



Return Service Requested

## Sally For Shelton Schools (Sis Brownfield)

Sis is running for the Shelton School Board, please get out and vote for her.

After getting through the primaries, she is now on the ballot in the general election, November 3rd.

Ballots should be out in the mail by October 16th, so watch for them.

We need positive changes in Shelton schools and Sis has the background and heart to do what is best for our kids.

She has been in education for over 30 years, taught kindergarten through 12th grades and then taught in the School of Education at WSU. After that she worked at the Superintendent of Public Instructions office before leaving to come back to the Tribe to work in education.

Sis is the daughter of Sally and Kenny Selvidge, and granddaughter of Dan and Effie Brown. She has lived her whole life here at Kamilche and has always had time and energy to support our youth and education here at home. Five generations of her family have lived down Kamilche Point. Her great grandmother was raised at Mud Bay, then moved to Kamilche as a young adult.



### In her candidate statement Sally says:

- I believe we need to ensure that every child attending Shelton Schools is given the tools they need to reach their potential.
- I believe the voices of the people of Shelton School District need to be heard.
- I believe Shelton School District needs to recognize and support each student's learning style, uniqueness and individuality.
- I believe the system needs to be accountable for the students' success, not just the teachers, not just the students and families, but together, being partners supporting every child.
- I believe our school board must be fiscally responsible in its duties.

## Not a registerd Voter?

Please do so right away. It is easy; just go to the Mason County web site click on the auditor's office and follow the directions. It can all be done online or stop by the Squaxin Island Tribal Center front desk and fill out a voter registration form.

NEW Rules: Some people don't think they can vote, but things have changed. If you are not under DOC supervision you can register to vote. If you don't have a permanent address you can vote.

### October 26th

*Last day for those unregistered in Washington to register for current election*

### Vote by Mail - It's EASY

**Washington State votes by mail.** Vote by mail is convenient and gives you extra time to learn about the ballot measures and candidates before casting your vote.

### 1. Receive your ballot

Your ballot is mailed to you at least 18 days before each election. To receive your ballot, your voter registration mailing address must be current. You can update your address online with MyVote.

If you are a registered voter and do not receive your ballot, contact your county elections department.

### 2. Vote your ballot

Your ballot packet will include a ballot, a secrecy envelope, and a return envelope. Follow the instructions that accompany your ballot. If you need a replacement ballot, contact your county elections department.

### Your ballot must be signed.

Be an informed voter  
For all ballot measures and candidates, visit the Online Voters' Guide.  
For local races, visit the website for your county elections department.  
Other sources of information about candidates and issues include local newspapers, television, libraries, political parties, and campaigns.

### 3. Return your ballot

**You can mail your ballot or drop it off at the dropbox located at Fire station 4 near the bottom of the hill on Old Olympic Highway.**

**You don't need to wait until November 3rd to return your ballot. Mail it in or drop it off at any time before November 3rd.**

### Your ballot must be:

Postmarked no later than Election Day; or  
Returned to a designated ballot drop box by 8 p.m. on Election Day; or  
Returned in person to your county elections department by 8 p.m. on Election Day.



## Squaxin Island TRIBAL NEWS

10 S.E. Squaxin Lane  
Shelton, WA 98584

PHONE: (360) 426-9781

TOLL FREE: 877.386.3649

FAX: (360) 426-6577

[www.squaxinisland.org](http://www.squaxinisland.org)

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

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

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

Submissions Deadline:  
15th of each month

### SQUAXIN ISLAND TRIBAL COUNCIL:

DAVE LOPEMAN:	Chairman
ARNOLD COOPER:	Vice Chairman
CHARLENE KRISE:	Secretary
VICKI KRUGER:	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  
[thenderson@squaxin.us](mailto:thenderson@squaxin.us)

## Council Corner

Whitney Jones - The Safe Streets Program celebrated its one year anniversary last month with a special dinner and thank you party. The growth and success of this program is largely due to many of you as residents, community members, block watch captains, elders and youth, and everyone else who has committed time and energy to help make the reservation and our homes on it a safer place to raise families and enjoy life together.

Almost 200 people also came together in September for a Suicide Prevention Awareness dinner with special guest speaker Litefoot and a walk around the rez. All ages attended the event to show support for family members who have been directly impacted by this issue but also to stand up and declare a battle against the loss of any more lives. Breaking the silence, speaking out, and checking in with neighbors, friends and family are all ways that people have committed to fighting for our community and helping protect our loved ones now and in the future. If you are struggling with depression and/or suicidal thoughts, or you think someone else may be, please reach out... to a relative, a counselor, a friend, or even a call line. We need you here.

October marks the beginning of the new fiscal year for the Tribe and on behalf of Vicki Kruger, our Council Treasurer, she would like to say thank you to everyone who participated in the budget process through public hearings or other comments. She is looking forward to sharing some exciting things with the community about the financial health of our Tribe. I am also happy to let you know that I have requested funds for a comprehensive community strategic planning effort in 2016. I have been passionate about this topic and our need to address future planning and growth of the Tribe so I will keep the community aware of opportunities to get involved in that as well.

It took a little longer to "re-claim" our Squaxin Island Tribe page from Facebook than I had anticipated, but we have ownership of it now; thank you to the crew in the IT Department! So setting up the Squaxin Island Tribal Community Group is almost complete and then we will go live with it as another way to increase communication flow with Tribal Members by sharing news and information and posting reminders about events and activities. Looking forward to talking to you soon.



## Car Seats Available

Greeting Squaxin Island Community,

I am Bev Hawks, the child care coordinator and community advocate. I have been temporarily placed in the tribal center building. I want to let the community know that we have car seats available. There is a one page application for car seats. Emergency Food Vouchers are also available through me. This program is still the same. The following criteria is needed to determine eligibility:

1. Application completely filled out
2. Income documentation for the last month of all household members age 18 and above
3. 18 and older need to sign a disclosure form
4. Emergency Food Voucher are distributed on a first come first served basis, contingent on your emergent need.

Please come by the Tribal Center if you need these services.





## Squaxin Island Youth Create Books Through Museum Grant

*Sophia Pinon is first  
to have her Coast Salish stories printed in hard cover book form*



A book signing for Sophia Pinon's "The Wolf and the Bear," "Frog Girl" and "Coyote and the Stars" took place on September 11th at the Squaxin Island Museum Library and Research Center (MLRC).

Printing of Sophia's book was funded through the Squaxin Island Museum Library and Research Center (MLRC) which was selected to receive a 2011 Enhancement Grant from the Institute of Museum and Library Services (IMLS) Native American Library Services program.

The MLRC initiated the "Squaxin Legends and Storytelling" project as a youth/elder engagement and storytelling documentation project in which Squaxin youth listen to traditional stories of the Squaxin Island Tribal Elders.

Sophia, age 12, is the first of 12 tribal youth participants to have their stories printed.

Sophia said, "I actually started my book when I was only 9 years old. It just took a while to get it finished."

According to museum staff, Sophia came to the museum faithfully every day after school to work on her stories.

Story Starter, the computer software program used to create the books, teaches students about the creative writing process. It is used to coach students in building the seven primary components of a story (Characters, Challenges, Motivation, Setting, Obstacles, Climax, and Closing).

"My inspiration was hearing stories from Squaxin Elders and other storytellers," Sophia said. "That helped me come up with my own stories."

Tribal member Casey Brown catered the event with BBQ pork sandwiches and condiments.

Sophia's book can be read at the MLRC.

"I really love going to school and learning," Sophia said. "I like writing and I really like to draw and make art."

*Squaxin Island MLRC staff are encouraging other tribal youth participants to complete their stories and bring them in as soon as possible.*



*Turning Pointe Domestic Violence  
Services Presents*



**October 9, 2015**

4pm - 7pm

Silent & Live Purse Auction  
Little Creek Casino Resort  
Event Center

\$25

includes hors d'oeuvres & cocktail

[www.turningpointe.org](http://www.turningpointe.org)

Purchase tickets at the door, online  
or at Turning Pointe Shelter

## Prescription Drug Take Back Boxes

**Clean Out Your Medicine Cabinet**

Dispose of unused or expired prescription medications

Located At:

**Mason County  
Sheriff's Office**

322 North 3rd Street in Shelton, WA 98584

and

**North Mason Regional  
Fire Authority**

460 Northeast Old Belfair Highway in Belfair, WA 98528

**Free Collection!**

For More Information  
Call Mason County  
Public Health & Human Services  
360-427-9670 ext. 400







## U.S. EPA Water Quality Announcement

The Squaxin Island Tribe - as a proponent of a comprehensive effort to push for revision of the federal Clean Water Act human health criteria - is very pleased with U.S. Environmental Protection Agency's August 31, 2015 announcement applicable to Washington State waters. Administrator Gina McCarthy signed a proposed rule that revises the current federal Clean Water Act human health water quality criteria applicable to waters under the state of Washington's jurisdiction.

