

**Community Emergency Response Team Training**

Did you notice all the activity by the gym and parking lot the first weekend of September? Did you wonder why there were fire trucks and a medic van in the neighborhood? Well, some of your neighbors participated in CERT training, which means our community is much better prepared for an emergency event.

What is a CERT? The Community Emergency Response Team (CERT) program educates volunteers about disaster preparedness for the hazards that may impact their area and trains them in basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations.

An emergency event can be anything from a car accident to a winter storm or maybe the Big One - a major earthquake. A couple months ago a group of dedicated Squaxin Island employees began working to help the community be better prepared. Members of the Community Emergency Preparedness

*Continued on Page 2*



**Community Emergency Response Team (CERT)**

All Community Members are Invited and Encouraged to Attend the Monthly Meetings!!!

**First Wednesdays at 4:00 p.m. at Emergency Operations Center (EOC)**

FEMA requirements - Emergency Management Courses – class-type setting

**Third Wednesdays at 2:00 p.m. at Community Kitchen**

Learn Squaxin’s Comprehensive Emergency Management Plan and Participate in Emergency Training Exercises

**CERT training teaches community members  
how to prepare for, respond to and recover from disasters**

Household/personal emergency preparedness, fire safety, light search and rescue, team organization, and disaster medical operations



**You may be our HERO in case of an emergency!**

**For additional information please call:**

John Taylor at 360-463-0903 or email [jtaylor@squaxin.us](mailto:jtaylor@squaxin.us)

OR

Diane Deyette at 360-432-1771 ext. 0 or email [ddeyette@squaxin.us](mailto:ddeyette@squaxin.us)

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## Community Emergency Response Team Training

*Continued from Page 1*

Workgroup include Mitzi Whitener, John Taylor, Pam Hillstrom, Diane Deyette, and Sadie Whitener. The first action item on our list was to establish a CERT.

John Taylor, Squaxin Island's Emergency Manager, brought in Jake Heflin (Osage) and Mason County Fire District #4 to help provide CERT training. Participants learned a lot in a relatively short time. They learned about personal safety, the importance of being safe, and making sure their family is prepared in advance. Knowing this allows them to be able to go wherever they may be needed when something happens. They learned that Squaxin Island has emergency plans in place, continues to plan for government emergency preparedness, and has already established relationships with the people we will need assistance from in an emergency. They also learned how the Incident Command System works, what Shelter-In-Place means, how to properly use a fire extinguisher, how to easily get someone to safety, and much more.

We plan to have meetings each month to build on what was learned. We'll be looking for more community members and tribal government employees to participate. If you did not participate in the CERT Training you are encouraged to attend our monthly meetings and become a part of our team.

We will offer the CERT Training again in the near future.

The Squaxin Island Community now has its first CERT. Congratulations to each of you!! Thank you all for your willingness to do this! We are very impressed with what you accomplished.

*Photos by Sadie Whitener, Bobbie Brown, Charlene Krise (More on Pages 7 - 9)*



## Squaxin Island TRIBAL NEWS

10 S.E. Squaxin Lane  
Shelton, WA 98584

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[www.squaxinisoland.org](http://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:

ARNOLD COOPER: Chairman  
CHARLENE KRISE: Vice Chairman  
JEREMIE WALLS: Secretary  
VICKI KRUGER: Treasurer  
BEV HAWKS: 1st Council Member  
DAVE WHITENER: 2nd Council Member  
VINCE HENRY: 3rd Council Member

Klah-Che-Min Staff:  
THERESA M. HENDERSON: EXT. #3945  
[thenderson@squaxin.us](mailto:thenderson@squaxin.us)





## Harbor Days and Steh-Chass Festival

Leslie Johnson - September was quite the month for the Squaxin Island Museum, Library and Research Center and the Squaxin Island Tourism Department! On Labor Day Weekend, we staffed two events: the Steh-Chass Festival held at Heritage Park and the Squaxin Island Salish Seaport at the Olympia Harbor Days on the Port Plaza. Both events are important to the Tribe for sovereignty reasons.

### Steh-Chass Festival

September 1, 2018, 9:00 a.m. to 6:00 p.m.

Steh-Chass is all about the Tribe's Usual & Accustomed area, Budd Bay, historically known as Steh-Chass. The Deschutes River and the estuary where Capital Lake is now located were once the heartbeats of the lower Puget Sound, especially for salmon survival. More importantly, salmon are often considered the "canary" in our Salish Sea. When the waterways, rivers, creeks, and Salish Sea do not thrive, our salmon and other natural resources do not either.



Salmon survival is key to many threatened and endangered species, as we saw with the recent story on a JPod Orca mother carrying her baby on her back for 17 days. Countless species are hanging in the balance. And the southern Salish Sea Orca JPod is frighteningly close to extinction.

Steh-Chass seeks to educate the public about our natural resources, what the Deschutes River once was – and more importantly - what it can be again, as well as the status of the health of our lower Salish Sea.

The Squaxin Island Museum & Tourism staff worked hard with the Deschutes Estuary Restoration Team and Salmon Defense Fund to create a fun, educational event.

*Primary to the purpose of the event was teaching that this area is Squaxin's area.*



### Squaxin Island Salish Seaport at Olympia Harbor Days

August 31, 5:00 p.m. to 8:00 p.m.

September 1, 10:00 a.m. to 7:00 p.m.

September 2, 10:00 a.m. to 6:00 p.m.

Port Plaza

This was the fourth year of Squaxin Island Tribe's participation in this event. Our involvement started with an opening and closing prayer in 2014. In 2015, we had hoped to do more, but it rained hard all weekend. No one was willing to bring their wares out to be saturated in the rain. We still did the opening and closing prayers.

This year, we expanded even more to include several demonstrations on carving and weaving, including three Tribal Member demo booths. We had several arts and crafts booths including t-shirts and other native sales and artist booths.

Storytelling, cultural performances, and demonstrations were the biggest hit of the event. We may try to get more demos in 2019 because they were such a success. Many folks were fascinated with the carvers and weavers. Lots of people stayed for the drumming and singing after the canoe races. Muckleshoot took first place in a three canoe race.

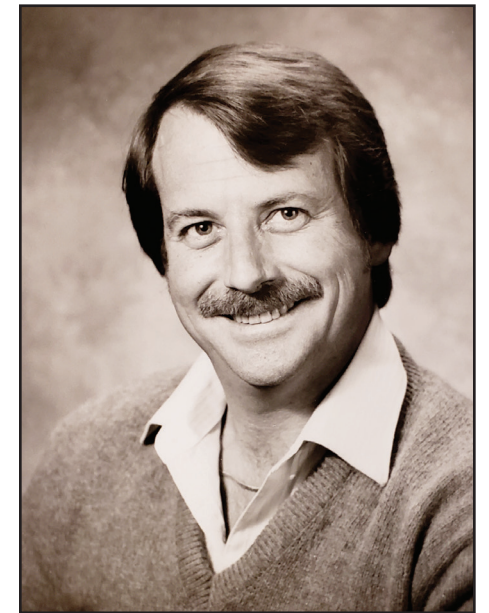
We also handed out *A People's History of the Seven Inlets: Steh-Chass* at Harbor Days. At times, there were six of us talking to the public about the publication. So many were excited that a Tribe had taken the time to tell the complete story about native history. Grade school and high school teachers grabbed handfuls to bring to their classes, and they said that they knew so many more that would appreciate copies.

The Office of the Superintendent of Public Instruction has also requested that we provide them with a copy of this magazine online. (Construction of a PDF is in the process but not yet available.)

We are looking forward to 2019!

*More photos (by Charlene Krise) on Page 23*

## Walking On



### John Coxwell

A full write up about John will be in next month's Klah-Che-Min.





## SICDC Nature Preschool

Squaxin Island Child Development Center in cooperation with the Department of Children, Youth and Families was selected and is participating in a statewide pilot licensing project for Outdoor Preschool Classrooms.

The program will be nature-based and will be outdoors, every day, all year. This is not a fair weather program. There is no such thing as “bad weather” only “bad clothing.” As such, the children will be provided with high quality rain pants and jackets. The program will have inherent risks. The children will have freedom of movement in a highly supervised setting. Part of the day is structured and the other part allows for individual exploration. There will be climbing and crawling near water a fresh water stream. Children will encounter insects (ticks, bees, mosquitos) and plants (stinging nettles, mushrooms). The children will be taught about all of these things during their experiences in the forested area surrounding the center. A small shelter and fire pit will be constructed that will include having occasional small fires and cooking activities.

