and keep it up to date.

Out-of-Town Contact

Name: _____
Home: _____
Cell: _____
Email: _____
Facebook: _____
Twitter: _____

Neighborhood Meeting Place:

Regional Meeting Place:

Work Information

Workplace: _____
Address: _____
Phone: _____
Facebook: _____
Twitter: _____
Evacuation Location: _____

Workplace: _____
Address: _____
Phone: _____
Facebook: _____
Twitter: _____
Evacuation Location: _____

School Information

School: _____
Address: _____
Phone: _____
Facebook: _____
Twitter: _____
Evacuation Location: _____

School: _____
Address: _____
Phone: _____
Facebook: _____
Twitter: _____
Evacuation Location: _____

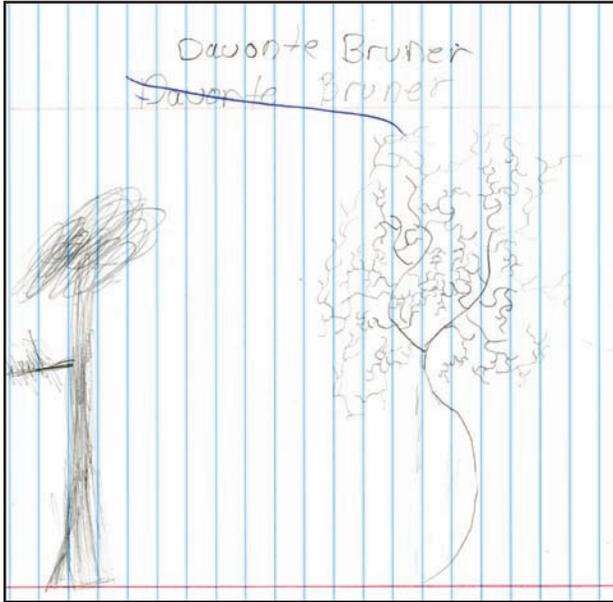
School: _____
Address: _____
Phone: _____
Facebook: _____
Twitter: _____
Evacuation Location: _____



<http://www.ready.gov/kids>



Summer Youth Environment Art Solid Waste and Recycling Program



Mason County Reentry Coalition Seeks Mentors

The Mason County Reentry Coalition (MCRC) is a group of local volunteers who assist Mason County citizens being released from prison successfully reenter community life.

Mentoring: Purpose and How it Works

The moment a released person walks out the "gate" of the facility, he/she becomes extremely vulnerable. Everything happens at a much higher pace than what they have become used to. Prison is a highly structured environment. The offender is told when to eat, sleep, and work; they are not exposed to the pressures of the outside world.

A mentor meets the client at the "gate" and becomes his/her buffer for the early hours and days after release. Studies show the first 72 hours are crucial to a person's reentry success. Mentors help released offenders with immediate responsibilities, such as reporting to the Department of Corrections (DOC) office, going to 12-Step meetings or other functions that are required as part of the offender's sentence. In most cases, the offender has several hurdles and bridges to span to assure his/her continued freedom from the confines of prison. The mentor serves as a friend and advisor.

MCRC mentors work with DOC counselors and the local Community Corrections Office, meeting once a month inside the Washington Corrections Center with the soon-to-be-released individuals. The meetings are attended by mentors, other volunteers, and sponsors to discuss and problem solve for a seamless and permanent transition.

A release plan is created to help the offender map out their reentry into the community. The release plan details how the offender plans to successfully adapt in their role as productive members of society, setting out goals for one month, six months, one year and 5 year intervals. Mentors help the offender implement and follow their plan. The plan may include mental health counseling, alcohol/drug treatment programs, employment, transportation and housing.

Upon release the offender and mentor will be invited to meet with former participants and their mentors to share experiences.

Interested in becoming a Mentor?

Call 360-426-7440
masoncountyreentry.org




Green 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:	Use the Green Team for:
<ul style="list-style-type: none"> ✓ Recycling bins ✓ Water coolers ✓ Tablecloths ✓ Signage 	<ul style="list-style-type: none"> ✓ Training ✓ Dishwashing ✓ Recycling assistance at your event

Squaxin Island
Solid Waste and Recycling Program
Sheena Kaas, Solid Waste and Recycling Program Manager
360-432-3907



Fireplace and Home Fire Safety

More than one-third of Americans use fireplaces, wood stoves and other fuel-fired appliances as primary heat sources in their homes. Unfortunately, many people are unaware of the fire risks when heating with wood and solid fuels.