EPA's proposed rule updates the fish consumption rate based on more recent regional and local fish consumption data, as well as updates the toxicity and exposure parameters used to calculate human health criteria. The proposal also takes into account applicable EPA policies, guidance, and legal requirements to protect human health.

The EPA proposal concurs with the Fish Consumption Rate of 175 grams per day previously proposed by Governor Jay Inslee, and widely supported by Tribes as a compromise rate to improve water quality. The FCR is one way to measure water quality. The Squaxin Island Tribe participated in a study over twenty years ago to assess the amount of fish eaten by Tribal members.

Jim Peters, Squaxin Island Tribal Council Member, said, "We have been pushing for improved water quality standards in this state for years. We have been adamant about its importance, not only to tribal people but to everyone."

The rule was published in the Federal Register in mid-September. Now in the Federal Register, EPA will accept public comments on its proposal for 60 days.

In a memorandum addressed to tribal leaders, an EPA spokesperson said, "EPA continues to prefer that Washington finalize state water quality criteria that would protect fish consumers in Washington. Therefore, if Washington were to submit final human health criteria to EPA, the EPA would likely pause its federal rulemaking activities to fulfill its required duty to review and act upon what the state submits in a timely manner. EPA is also keenly aware of the need to work with Ecology to implement water quality standards in ways that make reasonable progress in improving water quality while protecting the economic viability of state industries and communities."

Natural Resource Director Andy Whitener stated "The Tribe is committed to working with the State of Washington to implement the new standards once the rule is adopted. It is in everyone's best interest that the new standards be workable to improve water quality".

Corporate lobbies oppose efforts to improve water quality, essentially saying they can't afford not to pollute the water we all depend on and that cleaning up their act would cause them financial difficulties.

Tribes' valuable input on tribal member fish consumption and the central role that fish consumption plays in tribal culture and tribal treaty rights were important considerations.

More information can be found at the following website: <http://water.epa.gov/scitech/swguidance/standards/wqswa.cfm>





FACTORY OUTLET STORE

**ATTENTION!**

**SQUAXIN ISLAND TRIBAL MEMBERS**

**BEGINNING SEPTEMBER 1<sup>ST</sup>, 2015**

**The FACTORY OUTLET STORE will now offer**

**\$10.00**

**DISCOUNTS**

**EVERY CARTON**

**EVERY DAY!**

**We will continue to run our "SPECIALS" several times thru out the year**

**Watch for them in the Klah-Che-Min and DAILY SCOOP**

**Hours: M - F 9 AM - 3 PM**

**MUST SHOW TRIBAL MEMBERSHIP CARD**







## Walking On



### Jasmine Ann Nelson (Hartwell)

September 10, 1982 –August 17, 2015

Jasmine was a lifetime resident of Kamilche. She was born to Paula Krise and Larry Nelson on September 10, 1982 in Shelton, Washington.

Jasmine loved fishing and clam digging. She was a proud member of the Squaxin Island Tribe. She was a devoted mother and loved her family very much.

Jasmine is survived by her husband, Dennis Hartwell; her four children, Jason, Jeremiah, Domanick, and Daniel; her mother, Paula Krise; sisters, Corri Coleman, Juana Barckley (JC) and Dorothy Nelson (Dodie); brothers, Matthew Nelson, Christopher Lewis and Davey Newby; and many other nieces, nephews, aunties, uncles, and cousins.

She was predeceased in death by her father, Larry “Cane Larry” Nelson.

#### "Jasmine the Flower"

You can't tell a flower when to bloom, or grow, or die. It does it on its own time.



The Gallery at the Kenneth J. Minnaert Center for the Arts

### CALL FOR ARTISTS

8th Annual NATIVE AMERICAN ART EXHIBITION  
November 9th - December 11th 2015

The Gallery at the Kenneth J Minnaert Center for the Arts, at South Puget Sound Community College invites Native American artists of all tribes to submit entries for the Eighth Annual Native American Art Exhibition.

Work may be delivered on November 2nd and 3rd from noon to 2:00 p.m. Work may be picked up on December 19th and 20th from noon to 2:00 p.m. Artist Reception is Friday, November 13th 6-8 pm. If needed, other arrangements for dropping off or picking up of art can be made. The Gallery is not responsible for any shipping charges.

A panel may need to select works for the exhibition because of size limitations of The Gallery. Entrants will be notified by mail or phone of the panel's decision by October 16, 2015. Entries from youth are strongly encouraged.

Gallery Artwork Guidelines  
3-D work weighing less than 250 lbs.  
All work should be “gallery ready” properly framed and wired for hanging.  
Work must be original.

Contact Tom or Mandy McCullough [tomandmandy2015@yahoo.com](mailto:tomandmandy2015@yahoo.com)

2	SQUAXIN ISLAND TRIBAL COURT	
3	YOUTH COURT	
4	SQUAXIN ISLAND RESERVATION	
5		
6	IN RE	Case No.: CW-2015-1507-0149
7	D.G.,	
8		NOTICE OF FACT FINDING HEARING
9		
10	An Indian Child	
11	THE SQUAXIN ISLAND TRIBAL FAMILY COURT TO THE SAID Kenneth Green and Jessica	
12	Harris.	
13	YOU ARE HEREBY NOTIFIED THAT pursuant to Section 10.08 of the Squaxin Island Youth	
14	code, a Fact Finding and Dispositional Hearing for the above named youth has been filed in the Squaxin	
15	Island Youth Court. The hearing on this matter shall be held on the 4 <sup>th</sup> Day of November, 2015 at 11:30	
16	am at 10 SE Squaxin Lane, Shelton, Washington. FAILURE TO APPEAR AT THIS HEARING OR	
17	TO RESPOND IN WRITING MAY RESULT IN THE CHILD BEING PLACED IN A FOSTER	
18	HOME OR RELATIVE PLACEMENT. File your written response with Squaxin Island Tribal Court at	
19	the above listed address or call 360-432-3828 for more information.	
20		
21	Dated:	September 15, 2015
22		
23		
24		
25		
NOTICE OF FACT FINDING-- PAGE 1		
SQUAXIN ISLAND LEGAL DEPARTMENT 3711 SE OLD OLYMPIC HWY SHELTON, WA 98584 360.432.1771		





# SAFE STREETS' 1ST BIRTHDAY



Evan Welkin - At our September meeting we recognized our key supporters and block watch captains and looked to the future of the program as I transition out of the Community Mobilization Specialist role. I give my thanks everyone for their ongoing support of the program and look forward seeing where Squaxin Safe Streets goes in an exciting new year of organizing. I want to take this opportunity to repeat some of my (and our) thanks to Tribal staff and our Block Watch Captains for all they have offered the program so far:

**Glen Parker:** He is very much the reason we have a program at all, as his consistent advocacy for the health of this community lead him to the Safe Streets Campaign in Tacoma as the model we've used in this project.

**Kris Peters:** The Squaxin Island Community is incredibly lucky to have such a strong advocate and champion for Community Policing in our Chief whose support has made the whole program possible.

**Charlene Krise:** In addition to being a great collaborator, she is always eager to offer the perspective of traditional teachings and cultural practices that support healing for our community.

**Whitney Jones:** As a strong advocate for Squaxin Safe Streets on Tribal Council, she has attended almost all of our meetings with an eye on how we can constantly improve community/government relations.

**Gordon James:** He has been a wise and consistent partner on all kinds of collaborative efforts to support youth engagement in our project, from the mural project to staff support to help with logistics at events and activities.

**Michael Starr:** For several of our largest events, from our Safe Streets and Explorers kickoffs to our mural dedication to the 4th of July, he and his staff have offered excellent food and service free of charge to our program.

**Paula Henry:** Through thick and thin, she always has a smile and a friendly greeting and sometimes even a beautiful gift for everyone, whether it's at a meeting or holding up signs at the entrance to the reservation advocating for a safe community.

**Kim Elam:** As the Community Kitchen organizer extraordinaire, Kim offered us space, support and kitchen wizardry along with being a committed community advocate on the reservation.

**Casey Brown:** Whenever we need a strong back or a positive attitude, he's there. He goes out of his way to be of service to others and brings an amazing example of personal transformation to the program.



**Bobbie Brown:** With us from the start, she's a problem solver with ambitious ideas and follow through who is not afraid to commit her time and energy (even between shifts at work) to the community.

**Sharon Johns:** One of our most committed Block Watch advocates, she's ready with information and invites others to join her and our program in making the community safer.

**Herb Johns:** He's ready at all hours to be of service (starting his days while the city sleeps!), frequently offering tips and ideas from his long experience in law enforcement to our program.

**Daren Brownfield:** He came to us as a dedicated volunteer with the police department already. Though he has stepped back from our program, he continues to support safety and crime prevention with enthusiasm.

