

KLAH-CHE-MIN

ʔacaciɬalbiɣʔ gʔɬ tə xʔəlc yəxʔ ti stultuləkʔ. A PUBLICATION OF SQUAXIN ISLAND TRIBE ʔacaciɬalbiɣʔ gʔɬ tə xʔəlc yəxʔ ti stultuləkʔ.

OCTOBER 2003

► *People of the Water* ◀

COMPLIMENTARY

South Puget Intertribal Planning Agency (SPIPA) Celebrates 25 Years of Service

South Puget Sound Intertribal Planning Agency celebrated its 25 years of service to the Chehalis, Nisqually, Shoalwater Bay, Skokomish and Squaxin Island tribes with a dinner and awards ceremony held at Lucky Eagle Casino in Rochester on Saturday, September 20.

Among those honored for furthering the mission of SPIPA were Squaxin Island tribal members Kim Cooper, current Board member; David Whitener, Sr., Board member alternate; Calvin Peters, "One of SPIPA's founding fathers;" Mike Peters, former Executive Director; Lorna Gouin, former Board member; and community members Janice Lopeman, first bookkeeper; and Alene Whitener, former Board member.

Since its formation in 1976, the agency's mission has been to "deliver social, human and health services and provide training and technical assistance, resource development and planning" to the member tribes.

"For the past 25 years, SPIPA employees have rolled up their sleeves and done the job of supporting tribal development and delivering direct services to the people who need them," SPIPA Planner Joe Cushman said.

"The SPIPA tribes now have a \$100 million impact on the local economy, have invested \$121 million in capital construction and employ over 3,500 people," he continued.

"I think we will all be astounded at the success of the tribes in the next 25 years."

On June 14, 1976, Calvin Peters signed the agency compact as the Squaxin Island Representative. Calvin served on the Squaxin Island Tribal Council for about 30 years as Chairman, Vice Chairman and Secretary. Cal was also a member of the National Congress of American Indians, an Officer on the Governor's Indian

Advisory Board, the first Northwest Indian Fisheries Commission Board member serving on behalf of the Medicine Creek Treaty Tribes, President of the Affiliated Tribes of Northwest Indians and Board member of Small Tribes of Western Washington (STOWW). He helped lobby on behalf of the tribes in Washington, D.C., and became so well known there that Senator Magnuson call him "nephew."

The compact he signed on behalf of the Tribe defined SPIPA's goals, gave it structure and defined the powers and duties of both SPIPA and its Board.

Squaxin Island was a member of STOWW, an intertribal organization representing many Northwest tribes, a number of which were waiting for federal recognition. Tribal funding was funneled through STOWW. Four tribes - Squaxin Island, Chehalis, Nisqually and Skokomish - envisioned certain funding priorities, but found, as Cal says, "...we were outvoted by non-recognized and landless tribes. Because of political differences, we pulled away from STOWW and took our portion of a planning grant with us, then formed SPIPA."

Cal, along with David Whitener, Sr. and Bob and Alene Whitener, set up the Squaxin Island offices originally housed in the old Kamilche schoolhouse. The classrooms were divided up into offices. The kindergarten area was a meeting room. The attic was the planning office," Cal recalls. SPIPA operated from the old schoolhouse until the first official office space, a trailer, was moved up from Chehalis and set up where Little Creek Casino is today.

Before the schoolhouse

was purchased, Council meetings were held in Council members' homes.

Alene Whitener, a SPIPA Board member for about ten years of its beginning, says the real shift came about when the Indian Self Determination Act came into play.

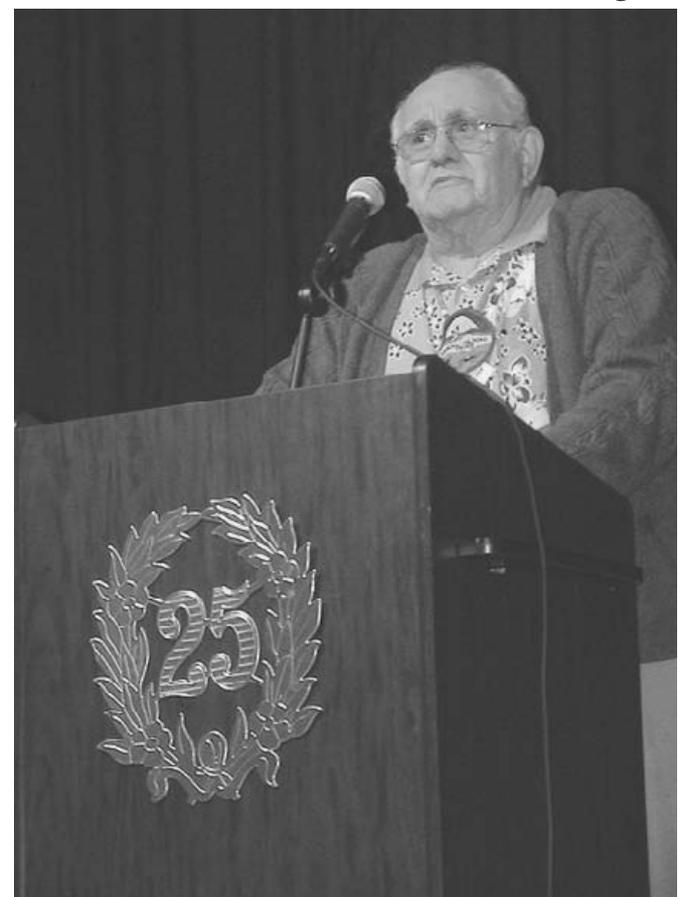
"That allowed tribes to do their own contracting and run their own programs," she said.

Alene helped SPIPA with bookkeeping until Janice Lopeman was hired. Alene has a keen memory and eye for detail. Whenever a question arose (even today) people would often say, "Ask Alene."

During its first year of operation, SPIPA's budget was \$52,000. Today it is over \$5 million.

That budget is expected to increase

Continued on Page 2.



Calvin Peters



KLAH-CHE-MIN SQUAXIN ISLAND TRIBAL NEWS

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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

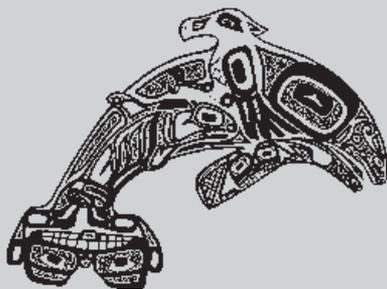
SQUAXIN ISLAND TRIBAL COUNCIL:

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ANDY WHITENER: *Vice Chairman*
VINCE HENRY: *Secretary*
Patti Puhn: *Treasurer*
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ROY PEREZ: *Second Council Member*
CHARLENE KRISE: *Third Council Member*

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SPIPA



100 percent with the administration of the tribal TANF program.

SPIPA services include: child care assistance, community services, sexual abuse/assault program, "Expanding the Circle of Care," food distribution, food vouchers, foster care licensing and child placement, General Assistance (GA), grants compliance/accounting, grant writing, home care, Health Resources & Services Administration (HRSA), Indian Child Welfare, Children's Justice Act, Juvenile Justice Delinquency Prevention, Low Income Household Energy Assistance Program (LIHEAP), Native Employment Works (NEW), Native Women's Wellness Program, Residential Energy Assistance Challenge, Rural Domestic Violence Prevention, Victim Advocacy, Senior meals and services, SPIPA Public Health Health & Safety Community Network, Vocational Rehabilitation, Welfare to Work (ended 6/02), WIA/Five Tribes Career Center, Women and Girls Gathering and Women, Infant and Children (WIC).



The SPIPA 25 Year Anniversary Celebration included a Procession of Colors by the Intertribal Warrior Society, guest speakers and performances by the First Peoples drum group.

"As the tribes prosper in their own unique ways, they may redefine, through their Board delegates, the role that SPIPA plays in furthering their respective goals," current SPIPA Executive Director Amadeo T. Tiam said during his closing speech.

"It is clear that it's primary function and duty will always be to advance the interests of the consortium tribes as directed by the tribes.

"We celebrate a milestone in the life of an agency that was born in an age of activism for Indian rights. We celebrate the wisdom of the founding mothers and fathers, the courage and perseverance of the early leaders and employees, the generosity of tribal members, the professionalism of grantors and grant managers, the support of private foundations, corporations and charitable agencies. We recognize and show respect to those who have nurtured SPIPA and those who continue the tradition of it's unabashed idealism and accountability.

"Hurrah to the consortium tribes! Hurrah to SPIPA! May the Great Grandfather continue to bless and hold them in the palm of his hand!"

