

# Klah-Che-Min

?acaciltalbixʷ gʷəl tə xʷəlc yəxʷ ti stultuləkʷ.

A PUBLICATION OF SQUAXIN ISLAND TRIBE

?acaciltalbixʷ gʷəl tə xʷəlc yəxʷ ti stultuləkʷ.

OCTOBER 2005

COMPLIMENTARY

## Project to Restore Habitat in Skookum Creek Enters New Phase

One step at a time - one section of the creek at a time - salmon will eventually find Little Skookum Creek a much more hospitable place to begin and end their life's cycle. Thanks to the powerful connection between "The People of the Water" and this small stream, habitat is being slowly and methodically restored.

The Squaxin Island Natural Resources Department has been working tirelessly for several years to plan and fund the restoration of the stream. The project began last fall with the planting of a riparian zone around a large section of the stream.

"Little Creek, like the Tribe, has existed since time began," said Squaxin Island tribal member Michael Peters during the casino's groundbreaking ceremony in 1994. "We are two old friends."

During this particular phase of habitat re-

construction, two 200-foot sections were chosen to be the first implanted with large woody debris. And this was no small undertaking!

"The stream first had to be sectioned off - temporarily dammed - and the creek diverted around the dam in a pipe," said Squaxin Island Environmental Program Manager John Konovsky. "The next step was to seine the creek to remove all the fish from the project section."

Seventy logs were then placed in the creek, some over four feet in diameter and forty feet in length.

"So much damage has occurred over the years that salmon find little respite - no nooks and crannies to hide and feed in as they move up and down the stream" John said. "The creek has dug itself down into a 'gully' and does not have the benefit of a connection to old channels and oxbows in its floodplain. Nearby development prevents relocation of the stream on the floodplain terrace, but the logs placed in the creek will help build a new floodplain inside the gully to recreate long-lost conditions."

"Next year we hope to put even more logs in the creek," John continued. "And even perhaps create some off-channel wetlands for coho rearing."

The Tribe used BIA Watershed Restoration funds to hire Tim Abbe from Herrera Environmental to design and engineer the project. Greg Horsley of Horsley Timber was the project construction contractor. Some logs were purchased from Port Blakely Timber, but many of them were from the clearing related to the reconstruction of the Old Olympic Highway.

"Over the next few years, we hope to seed at least a couple thousand feet of stream channel with logs," John said.

Natural Resources Department studies indicate that such efforts could double the coho population over the next 50 years.



Natural Resources staff removing fish



Finished log jam



Placing logs

S Q U A X I N   I S L A N D

10 S.E. Squaxin Lane  
Shelton, WA 98584



*People of the Water*

PRSR STD  
U.S. POSTAGE  
PAID  
SHELTON, WA  
PERMIT NO. 96



# COMMUNITY



## Squaxin Island TRIBAL NEWS

10 S.E. Squaxin Lane  
Shelton, WA 98584

PHONE: (360) 426-9781  
FAX: (360) 426-6577



Articles and opinions expressed in this publication are not necessarily the opinions of this publication or the Tribal Council.

The Klah-Che-Min encourages Tribal Members to submit letters, articles, photographs and drawings to be considered for publication, but are subject to editing.

*Contributing writers and artists include Squaxin Island community members and staff.*

**Submissions Deadline:**  
15th of each month

**SQUAXIN ISLAND TRIBAL COUNCIL:**  
JIM PETERS: *Chairman*  
ANDY WHITENER: *Vice Chairman*  
VINCE HENRY: *Secretary*  
PATTI PUHN: *Treasurer*  
WILL PENN: *First Council Member*  
PETE KRUGER: *Second Council Member*  
CHARLENE KRISE: *Third Council Member*

**Klah-Che-Min Staff:**  
THERESA M. HENDERSON: EXT. #3945  
*thenderson@squaxin.nsn.us*

## Davey Whitener Wins Alaska Cruise Ship Talent Contest

David Whitener, Jr. won a talent contest on an Alaskan cruise ship when he traveled with the tribal seniors in August. The song he sang, "Mustang Sally" was so well received by the audience, he has a chance to be part of Norwegian Cruise lines entertainment in other upcoming cruises. Merline Lewis also participated in the show by performing a comedy routine. "Go figure," huh? Congratulations to our talented tribal family members!

For more pictures (all by Liz Kuntz - great job!) of the cruise to Alaska, see pages 9 - 12.



## Tribal Council Resolutions

**05-72:** Authorizes SPIPA to submit a grant proposal to the Office of Community Services Low Income Home Energy Assistance Program (LI-HEAP) for about \$100,000

**05-72A:** Approves the Squaxin Island Tribe's Indian Gaming Regulatory Act Minors' Trust as drafted

**05-73:** Adopts the Squaxin Island Forest Management Plan

**05-74:** Adopts the Squaxin Island Forest Practices Act and Regulations as amended

**05-75:** Affirms, to the fullest extent allowable under federal law, that the sovereign immunity from legal action of the Squaxin Island Tribe attached to Northwest Intertribal Court System

**05-76:** Approves the Claims Services Agreement

**05-77:** Maintains membership in Affiliated Tribes of Northwest Indians, approves \$400 in dues and resolves, based on a citizenry of 872 persons, the Tribe will have 10 votes.

**05-78:** Appoints Patti Puhn as the Tribe's delegate and June Kriese as the alternate delegate to Western Washington Indian Employment and Training Program (WWIETP)

**05-79:** Enrolls Brandon Campbell

**05-80:** Enrolls Machiah Nugent

**05-81:** Enrolls Marlena Bradley

**05-82:** Enrolls Nikki and Robert Farron

**05-83:** Enrolls Kiona Kriese

**05-84:** Supports and authorizes membership in Tribal Education Departments National Assembly (TEDBNA)

## TESC Seeking Public Administration/Tribal Governance Specialty Faculty member

For more information on this full-time position, call Mary McGhee, Associate Director, MPA Program at 360-867-6554 or [mcgheem@evergreen.edu](mailto:mcgheem@evergreen.edu) or [www.evergreen.edu/mpa](http://www.evergreen.edu/mpa). For application materials call 360-867-6861 or [facultyhiring@evergreen.edu](mailto:facultyhiring@evergreen.edu). Full announcement online at <http://www.evergreen.edu/facultyhiring/jobs/mpatribal.htm>. Review of applications begins January 23, 2006.



## Who Are These Handsome Protectors of Freedom?



John Kriese



Harvey Kriese



**Veterans Committee Meeting**  
October 10th @ 10:00 a.m. in the Administration Building



## New Employee



**John Taylor**

***Emergency and Safety Manager***

Hi, my name is John Taylor and I am the new Squaxin Island Tribe Emergency and Safety Manager. I reside in Shelton, Washington with my two sons. I am originally from Republic, Washington, which is approximately 130 miles north of Spokane, Washington.

Prior to working here, I was the Homeland Security Region Three Program Manager for over two years, which consisted of Grays Harbor, Lewis, Mason, Pacific, and Thurston Counties. I have over 12 years of Emergency and Safety Management experience, both in the public and private sectors. I now look forward to working here with you.