**Audelia Araiza:** As one of our co-leaders, she juggles a busy job with being a strong and consistent supporter of our program by showing up to almost everything we do, always looking for new ways she can plug in with a smile.

**Elizabeth Heredia:** We couldn't ask for a better advocate to our Elders community, who she encourages and supports with seemingly limitless dedication and a real commitment to the best in people.

**Chasity Masoner:** As our trusty secretary and dedicated block watch captain (also with almost perfect attendance), she takes amazing notes, documents events with great photographic skill and takes time from parenting to reach out to her neighbors and attend training in the spirit of service.

**John Krise Sr.:** He was working with the Drug Task Force before Squaxin Safe Streets took off, and continues to offer no-nonsense advice, amazing stories and a real caring spirit to his work as a block watch captain.

**Lorna Gouin:** With a long historical perspective on the growth and history of tribal government, Lorna reminds us of things that have been tried in the past, helps keep the conversation civil and always has a kind word for everyone.

**Dorinda Thein:** She's not afraid to speak out for what she believes in, sometimes with disagreement but with a quality of leadership that helps folks break out of their shell and see the potential of the program.

**Samantha Ackerman:** Our logo, Explorers program, posters and many other characteristic qualities of the program are all thanks to her enthusiastic, leading energy. We wish her well in her new adventures as a college student!





# SAFE STREETS' 1ST BIRTHDAY



**Patricia Green:** Not afraid to speak up but also willing to listen and problem solve for the greatest good, she has developed from rabble rouser to co-leader with an enthusiasm for community organizing and solid skills to keep the program going into the future.

Last but certainly not least, I want to thank my colleague, our Community Liaison Officer **Rene' Klusman** who has been a great partner this year. She took on her role with enthusiasm and considerable flexibility, building on her policing background to take on the principles of community law enforcement and youth leadership through the Explorers program. She's taught me a lot about service, dedication, and how to make long hours count for the good of her team and this community.

**Drug and alcohol related statistics from the Squaxin Island Police Department for the month of August 2015, a total of 14 drug and alcohol related calls for service for the month (6 drug, 8 alcohol) resulted in:**

- 3 Arrests
- 1 citation
- 0 referrals to other agencies
- 4 referrals to Tribal court







# SAFE STREETS' 1ST BIRTHDAY







## New Employees



**Lynice May**  
**Tutor at TLC**

Hi! I have worked with children for many years, and am the mother of five. I dabble with writing and have an article published. My background is in English at WSU.

I am most excited to be working with children and helping them with their academic success.

I look forward to working with you and the beautiful children.



**Mark James**  
**Domestic Violence Officer**

Hi! I have have been hired as the Domestic Violence Officer for the Squaxin Island police department.

I am a Lummi tribal member and have worked in the enforcement field for over 23 years. I have worked the past 15 years for the Department of Fish & Wildlife.

My wife, Jozette, and I have four children and one grandchild.

I am very excited to be joining the domestic violence program and working with the advocates for the Tribe. I hope to bring support to the membership and advocacy program and assist in providing open and safe communication.

I look forward to working with the community and getting to know the people of Squaxin Island Tribe. My hope is to provide tools to the community to use in order to bring healing and hope to families.





**NOW THRU NOVEMBER 15TH**  
**Round up your next purchase to help families in need this season!**

**Visit any Trading Post store location and make a donation to the Trading Post Turkey Round Up! All funds will directly support local area food banks.**



6610 Sexton RD NW  
Olympia, WA (360) 866-8009



61 West Highway 108  
Shelton, WA (360) 426-5254



3850 Old Olympic Highway  
Shelton, WA (360) 462-2007

[tradingpostrewards.com](http://tradingpostrewards.com)





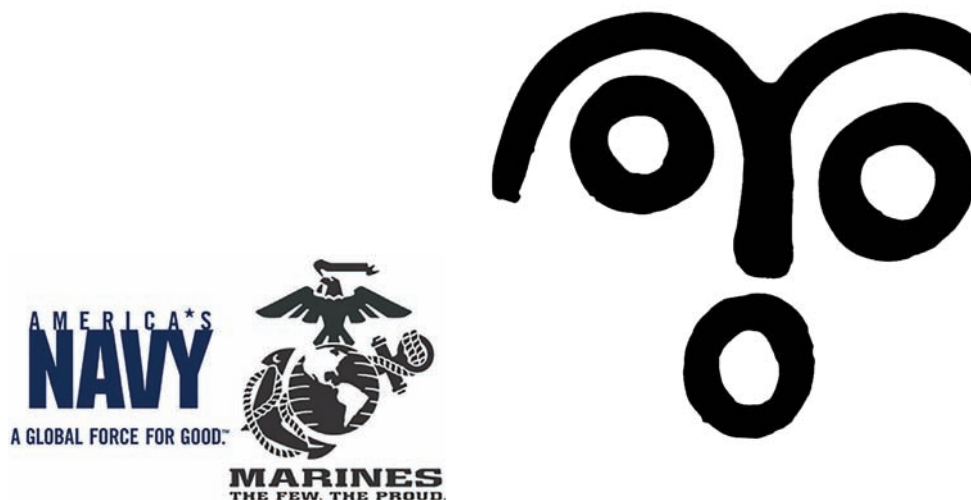
Please Join Us  
Building Strong Families Through Culture



## BSFTC

**MLRC**  
October 13  
3:00 to 5:00

For the Formation and Maintenance of Two-Parent Families.  
Dinner, Counseling, Child Support Issues, Arts and Crafts.  
Followed by Drum Group.



## Are You Marines or Navy?

Our Marine Corps League Detachment #482 (Cecil Cheeka is a member) is looking for men and women who have served or are still serving in the U.S. Marine Corps, Navy Corpsman, or Navy Chaplain who served with the Fleet Marine Forces to join our Marine Corps League Detachment # 482.

Our Marine Corps League Detachment meets:

First Saturday of each month at 8:00 a.m.

Meetings last between 1 – 1½ hours.

Breakfast is optional

Address is: 2902 Martin Way East, Olympia, WA 98506

(The VFW POST 318 lets us use their hall for our meetings)

## ANNUAL Adopt A Foster Family

*It's that time of year for Holiday Cheer!*

*Squaxin Island Family Services is putting out the invitation to all departments and Community members to come together to adopt the families that are in Foster Care.*

*Each year the families are very appreciative of the gifts they receive and are enlightened that their community is still thinking about them while they go through hard times.*

*If you or your department would like to sign up please contact Morningstar Green (360)432-3886 [mtgreen@squaxin.us](mailto:mtgreen@squaxin.us)*





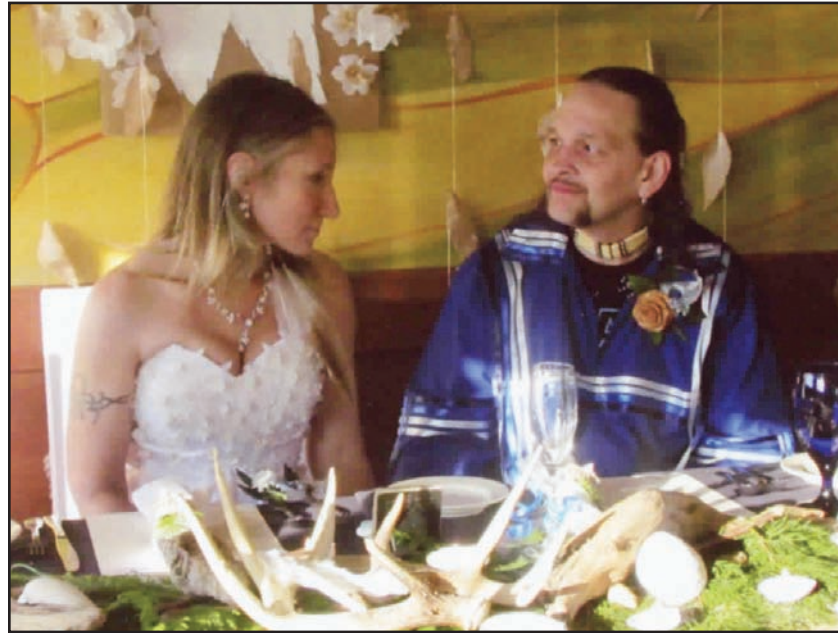


## Congratulations Jess and Carol Brownfield

*Married August 11th*

Jess Brownfield and Carol Weber were married August 11, 2015 in a small ceremony on the beach at Quinault Beach Resort, followed by a dinner reception at the resort. Jess is the son of Sally and the late Mike Brownfield of Kamilche, WA. Carol is the daughter of Brenda Soula of Kingston, WA. and Steve Weber of Pennsylvania. Conner Anderson, the bride's son of Port Gamble S'Klallam gave his mother away, Carol's bridesmaid was her daughter Alysia Anderson also of Port Gamble S'Klallam. Alysia, drummed and sang a traditional love song for her mother as Conner escorted their mother. Jess' best man was his cousin Trevor Dunn of Venture, California. The bride and groom took their wedding vows standing on a bed of cedar boughs facing the ocean. The bride

wore a white strapless wedding dress that she embellished with seashells and crystals. Jess, Trevor and Conner wore blue ribbon shirts. After the official wedding ceremony the bride and groom's mothers blanketed the couple with a Squaxin Island Tribal Pendleton blanket. The couple's week long honeymoon took them from the beach on to Suquamish and Seattle, attending the EMP Star Wars exhibit. Mr. & Mrs. Brownfield reside at Kamilche Pt.