**Reprinted, in part, from "South Puget Intertribal Planning Agency 25 Years."*

Support SPIPA - Purchase a Gift at the Annual Art Auction



Tribe Reaches Agreement with Mount Rainier National Park

Larry Ross - David Lopeman and Rhonda Foster recently met with officials from Mount Rainier National Park to get acquainted and to discuss cultural resource management issues of importance to the tribe and the park. One of the issues discussed was gathering of traditional materials by tribal members within the park boundary.

The Tribe and the park reached an understanding that, as a courtesy, tribal members wishing to gather traditional materials within the park will notify the Squaxin Island Tribe Cultural Resources Department (CRD) at 432-3850 or 432-3837 prior to going to the park to gather. CRD will notify the appropriate park authorities so they will know the tribal members are coming, and can alert their staff so the gatherers will not be bothered. This is for the gatherers' protection.

All tribal members need to do is show tribal identification at the park entrance for verification. No entrance fee will be charged. At no time will the gatherer be required to give a sample of the materials gathered.

This understanding does not have any relationship to hunting!!!!



Budget Process

The Second Budget Public Hearing for Fiscal Year 2004 was held on September 9, 2003. Sixteen community members were present.

The input received included a question about the availability of funding for transporting preschool children to Skokomish and additional funding for Law Enforcement.

Narcotics Tips Line
The Squaxin Island Police Department has started a **Narcotics Tips Line. Any illegal drug information can be reported without leaving your name. Simply call the number below and leave detailed information regarding the activity.**

Mark Your Calendar

Christmas Bazaar

Saturday, November 29th

10:00 - 5:00

at the Museum

\$20 per table

Call Liz Yeahquo @ 432-3840 or

Charlene Krise @ 432-3851

Madeena Rivera Attends National Indian Youth Academy

Hello, my name is Madeena Rivera. I am the daughter of Marcella Castro and granddaughter of Rose Algea.

I would like to share my experience I had when I went to the National Indian Youth Academy in Seattle this past summer. I was there for two weeks. At first I was kind of scared, but I met nice people from all over the United States. There were 60 youth from different tribes, including myself.

The academy wasn't what I expected, it was like boot camp. I had to get up at 5:00 to start the day, make my bed and make sure our room was neat and tidy. I got to shoot a 357 magnum; we had target practice. And we did a lot of push-ups and other exercises. We marched. My squad was called the "Commod Squad." We won best marching and best Cadence.

When I went to this academy, I went with the intention of being in the law enforcement field in my future. I am still interested in this kind of work. I really got a lot out of this training. I look at life different, and know the choices I make today are for the good of my self-worth.

I would like to thank the Tribal Council for their support of me when I went to this academy, and especially, a big thank you to my Mom, Grandma and Uncle Russel for being there for me.

**Madeena is on front left in photo below.*



Russel Cooper, Madeena Rivera and Rose Algea





NATURAL RESOURCES



Natural Resources

Fun Fair

The First Annual Department of Natural Resources Fun Fair was a joint effort of the Education and Natural Resources Departments for the Summer Youth Program. On July 30th the summer youth participants started their day in the Tribal Center gymnasium with fish and habitat-themed art projects and booths. As the children anticipated the opportunities laid out before them, there was palpable excitement.

There were activities such as a water resources booth, shellfish touch tanks, hunting maps and animal skins, a finfish booth and a beanbag toss. The kids were given materials and directions to make 'stained glass fish,' clay macroinvertebrates and leaf prints. After all the kids had seen each of the booths and stations, there was an educational game played outdoors called "Oh Deer!" during which the kids learned about the natural cycles of resources by playing the part of a deer or some deer requirement, such as food, shelter or water.

After lunch, the children were taken by bus to Kennedy Creek for their own private tour of salmon spawning and rearing habitat. This presentation was given jointly by the Director of Natural Resources, Jim Peters and South Puget Sound Salmon Enhancement Group educator, Jason Lundgren. They were given information on salmon life history requirements and stages. As a finale, Jim Peters discussed their heritage and the special relationship that they have with salmon and the landscape.

What a wonderful opportunity for the kids to learn the concepts of water quantity, marine biology, geography, resource management and anatomy while exercising some creativity. The volunteer participants from both departments did a lot of good work and they are much appreciated for their time and effort in an event that we are planning to occur on an annual basis.

Natural Resources Hotline

360-432-3899



New Exhibit to Open at the MLRC

When Washington Was Oregon

When Washington Was Oregon, a traveling exhibit from the Washington State Historical Society, will be on display at the museum from October 15th to December 28th. The museum will also be presenting the Native perspective.

Also - the basket exhibit will become a permanent feature at the museum. If you have a basket on loan to the museum that you would like back, or you have any you would like to offer for display, please contact Liz Yeahquo (432-3840) or Karissa White (432-3843).

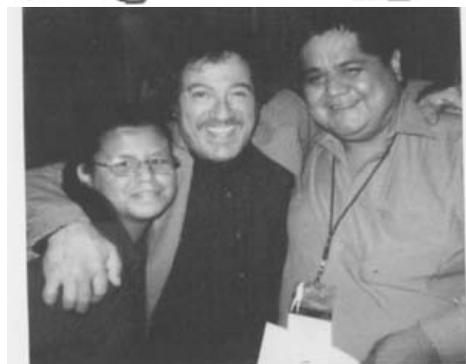
Special Thanks

We would like to say thank you to Dave Lopeman, Andy Whitener and Paula Henry for taking the time out of your schedule to show us around Las Vegas. That was very nice of you! Thank you from Angel L. Coley and Stephen Henry.

Stephen and Angel got to meet some celebrities like Linda Blair who played in The Exorcist and Eddie Mekka from Lavern and Shirley. They were attending the Global Gaming Convention on behalf of Little Creek Casino.



*To Angel - Lots of love
Judy & Bob*



Angel and Golf



Squaxin Island Tribe Mapping Stream Temperatures

Emmitt O'Connell, NWIFC Information Officer – About ten thousand years ago a glacial lake north of Shelton overflowed its banks, creating what is now Johns Creek. Needless to say, things have gotten a lot warmer since glaciers crept this way. But, the temperature of Johns Creek may have gotten to the point that it is hurting salmon. “Salmon need cool water in order to grow in freshwater and when they return to spawn,” said John Konovsky, Water Quality Biologist with the Squaxin Island Tribe. “Coho salmon especially, because they spend as long as 18 months in freshwater as juveniles, depend on cool water.”

The Squaxin Island Tribe is mapping temperatures on three main tributaries into Oakland Bay, including Johns Creek, to explore how stream temperatures might be connected to declining salmon runs. In late summer tribal consultants using Forward Looking Infrared Radar (FLIR) made flights along the three creeks, Johns, Cranberry and Mill. FLIR technology allows researchers to find “hotspots” in surface water temperatures and gives them access to the full picture of water temperature throughout the stream. In conjunction with the helicopter flights, Squaxin Island staff walked each of the streams, dragging behind them a temperature gauge to gather underwater temperatures data.

“Typically, we don't get such broad temperature information,” said Konovsky. “Even if we put hundreds of temperature recorders in a stream, we wouldn't get the entire picture that FLIR gives us.” Using FLIR technology, literally every square foot of surface water temperature is mapped. And, with the additional underwater data, the tribe will have an almost complete picture of temperature problems on the creeks.

Using instream temperature monitors, or thermographs, the tribe has been monitoring temperatures in local streams for years. “Other local streams, such as Goldsborough Creek, don't have the problems that we see every year in the other creeks we monitor, especially Mill and Cranberry Creek,” said Konovsky. “These streams have shown over the years to have pervasive temperature problems.”

Just as important to the tribe as the

surface temperature data provided by the FLIR flights, will be more straight forward aerial photos that were also taken during the flights. “This will be one of the few times that these creeks are going to have up close-up pictures taken of them,” said Konovsky. “We're taking the opportunity to examine what the tree cover around the streams.” If thin stands of trees are found near stretches of stream with higher water temperatures, simply restoring those stream side trees might solve the problem. If a lack of trees isn't the issue, other causes might include widening of the stream bed or a lack of groundwater making it to the stream.

The Squaxin Tribe is especially concerned with how rising temperatures might be causing declining runs of coho salmon. “In many of the streams we are looking at we are seeing steady declines in coho runs and we're seeing parallel increases in temperatures,” said Konovsky.