### What is a Nature Preschool?

The concept of nature-based, outdoor learning started with the Forest School movement in the 1950's in several European countries, and has been gaining momentum in North America since the late 2000's. One of the many special features of a Nature Preschool is that all of the sessions are held in the same natural area over a period of time, allowing participants to become very comfortable in and knowledgeable about their play space.

### Why a Nature Preschool?

There are many benefits of an outdoor, play-based preschool, including:

- Improved confidence, social skills, communication, motivation and concentration
- Improved physical stamina, fine and gross motor skills
- Positive identity formation for all individuals and communities
- Increased knowledge of the environment, increased frequency of visiting nature with families
- Healthy and safe risk taking
- Improved creativity and resilience
- Improved academic achievement and self-regulation
- Reduced stress and increased patience, self-discipline, capacity for attention and recovery from mental fatigue
- Improved higher level cognitive skills

The SICDC Nature Preschool runs almost exclusively outdoors and uses nature as a venue for play and exploration in all seasons, strengthening the connection between children and the natural world. During every session children and teachers have many opportunities for unplanned natural learning such as when a salmon heads upstream or a slug crosses their path.

A responsive curriculum focuses on all areas of healthy child development; social-emotional, creative and cognitive. It is the intent of this program to inspire exploration, critical thinking, creativity and community. Making connections to nature is the first step toward learning about the natural world and becoming a good steward of the environment. Environmental sustainability is important to us. The impact of our presence on the site's environment will be closely monitored. Children will engage in discussions around care for the environment and involve them in stewardship activities.

### Weather and Safety

Exploring nature can happen in all types of weather. Children will be required to dress appropriately and be prepared to fully participate. The program will operate rain or shine. Staff will closely monitor weather forecasts and conditions and have back up plans for high wind and other adverse weather conditions.

Safety is a high priority. Staff will conduct environmental checks before each session, by scanning the site for hazards and identifying risks. Risk is an integral part of the program and will be woven in as part of the curriculum.

We recognize that children will come to us with different experiences and comfort levels with the outdoors. We will be sensitive to this and observe children carefully to gauge their needs, so that all children can successfully connect with nature and enjoy their time outdoors. We will help them to safely and gradually push their limits-for some children this may mean climbing a tree, for others it may mean getting wet or muddy.

### Program Staffing

Licensing standards require a 1 to 6 ratio. The class will only have 12 children enrolled at a time. There will be three teachers, two lead teachers and one classroom assistant. The teachers are required to hold the same certified training as the regular classroom teachers and have a keen interest, passion and expertise to the program. All staff have First-Aid and CPR certification. The lead teachers will be trained as certified life guards for water related activities. All staff have been background checked and been trained on the policies and procedures for the program.

### A Typical Day

Each day, participants meet in a designated outdoor location and gather with a welcome. Although staff have a plan for the day, activities are largely based on children's interests. Instructors support children's inquiries by giving them time and space to make their own discoveries.

Activities will involve natural materials daily and may also include stories, art, problem solving, exploration and imaginative play. Examples include creating patterns or art on the forest floor, sorting and counting natural materials, the use of bug jars and magnifiers to take a closer look at nature's tiniest discoveries, or finding a symbol for a letter in a tree's bark.

To be eligible for the program a child must be enrolled in the River Otter, Raccoon or Black Bear Rooms. The child must be toilet trained to be in the program and parents are required to complete an enrollment packet, sign a risk waiver, agree their child will participate daily and attend an orientation prior to starting the program.



*Stepping Stones Summer Workers Getting the Site Ready*





# SALMON HOMECOMING SEATTLE WATERFRONT



## Squaxin Island Canoe Family at Salmon Homecoming Celebration

Jaimie Cruz - Saturday, September 15th: The Klabsch crew left Kamilche at 8:15 a.m. to depart to Don Armeni Boat ramp in Seattle to participate in the annual Salmon Homecoming event. Lester Delacruz and Greg Lehman towed the canoe up while Jackson and Jaimie Cruz drove pullers up. We anticipated it to be about a two-hour drive and we made it up there in good time. We were the third canoe to be in the water and we watched as the other crews pulled in to prepare themselves. The welcoming ceremony was to start at noon at the Seattle Waterfront.

The youth were excited to be able to take the canoe on the water one more time before we put them up for the winter. They reunited with friends from tribal journeys and shared their leftover McDonald's with the Nisqually crew.

When it was time for the canoes to take off, all 13 of us gathered in a circle where David Seymour opened us up with a prayer. Greg was skippering that day and the kids enjoyed picking on him. They got their seats and were ready to take off. Lester helped push them off and we said, "See ya on the other side."

We jumped in my car and raced over to the Big Wheel. Traffic was terrible, as always, in Seattle. Lester and I were sitting in traffic watching our pullers. It was so awesome to see them. I was worried we were going to miss it all. We found a nifty parking spot and it was close to the waterfront. Lester was walking fairly fast for my short legs, but we made it in time to watch the Klabsch pull in.

The canoes were rafted up and one-by-one asked for permission to come ashore. We were in traditional Muckleshoot and Suquamish territories. The Muckleshoot Tribe was there to grant permission to come ashore. Greg Lehman sang a seeka (rattle song) and Kiana Henry spoke in the Lushootseed language. I wish we were able to record it, but one of the skippers dropped the mic, by accident, of course, and there was not a backup.

After everyone was welcomed ashore, the canoes pulled to a nearby dock where we met them. We all walked to Waterfront Park to enjoy the festivities.

The Salmon Homecoming Board gave each canoe tickets for salmon dinners and we also walked along the waterfront to enjoy chowder from Ivar's!!! The youth wanted to stay to sing and dance, so the Squaxin group sang the infamous Frog Song (Vicki and Tully Kruger's song). Its always fun to dance to this song because you can go pick a partner.

After we shared a song, the canoe loaded back up to pull across to the boat ramp. We were worried that the canoe would pull up before us, but we made it in time to pull the canoe trailer down.

The weather definitely changed. The kids had a tough pull back, but they made it. Overall, it was a beautiful Saturday to be with our relatives from around Western Washington and enjoy time together once again.



## What is Salmon Homecoming?

Sadie Whitener - The event honors the fall return of the salmon and invites the local community to learn about Native American traditional celebrations and participate in environmental educational activities.

*"Salmon are the measuring stick of well-being in the Pacific Northwest."*

- Tribal legend Billy Frank, Jr.

That statement defines the purpose of the Salmon Homecoming Alliance. It is acknowledgement of our common need and dependence on Mother Nature. Salmon Homecoming is all about the people of the Pacific Northwest and how we all depend on salmon one way or another. It is a powerful vehicle to build stronger relationships between tribal and non-tribal communities. We work to promote better understanding of salmon stewardship, including the knowledge of water quality and marine protection issues that impact the salmon and all other wildlife here in the Northwest. The Salmon Homecoming events began as a good idea that a few salmon warriors, such as Billy Frank Jr., Terry Williams, G I James, and Steve Robinson, had to get tribal leaders and government leaders to work together on a common goal and to educate the public on the importance of protecting salmon habitat and our shared environment. It began with partnerships with Pacific Northwest tribes, Northwest Indian Fisheries Commission, the Seattle Aquarium, Muckleshoot tribe, and King County government.

