

KLAH-CHE-MIN

ʔacaciḥalbiḥ ɡʷəl tə ʔʷəlč yəxʷ ti stultuləkʷ. A PUBLICATION OF SQUAXIN ISLAND TRIBE ʔacaciḥalbiḥ ɡʷəl tə ʔʷəlč yəxʷ ti stultuləkʷ.

OCTOBER 2002

► *People of the Water* ◄

COMPLIMENTARY

United We Stand

Members of the Squaxin Island tribal community gathered in prayer on September 11th in memory of the tragic events of last year.

"I would like people to remember that united we stand and divided we fall, event coordinator Gloria Hill said.

"There is so much we can do for our people when we all work together without division."

After a few moments of silence, Shaker Minister Rose Algea offered a prayer and then Brooks Farrell led everyone in singing God Bless America.

"We are so lucky to be living in this country," he said. "We are so lucky to have our freedom."

Cultural Items and Family Photos Needed for the MLRC

We want to include all families in the Museum Library and Research Center. Please contact Charlene Krise at 432-3851, so we can proudly display your contributions! Please join us for exhibits planning meetings every Monday and Thursday at 1:00. We will be on a fast track to make the November 16th opening, so please come and provide your input now.

QUALITY NATIVE ART BY LOCAL ARTISTS

is being sought for the Museum Library and Research Center gift shop. Artwork may be purchased or placed on consignment. We are also interested in making tee shirts with art done by tribal members.

For more information, contact Charlene Krise @ 432-3851.



God Bless America

*Land that I love
Stand beside her and guide her
through the night
with the light from above.
From the mountains, to the prairies,
to the oceans, white with foam
God bless America
My home sweet home.
God bless America,
my home sweet home.*





KLAH-CHE-MIN SQUAXIN ISLAND TRIBAL NEWS

70 S.E. Squaxin Lane
Shelton, WA 98584

PHONE: (360) 426-9781
FAX: (360) 432-0858

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 & staff.

Submissions Deadline:
15th of each month

SQUAXIN ISLAND TRIBAL COUNCIL:

DAVID LOPEMAN: *Chairman*
ANDY WHITENER: *Vice Chairman*
PETE KRUGER, SR.: *Secretary*
STEVE SIGO: *Treasurer*
PAULA HENRY: *First Council Member*
ROY PEREZ: *Second Council Member*
CHARLENE KRISE: *Third Council Member*

Klah-Che-Min Staff:

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



Law Enforcement Community Meeting

Mike Evans - For those of you who missed the last community meeting held on Thursday, September 12th, you will be glad to hear that we are going to have another! The next meeting will be held on Thursday, October 10th, at 6:00 pm in the Mary Johns room. Main topics discussed at the last meeting were: reservation curfew law, speeding vehicles, drug enforcement/prosecution and idea of making the reservation a gated community.

The next meeting will cover these items and the possibility of creating a neighborhood watch program. As usual, there will also be time for community input as well as refreshments. Hope to see you there.

Church

Tuesday Nights at 7:30



Good News Book Club
Saturday Mornings at 10:30

An Open Discussion Regarding the Possibility of a Squaxin Island Tribal Cemetery

David Whitener, Sr. - The Tribal Council is encouraging open discussion regarding the possibility of a Squaxin Island Tribal cemetery. Available to assist us in the discussion include:

1. Copies of correspondence between Squaxin Island Tribal departments and the Mankes regarding the mutual interest in the gravel mine and the burial grounds at John's Prairie
2. Sketches of the Johns Prairie burial ground
3. Descriptions and maps of potential locations for a Tribal cemetery
4. Information regarding the Lorine Whitener estate

RESPONSES and comments are requested. A date, time and location for a community meeting will be set in the near future.

Comments should be sent to Dave W. Whitener, Sr., 70 SE Squaxin Lane, Shelton, 98584 or call 360 432 3901

The Drug Dog has Arrived!

Mike Evans - The long awaited "drug sniffing machine" named Buddy started work on September 20th.

Buddy and handler Sergeant Alex Ehler just completed an intense 80 hour training course. In addition to this basic course, a minimum of 16 hours of training is required per month.

Buddy is a black lab who is assigned to Sgt. Ehler and when off duty will stay at his home in an "on call" capacity. If you have any questions about the program, please contact Sgt. Ehler.

Special thanks to the Tribal Council for approval and funding of this program.





Gambling Interests Prepare for Political Battle

Tribal rights to slot machines could become hot topic in Legislature

(AP) - With hundreds of millions of dollars in gambling profits at stake, American Indian tribes and nontribal gambling interests are pouring money into political races and gearing up for a fight in next year's Legislature.

On one side, the tribes hope to retain their exclusive right to operate slot-machine-like games that have pumped millions into tribal coffers in recent years. On the other, nontribal card rooms, bingo halls, bars, restaurants and bowling alleys want access to the lucrative machines, and they are promising the cash-strapped state a fat new source of tax money for the privilege.

"It's going to be very tempting for some folks because we're going to be having some pretty hard times financially," says veteran Sen. Margarita Prentice, whose Labor, Commerce and Financial Institutions Committee deals with gambling issues.

But expanding gambling in Washington is a tall order - even with state government hungry for money. It takes a 60 percent vote in the House and Senate, plus the approval of Gov. Gary Locke, who's generally opposed to the idea.

The issue will likely cut across party lines in the Legislature. On one side, those who oppose gambling for moral reasons will ally with tribal advocates.

On the other, lawmakers worried about finding money to avert drastic spending cuts may join up with champions of nontribal gambling.

So both American Indian tribes and nontribal gambling interests are actively playing in races that will decide the makeup of the new Legislature. Members of a new lobbying group called the Entertainment Industry Coalition - which includes card rooms, restaurants, bars, bowling alleys, charitable organizations and horse-racing interests - have donated more than \$43,000 to dozens of candidates from the Legislature. The coalition itself has more than \$100,000 in the bank.

The group's pitch? Allow as many as 18,900 new gambling machines in bingo halls, card rooms, race tracks, bars and restaurants. The machines, coalition members argue, would jump-start businesses all over

the state and pour hundreds of millions into the state's economy. A similar proposal died earlier this year.

"Give us the same machines under the same rules," said Lincoln Ferris, executive director of the coalition and a longtime lobbyist. "When you ask people: Is it fair that the state sanctions a monopoly in the most popular form of gaming? The answer is no."

If the coalition succeeds, it could roughly double the number of such gambling machines in the state.

Under current law, nontribal minicasinos can only offer poker and several variations on blackjack. The profits of such games are limited because of dealers' wages and the possibility that skilled players can beat the house.

Legalized gambling at bars, bowling alleys and other establishments is restricted to pull-tabs and punchboards. Along with bingo, interest in such games has fallen off in recent years as tribal gambling grows.

Electronic tribal lottery machines - think slot machines without the lever - have no such disadvantage. They operate automatically with little supervision and they always win in the end.

Tribal officials argue that income from the machines - which isn't subject to state taxes - is transforming Indian country and reducing the state's costs by providing jobs and allowing tribes to pay for their own government services.

The Tulalip tribe's casino outside Marysville, which houses more than 1,000 machines, fuels dozens of government programs and tribal enterprises, including QuilCeda Village, a 2,000-acre commercial development that has attracted retailers including Wal-Mart and Home Depot said John McCoy, an official with the Tulalip tribe who is seeking a seat in the Legislature.

The tribe worries that increased nontribal gambling, which isn't tied to sometimes remote tribal land, could undercut the tribes' market. Tribes with gambling operations have plowed more than \$55,000 into campaigns for the Legislature, a tiny

fraction of their gambling proceeds, estimated in a recent study at \$892 million per year.

Ferris contends there's room for much more gambling in Washington and points to ambitious plans for new and expanded tribal casinos as proof.

"The gaming market continues to grow at double-digit rates every year," Ferris said.

Tribal officials argue their advantage is essentially a government monopoly, like the lottery or state liquor stores, with all the proceeds earmarked for worthy causes.

"When the law was written, it was written so only governments could operate these machines," Cladoosby said. "The money goes to government services from offering reduced utility bills for our elders to providing \$12,000 scholarships to our kids when they graduate."

Proposals to tax or expand nontribal gambling to help balance the state budget circulated in the waning days of this year's Legislature, and they could do better next year - especially if the alternative is a general tax increase.