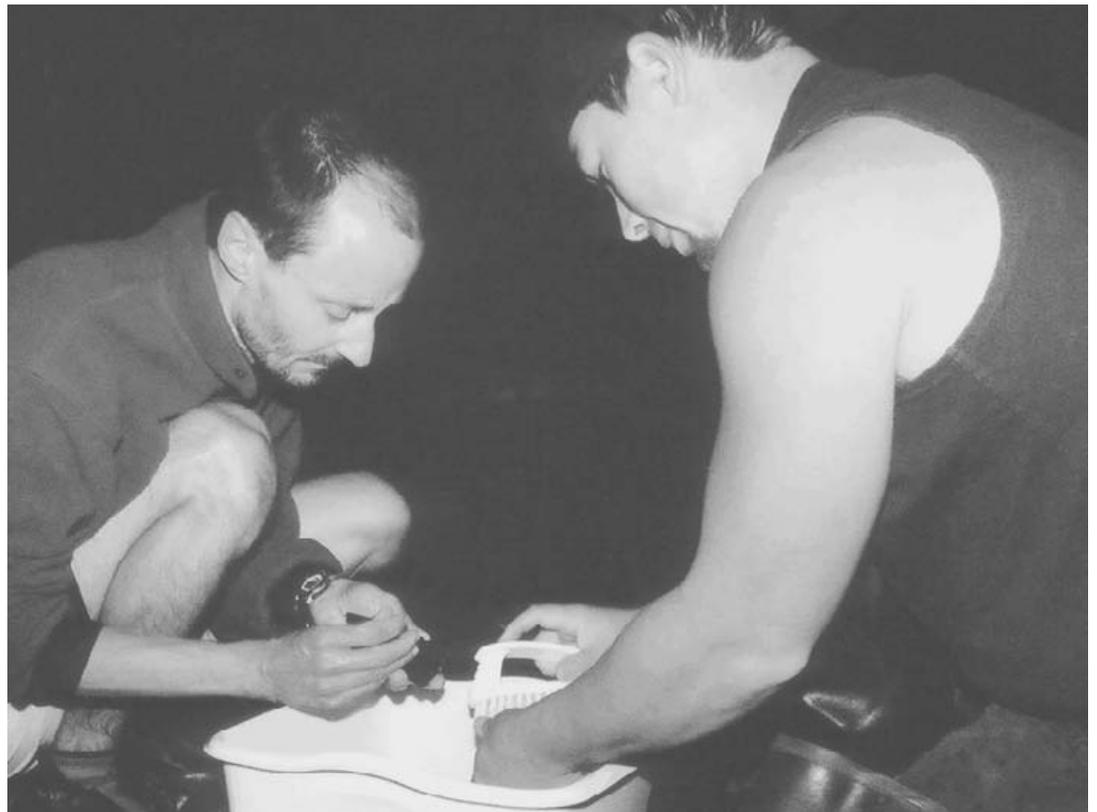
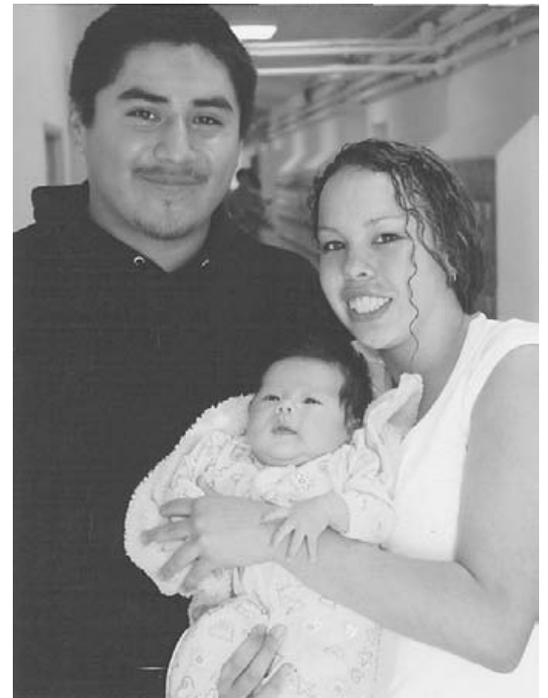
“Over the years, coho salmon have been the steadiest provider for us,” said Jim Peters, Natural Resources Director for the Squaxin Tribe. “We have seen dangerous declines in the wild runs of coho for the past few decades. We need to protect the remaining coho habitat and repair what we can so we can start reversing that trend.”

For more information, contact: John Konovsky, Water Quality Biologist,

Squaxin Island Tribe, (360) 438-3804. Emmett O'Connell, South Sound Information Officer, NWIFC, (360) 438-1181, ext. 392, eoconnell@nwifc.org.

Congratulations Jesse Thomas and Amber Snyder

on the birth of your new daughter,
Jazmyn Alicia Thomas,
born August 2nd, 2003
Love,
Mom, Sisters, Brothers
and the Rest of the Family!!!





Sheena Hillstrom, National Baton Champion, Will Offer Free Classes for Tribal Members

Sheena Hillstrom, a Squaxin Island tribal descendant who has won numerous awards in state, regional and national baton competitions, will be teaching her skills to young tribal members, free of charge, beginning this fall.

Sheena, who is required to complete a "Senior Project" at Shelton High School in order to pass her Advisory class, must complete a volunteer community service project consisting of a minimum of 20 hours.

"I put together a proposal that was funded by the Little Creek Casino One Percent Charity Fund Commission," Sheena said. "Some kids can't afford the batons, shoes, costumes and makeup that are required for performances. The \$1,400 I received from the grant will be used to cover those expenses."

Classes will begin the first week in October, on Wednesdays from 3:45-4:45 p.m. Children ages seven and up are welcome to participate.

"We'll begin with basic skills and eventually prepare a routine that

will be performed at the Fun Meet on February 14th in the Squaxin Island gym," Sheena said.

Sheena has been actively involved in baton competitions for eight years and does performances with fire at Shelton High School football game halftimes.

Upcoming Job Fairs SQUAXIN --ISLAND TRIBE

Opportunity Job Fair

Labor Unions and much, much more!

October 22nd from 3:00 - 6:00

In the Gym

- Carpenters Union

- Labor Union

- New Market Skills

- Five Tribes Career Center

You'll be glad you came!!!

LITTLE CREEK CASINO

Hotel Job Fair

October 8th & 9th from 9:00 - 2:00

Little Creek Casino Events Center

- Watch for more information

You'll be glad you came

to this one too!!!

Scholarship Corner

There are currently several pre-college workshop opportunities available, but time is running out. Please come to the Tu Ha' Buts Learning Center for more information and program descriptions, or call Lisa at 432-3882.

Homework

Do you need help with your homework? Do you need a quiet place to do your homework? If so, come on over to the Tu Ha' Buts Learning Center between 3:30 p.m. and 5:00 p.m.

Halloween Party

The Tu Ha' Buts Learning Center Halloween Party is scheduled for Friday, October 24. The party will be held in the gym and hosted by "Party Outfitters." We hope to see all of you there.

Staff Hours

The Tu Ha' Buts Learning Center staff is available during the following hours:

Kim Cooper, Director

8:30 - 5:00 432-3904

Mark Snyder, Youth Coordinator

9:30 - 6:00 432-3872

Walt Archer, Education Liaison

7:30 - 4:00 432-3826

Lisa Evans, Administrative Assistant

8:30 - 5:00 432-3882

Snack Bar

Have an after school craving?
Come up to the Tribal Center
Between 4:15 and 6:00 p.m.
Monday, Wednesday and Friday
Supports teens supporting youth activities
Soft drinks, water, chips, candy and more!





Tribes Assisting Native Families (TANF)

A SPIPA Tribal TANF update

For the past year and a half a team from South Puget Intertribal Planning Agency (SPIPA) has been negotiating a Tribal TANF agreement with the Washington Department of Social and Health Services (DSHS) to administer a TANF program for tribal families in the Squaxin, Skokomish, and Nisqually service area.

Since the tribal TANF law passed over five years ago, recognizing that tribes and Natives provide better service to Native people, tribes around Indian country have slowly taken over this program, which is a challenge to administer because of its complexities. TANF is currently run by the state Community Support Offices (CSOs). Because Squaxin currently lacks the infrastructure to run a TANF program, SPIPA will administer the program utilizing existing and new Squaxin staff.

Temporary Assistance for Needy Families (the state's TANF acronym definition) is an evolution of the old program, Aid For Dependent Children (AFDC), with the purpose of reducing barriers to employment so that children and families may better sustain themselves in healthy ways, eventually moving into jobs that provide a livable wage and meaningful work. The program provides many forms of support for a set period of time including job training, transportation, childcare and general support. Case managers work with clients on their specific needs.