Heating fires account for 36% of residential home fires in rural areas every year. Often these fires are due to creosote buildup in chimneys and stovepipes. All home heating systems require regular maintenance to function safely and efficiently.

The U.S. Fire Administration (USFA) encourages you to practice the following fire safety steps to keep those home fires safely burning. Remember, fire safety is your personal responsibility ...Fire Stops With You!

Keep Fireplaces and Wood Stoves Clean

- Have your chimney or wood stove inspected and cleaned annually by a certified chimney specialist.
- Clear the area around the hearth of debris, decorations and flammable materials.
- Leave glass doors open while burning a fire. Leaving the doors open ensures that the fire receives enough air to ensure complete combustion and keeps creosote from building up in the chimney.
- Close glass doors when the fire is out to keep air from the chimney opening from getting into the room. Most glass fireplace doors have a metal mesh screen which should be closed when the glass doors are open. This mesh screen helps keep embers from getting out of the fireplace area.
- Always use a metal mesh screen with fireplaces that do not have a glass fireplace door.
- Install stovepipe thermometers to help monitor flue temperatures.
- Keep air inlets on wood stoves open, and never restrict air supply to fireplaces. Otherwise you may cause creosote buildup that could lead to a chimney fire.
- Use fire-resistant materials on walls around wood stoves.

Safely Burn Fuels

- Never use flammable liquids to start a fire.
- Use only seasoned hardwood. Soft, moist wood accelerates creosote buildup. In pellet stoves, burn only dry, seasoned wood pellets.
- Build small fires that burn completely and produce less smoke.
- Never burn cardboard boxes, trash or debris in your fireplace or wood stove.
- When building a fire, place logs at the rear of the fireplace on an adequate supporting grate.
- Never leave a fire in the fireplace unattended. Extinguish the fire before going to bed or leaving the house.
- Allow ashes to cool before disposing of them. Place ashes in a tightly covered metal container and keep the ash container at least 10 feet away from your home and any other nearby buildings. Never empty the ash directly into a trash can. Douse and saturate the ashes with water.

Protect the Outside of Your Home

- Stack firewood outdoors at least 30 feet away from your home.
- Keep the roof clear of leaves, pine needles and other debris.
- Cover the chimney with a mesh screen spark arrester.
- Remove branches hanging above the chimney, flues or vents.

Protect the Inside of Your Home

- Install smoke alarms on every level of your home and inside and outside of sleeping areas. Test them monthly and change the batteries at least once a year. Consider installing the new long life smoke alarms.
- Provide proper venting systems for all heating equipment.
- Extend all vent pipes at least three feet above the roof.

How Often Should My Furnace Filter be Changed?

Furnace filters should be checked frequently. When to change them depends on the type of filter and family life style. Households with smokers or pets should change filters monthly. Cat and dog hair can clog furnace and air conditioner filters. If you use the one-inch pleated filters, which are usually less expensive, it is recommended to change them monthly.

The high efficiency (three-inch) filters should be changed every three months as they collect a large percentage of all allergen, dust particles, etc. The non-disposable washable filters should be cleaned every month.

The best rule of thumb is to check the filter monthly and change as needed, due to the season and family life style.

Discussing Money Problems with Children

When money becomes scarce, the whole family, from young children to teens to parents, can feel the pinch. Though family members may have limited or no control over the causes of their financial difficulties, they can control their responses and discuss money problems in a way that minimizes stress and anxiety in children.