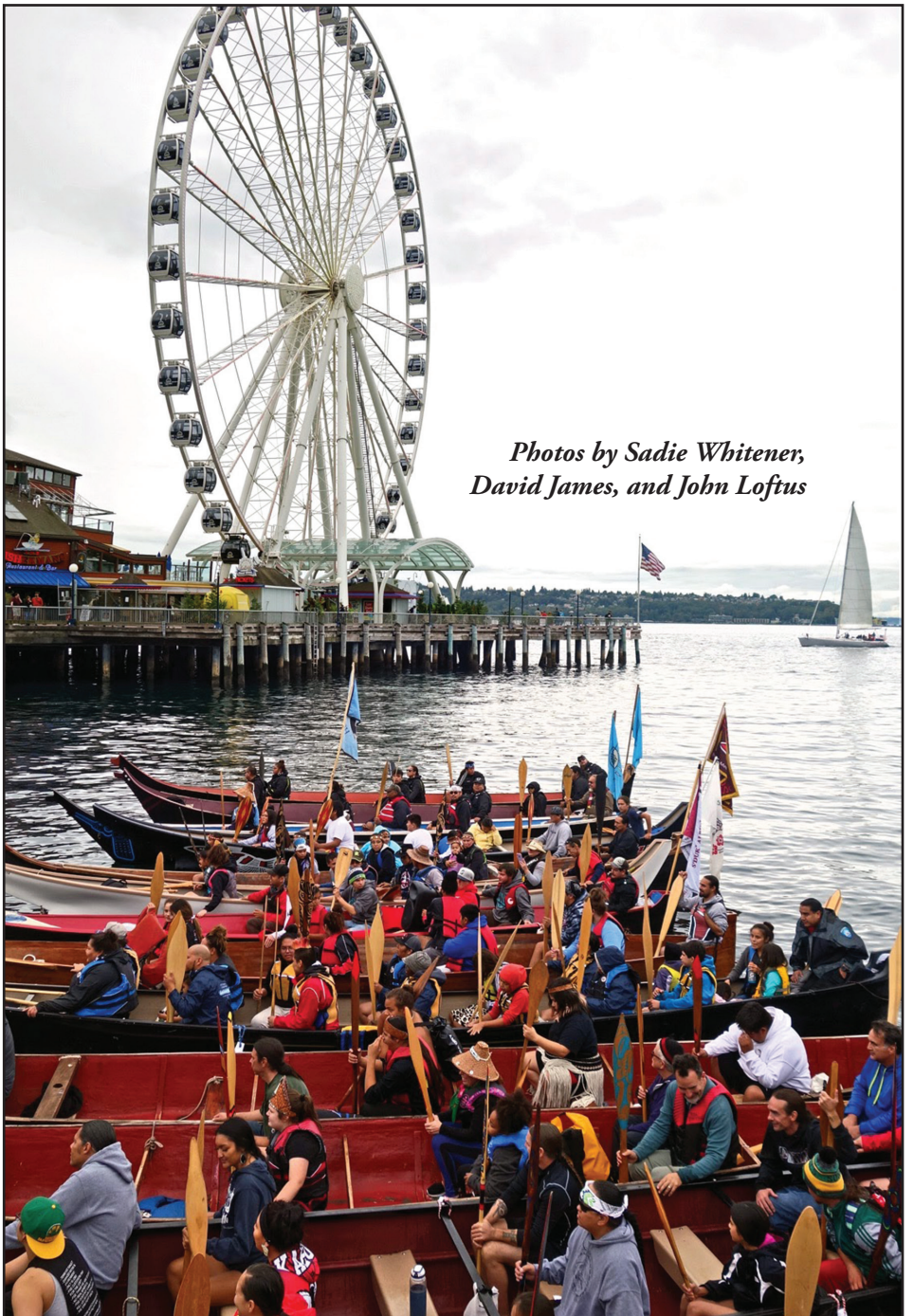
The Salmon Homecoming Alliance became a non-profit organization some years ago. The Board of Directors are Walter Pacheco (Muckleshoot Tribe), Justin Parker (Northwest Indian Fisheries Commission), G I James (Lummi Tribe), Sadie Whitener (Squaxin Island Community), Pat Stevenson (Stillaguamish Tribe), Gail Morris (Seattle Public Schools), Darcie Larson (Seattle Aquarium), and Leonard Forsman (Suquamish Tribe). Our objectives are to provide opportunities for tribal and non-tribal communities to come together in a positive atmosphere, learn from one another, and explore ways to support cooperative spirit in salmon restoration and protection and to provide education on the significance of the salmon to people of all ages. Our celebration takes place in the traditional territories of the Muckleshoot and Suquamish Tribes, but our purpose represents the common interests of all Pacific Northwest tribes. Native American communities have been and will be the Keepers of the Salmon for Time Immemorial. Salmon have been an important part of native culture and the economies of the region for thousands of years.

Each year we invite over 1,200 4th/5th grade students to our School Days events on the Seattle waterfront to learn a little about native culture, to see native youth share their songs and dance, to hear native storytellers, and visit environmental booths and the Seattle Aquarium. On the weekend, we put on a public celebration that includes arts & crafts vendors, a traditional salmon bake, a canoe welcoming ceremony, coastal song and dance, and a traditional pow wow. For more information visit us on the web at [www.salmonhomecoming.org](http://www.salmonhomecoming.org) and Like us on Facebook at The Salmon Homecoming Alliance. Keep in mind, we welcome volunteer participation! This year was our 26th annual Celebration. Each year, I am happy to see friends and family from Squaxin Island come to our Celebration. I was especially thrilled to see the Klabsch and her crew pull into Waterfront Park between the Seattle Aquarium and the Big Wheel!! The Klabsch skipper and crew represented Squaxin Island very well. Thank you Lester Delacruz, Jaimie Cruz, and Greg Lehman and our youth for making the journey to Seattle!! Thank you Squaxin Island Tribal Nation for your continued support!!





# - SALMON HOMECOMING SEATTLE WATERFRONT -



*Photos by Sadie Whitener,  
David James, and John Loftus*



09-15-2018





# CERT







# CERT



**Thank You!**  
A very big thank you to  
Mason County Fire District #4  
Island Enterprises, Inc.  
and  
Tribal Council

The Community  
Emergency Response Team  
appreciates all you did  
to make this happen!!!







## ***CPR & FIRST AID TRAINING***

Get trained. Save a life. You'll be glad you did.

When was last time you were trained?  
Don't remember? Sign up!

Two upcoming classes will be offered:

October 24, 2018 & January 16, 2019

Classes will be held at the  
**Squaxin Community Kitchen**

**8:00 a.m.—4:00 p.m.**

**\$50 per person, includes First Aid Book & CPR card**

All Tribal Government employees are ***strongly encouraged*** to be  
trained in First Aid, CPR & AED.

Please sign up with Janita Raham  
at 360-432-3869 or [jraham@squaxin.us](mailto:jraham@squaxin.us)





## Lilah Wentworth, Junior Achiever

Kezie Wentworth - On Saturday, September 22nd, Lilah Wentworth (sixth grade student at Olympic Middle School) was invited to give a speech at the Junior Achievers Dare to Dream Live Auction and Dinner Event at Safeco Field in Seattle, WA. This was a charity event to raise money for the Junior Achievers program for kids. Bordeaux Elementary School participates in this program. Lilah started the program when she was in Kindergarten at Bordeaux, and was eventually elected Mayor of JA Biztown in 5th grade by all of her fellow classmates. The Junior Achievers program teaches young kids how to navigate in the business world. They learn what it takes to hold down a job and, eventually, how to run an entire city. After winning the classroom election process and becoming the Mayor of JA Biztown, Lilah actually had to perform mayoral duties when the entire 5th grade class from Bordeaux went to the JA Biztown city located in Auburn, Washington. As a parent volunteer, I was able to witness the whole thing. I was tasked with helping the kids assigned to the print shop. This mini city had everything a real life-sized town would have, from city hall where the Mayor's office was, to Chick-fil-A, a bank, a sports merchandise store where kids could actually purchase stuff, and much more (it had everything).

Because Lilah was Mayor of JA Biztown, she was invited to give a small speech with her former Counselor from Bordeaux, Brian Wirzbicki. This event was so much fun. Lilah, myself and my husband, Ben, were all able to attend the dinner. When we first arrived, we were given a tour of the entire facilities, and Lilah was even able to get a few swings in at the batting cages. The night started out with a silent auction inside the Mariners locker room, then we moved to the ball field where the dinner was located. Marni Hughes from Fox News was the emcee for the night. Lilah was able to meet her and Kevin Mather (president and co-owner of the Mariners). Towards the end of the night, Lilah and Mr. Wirzbicki gave their speeches and won the hearts of the audience (someone even shouted out, "We love Lilah," and then Marni Hughes said, "I second that! We love you, Lilah!"). The event was a success and they raised hundreds of thousands of dollars to help benefit our future business leaders of America.