The SPIPA team has renamed the program to Tribes Assisting Native Families (Tribal TANF). Squaxin's Tribal TANF negotiation team representatives as delegated by Tribal Council are Human Resources Director Lorna Gouin and Counselor June Krise with Planner Lynn Scroggins providing technical assistance. SPIPA's overall program lead is Education and Job Training Program Manager Carol Cordova with invaluable assistance from Executive Director Amadeo Tiam, WIA Project Manager Geene Felix and Attorney Anita Neal. The Nisqually representative is Planning Director Joe Cushman and the Skokomish representa-

tive is Education Director Marcie Allen.

Because the SPIPA Tribal TANF service area includes Mason, Thurston, and Pierce Counties, offices will be established in Nisqually, Skokomish and Squaxin Reservations as well as in the Five Tribes Career Center in Shelton and in downtown Tacoma close to the Tacoma Indian Center. SPIPA expects to begin serving old and new clients before the end of the year, hopefully in November.

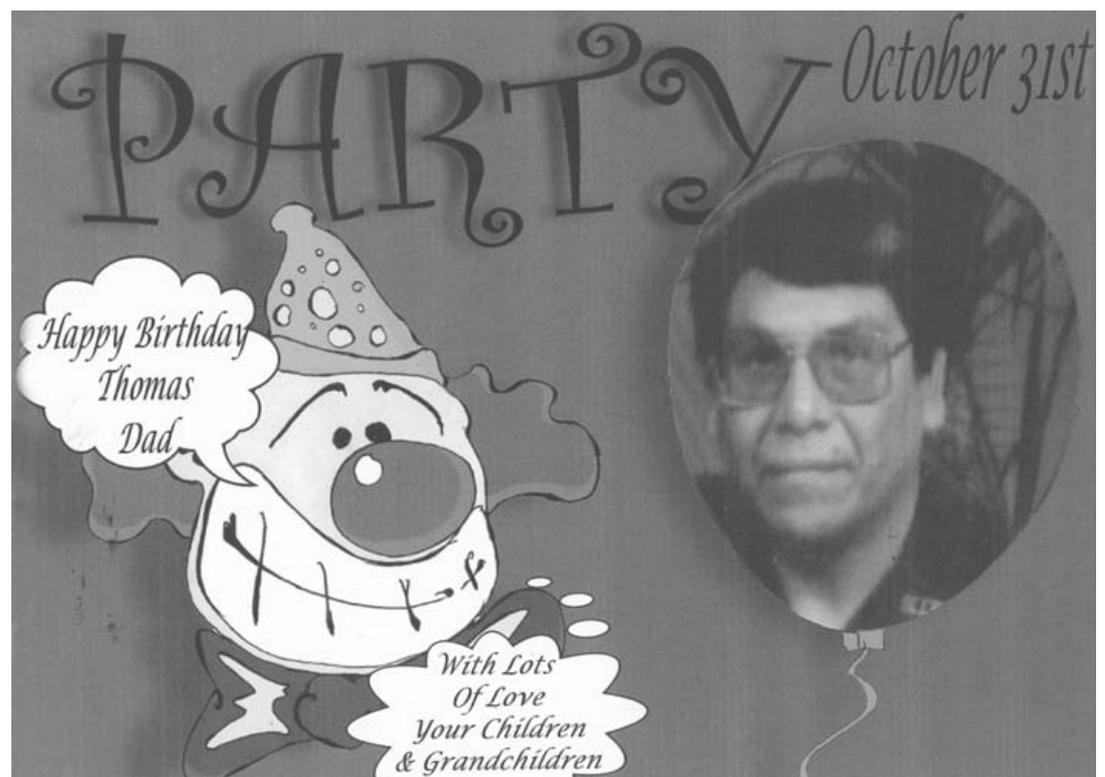
The SPIPA negotiation team overcame many obstacles during the negotiation process including a dwindling state economy, DSHS negotiation team changes, policy interpretations and state reluctance to accept SPIPA's data. The primary data in question was the Assistance Unit (AU) count for Squaxin, Nisqually, and Skokomish - an integral part of the formula used to calculate SPIPA's grant award. Under the federal TANF law, AUs are based on the number of people receiving AFDC in 1994. The state AU count is especially "fuzzy" in Indian Country where families receiving AFDC in 1994 did not necessarily self-identify themselves as "Indian" and CSO workers did not necessarily ask clients about their race/ethnicity. The SPIPA team used a variety of long-stand-

ing programs to determine the Tribal TANF AU count including the Food Distribution (commodities), Title VI (senior meals) and General Assistance programs.

Council Vice Chairman Andy Whitener attended the Tribal-State consultation meeting held after Tribal TANF negotiations had stalled. He was very supportive in helping convince DSHS Secretary Braddock to focus on the issues and encourage other Tribes to support SPIPA in wrapping up negotiation as soon as possible. As a result, two weeks later SPIPA completed 95% of the negotiation.

June commented, "I'm so happy and pleased that we're going to have the funds behind us to do what we really need to do to help tribal people. The tribes deserve culturally competent service providers to help them help themselves. We have a good team - that's what it's going to take to start up the program. We have a lot of work to do." And Lorna added, "We will be able to deliver a personal, confidential continuum of care that includes counseling, education and job skills."

For more information about Tribal TANF contact June Krise, Lorna Gouin, or Lynn Scroggins at 426-9781 or Carol Cordova at 426-2433.





This is Domestic Violence Awareness Month

How to Recognize It

Gloria Hill - According to the American Medical Association, 'domestic violence' results from "the abuse of power and the domination and victimization of a physically less powerful person by a physically more powerful person."

Unchecked, the abuser learns that violence is a successful way of being in control. Patterns of verbal, psychological and physical abuse often escalate, resulting in personal assault, rape and even murder.

There are many ways to gauge if a relationship is safe. Domination and control are warning signs that a relationship is unsafe. Freedom, safety and equality are the domestic ideal.

Characteristics

Domination

- *Abuser decides
- *Servant/master mentality

Economic Control

- *Deny job freedom
- *Withhold money

Emotional Manipulation

- *Use jealousy, passion, stress and frustration to justify actions

Sexual Abuse

- *Force partner to do things against his/her will

Physical Abuse

- *Hit, choke, kick, pinch, pull hair, poke, twist arms, trip, bite, restrain, use weapons

Intimidation

- *Charming in public, menacing in private
- *Destroy property or pets
- *Make light of abuse, "You're just too sensitive"

Control

- *Name-calling, mind games
- *Isolate partner from friends and loved ones

Break the Silence

Be Part of the Solution

Nearly one-third of all Americans say they know a woman who has been physically abused by her husband or boyfriend in the past year. These women are our

daughters, sisters, mothers and friends. Domestic violence is everybody's problem and everybody needs to be part of the solution.

Relationship abuse is a leading cause of injury to women. It sends thousands of women to emergency rooms every year, traumatizes children who witness their mothers being beaten by men who are suppose to love them and takes a toll on every one of us. The good news is that relationship abuse is a problem we can solve.

10 Warning signs

What would you do if you thought your friend was in an abusive relationship?

Most of the time, violence takes place when the couple is alone. You might not see dramatic warning signs like black eyes and broken bones, so how can you tell for sure? For one thing, listen to your instincts. You probably wouldn't be worried without good reason.

Here are some signs to look for that might mean your friend is in trouble and needs your help:

- 1) When your friend and her boyfriend are together, he calls her names or puts her down in front of other people.
- 2) He acts extremely jealous when she talks to other boys, even when it is completely innocent.
- 3) She apologizes for his behavior and makes excuses for him.
- 4) She frequently cancels plans at the last minute, for reasons that sound untrue.
- 5) He's always checking up on her, calling or paging her, demanding to know where she has been and who she has been with.
- 6) You've seen him lose his temper, maybe even break or hit things when he's mad.
- 7) She seems worried about upsetting him or making him angry.
- 8) She is giving up things that used to be important to her, such as spending time with friends or other activities, and is becoming more and more isolated.
- 9) Her weight, appearance or grades have changed dramatically. These could be signs of depression, which could indicate abuse.
- 10) She has injuries she can't explain, or the explanations she gives don't make sense.

Dating Violence Statistics

- Of the women between ages 15-19 murdered each year, 30% are killed by their husband, or boyfriend
- Nearly 80% of young women who have been physically abused in their intimate relationships, continue to date their abusers
- 40% of teenage girls age 14-17 report knowing someone their age who has been hit or beaten by their boyfriend.
- In 92% of all domestic violence incidents, crimes are committed by men against women.

Family violence costs the nation from \$5-10 million annually in medical expenses, police, court costs, shelters and foster care, sick leave, absenteeism and non-productivity.