"It could be close," said Sen. Tim Sheldon, D-Potlatch, one of many lawmakers who oppose increased nontribal gambling. "There's a lot of envy of the tribal casinos, how well they've done."

Along with sympathetic votes in the Legislature, tribes are counting on Gov. Gary Locke. They say Locke promised them exclusive rights when the machines were introduced in return for limiting their numbers.

"The governor assured us that while he was in office he would not sign any bill that would allow our machines to go into private for-profit businesses," Cladoosby said.

Roger Nyhus, Locke's spokesman, said the governor remains opposed to expansions of gambling, but wouldn't confirm an outright promise to the tribes.

"Many issues were discussed during the final negotiations, and that was not what we took away from the meeting," Nyhus said.



Attention Fishermen

It is very vital for fishery management purposes that every commercially caught fish of every species is reported on fish tickets. This includes all take-home and egged fish.

Please feel free to call the Natural Resources Department at 426-9783, to report your take-home fish and we will fill out the fish tickets for you. For egg sale fish tickets, it is very important that all females and males caught are accounted for. If you have any questions or concerns about please contact Joseph Peters at 432-3813.

Attention All Hunters!

All access to Simpson gates will be closed until further notice due to fire hazard. Please return all gate keys to Natural Resources ASAP. For more information, contact Pete Kruger at 432-3805.

Kennedy and Skookum Creek Sport Fishing Regulations

The following is a summary of the sport fishing regulations for Kennedy and Skookum Creeks. Please refer to the Washington State Sport Fishing Rules 2002/2003 pamphlet or pdf.file available at the WA State Department of Fish & Wildlife <http://www.wa.gov/wdfw/fish/regs/2002/2002sportregs.pdf> for detailed Statewide rules and daily limits.

**Taken from WDFW web page: <http://www.wa.gov/wdfw/fish/regs/2002/2002sportregs.pdf>*

WATER	SPECIES	SEASON	MIN. SIZE	DAILY LIMIT	ADDITIONAL RULES
KENNEDY CREEK (Thurston Co.) from mouth to northbound Hwy. 101 Bridge	TROUT	June 1-Feb. 28	14"	2	Statewide rules
	Other Game Fish	June 1-Feb. 28			
	SALMON	Oct. 1-Nov. 30	12"	8	SALMON - no more than 2 adults. Release all COHO. Barbless hooks required.
Creek mouth is defined as 500 yards east of the northbound Hwy. 101 Bridge. ALL SPECIES - night closure and non-buoyant lure restriction Oct. 1-Dec. 31.					
from the northbound Hwy. 101 Bridge to falls	TROUT	June 1-Feb. 28	14"	2	Statewide rules
	Other Game Fish	June 1-Feb. 28			
CLOSED WATERS - from falls downstream 400'. ALL SPECIES - night closure and non-buoyant lure restriction Oct. 1-Dec. 31.					
SKOOKUM CREEK (Mason Co.)	TROUT	June 1-Oct. 31	14"	2	Statewide rules
	Other Game Fish	June 1-Oct. 31			
The mouth is defined as a line 400 yards downstream of the old railroad bridge. Marine Area 13 rules apply below the mouth.					

**Taken from WDFW web page: <http://www.wa.gov/wdfw/fish/regs/2002/2002sportregs.pdf>*

Plants for Skookum Creek to Come from Childcare Center Construction Site

Few trees or willows grow along the streambank of Skookum Creek

John Konovsky, NR Biologist - The trees, willows, and other plants along Skookum Creek behind the Casino need some help! Many years ago they were replaced with grass pasture. A lack of trees is not healthy for the creek. One reason is that without shade, the temperature of the creek water in summer is hotter than small coho and cutthroat like. Another is that without large trees falling in the creek, no big pools form where fish can hide, rest, and feed.

To make the creek healthier, the Natural Resources Department has been working with the Tribal Council, Enterprises, and the casino. The idea is to develop a plan to replant the streambanks with local trees and shrubs. To move the project along, we need plants and there is a wonderful opportunity coming up to get some of them.

The Tribe is working on plans for a new childcare center. When construction begins, a large area will be cleared of plants for the building and parking lot. The Natural Resources Department intends to go in and "salvage" small plants before the bulldozers get there. We will carefully dig the plants up, put them in pots, and hold them until next spring to plant along Skookum Creek.

To get the job done, we are going to need some volunteers! It will be a great opportunity to take some of the essence of the childcare center site that might be lost, and transplant it to Skookum Creek to live on. Stay tuned for more details next month, but mark November 23 and December 4 on your calendar. These are the dates to salvage the childcare center plants.



Tribe Acquires New Steel Net Pen Complex

The Tribe acquired a new steel net pen complex from the Washington State Department of Fish and Wildlife on July 23. The pens will replace the old deteriorated wooden structure. The new pens are surplus from the Fox Island Enhancement program that was recently terminated.





Direct Descendents To Enroll or Not To Enroll *Grandkids, great-grand kids, and other sources of Tribal identity and continuity*

The topic of direct descendency has been brought to the attention of the Tribal Council in various forms. Letters have been written expressing concern about grandchildren and great-grandchildren being able to receive health care at the Tribal Clinic. Currently direct descendents are covered by I.H.S. health care.

Direct descendency is also a requirement for Tribal Membership. Membership has many levels of significance. A person's identity and membership are entwined in many ways including spiritually, economically and physically. Tribal families are faced with this issue when a family member meets the direct descendency criteria, but is not eligible for enrollment.

Tribal identity, membership and direct descendency are all important in considering intangibles such as self-esteem and community well being.

The question of potential impact on Tribal resources also arises.

The topic of direct descendency is not new. Within the past ten years the Constitution Committee has studied the subject.

Hopefully this conversation will continue resulting in the development of similar specific questions.

Please think about this issue and communicate your thoughts to the Squaxin Island Tribal Council, Attention Dave Lopeman, Chairman, 70 SE Squaxin Lane, Shelton, WA 98584.



Second Public Budget Hearing

Deb Stoehr - The Second FY03 Public Budget Hearing was held on September 18, 2002. The purpose of the Second Hearing was to share the FY03 Draft Budgets and gather community input. Input received included:

- Language program in Education to be coordinated with MLRC
- Allocate funding for community Thanksgiving baskets
- Continue to fund Committees at \$5,000 each
- Develop community, therapeutic pool
- Funding for Family Counselor position
- Funding for in-school tutors
- Funding for school bus
- Develop cross departmental youth comprehensive prevention program

The Budget Commission plans to meet after carryover funding is determined to allocate additional funding. The Planning Department will search for grant opportunities. The Tribal Council will be presented with the FY03 Budget Resolution on September 26, 2002.

Support Our Tribal Elders, Buy a Raffle Ticket

Afghan Made by Rose Brownfield

6 for \$5 or \$1 per ticket

Contact Lea Cruz at 432-3936

The raffle will take place in December

Thank You, Squaxin Island Volunteer Firefighters, for Helping to Put Out a Fire Near the Entrance to the New Slocum Ridge Housing Area:

Larry Bradley, Larry McFarlane, Jr., Lester Delacruz, Cleveland Johnson, Tony Pugel, Larry Nerney and KTP for donating water!





A Depression-Free Diet

Eating Foods High in Omega-3 Fatty Acids Could Improve Mood

For the last decade, researchers and alternative medicine practitioners have been exploring a new, natural way to treat those suffering from depression and other psychiatric disorders. And what they've found is that improving your mood could be as simple as making minor adjustments to your diet.

One lead researcher, Dr. Joseph Hibbeln, chief of the outpatient clinic at the National Institutes of Alcohol Abuse and Alcoholism in Bethesda, Md., published a study in 1998 in the journal *The Lancet* that showed a connection between countries that consume large amounts of fish and low rates of depression. On the other hand, countries where people did not eat a lot of fish had significantly higher rates of depression.

This study led other researchers to wonder whether the polyunsaturated fats known as omega-3 fatty acids found in fish could be the reason for the difference.

Dr. Andrew Stoll, director of the psychopharmacology research laboratory at McLean Hospital in Belmont, Mass., conducted a study that focused specifically on patients with bipolar disorder. Half of the subjects were given fish oil tablets and the other half were given a placebo.

After four months, "half of the placebo cases had already relapsed into depression, where as only two out of the 15 fish-oil patients had gotten sick, and that was a huge difference," says Stoll.