## Halloween Safety for Kids & Teens

[halloween-safety.com](http://halloween-safety.com) - Kids love Halloween! They get to dress up and get free candy! What a perfect holiday! Give your kids some precious Halloween memories that they'll have for life.

Some of you kids already know things that you can do to be safe, like how to cross the street, not to talk to or go with strangers and things like that. But we adults know how exciting Halloween can be and that can make you forget to be careful.

Here are some tips that we have just for you kids, to help keep you safe on Halloween night!

Never, ever go into a strangers house or even ring their door for treats unless your parents are with you and say that it's okay. Always make sure that your mom or dad is within sight when you go out trick-or-treating.

Be careful when you cross a street. Make sure to look in both directions and make sure that there are no cars coming.

If you are an older kid or young teen, and going out with friends, make sure that your parents know where you are going and who you are going with. This may seem like a pain but they are your parents and they love you. They just want you to be safe.

If you can drive and are taking a bunch of friends to a party, make sure that you have enough gas to get there. You don't want to run out on a dark street, all alone, like a bad horror movie!

If you parents give you a curfew, be home when they say. It builds trust between you and them and they are doing it for your own safety. If you are going to be late, call them and let them know.

Vandalism is never cool! Throwing eggs at cars and houses is not cool. Someone has to clean it up and it could be you, if you get caught. You can also be arrested and punished as a juvenile. So, don't think that it's fun only if you can get away with it. It's never the right thing to do! Think about how you would feel if someone did that to your house and how bad it would make you feel.

Have fun on Halloween but keep it safe, have some good, clean fun and your parents will trust you for many Halloweens to come! Showing them how responsible you can be will give you a feeling of pride and make them see just how adult you really are.



*The newlyweds with  
cousin Trevor Dunn &  
his fiancée Khrystle Rae*







## Fall Back, Not Down

Gus Nilsson - Spring Forward, Fall Back.

When fall arrives, Daylight Savings Time ends. November 1st is the date to remember to turn your clocks back an hour.

"Fall" is something most animals do not want to do. Birds have a special talent in this area.

When animals sleep, most of them lay down for their nap, or curl up to sleep. Not birds. They sleep standing up. But how do they get their rest and not fall while asleep?

The deeper the sleep of a bird, the less likely he is to fall. The grip of the bird's claws is controlled by a long tendon that runs along the back of the bird's leg.

The more the tendon stretches, the tighter the claw's grip. As the bird relaxes into deep sleep, the legs bend and the tendon stretches, tightening his grip on the perch.

## Have a Safe & Happy Halloween



# Arise, Shine

## Native Men's & Women's Conference


Isaiah 60:1-3

**Friday**  
6:30pm Registration  
7:00pm Singspiration  
**Saturday**  
8:00am Breakfast, workshops  
7:00pm Hattie Kauffman  
**Sunday**  
8:30am Breakfast  
10:00am Worship & Testimony  
11:00am Service with Brian Cladoosby


**November 6-8  
2015**

**Muckleshoot Pentecostal Church**  
39731 Auburn Enumclaw Rd SE  
Auburn, WA 98092

**Special Speakers:**



Hattie Kauffman, of the Nez Perce Tribe, Former NBC, ABC news commentator & host of Good Morning America. Hattie also reported for 48 Hours, Street Stories, Sunday Morning, CBS Radio, CBS Special Reports, the Early Show, and CBS Evening News.



Brian Cladoosby, Swinomish Tribal Chair and National Congress of American Indians President. Brian has served on the Swinomish Indian Senate, the governing body of the Swinomish Indian Tribal Community, since 1985.

**Traditional Dress & Instruments of worship welcomed**

	<u>Men</u>	<u>Women</u>
<b>Worship done by</b>	Pastor Kenny Williams, Muckleshoot	Wanda Sampson, Yakama
<b>Workshop Speakers Include:</b>	Truman Santiago, Ote-Missouria Doug James, Lummi Aaron Williams, Coughatta	Ann Masten, Quinault Arlene Olney, Yakama Stella Morrison, Yakama

Hosted by Pentecostal Church and Firestarters Ministries [www.firestarters-ministries.org](http://www.firestarters-ministries.org)  
For more information contact Pat Walker, Creek 253-380-4347

## Arise, Shine Conference 2015

*"Arise, shine, for your light has come, and the glory of the Lord rises upon you. See, darkness covers the earth and thick darkness is over the peoples, but the Lord rises upon you and his glory appears over you. Nations will come to your light, and kings to the brightness of your dawn"*  
Isaiah 60:1-3

**Traditional Dress & Instruments of worship welcomed**

### Schedule of Events

**Friday, Nov 6-6:30pm** Registration  
7:00pm Protocol/Worship/Fellowship

**Saturday, Nov 7<sup>th</sup> 8-9am** Breakfast  
9am-Noon workshops  
Noon-1pm lunch  
1pm-2pm workshops  
2pm-5pm activities, vendors, Etc.  
5pm-6:30pm dinner  
7pm **Parade of Nations**  
Worship/Hattie Kauffman Speaking  
Hattie's booksale & fellowship to follow service

**Sunday, Nov 8<sup>th</sup>**  
8:30-9:30am breakfast  
10am worship & testimony  
11am service with **Brian Cladoosby**  
Lunch following Service

**FREEWILL OFFERING WILL BE TAKEN**

### Conference Registration

Register By October 30 for special rate of \$5.00  
Late registration \$20

Mail registration (name & tribe) to:  
Firestarters  
PO Box 1182  
Spanaway, WA 98387

### General Information

**Lodging:** Quality Inn 253-288-1916, ask for "Arise, Shine Conference" rates. Must reserve rooms **by Oct 29** to get special rates.

**Dry Camp available on Church Grounds.**

**Vendors:** Contact Pat 253-380-4347

**Childcare:** No childcare provided. Children must stay with parents at all times.

For UPDATES, check website [www.firestarters-ministries.org](http://www.firestarters-ministries.org)

WE RAISE OUR HANDS IN APPRECIATION TO THE MUCKLESHOOT TRIBE

Sponsors & facility not responsible for accidents, injuries, stolen or lost articles or any damaged items or for your way home. Use of drugs, alcohol and weapons are strictly prohibited and enforced.





## Hours:

With Autumn here, we are excited to update everyone on KTP's changes and announcements. First we have our new store hours:

### KTP is Open

Sunday - Thursday from 6:00 a.m. to 10:00 p.m.

Friday - Saturday from 6:00 a.m. - 12:00 a.m.

With these new hours, we are also introducing amazing new features to our store. One new feature is the improved store layout, allowing for an improved shopping experience. With new automatic doors and spacious aisles, our customers can enjoy a comfortable shopping experience. Along with our new store layout, we are excited to announce the addition of our new DVD kiosk. The kiosk has the newest releases as well as some best sellers. To check out our DVD availability, view: <http://tradingpostdvd.mydvdkiosks.net/member/home>. Most importantly, we would like to offer an exclusive offer for tribal members! Head down to KTP and enter this code: T987654 to receive one free movie for a night!

## Vote Kamilche Trading Post

2015 BEST GAS STATION/  
CONVENIENCE STORE

Mason County Journal



With football season here, we are also excited to announce the return of our annual tailgate party! Come on down to KTP on Thursday, October 22nd to enjoy BBQ and a tailgate favorite; Taster's Choice Chili Cookoff! Lastly, with our new additions, don't forget to head on down to KTP and vote us the best gas station/convenience store of Mason County!



## TRADING POST TAILGATE PARTY!

**TAILGATE PARTY**  
Thursday Oct 22nd 11am - 2pm

Bring your chair and tailgate with us at the Kamilche Trading Post! Enjoy hot dogs, chips and fountain drinks! Win prizes and take advantage of full service at the pumps when you fuel up!



## CHILI CONTEST

Taster's Choice 11am-1pm

Sample the area's best chili recipes and vote for your favorite! To register your award winning chili contact [asmith@ieinc.org](mailto:asmith@ieinc.org) or call 360-462-1338

1st: \$500 Visa Gift Card  
2nd: \$100 Shell Gift Card  
3rd: \$25 Shell Gift Card



## SWIPE TO WIN!

Rewards Club Giveaways!