**Freedom Isn't Free**



# LEARNING CENTER



## Mary Johns Room and Gym Usage

The Tu Ha' Buts Learning Center is now responsible for the Mary Johns Room and Gym. These rooms are available for use by the Squaxin Island Tribe, SPIPA and associated departments. These rooms are also available to tribal members and the community for a nominal fee. There is a deposit which must be paid for each room rented. The deposit is returned to the renter if the rooms are left clean and there are no damages to the rooms and its contents. Please call Lisa Evans at 432-3882 if you are interested in reserving one of these rooms. Contact Julie Goodwin in Finance at 432-3891 to arrange payment of your deposit. Keys will be given out the day of your event, or the Friday before, if event is scheduled for the weekend. The renter is responsible for picking up keys at TLC and returning them after use. Please be aware that keys to these rooms cannot be released to the renter without the deposit receipt.

## Halloween Bash 2005

Please join TLC for the 2005 Halloween Bash. Dinner will be served from 5:00 - 6:00 p.m. in the gym followed by a children's Halloween party from 6:00 - 9:00 p.m. in the gym. There will be a Haunted House (ages 10 & up) from 6:00 - 9:00 p.m. upstairs in TLC. Contact Mark Snyder at 701-1561 for more information.

## Learning Center Update

GED classes are available to Squaxin Island tribal members, community members and casino employees. Classes are held Monday and Wednesday evenings from 5:00 p.m. to 7:30 p.m. in the classroom upstairs in the old tribal center building (above the gym). You must be 18 years of age or older to participate in this program. For more information, you may contact Lisa Evans at 432-3882 or Walt Archer at 432-3826.

**Homework Center** is open and will be available Monday through Thursday, from 3:30 to 5:00 p.m. in TLC. Please have students come to TLC prepared to work. The main focus of the homework center is to provide students with assistance in completing daily homework assignments and studying for tests. Remember we are located upstairs in the old tribal center bldg.

The **Computer Lab** is open and will be available Monday through Thursday, 3:30 to 5:00 p.m. in TLC. Students and parents must read, complete and sign the TLC Computer Use Agreement before students will be allowed to use the computers in the TLC computer lab. The computers in the TLC computer lab are intended to be used for educational purposes, homework, research and reports, etc.

**Private Tutoring Sessions** will be offered in TLC. A certified teacher will be available for private individual tutoring sessions. If your child needs a little extra help in any academic area, please call to schedule an individual tutoring session. Call Lisa Evans at 432-3882 or stop by TLC to schedule your appointment.

The **Rec Room** is open until 7:00 p.m. On Friday and Saturday it is open until 8:00 p.m. We have regularly scheduled youth movie nights. Contact Jeremiah George at 432-3968 for more information. We hope to see you there!

**Higher Education.** Attention ALL Higher Education students, don't forget to send in your grades for Summer 05 quarter, and your receipts for Fall 05 quarter which begins in September. The deadline to have all paperwork turned in for Winter 05/06 quarter is December 12, 2005. Deadline for FALL 05/06 quarter was August 15, 2005. If you need assistance with paperwork or anything else please give me a call, Lisa Evans 432-3882.

## Parents - The Anti-Drug

### *Be Aware of the Dangers That ARE Out There - GHB*

Gamma-hydroxybutyric acid or GHB, is a compound that was initially used by body builders to stimulate muscle growth. In recent years it has become popular as a recreational drug among club kids and partygoers.

This "designer" drug is often used in combination with other drugs, such as Ecstasy. GHB is synthesized from a chemical used to clean electrical circuit boards, and is available in clear liquid, white powder, tablet and capsule form. GHB is odorless and nearly tasteless. Users report that it induces a state of relaxation. The effects can be felt within 5 to 20 minutes after

## 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* 10:00 – 7:00 432-3872

WALT ARCHER, *Education Liaison* 7:30 – 4:00 432-3826

LISA EVANS, *Education Assistant* 8:30 – 5:00 432-3882

BARB WHITENER, *Language Coordinator* Check Language class schedules 432-3897

BRIDGETTE LOSEY, *Pathways Coordinator* 3:30 – 7:00

MANDY PARADISE, *GED Instructor* 2:00 – 7:00

JEREMIAH GEORGE, *Cultural Coordinator* 10:00 – 7:00 432-3968  
(Wednesday through Sunday)

Sedar Rowson, *Youth Counselor/Skillbuilder* 2:00 – 6:00 432-3896

ingestion and the high can last up to four hours.

The Food and Drug Administration banned GHB in 1990 after 57 cases of GHB-induced illnesses (ranging from nausea and vomiting to respiratory problems, seizures and comas) were reported to poison control centers and emergency rooms. The drug was only permitted under the supervision of a physician. Since then, the drug has been implicated in several deaths and was subsequently added to the Schedule I list of drugs in the Controlled Substance Act. Anyone who possesses, manufactures or distributes GHB could face a prison term of up to 20 years.



# LEARNING CENTER



## Parents - The Anti-Drug Continued

GHB users risk many negative physical effects including vomiting, liver failure, potentially fatal respiratory problems, and tremors and seizures, which can result in comas. GHB has reportedly been used in cases of date rape. Because GHB is odorless and tasteless, it can be slipped into someone's drink without detection.

## Western Washington Native American Education Consortium October 22nd @ 6:00 Little Creek Casino

Silent auction proceeds go to scholarship fund  
Tickets (\$35) includes buffet, no host bar,  
**comedy show, storytelling and music**  
**(all of which are by native entertainers)**  
To buy tickets or donate an item,  
contact: Linda Laville, Secretary  
206-999-0532 (cell)

## Intertribal Pathways to Success

There is a new program offered in TLC! This program is called intertribal pathways to success. This is a SPIPA grant to serve the SPIPA five tribes. There will be on-site courses via new K-20 videoconferencing equipment and supplemental tutoring in these courses. The classes will be offered for students in 10<sup>th</sup> through 12<sup>th</sup> grade. Offering courses in this setting will be beneficial for the youth because it is offered in a familiar environment and will give them the confidence they need to succeed. Tutoring will be focusing on the core subject areas: math, science, reading, writing and standardized test taking. The on-site coordinator for this project is Bridgette Losey. She has worked at the tribe as an after school homework club tutor, probation assistant and summer recreation employee. Bridgette has been working with the tribe for two years and thoroughly enjoys working with the youth and their families. Please stop by TLC or call Bridgette Losey at (360) 432-3882 for more information. These classes are available at the SPIPA 5 Tribes Center. If you would like to participate please contact Bridgette Losey, Squaxin Site Coordinator at (360) 432-3882 at least three days prior to when the class is scheduled.