L-R: Kevin Mather, President and partial owner of Mariners, Lilah Wentworth, and Brian Wirzbicki, Counselor at Bordeaux Elementary



## What's going on at the Squaxin Tribal Community Garden?

As the garden is in full bloom, the garden team is offering weekly informational cooking classes at the Community Kitchen. These classes will teach you easy recipes using fresh garden produce. This class will also provide education about the nutrients each plant and vegetable has to provide to our bodies and healing our souls.



## SQUAXIN ISLAND JOB CLUB (HOSTED BY SQUAXIN ISLAND VOCATIONAL REHABILITATION)

### WHEN

**October 25 - November 15 & 29 every Thursday**  
9:00 a.m – 10:30 a.m

### WHERE

**Family services building**

2750 Old Olympic Hwy, Shelton, WA Classroom 1

Wifi Tablet during class hours.

### CONTACT INFORMATION

JUNE KRIS (360) 432-3821  
[JKRIS@SQUAXIN.US](mailto:JKRIS@SQUAXIN.US)

WILL MARCHANT (360) 432-3949  
[WMARCHANT@SQUAXIN.US](mailto:WMARCHANT@SQUAXIN.US)

### AGES: 16+

### CAREER EXPLORATION

### APPLICATION PROCESS

### COVER LETTERS

### RESUME'S

### INTERVIEW STRATEGIES

### SOFT SKILLS AWARENESS

### TRANSFERABLE SKILLS

### INTERPERSONAL SKILLS

### CONFIDENCE BUILDING

### COMMUNICATION

### NONVERBAL MESSAGES

### MEDICINE WHEEL LIFE SKILLS

### ESTABLISHING AND SUSTAINING CREDIT





## Housing Improvement Program for Low Income Members

This notice is to provide information that funding may be available in FY 2019 for extremely low income families through the Bureau of Indian Affairs (BIA) - Housing Improvement Program (HIP). The Office of Housing will accept applications through December 7, 2018.

### Qualifications:

- You are a member of a federally recognized Tribe
- You live in an approved Tribal service area
- Your income does not exceed 150% of DHHS poverty income guideline
- Your present housing is substandard
- You must meet ownership requirements
- You have no other resources for housing assistance
- You did not acquire your present housing through a federally sponsored housing program that includes such housing assistance

The application process is often difficult, but staff is available to assist you in the process.

Applicants must have exhausted all other resources for housing assistance. The Office of Housing will accept the applications and forward them to the BIA, who will make the final determination.

If you have any questions about the HIP program, please contact Lisa Peters at (360) 432-3871.

# Happy Halloween



## Pet Vaccination Clinic

The sixth annual pet vaccination clinic took place on August 18th on the Squaxin Island Reservation. The event was an effort of the Squaxin Island Tribe, Office of Housing and Rez Animal Resources & Education. A total of 23 dogs received vaccines, de-worming, and flea treatments - all at no cost to the owner. Steamboat Animal Hospital Veterinarian Dr. Fraser completed an exam of each animal and gave vaccinations for rabies, distemper (DHPPC), bordetella and leptospirosis. These vaccines protect dogs from deadly infections such as parvo, distemper and rabies. The number of rabid bats found in Washington State is increasing, which makes it vitally important to keep your pets' vaccines up to date.

If you need assistance getting your pets vaccinated, Rez Animal Resources & Education is here to help. The program can pay for one vaccine and a wellness exam for dogs and cats. This resource is available for all enrolled members of the Squaxin Island Tribe and any pet owner that lives on the Squaxin Island reservation. To find out more, please contact Gus at (360) 432-3953.

Spaying and neutering your pets is also very important to avoid accidental litters. Puppies and kittens can be spayed/neutered at 5-6 months old. Rez Animal Resources & Education provides vouchers to help cover the cost of the spay/neuter surgery. These vouchers can be used at local veterinary clinics including Steamboat Animal Hospital and Shelton Veterinary Clinic. With the voucher, pet owners pay \$5 for the spay/neuter surgery and Rez Animal Resources & Education pays the rest. A rabies vaccine is also included.

Many thanks to Rez Animal Resources & Education for providing these wonderful services to the Squaxin Island Tribe. Thank you also to Steamboat Animal Hospital and the staff in the Office of Housing. Pets are important members of the family. As responsible pet owners we need to keep our dogs and cats healthy, give them lots of love and take care of them.







# LEARNING CENTER



As the new school year is fully underway, so are the TLC's afterschool programs. There is afterschool tutoring available in the TLC classroom. The TLC's Tutors are available until at least 4:00 p.m. weekdays, and Jamie Burris is available Tuesday through Thursday, usually from 4:00 - 7:00 p.m. Jamie is also available to assist in GED instruction for those who wish to pursue a GED. Sylvan instruction is underway for those youth needing specialized instruction in their math or reading. If you have any questions about these services, please call the front desk at 360-432-3958 for more information.

Our afterschool program for ages 5-12 is again offering a variety of activities for kids – check out their October calendar in this month's Klah-Che-Min. The youth sports program returns its focus to the Intertribal League for youth basketball. We will have a series of home and away games with other tribal communities in the region over the next few months. October continues Junior High season, please check out the Teen Calendar in this issue.

Our afterschool programming for teens (ages 12-18) is underway, but is facing a huge change. After over five years of leading the teen program, Laurel Wolff is leaving that role. We have begun the search to fill this position, but Laurel's work with the teens - her years as part of the TLC team, her caring, compassion, and positivity - will be greatly missed. We thank her for the many ways she has contributed during her time with us. She shares her thoughts and thanks on Page 15.



## Squaxin Youth Education, Recreation and Activities Calendar

TLC Hours: M-F 7:30am-7:00pm    Front Desk: 360-432-3958    Rec Rm: 360-432-3955 (only 3-6pm)

*All activities are drug, alcohol and tobacco free.*

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<b>1</b> Rec Rm: 3-6pm Team Building: 5-6pm Open Gym: 3-4pm  Open Swim: 3-6pm	<b>2</b> Rec Rm: 3-6pm Drum Group: 5-6pm Open Gym: 3-4pm	<b>3</b> <i>GSD – ER @ 2:30pm</i> Rec Rm: 2:30-6pm Arts-n-Crafts: 5-6pm Open Gym: 2:30-6pm  Open Swim: 3-6pm	<b>4</b> Rec Rm: 3-6pm Crafty Kitchen: 5-6pm Open Gym: 3-4pm	<b>5</b> Rec Rm: 3-6pm Fun Day Friday: 5-6pm Open Gym: 3-4pm  Open Swim: 5-8pm
<b>8</b> Rec Rm: 3-6pm Team Building: 5-6pm Open Gym: 3-4pm  Open Swim: 3-6pm	<b>9</b> Rec Rm: 3-6pm Drum Group: 5-6pm Open Gym: 3-4pm	<b>10</b> <i>GSD – ER @ 2:30pm</i> Rec Rm: 2:30-6pm Arts-n-Crafts: 5-6pm Open Gym: 2:30-6pm  Open Swim: 3-6pm	<b>11</b> Rec Rm: 3-6pm Crafty Kitchen: 5-6pm Open Gym: 3-4pm	<b>12</b> <i>SSD – 1.5 HR ER</i> Rec Rm: 1:30-6pm Pool Party: 3-4:30pm Open Gym: 3-4pm  Open Swim: 5-8pm
<b>15</b> Rec Rm: 3-6pm Team Building: 5-6pm Open Gym: 3-4pm  Open Swim: 3-6pm	<b>16</b> Rec Rm: 3-6pm Drum Group: 5-6pm Open Gym: 3-4pm	<b>17</b> <i>GSD – ER @ 2:30pm</i> Rec Rm: 2:30-6pm Arts-n-Crafts: 5-6pm Open Gym: 2:30-6pm  Open Swim: 3-6pm	<b>18</b> Rec Rm: 3-6pm Crafty Kitchen: 5-6pm Open Gym: 3-4pm	<b>19</b> Rec Rm: 3-6pm Movie Night: 5-7pm Open Gym: 3-4pm  Open Swim: 5-8pm
<b>22</b> Rec Rm: 3-6pm Team Building: 5-6pm Open Gym: 3-4pm  Open Swim: 3-6pm	<b>23</b> Rec Rm: 3-6pm Drum Group: 5-6pm Open Gym: 3-4pm	<b>24</b> <i>GSD – ER @ 2:30pm</i> Rec Rm: 2:30-6pm Arts-n-Crafts: 5-6pm Open Gym: 2:30-6pm  Open Swim: 3-6pm	<b>25</b> Rec Rm: 3-6pm Crafty Kitchen: 5-6pm Open Gym: 3-4pm	<b>26</b>  <b>Closed for our Halloween Party 5-7pm</b>
<b>29</b> <i>GSD-ER @ 12:20pm</i> Rec Rm: 11:30-6pm Team Building: 5-6pm Open Gym: 11:30-4pm  Open Swim: 3-6pm	<b>30</b> <i>GSD-ER @ 12:20pm</i> <b>SSD- 3 HR ER</b> Rec Rm: 11:30-6pm Drum Group: 5-6pm Open Gym: 11:30-4:30pm	<b>31</b> <i>GSD-ER @ 12:20pm</i> <b>SSD- 3 HR ER</b> Rec Rm: 11:30-6pm Arts-n-Crafts: 5-6pm Open Gym: 11:30-6pm  Open Swim: 3-6pm	<b>1</b> <i>GSD-ER @ 12:20pm</i> <b>SSD- 3 HR ER</b> Rec Rm: 11:30-6pm Crafty Kitchen: 5-6pm Open Gym: 11:30-6pm	<b>2</b> <i>GSD-ER @ 12:20pm</i> <b>SSD – 1.5 HR ER</b> Rec Rm: 1:30-6pm Pool Party: 3-4:30pm Open Gym: 3-4pm  Open Swim: 5-8pm
<b>After School Snacks:</b> <b>Computer Lab:</b> <b>Sylvan:</b> <b>Homework Help, GED Prep:</b>		<b>ER = Early Release</b> WHL = Wa-He-Lut Indian School SSD = Shelton School District GSD = Griffin School District		<b><i>L.T.L. – Inter-Tribal League B-Ball</i></b> High School: 9-12 Grade Middle School: 7-8 Grade Elementary: 4-6 Grade