Simply swipe your Trading Post Rewards Card and be entered to win a Sony PS4 bundle, a galaxy tablet pro, or lots of other great prizes! Wear Seahawks gear for a spin at the Skookum Creek Tobacco Prize wheel.



## Squaxin Island Tribal Members

**FIRST NIGHT FREE  
IN OCTOBER!**

Over 250 titles to choose from!  
1st night \$2  
\$1 each consecutive night!

**ENTER CODE T987654**



A valid credit/debit card is required for all rentals. A \$10 authorization charge will occur and be released upon rental return. Offer is good for one free night rental. Each additional night will automatically be charged at \$1.00 to card on file. Enter the code above upon check out for one free night rental. Free rentals are subject to availability and are obtainable on a first come first served basis. Offer expires 10/31/2015 and is valid while supplies last. Visit [www.tradingpostrewards.com](http://www.tradingpostrewards.com) for full terms and conditions. Management reserves all rights.





## Afterschool Program

Jerilynn Vail - Things are almost back to full swing here in our after-school program. Please make sure you are looking at our flyers and calendars to see all the special activities that have been planned for the youth this month. Also, please make sure if anyone has an updated phone number to please let us know here at the after-school program.

On October 9th, we will be getting rid of all leftover lost and found items from the summer program. If you think your child has left anything behind, please check with us. If your child has left clothing or swim towels here, they are washed and ready for picking up.

One goal of the daily trivia contest is for youth to practice their reading and problem-solving skills. Sometimes researching the answer takes a little bit of thinking, teamwork and writing skills. Responding to parent requests, we have upgraded the trivia contest prizes to a variety of healthy snacks – including fruit snacks, granola bars and other non-candy prizes.

## Teen Center/CHUM Project

Laurel Wolff - The CHUM Project is planning to take up to nine teens to participate in the Northwest Native American Basketweaver's Association conference in Warm Springs, OR. We are very excited for teens to participate in this growing annual event. The teens will have opportunities to learn and practice a variety of basketweaving techniques, led by basketweavers from around the region.

Youth Council will continue to meet on Tuesdays from 5:00 p.m. to 6:00 p.m. All teens are encouraged to join us. This month, Youth Council will be discussing plans for the Halloween party, upcoming leadership conferences and how the Youth Council can strengthen its important role for youth in the community.

Laurel will be on annual leave for two weeks in October. Kim Elam, Candace Penn, Jaimie Cruz and Patricia Green have graciously offered to help lead activities during this time. Check Facebook for updates on those activities.

### *A few other reminders:*

- On October 9th, we will make a college visit to the University of Washington's Seattle campus.
- On October 23rd, Jaimie Cruz will host teen night in the Mary John's Room from 7:00 - 10:00 p.m. Teen Night is the time for hanging out in the Teen Room after hours. There will be food, music, games and lots of fun.
- Our TLC Halloween Party will be on October 30th. Come dressed in your costume, play games and eat yummy food.

## Higher Education News

Mandy Valley - When applying for higher education funding from the Tribe, I want to remind everyone about the importance of reading through the Higher Education Policy and Procedures packet. It is important that students understand how to use this funding to your best advantage, and I am available to answer any questions you may have. The Tribe provides each higher education student with up to 15 quarters or up to 10 semesters of funding. If you are a student getting close to reaching your individual funding limit, I will reach out to you with a reminder that you are approaching the limits of the Tribe's higher education awards.

I maintain a lot of information about other higher education funding resources, including numerous scholarship opportunities. I can assist you in the application processes; please let me know what kind of assistance you need. If you are interested in these scholarship resources, please email me and I can help you get started. If you have any questions or concerns about the Tribe's Higher Education awards, college

applications, financial aid, scholarship resources, or any other part of the higher education process, please don't hesitate to email me at [mvalley@squaxin.us](mailto:mvalley@squaxin.us), call me at (360) 432-3882, or stop in to see me at the Tu Ha' Buts Learning Center.

## Education Liaison News

Peggy Peters - The 2015 Back-to-School Education Forum on September 9th was a great success. The parents and families who attended enjoyed a wonderful dinner, and everyone had the opportunity to express their ideas, make suggestions or ask questions. The discussion and ideas shared at these education forums are documented and reviewed by the Tu Ha' Buts Learning Center staff to see how we are doing in meeting the needs of the community. Over the past couple years, community input from our education forums has helped us continue to improve in a number of ways. Among others:

- A suggestion for camping trips has already led to several camping opportunities for teens through the CHUM Project.
- A suggestion to expand the hours of the Summer Rec Program led to the 2015 Summer Rec operating from 7:30 a.m. to 4:00 p.m.
- A suggestion to visit national parks has led to Outdoor Club, a teen hiking group that has taken numerous hikes at state and national parks throughout the region.

Thank you to all of the people who joined us on September 9th and shared in the discussion. Of course, we are not going to be able to act on every bit of guidance, input or feedback we receive. So much depends on staffing, budgets, timing, and more. But we are determined to continually improve all of our TLC programs in our efforts to meet needs of the Squaxin Island community. If you weren't able to join us, we still want to hear from you. Email your ideas to Peggy Peters at [papeters@squaxin.us](mailto:papeters@squaxin.us) or call her at (360) 432-3826.

### *Input from the September 9th education forum included:*

#### AFTER-SCHOOL PROGRAM:

Swimming lessons. Traditional dance/song/drum. Powwow Dance & Regalia. "Monday, Game Day." Home safety when parents are not there. Youth softball. A sports department. A steady coach through a grant or sponsor. A program that helps low income families get laptops for middle, high, or college students. Music and arts room. Be engaged in major school assignments/projects with students and teachers.

#### SUMMER RECREATION PROGRAM:

Maybe have some of the 12+ year-olds that want to help the children get more opportunities to help. Need more things for 13 year-olds to do. Summer Rec cuts off 13 year-olds. Please baseball.

#### EDUCATION LIAISON:

Shelton and Griffin School District: "We need tutors!!!"

#### HIGHER EDUCATION:

We need essay prep classes for people applying for scholarships. We need a central location where we can find different scholarships. Teach our children leadership and government. Apprenticeship for tribal members/descendants to fill top positions at the casino.





# LEARNING CENTER



## GED/HOMEWORK SUPPORT:

Need to have more leniencies for GED. Do away for Tribal members so they can work. GED is too hard.

## SYLVAN PROGRAM:

Need Sylvan for all students who desire to be better and learn stronger.

## TEEN CENTER/CHUM PROJECT:

How do we get the teens who don't live on the rez more involved? Since they aren't here daily after school, it is hard to keep them informed/engaged. Worried that they feel a bit isolated or a bit as outsiders since they aren't frequently here. I think we should have one Saturday a month activities for the teens. Government class for Youth Council. Unity? Fishing and hunting skills, hanging and mending nets, processing meat. Funding for a sports program: fundraising and sponsors. Healthy meal planning. Help w/researching and writing scholarships, college/career prep. Baseball teams for kids who don't participate in B-Ball [basketball]. Great Wolf Lodge. Travel to other states for basketball. Track. Make a football team.

## OTHER SUGGESTIONS, IDEAS, AND ACTIVITIES:

Ask parents to help with fundraising for basketball and baseball. Go to other tribes 1%, ask for funding basketball and baseball. Have a vocational and college day for people to see what they might be interested in. Healthier eating after school: \*less sugar, \*more veggies, \*more awareness on young people's diets. Is TLC working w/ Safe Streets? Build partnerships with other departments and museum staff - traditional teachings. Career day, chance for kids to meet professionals in various fields. Youth Council more visible in community, as leaders of youth helping in community - litter, Elder visits, General Body meetings and Talking Circles. Reward system for both good and positive behavior (encourage self-discipline). Allowing high school seniors to coach sports to learn responsibilities, team work with adults and children, and good communication.

## What's Happening at the TLC

- October 9<sup>th</sup> from 5:00-6:30 p.m. **Pool Party**



- October 15<sup>th</sup> from 5:00 - 5:45 p.m. **Prep for Our 4<sup>th</sup> Annual Chili Cook-Off**
  - October 16<sup>th</sup> - from 4:00 - 4:45 p.m. **Our 4<sup>th</sup> Annual Chili Cook-off**



- October 23<sup>rd</sup> from 5:30 - 7:00 p.m. **Movie Night**



- October 26<sup>th</sup>, 27<sup>th</sup> and 28<sup>th</sup> **Small Groups to the Pumpkin Patch**
  - October 29<sup>th</sup> from 5:15 - 6:30 p.m. **Pumpkin Carving**



- October 30<sup>th</sup> from 1:30 - 4:30 p.m. **only open for a pool party.**

The gym and rec room will not be open. We will be setting up and preparing for our **Halloween Party** that begins at 5:00 p.m.