Youth Calendar						
2 Closed	Homework 3 Help 3 - 5 Rec Room 3 - 6 Open Gym 3 - 6	Homework 4 Help 3 - 5 Rec Room 3 - 6 Open Gym 3 - 6	Homework 5 Help 3 - 5 Rec Room 3 - 6 Open Gym 3 - 6	Homework 6 Help 3 - 5 Rec Room 3 - 6 Open Gym 3 - 6	Homework 7 Help 3 - 5 Rec Room 3 - 6 Baton 4 - 8	8 Closed
9 Closed	Homework 10 Help 3 - 5 Rec Room 3 - 6 Open Gym 3 - 6	11 Homework Help 3 - 5 Rec Room 3 - 6 Gym Closed	12 Homework Help 3 - 5 Rec Room 3 - 6 Open Gym 3 - 6	Homework 13 Help 3 - 5 Rec Room 3 - 6 Open Gym 3 - 6	Homework 14 Help 3 - 5 Rec Room 3 - 6 Baton 4 - 83 - 6	15 Youth Dance 8 - Midnight
16 Closed	Homework 17 Help 3 - 5 Rec Room 3 - 6 Open Gym 3 - 6	18 Homework Help 3 - 5 Rec Room 3 - 6 Open Gym 3 - 6	19 Homework Help 3 - 5 Rec Room 3 - 6 Open Gym 3 - 6	Homework 20 Help 3 - 5 Rec Room 3 - 6 Open Gym 3 - 6	Homework 21 Help 3 - 5 Rec Room 3 - 6 Baton 4 - 8	22 Closed
23/30 Closed	24/31 Homework Help 3 - 5 Rec Room 3 - 6 Open Gym 3 - 6	25 Closed	26 Closed	27 Closed	28 Closed	29 Halloween Community Dinner and Haunted House

SPIPA 5 tribes Education & Career Center						
<b>Intertribal Pathways to Success Video Conference October Classes</b>						
After School Program Daily Monday - Thursday from 3:30 - 5:30 Open House Night on the 25th is for all Tribes						
9	10	11 COSI - Electricity 3:30 - 4:30	12 Cleveland Museum of Art Tessellation Exploration 3:30 - 4:30	13	14 No After School Program	15
16	17 Cranbrook Inst. of Science " Galileo's Workshop" 3:30 - 4:30	18 Indianapolis Museum of Art, Math Drawing on the Wall 3:30 - 4:30	19 NASA Digital Learning Asteroids Tentative 3:30 - 4:30	20	21 No After School Program	22
23/30	24/31 "The Art of Persuasion" Museum of TV and Radio 3:30 - 4:30 (24th)	25 No After School Program Videoconference 5:30 - 7:30 Open House Night	26 Pearl Harbor Survivor Series Tentative 3:30 - 4:30	27 Animal Adaptations Lee Richardson Zoo 3:30 - 4:30	28 No After School Program	29



## **Finance Director Deb Stoehr Receives Council Recognition for Excellence in Service**

For the third year in a row, the Squaxin Island Tribe has had a "no finding" audit report. This means there have been no serious accounting errors found in any of the tribal programs, a fairly uncommon accomplishment. Finance Director Deb Stoehr was recently recognized by Tribal Council for her work as the leader of this brilliant effort.

Tribal Council members Jim Peters, Patti Puhn and Vince Henry recently attended the Ribail, Stauffer and Associates FY04 Auditors Presentation held at the Tribal Center.

They were surprised and delighted when one of the presenters began talking about being in North Dakota and hearing about the "great work done by the Squaxin Island Tribe and its fantastic finance director, Deb Stoehr."

They were so impressed by the praise they heard about their very own employee, they decided to acknowledge her at the upcoming Tribal Council meeting where they presented her with a beautiful bouquet of flowers.

The picture above is of Deb Stoehr and Tribal Council Chairman Jim Peters.



# **Have a Spooktacular Halloween!!!**

## **Memorial**

We would like to invite the family and friends of

Twana E. Longshore

(1-9-1947 to 10-19-2004)

To a memorial service in her honor on Saturday, October 22nd 2005.

Please join us at the Skokomish "Y" cemetery at 3:00 p.m. for the headstone placing.

We will have a memorial and dinner to follow at the Skokomish Tribal Center.

For more information, directions or any questions, please contact

Lettie Machado at 360-877-9906

## **Budgeting Classes**

Budgeting classes are being conducted for all the new rental tenants moving into Slocum Ridge Phase II. Consumer Counseling Northwest has been working with the Office of Housing to assist tribal members with some household budget basics. Everyone in the class works through a sample budget and are offered some tips on creating their own home budget. There have been numerous requests for additional budget sessions once the tenants have moved in. Additional classes will be offered in the future and are open to anyone who would like to attend. If anyone is interested in future classes or have any questions about creating a household budget, remember that the Office of Housing is here to help. Contact Lisa @ 432-3871.



*Liz Kuntz, Angel Keating of Consumer Counseling Northwest, Chris Lopeman, Ruth Lopeman and Alexsii Vigil*

# COMMUNITY



## Summer Spruce up 05' Contest Winners

The Office of Housing sponsored a Summer Spruce Up Contest. Housing provided dumpsters and vehicle removal services to the community. Judges were to base their votes on the following: removal of junk vehicles, garbage clean up and removal, groomed yards and outside clean up of their homes. Thanks to all the participants for their hard work and enthusiasm. Here are the winners:



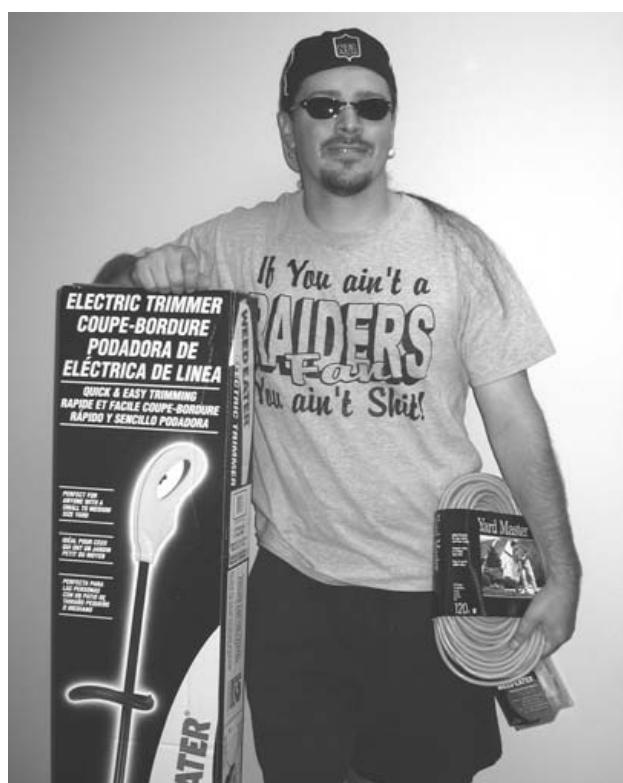
Charlene Krise and Dale Clark

## HOUSEHOLD HINTS

Now is the time to check and clean the chimneys of your fireplace and wood burning stove. Creosote buildup can be eliminated by maintaining a big hot fire instead of small smoky or wet fires. It is important to sweep or clean the chimney flue and damper once a year.



