



Annual Basket Conference
Photos on pages 4, 5 & 23

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PERMIT NO. 96



Return Service Requested



Tribe Re-Acquires Island Reservation Lands from WA State Parks

Sharon Haensley - Over 130 years after losing ownership through misguided federal policies, the Squaxin Island Tribe is re-acquiring from Washington State Parks 31.4 acres on the south end of the original Island Reservation. The purchase was greatly helped by the Tribe’s earlier purchase of nearly one-quarter of the Island lands from the Washington Department of Natural Resources. State Parks no longer owns any lands on the Squaxin Island Reservation.

The State Parks Commission unanimously approved the transfer to the Tribe on July 23. “We’re returning a property that was yours all along and was possibly taken inappropriately,” Parks Commissioner Rodger Schmitt told the Squaxin Councilmembers who attended the meeting. “The water there is so pristine, so good for shellfish,” said Council member Charlene Krise. “That’s the character of our island that we want to protect for future generations.” Council member Vicki Kruger spoke of her ancestors that had lived on the lands, and other Councilmembers also shared comments with the Parks Commissioners.

On September 30, Governor Inslee signed the deed at a ceremony attended by Council members and staff.

Originally the Tribe owned its entire Island Reservation, which was created by the 1854 Treaty of Medicine Creek. In 1884, however, the federal government took the land away through a misguided policy aimed at assimilating Native Americans. The government divided Indian res-

Continued on Page 2

Squaxin Island Museum Holiday Bazaar

Nov. 13th & Nov. 14th
9:00 - 5:00 & 9:00 - 4:00

No Admission Fee

Raffle,
baked goods, Indian tacos, fry bread & chowder
basketry, home made lotions & balms,
carvings, beadwork . . .
and much more!

Just to name a few art VENDORS:

- Jennette Huber
- Kathy Ervin
- Jolene Grover
- Andy Peterson
- Eileen Penn

Food VENDOR:
Mud Bay Shaker Church



150 SE Kwuh-Deegs-Altsw, Shelton WA 98584



Council Update

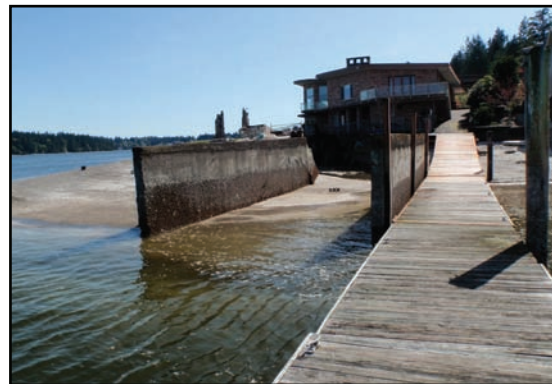
Just a short update for you this month and then I'll have more to share next month.

As we move into the holiday season and a time of thanksgiving, I want to take a minute to give thanks to some groups of people who help make our Tribe great. First, thank you to our Veterans; you have done much for the Squaxin Island Tribe, its community and for the greater United States. Every time we have an event and the Color Guard marches in and posts the colors it is a joy to watch and honor those who have served. Second, I'd like to extend thanks to the employees of the Tribe and all its enterprises; while we only get to have a dinner with and for you once a year, please know that your dedication and commitment to our community is appreciated all year long. Thank you all.

Two quick reminders... please join us at the Talking Circle which will be held Tuesday November 10th at 5:00 in the Community Kitchen. And also don't forget to "like" our new Squaxin Island Tribe Facebook page. We have been putting it to good use for activity reminders and community information and are continuing to explore additional ways to more specifically update and engage tribal members through the Tribal Member section of the website. More on that to come...

Collier House Beach Restoration

The Squaxin Island Tribe recently removed sediment barriers at the Collier house beach to enhance fish habitat. The project consisted of removing the private boat ramp and concrete wall extensions that trap sediment. The project site was rated as high priority for restoration by the Puget Sound Nearshore Ecosystem Restoration Project. The site is rated by WDFW as having potential for forage fish spawning. This herring run in the area is one of only two stocks in Puget Sound found to be genetically distinct and is used as an indicator for Puget Sound herring by the Puget Sound Partnership which has set a goal of increasing production to 880 tons by 2020. It is hoped removing the impediments will result in increased spawning habitat for sandlance, surfsmelt and herring, all of which are important food sources for Puget Sound salmonid species. The Washington Department of Fish and Wildlife will conduct yearly acoustic trawls of the herring stock adjacent to the site to calculate biomass.



Before and after

Tribe Re-Acquires Island Reservation Lands

Continued from page 1

ervations into allotments, and gave them to individual Native Americans who could dispose of them after an initial waiting period. While some allottees sold their lands for market value, many others lost lands through fraudulent transactions and forced sales due to unpaid taxes.

State Parks acquired the land from non-tribal owners between 1961 and 1965. Its use of the land was greatly complicated by the fact that the Tribe had never lost title to the tidelands surrounding the Island. In 1961, the Tribe began allowing public access over the tidelands. In the 1980s, State Parks received grants to construct a dock and place moorage buoys at the site, and for several years, the location was popular with South Sound boaters.

Disagreements arose, however, and in 1993 the Tribe ceased allowing public access over the tidelands. State Parks insisted that it pay significantly less than fair market rent or to compensate for the loss of shellfish production for the public's access over the Tribe's tidelands. With no lease for public access, the state park eventually closed.

The Tribe is incredibly pleased to reacquire this ancestral land. Reacquiring the land is a critical part of the Tribe's program to return Island lands to Tribal ownership. The land is a cultural touchstone, a place for gathering, and for educating youth about Squaxin ancestors and culture.

Squaxin Island TRIBAL NEWS

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Shelton, WA 98584

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TOLL FREE: 877.386.3649

FAX: (360) 426-6577

www.squaxinisoland.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:

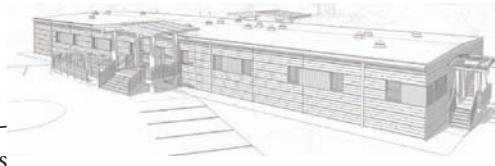
THERESA M. HENDERSON: EXT. #3945
thenderson@squaxin.us



Moving Family Services Forward

DCD Staff - The Department of Community Development's project to create a new home for Family Services achieved an important milestone in late summer when the 11 modular units that comprise the building were moved into their permanent positions on the site. Since then, a new roof has been installed on the building and energy-efficient heat pumps dropped into place. The goal of this project is to create a welcoming, professional, family-friendly facility with public and private spaces and secure storage for confidential records.

Over the next couple of months various trades will be bringing the building systems to life and remodeling the interior and exterior spaces. We expect to move Family services to their new home in early 2016.



Grants Galore!

The Planning Department is excited to share the good news with the community that three new grants were awarded to the Tribe in September! The Department of Justice (DOJ) Coordinated Tribal Assistance Program announced that two 3-year programs totaling \$940,427 were awarded to the Squaxin Island Tribe. Squaxin was also awarded \$100,000 through the Indian Health Service's Methamphetamine and Suicide Prevention Initiative.

Funding Agency	Amount	Department
Department of Justice Community-Oriented Policing Services	\$551,110	Public Safety and Justice
Department of Justice Office of Victims of Crime	\$389,317	Family Services
Indian Health Service Methamphetamine and Suicide Prevention Initiative	\$100,000	Northwest Indian Treatment Center

DOJ's Office of Victims of Crime: Comprehensive Tribal Victim Assistance Program awarded \$389,317 for a new Vulnerable Adult Protection Program to be implemented within Family Services. This funding will enable the Tribe to develop a culturally competent program to deliver services to vulnerable adults, particularly elders, who are victims of crime.

Elements of the program include: completion of Tribal code to address elder abuse; outreach about the issues and signs of elder abuse; and development and implementation services for vulnerable adults that emphasize the traditional model of caring for Tribal elders.

DOJ's COPS program awarded \$551,110 to Public Safety and Justice for new police vehicles, a new dive team boat, other new equipment and officer training. This funding will help meet the critical need to update equipment and technology, provide specialized training for officers and enhance the Tribe's ability protect Tribal natural and property resources.

The Indian Health Service's Methamphetamine and Suicide Prevention Initiative awarded \$100,000 to the Northwest Indian Treatment Center to promote client-centered recovery. Funds will be used for culturally-infused, individualized methamphetamine treatment and relapse prevention services. This one-year project will also expand the development of the post-treatment peer support recovery coaching network and referral relationships with recovery support providers in clients' home communities.