A child's "exposure of the father abusing the mother" is the strongest risk factor for transmitting violent behavior from one generation to the next.

Teach Early

Violent behavior is learned, and men have the power to teach boys that violence towards women is wrong. Men – fathers, brothers, coaches, teachers, uncles are mentors – are in a unique position to help prevent domestic violence. They can educate tomorrow's men through conversation. Men know that domestic violence is wrong, but for too long many men haven't seen a role for themselves in solving the problem. Men can teach boys that violence against women is wrong and, together, we can work to end violence. Men can call 1-800-END ABUSE for advice on what to say to boys.

If you know someone who is involved in an abusive relationship, don't ignore it. Do something to stop it. Please call the National Domestic Violence Hotline (1-800-799-SAFE) to learn about the issue and how to help.

Continued on Page 11.



Headlice Facts

What product should I use?

There are no safe pesticides, "natural" or otherwise, proven to be 100% effective against head lice, nits or nit glue. Reliance on head lice treatment products alone promotes repeated use of potentially harmful chemicals and contributes to ongoing infestations, outbreaks and resistant strains of head lice. Parents should be discouraged from spending unnecessary time and money on "concoctions" for which there is no scientific basis for claims of efficacy and human safety.

A wide variety of such "lice remedies" are vigorously marketed to consumers, especially via the internet. The result is more confusion for families already deluged with conflicting and unfounded treatment recommendations. Manual removal is the safe alternative and necessary component of any head lice treatment regimen.

The NPA recommends the Lice-Meister combing tool to enable families to screen often, detect head lice and early and thoroughly remove lice and nits.

Are lice shampoos hazardous?

Parents should be informed about the potential risks before they shampoo with any product. This is just one of the reasons the FDA requires testing for safety before they give their approval. Safety varies from person to person just as the status of one's health varies. Children who have had earlier repeated lice treatments may also be more vulnerable to side effects.

The NPA warns against the use of any chemicals designed to kill or destroy head lice in individuals who have pre-existing illness. This would include, but not be limited to, those with epilepsy, asthma, brain tumors, cancer or AIDS.

Those on medication should also be aware that there can be unspecified chemical interactions. Of course pregnant or nursing women should avoid chemical lice treatments for use on themselves or for applying them to others.

What chemicals are used in head lice treatments?

Pesticide products contain both "active" and "inert" ingredients. An active ingredi-

ent is one that prevents, destroys or repels a pest. An inert ingredient is simply any ingredient in the product that is not intended to affect a target pest.

For example, isopropyl alcohol may be an active ingredient and antimicrobial pesticide in some products; however, in other products, it is used as a solvent and may be considered an inert ingredient.

While the potential risks of active ingredients are accepted, the inert ingredients cannot be overlooked. Many consumers are misled by the term "inert," believing it to mean "harmless." It should never be assumed that inert ingredients are non-toxic.

Solvents are materials in which pesticides are dissolved or absorbed (sometimes called carriers or vehicles). They are selected by manufacturers to achieve stability of the active ingredient(s), convenience, handling and application and maximum killing power. Such exposures to inerts or solvents can result in significant toxic effects that in many cases exceeds the toxicity of the active pesticide ingredient(s). It is sometimes more difficult to obtain information about the solvents because this is considered proprietary information, further complicating the risks and issues of lice treatments.

The concerns over inerts, actives and solvents apply to all treatment products whether they are over-the-counter treatments, prescriptions or marketed as all-natural, non-toxic or pesticide-free remedies.

How do you treat a home or school for lice?

Homes don't get head lice - people do. Head lice are human parasites and require human blood to survive. Pesticidal sprays are unwarranted and may pose personal and environmental hazards. Vacuuming is the safest and best way to remove head lice or fallen hairs with attached nits from upholstered furniture, rugs, stuffed animals and cars. Save your time and energy for that which benefits you the most - thorough nit removal.

Do I have to treat everyone in the house?

Use a nit-removal comb to check everyone first! Lice treatment products have potential health hazards and should not be used "just in case" a child has lice or in an effort to prevent them. Even if lice are confirmed on an individual careful consideration should be given before deciding to use a pediculicide shampoo or other treatment because each person has unique health vulnerabilities.

Do I need to spray my furniture and bedding?

Head lice are parasites and cannot infest any area other than the human head. Pesticidal sprays are unnecessary. Vacuuming is the safest and best way to remove lice or fallen hairs with attached nits from upholstered furniture, rugs, stuffed animals and cars.

Do I have to bag stuffed animals and other items?

Experts used to suggest bagging items, such as stuffed animals, for a number of weeks to help bring infestations under control. To our knowledge, there is no evidence that this measure is helpful in any way because head lice require human blood to survive. What we do know is that parents and others spend invaluable amounts of time with "bagging" at the expense of more beneficial "hands-on" screening and nit removal.

Save your physical and emotional energies for screening and thorough lice and nit removal.

Vacuuuming is a sufficient safeguard for any questionable areas or items that may be in regular contact with those who may be infested. You can also put bed linens and other items in a dryer for 30 minutes.

How are head lice spread?

Head lice can be spread whenever there is direct contact of the head or hair with an infested individual. Lice can also be spread through the sharing of personal articles like hats, towels, brushes, helmets, hair ties and so on. There is also a possibility that head lice can be spread via a pillow, head rest, or similar item. Head lice do not jump or fly



and generally cannot survive longer than 24 hours off the host.

Do head lice spread?

Head lice do not have hind legs to hop or jump, nor wings with which to fly.

Can you catch head lice from cars, pillows or furniture?

If a louse comes off the head and is left behind (i.e. on a pillow or a head rest) it may be possible for the louse to infest another individual who places their head in that area. Vacuuming is recommended for any areas or items that may be in regular contact with those who may be infested.

Outdoor Activity of the Month

McLane Nature Trail for Walking

Consider taking your family and friends to this pleasant trail for a leisurely walk in nature:

What

Wetland nature trail

Where

Capitol State Forest off Delphi Road (see directions)

Size

About a 1.5 mile loop trail around a 10-acre beaver pond

Time

About an hour

Difficulty

The trail is mostly flat. Part of it is wheelchair accessible.

Features

There are two interpretive trail loops. One is 1.5 miles long and runs up into the forest; the other is flat, and about a half-mile long. Boardwalks take visitors out to an active beaver pond and wetland. The trail also crosses a salmon spawning stream.

Activities

Nature walks, birding and wildlife observation.

Hours

Day-use only

How to get there

Take HWY 101 South toward Olympia. Exit at Mud Bay Road/Evergreen State College. Turn RIGHT off the ramp onto 2nd Avenue. Go on 2nd Avenue about .4 miles and make a LEFT on McKenzie. Go about 4.2 miles on McKenzie to the end. Turn RIGHT on Delphi Road. Go on Delphi Road for 2.0 miles and you will see the entrance to McLane Nature Trail on the RIGHT. Take the road to the end where you will find the trailhead & parking lot.

Alternate Route

Go south on Highway 101 and Exit at Mudbay Road/Evergreen State College. Turn LEFT off the ramp and go up the hill. Just at the crest of the hill, turn RIGHT onto Delphi Road. Follow Delphi Road south a little more than 3 miles. Turn right at the sign to McLane Nature Trail, and go to the parking lot at the end of the road.

History

McLane Creek Nature Trail was logged in the early part of the 20th century, but now the area is designated for recreational use. The creek was named after the William McLane family, which settled in the Delphi Valley in 1852.

Domestic Violence

Continued From Page 9

Local agencies you can contact:

Turning Point, Shelton	426-1216
Crisis Clinic	352-2211
SPIPA	1-800-924-3984

You can also contact Gloria Hill at 426-9006 or my direct line 432-3927.

Squaxin Island Police	426-5222
Dispatch	426-4441

(Squaxin Law Enforcement can contact me any time)

I (gloria Hill) would like to invite tribal members/community members to attend the Mason County Domestic Violence Summit on Thursday, October 2nd from 8:00 a.m - 5:00 p.m. in the Squaxin Island Gym. Continental Breakfast and lunch will be served.

PROTECTING OUR FUTURE

The Effects of Domestic Violence on Children and Youth

- Special Guest Speaker - Jackson Katz
- Creator of the award-winning educational video *Tough Guise* and co-creator of *Wrestling With Manhood and Spin the Bottle*
 - Founder of the Mentors in Violence Prevention (MVP) Program
 - Director of the first male gender violence prevention program in the history of the United States Marine Corp.

Registration is \$20.00. If you are interested in attending the Summit, please contact Gloria Hill at the Health Clinic, 427-9006.