Elizabeth Perez



Lois and Pete Boome



Tony Rivera

Misti Saenz-Garcia – photo not available

## HONORABLE MENTIONS

Tonya Henry  
Virginia Berumen  
Russell Harper  
Tom Blueback  
Larry McFarlane  
Geri Coble  
Ed Cooper  
Euphamie Whitener  
Kim Burrow  
Carrie Smith



# HEALTH & HUMAN SERVICES



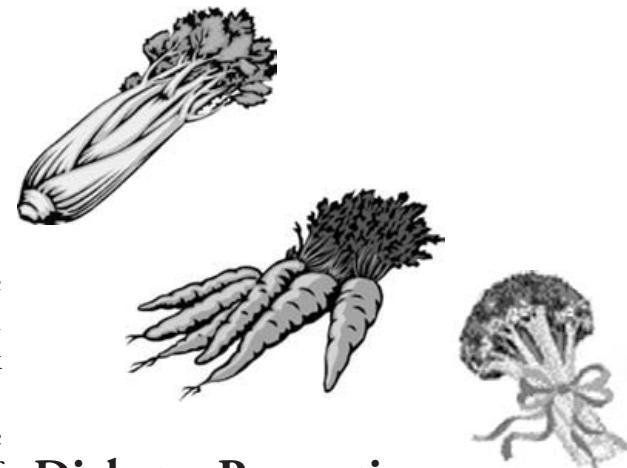
## Try this Tasty Recipe!

*Consider this healthy sweet potato recipe for your next holiday meal. It was a hit at our food tasting this summer!*

### BAKED SWEET POTATOES AND APPLES

- 4 large sweet potatoes
- 2 tablespoons whipped butter or natural canola margarine, melted
- $\frac{1}{2}$  cup maple syrup
- 2 large apples, peeled, cored, and thinly sliced
- 1 teaspoon cinnamon
- 1 teaspoon ground cloves
- $\frac{1}{2}$  cup apple juice

Preheat the oven to 350. Bake or microwave the sweet potatoes until done, but still firm. When cool enough to handle, cut them into  $\frac{1}{2}$  inch thick slices. Spray oil a deep, 1  $\frac{1}{2}$  quart baking casserole. Arrange half of the sweet potato slices on the bottom, drizzle with half of the butter, then half of the maple syrup. Top with apple slices. Sprinkle lightly with the cinnamon and cloves. Repeat the layers, and then pour the apple juice over the top. Bake for 30 minutes, covered, then for another 10 minutes, uncovered. Serve at once or cover and keep warm until needed.



## Diabetes Prevention Program Participants Needed

Diabetes Prevention/ Lifestyle Balance is looking for participants in a 16-week lifestyle program! We want to help you to avoid diabetes! Pictured are some of the team members in the Five Tribes who have been meeting to discuss this project. Called the Diabetes Competitive Grant Project. This photo, taken on August 29th at the Squaxin Island Tribal Center includes, L to R (front row): Candace Roberts, RN, Diabetes Coordinator, Shoalwater Bay; Pat Odiorne, RD, CDE, Director of the Competitive Grant, Chehalis; Alisa Woodruff, CHR, Skokomish. Back row, L to R: Patty Suskin, RD, CDE, Diabetes Coordinator, Squaxin Island; Tanya Brown, CHR, Shoalwater Bay; Mary Sherer, RN, BSN, Former "Acting" Director of Competitive Grant, Chehalis; and Perry Carrington, Diabetes Coordinator, Skokomish.

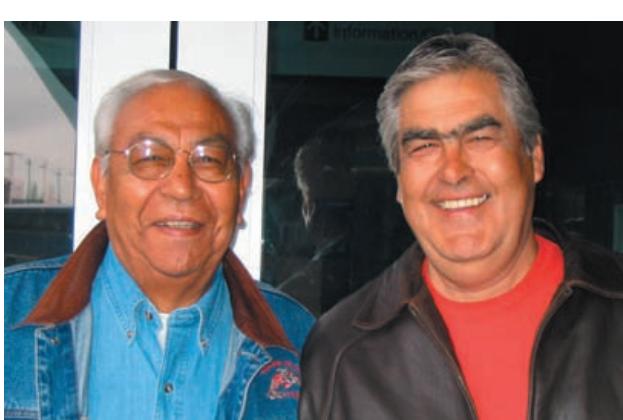
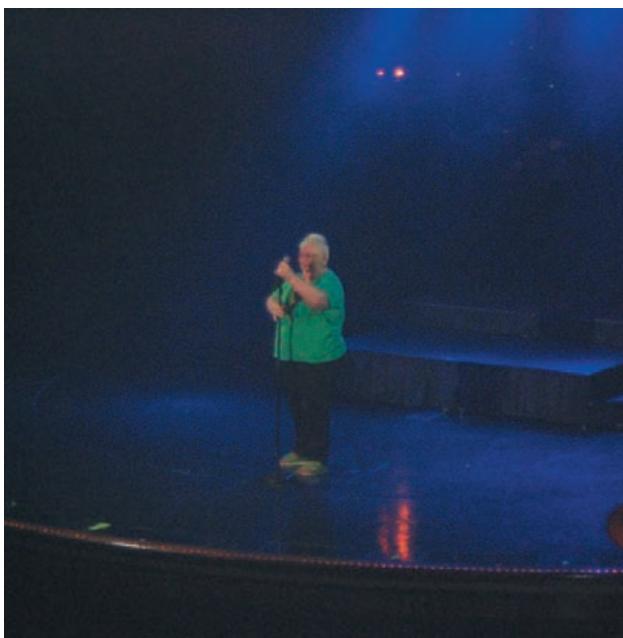
If you are interested in being a participant in this excellent program that has been proven to prevent or postpone diabetes by nearly 60%, contact Patty Suskin, Diabetes Coordinator at (360)432-3929 or stop by the clinic.



Food Group	Monday	Wednesday	Thursday	
Meat/Meat Alternate Vegetable Starch	Pork Roast Green Beans Red Potatoes	3 Beef Stroganoff Steamed Carrots Noodles	5 Chicken Enchiladas Capri Vegetables Brown Rice	6
Meat/Meat Alternate Vegetable Starch	Herb Baked Chicken Steamed Peas Mashed Potatoes	10 Beef Stew Carrots and Celery Wheat Rolls	12 Baked Salmon Steamed Broccoli Rice a Roni	13
Meat/Meat Alternate Vegetable Starch	Potato Bar & Chili Fresh Vegetables Corn Bread	17 Ham & Scalloped Potatos Asparagus Wheat Rolls	19 Meat Loaf Mixed Vegetables Mashed Potatoes	20
Meat/Meat Alternate Vegetable Starch	Tuna Melt/Soup Steamed Vegetables Wheat Bread	24 Chicken Cacciatore Green Beans Noodles	26 Chalupa Fiesta Corn Brown Rice and Beans	27
Meat/Meat Alternate Vegetable Starch	Hot Turkey Sandwich Fresh Veggies Mashed Potatoes	31		