The significance of these two studies sparked additional research over the last couple of years that have shown similarly promising results on the ability of omega-3 fatty acids to relieve depression.

Getting Enough Omega-3

While additional research needs to be done to prove definitively omega-3's impact on different psychiatric disorders, some psychiatrists are now feeling confident enough to recommend that their depressed patients increase their consumption of these fatty acids. So, what are the best sources for omega-3s, and how much is needed to make a difference?

The best source for omega-3s is any type of seafood — including salmon, lobster and shrimp.

For people who find seafood a bit

fishy, walnuts and olive oil are also good sources for the fatty acid.

"People should not fall below 650 milligrams [of omega-3] per day," says Hibbeln. "A 100-gram serving of fish on average is going to contain about a gram or 1,000 milligrams of omega-3. So, 650 milligrams is about a serving of fish every other day."

However, for most people it may be unrealistic, or unappealing, to eat fish every other day. For those people, doctors recommend fish oil supplements that can be found in any health-food or nutrition store.



Additional Effects of Eating More Fish

In addition to the possibility of relieving depression, omega-3s have proven to be important in cardiovascular health. Numerous studies led the American Heart Association two years ago to make a recommendation that consuming two to three servings of fish per week could provide significant cardiovascular benefit.

Omega-3s have also proved promising in preliminary results for the prevention and treatment of certain cancers, including colon cancer, and with inflammatory conditions, such as rheumatoid arthritis.

In addition, pregnant and breastfeeding mothers are encouraged to get enough omega-3 to help the development of their babies' brains. However, some predatory fish like tuna, swordfish and shark may be dangerous to pregnant mothers due to the high levels of mercury. So, sticking with fish like salmon is a safer bet for those

expecting a child, without the unwanted effects of consuming mercury.

The only reported downside to consuming more of these fatty acids through fish or fish-oil tablets may be an increase in dyspepsia, or indigestion often resulting in gas.

"People may get a little bit of dyspepsia, but if they just start with a low dose and work their way up, it shouldn't be a problem," says Dr. Harold G. Koenig, associate professor of psychiatry and medicine at the Duke University Medical Center in Durham, N.C. "That's a fairly mild side effect for all the good things that could potentially result."

"Not only are the fish oil supplements relatively inexpensive," says Hibbeln, "and not only are they safe and recommended for pregnant mothers, but all of the side effects, except for belching, are beneficial."

The Future of Omega-3s and Depression

While the existing results of studies involving omega-3s and depression have proven promising, there still remains skepticism as to how significant the impact will be on the continued need for prescription antidepressant medication.

Therefore, further studies need to be done to see which patients will benefit the most from an increase in omega-3s and to see how well this new diet works in combination with antidepressant drugs.

But, in the meantime, some psychiatrists are encouraging patients who haven't been successful with the drugs to incorporate this new approach.

"For patients who are taking adequate doses of antidepressants, and maybe they tried one, maybe they tried two or three," says Koenig, "then why not encourage them to take this pill that's likely to have a benefit for their cardiovascular system and it might help to stabilize their emotional condition, as well?"

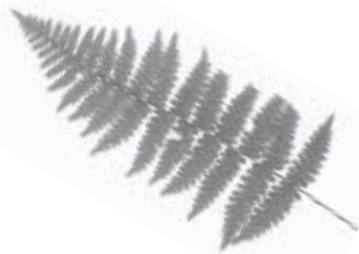


Mammogram Day

OCTOBER 1, 2002

9:00 - 4:00

Call Rose Algea at 427-9006 to schedule your appointment



Health Fair

OCTOBER 23, 2002

10:00 - 4:00

Tribal Center Gymnasium

Walking On

Jay 'Bird' Clark

Jay L. "Bird" Clark, a lifelong Shelton resident and Squaxin Island tribal member, died



Sunday, August 25, in Shelton. He was 42. He was born August 23, 1960 in Shelton to Buck G. and Edith G. Clark. He graduated from Shelton High School, where he played on the football team, in

1979. He was Paul Bunyan at the Mason County Forest Festival in 1979.

He married Anna (Plant) Clark on July 10, 1987 in Shelton.

Mr. Clark worked as a logger.

His passions were hunting, fishing and anything to do with the outdoors.

He was preceded in death by his mother, Edith Clark.

Survivors include his wife, Anna Clark of Shelton; his daughter Shannon Plant of Shelton; his brother Buck Clark Jr. of Shelton; his halfbrothers Alan Steehler of Bothel,

R o d n e y Edmondson and Perry Edmondson of Texas and Vance Edmondson of Kent; his sister Carmen Arela of Bothel; his father Buck G. Clark of Shelton; and grandchildren Adam Flint and Alicia Flint of Olympia.

A memorial service was held Thursday, August 29, at the Squaxin Island Tribal Center. Pastor George Williams, Mr. Clark's uncle, officiated at the service. Inurnment was at Shelton Memorial Park.

Memorial donations may be made to the Northwest Indian Treatment Center, P.O. Box 377, Elma, WA 98541.



Squaxin Island Campout

Vicki Kruger - Some of the best memories of my childhood include the time I spent on Squaxin Island with my grandparents, Ed and Florence Sigo. Every summer Grandpa loaded up his canoe (the one in front of the tribal center) with kids and supplies and we spent several weeks at the Island. If I remember correctly, every 4th of July we did a big clam and fish bake.

I try to share this experience by attending the Island campout with the kids. I take annual leave or leave without pay to dig clams the Friday before and do a traditional clam bake. I make every attempt to share the experience I had with my grandparents with the kids that go on the campout.

Obviously, I can't do it alone and I need to take this opportunity to thank all of the adults who went with us. Without the support of the Learning Center, the event would be difficult, if not impossible. My hands go up to you.

This year 40 - 45 children and adults attended the campout.

During the several years that we have been doing this, I never had as little fun as I did this time. I was so very disappointed in the behavior of the children. I have never witnessed the kids act so disrespectful. I won't bore anyone with the problems, but I'll just say that the chances of me ever attending a tribally-sponsored Squaxin Island camp out in the future are close to nil. I can't tell you how sad this makes me.

But not all the kids were disrespectful or misbehaved.

A Note from Sen. Murray

Dear Friends,

I'm very proud to announce a new way for Washington's tribes to follow legislation here in the U.S. Senate.

I've just added a new section to my website concerning Tribal Issues. The address is:

<http://murray.senate.gov/tribal.html>

It includes up-to-date information on topics like: education, telecom, economic development, healthcare, natural resources, transportation, justice, and trust reform & sovereignty.

Along with photographs of tribal meetings, you'll find descriptions of more than a dozen bills of interest to Indian country.

If you've already visited the new section and signed up for tribal updates, this email confirms that you will receive updates from me in the future.