This event is sponsored by:

Turning Pointe Domestic Violence Services
Mason County Domestic Violence Task Force
Squaxin Island Tribe

I would also like to invite the 'ladies' of our tribe/community if there is an activity/group you would like to see, please contact Gloria Hill at 427-9006.





HEALTH & HUMAN SERVICES



New at the Fitness Center

Three new exercise balls have been placed in the fitness center for your use!

- The smallest ball is for people up to 5' 5."
- The middle-sized ball is for people 5' 6" to 5' 11".
- The largest ball is for people 6' and taller.

For exercise directions, check the poster on the wall.

Fitness Center Orientations are provided by Lea Cruz. Call her @ 432-3936 to make an appointment

ENJOY!

For more information, contact Patty Suskin, Diabetes Coordinator, 432-3929.

Upcoming Events

There's still time to join the fall walking program, "Wellness, one Step at a Time" (kick-off Sept. 27th at the Family Festival), Contact Patty Suskin at 432-3929

What Does a Food Label Tell Me?

Thursday, October 23rd, 1:30-3:00

Diabetes Support Group

Thursday, October 23rd, 3:00-4:00
Contact Patty Suskin,
Diabetes Coordinator at 432-3929

Coming in November

Sick day tips for people with diabetes

Mini Health Fair

Thursday, October 16th, 10:00-3:00
in the clinic conference room

Oysterfest

First weekend in October (4-5)
Volunteers needed
Shifts from 10-2 and 2-6
Call Lea Cruz @ 432-3936 to sign up

Supports Tribal Elders

Mammogram Clinic

Thursday, October 30th
Call Rose Algea at 427-9006 for an appointment

MEAL PROGRAM MENU

Food Group	Monday	Wednesday	Thursday
<i>Sandwiches available on request instead of the entrée listed Want seconds? - Just ask! Free to seniors 55 and older \$3 for all others</i>		Chicken a la King Salad, Steamed Vegetables Fruit Salad Pastry Shells 2% and Fat Free Milk	Meatloaf Peas & Carrots, Potatoes Fresh Fruits Wheat Rolls 2% and Fat Free Milk
Meat Vegetable Fruit Grains/Bread Milk	Sandwich Bar Salads Fruit Salad Bread 2% and Fat Free Milk	Breakfast, Ham Veggies & Dip Fresh Fruits and Fruit Tart French Toast 2% and Fat Free Milk	Lasagna Green Beans Fresh Fruits French Bread 2% and Fat Free Milk
Meat Vegetable Fruit Grains/Bread Milk	Chicken Cobb Salad Minestrone Soup Fresh Fruit Crackers or Toast 2% and Fat Free Milk	Roast Beef Potatoes, Broccoli Fresh Fruit Wheat Rolls 2% and Fat Free Milk	Baked Salmon Steamed Vegetables Fresh Fruit Red Potatoes 2% and Fat Free Milk
Meat Vegetable Fruit Grains/Bread Milk	Shrimp Salad Veggie Soup, Veggies/Dip Fresh Fruit Whole Wheat Rolls 2% and Fat Free Milk	Quiche Spinach Salad, Veggies Fresh Fruit Orzo Pilaf 2% and Fat Free Milk	Chicken Cacciatone Green Beans Fresh Fruit Brown Rice 2% and Fat Free Milk
	Tuna Cheese Twist Peas, Salad Bar Fresh Fruit Salad Bread Basket 2% and Fat Free Milk	Beef Stroganoff Brussels Sprouts Fresh Fruit Noodles 2% and Fat Free Milk	Halloween Chalupas Veggies & Dip, Salad Fruit, Jello w/ Fruit Pinto Beans, Rice, Chips 2% and Fat Free Milk



HIV/AIDS

Testing Process

Casey Kilduff, HIV/AIDS Outreach Project - Sometimes it can be difficult to ask your friends, family or elders, questions about issues that relate to your sexual health or drug using practices. Asking questions about HIV and AIDS can be difficult as well. In this community, HIV/AIDS and sexually transmitted diseases are a reality. Educating ourselves and others may be the first step towards reducing the risks that may affect us.

This column has been created to respond to questions you may have about HIV and AIDS. Please call or write to our office to submit your questions. Our voicemail is confidential and any mail coming to our office is only opened by project staff. All questions will be posted anonymously to retain confidentiality. Please contact us with questions you would like to see posted.

The question for this month is:

1. I am thinking about getting tested for HIV, but I am not sure what to expect. Can you tell me what will happen when I go in for a test?

There are many different options for obtaining an HIV test.

First, you want to figure out what type of site to get tested at. Some places offer confidential testing, while others offer anonymous testing.

Confidential HIV testing means that you give your real name to the health care provider and the test results are revealed only to the patient and the health provider or counselor who tests or provides medical care or prevention services to that person. The people who perform HIV counseling and testing in public health departments or health districts must sign strict confidentiality agreements. These agreements regulate the personal information that may be disclosed in counseling and testing sessions, as well as test results. You can find confidential

testing at tribal health clinics, health departments and other locations.

Anonymous HIV testing means that the health professional who orders or performs the test does not keep a record of the name of the person being tested. You can provide an alias if needed. You can find anonymous testing at planned parenthood, AIDS organizations and the mobile testing units.

Second, you should know what types of tests are being offered.

Blood Draw Test – The most common form of HIV testing is done by sampling blood drawn by a needle.

Urine HIV Test - A test to detect HIV antibodies in the urine is available for use only in doctors' offices or medical clinics. Even though HIV antibodies can be detected in urine, urine is not considered a viable medium for transmitting the virus.

Oral fluid HIV Test– This test detects HIV antibodies in the mucous membrane of the mouth. The test kit uses a special collection device that looks like a toothbrush; no needles are involved. Even though HIV antibodies can be found in saliva and oral fluids, these are not considered a risk for viral transmission.

Rapid HIV Test – The rapid HIV test is a 20-minute HIV antibody test that uses a blood sample taken by sticking the finger. The results will come within 20 minutes instead of the typical two-week waiting period.

Home HIV Test Kits - The only licensed FDA-approved test kit for HIV antibody testing at home is manufactured by Home Access®. The test kit is sold in pharmacies or may be ordered directly by calling Home Access toll-free at 1-800-211-6636, or from the following website: <http://homehiv-test.com>

Third, you should know that the process of getting tested for HIV includes a

counseling session.

The person who will do the testing will speak to you about why you came in for a test. They will help you to figure out ways to protect yourself from the risk behaviors that you are engaging in. The test will be given, and depending on the type of test you take, you will either plan to return for your results in two-weeks, or, if you have been given the rapid test, you will discuss the results within 20-minutes with the person who has tested you.

Upon receiving results, you will have a counseling session devoted to discussing positive/negative test results. If you test positive, the counselor will help you to access resources that you may need and notify previous partners of your status. If you test negative, the counselor will work with you to develop safer sex/needle using practices. They will also suggest a second test in three months. There is a window-period of three months during which an HIV test will not reveal a positive result. This means, if you engage in risky behaviors today, the soonest the test will reveal positive/negative results for today's behavior is three months from today. This is why you should get tested three months after your initial test.

This is only a basic overview of the testing process. If you have other questions, do not hesitate to contact our office.

If you would like to ask a question, please send it anonymously to:

Squaxin Island
HIV/AIDS Outreach Project
Attn: Casey Kilduff
90 SE Klah-Che-Min Dr.
Shelton, WA 98584

or call us and leave a confidential voicemail at (360)432-3915.

You can also come see us at the Carnival on September 27th- at the Squaxin Island Gymnasium!



Council Resolutions

03-56: Authorizes SPIPA to submit a grant proposal to the Department of Labor for the Customized Employment Grant which assists disabled people through the Vocational Rehabilitation and Education Project

03-57: Authorizes submission of a grant application to the U.S. Department of Justice for the FY03 Tribal Youth Programs for up to \$300,000 over the period of three years

03-58: Approves amended loan documents with Bank of America for casino hotel construction in the amount of \$23 million

03-59: Authorizes submission of the Indian Housing Plan for FY04 to the Department of Housing and Urban Development

03-60: Authorizes David Lopeman to serve as the Tribe's delegate to Affiliated Tribes of Northwest Indians (ATNI) for a one year term; authorizes payment of \$400 in dues; states that, based on a citizenry of 762 persons, the Tribe shall have 10 votes; and appoints Roy Perez and Patti Puhn as alternates

03-61: Authorizes SPIPA to submit a grant proposal to the Office of Community Services LIHEAP for about \$100,000 for energy assistance for low income families

03-62: Authorizes SPIPA to submit a grant proposal to the Office of Community Services Block Grant for up to \$25,000 to provide activities for the community

03-63: Requests the United States to accept title, in trust, for the Krise property

03-64: Declares intent and commitment to adopt and implement a Corporate Code of Conduct and Corporate Compliance program for the Skookum Creek Tobacco Company no later than one month prior to the first manufacturing of cigarettes under a BATF permit

03-65: Approves the corrected supplements to update the Squaxin Island Tribal Code and ordinances or resolutions produced by LexisNexis Municipal Codes

03-66: Supports the submittal of a HUD-ICDBG grant proposal requesting \$500,000 for the design and construction

of a fire station and commits \$160,000 in land value as matching funds and recognizes the Mason County Fire Protection District #4 commitment of \$250,000 cash as match for the proposal and commits any realized operational cost savings to be reinvested into public safety programs that directly impact the Squaxin community for the duration of the MOU

Thank you Dillon Decicio

for helping prepare newsletters
for delivery last month!
Your help was really appreciated!