# SENIORS ALASKA CRUISE



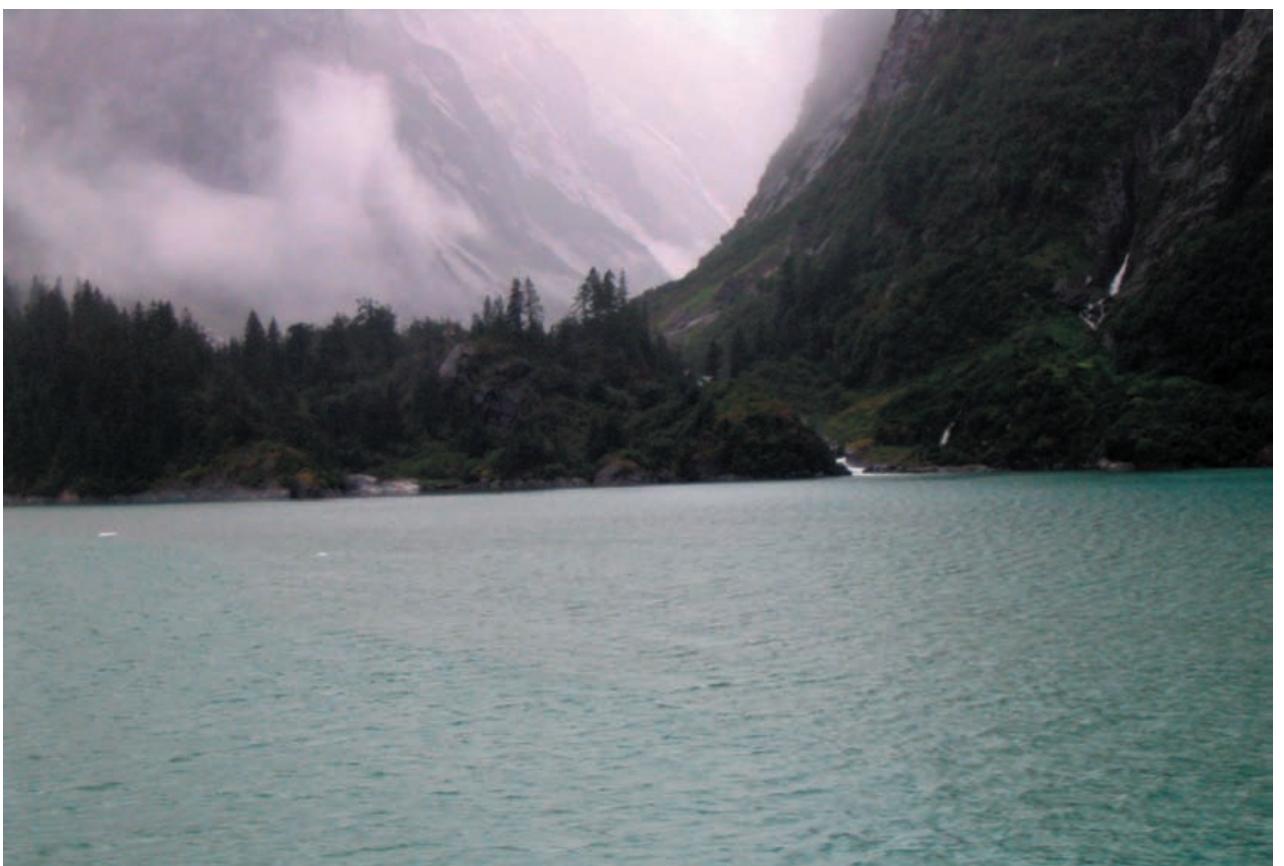


# SENIORS ALASKA CRUISE





# SENIORS ALASKA CRUISE





# SENIORS ALASKA CRUISE





## Kitchen Creations Workshop

On Wednesday, August 31st, eleven Squaxin Island tribal community members met at the tribal center lunchroom to learn how to make 3 stirfry recipes and baked apples. Each group of 3 or 4 worked on a different stirfry recipe. Although Patty forgot to start the rice earlier and wanted to have everything ready at the same time, it all came together for a great tasting session. The recipes were chosen to show different ways to make stirfry with variations such as adding pasta, beans, fresh or frozen vegetables to make quicker meals.

### Why?

- To promote eating more vegetables and fruits.** With the new food guide pyramid, it is recommended that people eat 2 ½ cups of vegetables each day and 2 cups of fruit each day. Studies have shown the importance of eating vegetables and fruits to minimize all types of health problems including diabetes, heart disease, many types of cancer.

- To encourage family meals.** The National Center on Addiction and Substance Abuse ( CASA) shows a strong correlation between family meals and reduced risk of smoking , reduced risk of drinking, reduced use of illegal drugs, and less likely to have sex at young ages. Families who have meals together often have children who do better in school.

We learned a lot our first workshop, and appreciate the honest feedback we had from participants.

### Heart Health/ Diabetes Prevention

- More Fiber (eat more veggies, fruits, beans, whole grains)
- Less Fried food - try instead: BBQ, bake, broil or boil
  - More Vegetables
- Choose lean meats & fish more often (elk, deer, salmon, are healthy choices)
  - Increase your activity

### Thank Yous

- All the participants for taking the time to learn new skills, wearing the hairnets and gloves, being flexible with our first try at this and completing the surveys.
- June Krise & the TANF program for the incentives and support.
- Charlene Krise for taking some photos.
- Chasity Villanueva for stirfrying the tofu without being asked.
- Paula Krise, Traci Lopeman & Chasity Villanueva for helping with cleanup
- Bj Peters for the countless hours in preparing for this event and making it a success! You are awesome!
- Thank you all!

If you are interested healthy meal ideas, the recipes we made, or the next Kitchen Creations Workshop, ( in November or early December), contact Bj Peters at (360)432-3884 [bjpeters@squaxin.nsn.us](mailto:bjpeters@squaxin.nsn.us) or Patty Suskin at ( 360)432-3929 [psuskin@squaxin.nsn.us](mailto:psuskin@squaxin.nsn.us) at the clinic



*Vi Thomas, Paula Krise, Tamika Green and Candace Penn at the table. In the background are Bj Peters, Brenda Dorsey, Julie Owens and Traci Lopeman*



*Vanessa Algea and Patty Suskin after enjoying the food tasting*



*Bj Peters (standing at left), Candace Penn, Willow Henry, Chasity Villanueva, Vanessa Algea, Brenda Dorsey (standing) and Josh Penn*



## Its "That Time of Year Again" Watch Your Children For Signs of Ear Infections

**How do ear infections happen?** Ear infections usually happen when viruses and/or bacteria get inside the ear and cause an infection. It often happens as a result of another illness, such as a cold. If your child gets sick, it might affect his or her ears. It is harder for children to fight illness than it is for adults, so children develop ear infections more often. Some researchers believe that other factors, such as being around cigarette smoke, can contribute to ear infections.

**What's happening inside the ear when my child has an ear infection?** When the ears are infected the eustachian tubes become inflamed and swollen. The adenoids can also become infected. The eustachian tubes are inside the ear. They keep air pressure stable in the ear. These tubes also help supply the ears with fresh air. The adenoids are located near the eustachian tubes. Adenoids are clumps of cells that fight infections. Swollen and inflamed eustachian tubes often get clogged with fluid and mucus from a cold. If the fluids plug the openings of the eustachian tubes, air and fluid get trapped inside the ear. These tubes are smaller and straighter in children than they are in adults. This makes it harder for fluid to drain out of the ear and is one reason that children get more ear infections than adults. The infections are usually painful. Adenoids are located in the throat, near the eustachian tubes. Adenoids can become infected and swollen. They can also block the openings of the eustachian tubes, trapping air and fluid. Just like the eustachian tubes, the adenoids are different in children than in adults. In children, the adenoids are larger, so they can more easily block the opening of the eustachian tube.