Legal Offices Remodel

DCD Staff - Squaxin Legal Services has been housed for over a decade at the former Wood property, down the hill from the Tribal Center. The department has steadily grown over time, eventually filling every nook and cranny of the 1939 house.

This spring, Community Development staff embarked on a project to expand and remodel the existing structure while keeping the character of the iconic Kamilche property. The extensive construction project necessitated temporary relocation of Legal staff across various Tribally owned sites. The expansion includes two new offices, two conference rooms and a fully accessible entry and bathroom. Additionally, the entire building has been rewired and energy efficient lighting and heating has been installed. The project is on track for Legal staff to move back in after Thanksgiving.

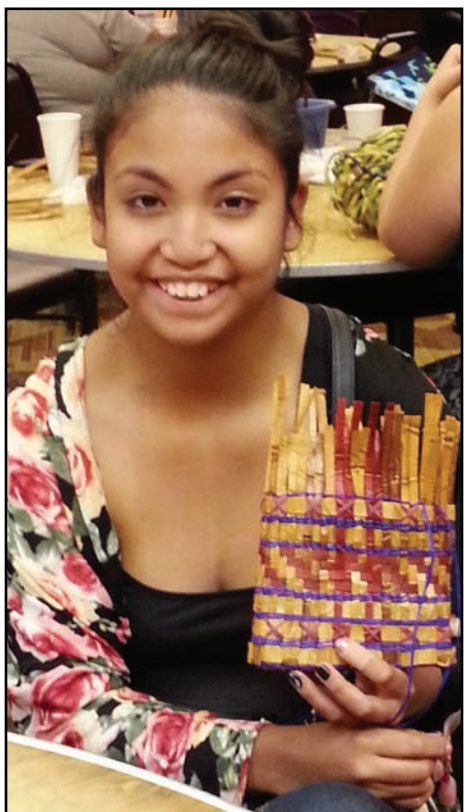




BASKET CONFERENCE



Photos by Margaret Henry and Scott and Christine Semanko

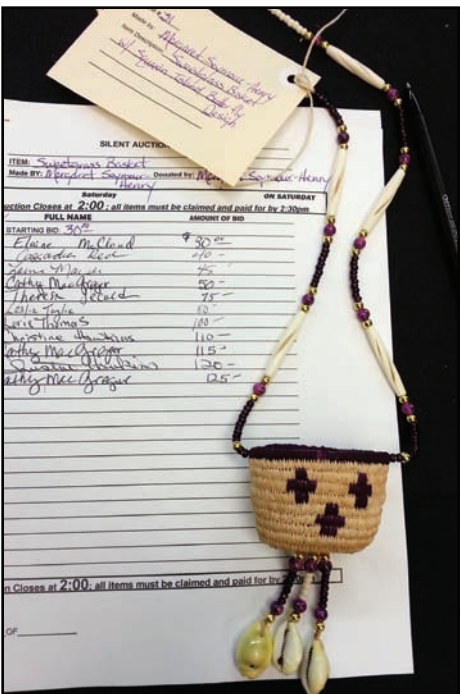




BASKET CONFERENCE



Photos by Margaret Henry and Scott and Christine Semanko





Employee Appreciation

The Squaxin Island Tribal Government 11th Annual All-Staff Appreciation Dinner was held on Wednesday, September 30th at the Little Creek Casino Resort in the Event Center. The event, sponsored by the Tribal Council, was well attended by staff, families and the Tribal Council.

Members of the Tribal Council spoke words of appreciation to the employees of the tribe. Certificates and gift albums were presented to thirty-six recipients who reached their five year milestones, i.e. 5, 10, 15, 20, and 30 years of service. (See list of honorees) Tribal Administrator Don Whitener presented the awards and the Council members congratulated each recipient.

Several door prizes, which were donated by Island Enterprises, Little Creek Casino and Squaxin Island Tribe, were distributed by Council members Whitney Jones, Vicki Kruger and Charlene Krise, while the attendees enjoyed a pleasant dinner.

We thank you, employees of the Squaxin Island Tribe, for your years of dedicated service. We appreciate you!

5 Year Milestones:

Melody Starkey
Michael Ulakovich
Morgan Rothrock
Earl Hari
Julie Martinez
Raven Miller
Michael Corbett
Akenese Grant
Alfred Smith
Morningstar Green
Rebekah Ayres
Vince Henry, Jr.
Kathy Block
Brian McTeague
Greg Twiddy
Jaclyn Meyer
Joan "Giita" Clark

10 Year Milestones:

Melanie Gaffey
Jeremiah Johns
Mary Gill-Cooper
Eric Sparkman
Bette Peters
Robyn Velazquez
Mark Allen
John Taylor

15 Year Milestones:

Alex Ehler
Tully Kruger
Chad Ziegler
Raymond Peters
Astrid Poste
Joseph Peters

20 Year Milestones:

Shirley Starkey
Tammy Ford
Pamela Hillstrom
Suluia Tovia

30 Year Milestone

Tiff Barret



New Employees



Patricia Green

Community Mobilization Specialist

Hi! My grandmother is the late Myrtle Richards, my mother is Donna Penn, and my Lushootseed name is bəłups.

I'm the mother of Micha and Andre Roberts and have lived on the Rez for the last nine years.

I've worked with Squaxin Safe Streets for the last year as a Co-Captain, along with Audelia Araiza. I am excited to move behind the scenes of what SSS has to offer our community and tribal people alike.

Feel free to stop any time to discuss any of your thoughts on the community and things we can do to improve the quality of life here on the reservation. You can also reach me at the office by phone. My number is 360-432-3867 or email me at pgreen@squaxin.us.

Emily Sigo Human Resources Staff Assistant

Hi! I have a six year-old step-daughter, Sophia, and a seven month-old son. They are my everything! In my free time we love to go to museums and parks.

I love the people I will be working with and am ecstatic to become a part of the community again. I look forward to getting to know everyone better.



Paula Henry Parent Education Home Visitor

Hi! I am a Squaxin Island Elder. My mom was June Krise Novell. I have five children and have lived here since February 8, 1982.

I've been in many programs working for the tribe plus the casino.

I am looking forward to home visits, being a support, and learning new job duties.

I am so looking forward to being in the community seeing everyone.





HUMAN RESOURCES



Great News from Great Wolf

We have been enrolled in a program with Great Wolf Lodge which offers all Squaxin Employees and Tribal Members a 20% discount at Great Wolf Lodge through December 30. All that is needed is proof of employment for the Tribe (SIT Government, IEI or LCCR) or that the guest is a SIT member. Jan Olson is the contact on this if anyone has questions.



Be rewarded with Great Wolf Perks. You're going to love winding down our water slides, dining in one of our Northwoods-themed restaurants and building great family traditions.

Squaxin Island Tribe

Save
20% OFF
Best Available Rates

Great Wolf Lodge® amenities include:

- 84-degree colossal indoor water park
- Daily Wolf Walk™ and Story Time
- Spacious Northwoods family suites
- Fantastic specialty-themed restaurants – and much more!

So clear your calendar, pack the swimsuits and head to Great Wolf Lodge.

For more information or reservations, visit greatwolf.com or call 866.925.WOLF (9653).

USE CORPORATE CODE: SQUA985A



Valid through December 30, 2015.

Includes water park admission the day you arrive through the day you depart.

Must present valid work ID or documentation at check-in.

Great Wolf Lodge
20500 Old Highway 99 SW
Centralia, WA 98531



Offer valid only at the property and dates listed above. Valid on a per night basis and must be mentioned at time of reservation based on 2015 best available rates. Limited number of rooms available for each date. May not be valid during holiday and blackout periods or combined with any other discount or promotional offers. Multiple night minimum stay may apply. Offer based on 4 guests per room and must have one individual 21 years of age or older staying in each room. Offer may be terminated at any time without notice. Offer is not transferable and is not redeemable for cash. Must present valid work ID or documentation at check-in. Limit of 2 rooms per valid ID. Additional charges may apply for themed and premium suites, weekends, and/or holidays.



Voc Rehab

The Vocational Rehabilitation teams from both Squaxin Island and Nisqually Tribes would like to express our gratitude for the collaboration from employees here at the Squaxin Island Tribe for the formulation of the Nisqually and Squaxin banner. This banner is our representation for the Tribal Vocational Rehabilitation programs as we travel to different Tribal Vocational Rehabilitation conferences across the nation. Employees from Squaxin Tribe started with simple ideas which added creativity, organization, technical skills, structuring and restructuring and finally a finished product.