Dillon and his sister Chasity



Wa He Lut students performed at the Puyallup Fair Education Building on Wednesday, September 17th.

Nice job Koreena and Nicole!!!

DCD

Construction Update *Administration Building*

Dan Neelands - If you walk by the site of the new Tribal Administration Building, you will see that the outline of the footprint is now clearly visible. The footings and stem walls have been poured and many of the pipes and conduits for utilities have been installed. TOMCO Construction has been busy managing this first phase of construction as well as preparing the job site for the rest of the building process. There are several positions available for tribal members which cover a wide range of experience in construction. Interested parties should speak to Lorna in Human Resources in the Tribal Center.

Parking Garage

The parking Garage surface is completely installed. Besides all of the railings, lights and signs needed, Five Rivers Construction is now faced with the daunting task of painting the entire structure. Over the next several weeks we can expect to see the garage emerge in it's final form. The paint and railings will change the look of the structure substantially.

Hotel

Now that the walls and roof of the hotel are complete, it is difficult to tell from the outside how much work is being done on the project. Inside, over 100 subcontractors and crew members are working hard to finish the building and install all of the special equipment for a modern hotel. The kitchens alone are a marvel of construction with their shiny walk-in coolers and the maze of plumbing which will support all the stoves, dishwashers and other equipment. If you get a chance, stop by the Casino lobby and see the display of furnishings which will be in each guest room.





National Congress of American Indians

This is the final article in a series written by Frank W. Parker, referring to the first meetings and organization of the National Congress of American Indians (NCAI), courtesy of Glen and Ann Parker. Frank was a founding member of NCAI.

Early History of the NCAI

Preliminary organization meetings were held by employees (Indian) of the Indian Office in Chicago in 1943.

Some of the personalities involved were: Frank W. Parker, Chairman of the first organizational meeting held in the Chicago Loop in 1943, attended by about 15 or 20 Indian employees; D'Arcy McNickle, who came from the Indian Office in Washington to attend; Roy E. Gourd, employee; Chas. E. J. Heacock, employee; and Archie Phinney, who visited the Chicago Office in 1943 around the time the NCAI was getting started and who contributed his ideas to the effort.

Prior to and following the first NCAI convention in Denver, Colorado in 1944, there was considerable activity in the field acquainting various tribes with the NCAI organization and the various purposes for which it was being formed. This came about in the following manner:

For several years after the enactment of the Indian Reorganization Act of 1934, the Indian Office sent out several field agents to explain the provisions of the act and to assist the tribes in writing constitutions and charters. It is understood that among this group were:

- George F. LaVatta
- Irma Hicks
- Charles Heacock
- Archie Phinney
- Ben Reifel
- Kenneth Marmon
- D'Arcy McNickle
- Ben Dwight

These agents discussed the need for a national organization such as NCAI with Commissioner John Collier and received prior permission from him to discuss the proposed NCAI with the various tribes they were working with in the field, so long as it did not interfere with their

work on the IRA. Evening meetings and after hour sessions were therefore held on the reservations to talk about NCAI.

While some importance must be given to those people in the Indian Office who first began planning the NCAI, and to the gathering of the best minds in Denver in 1944 to write a constitution and a set of by-laws, perhaps the greatest credit for a successful start of NCAI must be given to the field agents. It is vital to the success of any plan to have adequate membership committed morally and financially to the attempts to solve common problems.

The first annual conference of the NCAI was held in Denver, Colorado in 1944. Among those attending the first meeting were: CR Short, Roy Gourd, Judge Johnson Geo P. LaVatta, Archie Phinney and D'Arcy McNickle.

The NCAI conventions were held annually at different locations. It met again in Denver in 1948. Among those active at the 1948 convention were: Ruth Bronson, Josephine Kelly, D'Arcy McNickle, Judge Johnson, John Rainier and Martin Cross.

Issues that came to the forefront during those times were the Pyramid Lake water rights and the fact that Indian tribes had from 1946 to 1951 to file their cases before the Indian Claims Commission.

Conventions were held in 1949 in Rapid City (when Arrow was started), in 1950 in Omaha, in 1951 in Bellingham, in 1952 in Denver and 1953 in Phoenix. Prominent personalities during those times were, among others: Robert Bennett, Rex Curry, Frank George, Dan Madrono, William Short, Joe Gary, Walter Voorhees, Clarence Wesley and Jesse Stevens.

Issues commanding the attention of NCAI were HCR108 and PL280. Also the 1953 Phoenix convention was deeply involved in water rights of the Colorado River Indian Reservation and other tribes living along the Colorado River that had become endangered when the states of California and Arizona were in a court battle over the distribution of the Colorado River waters.

In connection with HCR108, which called for termination of the trust status of Indian reservations, an emergency convention was held in Washington, DC in February '54 attended by two hundred

or more Indians from all over the United States. A strong national protest was made against termination which in later years proved successful in protecting Indian trust lands. Among other things, the Indian delegates to the Emergency Conference in Washington visited the Indian Office, their Congressional delegations and heard testimony given at the Senate Committee Hearings under Senator Watkins of Utah regarding the proposed termination of the Seminole Indians of Florida and the Flathead Indians of Montana. Neither of these tribes were terminated.

x̣ẉł̣ṣ̌ucid

Language Sessions

Barbara Whitener - Summer has ended, students are back in school and x̣ẉł̣ṣ̌ucid language sessions are about to begin. Come learn the language of the Squaxin Island ancestors beginning in October.

Sessions will include games, classes with skits, stories and songs, and specialized training. Some departments have weekly training sessions you may be able to join.

Game Hour: There are new games! This is a fun way to learn!

Beginning Level Class: classroom. We will work toward conversation using phrase repetition through songs, stories and skits. Join this class at any time; come to all or part of each session.

Drop-In Tutoring: Bring information you want translated and phrases you want to learn or just drop in and we'll think of something.

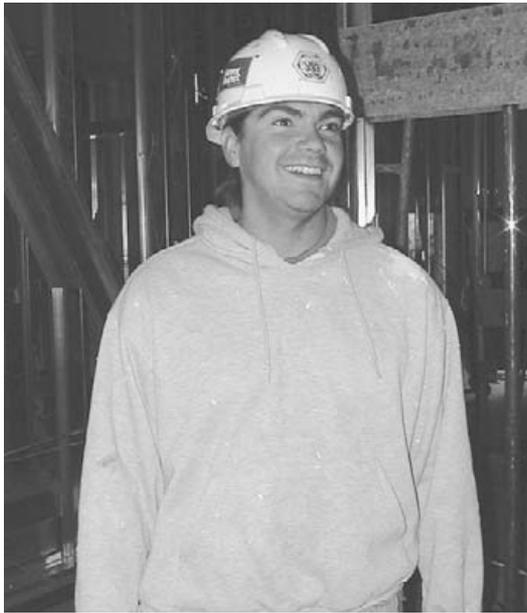
Special Sessions: Schedule time on these days to learn something specific like a canoe landing, introductions, etc.

Watch for posters and mailings for times/locations of these sessions

Barbara (cicalali) Whitener
cell – 490-2720
home – 426-0041



CASINO HOTEL CONSTRUCTION



Alan Mosier

**Squaxin Island Tribe
Job Fair**

APPRENTICESHIP: The Original 4 Year Degree

When: Wednesday, October 22
3:00 pm – 6:00 pm

Where: Squaxin Island Gym

Why: **It's your opportunity
to choose a career!**

Let your journey begin...

For more information contact Lorna, June or Walt at the
Squaxin Island Tribal Center, 426-9781.