**If you have questions, call Jerilynn at 432-3992**



## HALLOWEEN PARTY

**OCTOBER 30<sup>TH</sup>**  
**5:00 - 7:00 P.M.**  
**TLC GYM**

**JOIN US FOR CARNIVAL GAMES AND PRIZES.**  
**DINNER WILL BE SERVED FROM 5:00 - 6:30 P.M.**

**COME DRESSED IN YOUR COSTUMES.**

**IF YOU HAVE QUESTIONS, CALL JERILYNN AT 432-3992**





## October

Laurel Wolff teen advocate: 432-3842  
Check Facebook for updates to Calendar!  
Teen Center Open 3:00-6:00 M-F unless otherwise noted

Monday	Tuesday	Wednesday	Thursday	Friday
			<sup>1</sup> Teen Center Closed Basketball practice 3:30 - 4:45 Drum Group 5pm @ Museum	<sup>2</sup> Teen Center Closed For the Basketweavers Conference
<sup>5</sup> Basketball practice 3:30 - 4:45	<sup>6</sup> Basketball practice 3:30 - 4:45 Teen Chefs 3:30-5:00 Youth Council 5:00-6:00	<sup>7</sup> Inter-Tribal League Game - TBA	<sup>8</sup> Basketball practice 3:30 - 4:45 DIY CRAFTS 3:30-5:00 Drum Group 5pm @ Museum	<sup>9</sup> University of Washington - Seattle Visit 8am -7pm
<sup>12</sup> Halloween Decorations 3-4:30 Basketball practice 3:30 - 4:45	<sup>13</sup> Basketball practice 3:30 - 4:45 Teen Chefs 3:30-5:00 Youth Council 5:00-6:00	<sup>14</sup> Inter-Tribal League Game - TBA	<sup>15</sup> Basketball practice 3:30 - 4:45 DIY CRAFTS 3:30-5:00 Drum Group 5pm @ Museum	<sup>16</sup> Youth Council Fun Day with Jaimie
<sup>19</sup> Halloween Decorations 3-4:30 Basketball practice 3:30 - 4:45	<sup>20</sup> Basketball practice 3:30 - 4:45 Teen Chefs 3:30-5:00 Youth Council 5:00-6:00	<sup>21</sup> Inter-Tribal League Game - TBA	<sup>22</sup> Basketball practice 3:30 - 4:45 DIY CRAFTS 3:30-5:00 Drum Group 5pm @ Museum	<sup>23</sup> Teen Night 7pm-10pm
<sup>26</sup> Halloween Decorations 3-4:30 Basketball practice 3:30 - 4:45	<sup>27</sup> Basketball practice 3:30 - 4:45 Teen Chefs 3:30-5:00 Youth Council 5:00-6:00	<sup>28</sup> Inter-Tribal League Game - TBA	<sup>29</sup> Basketball practice 3:30 - 4:45 Pumpkin Carving 3:30-5:00 Drum Group 5pm @ Museum	<sup>30</sup> Teen Center Closed for Halloween Party 5-7pm





# LEARNING CENTER



Happy  
Halloween

**October 2015**

*Squaxin Youth Education, Recreation and Activities Calendar - All activities are drug, alcohol and tobacco free.*

*YEC Hours: M-F 7:30am-7:00pm*

*Front Desk: 432-8958*

*Rec Rm: 432-8957 (only 3-6pm)*

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
			1 Rec Rm: 3-6pm Cultural Activity: 5-6pm Open Gym: 4:30-6pm Bball Jr/High: 3:30-4:30	2 <b>SSD-ER 1.5 HRS</b> Rec Rm: 2:30-6pm Fun Day: 5-6pm Open Gym: 4:30-6pm Open Swim: 5-8pm
5	6 Rec Rm: 3-6pm Arts-n-Crafts: 5-6pm Gym: Bball Jr/High: 3:30-4:30 Bball Elem: 5-5:45pm	7 <b>GSD-ER @ 2:30PM</b> Rec Rm: 2:30-6pm Crafty Kitchen: 5-6pm Open Gym: 2:30-4:30 ITL Game: TBA Open Swim: 3-6pm	8 Rec Rm: 3-6pm Cultural Activity: 5-6pm Open Gym: 4:30-6pm Bball Jr/High: 3:30-4:30	9 Rec Rm: 3-6pm Fun Day: Pool Party Open Gym: 3-6pm  Open Swim: 5-8pm
12 Rec Rm: 3-6pm Game Day: 5-6pm Open Gym: 4:30-6pm Bball Jr/High: 3:30-4:30 Open Swim: 3-6pm	13 Rec Rm: 3-6pm Arts-n-Crafts: 5-6pm Gym: Bball Jr/High: 3:30-4:30 Bball Elem: 5-5:45pm	14 <b>GSD-ER @ 2:30PM</b> Rec Rm: 2:30-6pm Crafty Kitchen: 5-6pm Open Gym: 2:30-4:30 ITL Game: TBA Open Swim: 3-6pm	15 Rec Rm: 3-6pm Cultural Activity: 5-6pm Open Gym: 4:30-6pm Bball Jr/High: 3:30-4:30	16 <b>SSD-ER 1.5 HRS</b> Rec Rm: 2:30-6pm Fun Day: Chili Cook-off Open Gym: 4:30-6pm  Open Swim: 5-8pm
19 Rec Rm: 3-6pm Game Day: 5-6pm Open Gym: 4:30-6pm Bball Jr/High: 3:30-4:30 Open Swim: 3-6pm	20 Rec Rm: 3-6pm Arts-n-Crafts: 5-6pm Gym: Bball Jr/High: 3:30-4:30 Bball Elem: 5-5:45pm	21 <b>GSD-ER @ 2:30PM</b> Rec Rm: 2:30-6pm Crafty Kitchen: 5-6pm Open Gym: 2:30-4:30 ITL Game: TBA Open Swim: 3-6pm	22 Rec Rm: 3-6pm Cultural Activity: 5-6pm Open Gym: 4:30-6pm Bball Jr/High: 3:30-4:30	23 Rec Rm: 3-6pm Fun Day: Movie Night Open Gym: 4:30-6pm  Open Swim: 5-8pm
26 <b>GSD-ER @ 12:20pm</b> Rec Rm: 12:30-6pm Game Day: 5-6pm Open Gym: 4:30-6pm Bball Jr/High: 3:30-4:30 Open Swim: 3-6pm	27 <b>GSD-ER @ 12:20pm</b> Rec Rm: 12:30-6pm Arts-n-Crafts: 5-6pm Gym: Bball Jr/High: 3:30-4:30 Bball Elem: 5-5:45pm	28 <b>GSD-ER @ 12:20pm</b> Rec Rm: 12:30-6pm Crafty Kitchen: 5-6pm Open Gym: 2:30-4:30 ITL Game: TBA Open Swim: 3-6pm	29 <b>GSD-ER @ 12:20pm</b> Rec Rm: 12:30-6pm Cultural Activity: 5-6pm Open Gym: 4:30-6pm Bball Jr/High: 3:30-4:30	30 <b>GSD-ER @ 12:20pm</b> <b>SSD-No School</b> <b>WHL-ER @ Noon</b> <b>We are only open for pool</b> <b>Party from 1:30-5pm</b> <b>Halloween Party 5-7pm</b>
<b>After School Snacks:</b> M-F 3-4:45pm <b>Computer Lab:</b> M-Th 3-7, F 3-5pm <b>Sylvan:</b> M-Th 4:30-6:30pm <b>Homework Help, GED Prep:</b> T-TH 4-7pm		<b>ER = Early Release</b> WHL = Wa-He-Lut Indian School SSD = Shelton School District GSD = Griffin School District		<b>I.T.B. - Inter-Tribal B-Ball</b> High School: 9-12 Grade Middle School: 6-8 Grade Elementary: 4-5 Grade





# SUICIDE PREVENTION EVENT



Photos by Sis Brownfield and Lonnie Rickard



**Special Guest Speaker:** Gary Paul Davis (born March 1, 1969), better known by his stage name Litefoot, a Native American rapper, actor, and the founder of the Red Vinyl record label. He also portrayed Little Bear in the movie *The Indian in the Cupboard*, and Nightwolf in *Mortal Kombat Annihilation*.

Litefoot was born in Upland, California, was raised in Tulsa, Oklahoma, and has lived in Seattle, Washington since 1997. He is Cherokee and Chichimeca (northern Mexican indigenous) descent.

He is married to Carmen Davis, who serves as president of the Reach The Rez effort and is Makah, Yakama, and Chipewewa Cree. They have three sons, Quannah, Sequoyah, and Qwnuseia.