Once again thank you to the following people:

Will Marchant
Squaxin Island
Vocational Rehabilitation
June Krise
Squaxin Island
Program Manager Vocational Rehabilitation
Amber Sutterlic
Nisqually
Program Manager Vocational Rehabilitation
Ruth Whitener
Squaxin Island
MLRC
Theresa Henderson
Squaxin Island
Information Specialist
Dan Neeland
Squaxin Island
Construction Manager
Casey Krise
Squaxin Island MLRC





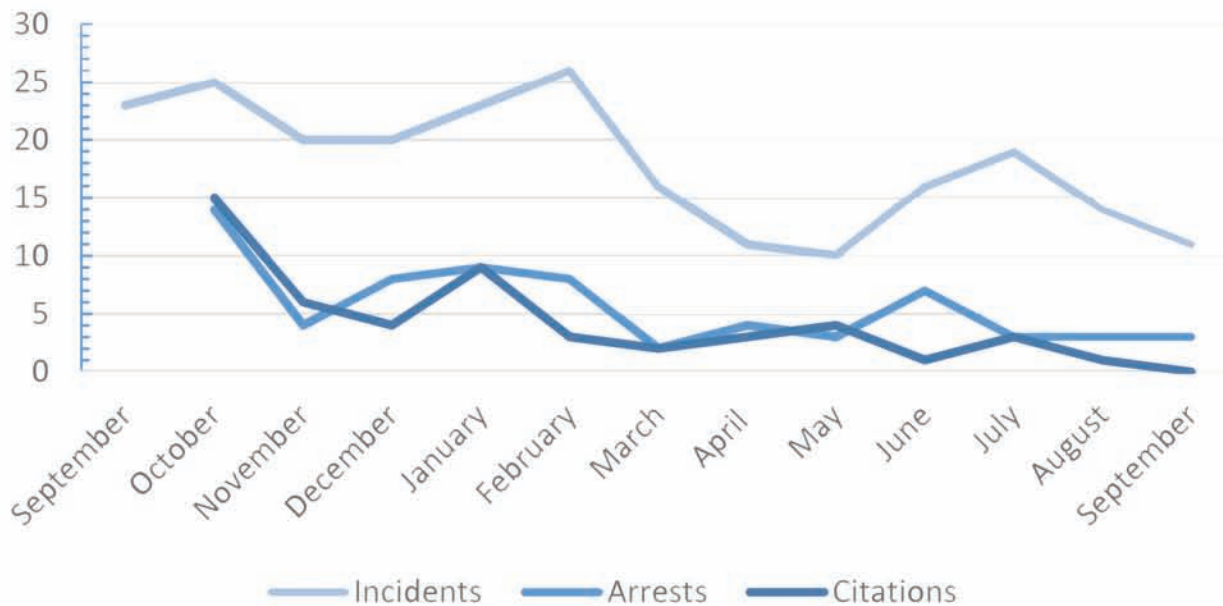
SQUAXIN SAFE STREETS

ONE YEAR OF SUCCESS



Squaxin calls to Mason County Dispatch are up 9% versus the previous year. This is good news because it means people are beginning to report to proper authorities.

MONTHLY DRUG & ALCOHOL CALLS FOR SERVICE
SQUAXIN ISLAND POLICE DEPARTMENT (2014-2015)



Incidents

- Average of 18 per month (down from 23 in February)

Arrests

- Average of 6 per month (down from 9 in February)

Citations

- Average of 4 per month (down from 7 in February)



SAFE STREETS



Prescription Drug Take Back Boxes

Clean Out Your Medicine Cabinet
Dispose of unused or expired prescription medications

Located At:

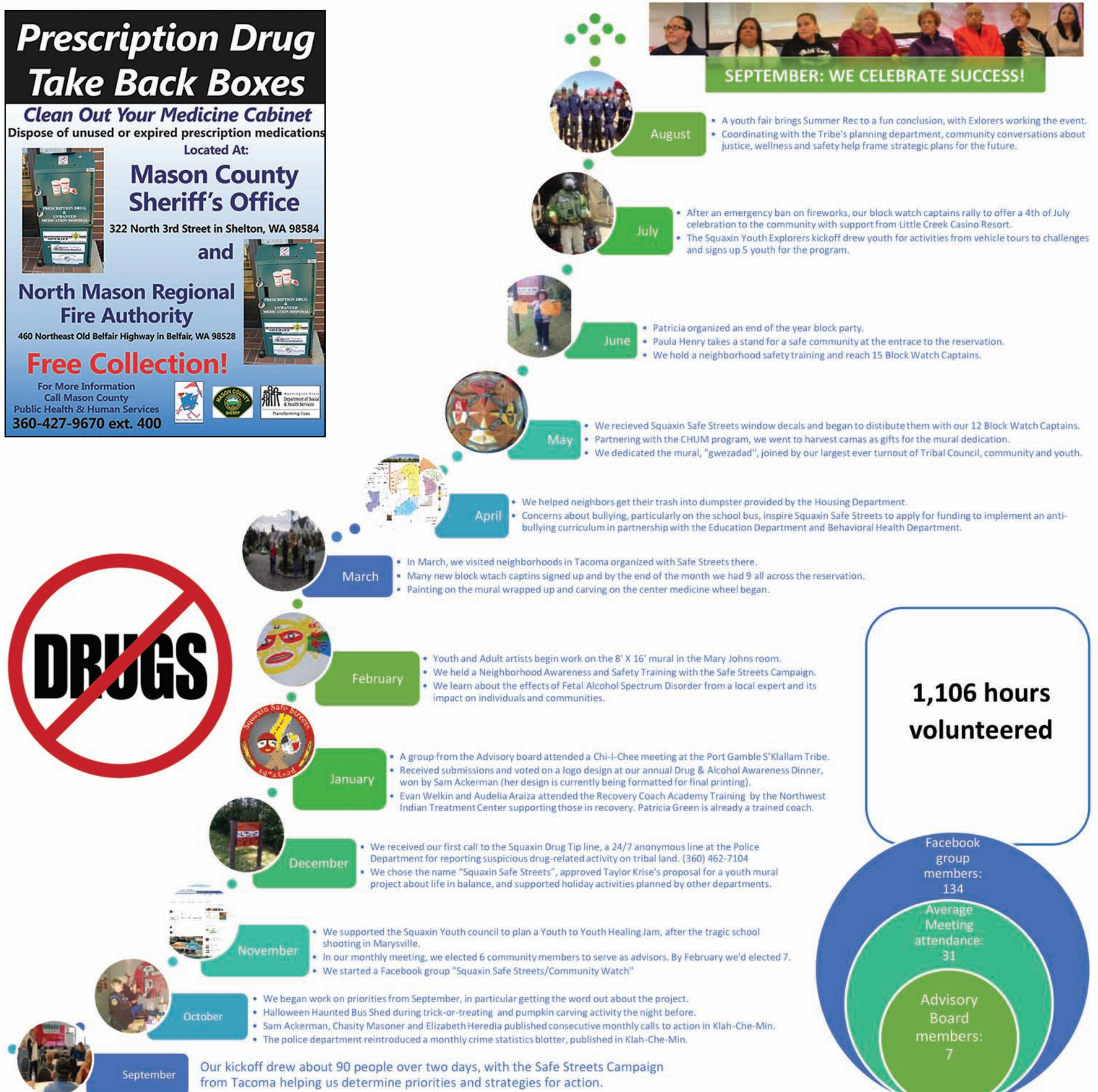
Mason County Sheriff's Office
322 North 3rd Street in Shelton, WA 98584

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



**1,106 hours
volunteered**

Facebook
group
members:
134

Average
Meeting
attendance:
31

Advisory
Board
members:
7



Youth Activity Program

Jerilynn Vail - Our 4th Annual Youth Chili Cook-off was another success. We had three teams in the contest this year. The youth were busy dicing, cooking and working together as a team to cook their chili. We send a big thank you to our three volunteer chili judges: John Krise, Bob Smith and Tyler Thale.

Just a reminder that the Inter-Tribal League basketball games for elementary-aged youth will start this month. We continue to recruit youth interested in playing basketball and being part of a team. We have practice scheduled for Grades 3-5 from 5:00-5:45 p.m. on Monday, Tuesday and Thursday. Games are usually held on Wednesday, whether at home or on the road. Once we have the schedule, we will post in our Facebook page, in the Daily Scoop and have copies for families to pick-up over here at the gym. The league play allows us to prepare for our Annual Youth Winter Tournament in December!