**Can an ear infection affect my child's hearing?** Yes. An ear infection can cause temporary hearing problems. Temporary speech and language problems can happen, too. If left untreated, these problems can become more serious. An ear infection affects important parts in the ear that help us hear. Sounds around us are collected by the outer ear. Then sound travels to the middle ear,

which has three tiny bones and is filled with air. After that, sound moves on to the inner ear. The inner ear is where sounds are turned into electrical signals and sent to the brain. An ear infection affects the whole ear, but especially the middle and inner ear. Hearing is affected because sound cannot get through an ear that is filled with fluid.

### **How do I know if my child has an ear infection?**

It is not always easy to know if your child has an ear infection. Sometimes you have to watch carefully. Your child may get an ear infection before he or she has learned how to talk. If your child is not old enough to say, "My ear hurts," you need to look for other signals that there is a problem.

Here are a few signs your child might show you if he or she has otitis media:

- Does she tug or pull at her ears?
- Does he cry more than usual?
- Do you see fluid draining out of her ears?
- Does he have trouble sleeping?
- Can she keep her balance?
- Does he have trouble hearing?
- Does she seem not to respond to quiet sounds?

A child with an ear infection may show you any of these signs. If you see any of them, call a doctor.

## All About Pre-diabetes

### **What is Pre-diabetes?**

Pre-diabetes is a condition that comes before type 2 diabetes. Blood glucose (sugar) levels are higher than normal but aren't high enough to be called diabetes. Pre-diabetes is a silent disease, meaning you can have it but not know it. The good news is that cutting back on calories and fat, being physically active and losing weight can reverse pre-diabetes and therefore delay or prevent type 2 diabetes. Diabetes doesn't go away once you have it, so it's better to prevent it in the first place.

### **How can type 2 diabetes be delayed or prevented?**

In a recent study, people at high risk for type 2 diabetes greatly reduced their risk of getting it by

eating less than usual, increasing their physical activity and losing weight. They:

- Cut down on fat
- Cut back on calories
- Exercised about 30 minutes a day, five days a week, usually by brisk walking
- Lost weight - an average of 15 pounds in the first year of the study

### **Am I likely to have pre-diabetes?**

As you get older, especially if you're overweight, your chances of having pre-diabetes increase. Your doctor should check your blood glucose level if you are:

- 45 or older and overweight
- Under age 45 and overweight and have other risk factors for diabetes

If you are 45 or older and your weight is normal, ask your doctor if you need to be checked for pre-diabetes.

### **Are you at increased risk for diabetes?**

You're at risk for diabetes if you:

- Are overweight
- Are physically inactive
- Have a parent, brother or sister with diabetes
- Are African American, Native American Pacific Islander or Hispanic American
- Have had a baby weighing more than 9 pounds or have had gestational diabetes
- Have high blood pressure (over 140/90 mmHg)
- Have low HDL cholesterol (35 mg/dl or lower) or high triglycerides (250 mg/dl or higher)

### **How can I find out whether I have pre-diabetes?**

Pre-diabetes has no symptoms. You'll need a blood test to check your blood glucose level. Your doctor will use one of these two tests:

The **fasting plasma glucose test** measures your blood glucose after you have gone overnight without eating. This test is most reliable when done in the morning. Pre-diabetes is diagnosed when fasting glucose levels are between 100 and 125 mg/dl. These glucose levels are above normal but not high enough to be called diabetes. A fasting plasma glucose of 126 mg/dl or higher means diabetes.



## All About Pre-diabetes

### **What is Pre-diabetes?**

The **oral glucose tolerance test** measures your blood glucose after an overnight fast and two hours after you drink a sweet liquid provided by the doctor or laboratory. Pre-diabetes is diagnosed when blood glucose is between 140 and 199 mg/dl two hours after drinking the liquid. These glucose levels are above normal but not high enough to be called diabetes. A two-hour blood glucose of 200 mg/dl or higher means diabetes.

### **How can I prevent diabetes?**

To help bring your blood glucose levels back to normal, you can:

- Cut back on calories and fat
- Increase your physical activity

Doing so will make it more likely that you'll lose weight. If you're overweight, losing 5 to 7 percent of your total weight can help you a lot. For example, if you weigh 200 pounds, your goal would be to lose 10 to 15 pounds.

### **Cutting back on calories and fat**

Place a check mark next to steps you'd like to try for cutting down on calories and fat.

- \_\_\_\_ I'll cut back on my usual serving size
- \_\_\_\_ I'll order the smallest portion size when I'm eating out. Or I'll share an entree.
- \_\_\_\_ I'll try calorie-free drinks or water instead of regular soft drinks and juice.
- \_\_\_\_ I'll try low-fat versions of the foods I usually eat. I'll check the labels to make sure the calories are reduced too.
- \_\_\_\_ When cooking, I'll bake, broil or grill and use nonstick pans and cooking sprays.
- \_\_\_\_ I'll eat more vegetables and whole grain foods.
- \_\_\_\_ Other steps I'll take to cut down on calories and fat are:

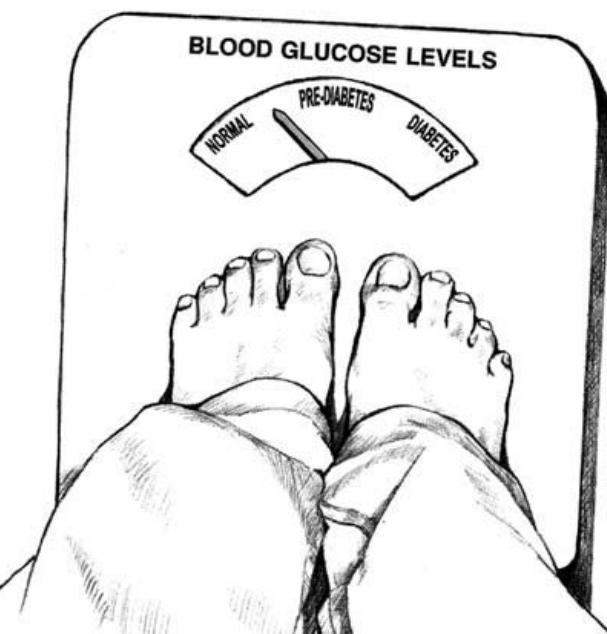
### **Increasing your physical activity**

Place a check mark next to the ways you'll try to add physical activity to your daily routine.

- \_\_\_\_ I'll take the stairs instead of the elevator
- \_\_\_\_ I'll park at the far end of the parking lot.
- \_\_\_\_ I'll find an activity I enjoy, such as working in the yard or riding a bike.
- \_\_\_\_ I'll take a walk every day, working up to 30 minutes of brisk walking, 5 days a week. Or I'll split the 30 minutes into two or three walks.
- \_\_\_\_ I'll try strength training by lifting weights several times a week.
- \_\_\_\_ Other ways I'll try to add physical activity to my daily routine.

