



Building Strong Families Through Culture

Please join us
Tuesdays from 3:00 - 5:00 p.m.
Community Kitchen
Making Regalia
Serving Dinner
Drum Group after classes



Drivers and Student School Bus Safety

Keeping our children safe is important to all. All students and parents need to know and understand school bus safety. Please review and discuss bus safety with your teenagers and young children. Of course not all children ride buses daily however many or all children and teens will ride a bus to sport events, school and summer recreation field trips and possible emergency evacuation.

Parents it is good to review how teens and young children should wait for the bus and get off the bus. Some parents take turns waiting with their children or watching from the window. The National Safety Council suggest the following:

Getting on and off the Bus:

- When waiting for the bus, stay away from traffic and avoid roughhousing or other behavior that can lead to carelessness
- Do not stray onto the street, alleys or private property
- Line up away from the street or road as the bus approaches
- Wait until the bus has stopped and the door opens before approaching the bus
- Use the handrail when boarding and exiting.
- If you have to cross in front of the bus, first walk at least 10 feet ahead until you can see the driver
- Make sure the driver can see you
- Wait for a signal from the driver before crossing
- When the driver signals, look left, right, then left again. Walk across the road and keep an eye out for sudden traffic changes
- If your vision is blocked, move to an area where you can see other drivers and they can see you
- Do not cross the center line of the road until the driver signals it is safe
- Stay away from the rear wheels of the bus at all times

Speeding

Parents, for the safety of all, please observe the 15 MPH speed limit when picking up and dropping off your children.

FEMA Flood Mapping Updates Are Underway:

Make Sure Your Family and Property Are Protected and Accurately Designated

The Tribe's Natural Resources Department has been participating in the Federal Emergency Management Agency's (FEMA) current update and review process for Flood Hazard Mapping. This is the first update for Flood Mapping since the 1990's.

Through FEMA's flood hazard mapping program, Risk Mapping, Assessment and Planning (MAP), FEMA identifies flood hazards, assesses flood risks and partners with states and communities to provide accurate flood hazard and risk data to guide them to mitigation actions. Flood hazard mapping is an important part of the National Flood Insurance Program (NFIP), as it is the basis of the NFIP regulations and flood insurance requirements. FEMA maintains and updates data through Flood Insurance Rate Maps (FIRMs) and risk assessments.

Now is the time to review your property, it's location relative to FEMA's Flood Hazard Mapping, and if appropriate engage with FEMA for review and revision of your property's designation.

FEMA's Flood Hazard Mapping website:

<https://www.fema.gov/national-flood-insurance-program-flood-hazard-mapping>

To search for information about your property go to:

<https://msc.fema.gov/portal>



It is advisable to act now to confirm that your property is accurately mapped/designated as either 'in' or 'out' of the flood plain, as once the updated preliminary Flood Maps become effective the process for correcting designation errors becomes much more time intensive and costs money. Errors in the preliminary Flood Maps can be corrected during the review period at NO CHARGE.

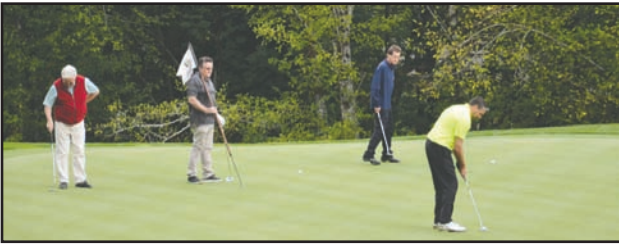
Brian McTeague at Squaxin Natural Resources will be available to discuss the FEMA Flood Program & Process, to review your property's updated Flood Hazard Mapping designation, and to assist tribal members with using FEMA's website.

For more information or to schedule a time to visit with Brian at the Natural Resources Department contact him at: (360)432-3800 or bmcteague@squaxin.us

Real Talk Special Tu Ha' Buts Learning Center Event



CHAIRMAN'S CHALLENGE GOLF TOURNEY





CHAIRMAN'S CHALLENGE GOLF TOURNEY





Badminton Challenge

Santana Krise - The Squaxin Island Legal Department had the honor of hosting the 1st Annual Badminton Challenge. This year the Squaxin Youth played Tribal Council/Executive Services.

I would like to raise my hands to the youth for being helpful and respectful. My hands are raised high to Tribal Council for taking time to hang out with the kids and have some fun.

We served Indian tacos that were made by Lea Krise, Jackson Cruz and Josiah Simpson. The Tu ha' Buts Learning Center provided a popcorn machine and Jaimie Cruz volunteered her time to make the popcorn.

After the challenge everyone enjoyed "Fantastic Mr. Fox" as an outdoor movie. My hands go up to all who came and supported the youth and Council coming together for a social and drug free event.



Youth Council

Squaxin Youth Council received a check from IEI from the Charity Golf Tournament. A special shout out to Katrina Story and Travis for helping get the youth council involved. We are excited for next year's fundraiser and look forward to working with you!





Estate Planning Information for Native American Trust Property Owners

Background:

Special Problems for Trust Land

When the United States first established the allotment system, reservation land was divided and assigned to individuals. The land was to be held in trust by the United States for the benefit of tribes and individual Indians. The United States determined the heirs and distributed the property of deceased Indians.

However, because many Indians died without wills, property was often shared equally among the heirs. For example, if a person was allotted 80 acres and had four children when he died, that piece of land was shared equally by the four heirs. When those four children died, if they each had three children, their one-fourth piece was divided among their three children. The original 80 acre piece of land now has 12 owners, each owning about six and one-half acres, though the parcel remains undivided. Eventually, this piece of trust property might have hundreds of owners.

The problem with having a piece of land owned by many different people is that a single owner cannot develop or even live on the property without obtaining permission from a majority of the other owners. This means Indian landowners find it very difficult to use and control their own land.

What is AIPRA?

The American Indian Probate Reform Act (AIPRA) is a law enacted by Congress which became effective June 20, 2006. AIPRA sets the rules for distributing Indian trust property through a will or without a will.

Why was AIPRA created?

One of AIPRA's main goals was to help reduce the fractionation of Indian trust land ownership through inheritance. Some allotments have hundreds of co-owners, which makes it almost impossible for anyone to use the land.

“A will allows you to provide clarity about your wishes and prevent conflict among family members.”

Why is estate planning different for Indians?

Indians often own both trust land and trust funds. State courts and tribal courts are generally not allowed to participate in the probate of trust property. This means that there will often be two probates for the property of an Indian who owns trust land; one by the U.S. Department of the Interior (DOI) for trust property, and one in state or tribal court for everything else. Normally, AIPRA's uniform probate rules apply to the probate of trust property, unless the property is located

What This Means For You

Writing a Will is Very Important. With a will, you control which of your heirs receives property and how much. If you have minor children, you can nominate guardians and make arrangements for their care and education. Once your will is written and examined by an attorney with experience dealing with AIPRA, your property is much more likely to go to whom you designate.

What happens when you die without a will? “Intestate” is the legal term for when a person dies without a will. When a person dies intestate, state, tribal or federal laws will determine who inherits your property.

Other Estate Planning Documents

Living wills and other advance directives state your preferences regarding medical treatment in the event of a serious accident or illness. These legal documents speak for you when you're not able to speak for yourself.

Health Care Powers of Attorney allows you to appoint someone to make medical treatment decisions if you are no longer able to make them yourself. This document can be combined with a will.

Getting Started

If you plan to draft a will, there are steps you can take now to make the process easier and faster.