- Parents can turn tough times into learning situations. Help children realize that managing money in tough times requires communication, patience and hard work. Also, assist children to understand that money problems do not need to rob the family of unity or happiness, simple things that cost little or nothing can enrich family life and sticking together is essential to getting through challenges.
- Parents and other adults should model how the family can have fun together in less expensive ways. Model for children the value of fun, inexpensive ways to enjoy each other, such as a picnic at the park, renting a video and making popcorn, riding bicycles as a family, volunteering on a service project or other family activities.
- Increase family communication and solidarity and help children feel some control in their lives. Take time to communicate regularly, discuss financial concerns appropriately and express to all family members that they are loved and appreciated.
- Involve all family members in making decisions about money. In both tough times and good times, families tend to draw closer as they work together and communicate in making money decisions. Children grow in understanding and self-worth when they contribute to the resolution of financial problems. This may involve a teen getting a part-time job or children agreeing to limit their requests for outside entertainment, such as movies.
- Assist children to become wise consumers and discipline their spending habits. During tough times, children can learn to be wise about their spending choices and use discipline in how they spend money.
- Encourage children to contribute in ways that are appropriate to their age. Children can help during tough times by saving money they earn, limiting their spending choices or requests, or contributing income from a part-time job to help with family needs. Do not put undue burdens on children to generate economic support, but discuss options and allow them to contribute in ways that are meaningful.



Medicare Information Meeting with Tribal Elders

We had representatives from SHIBA and Area Agency on Aging come speak to the Elders about Medicare benefits. We played Medicare bingo and all Elders that attend won a prize.



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Talking with your Health Care Provider

Knowing how to talk to your health care provider (HCP) will help you get the information you need to make better health care decisions. Here are some tips for talking with your HCP:

- ◆ Make a list of health concerns and questions to take with you to your visit. Share the list with your HCP.
- ◆ Describe symptoms clearly and briefly. Say what the symptoms are, when they began, how they make you feel, what triggers them, what (if anything) makes them stop, and what you've done to relieve them. This helps your HCP decide the best course of treatment, along with any tests you may need.
- ◆ Tell your HCP what prescription and over-the-counter medicines, vitamins, herbal products, and other supplements you're taking. Be honest about your diet, physical activity, smoking, alcohol or drug use, and sexual history. Discuss allergies to drugs, foods, or other things. Tell your HCP if you are being treated by another HCP, including a mental health professional.
- ◆ Don't be afraid to ask questions and don't feel embarrassed about discussing sensitive topics. Your HCP is used to talking to people about personal concerns. Don't leave something out because you're worried about taking up too much time.
- ◆ Be sure you understand everything before you leave your HCP. This includes treatment recommendations and any follow-up tests or referrals. If you don't understand something, ask to have it explained again.
- ◆ Bring a family member or friend with you to take notes and offer moral support. An extra pair of eyes and ears can help you remember your questions as well as the answers.

Call for free health publications: 800-994-WOMAN (9662) TDD: 888-220-5446

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Checklist of Questions to ask your Health Care Provider

General Health and Wellness Questions

- ◆ How often do I need a physical exam, breast exam, pelvic exam and Pap test?
- ◆ Do I need a flu shot or other immunizations?
- ◆ Will changing my lifestyle (diet, exercise, smoking, drinking) help me avoid certain diseases? What can I do to be more healthy? Is there any reading material or videotapes on these topics? Are there support groups or community services that can help?

Medical Test Questions

- ◆ What will we know after the test is done?
- ◆ How do I find out the results? How long will it take to get the results?
- ◆ What does the test involve? What do I do to get ready for it?
- ◆ Are there any dangers or side effects with the test?

Symptoms and Diagnosis Questions

- ◆ Could my symptoms be caused by or related to something other than my current condition?
- ◆ What may have caused my current condition? Will it be permanent?
- ◆ What can I do to learn more about my condition?

Treatment Questions

- ◆ How is this condition treated or managed? What long-term effects (if any) will it have on my life?
- ◆ How soon should treatment start? How long will it last?
- ◆ Are there other treatments available?
- ◆ How much will the treatment cost? Is it covered by insurance?
- ◆ What are the treatment's risks and side effects?

Medication Questions (you can also ask your pharmacist)

- ◆ What are the side effects?
- ◆ What should I do if I miss a dose?
- ◆ Are there foods, drugs, or activities I should avoid while taking this medicine?
- ◆ Is there a generic brand available at a lower price?

Visit the National Women's Health Information Center web site: www.4woman.gov.



Elder Lunch Menu

Mon 3:	Pork Roast
Tues 4:	Soup and Sandwich
Wed 5:	Taco Bar
Thurs 6:	Pot Pie
Mon 10:	Baked Potato Bar
Tues 11:	Soup and Sandwich
Wed 12:	Halibut & Chips
Thurs 13:	Goulash
Mon 17:	French Dips
Tues 18:	Soup and Sandwich
Wed 19:	Thanksgiving Ham
Thurs 20:	Fajitas
Mon. 24:	Stew
Tues 25:	Soup and Sandwich
Wed 26:	Closed
Thurs 27:	Closed



HEALTH CLINIC



**You are invited to our
Health Awareness Event**

**November is Diabetes
Awareness Month**

Get ideas for how you can live a long, healthy life!