Lastly, please check out our flyers in this month's Klah-Che-Min to see all the fun things that are happening in the after-school programs.

GED Preparation Classes and Homework Support

Jamie Burris - Don't just be thankful for the gift of education in your life – use your gift of free education services from the tribe! Start your educational journey today. As you work toward graduating high school, use the feedback you get from your teacher conferences to help keep your school year on a positive path. If you are seeking a GED, come up to the Tu Ha' Buts Learning Center and take a practice test to see where you are on your journey.

I am here to encourage and support you Tuesdays, Wednesdays, and Thursdays from 4-7pm in the TLC classroom. For more information, please reach out to me at jbarris@mcclary.wednet.edu or go online at www.ged.com.

From the Education Liaison

Peggy Peters - School Safety - Everyone wants schools to be safe for our children. Bordeaux Elementary School asks if a parent needs to make a change to a child's day, please provide a note to both the student's teacher and the school office. No phone calls will be accepted for this as the school office cannot verify who the caller is. In cases of a true emergency, an e-mail may be allowed along with other means of verification. This is solely for the purpose of keeping students safe from harm.

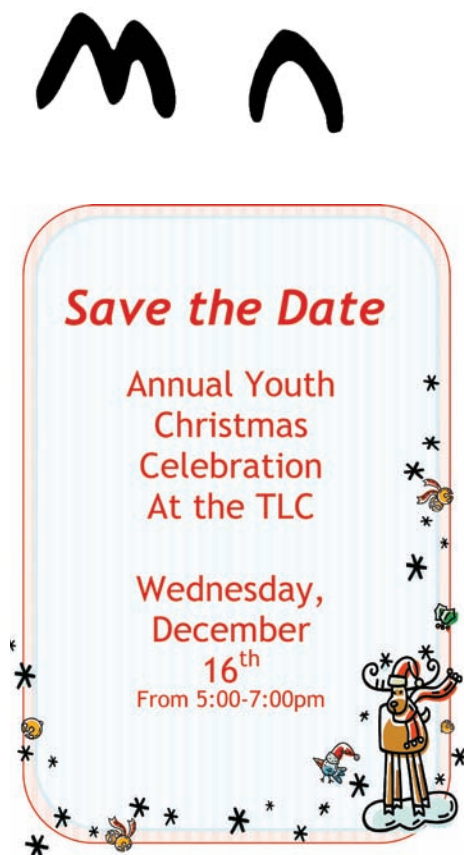
Another way to keep children safe at school is for the school office to know who is in the school building and their reason for being there. For example, the Shelton School District requires the following:

- Stop at office to sign-in and get a visitor sticker. This is done to monitor all adults in the building for the safety of the students, staff and other visitors.
- Stop at office to sign-out. This allows school staff to know who is still in the building in case of an emergency.
- Communicate with the school secretary the business you have while in the building, other than just walking student to class. Signing in and wearing a visitor sticker are still required to walk a student to class.

Please contact your child's school if you have additional questions or concerns.

High School Updates with Julie the Tutor

It seems like the school year just started and we are already looking at the end of the 1st quarter on November 5th. Seniors who haven't registered for the SAT yet need to do so by November 5th for the test on December 5th, or register by December 28th for the test on January 23rd. Students who qualify for free or reduced lunch also qualify for one fee waiver per school year for taking their SAT. Shelton High students can stop by the Native Ed room and ask me for help with registrations; fee waivers are available from their school counselor.



It's Happening Here:

- **Fall Time Fun – Wa-He-Lut Noon Early Release**
 - Wednesday the 4th: Scavenger Hunt from 2:30-3:30pm
 - Thursday the 5th: Make Pizza from 1:30-2:30pm
 - Friday the 6th: Pool Party from 2:00-3:30pm
- **Traditional Activities Week – Shelton's 3 Hour Early Release**
 - Monday the 9th: Stick Games from 2:00-3:00pm
 - Tuesday the 10th: Storytelling from 2:00-3:00pm
 - Wednesday the 11th: Pool Party from 10:30-12:30pm & Traditional Foods Day from 1-2pm
 - Thursday the 12th: Make Homemade Pumpkin Cheesecake
 - Friday the 13th: Thankful Dinner @ The Community Kitchen from 4:00-5:30pm
- **Friday the 20th: Movie Night from 5:30-7pm**
 - We will be watching "Planes"

If you have any questions, please contact Jerilynn at 432-3992 or jvail@squaxin.us



Fall Conference Week is right around the corner and this is a great opportunity to meet the teachers at the high school, as well as interact with other school support staff. The fall conferences are conducted in an “open house” setting (on a drop in basis), so the teachers are available throughout the afternoon and evening without needing an appointment. This year’s fall conferences are happening Tuesday, November 10th, and Thursday, November 11th, from 12:30-4:30 and 5:30-7:30. That week, there will be early release on Monday and Friday and no school that Wednesday in honor of Veteran’s Day.

Please remind your students to check their Skyward account on a regular basis so they can monitor their grades and homework. Each student’s academic success is

ultimately up to them, and using Skyward (there is even an app for that) is a great way for them to have some control over their own destiny! For students who need to catch up with homework, study for a test, or need tutoring, the Tutors are available at the TLC most days right after school, in addition to the regularly scheduled homework support on Tuesday, Wednesday and Thursday from 4:00 - 7:00 p.m.

Please join us for the “Beyond High School” event scheduled for Wednesday, December 2nd from 5:30-7:30 p.m. Shelton High School counselors will be joining us in the Community Kitchen to discuss post-high school education and training, including information on college, technical schools, apprenticeships, and military careers. A light dinner will be served.

Squaxin Youth Education, Recreation and Activities Calendar

TLC Hours: M-F 7:30am-7:00pm Front Desk: 432-3958 Rec Rm: 432-3957 (only 3-6pm)

All activities are drug, alcohol and tobacco free.

Monday	Tuesday	Wednesday	Thursday	Friday
2 Rec Rm: 3-6pm Game Day: 5-6pm Bball Jr/High: 3:30-4:30 Bball Elem: 5-5:45pm Open Swim: 3-6pm	3 Rec Rm: 3-6pm Arts-n-Crafts: 5-6pm Bball Jr/High: 3:30-4:30 Bball Elem: 5-5:45pm	4 WHL-ER @ Noon Rec Rm: 1-6pm Crafty Kitchen: 5-6pm Open Gym: 1-6pm ITL Away Game Open Swim: 3-6pm	5 WHL-ER @ Noon Rec Rm: 1-6pm Cultural Activity: 5-6pm Open Gym: 4:30-6pm Bball Jr/High: 3:30-4:30	6 SSD- ER 3 HRS WHL-ER @ Noon Rec Rm: 1-6pm Fun Day: 5-6pm Open Gym: 1-6pm Open Swim: 5-8pm
9 SSD-ER 3 HRS Rec Rm: 1:15-6pm Game Day: 5-6pm Bball Jr/High: 3:30-4:30 Bball Elem: 5-5:45pm Open Swim: 3-6pm	10 SSD-ER 3 HRS Rec Rm: 1:15-6pm Arts-n-Crafts: 5-6pm Bball Jr/High: 3:30-4:30 Bball Elem: 5-5:45pm	11 NO SCHOOL Rec Rm: 10am-4pm Traditional Foods Day Open Gym: 10-4pm Open Swim: 3-6pm	12 SSD-ER 3 HRS Rec Rm: 1:15-6pm Cultural Activity: 5-6pm Bball Jr/High: 3:30-4:30 Bball Elem: 5-5:45pm	13 SSD-ER 3 HRS Rec Rm: 1:15-6pm Thankful Dinner 4-5:30pm Open Gym: 1:15-4pm Open Swim: 5-8pm
16 Rec Rm: 3-6pm Game Day: 5-6pm Bball Jr/High: 3:30-4:30 Bball Elem: 5-5:45pm Open Swim: 3-6pm	17 Rec Rm: 3-6pm Arts-n-Crafts: 5-6pm Bball Jr/High: 3:30-4:30 Bball Elem: 5-5:45pm	18 GSD- ER @ 2:30pm Rec Rm: 1-6pm Crafty Kitchen: 5-6pm Open Gym: ITL Game: TBA Open Swim: 3-6pm	19 Rec Rm: 3-6pm Cultural Activity: 5-6pm Bball Jr/High: 3:30-4:30 Bball Elem: 5-5:45pm	20 SSD- ER 1.5 HRS Rec Rm: 2:30-6pm Fun Day: Movie Night Open Gym: 2:30-6pm Open Swim: 5-8pm
23 Rec Rm: 3-6pm Game Day: 5-6pm Bball Jr/High: 3:30-4:30 Bball Elem: 5-5:45pm Open Swim: 3-6pm	24 Rec Rm: 3-6pm Arts-n-Crafts: 5-6pm Bball Jr/High: 3:30-4:30 Bball Elem: 5-5:45pm	25 GSD- ER @ 2:30 WHL – ER @ Noon SSD-ER 3 HRS No After-School Programs	26 No School Tribe Closed	27 No School Tribe Closed
30 Rec Rm: 3-6pm Game Day: 5-6pm Bball Jr/High: 3:30-4:30 Bball Elem: 5-5:45pm Open Swim: 3-6pm				
After School Snacks: Computer Lab: Sylvan: Homework Help, GED Prep:	M-F 3-4:45pm M-Th 3-7, F 3-5pm M-Th 4:30-6:30pm T-TH 4-7pm	ER = Early Release WHL = Wa-He-Lut Indian School SSD = Shelton School District GSD = Griffin School District		I.T.B. – Inter-Tribal B-Ball High School: 9-12 Grade Middle School: 6-8 Grade Elementary: 4-5 Grade