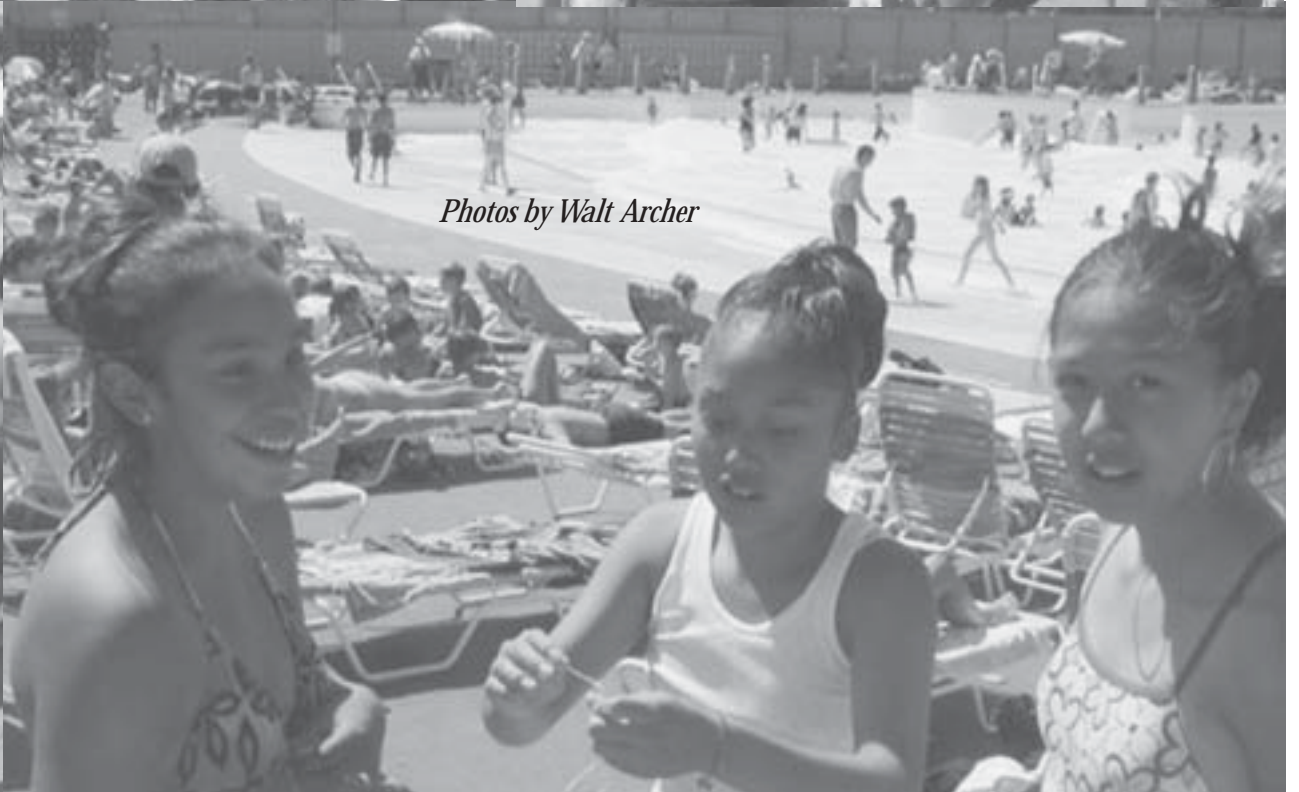
I welcome your comments on this new web section. (You can reply to this email message).

Enjoy!
Sincerely,
Patty Murray
United States Senator





FUN IN THE SUN



Photos by Walt Archer



Tribal Council Resolutions

02-85: Authorizes submission of a grant application to the Center for Substance Abuse Treatment under Strengthening Communities - Youth for the purpose of increasing the number of Native American youth who choose a drug-free lifestyle

02-86: Authorizes the development and submission of a FY03 grant proposal by SPIPA for continuation of the current Community Services Block Grant

02-87: Rescinds Resolution No. 01-60 of the Tribal Council

02-88: Nominated Roy Perez and Mike Poier as delegates to the Indian Housing Block Grant Formula Rule Making Committee duly authorized to represent the Tribal Council and execute all other rights and privileges of the committee during negotiated rulemaking


02-88A: Authorizes David Lopeman to take necessary action to place the Tribe in membership in Affiliated Tribes of Northwest Indians and authorizes payment of \$400.00 in membership dues and further resolves that, based on the tribal citizenry of 718 persons, the Tribe will have 10 votes

02-89: Authorizes development and submission of a FY03 grant proposal by SPIPA for continuation of the current Low-Income Home Energy Assistance Program

02-90: Authorizes submittal of a grant application to the Washington State Housing Finance Unit for Housing Trust Fund Assistance to construct affordable housing for low-income Squaxin Island Tribal members and their families

02-91: Enrolls Stella Yocash

Tribal Telephone Assistance




Only \$1 per Month

That's right! You may be eligible for \$1 per month telephone service (plus monthly fees and taxes). If you participate in one of the programs listed below call your local telephone company and ask about the Enhanced Tribal Lifeline Program

• Are You Eligible?

- Head Start (those meeting the income requirements)
- Tribal TANF
- BIA-GA
- National School Free Lunch
- DSHS Chore Service
- SSI-disability
- COPES
- State Family Assistance (GAUX)
- Medicaid or Medicare Cost Sharing Programs
- Refugee Assistance
- TANF
- Food Stamps

Affiliated Tribes of Northwest Indians - Economic Development Corporation
 Tracey Rascon, Tribal Telephone Outreach Coordinator
 P. O. Box 500 Nash Bay, WA 98357
 Phone 360-645-2477 FAX 360-645-2477
 E-mail traceyr@atriedc.com





Congratulations
Rachel M. Edwards Johns and
Jose Naranjo Ramo'n
 Married on September 7, 2002
 at 4:00 p.m. in the Squaxin Island
 Tribal Gymnasium!

We love You!



The happy couple with Conrad and Liz Yeahquo



With Herb Johns



Andrea Sigo Chosen to Participate in Olympia *Salmon Run* Public Art Project Eight foot salmon entitled “*People of the Water*” to be on public display at library for two and a half years

Squaxin Island Tribal member Andrea Sigo was one of ten artists selected from among 63 applicants to participate in the Olympia *Salmon Run* Public Art Project.

The project is an effort by Olympia city officials to draw people back to the downtown area during earthquake reconstruction projects, including restoration of the 4th Avenue bridge.

Eli Sterling and Heather Taylor-Zimmerman which depicts extinct species and reminds the viewer of the plight of salmon and the connection of all life on Earth.

“My family had to be very patient,” Andrea said. “That eight foot salmon was sitting right in the middle of our living room for weeks,” she chuckled.

The sculptures are now on display at ten downtown locations, including the Olympia Intercity Transit Station, the Farmer’s Market and the Olympia branch of the Timberland Regional Library District (Andrea’s location).

Each of the sculptures is numbered and corresponds to the map on the next page. Interpretive panels at three of the sites provide information about the project, salmon ecology and history.

“Salmon are a serious issue in the Northwest; they are an important part of our heritage and our children’s inheritance,” a project spokesperson said. “This school of fish, created by local artists, represents our hopes and concerns for this important resource. Visit often and make sure you become part of the conversation.”

A dedication ceremony was held Saturday, September 14th at the Olympia Farmers Market and was attended by the artists, Olympia Mayor Stan Biles and several state representatives.

“This project ignites the passion people feel for salmon,” Mayor Stan Biles said during the ceremony.

After the dedication, all salmon and art fans who gathered for the event were invited to take part in a scavenger hunt. A *Salmon Run* walking tour brochure provided clues to the various locations. After finding at least five fish, meeting the artist(s)



Andrea Sigo with her piece “*People of the Water*”:

“This project reconciles us with acts of God (the earthquake) and acts of man (reconstruction projects) through a labor of love,” City of Olympia Arts Commission Chairperson said.

Each artist was asked to embellish an eight and a half foot fiberglass salmon provided by the city. Andrea’s work, entitled “*People of the Water*” tells of the transformation of Seal, Seagull and Octopus into Human, Man and Woman.

Other pieces include “*Blueback Beads in a Roe*” by Maureen Nelson who applied colored beads to the form to give the illusion of the spawning colors and “*Souls of Extinction*” by David Sederberg,



Olympia Mayor Stan Biles speaks of the significance of the *Salmon Run* Public Art Project and thanks the artists for their work.



who created them and returning a form with the artist(s) initials, participants were eligible for prize drawings, all of which had some relevance to salmon.

The *Salmon Run* project is sponsored by the City of Olympia Arts Commission and the Department of Parks, Arts & Recreation, with funding from the City of Olympia Municipal Art Fund, The Miller Brewing Company and the Olympia Gateway Corridor Project.

"People of the Water" will be on display at the Olympia branch of the Timberland Regional Library System for two and a half years.



Artwork Needed for Exhibit/Auction

One of the first MLRC exhibits will be local Native art that will be sold during the annual art auction that will take place in May, 2003 and benefit the MLRC. Come in and let us showcase your work!