1. Gather documents related to any real property (land and buildings fixed to the land) you own. If you own Indian trust property, you will need your Individual Trust Interest Report. If you don't have a current copy, you can request one from the local or regional Bureau of Indian Affairs (BIA) realty office or through the Office of the Special Trustee for American Indians.

2. Consider who you would like to leave your property to and who you would like to handle your estate after you pass.

3. Try to meet with a lawyer who specializes in Indian or estate planning law before you draft a will. If you cannot afford to have a lawyer prepare your will, talk at least once with one for advice.

The Native American Unit at Northwest Justice Project drafts a limited number of wills for trust property owners. Our contact information is described on the back of this brochure. Call us to apply for assistance.

Serving the Legal Needs of Washington State's Native American Communities

Contacting Northwest Justice Project

The Northwest Justice Project's Native American Unit (NAU) provides free civil (non-criminal) legal services for people who cannot afford a lawyer in Washington.

In King County: Call 2-1-1

For all other counties: Call the CLEAR hotline toll-free at 1-888-201-1014, between 9:15 a.m. and 12:15 p.m., Monday through Friday.

General Information Line: 1-888-201-1012

www.nwjustice.org

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Executive Director César Torres

Information provided by:

 Northwest Justice Project

Serving the Legal Needs of
Washington State's Native
American Communities





Teen Center / CHUM Project News

Laurel Wolff - Happy fall! The CHUM Project has been partnering with the Behavioral Health Staff to provide a peer support group called Real Talk. Please join us in the Mary Johns Room on the last Tuesday of the month from 3:30-5:30 p.m. I make tacos and provide small prizes for attending. We have had three great turnouts and look forward to the next.

Youth at each meeting write down anonymous questions they would like to ask of a mental health counselor or chemical dependency counselor, who discusses the answers at Real Talk events. Teens have expressed appreciation for the opportunity to ask questions and talk with their friends and counselors. One question answered at the last "Real Talk" was "How do I talk to a friend who is making bad choices?" The group talked about how important it is to let your friends know that you care about them and are worried. One of the nice things about Real Talk is the opportunity for teens to offer advice as well as the counselors. Several teens who have attended Real Talk chose to sign up for a counseling session. We all need help sometimes and there are people who are here for you and ready to listen.

Stay up to date with the teen program by visiting our Squaxin Teen page. Here you will find our calendar and any updates on weekly activities. One new activity is the Teen Tobacco Cessation class happening in the Community Kitchen on Wednesdays, from 3:15-4:15 with snacks provided.

The CHUM Project is trying out a monthly point system. Recent participation in teen activities has been low so this is a way to reward teens for being active in school, the teen program and cultural activities. Youth who earn 40 points qualify to attend a fun trip at the end of the month. **Here are several ways to earn points:**

- 5 points for Craft Class in the Museum
- 5 points for Drum group in the Museum
- 5 points for any activity in the Teen Room
- 5 points for attending Youth Council
- 5 points for working on homework at TLC
- 2 points for each basketball practice and game
- 10 points per month for perfect school attendance
- 10 points per month for participation in extracurricular activity at school (sports, clubs etc.)
- 10 points for leading an activity in the teen room
- I'm open to other ideas

Youth Council meets in the Mary Johns Room every Thursday from 5:00-6:00 p.m. Everyone is invited to come to the meetings. Youth Council plans activities, fund-raises for trips and attends youth conferences among other things. This year we hope to collaborate with other tribal youth council groups, increase the number of fund-raisers and carry out some community service projects. Come get involved!

Afterschool Program

Jerilynn Vail - When we turn our clocks back and it gets dark earlier, parents, please make sure to notify the after school program staff if your youth will be walking home. We want to make sure our youth are safe. We have quite a bit going on in the after-school program. When there is a three-hour early release for Shelton schools, we will be open and working on great projects for the youth. Please stop by the gym to pick up our activity calendar.

We are taking the youth back to Kennedy Creek for a nature walk with the South Puget Sound Salmon Enhancement Group. That field trip is on Veteran's Day, which happens to be a no school day. Also, any parents that have swimming suits or shorts that your youth have outgrown, we have pool parties for the youth after-school and would appreciate them donated for other youth to use.

Watch for upcoming announcements about our Annual Christmas party!

Higher Education Update

Mandy Valley - I hope everyone had a very successful first quarter! Remember to send in your final grades for fall quarter, your new class schedule for winter quarter, any receipts you have, and your completed Memorandum of Commitment for the new quarter. I need all of this information for your Higher Education file by December 16th. This is important for your funding as I cannot process your paperwork for the college until your file has been updated. If you have any questions I can be reached at my direct line at (360)432-3882, or by email at mvalley@squaxin.us.

Tutor News

Julie Martinez - There's 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, 2016 for the 2017-2018 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 been 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 yourself.

It is important to get your FAFSA done as early as possible because the financial aid funds are distributed on a first come/first served basis. If you wait until January to file your FAFSA you could lose out on grants and subsidized loans.

The website to apply for your FAFSA is 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 and it will be better to have it filed so all possible options are open when you decide which path you want to take.

GED and Homework Help

Jamie Burris - November is a great time of year to reflect upon things you are thankful for. One thing to be thankful for is the help the Tribe provides you with in school and after school. Come up after school to find help getting all of your work completed. I am here to help you with your schoolwork as well as providing a quiet place to work.

On your list of things to be thankful for you could add starting your GED, having a place to study, and someone to help you along this difficult journey. If you are a Squaxin Island tribal member or descendent, the tribe will pay for your practice tests and testing! This is a huge benefit that you should be using. Usually each practice test costs \$6.00 as well as the official tests costing \$30.00 for each of four subjects: math, language arts, science, social studies.

I am here Tuesday, Wednesday and Thursday from 4:00 - 7:00 p.m. in the classroom upstairs. Stop by for homework support or to find out about the GED program. For more information, please contact me at jbarris@mcclary.wednet.edu or go online at www.ged.com.





Education Liaison News

Peggy Peters - This year the Shelton School District and TLC will be working closely to increase students' attendance. The Shelton School Board has revised their excused and unexcused absence policy. The schools will be distributing this information. Starting last school year, the Shelton School District promoted the slogan, "Graduation Matters" in all K-12 schools. Our goal is to have our Squaxin Island Tribe students graduate. All the Squaxin Island Tutors will be working with students in the Shelton Schools and afterschool at TLC. It is important to realize that the skills we need to be successful in school starts at the kindergarten level and builds step-by-step as students enter the 12th grade. The Squaxin Island Education Commission and the Squaxin Island Tribal Council holds the education of children in high priority. Chronic truancy and absences can start early in a young child's life. This includes arriving late to class, and excused or unexcused absences. School attendance is very

important for all students. If a student misses school on a day an important lesson is taught (like basic math skills), the student falls behind the rest of the class. If the student continues to miss school and does not learn the basic concepts that other lessons are built on, they fall further behind. Missing school means your child is not learning the necessary material, which can lead to failing a grade. If your child is in high school that means they are not getting credit, which will affect their ability to earn a diploma. It is for these reasons that parents/guardians