It's been a DOGgone success twice!!!

The second dog vaccine clinic held on October 10th was a huge success with 24 dogs and their owners in attendance. Each pet received an exam by a licensed veterinarian, vaccinations for rabies and distemper, deworming treatment and topical flea medicine. All services combined would have cost at least \$75 per dog but instead owners received all services free of charge. This is thanks to support from Rez Animal Resources & Education and the Squaxin Island Tribe, Office of Housing.

The two veterinarians providing services were Dr. Bruce Bell, retired, and Dr. Bob Gilpin of Boulevard Veterinary. They completed a medical exam on each dog and talked with owners about any medical concerns or needed follow-up treatment. Pet owners were given free dog food, dog treats and toys. Volunteers and veterinary staff kept very busy as the steady stream of dogs arrived for services. At the end of the day everyone agreed the event was a resounding success. Many pets on the rez are now protected from deadly viruses such as parvo, distemper and rabies.

Remember, pets need to be vaccinated once a year and given monthly flea treatment especially in the summer. Special thanks to Amy Loudermilk and Joyce Bell of Rez Animal Resources & Education (RARE) for continuing to helping pets on the rez.

If you need to get your pet (dog or cat) spayed or neutered please contact the Office of Housing for a voucher. With the voucher you will only pay \$5 for the spay/neuter procedure at the veterinary clinic. This is an awesome service that helps control the pet population. For more information please contact Rez Animal Resources & Education at (253) 370-6392.





Drugs

"I destroy homes, tear families apart - take your children, and that's just the start.
I'm more costly than diamonds, more costly than gold
- the sorrow I bring is a sight to behold.
And if you need me, remember I'm easily found.

I live all around you, in schools and in town.
I live with the rich, I live with the poor, I live down the street, and maybe next door.
My power is awesome - try me you'll see.
But if you do, you may never break free.
Just try me once and I might let you go, but try me twice, and I'll own your soul.
When I possess you, you'll steal and you'll lie.
You'll do what you have to just to get high.
The crimes you'll commit, for my narcotic charms,
will be worth the pleasure you'll feel in your arms.

You'll lie to your mother; you'll steal from your dad.
When you see their tears, you should feel sad.
But you'll forget your morals and how you were raised.
I'll be your conscience, I'll teach you my ways.
I take kids from parents, and parents from kids,
I turn people from God, and separate from friends.
I'll take everything from you, your looks and your pride,
I'll be with you always, right by your side.

You'll give up everything - your family, your home,
your friends, your money, then you'll be alone.
I'll take and I'll take, till you have nothing more to give.
When I'm finished with you you'll be lucky to live.
If you try me be warned this is no game.

If given the chance, I'll drive you insane.
I'll ravish your body, I'll control your mind.
I'll own you completely; your soul will be mine.

The nightmares I'll give you while lying in bed.
The voices you'll hear from inside your head.
The sweats, the shakes, the visions you'll see.
I want you to know, these are all gifts from me.
But then it's too late, and you'll know in your heart,
that you are mine, and we will not part.

You'll regret that you tried me, they always do.
But you came to me, not I to you.
You knew this would happen.
Many times you were told, but you challenged my power, and chose to be bold.
You could have said no, and just walked away.

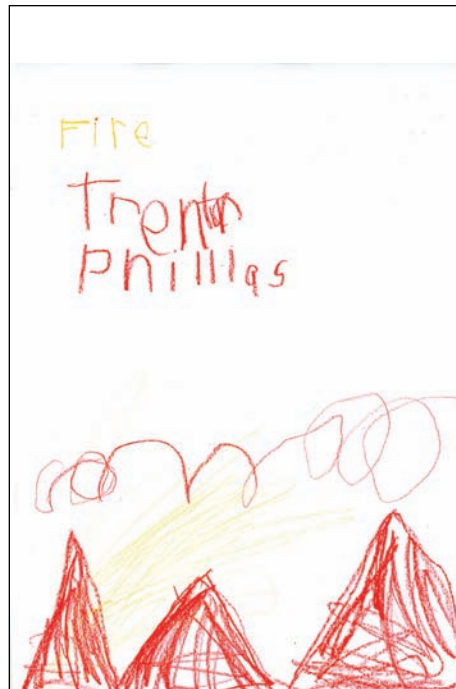
If you could live that day over, now what would you say?
I'll be your master; you will be my slave.
I'll even go with you, when you go to your grave.
Now that you have met me, what will you do?
Will you try me or not?
It's all up to you.
I can bring you more misery than words can tell.

Come take my hand, let me lead you to hell."

Signed,
DRUGS



Youth Environmental Art





KTP TAILGATE PARTY



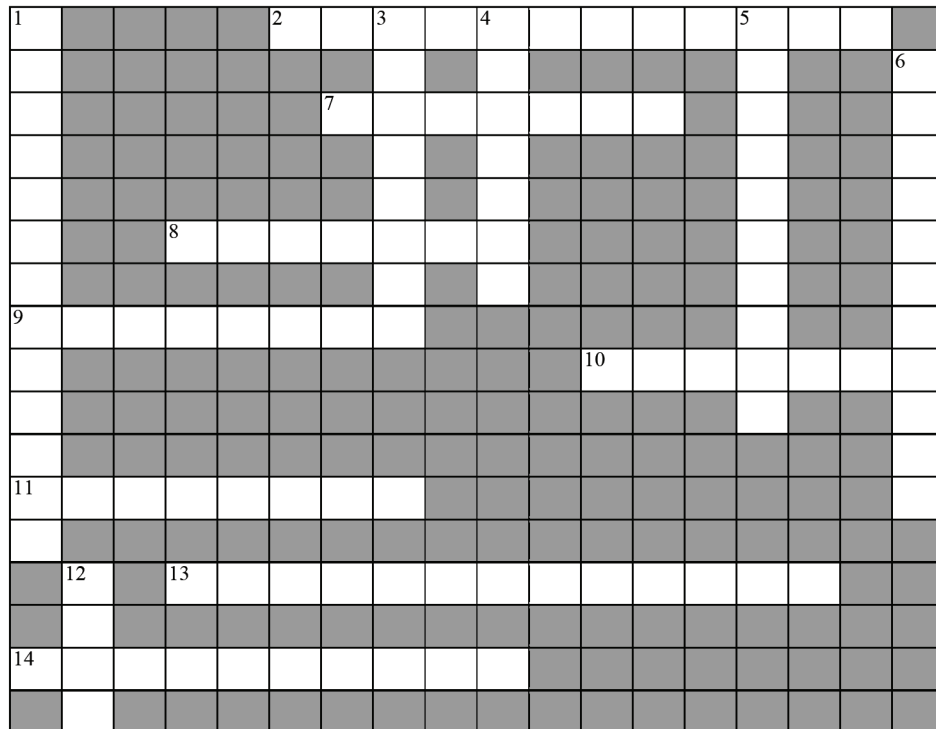
Photos by Jennifer Rutledge





November is Diabetes Awareness Month.