## News from the Tutors

Julie the Tutor (Shelton High School) - This is a year of change at Shelton High School, construction of the new school building is underway and remodeling of the old administration building is in full swing. Remember that the parking/pick-up/drop-off has changed. If you need to pick up or drop off a student, plan to meet them along the shoulder of Shelton Springs Road.

The new trimester system is up and running, offering a broader selection of classes for students to take advantage of than last year's semester system. Classes like Diagnostic Medicine, Guitar, Native Studies, and Statistics are all new offerings giving our students more

choices throughout their high school career. It has been an adjustment to longer classes, and fewer classes each day, however, students are able to earn more credits in a larger variety of classes. It is imperative students stay on top of their work; the trimesters are only 12 weeks long and it is going to be easy to fall behind. The first trimester ends November 21st, so it is really right around the corner!

The district is working hard to be prepared for emergency situations at school and one way parents and guardians can help is to make sure there are several emergency contacts listed with the schools. In the case

of a disaster, such as a fire or earthquake, the schools can ONLY release students to people listed as emergency contacts. You are able to list as many as 9 emergency contacts (one out-of-state contact is recommended in case the phone system is compromised). This would ensure that in the case of a major disaster the school would be more able to reach someone who could pick up your student.

If you have any questions or need to contact me, please call or text 360-470-1493. I also get e-mails at [jyoungs@squaxin.us](mailto:jyoungs@squaxin.us).

# OCTOBER



## Squaxin Teens

Laurel Wolff teen advocate: 432-3842

Check Facebook @ Squaxin Teens for updates to Calendar!

Monday	Tuesday	Wednesday	Thursday	Friday
1  Jr. High Basketball Practice 4:00-6:00	2  Craft Class 3:00-5:00  Drum Group 5-7	3  Basketball Home Game Vs. Skokomish 6:00pm	4  High School Basketball Practice 4:30-6:00 Homework Help 3:00 – 4:00 Youth Council 5-6pm	5  Laurel's Going Away Potluck 5:00-7:00 Community Kitchen
8  Jr. High Basketball Practice 4:00-6:00	9  Craft Class 3:00-5:00  Drum Group 5-7	10  Basketball Away Game @ Wah He Lut Van Leaves at 5pm	11  High School Basketball Practice 4:30-6:00 Homework Help 3:00 – 4:00 Youth Council 5-6pm	12  High School Basketball Practice 4:30-6:00
15  Jr. High Basketball Practice 4:00-6:00	16  Craft Class 3:00-5:00  Drum Group 5-7	17  Basketball Home Game Vs. Nisqually 6:00pm	18  High School Basketball Practice 4:30-6:00 Homework Help 3:00 – 4:00 Youth Council 5-6pm	19  High School Basketball Practice 4:30-6:00
22  Jr. High Basketball Practice 4:00-6:00	23  Craft Class 3:00-5:00  Drum Group 5-7	24  Basketball Away Game @ Skokomish 6:00pm	25  High School Basketball Practice 4:30-6:00 Homework Help 3:00 – 4:00 Youth Council 5-6pm	26  HALLOWEEN PARTY 5:00-7:00
29  Homework Help 3:00 – 4:00 Jr. High Basketball Practice 4:00-6:00	30  Basketball Home Game Vs. Suquamish 6:00pm	31  Jr. High Basketball Practice 4:00-6:00		





## Youth Annual Halloween Party

Join us on  
**Friday, October 26th**  
**From 5-7pm in the**  
**Squaxin Gym**

**Come play some old-fashioned carnival games.**  
**Dinner will be served from 5-6:30pm.**

**Don't forget to wear your costumes!**



This is a Drug & Alcohol Free

## There is a New FAFSA Deadline!!

The Free Application for Federal Student Aid, or FAFSA, has a new filing schedule! You can now file your FAFSA as early as October 1st, 2018 for the 2019-2020 school year. In the past, the FAFSA application couldn't be filed until January 1st, which made things complicated because it included income tax information that most people hadn't filed yet. Now you can use the previous year's filed tax information and the handy automatic import feature the FAFSA application offers. This feature lets you transfer your tax information from the IRS directly to your FAFSA application without having to input all the information manually.

It is important to get your FAFSA done as early as possible because the funds are distributed on a first come/first serve basis, so if you wait until January you could lose out on grants and subsidized loans.

The website to apply for your FAFSA is [fafsa.ed.gov](https://fafsa.ed.gov). If you haven't applied before you will need to register and create a FAFSA ID and a Save Key. Be sure to keep these in a safe place because you will need it again each year for filling out the application! Be sure to have your Social Security Number and Income Tax information available when starting the application. If you are under 25, you will need parent/guardian Social Security and tax information as well.

It is **HIGHLY** recommended to file a FAFSA even if you aren't sure you are going to be enrolling in a post-secondary program, whether it is a vocational program, a 2-year, or a 4-year school. A FAFSA is required to enroll in any of these programs. Its better to have it filed so all possible options are open when you decide which path you want to take.

## OMS and OBJH Tutor Updates

Lynn White - Welcome back to school! Just a reminder, my name is Lynn White and I am the Squaxin Tribe's Tutor for both OBJH and OMS. If your child is having difficulties with school work, please email me at [lwhite@squaxin.us](mailto:lwhite@squaxin.us). I am also at the TLC after school Monday - Friday until about 4:00 p.m. With Shelton School District's parent/teacher conferences scheduled October 30-November 2, and with the first trimester ending November 21st, I work to help students stay focused on grades, attendance, and homework. I encourage every parent or guardian to make it a priority to attend your child's conference.



## What's Happening at the TLC In October

**Friday 12th - Pool Party from 3-4:30pm**

**Friday 19th - Movie Night from 5-7pm**

**Friday 26th - Halloween Party 5-7pm**



### Early Release - Conference Week

**Monday 29th - Spider Web Art at 1:30pm**

**Tuesday 30th - Pumpkin Carving from 1:30-3:30pm**

**Wednesday 31st - Crawling Spiders at 1:30pm**

**Thursday 1st - Homemade Corn Dogs at 1:30pm**

**Friday 2nd - Pool Party from 1:30-3:00pm**

**If you have any questions contact Jerilynn at 360-432-3992.**





Teen Advocate Update

Laurel Wolff - Dear Squaxin Island Community,  
I wanted to take a moment to let you know that I am stepping down as the Teen Advocate. I will truly miss all of you and don't think I can adequately sum up how grateful I am to have been a part of your lives and your children's lives. The five+ years working here has been the most rewarding time of my life, but now I must focus on my education.