Ed Thomas



Richard Gouin, Gouin Construction



Robert Napoleon



Kevin Harper



Cecil Cheeka



Tyrone Seymour



Tyrone Krise



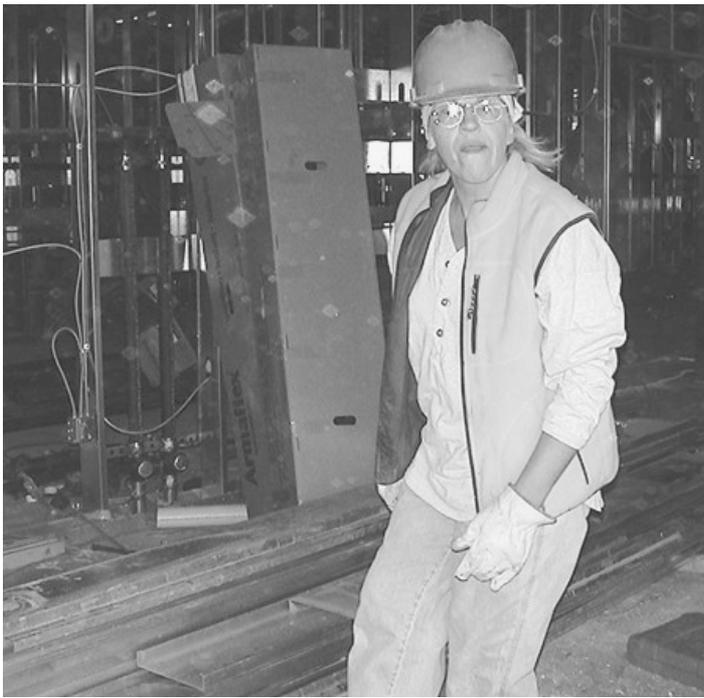
WORK OF TRIBAL HANDS



Patrick Braese



Bob Koshiway



Teresa Castellaine

Not pictured are
Roy Perez and
Jeremie Walls
(out diving)



Mike Hill



Ronnie Rivera



Charlie Henry, Skokomish



Ricky Miller, Skokomish



When You Thought I Wasn't Looking

Submitted by Lori Hoskins, written by a former child (not me!), a message every adult should read, because children are watching you and doing as you do, not as you say:

When you thought I wasn't looking,
I saw you hang my first painting on the refrigerator,
and I immediately wanted to paint another one.

When you thought I wasn't looking, I saw you feed a stray cat,
and I learned it was good to be kind to stray animals.

When you thought I wasn't looking, I saw you make my favorite cake for me,
and I learned that the little things can be the special things in life.

When you thought I wasn't looking, I heard you say a prayer,
and I knew there is a God I could always talk to, and I learned to trust in God.

When you thought I wasn't looking,
I saw you make a meal and take it to a friend who was sick,
and I learned that we all have to help take care of each other.

When you thought I wasn't looking,
I saw you give of your time and money to help people who had nothing,
and I learned that those who have something should give to those who don't.

When you thought I wasn't looking, I saw you take care of our house
and everyone in it, and I learned we have to take care of what we are given.

When you thought I wasn't looking, I saw how you handled your
responsibilities, even when you didn't feel good,
and I learned that I would have to be responsible when I grow up.

When you thought I wasn't looking, I saw tears come from your eyes,
and I learned that sometimes things hurt, but it's alright to cry.

When you thought I wasn't looking, I saw that you cared,
and I wanted to be everything I could be.

When you thought I wasn't looking, I learned most of life's lessons
that I need to know to be a good and productive person when I grow up.

When you thought I wasn't looking, I looked at you and wanted to say,
"Thanks for all the things I saw when you thought I wasn't looking"

This is for all of the people I know who do so much for others
and think no one ever sees - little eyes see a lot.

Each of us, parents, grandparents, aunts, uncles, teachers and friends, influence
the life of a child.

Welcome to the World Florence Ann Sigo



Hi everyone! I thought I would send you photos of the newest member of the Sigo Family. Florence Ann Sigo was born to us, Steve Sigo and Andrea Wilbur-Sigo, last Monday, September 15th, at 12:14 p.m. She was 6 pounds, 13 ounces and 20 inches long. She is very healthy and also a very happy baby. See everyone soon and enjoy the photo.

Happy Birthday Mom October 1st

Love,
Your girls, Seth and Dominique



Happy Birthday Larry "Bugs" We Love You! Raven and Dominique

Happy Birthday Jesse Patrick Love Your Cuz! Raven and Kids



HAPPY BIRTHDAY



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

**Happy Birthday Jesse
(October 17th)
Love,
Mom, Brothers, Sisters and the
Rest of the Family**

WHAT'S HAPPENING						
			1	2	3	4
				Domestic Violence Prevention Summit 8:30 - 5:00	Housing Commission 9:00 in the Annex AA Meeting 7:30	OysterFest Call Lea @ 432-3936 to Volunteer Good News Book Club
5	6	7	8 Little Creek Casino Job Fair Drum practice 6:00 p.m. in the Gym Bingo @ 6:45	9 Little Creek Casino Job Fair Tribal Council Scrapbooking @ 1:00	10 AA Meeting 7:30	11 Good News Book Club 10:30
12	13	14	15 Drum practice 6:00 p.m. in the Gym Bingo @ 6:45	16 Mini Health Fair 10:00-3:00 @ Clinic Scrapbooking @ 1:00	17 Housing Commission 9:00 in the Annex AA Meeting 7:30	18 Good News Book Club 10:30
19	20	21	22 Job Fair 4:00 - 6:00 p.m. In the Gym Drum practice 6:00 p.m. in the Gym Bingo @ 6:45	23 Diabetes Support Group 3:00 - 4:00 @ Clinic Tribal Council Scrapbooking @ 1:00	24 Halloween Party by Party Outfitters 5:00 - 8:00 In the Gym AA Meeting 7:30	25 Good News Book Club 10:30
26	27	28	29	30 Mammogram Clinic	31 Happy Halloween	

OCTOBER YOUTH ACTIVITIES

			Homework Help 1 3:30 - 5:00 Beginning Baton 3:45 - 4:45 Open Gym 5:00 - 6:00	2 Gym Closed Homework Help 3:30 - 5:00	3 Baton 3:00 - 8:00 Open Gym 8:00 - ? 17 & Up	4 Closed
5 Closed	6 Homework Help 3:30 - 5:00 Open Gym 3 - 6:00 16 & Under 6:00 - ? 17 Up	7 Homework Help 3:30 - 5:00 Gym Closed for Maintenance	8 Homework Help 3:30 - 5:00 Beginning Baton 3:45 - 4:45 Open Gym 5:00 - 6:00	9 Homework Help 3:30 - 5:00 Open Gym 3 - 6:00 16 & Under 6:00 - ? 17 Up	10 Baton 3:00 - 8:00 Open Gym 8:00 - ? 17 & Up	11 Closed
12 Closed	13 Homework Help 3:30 - 5:00 Open Gym 3 - 6:00 16 & Under 6:00 - ? 17 Up	14 Homework Help 3:30 - 5:00 Open Gym 3 - 6:00 16 & Under 6:00 - ? 17 Up	15 Homework Help 3:30 - 5:00 Beginning Baton 3:45 - 4:45 Open Gym 5:00 - 6:00	16 Homework Help 3:30 - 5:00 Open Gym 3 - 6:00 16 & Under 6:00 - ? 17 Up	17 Baton 3:00 - 8:00 Open Gym 8:00 - ? 17 & Up	18 Closed
19 Closed	20 Homework Help 3:30 - 5:00 Open Gym 3 - 6:00 16 & Under 6:00 - ? 17 Up	21 Homework Help 3:30 - 5:00 Gym Closed for Maintenance	22 Homework Help 3:30 - 5:00 Beginning Baton 3:45 - 4:45 Open Gym 5:00 - 6:00	23 Homework Help 3:30 - 5:00 Open Gym 3 - 6:00 16 & Under 6:00 - ? 17 Up	24 Halloween Party by Party Outfitters 5:00 - 8:00	25 Closed
26 Closed	27 Homework Help 3:30 - 5:00 Open Gym 3 - 6:00 16 & Under 6:00 - ? 17 Up	28 Homework Help 3:30 - 5:00 Open Gym 3 - 6:00 16 & Under 6:00 - ? 17 Up	29 Homework Help 3:30 - 5:00 Beginning Baton 3:45 - 4:45 Open Gym 5:00 - 6:00	30 Homework Help 3:30 - 5:00 Open Gym 3 - 6:00 16 & Under 6:00 - ? 17 Up	31 Baton 3:00 - 8:00 Open Gym 8:00 - ? 17 & Up Happy Halloween	Closed

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