Try this Crossword with “Diabetes Words”



ACROSS

DOWN

Answers on Page 18

ACROSS

2. Low blood sugar (Hint: “hypo” means low)
7. A hormone that helps the body use glucose for energy.
8. Two organs in the body that remove waste products and water from the blood stream & make urine
9. A disease where the body does not properly control the amount of sugar in the blood.
10. The standard unit for energy measurement in nutrition.
11. This is a great way to bring your blood sugar down, lose weight & build muscle, too
13. High blood sugar
14. Machine to test blood sugar levels

DOWN

1. This nutrient is found in sweets, sodas, grains, fruit, and milk & makes your blood sugar rise.
3. The body's organ where insulin is normally made.
4. A sugar in the blood and a source of energy for the body.
5. The doctor may prescribe this to help you lower your blood sugar.
6. A condition with blood sugar higher "normal" but not as high as diabetes.
12. Join us on Mondays after Elder's lunch for this.

diabetes	hypoglycemia	insulin	glucose	kidneys
walk	exercise	medication	carbohydrate	calorie
glucometer	prediabetes	hyperglycemia	pancreas	

November 14

World Diabetes Day

Act to change your life today

Healthy eating is an important part of managing all types of diabetes.

Almost 600 million of us may be living with type 2 diabetes by 2035. Delayed diagnosis means that many people with type 2 diabetes suffer from at least one complication by the time they are diagnosed with diabetes.

A healthy lifestyle could prevent up to 70% of type 2 diabetes, healthy eating can help reduce risks.

A healthy diet containing leafy vegetables, fresh fruit, whole grains, lean meat, unsweetened yogurt and nuts can help reduce a person's risk of type 2 diabetes and reduce complications in people with diabetes.

More of us will develop and live with type 1 diabetes. While type 1 diabetes cannot be prevented, a healthy lifestyle is an important part of effective management of the disease.

Encouraging healthy eating habits in young children is key to halting the rise of the diabetes epidemic. By ensuring the health of future generations, we take a step toward ensuring sustainable development.

Learn more about healthy eating and find out more about World Diabetes Day at www.idf.org.

Diabetes 2014



Almost
400 Million
adults



Almost
5 Million
annual deaths



More than
USD 600 Billion
healthcare costs

Diabetes Support & Education

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

Monday, Nov 9th, 2015
Right after Elder's lunch
at Elder's Building
12:45 to 2 pm

TOPIC: Diabetes and the Holidays and other Topics You Bring

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

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





Clinic Events

Brief Community Walk

Every Monday at 12:30 p.m.
Elder's Building after lunch

Free Diabetes Screening

at Health Promotions
To schedule an appointment,
contact Melissa Grant

Smart Shopping/ Food Label Workshops

Contact Patty to schedule
360-432-3929

Health Promotions

We have exercise videos
Work out alone, with us
or schedule a time for a group

Lifestyle Balance Program

To find out how you may qualify,
please contact Melissa Grant at
360-432-3926



We have the power to prevent diabetes

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

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

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

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

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

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

TOM JOHN
SENECA

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

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

JOSEPHINE MALEMUTE, RN
ATHABASCAN





3

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

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

LORELI DECORA
WINNEBAGO TRIBE OF NEBRASKA



4

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

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

JONATHAN FEATHER
EASTERN BAND OF CHEROKEE INDIANS

5

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

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

LORRAINE VALDEZ, RN
ISLETA/LAGUNA PUEBLOS



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

6

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

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

KELLY MOORE, MD
CREEK NATION OF OKLAHOMA

7

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

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

RALPH FORQUERA
JUANEÑO BAND OF CALIFORNIA INDIANS

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

YVETTE ROUBIDEAUX, MD
ROSEBUD SIOUX



www.ndep.nih.gov

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



Diabetes Facts:

American Indians & Alaska Natives are twice as likely to have diabetes compared to non-Hispanic whites.

American Indians and Alaska Native youth aged 10 -19 are 9 times more likely to have type 2 diabetes compared to non-Hispanic whites.

Type 2 diabetes is the most common type of diabetes.

You can live a long, healthy life with diabetes. The keys are keeping your blood sugar, blood pressure & cholesterol in a healthy range.

Yes, you can enjoy carbohydrates and sugary foods when you have diabetes.

In the past, people with diabetes were told to completely avoid sugar. However, research has shown that you can substitute small amounts of sugar for other carbohydrate containing foods in your meal plan and still keep your blood sugar levels on track.

Everyone needs at least 130 grams of carbohydrate a day for your brain to work. (that's about 9 servings of carbohydrate a day) Besides sweets, carbohydrate is found in starches, fruits, starchy vegetables, and milk products.

What is the difference between Type 1 and Type 2 Diabetes?



A Diabetes-Friendly Guide to a HEALTHY THANKSGIVING PLATE

*Thanksgiving is all about eating...*and being with your loved ones, of course! With so many foods and snacks available, how can you make healthy choices that will keep your blood sugar stable? Use this "Thanksgiving Plate" as a visual guide for what foods to choose and how to balance your plate. You'll also find some healthy eating tips, a few diabetes-friendly recipes, and a Holiday Eating Contract on the following pages. Work with your diabetes educator to discuss healthy Thanksgiving meal planning and tips for managing your blood sugar during the holidays.

VEGETABLES

- Fill ½ of your plate with vegetables, such as carrots and green beans.
- Avoid casseroles or dishes that have heavy creams, sauces, butter or crusts.
- Other vegetables to consider include: broccoli, salad, brussel sprouts, or asparagus.
- If your table is low on vegetables, consider adding fruit to this half of your plate. Cranberries, baked apples, and pears are all good options.



GRAINS

- Fill ¼ of your plate with starches such as stuffing and sweet potatoes.
- Other choices for this section may include: mashed or baked potatoes, rice pilaf, or corn pudding.
- Skip the bread or rolls!

PROTEIN

- Fill ¼ of your plate with lean turkey slices (approx. 3-4oz).
- Avoid dark meat (including drumsticks!).
- Remove the skin from the turkey before eating.
- Instead of gravy, use a fruit based relish for a special kick. See recipe on page 3

**This visual guide for the Healthy Thanksgiving Plate is based on the Idaho Plate Method. See www.platemethod.com for more information.*



American Association
of Diabetes Educators

Answers

from Page 15: Diabetes Crosswords

ACROSS

2. Low blood sugar. =
HYPOGLYCEMIA

7. A hormone that helps the body use glucose for energy. = INSULIN

8. Two organs in the body that remove waste products and water from the bloodstream & make urine. = KIDNEYS

9. A disease where the body does not properly control the amount of sugar in the blood. = DIABETES

10. The standard unit for energy measurement in nutrition. = CALORIE

11. This is a great way to bring your blood sugar down, lose weight & build muscle, too. = EXERCISE

13. High blood sugar. =
HYPERGLYCEMIA

14. Machine to test blood sugar levels. =
GLUCOMETER

DOWN

1. This nutrient is found in sweets, sodas, grains, fruit, milk & makes your blood sugar rise. = CARBOHYDRATE

3. The body's organ where insulin is normally made. = PANCREAS

4. A sugar in the blood and a source of energy for the body. = GLUCOSE

5. The doctor may prescribe this to help you lower your blood sugar. =
MEDICATION

6. A condition with blood sugar higher "normal" but not as high as diabetes. =
PREDIABETES

12. Join us Mondays after Elder's lunch for this. = WALK



Diabetes Facts:

Type 1 diabetes

Symptoms usually start in childhood or young adulthood. People often seek medical help, because they are seriously ill from sudden symptoms of high blood sugar. Episodes of low blood sugar level (hypoglycemia) are common. It cannot be prevented. Daily insulin injections are needed to live.

Type 2 diabetes

The person may not have symptoms before diagnosis. Usually the disease is discovered in adulthood, but an increasing number of children are being diagnosed with the disease. There are no episodes of low blood sugar level, unless the person is taking insulin or certain diabetes medicines. It can be prevented or delayed with a healthy lifestyle, including maintaining a healthy weight, eating sensibly, and exercising regularly.

Type 1 diabetes is usually diagnosed in children and young adults, and was previously known as juvenile diabetes. Only 5% of people with diabetes have this form of the disease.

In type 1 diabetes, the body does not produce insulin. The body breaks down the sugars and starches you eat into a simple sugar called glucose, which it uses for energy. Insulin is a hormone that the body needs to get glucose from the bloodstream into the cells of the body. With the help of insulin therapy and other treatments, even young children can learn to manage their condition and live long, healthy lives.

People with Type 1 diabetes need to take insulin daily in order to live.

Diabetes is a problem with your body that causes blood glucose (sugar) levels to rise higher than normal. This is also called hyperglycemia. Type 2 diabetes is the most common form of diabetes.