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
	1 Rec Rm: 3-6pm Culture Night 5-6pm Open Gym: 4:15-5pm Jr High & Elem Bball Practice: 3:30-5:45pm	2 <i>GSD- ER @ 2:30pm</i> Rec Rm: 2:30-6pm Arts-n-Craft: 5-6pm Open Gym: 2:30-6pm ITL Game: TBA Open Swim: 3-6pm	3 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm Open Gym: 4:15-5pm Jr High & Elem Bball Practice: 3:30-5:45pm	4 Rec Rm: 3-6pm Fun Day Friday: 5-6pm Open Gym: 3-6pm Open Swim: 5-8pm
7 <i>SSD- 3 HR ER</i> Rec Rm: 12:15-6pm Bully Prevention: 5-6pm Open Gym: 12:15-6pm Open Swim: 3-6pm	8 <i>SSD- 3 HR ER</i> Rec Rm: 12:15-6pm Thankful Dinner 4-5pm Culture Night 5-6pm Open Gym: 12:15-3:30 Jr High & Elem Bball Practice: 3:30-5:45pm	9 <i>SSD- 3 HR ER</i> <i>GSD- ER @ 2:30pm</i> Rec Rm: 12:15-6pm Arts-n-Craft: 5-6pm Open Gym: 12:15-6pm ITL Game: TBA Open Swim: 3-6pm	10 <i>SSD- 3 HR ER</i> Rec Rm: 12:15-6pm Crafty Kitchen: 5-6pm Open Gym: 12:15-6pm Jr High & Elem Bball Practice: 3:30-5:45pm	11 <i>No School</i> Rec Rm: 9:00-4:00pm Field Trip to: Kennedy Creek 10-11am Open Gym: 12:15-6pm Open Swim: 5-8pm
14 Rec Rm: 3-6pm Bully Prevention: 5-6pm Open Gym: 3-6pm Open Swim: 3-6pm	15 Rec Rm: 3-6pm Culture Night 5-6pm Open Gym: 4:15-5pm Jr High & Elem Bball Practice: 3:30-5:45pm	16 <i>GSD- ER @ 2:30pm</i> Rec Rm: 2:30-6pm Arts-n-Craft: 5-6pm Open Gym: 2:30-6pm ITL Game: TBA Open Swim: 3-6pm	17 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm Open Gym: 3-6pm Jr High & Elem Bball Practice: 3:30-5:45pm	18 <i>SSD- 1.5 HR ER</i> Rec Rm: 3-6pm Fun Day Friday: 5-6pm Open Gym: 3-6pm Open Swim: 5-8pm
21 Rec Rm: 3-6pm Bully Prevention: 5-6pm Open Gym: 3-6pm Open Swim: 3-6pm	22 Rec Rm: 3-6pm Culture Night 5-6pm Open Gym: 4:15-5pm Jr High & Elem Bball Practice: 3:30-5:45pm	23 <i>GSD- ER @ 2:30pm</i> Rec Rm: 2:30-6pm Arts-n-Craft: 5-6pm Open Gym: 2:30-6pm ITL Game: TBA Open Swim: 3-6pm	24 <u>Closed for Thanksgiving</u>	25 <u>Closed for Thanksgiving</u>
28 Rec Rm: 3-6pm Bully Prevention: 5-6pm Open Gym: 3-6pm Open Swim: 3-6pm	29 Rec Rm: 3-6pm Culture Night 5-6pm Open Gym: 4:15-5pm Jr High & Elem Bball Practice: 3:30-5:45pm	30 <i>GSD- ER @ 2:30pm</i> Rec Rm: 2:30-6pm Arts-n-Craft: 5-6pm Open Gym: 2:30-6pm ITL Game: TBA 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	<i>ER = Early Release</i> WHL = Wa-He-Lut Indian School SSD = Shelton School District GSD = Griffin School District	<i>I.T.B. - Inter-Tribal B-Ball</i> High School: 9-12 Grade Middle School: 6-8 Grade Elementary: 4-5 Grade	





Attention Food Vendors
Looking for a fund-raising opportunity?
 TLC is looking for a food vendor (community member or a group) for our Annual Squaxin Island Winter Youth Basketball Tournament.
December 17th – 20th (4 Days) in the gym

Contact: Jerilynn Vail
 432-3992
 jvail@squaxin.us.

Save the Date

Annual Youth Christmas Celebration At the TLC

Wednesday, December 14th
 From 5:00-7:00pm



November

C.H.U.M Program

Laurel Wolff teen advocate: 432-3842

Check Facebook @ Squaxin Teens for updates to Calendar!

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Basketball Practice 3:30-4:30 Craft Class 3:00-5:00 Drum Group 5-7	2 Teen Tobacco Cessation 3:15-4:15	3 Basketball Practice 3:30-4:30	4 Game Day 3-6pm
7 D.I.Y Day 3:30-6:00	8 Basketball Practice 3:30-4:30 Craft Class 3:00-5:00 Drum Group 5-7	9 Teen Tobacco Cessation 3:15-4:15	10 Thankful Dinner 4-5pm	11 No School
14 D.I.Y Day 3:30-6:00	15 Basketball Practice 3:30-4:30 Craft Class 3:00-5:00 Drum Group 5-7	16 Teen Tobacco Cessation 3:15-4:15	17 Basketball Practice 3:30-4:30 Teen Chef 3:30-5:00 Youth Council 5:00-6:00	18 Movie Night 4-6pm
21 D.I.Y Day 3:30-6:00	22 Teen Center Closed Craft Class 3:00-5:00 Drum Group 5-7	23 Teen Center Closed Teen Tobacco Cessation 3:15-4:15	24 Teen Center Closed	25 Teen Center Closed
28 D.I.Y Day 3:30-6:00	29 Basketball Practice 3:30-4:30 REAL TALK 3:30-5:00 Drum Group 5-7	30 Teen Tobacco Cessation 3:15-4:15		



Voc Rehab

It's the beginning of a new fiscal year for the Squaxin Island Tribal Vocational Rehabilitation (Voc Rehab) Program. The Squaxin Island Tribal Voc Rehab program provides services to Native Americans and Alaskan Natives with disabilities and can help if you are: 1). An enrolled member of a federally recognized tribe, 2). Live on or near the reservation, and 3). Have a physical or mental disability.

The Voc Rehab mission is to help Native American Individuals with disabilities obtain, maintain, or regain employment. To be eligible, 1-3 in the previous paragraph must apply to you; second, you must want or need to work; and, third, you must be willing to start the Voc Rehab process.

The Squaxin Island Voc Rehab program serves not only our honored veterans, but also youth transitioning from high school to work and youth continuing with higher education. Please remember all information is strictly confidential.

What is a disability?

Some disabilities can be seen or unseen. Disabilities can be physical or mental, or emotional barriers that may impede your ability to work. Here are some conditions that could be considered a disability: Affective disorders, Anxiety or Depression, Blindness, Burns, Cancer, Carpal Tunnel Syndrome, Diabetes, Drug Abuse/ Dependency, Learning Disability, Obesity, Personality Disorders, Stroke, Traumatic Brain Injury, Visual Impairments. These are just some disabilities.

Contact:

10 SE Squaxin Lane, Shelton, WA 98984
June Krise
Phone (360) 432-3821

Will Marchant
Phone (360) 432-3949



New Employees



Tiffany Goos
Health Services Janitor
Hi, I'm Tiffany Goos. I have been hired as Health Services Janitor. I have three daughters and am excited to work with the Squaxin Island community.



Receptionist
Hi, I'm Millie Wagner, and I've been hired for the Office Assistant 1 / Receptionist position.

I grew up in Kamilche and am a Squaxin Island tribal member. I have watched the tribe grow from starting out in the small school house down the hill to the great entity it has become today. I'm proud of our people and proud to have this opportunity to work at the Tribal Center.

I look forward to meeting all of you and serving you to the best of my ability.



I.T.L. Upcoming Session
* Elementary is 4th – 6th
* Jr. High is 7th & 8th
Games will start in November.
Practices will be Tuesday & Thursday.