Program presented by :
Diabetes—Patty Suskin 360.432.3929
Colon Health—Lindy Parker 360.432.3933
Women's Health—Traci Lopeman 360.432.3930

Thursday, November 13, 2014
Right after Elder's Lunch
at Elder's building

1:00 to 2:00 pm
Spin the Wheel & Get Prizes

Everyone Welcome

Foot Exam Morning September 25th

Patty Suskin, Diabetes Coordinator - Thank you, Herb Johns, Sr., Ramona Mosier, and Del Johns, Sr for having your feet checked by Dr. Molina Kochhar, Podiatrist. If you have diabetes, make a habit of taking off your shoes & socks for all visits at our clinic so Tiff or Dr. Ott can check your feet each time you come to the clinic.

Foot Care Tips for People with Diabetes:

1. Look at your feet every day for red or black spots, ingrown toenails, cracking, dry skin, sores, blisters, or cuts. See your doctor right away for any of these problems.
2. Keep your skin soft & smooth. Rub a thin coat of skin lotion over the tops and bottoms of your feet, but NOT between your toes.
3. Wear shoes & socks at all times. Never walk barefoot. Wear comfortable shoes that fit well & protect your feet. Feel inside your shoes before putting them on each time to make sure the lining is smooth & there are no objects inside. Wear moisture-wicking socks that do not leave an impression on your legs. Consider cutting a slit at the top of your sock to ease up the elastic.
4. Keep your blood sugars in line. General guidelines (check with your doctor for specific guidelines for you):

Fasting (or first thing in the morning):	80-110
Two hours after a meal:	80-140
Bedtime:	100-140
Hemoglobin A1C:	Under 7 %

These tips can help you to make your feet last a lifetime. Most amputations are preventable by taking quick action if any problems occur. If you have diabetes and missed Dr. Kochhar, call the clinic at 360 427-9006 for Tiff or Dr. Ott for your annual foot exam.

November is Diabetes Awareness Month

A few diabetes facts

DID YOU KNOW?

1. Diabetes can be prevented or delayed. In the diabetes prevention program study, people aged 60 and older who made lifestyle changes lowered their chances of developing diabetes by 70%. The goal of each participant was to achieve and maintain at least a 7% weight loss and a minimum of 150 minutes of physical activity per week similar in intensity to brisk walking.

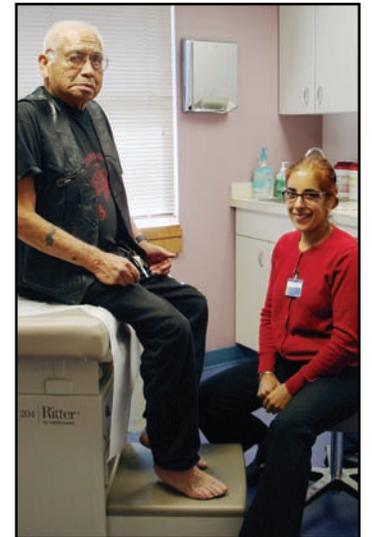
2. Type 2 diabetes is the most common type - 90% of people with diabetes

3. I H S Division of Diabetes Treatment and Prevention has many resources online about diabetes. Check out their website at:

www.ihs.gov/MedicalPrograms/Diabetes

For more information about diabetes and diabetes prevention, contact Patty Suskin, Diabetes Coordinator at 360.432.3929 or psuskin@squaxin.us

See also SPIPA's Oct/Nov Intertribal News pages 6 & 7.



Dr. Kochhar with (L-R): Del Johns, Sr., Ramona Mosier, and Herb Johns



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

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

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





Clinic Events

Mammogram Clinic

December 9th
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

At Risk for Kidney Disease?

Submitted by Patty Suskin, Diabetes Coordinator
You are at risk for kidney disease if you have:

- Diabetes out of control
- High blood pressure
- Heart disease
- A family history of kidney failure

If you have any of these risk factors, get tested for kidney disease. Early kidney disease has no signs or symptoms.