If you have type 2 diabetes your body does not use insulin properly. This is called insulin resistance. At first, your pancreas makes extra insulin to make up for it. But, over time it isn't able to keep up and can't make enough insulin to keep your blood glucose at normal levels.

How are they alike?

Both types of diabetes greatly increase a person's risk for a range of serious complications. Although monitoring and managing the disease can prevent complications, diabetes remains the leading cause of blindness and kidney failure. It also continues to be a critical risk factor for heart disease, stroke, and foot or leg amputations.



Portion Control During the Holidays

You don't need to give up all your favorite foods this holiday season if you can practice some portion control. Here are some easy tips to use portion control during holiday meals.

1. Fill at least half of your plate with vegetables. This will leave less room for the higher-calorie items and will add bulk to your meal, helping you fill up more quickly. Choose a lot of vegetables that are not heavily seasoned with butter and/or sugar.
2. Use familiar items to measure your portion sizes. A deck of cards, for example, is about the same size as a 3-ounce piece of meat. A tennis ball is about the same size as a sensible serving of mashed potatoes.
3. Reduce the amount of gravies and sauces on your plate. These are normally a source of calories and fat in your meal.
4. If you have a choice, select a smaller plate or a taller and thinner glass than the others on the buffet table. This will give you the illusion of a fuller plate or an equivalent drink.
5. Start with a small serving; you can have more later if you are still hungry.
6. Pace yourself through the meal. Eat slowly and participate in the conversation to give yourself a chance to enjoy the meal and feel full.
7. Pay attention to your body's cues. Eat slowly. Enjoy conversation. Breathe. When you begin to feel full, it is time to stop.

Have a Plan:

Write down your planned meal and set it as a goal to stick to for the day. Use this a guide for managing your portions and enjoying your favorite foods in moderation!

Snacks/drinks _____

Meal: _____

Dessert: _____

Physical Activity: _____

The University of Illinois at Chicago-Chicago Partnership for Health Promotion (CPHP) is funded by the USDA Supplemental Nutrition Assistance Program to encourage Chicago families to make healthier food choices, learn to prepare and consume healthier foods every day and be more physically active. The CPHP is a program of the UIC Neighborhoods Initiative. The USDA, UIC and CPHP are equal opportunity providers and employers. www.cphp.uic.edu



Purchased Referred Care Services Information

We would like to remind everyone of information that is important for your Purchased Referred Care Services (PRC).

If you do not have any medical insurance, it is required by PRC rules that you apply for alternate resources, for us that includes ProviderOne (Apple), DSHS and Medicare, even if you feel that you would not be eligible. PRC must show proof of the denial or acceptance.

You can call Squaxin Health Clinic at (360) 427-9006 ask for Jaclyn Meyer to setup an appointment with her to apply for ProviderOne (Apple) Insurance online (this makes it a lot faster than filling out an application and sending it in OR trying to apply online yourself).

To see if you qualify for DSHS you will need to contact Terry Butler here at the Squaxin Clinic (she is here on Tuesdays and Fridays) she can be reached at (360) 432-3920

If you are Eligible for Medicare you will need to contact Nora Coxwell, our Office Manager here at Squaxin Health Clinic. Nora can be reached at (360) 432-3925.

Remember to call Margaret (Tootsie) to see if you are ELIGIBLE to receive a purchase order. Not all patients that are referred out are eligible for PRC.

If you are PRC eligible and you have an appointment, lab work or x-rays outside of our clinic, you must obtain a purchase order. If our clinic makes arrangements for an appointment, it is still YOUR responsibility to obtain a purchase order. All purchase orders are for the date of the appointment only. If your appointment is rescheduled or cancelled, please call for a new purchase order. Also, it is wise to call ahead of time instead of on the day of your appointment.

When you are referred out by one of the Physicians here at Squaxin Health Clinic and you are asked to return for follow ups, you will need to call in for a new Purchase Order. A NEW Purchase Order is required for each returning visit to the Provider our Physicians referred you out to.

Another issue that has been brought to our attention is co-pays, deductibles and co-insurance payments to Group Health. If you are seen at Group Health for any emergency, pregnancy (please call Margaret regarding pregnancy visits) or for care that cannot be obtained at our clinic, you will need to pay any out of pocket costs. We are unable to coordinate PRC benefits with Group Health, thus requiring you to pay instead of obtaining a purchase order. You may be eligible to have these out of pocket costs reimbursed. Once you have paid, submit the receipt to Margaret (Tootsie) at PRC in a timely manner. Once she has established if you are eligible, she will be able to submit a request to have you reimbursed for these out of pocket costs.

You can get a purchase order from Margaret (Tootsie) by calling 360-432-3922.

URGENT:

We would like to remind PRC Eligible Individuals:

1. When you are on ProviderOne (Apple) Insurance you will not need a PO. If the Medical Office insists on you getting one please have them call me. The ProviderOne (Apple) Insurance (WA State DSHS) and PRC funds both come from Medicaid Funds and it is ILLEGAL for them to require a Purchase Order. The only time you will need a Purchase Order when you are on ProviderOne is when that Provider does not take ProviderOne (WA State DSHS) because they are not contracted with ProviderOne.
2. When you go to your appointment always give them your Medical Insurance information as your Primary Insurance then give the Purchase Order Number given to you by Squaxin Purchase Referred Care Office. The results of not giving this information makes the turn around with getting this bill paid a longer process.
3. If you received a Purchase Order for your appointment(s) and received a bill PLEASE bring the bill into the PRC office as soon as you receive them or the next day. (This includes all bills. There are bills that you may receive that could be related to one of your appointments that you received a PO for). When you receive a bill, it means they did not bill PRC office, which means they are making that medical bill your responsibility. If you do not bring the bill in and you do not pay it, it will go to collections, which will make it harder for the PRC office to get the information to get it paid.



You are always welcome to call Margaret (Tootsie) at 360-432-3922 if you have any questions about PRC or what the Policy, Rules and Regulations are.





Purchased Referred Care Policies for obtaining a Purchase Order for Medical/Dental/Optometry:

- Medical/Dental/Optometry need to start here at Squaxin Health Clinic. One of our Physicians or Dentists must refer you to another Provider for services not offered here to obtain a Purchase Order.
- Once you have been referred out by one of Squaxin Health Clinic Physicians or Dentists it is YOUR responsibility to obtain a Purchase Order Prior to your appointment (at least 3 to 7 days before your appointment). Once you have been referred out from Squaxin Clinic and follow-ups are required by the Provider for the same reason you were sent there for, you will need to obtain a New Purchase Order for each new follow-up.
- Once your medical reason for the referral is done and the Provider wants you to come in for something new, you will need to come back into the Squaxin Clinic to see our Physicians or Dentists here to let them know. The Physician or Dentist will evaluate you at that time and if they do not see a reason to refer you out, then all follow-ups with the Provider with whom you were referred out to will ultimately be your responsibility for any and all costs.
- When seen at the Hospital ER, it is YOUR responsibility to obtain a Purchase Order within 72 hours of that emergency service. If you DO NOT call in to give Purchased Referred Care notification of your Hospital ER Visit, any Hospital Claim will be denied and it will be ultimately your responsibility to pay any charges from the Hospital from which you received medical services.
- Squaxin Health Clinic offers Medical/Dental services and if you choose to receive Medical/Dental/Optometry services with another Physician/Provider without first coming to Squaxin Health Clinic for these services you will be denied a Purchase Order for those services.



Keep your Kidneys Healthy by
Keeping your Blood Pressure
in a Healthy Range:
140/90 or lower

High blood pressure, also called HBP or hypertension, is the second leading cause of kidney failure. The kidneys and the circulatory system depend on each other for good health.

How does high blood pressure cause kidney damage?

- **HBP causes artery damage, and the kidneys are packed with arteries.** Kidneys are supplied with dense blood vessels, and high volumes of blood flow through them. Over time, uncontrolled high blood pressure can cause arteries around the kidneys to narrow, weaken or harden. These damaged arteries are not able to deliver enough blood to the kidney tissue.
- **Damaged kidney arteries do not filter blood well.** Kidneys have small, finger-like nephrons that filter your blood. Each nephron receives its blood supply through tiny hair-like capillaries, which are the smallest of all blood vessels. When the arteries become damaged, the nephrons do not receive the essential oxygen and nutrients. Also, the kidneys lose their ability to filter blood and regulate the fluid, hormones, acids and salts in the body.
- **Damaged kidneys fail to regulate blood pressure.** Healthy kidneys produce a hormone to help the body regulate its own blood pressure. Kidney damage and uncontrolled high blood pressure each contribute to a negative spiral. As more arteries become blocked and stop functioning, the kidneys eventually fail. This process can happen over several years, but it can be prevented.