It's time to think of our Winter Tournament in December.
* We need both Girls & Boys
* 17 & Under
* 14 & Under
* 11 & Under




Let Laurel or Jerilynn know if you are interested.



Get free expert help completing the FAFSA or WASFA at our College Goal Washington event:
Wednesday, November 16, 4pm-7pm
Olympic College Shelton Library, 937 W Alpine Way, Shelton

All attendees:

- Your drivers license or state ID.
- Your income information. This includes bank statements, a W-2 or pay stub, and past tax return.
- Your parent, if you are under 24.
- Your parents' financial information. Parents should bring a copy of their previous year's tax return.
- Additional financial information such as child support statements, TANF or welfare information, real estate, investments, family business or farm info.

FAFSA filers must also bring:

- Your Social Security Card or green card.
- One parent's Social Security Number (if they have one).

Representatives will be on site to:

- Help you complete your FAFSA online.
- Answer your general financial aid questions.
- Help you register for scholarships via the washboard.org website.



OLYMPIC COLLEGE
www.olympic.edu

Olympic College does not discriminate on the basis of race, color, national origin, sex, disability, sexual orientation, or age in its programs and activities.

Financial aid professionals will volunteer at Olympic College Shelton, 937 W. Alpine Way to help college-bound students and their families open the door to financial aid during College Goal Washington, set for 4 – 7:00 p.m. on, Wednesday, November 16. College Goal Washington is a free program designed to assist students seeking undergraduate admission to a college or technical school in filing the Free Application for Federal Student Aid (FAFSA) and Washington Application for State Financial Aid (WAFSA). The FAFSA or WAFSA is required for students to be considered for federal and state grants, loans and scholarships at most schools nationwide. In one evening at College Goal Washington, representatives will assist students and their families with general financial aid questions, provide information about scholarships as well as guidance on how to file their FAFSA online.

Thank you,
Lori

Lori Anderson
Shelton Campus Program Manager
937 W Alpine Way| Shelton WA 98584
360.432.5406 | Fax 360.432.5412
landerson@olympic.edu





PUBLIC SAFETY & JUSTICE



Explorers Program

Hello Squaxin Community,

The Explorer Recruitment Fair went well on Saturday September 17th, and fun was had by all (even with the rain).

I would like to take the time to thank a few people who helped to make this event a success...

- Sgt. Brett Fish from Squaxin PSJ and MCSO Swat, who brought and manned the swat vehicle and equipment for all to see.
- Fire Chief Bob Burbridge from Mason County Fire District 4 and his crew, for bringing up the fire truck.
- Home Meats for providing the hot dogs.
- Preston Probst for giving up his Saturday and helping with the event.
- Little Creek Casino Resort for donating the fruit and vegetable trays.
- Officer Gettle and his K-9 partner, Vador, with the Squaxin PSJ for the awesome demonstrations.
- I'd also like to thank Chief Ehler and Detective Sgt. Bogart, as well as all the officers and department staff for your support and help to make this such a success.
- **A big Thanks to my Explorers:** with special recognition to Samantha Ackerman for making the awesome poster and Michael Brown for your help after it was all done.
- Last, but not least, I'd like to thank the entire SQUAXIN COMMUNITY for your continued support.

I look forward to next year's fair and seeing all of you there.

R. Klusman
Community Liaison Officer



Safe Streets has been transferred to Public Safety and Justice. Patricia Green was honored with a blanket at the October meeting for her work as the previous Safe Streets Coordinator.



Drug/Alcohol statistics for August 2016

Total reported incidents	15
Drug incidents	8
Alcohol incidents	7
Incidents involving adults	13
Incidents involving youth	1
Incidents involving unknown adult or youth	1
Arrests made	1
Cite/ Infractions issued	0
Incidents referred to other agency	2
Incidents to Tribal Court	0



Drug/alcohol statistics for Sept. 2016

Total reported incidents	16
Drug incidents	13
Alcohol incidents	3
Incidents involving adults	12
Incidents involving youth	0
Incidents involving unknown adult or youth	4
Arrests made	2
Cite/Infractions issued	1
Incidents referred to other Agency	1
Incidents in tribal court	1



Clinic Events

Cancer Support Group

October 10th

Mammogram Day

Tentative: November 28th

Brief Community Walk

Every Monday after Senior Lunch

Diabetes Support

Monday, November 7 @ Noon

Breast Cancer Awareness Walk

Saturday, November 19, 10:00 a.m. - 2:00 p.m.

Smoking Cessation Event

November 17, 5:00 - 8:00 p.m.

Cancer Support

November 24, Noon

5TH ANNUAL Adopt A Foster Family

This is our 5th year Squaxin! I can't believe it. Give yourselves a pat on the back for making this happen for our youth.

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

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

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

RETHINK YOUR DRINK CHOOSE WATER OVER SUGARY DRINKS

Did you know? Soft drinks and sugary beverages increase the risk of type 2 diabetes, heart disease, and other chronic conditions such as unwanted weight gain. (<https://www.hsph.harvard.edu/nutritionsource/healthy-drinks/soft-drinks-and-disease/>)

Infused water can generally be any type of fruit, vegetable or herb immersed in cold water. Infusing water with the essence of fruits, herbs, and other botanicals helps you drink plenty of liquids without the downside of excess calories, sugars, and artificial flavorings. Choose alternatives to start making healthier choices.

The 5210 Get Up and Go Challenge has been a great tool to help people become more aware of their daily habits. Tracker sheets are used to keep track of fruit and vegetable consumption, exercise, screen time, and no sugary drinks. Part of this challenge is to increase water intake while eliminating soda pop and other unhealthy drinks from your diet.

5 or more fruits and vegetables
2 hours or less recreational screen time*
1 hour or more of physical activity
0 sugary drinks, more water & low fat milk

Every Day!

*Keep TV/computer out of the bedroom. No screen time under the age of two.



Cancer Support Groups

Comprehensive Cancer Control Program

Date: November 14, 2016
 Time: 12:00 p.m. (Noon)
 Where: Health Promotion Building (across From the clinic)

All are welcome. A light meal will be provided.
 Contact Traci Lopeman 360-432-3930 for more information.

Purchased Referred Care Services

We would like to remind everyone of information that is important for your Purchased Referred Care (PRC) formally known as Contract Health Services (CHS).

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 (Medicaid), even if you feel that you would not be eligible. PRC must show proof of acceptance or denial. You can make an appointment with Jaclyn Meyer at the front desk at Squaxin Island Health Clinic and she will help you get signed up with ProviderOne (Apple).

Even though you may already have a Primary Insurance such as Group Health Options, Medicare or First Choice, etc., you can still sign up for ProviderOne and you may be eligible, giving you Double Medical Coverage.

Another issue that has been brought to our attention is co-pays, deductibles, co-insurance and RX payments to Group Health. If you are seen at Group Health for any emergency, pregnancy 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 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.

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 before your appointment.

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, REMEMBER it is YOUR RESPONSIBILITY to call for a new Purchase Order.

Also, it is wise to call ahead of time instead of on the day of your appointment.

You can get a Purchase Order from Tootsie by calling 360-432-3922.

You are always welcome to call Tootsie if you have any questions about how PRC or what the rules and regulations are.



Foot Exam Day with Dr. Kochhar (Foot Doctor)

Friday, Dec 9th, 2016

1 pm - 4 pm
At the Clinic

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

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



OYSTERFEST



Photos by Audelia Araiza

Elizabeth Heredia - Squaxin Elders participated in OysterFest again this year in spite of a predicted fish shortage.