I have so many wonderful memories ...

- Helping with Stepping Stones and getting the nickname Coral.
- Late nights driving the basketball team while they were hyped about a win.
- Learning to snowboard and watching teens overcome their fear as they fly down the mountain.
- All the conferences and the late night laughs and sharing that happened.
- Hanging out in the teen room talking about struggles and feeling a deep level of shared trust.
- Hearing teens talk about their desire to learn Lushootseed and then seeing them on stage introducing themselves after so many hours and practice in front of hundreds of people (tear).
- Seeing teens graduate from High School (more tears).

I am so proud of all the teens I have worked with, especially Youth Council and the amazing amount of growth I have witnessed in the program. I do not doubt that these young leaders will go on to do great things in their community and beyond. The success of the program is directly related to the increase in community participation and support. I lift my hands up to everyone who has taken the time to support the youth within the program and in your own ways. Connecting with a caring adult

is so vital to the teens. Even when it doesn't seem like they care, they notice. This is not an easy job, but it is rewarding, and I have grown so much over the years.

It has been such an honor to be welcomed into your community. Your friendship, kindness and cultural teachings that have been shared are gifts I will forever be grateful for.

ʔəskʷədiitʉləd čəd - I am grateful for all of you.  
Laurel Wolff

Bordeaux Elementary Tutor Update

Lynice May - We have hit the ground running at Bordeaux Elementary this year! It is fun to work with our Squaxin Island children and see their growth throughout each school year. This year we are highlighting our after school programs at the TLC. Tuesdays and Thursdays, from 4:00 - 5:00 p.m., I will be available to work with your children - providing homework help, math games to help kids learn their math facts, and reading support. Students are more confident and successful when they have mastered their addition, subtraction, and multiplication facts and can read well. Please call the TLC at 360-432-3958 if you have any concerns about your child's school work. I would love to set up a time to work with your child.



Basketball

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 8U and 10 U practice Practice 4pm -6pm	2 12u-18u Basketball Practice	3 Intertribal Basketball away	4 8u and 10 u basketball Practice 3- pm -6pm	5 12u and 18 u Practice Basketball	6 Open Gym
7	8 8u and 10 u Basketball Practice	9 12u and 18 u Basketball Practice	10 Inter-Tribal game Here	11 8 u and 10 u Basketball Practice game against Skokomish	12 18 u Tournament 15 U coed Tournament	13 18 u and 15 uco-ed tournament
14 18 u and 15 u Co-ed tournament	15 8 u and 10 u practice 3-6pm Baton after	16 12u and 18 u Practice 3 pm 8 Pm	17 Inter- tribal game AWAY	18 8u and 10 u practice	19 12 u and 18 u practice 3pm -8-pm	20 Quinault game Practice
21	22 8 u game at skok	23 12 u game at skok	24 Inter-tribal game HERE	25 Practice 8U	26 18 u open gym	27
28	29 8 u and 10 u practice	30 15 u practice	31 Intertribal game away	10 u game at skok	18 u open Gym	





## Kennel Cough Treatment — 4 Home Remedies for Kennel Cough

Ah, kennel cough. It's like the common cold for canines! So, can you treat kennel cough at home? Try these home remedies for kennel cough.

Are there any home remedies for kennel cough? Actually, kennel cough is not that different from any cough you'd get yourself as part of the ordeal we call the common cold — and it so happens that the home remedies for kennel cough listed below work beautifully on humans, too. Of course, contact your vet before you try any of these home remedies for kennel cough and call him immediately if your dog's kennel cough persists or worsens.

### 1. Probiotics

Probiotics are among the home remedies for kennel cough. Besides being excellent for oral and digestive health, probiotics make this list of home remedies for kennel cough since these beneficial bacteria do wonders to support the immune system. This is critical when treating kennel cough, which could easily progress to life-threatening pneumonia if left untreated. Be sure to give your dog a probiotic supplement made for dogs, such as Pet Dophilus by Jarrow.

And if your vet has prescribed a course of antibiotics for your dog (which is a common veterinary procedure in treating kennel cough), be sure to wait at least two hours after administering the antibiotic before giving the probiotic, or the two will cancel each other out and healing won't happen.

### 2. Honey

The antibacterial property of this product of busy bees' labors is truly astonishing, which is why honey lands itself on the list for home remedies for kennel cough. I give sick dogs one tablespoon twice daily until their coughs are cured; it also works to alleviate the nasal discharge that accompanies kennel cough. For maximum benefit, be sure to select a homegrown honey that's not produced in China, ideally a raw honey such as my favorite brand, Really Raw Honey, which comes topped with a "cap" of pollen, propolis, and honeycomb. Dogs love this chewy mixture — mine go nuts for it. There are some dos and don'ts to giving your dog honey, though. See them all here: <https://www.dogster.com/dog-health-care/honey-for-dogs-can-dogs-eat-it-and-should-they>.

### 3. Coconut oil

Dogster has extolled the virtues of coconut oil for dogs before, and its amazing antiviral property is especially helpful as one of the home remedies for kennel cough,

which is caused by the Bordetella virus. Give two teaspoons daily until the cough is cured. Pour it over Spot's food bowl or just let her lick it right off the spoon — being congested will suppress her appetite, but a whiff of this oil's rich, fragrant aroma will get her mouth watering again.



### 4. Cinnamon

Cinnamon for dogs is another great dietary supplement. This essential spice-cabinet staple is safe to sprinkle liberally over your dog's food bowl any time of year, but it's especially good as one of the home remedies for kennel cough. Like coconut oil, cinnamon is also antiviral, so go ahead and shake half a teaspoon of it over Spot's food. Look for Ceylon Cinnamon, which is especially fragrant. From Dogster Magazine.

- Gus the doggie guy



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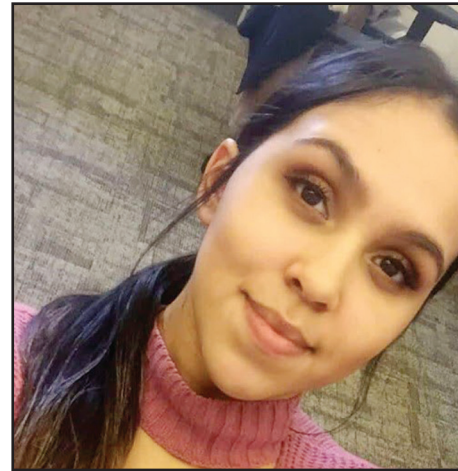
## Notice to creditors in the matter of the Estate of Sally Johns Deceased

Notice to creditors in the matter of the Estate of Sally Johns, Deceased, Case No. PB-2016-1611-0180.

Ms. Johns' address at the time of her death was 370 S.E. Klah-Che-Min Drive, Squaxin Island Tribe Reservation, Shelton, Washington, 98584.

Any person having a claim against the decedent, or claiming to be an heir under the decedent's will, must, within one hundred twenty (120) days of the date of the first publication of this notice, present the claim in the manner as provided in Squaxin Island Tribal Code, §8.07.010, filing the claim with the Squaxin Island Tribal Court, Case No. PB-2016-1611-0180; 10 SE Squaxin Lane, Shelton, Washington, 98584. If the claim is not presented within this time frame, the claim is forever barred. This bar is effective as to claims against both the decedent's probate and nonprobate assets.

Date of First Publication: 09/25/2018



## Congratulations Twana Machado on making the Dean's list for summer quarter at UW Seattle campus!



### Plan, Save, Shop & Cook

HOW TO EAT RIGHT WHEN THE MONEY IS TIGHT

**Mondays, 4:30 - 6 p.m. • for adults**  
**October 8, 15, 22, 29**

Learn how to plan nutritious meals for your family, write shopping lists to save time and money, and taste a healthy, low-cost recipe.

Presented by WSU Extension Mason County SNAP-Ed Nutrition Program.

Registration is required and includes all 4 class sessions. Please plan to attend them all! Call WSU Mason County Extension SNAP-Ed Nutrition Program at 360.427.9670 x680 to reserve your free classes.