Kidney disease can affect people of all ages and races. American Indians tend to have a greater risk for kidney failure. This is mostly due to higher rates of diabetes out of control and high blood pressure in communities. There may be other reasons, too.

Get checked for kidney disease and learn about what you can do to keep your kidneys healthy. You can help delay or even prevent kidney failure by treating kidney disease early.

Diabetes and Kidney Disease

Diabetes out of control is the leading cause of kidney failure. In fact, 44 percent of people starting dialysis have kidney failure caused by diabetes.

Diabetes out of control can damage your kidneys. This damage can happen over many years, without you feeling it. That is why it is so important for people with diabetes to manage their diabetes and get tested for kidney disease.

High Blood Pressure and Kidney Disease

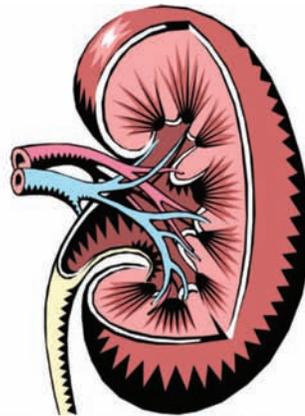
High blood pressure is the second leading cause of kidney failure. High blood pressure can damage your kidneys. This damage can happen over many years, without you feeling it. That is why it is so important for people with high blood pressure to control their blood pressure and get tested for kidney disease.

For most people, a blood pressure of 140/90 or above is considered high. Talk to your health care provider about the right blood pressure for you. See tips on how to keep your kidneys healthier longer.

More on High Blood Pressure

For more information on controlling high blood pressure, visit the National Heart, Lung, and Blood Institute's "Your Guide to Lowering High Blood Pressure" website.

See tips on how to keep your kidneys healthier longer in next month's Klah Che Min



There was No Indian Word for Cancer

For many years, no American Indian language had a word for cancer. This is why many elders think that cancer is a new cause of pain and suffering. Some tribes have begun to call cancer asabikeshi'yaapinewin (spider illness). Cancer is now the most common reason elders make their spirit journey before their time. It is even more common than heart disease.

Many American Indians are afraid of cancer.

They do not understand it. Some believe it is the result of breaking taboos. Many see it as a death sentence. Some even believe that just talking about cancer will give them the disease. These beliefs can lead Indian people to avoid medical tests that can find cancer early and save their lives.

When elders avoid cancer tests, they hurt not only themselves but their families and communities. Their wisdom is lost too soon.

Along Came a Spider

I want to share with you a dream. In this dream a great spider came to hurt the people of my tribe. One by one, our elders and even our young would be bitten. Some would make their spirit journey, leaving their families before their natural time. No matter what we tried, we could not rid our people of this spider.

As time went on, we came to see that the spider was also attacking non-Indian people. But they could not get rid of the spider either. As my dream went on our leaders and the non-Indian leaders came to see that only by working together could we take on this evil being that was leaving so many families without their elders.

I feel this spider stands for cancer.

— Anishinaabe Healer



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!



How I Get My Daily Dose of Joy

By Barbara Mora, Paiute/Diné

I've had diabetes for almost 20 years. I've been prescribed pills, and now insulin, to help me. But there is one thing that I have never been prescribed, and I use it every day to be well with diabetes. That thing is joy.

When I first found out I had diabetes, I was devastated. Joy was not one of my daily experiences. I kept having a helpless thought, "Oh great, I'm just like my mother." She suffered from diabetes. But this thought of my mother actually helped me.

I remembered the incident that caused my mother's health to go downhill. It was a horrible tragedy, the untimely death of my older sister. My parents never got over it. They were consumed with sadness. They were rarely joyful. Soon after the tragedy, my mother was diagnosed with diabetes.

I honor my mother's journey and have learned much from it. Although I've had sad experiences in my life, I decided I would not let them define my life. I decided to choose to find reasons and ways to be joyful every day.

I think I received my insights about joy from a few sources: the Sweat Lodge, walking in nature, and visiting sacred sites. I pray every day and ask the Creator and my ancestors for help. Friends and family give me support and love. I am not doing this alone.