Natural Resources assisted greatly by adding steamer clams to our menu in case we ran out of salmon before the end of the second day.

We had a great crew come out and volunteer. We thank them all. Elders, Elder's kids and grandkids, and community members came out and many did double shifts when necessary. We are especially grateful to the exceptional fish cooking crew who had no covering in the crazy weather Saturday. John Brown and family and Mr. Tobin helped make this a fun, bonding event as usual.

We sold more on Saturday in the pouring rain than we did on Sunday. Many regular yearly customers commented on how they look forward to this succulent event every year and they really enjoyed the added steamed clams.

The final profit was far below other years, but the camaraderie shared by the volunteers and the customer's smiles made it all worth it in the end.

OysterFest loved Squaxin Elders Booth and the Elders love giving back to our community.

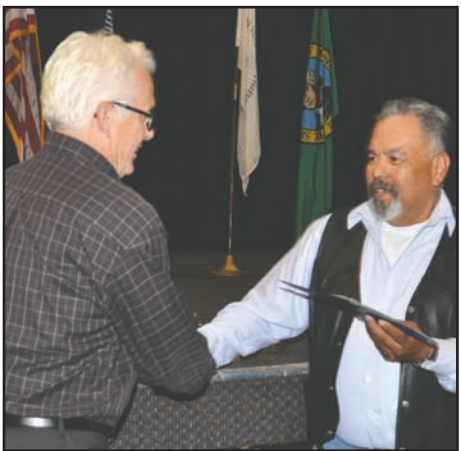




HUMAN RESOURCES



Five years



20 years



15 years



Ten years

*Thank You
for Your Service!!!*

Photos by Kate Wright



25 years





COMMUNITY GARDEN HARVEST PARTY



Photos by Jennifer Motteler

Aleta Poste - September and October were busy months for the Garden Crew. We hosted several events. There was the apple sauce, apple butter, and apple pie filling classes led by the wonderful Sis (Sally) Brownfield, and Garden Staff member Kezia Wentworth hosted her first "Cooking with Kezia Class" baking kale chips and chocolate zucchini bread. These were then given out at the weekly farm stand and saved for special events. We also hosted a Strategic Planning Session on October 4th for the community that was facilitated by First Nations Development Institute. Thank you to all of you community members who contributed your time and provided input to make sure that we continue to grow our strong food system.

Later in October, the staff made a trip to Nisqually Tribal Garden to tour their area and to help setup for their annual Harvest Dinner. Strong tribal gardener alliances have been forged through these interactions and the two groups are looking forward to helping each other out again next season.

In preparation for our own first annual Harvest Party, a day was spent gathering yarrow, fireweed, mountain huckleberries and hawthorn to be used in medicinal tea. That same day the Garden Staff took a tour of the Muckelshoot Tribal Garden and Elders Facility, which has raised garden beds for Elders as well as an herbal pharmacy. The huckleberries from the trip were all included in the Harvest Party's berry apple crisp and a pear berry crisp.

Then on October 8th, we held our First Annual Harvest Party which included a photo booth, fresh apple cider pressing, tours of the garden, games for kids, a pie contest an open fish pit cook, and a menu with almost all vegetables grown from the garden. A big thanks to Kathy Block for cooking the delicious elk chili and zucchini lasagna; both were a big hit. Thanks to Erica Marbet from Natural Resources for making the baba ghanoush with eggplants from the garden, and for donating her smoked salmon for the dip. Thanks to Bobbi Brown, Redwolf Krise, and Bear Lewis for cooking all the salmon and showing how to cook fish on an open flame, and to Vince Henry Sr. and Vince Henry Jr. for bringing down the portable fish cook, tables, and chairs. Without a sound system, it would have looked as if we were yelling at everyone, so thank you to Scott Semanko from IS for getting us hooked up. As well as Jennifer Motteler for offering to take photographs of the whole event. A big recognition goes out to the Garden Staff: Redwolf Krise, John Furtado, Leila Whitener, Kezia Wentworth, Tom Blueback Sr., and Kurt Poste, as well as volunteers, like Melissa Puhn, for all their hard work in the kitchen cooking all the food for that day. To all of the individuals who brought in pie for the contest a big thank you, and to the Little Creek Casino Resort and KTP for donating the prizes for those winners. We wrapped the day up with special gifts for all participants, and thanks to the Museum and Tourism Department for their HUGE donation of items. They included over 50 treat bags for kids and dozens of baskets full of goodies for adults! Of course, all the little children made this day extra special with their joyous laughter!





COMMUNITY GARDEN HARVEST PARTY



Photos by Jennifer Motteler





BASKET CONFERENCE



Photos by Margaret Henry & Josh Whitener

Margaret Henry, Northwest Native American Basketweavers Association Board Member (3rd term) - We are happy to say that this year's Basket Conference was another huge success! We continue to grow in numbers, bringing in more youth etc. every year. The Chehalis Tribe hosted the 22nd annual conference at the Great Wolf Lodge, which made the event even more fun for the youth & adults alike. The Squaxin Island Tribal Council supported 40 tribal members to attend this year's event. "Thank you Squaxin Tribal Council"! Next year's conference will be hosted by the Puyallup Tribe.





BASKET CONFERENCE



Photos by Margaret Henry & Josh Whitener





Getting Back to Our Roots!

Herbal Vinegar Root Workshop

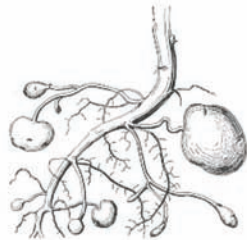


What: Make your own herbal root medicine! Extracting root medicine with vinegar

When: Tuesday November 1st
Time: 12:00-1:00

Location: Tribal Admin Kitchen

-Serving homemade nettle pesto pizza!



Contact: Aleta Poste
Phone: 360-791-1797
Email: acposte@squaxin.us

Cooking With Squash

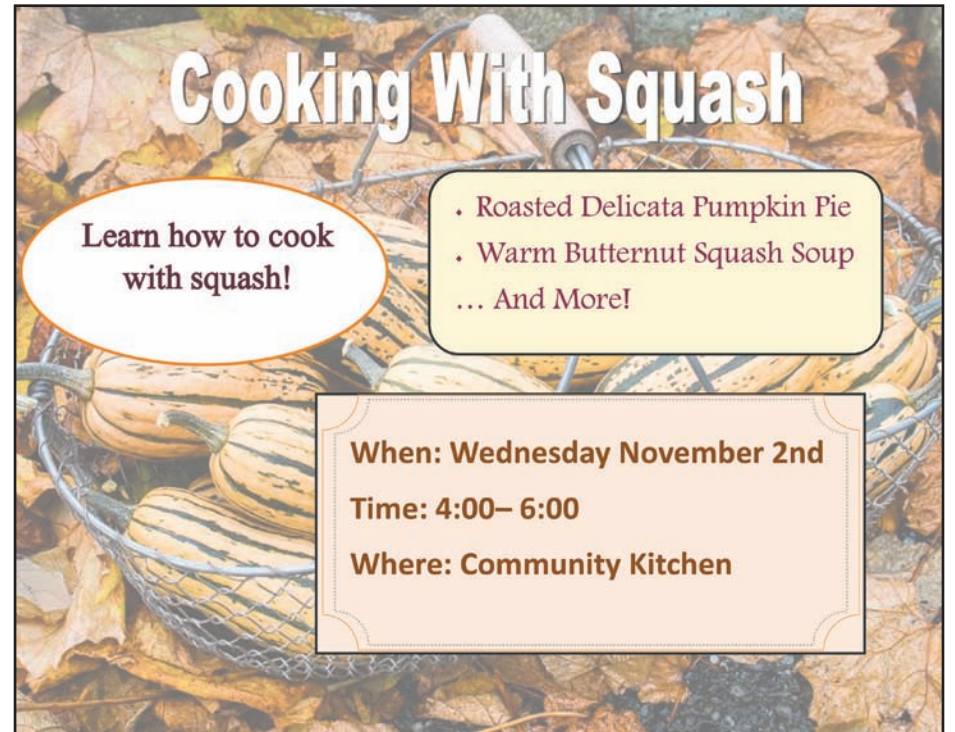
Learn how to cook with squash!