### Shelton Timberland Library

William G. Reed Public Library  
710 West Alder Street 360.426.1362 [TRL.org](http://TRL.org)



### Looking Forward Together:

*Elders' Supports & Services ~ Preparing for an Emergency*

**Tuesday, October 30, 2018**  
**9:00am - 3:30pm**

**Nisqually Youth and Community Center**

*You are invited to an intertribal gathering of Tribal members, caregivers, and service providers*

**Registration Now Open**

Register by  
October 23, 2018

Pre-register by calling your Elders' Activities Coordinator or SPIPA at 360.426.3990 to qualify for an Elders' Emergency Preparedness Kit

### Elders' Activities Coordinators

Chehalis	Orinda Goddard	360.409.1877
Nisqually	Norine Wells & Cleo Frank	360.486.9546
Shoalwater Bay	Kathirine Horne	360.267.8134
Skokomish	Margie Gouley	360.426.4232
Squaxin Island	Traci Coffey	360.432.3906

### Schedule of Events

Guest Speakers  
Lunch Provided  
Group Discussions  
Emergency Preparedness Bingo!





## October Happy Birthdays

1  
Carmen Dee Orsillo  
Donna Penn  
Jess Travis Ehler  
Shirley Marie Monahan

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

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

5  
Amanda Lee Maynard  
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.  
Justina Marie Hess  
Kade Benavente Whitener  
Owen David Dorland  
Susan Ann Clementson

11  
Dontae O. Hartwell  
Michael Alan Peters

12  
Larry Douglas McFarlane Jr.  
Sharen I. Ahrens

13  
Jericho Lon Hartwell  
Julian Sorin Hawk Masoner  
Steven Robert Sigo

14  
Savannah R. Fenton

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

17  
Charles Ormond Lacefield  
Kelly Leanne Bell  
Mitchell Elliot Coxwell  
Ruth Branch Allen  
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 Jr.

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

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

23  
Erik Jason Johnson

24  
Marjorie S Hill  
Roger Allen Turner-Ford  
Rolayno Jay Charters  
Rose Ann Davis

25  
Cloe' Angelique Martin  
Donna Jean Baker  
Erika Ada Poste

26  
Kasia Lee Seymour  
Lisa Marie James  
Selah George Thale

27  
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 Stanley Henry III  
Ronnie Patrick Johns  
Zackary Taylor Sayers

30  
Autumn Dancing Fire Wily  
Carie Ann Kenyon  
Tori Anne Willis

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



### Thank You!

Thank you to everyone who keeps their animals in their own yards. It makes it easy for me to walk my dog and is very much appreciated!

- Linda Lake



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## 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](mailto:gardipee@spipa.org)

or Patty Suskin 360.462.3224

**Tuesday, Oct 9th is WIC day at SPIPA**

This institution is an equal opportunity provider.  
Washington State  
WIC Nutrition Program doesn't discriminate.

Please Join Us

Building Strong Families Through Culture

# BSFTC

## Community Kitchen

Tuesday's  
3:00 to 5:00

For the Formation and Maintenance of Two-Parent Families

## October is..

## Talk About Your Medicines Month

Tips provided by Clinic staff:  
Mauricio Austin, PharmD, and Angela Tobias, MD



### The Day Before

If possible, call in your medication refills the day before you'd like to pick them up.

If you are taking pain medications or any "as needed" medications, **consider counting out into a different bottle** the maximum number for the day, so you do not take more than what is safe. A weekly pill tray organizer can help you keep track of what you have taken.

**Keep all medications and vitamins locked and out of reach of children.**  
Many medications look like candy. Even vitamins in adult doses can make a child sick if accidentally taken.  
If a child does swallow any pills, call poison control at 1.800.222.1222 or 911.



**Dispose of expired medications properly so they do not contaminate our environment.**  
Place with coffee grounds or kitty litter in a bag & place in trash. ( PLEASE DO NOT FLUSH DOWN TOILET)

Our very own Squaxin Island Police Dept has a box inside the office for your convenience (see picture)

Never keep leftover antibiotics— always take the whole treatment course. If advised to stop by a provider, dispose of the remaining antibiotics.

**Want to know more about your medications?**  
Ask for a print out at the pharmacy window or ask Mauricio or your provider.  
Call the clinic at 360.427.9006  
Article submitted by Patty Suskin, Diabetes Coordinator

## Six strategies to help you say no to junk food

Source: Nutrition Action Healthletter  
Submitted with modifications by Patty Suskin, Registered Dietitian Nutritionist

- 1. Don't let yourself get too hungry.**

If you're too hungry, any food you see will be what you want. Skip the crash diets and focus on the quality of food you eat.


- 2. Don't drink your calories.**

Sugary drinks-soda, sports drinks, energy drinks, or sweetened teas—lead to weight gain. It's not clear why.  
One possibility: liquid calories may not "register." People eat only slightly less food when they drink a 150-calorie glass of cola with lunch than when they drink a zero-calorie glass of water or diet cola. In addition, specialty coffees have a similar effect.
- 3. Find foods that don't cause war.**

Surround yourself with healthier options.  
Hungry between meals? Try fresh fruit or carrots with hummus. "Try to identify foods that you enjoy but that don't cause an intense internal struggle—I'm only going to have one bite of this but, oh, God, I want more," suggests Gearhardt. "That's exhausting. The willpower parts of our brain can only take so much."


- 4. Address your stress.**

Why does stress take a toll? "When we're stressed, the executive control system in the brain—the signal to stop eating—is weakened. Go for a walk, call a friend, try some meditation, or distract yourself. "The
- 5. Get enough sleep.**

Studies show lack of sleep can increase appetite and contribute to weight gain.
- 6. Give yourself a break.**

Have some compassion for yourself, because it takes practice. Our food environment is set up to make it challenging for people to eat healthier.







## Bible Study

everyone is welcome

**Mondays 6:00 - 7:00 p.m. - Elders Building**

**For more information, call Aaron Lake at 360-426-0276**



### 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.

This institution is an equal opportunity provider.  
Washington State WIC Nutrition Program doesn't discriminate.



## SPIPA's NWWP BREAST CANCER AWARENESS WALK

HOSTED BY THE NISQUALLY INDIAN TRIBE



Nisqually Indian Tribe



National Breast and Cervical Cancer Early Detection Program



**OCTOBER 13, 2018 10:30AM-2:00PM**

**At The Nisqually Youth & Community Center**

Please join us for lunch, speakers, door prizes and free t-shirts!

For more information please contact your local patient navigator.

In Nisqually: Raylene 360-453-5313, Shoalwater Bay: Tanya, Chehalis: Christina,  
Squaxin Island: Traci and Skokomish: Nydesta





## Elders Menu . . . Fruit and salad at every meal

### 10/1 – 10/4

#### MONDAY:

Chicken fettuccine, peas

#### TUESDAY:

Taco soup, turkey wraps

#### WEDNESDAY:

Baked potato bar, broccoli

#### THURSDAY:

Pork chops, stuffing, green beans

### 10/8 – 10/11

#### MONDAY:

Goulash, garlic flat bread

#### TUESDAY:

Beef stew, rolls

#### WEDNESDAY:

Teriyaki chicken, rice,  
oriental veggies

#### THURSDAY:

Beef enchiladas, refried beans

### 10/15 – 10/18

#### MONDAY:

Tator tot casserole,  
brussel sprouts

#### TUESDAY:

Italian sausage potato soup,  
breadsticks

#### WEDNESDAY:

Meatloaf, mashed potatoes/gravy,  
asparagus

#### THURSDAY:

Casino Buffet



### 10/22 – 10/25

#### MONDAY:

Burger dips, potato wedges

#### TUESDAY:

Tomato basil ravioli soup, grilled cheese  
sandwiches

#### WEDNESDAY:

Baked chicken, rice pilaf, spinach

#### THURSDAY:

Baked ham, mac-n-cheese,  
mixed veggies

### 10/29 – 10/31

#### MONDAY:

Fish-n-chips, coleslaw

#### TUESDAY:

Navy bean soup, tuna salad

#### WEDNESDAY:

Garlic parmesan chicken wings,  
veggie rice



## Elders Hot Dog Roast August 31

*Photos by Charlene Krise*







## What's Happening in October

### 1 - Monday

Bible Study at Elders Building  
6:00 - 7:00 p.m.

### 2 - Tuesday

ALANON & AA  
3:00 - 5:00 p.m.

Tobacco Cessation  
3:00 - 4:00 p.m.

### 3 - Wednesday

Elders Committee

Culture Night  
7:30 p.m.