### **Are there any medications to treat pre-diabetes?**

No drug has been approved by the U.S. Food and Drug Administration specifically for pre-diabetes. However, several medications available by prescription for diabetes or weight loss have been used in studies. Though certain drugs do seem to delay or prevent diabetes, they don't work nearly as well as eating less, being active, and losing weight. At this time, experts recommend eating less, increasing physical activity and losing weight as the best ways to treat pre-diabetes, instead of taking medications.



## **Over the Counter Drug Recall**

All drugs containing PHENYLPROPANOL-AMINE are being recalled.

STOP TAKING anything containing this ingredient. It has been linked to increased hemorrhagic stroke (bleeding in brain) among women ages 18-49 in the three days after starting use of medication. Problems were not found in men, but the FDA recommended that everyone (even children) seek alternative medicine.

These drugs include some common cold and flu medications (such as Dimetapp) and diet pills.

Most brands have already eliminated this ingredient, but it is important to check the labels, especially on those products that have been in your home for awhile. Products that have used this product include Robutussin, Dimetapp, Alka Seltzer, Acutrim and Dexatrim, etc.

You may want to try calling the 800 number listed on most drug boxes and inquire about a RE-FUND.

For more information, visit the FDA website at <http://www.fda.gov/cder/drug/infopage/ppa/>

## **Do You Need a Flu Shot?**

Pam Peters, RN- The flu season is around the corner and let's face it - the flu is no fun. And at times it can be a killer.

Health officials from the Center for Disease Control say the following groups should have flu shots:

- Children 6 - 23 months old
- Older adults 65 or older
- Residents of nursing homes and long-term care facilities
- Healthcare workers giving direct patient care
- Out-of-home caregivers or those working directly with children under 6 months old
- People with weakened immune systems, diabetes, asthma or chronic respiratory, heart or kidney conditions

\* *The Squaxin Island Health Clinic expects to receive their supply of flu vaccine at the end of October.*



# HEALTH & HUMAN SERVICES



## Outdoor Activity of the Month

*Learn the forest of the  
Centennial Demonstration trail*

### WHAT

Centennial Demonstration Forest Trail

### WHERE

Six miles south of U.S. Highway 101, the Centennial Demonstration Forest Trail is off of Delphi Road in the Capitol State Forest. It is a shorter version of its neighboring trail, the McLane Creek Nature Trail.



### TO DO

Hike through the tunnel of untouched vegetation on the 0.75-mile loop. The serene environment offers a perfect getaway from noise surrounding the city. Escape during the half-hour walk, embracing the sounds of rain dripping off millions of leaves or hearing the songs of birds echoing from tree to tree.

### TO SEE

Forest fact signs are placed along the trail to make sure the hikers get a piece of forest knowledge along with a gorgeous view. Rain or shine, the trail beams with bright shades of green and brown in every direction. In various parts of the hilly terrain, the vegetation is so thick, the sky is no longer visible. This trail offers a cool getaway from the hot summer sun.

### HIKE DETAILS

The Centennial Demonstration Forest path is a narrow, bark-chip trail going up and down small hills. The trail crosses natural creeks trickling down the hillside. Kick back and enjoy the sights and sounds of the Capitol Forest on one of the trail's two benches. There is no restroom on the Centennial Demonstration Forest Trail, but farther down the road at the McLane Creek Nature Trail, a restroom is available. This trail would also be enjoyable for dogs -- just make sure they stay on a leash.

### EQUIPMENT

A water bottle is recommended because there is no place to get water along the way. Hiking or fitness shoes also are needed because this is a trail, not a paved path.

### DIRECTIONS

Take Hwy 101 south toward Olympia. Take the Mud Bay Road Exit and turn left, take the freeway overpass and drive up the hill. Turn right onto Delphi Road. Follow Delphi for approximately six miles. Take a right onto McLane Creek and Centennial Demonstration Forest Road. There will be a sign. Park in the first parking lot for the Centennial Demonstration Forest Trail.

### RULES

Drive with caution. Keep speed under 25 mph. No littering. Stay on the path and do not go onto closed trails. Respect the rights of others on the trail.

### SAFETY

The trail is narrow and will have roots and rocks poking out of the ground in various areas. Watch out for some unmarked hazards, such as fallen trees that might be next to or blocking parts of the trail. Bug repellent also is recommended.

### PARKING

Parking is available next to the trailhead. The Centennial Demonstration Forest Trail parking lot is the first parking area on the right side of the road. Parking is limited, so if possible, try to car pool.

### INFORMATION

More information can be found on the Washington State Department of Natural Resources Web site or by calling 800-527-3305, ext. 111. Also, refer to the City of Olympia Regional Trail Guide information regarding this trail and many others.

## Another Commodities Tasting

### *Rice and Beans with Tomatoes!*

On Thursday, September 1st, during commodities distribution, Bj Peters offered tastes of rice and beans with tomatoes. Recipe tasting is available to give people ideas on how to prepare and eat more vegetables and fruits. Recipes are chosen by Patty Suskin and Bj Peters to include foods that are commonly used and available through the commodities program. Nutrition information was available for people to take home and included information on fiber, beans, and 50 ways to eat more vegetables and fruits. If you are interested in healthy eating ideas, stop by the pamphlet racks in the lower level of the clinic or contact Patty Suskin at (360)432-3929. Look for Bj at future commodities tastings!



Tonya Henry and Ida Cooper



Jean Sigo and granddaughter



# HEALTH & HUMAN SERVICES



## Join Us for the Thursday Walks!

Thanks to Lorna Gouin, Brooks Farrell and Alene Whitener for joining us on August 18th, as shown in this photo. We go at your pace and enjoy chatting along the way. We start from the Elder's lunchroom at about 12:40 & walk for about 20 minutes. For more information, Contact Patty Suskin, Diabetes Coordinator, at (360)432-3929 at the clinic. Hope to see you!



## Providence Health Fair

**Saturday, October 1**

10 a.m. – 4 p.m.

**Westfield Shoppingtown Capital Mall**

Check your health while you shop!

*Free screenings*

- Glucose
- Fall prevention
- Blood pressure
- Breast Cancer Risk
- Cholesterol & HDL (\$10)
- Depression and Anxiety
- Child Immunization Review

*Free Activities & Info.*

- Massage
- Knee & Hip Pain
- Home & Hospice Care
- Chemical Dependency
- Lymphedema
- Maternity
- Interactive Golf Demo



## Congratulations Raffle Winner



**Nancy Barker**  
**September Womens Health**

## Upcoming Health Events

### BRIEF WALK

Every Thursday at 12:40  
Meet at the Elder's Building

### MAMMOGRAM & WOMEN'S HEALTH

October 27th  
Call Rose Algea @ 360-432-3930

### HEALTHY HABITS FOR LIFE

Take charge of your health!  
Tuesdays noon to 1:00 p.m.  
Tribal Center Lunch Room  
Contact: Patty Suskin @ 360-432-3929

### BREAST CANCER WALK & HEALTH FAIR

Saturday, October 22nd  
Squaxin Island Reservation Area  
Contact Rose Algea @ 360-432-3930

### COMMUNITY HEALTH WALK

Thursday, October 20  
Meet at Elder's Building at 12:40 for  
a 20 minute walk around the REZ  
All SPIPA tribes will be taking a walk in their area at  
the same time- for diabetes prevention!