- Roasted Delicata Pumpkin Pie
- Warm Butternut Squash Soup
- ... And More!

When: Wednesday November 2nd

Time: 4:00- 6:00

Where: Community Kitchen



- Learn to cook seasonal vegetables straight from our Tribal Garden
- Collard Greens, Kale, Squash, beets, etc.
- Sample new food
- Learn New Recipes

Cooking with the Season!

Squaxin Island Tribal Garden

When: Wednesday November 9th

Time: 4:00-6:00

Location: Community Kitchen

Contact: Aleta Poste
Phone: 360-791-1797
Email: acposte@squaxin.us



Healing Salve Class

Contact: Aleta Poste
Phone: 360-791-1797
Email: acposte@squaxin.us

Learn to make medicinal salves from traditional plants

When: Wednesday November 30th

Time: 4:30-6:00

Location: Squaxin Museum





Are Dogs Color Blind?

Question: Are dogs colorblind?

Answer: No, dogs are not colorblind in the sense that they see more than just black, white, and grey. However, the color range they perceive is limited compared to the spectrum we see.

To put it in very basic terms, the canine color field consists mostly of yellows, blues, and violets. "Human" reds, greens, and oranges are not distinguishable to dogs and instead appear somewhere on their yellow to blue spectrum.

The reason? The retina of both species contains two types of photoreceptors, rods and cones. The human eye, however, contains more types of cones while the canine eye has more rods and no fovea, which is responsible for sharp visual detail in humans. The result is that dogs have superior night vision and are better at tracking movement than we are, but see fewer colors and shapes and objects appear in much less detail.

The bottom line is that tossing an orange ball onto green grass may look like yellow against yellow to your dog but his acute motion-detection ability will help him fetch it anyway.

- Gus the doggie guy . . .



THANKSGIVING

Grants Galore 2016!

Elizabeth Egan - The Planning Department is excited to share that six new grants were awarded to the Tribe in the last month! The Department of Justice (DOJ) Coordinated Tribal Assistance Program announced that four new multi-year programs totaling \$2,179,490 were awarded to the Squaxin Island Tribe. Squaxin was awarded a 5-year \$781,317 grant through the Substance Abuse and Mental Health Services Administration (SAMHSA) Tribal Behavioral Health Program. The Tribe was also awarded an Indian Community Development Block grant for \$231,264. Each of these six grants will be implemented in different tribal departments.

DOJ's Community-Oriented Policing Services program awarded \$578,179 to Public Safety and Justice to 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.

DOJ's Justice Systems and Alcohol and Substance Abuse program awarded \$554,224 to the Family Services Department to support young adults who face barriers to wellness by providing enhanced case management services and wraparound service plans developed with a designated services navigator/ coordinator.

DOJ's Violence Against Women Tribal Governments Program awarded the Tribe \$697,178 to increase the kinds of supportive services available at the Northwest Indian Treatment Center and expand the network of culturally competent service providers in clients' home communities.

DOJ's Tribal Youth Program awarded \$349,909 to the Tribe's Education Department to provide prevention services and activities to promote self-reliance and leadership skills needed for positive youth development.

The Substance Abuse and Mental Health Services Administration's Tribal Behavioral Health program award of \$871,317 will be operated through the Behavioral Health Outpatient Program in coordination with the Health Clinic and it will enhance and integrate mental health promotion and outreach into the Tribe's youth-serving programs with the overall goal of reducing the impacts of trauma, suicidality and substance abuse in the community.

The Squaxin Island Tribe is being awarded an ICDBG of \$230,264 to design and construct a community fitness center including a fitness room, two locker rooms and storage and support spaces. The project will fill the gap left by the closure of the old fitness area by providing an easily accessible, safe and secure facility to house health and fitness activities in support of individual and community well-being.

All told, in FY16 the Planning Department worked with department directors and program managers to submit applications that generated \$3,426,268 in federal, state and private dollars for Tribal programs.

Funding Agency	Amount	Department
Department of Justice Community-Oriented Policing Services	\$578,179	Public Safety and Justice
Department of Justice Justice Systems and Alcohol and Substance Abuse	\$554,224	Family Services
Department of Justice Violence Against Women Tribal Gov. Program	\$697,178	Northwest Indian Treatment Center
Department of Justice Tribal Youth Program	\$349,909	Education
Substance Abuse and Mental Health Services Administration: Tribal Behavioral Health	\$781,317	Health Clinic/ Behavioral Health Outpatient Program
Housing and Urban Development: Indian Community Development Block Grant	\$230,264	Community Development

Free Legal Services for Low Income Native Americans and Alaska Natives

Do you have a non-criminal legal problem?

The **Native American Unit at Northwest Justice Project** provides free civil (non-criminal) legal services to eligible Native Americans and Alaska Natives who cannot afford a lawyer in Washington.

Legal issues include (among other things):

- Protecting Indian monies (per capita, settlement, and other tribal income) from garnishment and/or impacting other income and benefits;
- Education – suspensions, special education, truancy;
- Child custody matters involving the Indian Child Welfare Act;
- Trust land rights- leasing, rights of way, homeownership;
- Estate Planning (wills) for Indian trust property owners;
- Indian Health Care and other tribal benefits;
- Driver's license suspensions based on unpaid fines;
- Tribal housing.

To find out if the Native American Unit can help you, please call.

- **In King County:** Call 2-1-1
- **For all other counties:** Call the CLEAR hotline at 1-888-201-1014. CLEAR phone lines are open from 9:15 a.m. – 12:15 p.m., Monday thru Friday.

What is Northwest Justice Project?

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





COMMUNITY



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

Council Rep.

Arnold Cooper, Vince Henry, Vicki Kruger
 None
 Jim Peters
 None
 Charlene Krise
 None
 None
 Vicki Kruger
 None
 Arnold Cooper, Vicki Kruger, Charlene Krise
 David Lopeman
 Arnold Cooper
 David Lopeman

Staff Rep.