### 4 - Thursday

Utilities Commission

Family Court

### 5 - Friday

Housing Commission

### 8 - Monday

Childcare Board of Directors

Bible Study at Elders Building  
6:00 - 7:00 p.m.

### 9 - Tuesday

Enrollment Committee

Hunting Committee

Civil/Criminal Court

ALANON & AA  
3:00 - 5:00 p.m.

Tobacco Cessation  
3:00 - 4:00 p.m.

### 10 - Wednesday

Golf Advisory Committee

Culture Night  
7:30 p.m.

### 11 - Thursday

*Tribal Council*

### 12 - Friday

*Youth Pool Party*

3:00 - 4:30

SPIPA Board

Education Commission

### 15 - Monday

Gaming Commission

Bible Study at Elders Building  
6:00 - 7:00 p.m.

### 16 - Tuesday

ALANON & AA  
3:00 - 5:00 p.m.

Tobacco Cessation  
3:00 - 4:00 p.m.

### 17 - Wednesday

Culture Night  
7:30 p.m.

### 19 - Friday

*Youth Pool Party*

5:00 - 7:00

### 22 - Monday

Bible Study at Elders Building  
6:00 - 7:00 p.m.

### 23 - Tuesday

Tobacco Board of Directors

Civil/Criminal Court

ALANON & AA  
3:00 - 5:00 p.m.

Tobacco Cessation  
3:00 - 4:00 p.m.

### 24 - Wednesday

*CPR Training*

8:00 - 4:00

Culture Night  
7:30 p.m.

### 25 - Thursday

*Tribal Council*

### 26 - Friday

*Youth Halloween Party*

5:00 - 7:00

### 29 - Monday

Bible Study at Elders Building  
6:00 - 7:00 p.m.

### 30 - Tuesday

*Pumpkin Carving*

1:30 - 3:30 p.m.

ALANON & AA  
3:00 - 5:00 p.m.

Tobacco Cessation  
3:00 - 4:00 p.m.

### 31 - Wednesday

*Happy Halloween!!!*

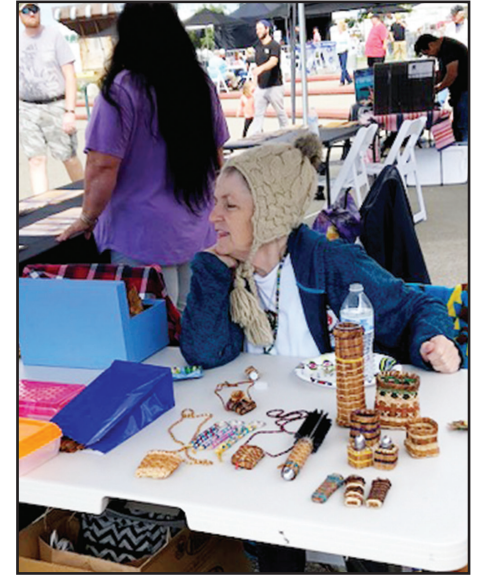






## Steh-Chass Festival and Salish Sea Port at Harbor Days

Photos by Charlene Krise, story on Page 3



## Committees Commissions & Boards With Infrequent Meeting Times

### Committee and Commissions

1% Committee (Bylaws & Appendix X2)  
Elections Committee  
Explorers Program Committee  
Fireworks Committee (TC 6.04.040)  
Gathering Committee  
Law Enforcement Committee, Law and Order  
Veterans' Committee  
Budget Commission  
Business Administration Board (TC 6.24.010)  
Little Creek Oversight Board (TC 2.26.010)  
Museum Library and Research Board  
Tourism Board (TC 2.34.010)  
Island Enterprises Board  
Skookum Creek Tobacco Board

### Council Rep.

Charlene Krise, Vince Henry, Vicki Kruger  
None  
None  
None  
Charlene Krise  
None  
None  
Vicki Kruger  
None  
Arnold Cooper, Vicki Kruger, Charlene Krise  
Bev Hawks  
Vacant  
Arnold Cooper  
Vinny Henry

### Staff Rep.

Kris Peters  
Tammy Ford  
Rene Klusman  
  
Rhonda Foster  
Kevin Lyon  
Glen Parker  
Kris Peters  
  
Charlene Krise  
Leslie Johnson  
Dave Johns  
Mike Araiza

### Months

Feb., May, Aug., Nov.  
March, April, May  
  
May and June  
Not yet determined  
Not currently meeting  
  
June and August  
As needed  
  
Sept., Dec., March, June

## Committees and Commissions Listed on Calendar

### Committee and Commissions

Aquatics Committee  
Elders Committee  
Enrollment Committee  
Fish Committee  
Golf Advisory Committee  
Hunting Committee  
Shellfish Committee  
Education Commission  
Gaming Commission (TC 6.08.090)  
Housing Commission  
Child Care Board of Directors  
Tobacco Board of Directors  
Utilities Commission (TC 11.08.010)  
SPIPA Board of Directors

### Council Rep.

Arnold Cooper  
Charlene Krise  
Charlene Krise  
Vicki Kruger  
Arnold Cooper  
Arnold Cooper  
Vince Henry  
Vacant  
(Per Tribal Code) None  
Charlene Krise  
Vicki Kruger & Charlene Krise  
Vacant  
None  
Vicki Kruger

### Staff Rep.

Jeff Dickison  
Traci Coffey  
Tammy Ford  
Joseph Peters  
Kris Peters  
Joseph Peters  
Eric Sparkman  
Gordon James  
Dallas Burnett  
  
Bert Miller  
Ray Peters  
Vacant  
Patti Puhn

### Meetings

2nd Wednesday in Feb., May, Aug., Nov.  
1st Wednesday or Thursday  
2nd Tuesday  
2nd Wednesday in March, June  
2nd Wednesday or Thursday  
2nd Tuesday of July, Oct., Jan., April  
1st Wednesday of March, June, Sept., Dec.  
2nd Friday  
3rd Monday  
1st Friday  
2nd Monday  
4th Tuesday  
1st Thursday  
2nd Friday







A couple more photos from the CERT training

# Happy Halloween

**OCTOBER 5 | OPEN @6PM**  
**EARLY BIRDS @8PM | SESSION @8:30PM**

**BINGO**  
17 35 60 71 40 09 45 16

**DAUBIN IN THE DARK**

Buy-in is \$50

**OVER \$7,900 IN PAYOUTS**

\$400 payouts for 4-ons  
 \$500 payouts for 6-ons  
**\$1,199 black out**  
 with a \$500 lead up.

**Cocktail SPECIALS**  
 Ages 21 and over only.

See Keno or call (360) 427-3005 for more details  
 \$79 room rates during bingo sessions!

**LITTLE CREEK CASINO • RESORT.**  
 LIVE a little

15 MINUTES NORTH OF OLYMPIA ON HWY 101  
 LITTLECREEK.COM • 1.800.667.7711

**Live DJ Spinning at 7:30pm**

**BINGO**  
17 35 60 71 40 09 45 16

**Friday • October 5<sup>th</sup> Daubin' in the Dark Black Light Bingo**  
 Doors Open 6pm | Early Birds 8pm | Session Starts 8:30pm

**Saturday • October 6<sup>th</sup>**  
 Doors Open 9am | Early Birds 11:30am | Session Starts 12pm  
 Doors Open 2:30pm | Early Birds 4pm | Session Starts 4:30pm

**Sunday • October 7<sup>th</sup>**  
 Doors Open 2:30pm | Early Birds 4pm | Session Starts 4:30pm

**All Level 3 payout \$500 with NO SPLITIES!**

**Win up to \$150 in Jack-O-Lantern drawings each session.**

Anyone that wears Halloween attire or brings in a canned food item will receive a free level 1 (3-On)

\*Multiple winners split the payout. See Keno or call (360) 427-3005 for more details  
 \$79 room rates during bingo sessions! \*Ages 21 and over only for 8:30pm session  
 Must show Bingo Room Rate Coupon at time of check-in to receive special room rate.  
 Customers can call in advance to book rooms. Must be 21 or older for Bingo Specials.

**LITTLE CREEK CASINO • RESORT.**  
 LIVE a little

15 MINUTES NORTH OF OLYMPIA ON HWY 101  
 LITTLECREEK.COM • 1.800.667.7711

**Jack-O-Lantern**