This is what I have learned to do to find joy every day:

- **When I wake up in the morning, I give thanks** that I am breathing and alive. Then I give thanks for the roof over my head, the bed under me,



and my husband, Bob, beside me. I think, "Oh, my gosh! This is mine!" Our home may seem humble to many, but to me it's luxurious.

- **First thing after I get out of bed, I think of my routine.** Having a daily routine helps me get the things I don't really want to do out of the way. Every morning, I test my blood sugar, have a small snack, then take my medications. After I do this, I have a clean slate to think more about what I *want* to do and less about what I *have* to do.
- **I always have a creative project going on.** I bead, make moccasins, and make small dolls. A creative project is always on my mind. Making something is one of the few situations in my life where I have total control and freedom. I get to make all the decisions. When I finish a project, I feel so satisfied.
- **Reading brings me joy.** I try to read books by authors who have different ideas than me. I want to know about as many ways of thinking as possible. Reading about other people's lives helps me see my own life in a broad way. I realize I am part of a big picture.

- **I do something physically active every day** and make it joyful.

When I walk, I pick a route that I really want to take, like walking downtown and window shopping. Sometimes Bob and I walk in the desert looking for glass. We bring the glass home and make mosaics.

- **Cook with love.** When I cook, I try to put love into the food. Sometimes I sing while I'm cooking. I imagine the love in my heart and my hands going into the food. This makes me happy.

- **Give.** Native people have always been givers. It makes me feel good to give to other people. I try to find a need of family, friends, and community members and fill the need. By giving we become richer.

Discovering the importance of joy and ways to have it in my daily life did not happen quickly. I worked at it and prayed for it. I got help from the Creator, family, and friends. I observed people who had diabetes who were living well, with joy and laughter. I thought, "I want to be that person!"

Thank you to the Creator and all the people who are helping me on my journey. Thank you to all the people with diabetes who show me the way.

Barbara Mora is the author of *Using Our Wit and Wisdom to Live Well with Diabetes*. A free audio CD of her book can be ordered at www.diabetes.ihs.gov, click Online Catalog. Barbara can be reached at dine49@earthlink.net



Produced by the IHS Division of Diabetes Treatment and Prevention, www.diabetes.ihs.gov

Healthy Holiday Traditions

The holiday season is about family and food—and all too often, adding a few extra pounds around our waistlines. Many of us will gain 8-10 pounds between Thanksgiving and New Years. Planning ahead for that "Turkey Day" meal you can make it tasty but also healthy. Get other family members involved to find recipes for those favorite Holiday foods. Working together to prepare the meal makes for fun and great family memories.



Check out these ideas that may help you with menu planning for that special day.

Smart substitutions for your favorite holiday meals: For Baking

- Instead of butter, substitute equal parts cinnamon-flavored, no sugar added applesauce.
- Substitute low fat, skim milk or skim evaporated milk instead of whole milk or heavy cream.
- Instead of using only white flour, use half white and half whole-wheat flour.
- Instead of adding chocolate chips or candies, use dried fruit like cranberries or cherries or limit the portion of the chocolate chips or candies.

For Cooking

- Use small amounts of vegetable oil such as olive or canola oil instead of butter.
- Use whole-grain breads and pastas instead of white.
- Bake, boil, broil or grill meats instead of frying.
- Choose fresh fruits and vegetables to use in your dishes.

Smart Choices

- **Outsmart the bird.** Reach for the lighter pieces of meat; they have fewer calories and less fat than the darker ones. Save calories by not eating the skin.
- **Keep portions in check.** A serving of meat is 3 oz., about the size of a deck of cards. Be conscious of how much you put on your plate, and pass on second helpings. Eat slowly to allow your stomach to let your brain know it has some food- takes about 20 minutes.
- **Watch out for the gravy train.** Turkey usually comes with gravy, which can add excess fat, calories and sodium. Limit gravy to only enough for you to enjoy the food.
- **Call it what it is.** Dressing is intended to be a complement to your meal, not an entrée. To keep calories and excess in check, aim for a 1/4 cup portion (or about half a scoop with a serving spoon).
- **Desserts: Treat yourself right.** Enjoy a sweet or two by "sampling" instead of having a full serving. Sharing with friend or family member is another way of staying "in control."

Above all - have a great Thanksgiving!