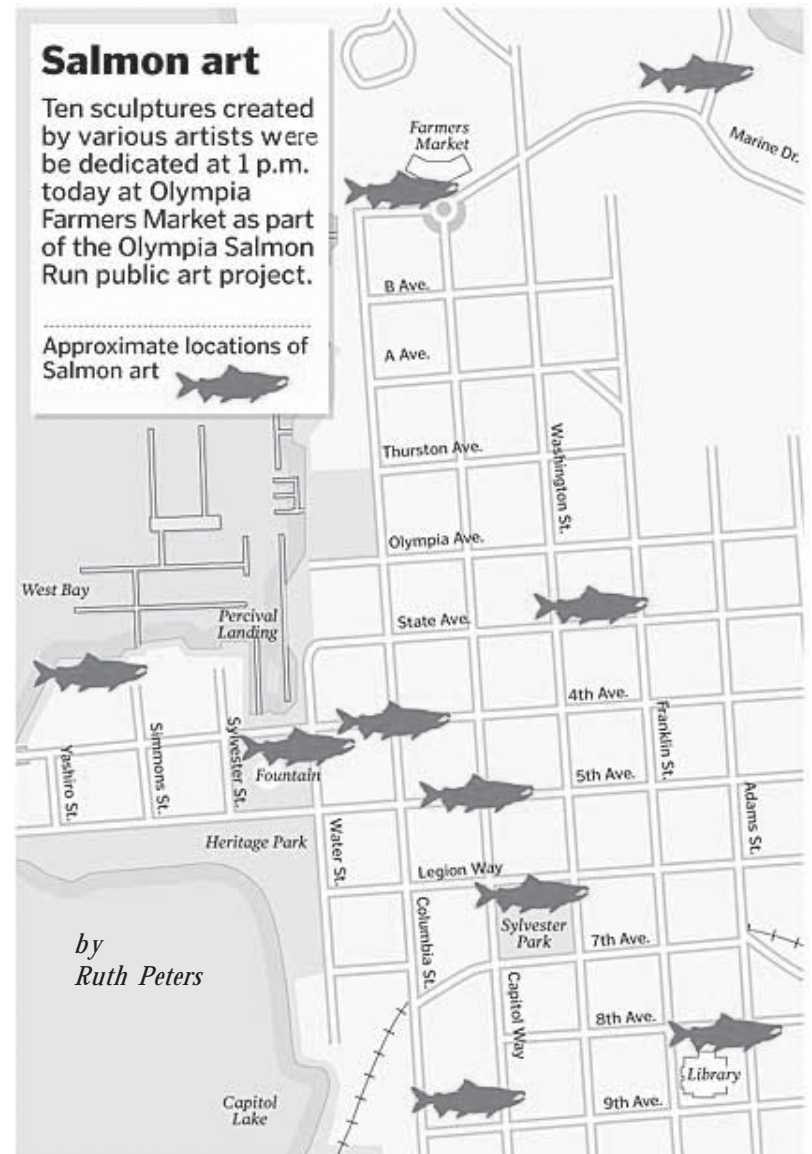
A Correction

Canoe Journey tee shirts are available from the Heritage Committee, not Liz Yeahquo. Contact Andrea Sigo, Bev Hawks or Gloria Hill. Thank you and sorry for any inconvenience!

Salmon art

Ten sculptures created by various artists were dedicated at 1 p.m. today at Olympia Farmers Market as part of the Olympia Salmon Run public art project.

Approximate locations of Salmon art



by Ruth Peters

Mark Brunton/The Olympian



Powwow

Spirit of the Cowlitz People
 3rd Annual Powwow
 Saturday, October 12
 Toledo High School Gymnasium,
 1242 State Route 505, Toledo, WA
 Free Admission
 Feast of Salmon and Elk Stew shared
 with all guests at 5:00 p.m.

OysterFest 2002 Elder's Fundraiser Saturday & Sunday, October 5-6

Volunteers Needed!

9:00 - 2:00 p.m.
 or
 2:00 p.m. - 6:30 p.m.

Please contact Lea Cruz at 432-3936
 or 427-9006 to volunteer.

We also need assistance filleting the
 salmon when it becomes available.

Your times and efforts would be
 greatly appreciated by the Elders.



Congratulations Alison C.R. Evenhuis

The following poem, written by Alison,
 was published in a new book entitled *Spirit
 of America* which represents the imagi-
 native efforts of students of all ages from
 almost every state in the nation.

When I look at the
 American Flag,
 my heart fills with pride.
 I love it.
 Every time I look at it,
 I cry.
 I will never forget
 the men who died.
 This is my home and
*I will not
 Let that go!*



Office of Housing Raffle Winners!

The Office of Housing sponsored a raffle
 for all tenants that kept their originally
 scheduled inspection between the months
 of April 2002 and June 2002. To be con-
 sidered for this raffle, residents had to have
 had their inspection and all required paper-
 work needed to be completed and submit-
 ted by the originally appointed inspection
 day. Out of twenty-three possible contend-
 ers, only six residents succeeded in partici-
 pating in this raffle. Congratulations to:

\$ 75.00 Sharon Johnson
 \$ 20.00 Russel Cooper
 \$ 20.00 Darlene Krise

The Office of Housing sponsored a raffle
 for all tenants that kept their originally
 scheduled inspection between the months
 July 2002 and August 2002. Out of four-
 teen possible contenders, only two residents
 succeeded in participating in this raffle.
 Congratulations to:

\$ 75.00 Rebecca Napoleon
 \$ 20.00 Marvin Henry

The Office of Housing would like to ex-
 tend appreciation to all residents for coop-
 erating with scheduled inspections and call-
 ing to re-schedule timely inspections.

Student characteristics

Race/ethnicity

Enrollments by race and ethnicity show variations
 by type of institution.

Fall headcount enrollments by race/ethnicity
 fall 1995 and fall 2000

	Headcount enrollment			Percent distribution within each sector		
	Public four-year	Independent four-year	Community and Technical Colleges	Public four-year	Independent four-year	Community and Technical Colleges
Fall 1995						
Nonresident Alien	3,634	2,008	396	4.3%	5.4%	0.3%
Black	2,082	978	5,495	2.4%	2.6%	3.8%
Native American	1,309	534	2,656	1.5%	1.4%	1.9%
Asian/Pacific Islander	8,238	2,364	12,626	9.7%	6.4%	8.8%
Hispanic	2,860	1,088	7,392	3.4%	2.9%	5.2%
White	62,028	27,490	105,997	72.7%	74.1%	74.0%
Other/unknown	5,186	2,631	8,702	6.1%	7.1%	6.1%
TOTAL	85,337	37,093	143,264			
Fall 2000						
Nonresident Alien	3,883	1,899	404	4.2%	4.4%	0.2%
Black	2,121	1,339	7,746	2.3%	3.1%	4.3%
Native American	1,400	524	3,295	1.5%	1.2%	1.8%
Asian/Pacific Islander	9,205	3,628	16,189	10.0%	8.5%	8.3%
Hispanic	3,011	1,667	14,581	3.3%	3.9%	8.0%
White	65,014	29,166	122,971	70.7%	68.2%	67.6%
Other/unknown	7,370	4,572	17,749	8.0%	10.7%	9.8%
TOTAL	92,004	42,795	181,915			

Sources: Public four-year – Office of Financial Management, *Higher Education Enrollment Report, fall 1995 and fall 2000*; independent four-year – Integrated Postsecondary Education Data System; community and technical colleges – State Board for Community and Technical Colleges, *Fall Enrollment and Staffing Report, fall 2000*.

Note: Data reflect state-supported enrollments at public institutions.



Drug Addiction

A drug is a pleasure producing chemical. "Drugs" activate or imitate chemical pathways in the brain associated with feelings of well-being, pleasure and euphoria.

BENEFITS

Pleasure/feeling high
Promote sleep
Enhance food/sex
Energy/wakefulness
Spiritual insight
Disinhibition ;

Versus

Relaxation
Magnify sensation
Weight loss
Inspire creativity
Foster sociability
Peer acceptance

RISKS

Overdose/brain damage
Neuroadaptation/tolerance/addiction
Physical dependence/insomnia
Memory loss/toxic effects
Disinhibition/social alienation
Infection/weight loss/ accidents

Each drive/instinct such as obtaining food and water, protecting young and making shelter has two aspects: If the drive is frustrated or cannot be met, dysphoria, anxiety, irritability and anger arise. If the drive is achieved rewards of pleasure, satisfaction and a sense of well-being are experienced. Each drive is located in a specific part of the brain: attached to each part is a connection to the reward/pleasure centers of the brain. When the drive is achieved, there is a complex interaction of neurotransmitters that leads to the release of dopamine and endorphin in the reward/pleasure centers of the brain.

How drugs work

Drugs modify the neurochemistry of pleasure. Pleasures serve to reward completion of the instinctive drives and to direct behavior toward positive goals. Drugs activate or imitate the chemical messengers (neurotransmitters) in the brain associated with feelings of well-being, pleasure and euphoria. Drugs by-pass instinctual drives, but stimulate the release of specific neurotransmitters, dopamine and endorphins in the reward/pleasure centers of the brain.