Kris Peters
 Tammy Ford
 Rene Klusman

 Rhonda Foster
 Kevin Lyon
 Glen Parker
 Kris Peters
 Travis Nabahe, IEI
 David Lopeman
 Charlene Krise
 Leslie Johnson
 Travis Nabahe

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

Continued on Page 27

What's Happening

		1	2	<i>Talking Circle Per Caps</i> 3	4	5
			Elders Committee	Utilities Commission		
				Family Court	Housing Commission	
6	7	<i>WIC</i> 8	9	10	<i>Museum Bazaar</i> 11	12
	Child Care Board of Directors	Enrollment Committee	Aquatics Committee		SPIPA Board of Directors	
		Criminal/Civil Court	Golf Advisory Committee	<i>Tribal Council</i>	Education Commission	
13	14		16	17	18	19
			Gaming Commission	<i>Smoking Cessation Event</i>		<i>Breast Cancer Awareness Walk</i>
20	21	22	23	24	25	26
		Criminal/Civil Court		<i>Happy Thanksgiving Tribal Center Closed</i>	<i>Happy Thanksgiving Tribal Center Closed</i>	<i>LCCR Christmas Market</i>
		Tobacco Board of Directors		<i>Happy Thanksgiving Tribal Center Closed</i>	<i>LCCR Christmas Market</i>	<i>LCCR Christmas Market</i>
27	28	29	30	Smoking Cessation Classes Tuesdays (Adult 5-7) and Wednesdays (Adult (noon)) and Teen (3:15-4:15) Building Strong Families Through Culture/Drum Group - Tuesdays AA & ALANON - Wednesdays		
<i>LCCR Christmas Market</i>		<i>Real Talk Event</i>				



COMMUNITY



Elders Menu . . . Fruit and salad at every meal

1st - 3rd

TUESDAY:

Chicken & rice soup, turkey & cheese palmier, jell-o

WEDNESDAY:

Sloppy Joes, tater tots, broccoli & cauliflower

THURSDAY:

Roasted rosemary chicken quarters, roasted red potatoes, asparagus

7th - 10th

MONDAY:

Tuna casserole, brussel sprouts

TUESDAY:

Tomato basil w/ raviolini soup, grilled cheese sandwich

WEDNESDAY:

Hot dogs, macaroni and cheese, baked beans

THURSDAY:

Ham & scalloped potatoes, mixed veggies

14th - 17th

MONDAY:

Burger dips, potato wedges, peas & carrots

TUESDAY:

Italian sausage and potato soup, meatball subs

WEDNESDAY:

Teriyaki chicken, steamed rice, cabbage & carrots

THURSDAY:

Casino Night

21st - 24th

MONDAY:

Creamed hamburger, biscuits, corn

TUESDAY:

Split pea soup, chicken salad sandwiches

WEDNESDAY:

Thanksgiving Dinner

THURSDAY:

Thanksgiving - CLOSED

28th - 30th

MONDAY:

Corned beef brisket and cabbage

TUESDAY:

Beef stew, rolls



**Help Protect
Our Kids, Families
and the Environment**



**Clean Out Your
Medicine Cabinet**

**Prescription Drug
Take Back Boxes**


Located At:
Mason County Sheriff's Office
322 North 3rd Street in Shelton

&
Casino Night
Mason Regional Fire Authority
460 Northeast Old Belfair Highway in Belfair

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







**Tuesday,
Nov 8th is
WIC DAY at
SPIPA**

WIC at SPIPA
(Women, Infants, and Children)
provides healthy foods &
nutrition information for you and
your child up to age 5.

Please bring:
Your child, Provider One Card
or paystub and Identification for
you & your child

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

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
Whitney Jones
Charlene Krise
Vicki Kruger
Jim Peters
Arnold Cooper
Vince Henry
Jim Peters
Per Tribal Code None
Arnold Cooper
Vicki Kruger & Charlene Krise
Jim Peters
None
Arnold Cooper

Staff Rep.

Jeff Dickison
Elizabeth Heredia
Tammy Ford
Joseph Peters
Kris Peters
Joseph Peters
Eric Sparkman
Gordon James
BJ Whitener
Richard Wells
Bert Miller
Ray Peters
Teresa Wright
Kathy Block

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 Wednesday
1st Friday
2nd Monday
4th Tuesday
1st Thursday
2nd Friday





YOU CAN STOP

"NOT"

Not On Tobacco

Teen Tobacco Cessation Classes

Wednesdays at the Community Kitchen from 3:15 - 4:15

Healthy snack provided

November 2, 9, 16, 23, 30

December 7, 14, 21



Freedom From Smoking

Adult Tobacco Cessation Classes

While at Work - Nicotine Release

Wednesdays at the Community Kitchen from 11:30 - 1:30

Healthy lunch provided

November 2, 9, 16, 23, 30

December 7, 14, 21

After Work - Nicotine /Release

Tuesdays at the Community Kitchen from 5:00 - 7:00

Dinner provided

November 1, 8, 15, 22, 29

December 6, 13, 20



Squaxin Island Tobacco Cessation Program

Community Outreach Event and Dinner

Thursday

November 17, 2016

5 PM to 8 PM

"Great American Smoke Out"

Learn about release of
Commercial Tobacco and Nicotine
Addiction, eat good healthy food,
receive incentives, win a raffle prize.

Squaxin Island Community Kitchen
Call Bobbie Bush, 360-432-3933 for more info.

Smoke Out Event Agenda

5 PM to 8 PM

"Great American Smoke Out" Event

5:15 PM

Welcome and Introductions

Opening Prayer

Complete Pre Assessment for Raffle Ticket

5:30 PM

Power Point – with Test Answers Embedded

6 PM

Dinner – Menu: Coffee and Tea, Clam Chowder, Smoked Salmon Dip w/Veggies, Crackers, Fruit Plate, Green Salad extraordinaire, Smoky BBQ Sauce Chicken

6:45 PM

Complete Post Test

7:00 PM

Successful Quit Recognition

7:15 PM

Raffle Drawing



Finally: Chocolate Cake & Conclusion



HEALTH CLINIC



Our very own Jaimie Cruz will be one of the trail guides!!!



Open October 29 through November 27
Open weekends 10:00 a.m. – 4:00 p.m.
Scheduled tours weekdays 9:00 a.m. – dusk
Veteran's day 10:00 a.m. – 4:00 p.m.
Day after Thanksgiving 10:00 a.m. – 4:00 p.m.

KENNEDY CREEK SALMON TRAIL

12th NOVEMBER

11AM - 2PM

CHUM, CHOWDER & CHOCOLATE

FUNDRAISER EVENT at KENNEDY CREEK SALMON TRAIL

Taylor Shellfish will provide Xinh's famous chowder for visitors to The Trail. Hot chocolate, tea and coffee will be available to warm your fingers.

This November over 6,000 people will visit the Trail to watch and learn about the Chum Salmon. Volunteer trailguides are on-site to answer questions.

For more information on how to support the Kennedy Creek Salmon Trail, visit spsseg.org/kcst/ or give us a call at (360)412-0808

A \$35.00 donation supports 10 student visitors to the Trail. Donations to Kennedy Creek Salmon Trail will be accepted but are not required. Suggested donation is \$5.00 per bowl.

Taylor Shellfish Farms

KENNEDY CREEK SALMON TRAIL

SOUTH PUGET SOUND Salmon ENHANCEMENT GROUP

Need to Know Hepatitis B

HEPATITIS PREVENTION IN NATIVE COMMUNITIES

What is Hepatitis B?
Hepatitis B is a serious infection that affects the liver. It is caused by the hepatitis B virus (HBV). Hepatitis B can lead to liver damage (cirrhosis), liver cancer and death.

How does it spread?
Hepatitis B virus is easily spread through contact with blood or other body fluids of an infected person.

Why get vaccinated?
Hepatitis B vaccine gives long term protection from hepatitis B, and the serious consequences of a hepatitis B infection, including liver cancer and cirrhosis.

Who should get vaccinated?
Since 1991, it has been recommended that all children get vaccinated for hepatitis B at birth. All unvaccinated adults at risk for hepatitis B infection should be vaccinated. **This includes people under 60 years of age with diabetes.**

All unvaccinated adults who should be vaccinated include:

- People under 60 years of age with diabetes
- Partners of people with hepatitis B infection
- People with chronic liver or kidney disease
- People with jobs that expose them to human blood or other body fluids

Talk to your doctor about whether you should be vaccinated for hepatitis B

The Hep B virus can live up to 7 days on a contaminated object.