## The Sticky Topic of Halloween Candy

Source: *Your Child's Weight* by Ellyn Satter, Family Therapist and Registered Dietitian Nutritionist, Submitted by Patty Suskin, Diabetes Coordinator



Your child needs to learn to manage sweets and to keep sweets in proportion to the other food he eats. Treat-deprived girls in research studies load up on forbidden foods when they weren't even hungry and tend to be fatter, not thinner. Girls who were allowed treats regularly ate moderately if at all and were thinner."

### A learning opportunity – try this suggestion:

Halloween candy presents a learning opportunity. Work toward having your child be able to manage his own stash. For her to learn, you will have to keep your interference to a minimum.

When she comes home from trick-or-treating, let her lay out her booty, gloat over it, sort it and eat as much of it as she wants. Let her do the same the next day. Then have her put it away and relegate it to meal and snack-time: a couple of small pieces at meals for dessert and as much as she wants for snack time.

If she can follow the rules, your child gets to keep control of the stash. Otherwise, you do, on the assumption that as soon as she can manage it, she gets to keep it. Offer milk with the candy, and you have a chance at good nutrition.

The key phrase in candy advice is relegate it to meal and snack time. Structure is key. Maintain the structure of meals and sit-down snacks, with parents retaining their leadership role in choosing the rest of the food that goes on the table. With that kind of structure and foundation, candy won't spoil a child's diet or make her too fat.

For more about feeding, see [www.EllynSatterInstitute.org](http://www.EllynSatterInstitute.org) and click on *How to Feed*. For more about family meals, click on *How to Eat*.

There will be more articles in future issues about how to establish a healthy relationship with food.



Produced by IHS Division of Diabetes Treatment and Prevention,  
[www.diabetes.ihs.gov](http://www.diabetes.ihs.gov)

## 3 STEPS To HEALTHY EATING

You can help your family members eat healthy by taking these 3 steps:

1. Use smaller plates.
2. Divide the plates into 4 equal portions of vegetables, fruits, grains, and meats/poultry/fish.
3. Watch portion sizes by stacking food no higher than 1 to 1½ inches.

To print out *My Native Plate* placemats showing these steps, go to:

[www.diabetes.ihs.gov](http://www.diabetes.ihs.gov).

Click on *Printable Materials*, *Nutrition*, then *My Native Plate*.

Squaxin Island Tribal  
Members  
Make your appointment for  
your FLU Shot



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

## FREE BLOOD PRESSURE SCREENING 2015

The First Week of each month  
Either Monday, Tuesday or Wednesday



Blood Pressure checked by your friendly  
neighborhood firefighters

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

## NWWP's 13<sup>th</sup> Annual Inter-Tribal Breast Cancer Awareness Walk

Hosted by Chehalis Tribe

Saturday, Oct. 17, 2015

10:30 am to 2:30 pm

Chehalis Tribal Community Center- Gathering Room



Registration will start at 10:00 am

Opening Prayer –Welcome at 10:30 am

Walk will start at 10:45 am

Lunch starts at Noon

Cancer Survivor Speaker at 12:45 pm

Honoring Breast Cancer Survivors

Door Prize Raffle

All walkers will get a T-shirt (while supplies last)

Looking for Volunteers to help with the walk!

For more information about the walk please contact:

Traci Lopeman, Squaxin Island Outreach Worker, 360-432-3930



Notice: Information displayed on this flyer, in email or on our website calendar is subject to change without notice.  
Please refer to the flyer's contact person for latest update.





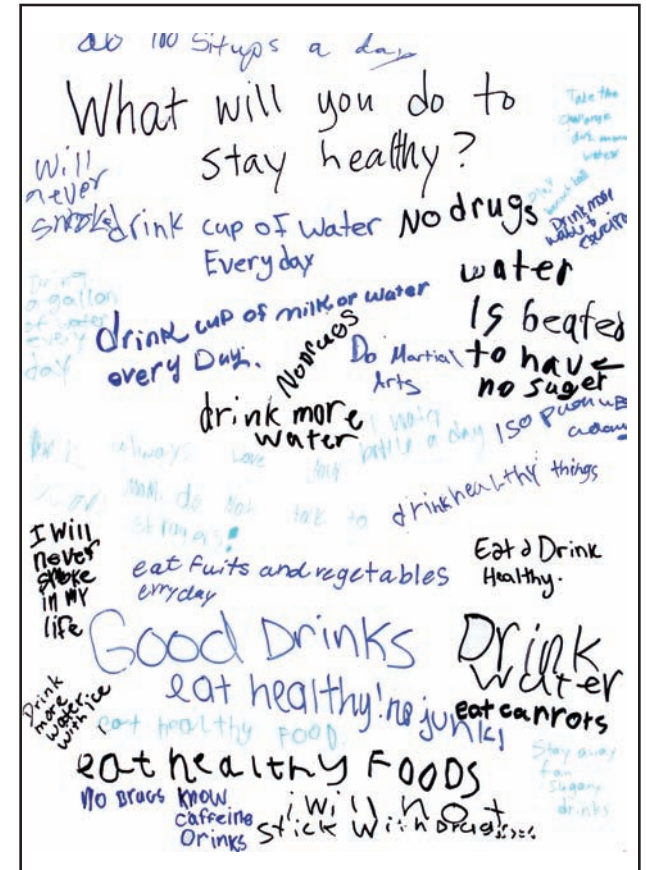
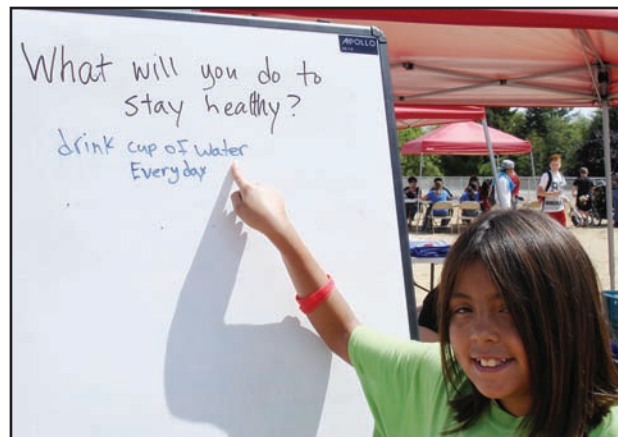
## Monday, August 10th Youth Fair

### Drinking Water is A Blessing You Give Yourself

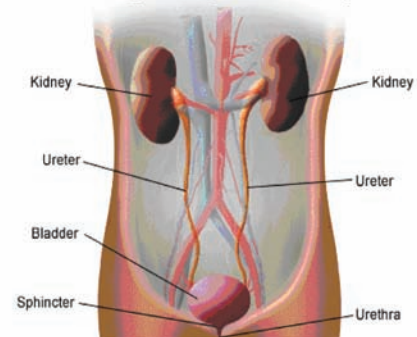
Submitted by Patty Suskin, Diabetes Coordinator- Because Vicki Kruger of Tribal Council is concerned about childhood obesity in the community, she asked me to address sugary drinks at the Youth Fair. I had several posters and pop containers showing how much sugar is in each. One poster from IHS shared a story of a San Carlos Apache man who switched from soda to water. He quoted his grandparents, "Drinking water is a blessing you give yourself".

Many of the youth were surprised that Gatorade, some Tea drinks, and Capri Sun were also sugary drinks in addition to soda pop. Attendees were asked to write on the board what they will do to stay healthy. I hope you will enjoy these photos with various participants sharing their plan to stay healthy. We need your help in supporting their promises.

Feel free to contact me if you would like ideas or have questions on how to keep your family healthy. 360.432.3929 or psuskin@squaxin.us



How to Protect Your Kidneys  
Tips from Your Diabetes Program  
Your kidneys work by filtering or cleaning your blood and removing waste products from your blood



#### What can you do to Protect your Kidneys?

1. Drink lots of water—1/2 ounce per pound of weight (lowers blood pressure to decrease load on kidneys)
2. Take an ACE inhibitor- protects kidneys (lisinopril, "prils" Ask provider about it if not taking
3. Blood pressure (BP) control 140/90 or less
4. Blood sugar control
5. Yearly blood test & urine test to see how kidneys are doing
6. Protein intake in moderation: 8 ounces a day
7. Stop tobacco use
8. Treat bladder infections right away
9. Less caffeine
10. Avoid energy drinks

### Foot Exam Morning with Dr. Molina Kochhar (Foot Doctor)

Thursday, Oct 15, 2015

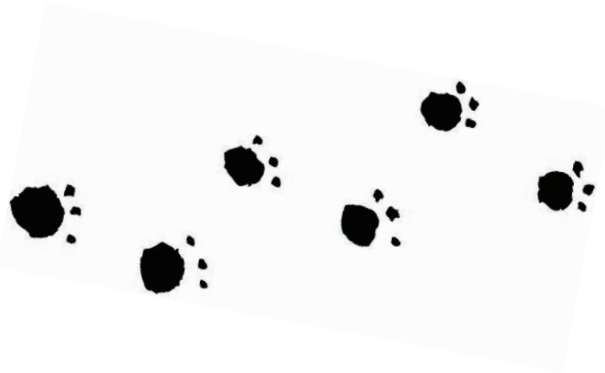
9 am—noon

Priority for people with Diabetes  
Others will be seen if space is available.