The release of neurotransmitters is much greater in drug-stimulated states than in response to instinctive drives. Release of dopamine is experienced as excited euphoria. Release of endorphin is experienced as calm euphoria.

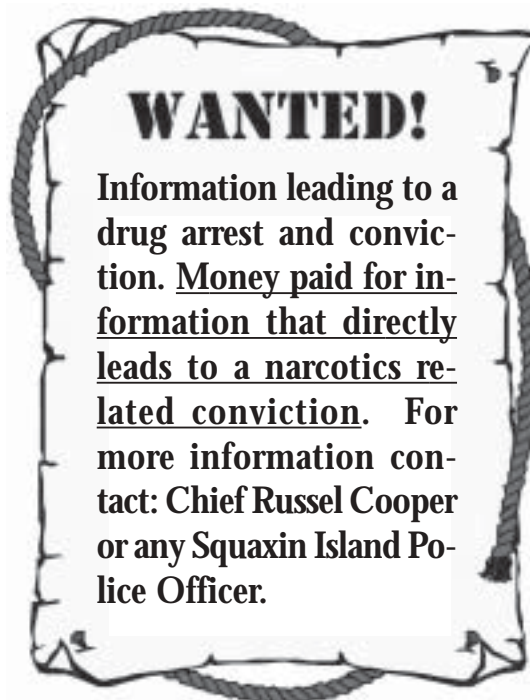
Neuroadaptation

Neuroadaptation is the process by which receptors in the reward/pleasure centers of the brain adapt to the high concentrations of neurotransmitters. The receptors become insensitive to normal neurotransmitter levels. Under unstimulated conditions, without drugs, there is profound interference in the ability to experience pleasure - the user instead feels as if s/he was experiencing an unmet instinctive drive: dysphoria, anxiety, anger, frustration and craving. The injury caused by receptor insensitivity leads the user to feel, when sober, the opposite of feeling high. For the user, sobriety becomes the opposite of euphoria. Length of use and intensity of the drug are factors predicting the extent of the injury.

News From The Adult and Youth Programs at NWITC

We are pleased to announce that the outpatient programs are estimated to move down the hill on or about October 1st. We are excited because the move will enable us to increase our ability to provide our outpatients with a higher level of confidentiality, as we will be the only programs in the building, and the space is significantly larger. We do regret that the program will be somewhat further for most than it is now, however the benefits greatly outweigh the slight distance. We would like to extend our appreciation in advance for support during this time of transition!

We will continue to offer all the services we have always offered and are working to expand the scope of services for both adults and youth. We will let you know as new services become available.



NWITC
Youth Recovery Services
 is inviting youth 13-18 years old to participate in drug and alcohol awareness classes held each Monday from 3:00 - 4:30 p.m. in the Group Room downstairs at the health clinic.

For more information contact
 Jenny Castaneto 432-3913
 or stop in any time.

Office Hours:
 Monday - Thursday
 7:30 a.m. - 5:30 p.m.



CANOE JOURNEY 2002



Jeremiah George - I want to express what I took away from the 2002 Paddle to Quinault Nation: Honoring Our Ancestors.

Now, I know I didn't paddle the whole journey, and I may not have the same perspective as those who did, but everyone is entitled to his or her own opinions and views.

I actually got to travel along with the canoe, but I regret that I didn't get to paddle as much as I initially thought I would.

I remember the first day of the journey and how everyone was so excited and ready to go, but no one really had any idea of what we were getting ourselves into. I don't think anyone realized how far of a journey it was going to be and how hard it was going to become.

Everyone had their own unique way of handling their newfound discovery of how hard it really was, how far they went and how much further there was to go. Some people became irritable and frustrated, while others just became more focused. But everyone took what they were feeling and, well, okay let me put it like this: it's like when you're flying down the water in a boat, and I mean boat like with a motor, not a canoe, and it gets rough and starts raining really hard and you just get soaked and water is hitting you in the

face and you just wipe your eyes and keep going without slowing down. That's the best explanation I can think of to explain what everyone was feeling and what they turned it into.

I know some people are probably wondering why I didn't paddle most of the time that I was traveling along with the canoe. Well, it all began when we were going from Manchester to Suquamish. It was only an eighteen-mile leg, but the first four or five were really crappy. I remember my mom came along with us because she wanted to work on our songs; she wanted to get the feeling of being inside the canoe, hoping to be able to put more of that feeling into the songs. It started out well, but then we got to the main boat and ferry traffic area. It became really choppy and all the boats that passed us flew by and made good-sized wakes.

Some of us were first-timers or first-few-timers in the canoe. I'm in no way an experienced puller or a pro or even a novice yet, and our inexperience drove us all to work harder.

I want to acknowledge Tamika, Nikki, Candace and everyone else who was in the canoe that day because we all were forced to come together to work as a team and we had to learn how to do that in less than a mile.

We got into this rip tide close to the shore that hit right when we started to turn a corner. I forget which canoe went through it before us, but they made it through fine. A kayaker started through it before we did, and he made it about a third of the way through before we started. Then the water just picked up speed and started coming toward us. The kayaker began paddling in place and then we did too. We pulled and pulled and pulled.

My sister started crying because she had to use the restroom and she was exerting herself so much at the same time. My mom was terrified, and George was going to back us out of it but Walter Lorentz believed in us so much that he requested that we go through it. After another minute or two of paddling in place, we realized we couldn't make it through, especially after a ferry came through and made this huge wake that probably would've turned us over in that rip tide. We went around that area and made it through. After that, I was ready to take a rest and I asked George what he had thought. He said to look into the water and pray to our ancestors for strength. I did this and I felt that strength, finishing the whole 18-mile leg.

Afterward, we stopped to take a break at the Suquamish gym, I began to





CANOE JOURNEY 2002



feel some unexplainable sensation in my chest. It seemed almost like my heart was struggling for a beat or two. I felt it again as we stopped to wait for the other canoes before pulling into shore and again when I was helping other tribes carry their canoes up onto land, right after we'd put the canoe down. I never felt it inside the canoe though.

So, I went home after that weekend and I noticed it got more frequent on Thursday of that week, so frequent that I went to the walk-in clinic in Shelton. The nurse said I was low on potassium and electrolytes and should eat fruit and drink Gatorade. I left, got some kiwi fruit and Gatorade and felt better. Later, I went shopping at the mall and it occurred every few seconds after I got back home. I went to the hospital to make sure I wasn't going to have a heart attack and, of course, after I got there, I had to wait around and fill out some paper work. When I finally got called in, they hooked me up to some machines and, of course, it pretty much stopped. The doctor said it was just palpitations from exhaustion, lack of sleep, dehydration and not eating right.

I was relieved to hear that, but for a few days afterwards, I felt a really uncomfortable feeling in my chest whenever I tried to lay down and go to sleep. My chest felt tight when I'd try to paddle. When we helped escort the canoes in at La Push, my chest felt really tight, but it went away after we waited awhile out in the ocean for all of the canoes to arrive. So that's why I wasn't sure if I was able to paddle most of the time with the Canoe Family.

I really tried to get Clinton and Isaiah Coley to join up with us at one of the stops along the way, because I wanted them to get a better sense of our culture. I think the fact that the Coley kids grew up on the reservation validates their participation in our traditional practices. I really believe that this tribe should adopt them because I think they are as much native as anyone else I know. By that I mean they have that "Native" attitude: being respectful, honorable, bold and yeah they're not afraid to get in your face if they feel it's needed. They have it so down pat that they have the accent and slang down and even that "Nnnnnnyyaaaa" (Squaxin version of the Indian "aaaayy!") They don't have that Roy originated "BZZZZZZZZ" that everyone's starting to say in place of "Nnnnnnyyaaaa" though their love and compassion

for this tribe and the people of this tribe has convinced me to consider them as family. I wanted so much to honor the passing of their parents with their presence in our first canoe journey, but I didn't get a chance because they weren't able to catch up with the journey. I just wanted them to know that I thought of them and their parents as I prayed to our ancestors. Maybe next year we will have the opportunity.

The journey gave me something that has been missing from my life, a sense that there's something greater than all of us, something that no one but Native Americans can feel and connect with.

We have deep roots and culture in the soil beneath our feet, right here in our back yards, front yards, down the street, down the beach and all around us, not across the Atlantic or Pacific. It's something so many Americans don't have a connection to.