©2016 Hepatitis Prevention Project. Developed in partnership with Squaxin Island Tribal Health, South Puget Intertribal Planning Agency's Comprehensive Cancer Control Program & Native JourneyWoman.



12 Fun Ways to Enjoy TV-Free Family Time

Turning off the TV is an easy way to enhance your family's health and happiness. More screen time (TV, computers and video games) leads to higher weights for both adults and children. TV time leads to weight gain, because people are more sedentary and because they see so many food ads (about 40,000 a year). Turning off the TV will help your family maintain a healthy weight and give you time together.

- 1. Snuggle up and read a book:** Reading together as a family is one of the best ways to ensure your children do well in school.
- 2. Snuggle up and tell a story:** Telling stories is another way to enhance children's verbal skills – and to share special memories.
- 3. Snuggle up and sing a song:** Kids don't care if you can carry a tune and they love to sing with you, learning new words along the way.
- 4. Snuggle up and talk:** Turning off the TV gives you more time to talk with your children.
- 5. Snuggle up and listen:** You learn more about your children by talking less and listening more. If you listen, they will talk.
- 6. Just snuggle up together:** The biggest benefit of turning off TVs, computers and video games is that your family can grow closer.
- 7. Get up and take a walk:** A simple neighborhood walk gives you time together and an easy way to get fit and strong together too!
- 8. Get up and dance:** Dancing combines fun and fitness for every age. Let your kids pick the music and teach you the moves.
- 9. Get up and play a game:** Pick the right game for your child's skills – like tossing a foam ball with a toddler or baseball with older kids.
- 10. Get up and play with a pet:** Dogs and cats also need activity to maintain a healthy weight and live long healthy lives with you.
- 11. Get up and play with friends:** Kids (and adults) need time to play with their friends – in the backyard, at the park or in the wilderness.
- 12. Get up for a family fun night:** Plan a weekly fun activity, like riding bikes or bowling with another family. Make it a weekly thing

Diabetes Support Group

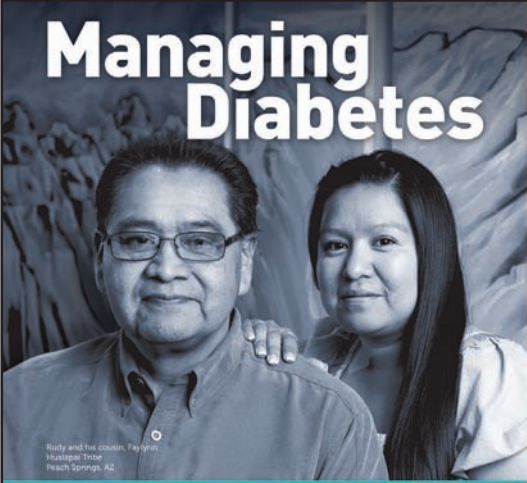
Everyone is welcome—
those with Diabetes or not.

Monday, Nov 7th, 2016
12 noon -1 pm
at Health Promotions Building across from the clinic
Light lunch served.
Optional walk at 1 pm

What are your challenges to stay healthy?
Holiday foods and activities?
Being active?
Feeling alone?
Let's brainstorm ideas together.

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

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



Managing Diabetes

It's not easy,
but it's worth it.

People who learn to manage their diabetes from the start have fewer health problems from diabetes years later. You can too. Learn how to better manage your diabetes. Order a free booklet, *4 Steps to Control Your Diabetes. For Life.* from the National Diabetes Education Program to learn more.

For more information, visit www.ndep.nih.gov or call 1-800-860-8747; TTY: 1-866-569-1162.

The U.S. Department of Health and Human Services' National Diabetes Education Program (NDEP) is proudly sponsored by the National Institutes of Health (NIH) and the Centers for Disease Control and Prevention (CDC) with the support of more than 200 partner organizations.





2016 Intertribal Breast Cancer Awareness Walk

Hosted by Squaxin Island Tribe

Saturday, November 19, 2016

10am - 2pm

Squaxin Island's Community Kitchen
50 SE Squaxin Lane, Shelton, WA 98584

Registration will start at 10:00 am
Opening Prayer 10:30 am
Walk Begins 10:45 am
Lunch to follow after the walk

Cancer Survivor Speaker at 12:45 pm
Honoring Breast Cancer Survivors
For questions, please contact your local NWWP Outreach Specialist













November Happy Birthdays

1
Kimberly RayeAnn James
Wesley Arthur Fletcher

3
Juanita Catherine Pugel
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 Capoman
Thomas Richard Peterson

7
Anthony J. Furtado
Cyrus Austin Little Sun
Elijah Wilson Blueback-Robinson
Russel W. Cooper
Thelma Janine Shea

8
David Wayne Whitener Jr.
Tammi L. Birchall

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

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

11
Benjamin James Sayers
Carlo Kenneth Kenyon McFarlane

13
Arya Erika Johns
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 Chetwoot Peters
Taeahni Emilion Fox

19
Lucille Arlene Quilt

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

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

22
Lahai'la Naomi - Marie Greenwood
Olivia Lauren - Phu Korndorfer
Susan Colleen McFarlane

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

24
Arellys Leigh'ann 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 Butterfly Faye Masoner

28
Ila Mae Ball
Redwolf Wilson Krise II

29
Mark Allen Peters
Sarah Elizabeth Thornton
Tyler Eric Burrow

30
Carol Ann Hagmann



**The Longhouse Annual
Holiday Native Arts Fair**
Featuring the work of dozens of Native artists!
Friday & Saturday, Dec. 9th & 10th, 2016
11am - 5pm
at The Evergreen State College Longhouse
2700 Evergreen Parkway NW, Olympia, WA 98505
For more information, or to reserve a \$75 vendor booth,
contact Laura Grabhorn: grabhorl@evergreen.edu (360) 867-6413





FACTORY OUTLET STORE

SQUAXIN ISLAND TRIBAL MEMBERS

The FACTORY OUTLET STORE now offers:

\$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




Thursday • Nov 17th
Doors Open 4:30pm | Early Birds 6pm | Session Starts 6:30pm

Friday • Nov 18th Daubin' in the Dark Black Light Bingo
Doors Open 6pm | Early Birds 8pm | Session Starts 8:30pm

Saturday • Nov 19th
Doors Open 9am | Early Birds 11:30am | Session Starts 12pm
Doors Open 2:30pm | Early Birds 4pm | Session Starts 4:30pm

Sunday • Nov 20th
Doors Open 2:30pm | Early Birds 4pm | Session Starts 4:30pm

There will be drawings for BLACK FRIDAY items at all sessions
Donate a new toy for an extra drawing ticket

**All Level 3 will payout \$500
with no SPLITIES**

**LITTLE CREEK
CASINO • RESORT.**
LITTLECREEK.com

*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



NOW ON FRIDAYS!
NOVEMBER 18 | OPEN @6PM
EARLY BIRDS @8PM | SESSION @8:30PM

DAUBIN' IN THE DARK

OVER
\$7,900
IN PAYOUTS

\$400 payouts for 4-ons | \$500 payouts for 6-ons
\$1,199 black out
with a \$500 lead up. Buy-in is \$50

**Cocktail
SPECIALS**

**LITTLE CREEK
CASINO • RESORT.**
LITTLECREEK.com

Live DJ
Spinning at
7:30pm

Ages 21 and over only.
See Keno or call (360) 427-3005 for more details.
\$79 room rates during bingo sessions!