Managing your blood pressure is an important part of prolonging the health of your kidneys.

Get your blood pressure checked regularly!!

Potato-Apple Salad

Submitted by Traci Lopeman, Women's Outreach Specialist

Serves 8

- 6 medium yellow or red potatoes
- 4 slices bacon, apple smoked if possible
- 1 medium sweet onion
- ½ cup grapeseed or olive oil
- 2 tbsp cider vinegar
- 2 garlic cloves, crushed in a garlic press
- 2 medium apples (Granny Smith, Jonagold, Fuji), peeled, cored, and diced
- ½ cup mayonnaise
- 1 tbsp dijon mustard
- sea salt and freshly ground pepper

1. PUT the potatoes in a medium saucepan and cover with cold water. Bring to a boil, cover the pan, and boil gently for approximately 20 minutes, or until they are tender but not falling apart. When cool enough to handle, peel and cut into ½" slices.
2. FRY the bacon in a medium skillet, drain, and chop into ½" pieces.
3. GRATE the onion into a large bowl.
4. WHISK together the oil, vinegar, and garlic in a small bowl.
5. ADD the warm sliced potatoes to the grated onion and toss with the oil mixture. Add the apples and bacon.
6. STIR together the mayonnaise, mustard, and salt and pepper to taste in a small bowl. Add to the salad and toss to combine. Serve at room temperature or chilled.

Nutrition (per serving)

257 cal, 5 g pro, 33 g carb, 7 g sugars, 26 g fat, 3.5 g sat fat, 243 mg sodium



November Happy Birthdays

1
Kimberly Raye Ann James
Wesley Arthur Fletcher

3
Juanita Catherine Pugel
Lena Lorraine Krise
Rickie Leigh Ramage
Roxsanne Rene White
Shannon Rae Bruff

4
Jeremiah Graywolf Johns
Twana Remedios Machado

5
Beverly Jean Hawks
Elizabeth Anne Kuntz
Jason Charles Snipper
Jennifer Leann Briggs
Lawanna RB Sanchez
Max Warren Johns
Olivia Ann Mason
Sophia Rose Johns

6
Keerah Lynn Brown
Laura Lee Smith
Terri Louise Capoeman
Thomas R. Peterson

7
Anthony J. Furtado
Cyrus Austin Little Sun
Russel W. Cooper
Thelma Janine Shea

8
David Wayne Whitener Jr.
Tammi L. Birchall

9
Dillon David Decicio
Jefferey Allen Blueback
Malena Rose Herrera
Mickey Lee Hodgson

10
Calvin V. Peterson
Jolene Sandra Jones
Monique Abigail Pinon
Virginia May Berumen

11
Benjamin James Sayers
Carlo McFarlane

13
Rachel Marie Parker
Ryan Dee Fox

14
Mary Elizabeth Mosier

15
Richard Karl Peters

16
James Edward Orozco
King Julious Tom
Tammy Ruthann Peterson

17
Casey Lee Lacefield
Elizabeth Ann Heredia
Jennifer Lee Johns
Laura E. Snyder

18
Ethan Edward Pugel
Joseph C. Peters
Tacahni Emilion Fox

19
Lucille Arlene Quilt

20
Connie R Uribe
Jason Lawrence Kenyon
Nathan A. Nunes
Samantha C. R. Smith

21
Aleta C Poste
Bianca Angelina Saenz-Garcia
Herbert Benjamin Johns
Vincent Gene Henry Sr.

22
Lahai'la Greenwood
Olivia Korndorfer
Susan Colleen McFarlane

23
Candee Graywolf Gillette
Delores D. Johnson
Diane Irene Deyette
Lyssa Renee Davis
Steven M. Dorland

24
Arellys Francisco-Coley
Cecily A. Neilsen
Joseph Hugh Seymour, Jr.
Michael Aaron Parker

25
Donald Ray Brownfield
Terry Nakai Tahkeal

26
Candace Olivia Penn

27
Hope Victoria Pughe
Leonard Gene Cooper
Leslie Alan Cooper
Nokomis Masoner

28
Ila Mae Ball

29
Mark Allen Peters
Sarah Elizabeth Thornton
Tyler Eric Burrow

30
Carol Ann Hagmann

What's Happening

1	2	3	4	5	6	7
			Family Court			
8	9	10	11	12	13	14
		Criminal/Civil Court		Council Mtg.	MLRC Holiday Bazaar	MLRC Holiday Bazaar
15	16	17	18	19	20	21
22	23	24	25	26	27	28
		Criminal/Civil Court		Happy Thanksgiving	Tribal Center Closed	
29	30	AA & ALANON Every Wednesday 7:30 p.m. in the Elders Building				

OPTIONS AFTER HIGH SCHOOL!

Evening Event



Come meet with the Shelton High School counseling department for a discussion on post-high school education and training, including information on college, technical schools, apprenticeships, and military careers.

*Light dinner will be provided

Squaxin Community Kitchen

December 2, 2015

5PM – 7PM



Happy Belated 3rd Birthday Thailer "Bud" Chitwhin



Love, Mommy

Happy 70th Birthday!!! We Love You!!!



**Love, Baby Doll,
Sister & Family**

Thank Yous From Youth Attending Basket Conference

During my visit at Kah-Nee-Tah for the 2015 Basket Weavers conference I got the pleasure of meeting plenty of people from all kinds of different kind of reservations. I met plenty of new friends and made the best memories too. I'd like to thank my tribe for giving me and my community members/family this opportunity. I absolutely love weaving and plan on continuing and caring on our culture. - Verna Henry

At the basket weavers conference I met new people and learned how the make a basket and a cedar rose. It was really fun! So thank you for giving me this amazing opportunity . - Jayde Smith

Thank you for the opportunity to learn more about our culture. I had fun and got to make cool things. I want to learn more I hope to have more opportunities to go and represent my Tribe. - Shila Mae BlueBack

Thank you so much for the amazing opportunity to attend the basket weaving conference. I obtained valuable skills and learned a lot about Native American culture. Thank you again, it was an awesome experience - Sierra Semanko

So when I was at the basket weaving conference I learned how to weave. I made an awesome headband! Yes, I made a headband so something can fit on my big fat head. hahaha! - Bryce Penn (Below, Left)



A Thank You from the Clam Beach!

The daytime clam digs are over until next spring...my husband and I would like to give a big Thank You to the young diggers on D E & F group. It never failed, some one always offered to carry the clams to the buyer...carry our buckets and forks back to our truck...and there was always one or more on the barge giving me a helping hand to get up and down from it.

Thank You to all of you...your help is so appreciated!

- Harold and Jackie Crenshaw



Chairman's Challenge photos from Margaret Henry



Attention!

SKOOKUM CREEK
TOBACCO
FACTORY OUTLET STORE

ATTENTION!

SQUAXIN ISLAND TRIBAL MEMBERS
BEGINNING SEPTEMBER 1ST, 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 **Kla-Che-Min** and **DAILY SCOOP**

Hours: M - F 9 AM - 3 PM

MUST SHOW TRIBAL MEMBERSHIP CARD



Nov 6th, 7th & 8th

BLACK FRIDAY BINGO

Friday 6:30pm
Saturday 11:45am, 4:30pm & 11pm
Sunday 4:30pm

Win BLACK FRIDAY items
TV's, iPod Nano, Tablet, Camera
Donate a canned food item for extra entry tickets

LITTLE CREEK CASINO • RESORT
www.LITTLECREEK.com
See Keno or call (360) 427-3005 for more details
\$79 room rates during bingo sessions!
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

NOVEMBER 7 | OPEN 9PM SESSION 11PM

DAUBIN IN THE DARK

OVER \$6,000 IN PAYOUTS

\$400 payouts for every game.
\$1199 black out with a \$400 lead up.
Buy-in is \$50 additional Packets are \$40

Bring a can food item for a chance to win
Black Friday themed items. TV's, iPod Nano, Tablet, Camera

Cocktail SPECIALS

LITTLE CREEK CASINO • RESORT
www.LITTLECREEK.com
See Keno or call (360) 427-3005 for more details
\$79 room rates during bingo sessions!
Ages 21 and over only.

Live DJ Spinning at 10pm