That's why they look at us and envy us and say, "Oh! Look at the Indians!" or "Why do they want to do that? They haven't done that in a hundred years!"

We as a people need to remember our roots and continue to strive for each other, not just "Me!" or "My family!"

In this day we live in, where technology advances by the second, we tend to forget who we and why we are.

hoy? - JG



Important Corrections

Vicki Kruger - Occasionally people get accidentally left off lists or we forget to recognize them. Several people were left off the list of people who supported the canoe journey (I don't know who submitted the list). Tom Humphries, Tamika Greene and Lisa Braise (little Lisa) were left off the puller's list. Barbara Whitener and Marjorie Penn weren't mentioned as part of cultural support, nor was Andrea Wilbur who was a great help in making paddles, also it was Bear O'Lague not Bear Lewis who was on cultural support. I apologize to those named and anyone else who may have been forgotten, I'm sure it wasn't intentional.

Also, whomever did the spell check didn't mean to insult any Queetsters by misspelling Queets.



Tribal Elder Myrtle Richards Expresses Appreciation for Canoe Journey

My name is Myrtle Richards, I am a Squaxin Island Tribal Elder. I just wanted to say that I am very proud of our Canoe Family. The Canoe Journey was an emotional and spiritual event for me and I am honored to have been able to travel along with the Canoe Family, though I didn't get to paddle with the canoe. I am deeply rooted in the Squaxin Island Tribe, although my late husband, William "Big Bill" Penn and I spent a lot of our lives in La Push, WA. I remember how we used to go fishing out on the ocean and hunt deer and elk on the river and down along the coast in our canoe. My husband knew the places where we could go ashore to allow us to do those sort of things, because you couldn't just land anywhere on the beach because the conditions of the shore had to be just right to allow the canoe or motor boat to pull ashore. Many times when we would come ashore I would be in the front and would have to stick a long pole out in front of us and put it in the water to help steady us. I remember that like it was just yesterday. I must have been in shape, because I remember it was tough to steady a cedar canoe.



I also remember traveling along with the Paddle to Seattle, a few years back, along with my second late husband Jim Richards. That was a memorable journey because it was my first journey. We didn't get to paddle along with the canoe, but we traveled to every stop, greeted the canoes and potlatched with everyone.

This Canoe Journey was the most memorable because it was the first Journey where I got to travel along with my own people. My mother is the late Florence Sigo, I remember that it was always her passion to have our people become active in our traditional ways and to allow each other equal opportunities, which would result in the growth and succession of each and every individual's life. Our Canoe Family had its ups and downs, but we accomplished what we set out to do,

which was to honor our ancestors, acknowledge our individual value and realize that neither of us is more important than the person next to, in front, or behind you. We all have an important contribution to each other's goals. I'm really proud of the way that we all presented ourselves. I'm especially proud of our younger generation, who have begun something that is a great alternative to drugs and alcohol and are in preparation to pass that on to future generations.

I want to thank our council members who have supported the Canoe Journey: Steve Sigo, Roy Perez, Paula Henry, and Charlene Krise. Without you important figures, we may have lost more of our other supporters. I also want to thank our support boat captains: Steve Sigo and Tully Kruger, without your help we may have had some tragedies happen. My dream for future Journeys is to have the whole reservation empty and for everyone to be at the final destination to greet our Canoe and others.

I raised my children to be involved in culture and it was exciting to see others, who weren't so involved in culture, to participate in the singing and dancing at the potlatches. I am glad that some people came to support the Canoe Family along the way, I just wish that we had more support than we did, because there's no such thing as too much support. The younger generation deserves recognition and more support because they are our future, they are the ones who will pass it on when we aren't here. I know in some cases that may be scary but it's the truth and there's no avoiding it.



Sincerely,
Myrtle Richards

Community Dinner Held to Honor Canoe Journey Participants

Astrid Poste - The Squaxin Canoe family and several members of the community gathered on Monday, September 9th to celebrate and reflect on the enormous success of the 2002 Canoe Journey "Celebrating Our Ancestors" paddle to Taholah.



This dinner gave all the individuals involved in the journey a chance to share their views on how this experience impacted them. The meal consisted of mostly traditional foods. After dinner, all of the pullers were recognized and received jackets and gift certificates from Little Creek Casino.

The floor was opened for everyone to speak. Tribal Elder Myrtle Richards was honored with a blanket for her presence at every stop on the journey. Steve and Andrea Sigo were thanked for all of the time and effort they gave to help several pullers make paddles.

Annie Beth Whitener was not forgotten for greeting the Suquamish Tribe in the Salish language. Several gifts were given as a token of appreciation between the members of the canoe family. The group was grateful for Dave Whitener Sr., Tully Kruger and Steve Sigo for looking out for everyone on the support boats. Skipper, George Krise was commended for his wise decisions that brought all our pullers home unharmed.

This community felt a great sense of pride in our tribal youth who attended this drug and alcohol free event. This was a wonderful learning experience for our people, and most were sad to see it come to a close.





Che-Vonne's Thoughts on the Canoe Journey

Hi, my name is Che-Vonne Obi-Sanchez. I went on the canoe journey and I had a real blast.



The part I loved so much was when I watched new dances and heard new songs. I loved being out on the water. It was a blast. I can't wait till next year!

**Happy Birthday Uncle Joe Seymour
Love,
The Squaxin Clan**

**Happy 15th Birthday Nikki
Love,
Mom, Sisters and Brothers**

**Happy Birthday Mom (Lizzie)
Love,
From All of Us**

**Happy Anniversary Kim and
Richard Burrow
Love,
From the Capoeman Girls**

Bike-A-Thon

Pam Hillstrom - Rusty Pleines organized The First Annual Bike-A-Thon benefiting the Squaxin Island Tribal Elders. The event was held at Long Beach on Saturday, June 15.

There were three routes available from 10 to 30 miles in length to meet the endurance level of the participants.

There were over a dozen bicyclists with three support persons ensuring safety to all the riders.

Everyone had a great time. Kevin was late starting, but that didn't stop him from coming in first in the 30-mile route. It's a toss up whether Josh, the youngest participant at 8 years, or Deb placed first in the 10 mile route.

Some found time to shop at the local antique store (they really stopped for a much needed rest). June, the only one falling off of her bike, received the title of "Crash".

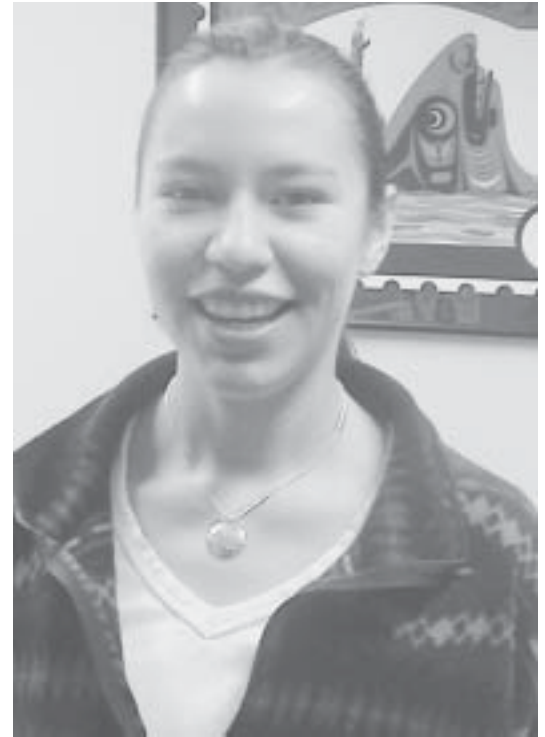
When the participants began to worry, "Where's George?" George came cycling in, stating, "Why rush, I just wanted to enjoy the beauty of the day."

After the Bike-A-Thon, everyone enjoyed sharing Tsunami Burgers. The burgers were ordered in advance, so the grill could be shut down while cooking the giant hamburgers. Each hamburger serves 8 people.

Everyone is looking forward to next years Bike-A-Thon and hoping for greater participation.

New Employee

Karissa White



MLRC Curator

Aaniin (Hello). My name is Karissa White, and I am the new Curator at the Museum, Library and Research Center.

I am Anishinabe (Ojibwe/Chippewa) from the Lac Courte Oreilles reservation in northwestern Wisconsin. I grew up there until I left to attend college in Minnesota. I moved to Seattle two years ago for graduate school at the University of Washington and recently received my Master's degree in Museology (museum studies). This accomplishment could not have been without the support of the Squaxin Island Tribe and those that have been involved with the Museum.