### DIABETES & DEPRESSION WORKSHOP

Thursday, November 10th  
1:00 - 2:00 p.m. at the clinic  
Everyone is welcome

### NISQUALLY MEDICINE CREEK TREATY WALK

Led by Cynthia Lyall, Nisqually  
Thursday, October 27th  
Leave Elders' parking lot at 8:45  
Back by Elders' lunch

### FALL HARVEST

Saturday, October 29<sup>th</sup>

### STAY TUNED FOR:

Diabetes Support Group  
Kitchen Creations  
Commodities Tasting

Contact Patty Suskin for more information at  
(360)432-3929 or stop by the clinic  
Contact: Patty Suskin @ 360-432-3929  
or  
Bj Peters @ 360-432-3884

# COMMUNITY

## Happy Birthday

Jess Ehler  
 Donna Penn  
 Carmen Varela  
 Adam Mowitch  
 Clinton Kruger  
 Nichole Seymour  
 Steven Sigo, Jr.  
 Lorenzo Solano  
 Lydia O'Brien  
 Jeremiah Whitener  
 Michael Todd  
 Shiloh Henderson  
 Russell Pleines  
 Zachery Clark  
 Mike Krise  
 William R. Peters  
 Theresa Davis  
 Yum Krise  
 Elizabeth Perez  
 Ronald Day  
 Colton Gott  
 Matthew Nelson  
 Addison Yvette Peters  
 Susan Clementson  
 Dontae Hartwell  
 Mike Peters

10/1      Sharon Ahrens  
 10/1      Draven Brown  
 10/1      Sabrena Johns  
 10/3      Larry McFarlane, Jr.  
 10/4      Jericho Hartwell  
 10/4      Ray Peters  
 10/4      Steven Sigo, Sr.  
 10/4      Savannah Fenton  
 10/5      Joseph Seymour  
 10/6      Troy Baxter  
 10/6      Bobbi Filipetti  
 10/6      Charles Bucher  
 10/6      Ruth James  
 10/7      Wilson Johns  
 10/7      Mitchell Coxwell  
 10/7      Kelli Davis  
 10/8      Charles Lacefield  
 10/8      Shanika Cooper  
 10/8      Christina Lorentz  
 10/9      Clara Seymour-Luby  
 10/9      Danielle Whitener  
 10/9      Trelace Gallagher  
 10/9      Christine Thompson  
 10/10     Brenda Thomas  
 10/11     Michael Henderson, Jr.  
 10/11     Bear Lewis

10/12     Leroy Yocash  
 10/12     Anthony James  
 10/12     Pete Kruger, Sr.  
 10/12     Danielle White  
 10/12     Eric Johnson  
 10/13     Rose Algea  
 10/13     Daren Brownfield  
 10/14     Marjorie Hill  
 10/14     Roger Hartung, Jr.  
 10/15     Donna Baker  
 10/15     Erika Poste  
 10/16     Lisa Braese  
 10/16     Mario Rivera  
 10/17     Dione Whitener  
 10/17     Joseph James  
 10/17     Ellen Davenport  
 10/17     Dione Johnston  
 10/18     Andrew Crone  
 10/18     Mariano Bello  
 10/18     Ronnie Johns  
 10/18     John Krise II  
 10/19     Carie Kenyon  
 10/19     Tori Kruger  
 10/19     Tanya Anderson  
 10/20     Marvin Henry, Jr.  
 10/20     Sam Luby  
 10/21     Wilma Morris

## What's Happening

October 5th - family court  
 October 11th and 25th - criminal/civil court

								1
								Bible Book Club 10:30 Mary Johns Room Food/Transportation
2	3	4	5	6	7	8		
		Church 7:30	Drum practice 6:00 p.m., MLRC	Brief Walk After Lunch	AA Meeting 7:30			
9	10	11 <i>Court</i>	12	13 <i>Council Mtg.</i>	14	15		
		Church 7:30	Drum practice 6:00 p.m., MLRC	Brief Walk After Lunch	AA Meeting 7:30			
16	17	18	19	20	21	22		
		Church 7:30	Drum practice 6:00 p.m., MLRC	Brief Walk After Lunch	AA Meeting 7:30			
23/30	24/31	25 <i>Court</i>	26	27 <i>Council Mtg.</i>	28	29		
		Church 7:30	Drum practice 6:00 p.m., MLRC	Brief Walk After Lunch	AA Meeting 7:30			

### FYI

The Tribal Gaming Agents Office will be located in the trailer behind the casino until renovations are complete.

\*Photo by Russel Cooper



# COMMUNITY



## Happy 50th Birthday

### Brooks Farrell

Brooks Farrell turned 50 years young on Saturday, September 3rd. The staff surprised him a few days before his birthday with a cake and gag gifts. Happy Birthday, Brooks!



## Happy Birthday (October 12th)

Daddy (Larry)  
Love Your Baby Girl  
(Dominique)

## Happy Birthday (October 1st)

Mom (Donna)

We Love You Very Much and Appreciate  
Everything You Do for Us.

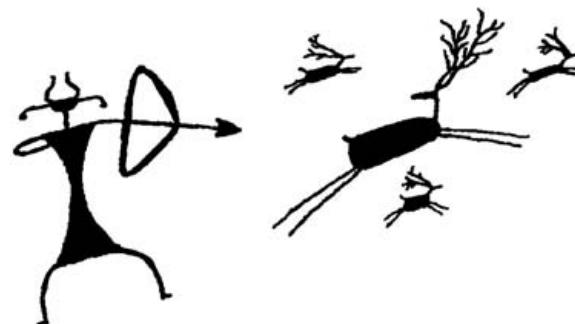
Love,  
Your Girls and Your Wonderful  
Grand kids

## Happy 17th Birthday Shiloh (October 6th)

Love,  
Aunt Misti, Uncle Miguel and the Kids,  
Mom, and Jake,  
Grandma and Grandpa

## Happy 13th Birthday Michael (October 20th)

Love,  
Aunt Misti, Uncle Miguel and the Kids,  
Mom, and Jake,  
Grandma and Grandpa



## Hunter Safety Class

Shelley Rawding - Officer Richard Coley taught the Hunter Safety Education Course in September. The class was held two weekends, totaling 20 hours. Students in the first class were somewhat distracted as the thunder and lightning hit and knocked out the power. We were lucky to have Jutta Riediger from SPIPA do a one-hour segment on diseases from ticks and blood. It was a very interesting topic and the kids now realize the importance of health and safety while hunting. Those who completed the training this year were Taylor Wily (right), Jefferey BlueBack (second from right), Josh Miller (left) and Alysha Ellenberger (second from left). Good Luck Hunters – Be Safe!





## New Intertribal Professional Center is All Spruced Up and Ready for its New Inhabitants



Occupation of the new Intertribal professional Center, which now houses SPIPA and some Squaxin Island programs, began on Monday, September 26th. In the photo above Cowboy begins to put the finishing touches on the landscape. He single-handedly built a wonderful path leading from the building through the woods. It will be a great place for staff to unwind during breaks!!! Thanks to everyone involved in the construction of this gorgeous facility!