Adapted from the American Heart Association's "Holiday Healthy Eating Guide" with modifications by Pat Odiorne Nutritionist at Chehalis Tribe & Patty Suskin, Squaxin Island Tribe Diabetes Coordinator



COMMUNITY



Happy Birthday

Kimberly James	01	Mickey Hodgson	09	Samantha Smith	20
Wesley Fletcher	01	Malena Herrera	09	Jason Kenyon	20
Rickie Ramage	03	Dillon Decicio	09	Herbert Johns	21
Lena Krise	03	Jefferey Blueback	09	Vincent Henry Sr.	21
Roxsanne White	03	Virginia Berumen	10	Aleta Poste	21
Juanita Pugel	03	Calvin Peterson	10	Bianca Saenz-Garcia	21
Shannon Bruff	03	Jolene Cowan	10	Lahai'la Greenwood	22
Twana Machado	04	Monique Pinon	10	Olivia Korndorfer	22
Jeremiah Johns	04	Benjamin Sayers	11	Susan McFarlane	22
Warren Johns	05	Carlo Kenyon McFarlane	11	Lyssa Davis	23
Elizabeth Kuntz	05	Rachel Parker	13	Steven Dorland	23
Jennifer Briggs	05	Ryan Fox	13	Diane Deyette	23
Beverly Hawks	05	Mary Mosier	14	Delores Johnson	23
Sophia Johns	05	Richard Peters	15	Candee Gillette	23
Olivia Mason	05	Tammy Peterson	16	Cecily Neilsen	24
Lawanna Sanchez	05	King Tom	16	Joseph Seymour, Jr.	24
Jason Snipper	05	James Orozco	16	Michael Parker	24
Laura Smith	06	TJennifer Johns	17	Arelys Francisco-Coley	24
Terri Capoeman	06	Casey Lacefield	17	Donald Brownfield	25
Thomas Peterson	06	Elizabeth Heredia	17	Terry Tahkeal	25
Keerah Brown	06	Laura Snyder	17	Candace Penn	26
Anthony Furtado	07	Ethan Pugel	18	Nokomis Masoner	27
Russel Cooper	07	Joseph Peters	18	Leslie Cooper	27
Thelma Shea	07	Taeahni Fox	18	Leonard Cooper	27
Cyrus Little Sun	07	Lucille Quilt	19	Hope Pughe	27
Tammi Birchall	08	Connie Uribe	20	Ila Ball	28
David Whitener Jr.	08	Nathan Nunes	20	Tyler Burrow	29
				Sarah Thornton	29
				Mark Peters	29
				Carol Hagmann	30

What's Happening

 FYI - Please make a note of it The November Family Court date has changed. It is now scheduled for NOVEMBER 13TH.						1
2	3	4	5	6	7	8
				<i>Per Capita Distribution</i>		
9	10	11	12	13	14	15
	<i>Talking Circle</i>	Criminal/Civil Court		Family Court Council Mtg.	<i>TLC Thankful Dinner</i>	
16	17	18	19	20	21	22
23/30	24	25	26	27	28	29
		Criminal/Civil Court		CLOSED	<i>Happy Thanksgiving</i>	

AA & ALANON
 Every Thursday
 7:30 p.m. in the Elders Building

*Talking Circle
with Tribal Council*

*Monday,
November 10, 2014
4:30 p.m.
Community Kitchen*

*If you have any questions, feel free to call
the Tribal Center at 426-9781*



Veterans Committee Mtg

November 17th

All Veterans Welcome and Encouraged to Come

Troy Baxter
Owner

Baxter's Carpet Cleaning

360-266-8109
baxterscarpetcleaning@yahoo.com
UBI: 603 423 316

15% Discount for Tribal Members

Troy is a Squaxin Island Tribal member doing both commercial and residential work



Show him some love

Share your stories about good times

Enjoy some birthday cake

Do we dare add 80 candles to his cake?

Good TIMES

NOVEMBER 21 HERB TURNS 80

Birthday Celebration

Friends and Family please join us for Herb Johns Birthday Celebration at the Squaxin Island Community Kitchen at 2:00 PM

CHUM Project/ Teen Center

Laurel Wolff - A big shout out to Isaiah Cooley and Jeremiah Roberts for coaching our Jr. High and High school basketball teams. This year's season continues big improvement from last year and we want to thank them for their contribution to the community and our teens.