As a member of a tribal community, I understand the importance of preserving traditions, culture and oral history. As Curator, I will do all I can to help your Tribe achieve this and other important goals. I look forward to learning from and working with all of you. Miigwech (Thank you).





NEW KTP EMPLOYEES



Bear Lewis



Hi, my name is Bear, and I'm happy to be back at the KTP.

My parents are Toby and Marlene Lewis. They live in the Elders housing. I'm a Squaxin Island Tribal member and spent my childhood growing up here. I enjoy basketball, baseball, fishing and hanging out.

I look forward to seeing you all down at the store.

Violet Garcia



Hi, as everybody knows, I'm Violet Garcia. I'm the daughter of Elizabeth Perez, I have two sons, Adrian and Elijah and I'm a new employee at the KTP.

Isaiah Coley



Hi, my name is Isaiah "Zeek" Coley, and I'm a new employee at your Kamilche Trading Post. I've lived in this community for the majority of my life and made tons of friends. I was hired as a stock person and my duties include the stocking, organization of product so people will buy and cleaning of the store to make it as presentable as possible. I worked in sales for two years with "The Good Guys" of Bellevue, so I think I have a pretty good handle on product placement and showmanship. I hope to give back just a small portion of what this community has given to me. I hope to see all your bright and smiling faces around the store.

Lisa Ewing



Hello, my name is Lisa. I enjoy working with people. I'm a proud mother of two wonderful children, Patrick 16 and Lil Lisa 13. I'm a Squaxin Island Tribal member.

Come on down to KTP and see me.

Jamie Joy Kelley



Hi, my name is Jamie Joy Kelley. I've grown up in Kamilche and am currently working at KTP. My grandma Betty worked here since I can remember, so it feels familiar. The past three winters I've lived in the mountains teaching snowboarding.

This is how I met my husband, Russell Dray from new Zealand.

See you at KTP.

**Happy 25th Birthday
Marge**



**Love You Bunches
Mom & Dad**

SENIOR LUNCHEES AND TRIBAL EVENTS

Se' Yi' Yi' Thursdays at 6:00 in the MLRC		1	2 <i>Pork Chops</i>	3 <i>Beef Stroganoff</i>	4 Housing Commission @ Island Enterprises 9:00 - Noon	5 Good News Book Club 10:30
6	7 <i>Deli Sandwich and Veggie Soup</i> Child Care Mtg. @ Noon Shellfish Mtg. @ 9:00	8 Court	9 <i>Baked Chicken and Rice Pilaf</i> Bingo @ 6:45	10 <i>Lasagna</i> Tribal Council Scrapbooking @ 1:00	11 AA Meeting 7:30	12 Good News Club 10:30
13	14 <i>Hot Beef Sandwich</i> Canoe Family Cultural Activities	15 Church 7:30	16 <i>Breaded Veal or Chicken Fried Steak</i> Aquatics Mtg. @ 9:00 Bingo @ 6:45	17 <i>Taco Salad</i> Sr. Mtg. @1:00 Sr. Room Scrapbooking @ 1:00	18 AA Meeting 7:30	19 Good News Book Club 10:30
20	21 <i>Hamburgers, Chips and Potato Salad</i>	22 Court Church 7:30	23 <i>Roast Beef</i> Chehalis Health Fair 10:00 - 3:00 Aquatics Mtg 9:00 a.m. Bingo @ 6:45	24 <i>Fajitas</i> Tribal Council Scrapbooking @ 1:00	25	26 Good News Book Club 10:30
27	28 <i>Spaghetti</i>	29	30 <i>Ham and Scalloped Potatoes</i>	31 <i>Indian Tacos</i>	Senior Room Open Mondays (scrapbooking), Tuesdays (at 1:00 for Ceramics), Wednesdays and Fridays	

Happy Birthday!

Jess Ehler	10/1	Larry McFarlane, Jr.	10/12	Bear Lewis	10/21
Donna Penn	10/1	Sebrina Harper	10/12	Leroy Yocash	10/21
Clinton Kruger	10/4	Sharon Ahrens	10/12	Pete Kruger, Sr.	10/22
Nichole Seymour	10/4	Ray Peters	10/13	Rose Algea	10/24
Steven Sigo, Jr.	10/4	Steven Sigo, Sr.	10/13	Daren Brownfield	10/24
Lorenzo Solano	10/4	William R. Peters	10/13	Marjorie Hill	10/24
Lydia O'Brien	10/5	Savannah Fenton	10/14	Roger Hartung Jr.	10/24
Jeremiah Whitener	10/6	Joseph Whitener	10/14	Donna Baker	10/25
Michael Todd	10/6	Joseph Seymour	10/14	Erika Poste	10/25
Shiloh Henderson	10/6	Charles Bucher	10/17	Lisa Braese	10/26
Russell Pleines	10/6	Ruth James	10/17	Mario Rivera	10/27
Zachery Clark	10/7	Wilson Johns	10/17	Dione Whitener	10/27
Mike Krise	10/7	Mitchell Coxwell	10/17	Joseph James	10/27
Theresa Davis	10/8	Kelli Davis	10/17	Ellen Seidenstucker	10/27
Yum Krise	10/8	Shanika Cooper	10/18	Mariano Bello	10/29
Elizabeth Perez	10/8	Christina Lorentz	10/18	Ronnie Johns	10/29
Ronald Day	10/9	Danielle Whitener	10/18	John Krise II	10/29
Colton Gott	10/9	Trelace Gallagher	10/19	Tori Kruger	10/30
Addison Yvette Peters	10/9	Christine Thompson	10/19	Tanya Anderson	10/31
Susan Clementson	10/10	Brenda Thomas	10/20	Marvin Henry, Jr.	10/31
Mike Peters	10/11	Michael Henderson, Jr.	10/20	Wilma Morris	10/31

		1 Tutoring 3-6 Open Gym 15 & Under 3-6 16 & Up 6-8	2 Tutoring 3-6 Open Gym 15 & Under 3-6 16 & Up 6-8	3 Dance Class 6-8 Tutoring 3-6 Open Gym 15 & Under 3-6 16 & Up 6-8	4 Closed	5 Open Gym 12-4
6 Open Gym 12-4	7 Tutoring 3-6 Open Gym 15 & Under 3-6 16 & Up 6-8	8 Tutoring 3-6 Open Gym 15 & Under 3-6 16 & Up 6-8	9 Tutoring 3-6 Open Gym 15 & Under 3-6 16 & Up 6-8	10 Dance Class 6-8 Tutoring 3-6 Open Gym 15 & Under 3-6 16 & Up 6-8	11 Baton 3-7 Open Gym 7-8	12 Gym Closed
13 Open Gym 12-4	14 Tutoring 3-6 Open Gym 15 & Under 3-6 16 & Up 6-8	15 Tutoring 3-6 Open Gym 15 & Under 3-6 16 & Up 6-8	16 Tutoring 3-6 Open Gym 15 & Under 3-6 16 & Up 6-8	17 Dance Class 6-8 Tutoring 3-6 Open Gym 15 & Under 3-6 16 & Up 6-8	18 Baton 3-7 Open Gym 7-8	19 Open Gym 12-4
20 Open Gym 12-4	21 Tutoring 3-6 Open Gym 15 & Under 3-6 16 & Up 6-8	22 Tutoring 3-6 Gym Closed for Health Fair Set Up	23 Health Fair 10-4	24 Dance Class 6-8 Tutoring 3-6 Open Gym 15 & Under 3-6 16 & Up 6-8	25 Halloween Party 5:30-8 Watch for a Flyer	26 Open Gym 12-4
27 Open Gym 12-4	28 Tutoring 3-6 Open Gym 15 & Under 3-6 16 & Up 6-8	29 Tutoring 3-6 Open Gym 15 & Under 3-6 16 & Up 6-8	30 Tutoring 3-6 Open Gym 15 & Under 3-6 16 & Up 6-8	31 Dance Class 6-8 Tutoring 3-6 Open Gym 15 & Under 3-6		

October Youth Activities

SQUAXIN ISLAND TRIBE
70 S.E. SQUAXIN LANE
SHELTON, WA 98584

PRSR T STD
U.S. POSTAGE
P A I D
SHELTON, WA
PERMIT NO. 96