Contact Patty Suskin,  
Diabetes Coordinator, for an appt.  
360 432-3929





## Clinic Events

### Mammogram Clinic

October 28th  
Contact Traci Lopeman  
360-432-3930

### Brief Community Walk

Every Monday at 12:40 p.m.  
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  
Work out alone, with us  
or schedule a time for a group

### 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



## top 10 ways to grow happy kids

1. Let them decide how much to eat.
2. Present healthy foods as "treats."
3. Offer water instead of juice.
4. Include a fruit and/or vegetable at each meal.
5. Serve low-fat milk to children over two.
6. Use mealtime to strengthen family ties.
7. Lead by example – "walk the talk."
8. Create activities – for you and them – every day.
9. Provide attention instead of food or the bottle.
10. Encourage and praise their efforts.



Tuesday,  
October 13th is  
WIC DAY at  
SPIPA

**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





## October Happy Birthdays

1  
Carmen Dee Orsillo  
Donna Penn  
Jess Travis Ehler  
Shirley M. Monahan

3  
Adam Wade Mowitch  
Joshua G. Smith  
Thailer Budd Vilter Jr.

4  
Lorenzo A. Solano  
Nicole Lee Seymour  
Steven Robert Sigo, Jr.

5  
Beth Ann Robinson  
Lydia Ann Buffington

6  
Jeremiah Micah Schlottmann  
Michael Shawn Todd  
Russell Lane Pleines  
Shiloh Ann Henderson

7  
Michael David Krise  
William Raymond Peters

8  
Alea Lynn Janine Shea  
Audelia Marie Araiza  
Elizabeth Ann Perez  
Theresa J. Davis

9  
Addison Yvette Peters  
Colton Jeffery Gott  
Mathew Anthony Nelson  
Ronald Day, Jr.

10  
Christina Smith Claridy  
Ernest Leonard Pluff Jr.  
Kade Benavente Whitener  
Owen David Dorland  
Susan Ann Clementson

11  
Dontae O. Hartwell  
Michael Alan Peters

12  
Larry Douglas, Mc Farlane, Jr.  
Sharen I. Ahrens

13  
Jericho Lon Hartwell  
Julian Sorin Hawk Masoner  
Steven Robert Sigo

14  
Savannah R. Fenton

16  
Bobbi L. Filipetti  
Leo Eugene Henry Jr.  
Troy Tye Baxter

17  
Charles Ormond Lacefield  
Kelly Leann Davis  
Mitchell Elliot Coxwell  
Ruth Branch James  
Wilson Charles Johns

18  
Christina E. Price  
Clara Rose Seymour-Luby  
Danielle Charlene Whitener  
Micha Frankie - James Roberts  
Shanika Rose D. Cooper

19  
Christine Thompson  
Trelace` Rose Sigo

20  
Jacey Cruz Gonzales  
Michael Sheldon Henderson

21  
Bear Jon Lewis  
Draven Brown  
Giovanni X Solano  
Leroy Yocash, Jr.  
Sean Robert Spezza

22  
Anthony Raymond James  
Danielle Lyne White  
Peter William Kruger, Sr.

23  
Erik Jason Johnson

24  
Daren D. Brownfield  
Marjorie S Hill  
Roger Allen Turner Ford  
Rolayno Jay Charters  
Rose Ann Davis

25  
Cloe' Angelique Martin  
Donna Jean Baker  
Erika Ada Poste

26  
Autumn E. Murch  
Kasia Lee Seymour  
Lisa Marie James  
Selah George Thale

27  
Dione L. Johnston  
Ellen M. Davenport  
Grace A. Scout  
Mario Lee Rivera

28  
Andrew Stephen Crone

29  
Adrian James Garcia  
Arthur Barragan  
John Edward Krise  
Mariano C. Bello  
Marvin Sanley Henry, III  
Ronnie Patrick Johns  
Zackary Taylor Sayers

30  
Carie Ann Kenyon  
Tori Anne Willis

31  
Hayden Joseph Seymour  
Marvin Stanley Henry, Jr.  
Sam Emilio Luby  
Tanya Gaylene Anderson  
Tarvail Roy Garcia  
Wilma Moneaka Morris

### What's Happening

AA & ALANON Every Wednesday 7:30 p.m. in the Elders Building				1	2	3
4	5	6	7	8	9	10
				<i>Council Mtg.</i>		
11	12	13 <i>BSFTC</i> Criminal/Civil Court	14 Family Court	15	16	17
18	19	20	21	22 <i>KTP</i> <i>Tailgate Party</i> <i>Council Mtg.</i>	23	24
25	26	27 Criminal/Civil Court	28	29	30 <i>TLC</i> <i>Halloween</i> <i>Party</i>	31 <i>Happy</i> <i>Halloween!</i>





# WATER SOUNDS 2015



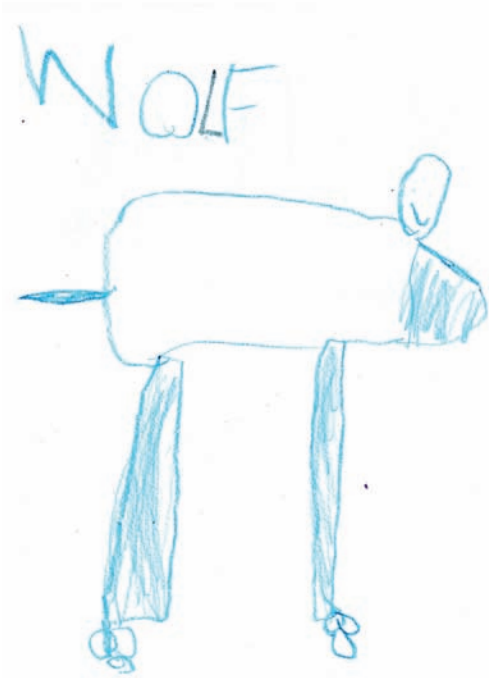
*Photos by Dale Croes*





Youth Environmental Art

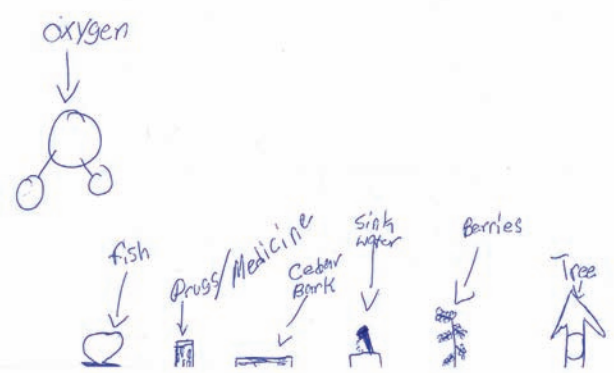
Quinton Whitener



Mykah Masoner



Madison Parker



**FOX SPORTS 1** PREMIER BOXING CHAMPIONS LIVE HEAVYWEIGHT ACTION! BROADCASTING LIVE

**GERALD WASHINGTON -vs- AMIR MANSOUR**

Plus! Exciting Heavyweight and 2012 U.S. Olympian Michael Hunter and Undefeated Light Heavyweight Knockout Artist Ahmed Elbiali In Separate Bouts

**TUESDAY, OCT 13 | 5PM**  
**LITTLE CREEK BRAWL 8**

SIT MEMBERS RECEIVE 2 FREE TICKETS! PICK UP AT TRIBAL ADMINISTRATION OFFICE AFTER OCTOBER 1ST

**TOE-TO-TOE TUESDAYS**

CHECK OUT ALL OUR UPCOMING EVENTS ONLINE

**SKOOKUM CREEK EVENT CENTER** **LITTLE CREEK CASINO RESORT** **20th ANNIVERSARY**

**BINGO**

**October 2nd, 3rd, 4th & 16th, 17th, 18th**

Fri. | 6:30pm  
Sat. | 11:45am & 4:30pm  
Sun. | 4:30pm

**\$599 Blackout at 11:45 session**  
**\$1199 Blackout at 4:30 & 6:30 sessions**

**Wear Halloween Theme Items & receive a free level 1 (3-on) with initial buy-in**  
**Win \$25 - \$100 in Lucky Jack-O-Lantern drawings every hour**  
**Early Bird Specials at all sessions**

**LITTLE CREEK CASINO RESORT**  
www.LITTLECREEK.com  
See Keno or call (360) 427-3005 for more details  
Ask about special room rates during bingo sessions!