November is the start of the Jr. High and Elementary basketball games. Practice for Jr. High and High school will be on Mondays, Tuesdays and Thursdays from 4:15-5:30 p.m. The Jr. High team will have games on Wednesdays.

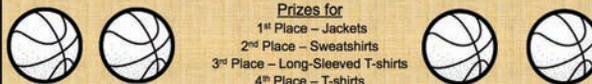
Some other dates to keep in mind:

- The Youth Council will meet on November 3rd and November 17th. If you are a teen and want to be involved in planning activities, making a difference in the community or just want to have fun, come to the Youth Council meetings at 3:30 - 4:15 p.m. in the Mary John's Room.
- On November 6th from 5:00 p.m. - 7:00 p.m., the Shelton High School and Tu Ha' Buts Learning Center will host an "Options After High School Dinner" in the Community Kitchen. High School students and families are encouraged to come. Financial aid options will be discussed, as well as providing information on applying to universities, community colleges, apprenticeships, and military options.
- The CHUM program will be taking a group of youth to the F.I.R.E (Facilitating Indigenous Revolution through Education) summit at SPSCC. Sherman Alexie will be guest speaking. Transportation is available; we will leave TLC at 7:15 a.m. and return around 3:00 p.m. Any interested teens should contact Laurel Wolff at (360) 432-3824.
- Join us for a "Thankful Dinner" in the Community Kitchen from 5:00 p.m. - 7:00 p.m. on November 14th.
- The Teen Center will be closed on November 7th and during the last week of November.

Squaxin Island Co-Ed Holiday Tournament

Friday, December 19th - Monday, December 22nd, 2014
\$225 Entry Fee
3 Brackets: 17 & U, 14 & U, 11 & U
Double Elimination Except for Championship Game

Each team must have at least two players of each gender on the floor at all times.
12 player rosters.
7 teams per bracket.
Players must have ID's if any coach challenges a players age.



Prizes for
1st Place - Jackets
2nd Place - Sweatshirts
3rd Place - Long-Sleeved T-shirts
4th Place - T-shirts
MVP & All-Stars

Teams can receive discounted rate at the Little Creek Casino Resort

This is a Drug & Alcohol Free Event

To register or if you have questions contact: Jerilyn Vail 360-432-3992 or jvail@squaxin.us

Building Strong Families Through Culture

THIS MONTH: weaving Cedar Headbands and Small Baskets

Where: Community

Kitchen

When: Wednesdays

Time: 3:00 - 5:00 PM

Focus is on the formation and maintenance of two-parent families and prevention of out-of-wedlock pregnancies.

Sponsored by SPIPA-TANF.



Per Capita Checks will be distributed at the Administration Building on

Thursday, November 6

from 8:00 am until 3:00 pm.

If you would like to sign up for direct deposit and have not done so, forms are available at the Administration Building. Please contact the Tribal Center if you need to sign up for direct deposit OR update your mailing address OR direct deposit banking information: 360-426-9781.

TLC invites you to our

Thankful Dinner

Friday, November 14th

from 4:30-6:00 pm

At the Community Kitchen.

Come join us for a family dinner.

Questions: Call Jerilyn at 432-3992 or
jvail@squaxin.us





Squaxin Island Elders Visited Branson, Missouri

Squaxin Island Museum
BAZAAR

November 14th, 9-5 15th 9-4
 150 SE Kwuh-Deegs-Altzw

Open to the Public with no Admission Fee! Come explore the culture of the museum and Find all your Christmas gifts too!

Gifts such as: baked goods, Basketry, Arts and Crafts!

Ruth Whitener 432-3841 rwhitener@squaxin.us

Sponsored by Squaxin Island Tourism
 Squaxin Island Museum Library & Research Center

BINGO BINGO

Friday • Nov 28th • 6:30pm
\$1199 Blackout!

Saturday • Nov 29th • 2:30pm & 6:30pm
\$599 Blackout & \$1199 Blackout!

Early Bird Specials at 6:30 sessions
Wear black to receive a free Level 1 (3-on) with buy-in.

Bring a non-perishable food item to receive entry tickets to win a 40" TV, Camera, or iPod and other items.

\$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

LITTLE CREEK CASINO RESORT
 PRESENTS

FRANK Sinatra JR.

THURSDAY NOVEMBER 13
7pm

TICKET PRICES
 \$50 | \$40 | \$30

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.