Rain in the Mountains, a Film by Fox Hall Films, is Released and Available at the MLRC

Kassidy Whitener Stars as "Lisa" and James Peters is Sound Recordist

A recently released film, entitled "Rain in the Mountains," and produced by Fox Hall Films, was recently released and is available at no cost for tribal members at the Squaxin Island Museum Library and Research Center (Kassidy’s proud mom, Melissa, made copies). Contact Ruth Whitener for your copy.

The film, a winner of Sundance Film Festival awards, is about Eric Smallhouse, a Native American man who, thanks to the words of a spirit he encounters when taking a new road home, believes it is his destiny to lead his people back to the old ways. The only problem is that Eric was raised off the reservation and doesn’t know the old ways. But he’s not the kind of guy who will let that stop him. Against his wife Lindsay’s objections, he tries to teach his 12 year-old son, Todd, various ‘authentic’ activities. Failing miserably and learning the hard way that things weren’t any easier back before the white man brought electricity, Eric soon begins to think that the modern world with all of its modern conveniences is the real enemy. With help from the spirit who told him his destiny, Eric makes plans to strike back at modern convenience, but his antics soon leave him on the run from the U.S. government.

The film was written and produced by Joel Metlen who also served as Director of Photography.

“There are many Indians who have been raised off the reservation or who have never learned the traditions and ceremonies of their own tribes,” he said. “They’re often referred to as ‘urban Indians,’ and many of them eventually do try to reconnect with the cultures of their ancestors and to learn the old traditions. It can be a very difficult road to travel. This film is the story of how one urban Indian tries to reconnect himself and his family with the ways of their ancestors. It’s about an attempt to give his son what he himself never had - a sense of belonging. During the making of this film, many Indians from many different tribes told me that they really identified with the main character’s journey because they themselves had gone through very similar journeys in their own lives.”

Raised in Olympia, Joel graduated from Tisch School of the Arts at New York University with a Film and TV Production degree in 2003. He has directed 10 short films and has been the director of photography for 14 short films and one lecture film. In 2004, he won the first place prize from the Richard Vague Fund for his script Rain In The Mountains.

Continued on Page 3
Tribal Gas Tax to Fund Transportation Projects

Kelly Croman - In the coming year, the Tribal community will see major improvements in transportation infrastructure and services as a result of a lawsuit won by the Squaxin Island and Swinomish Tribes earlier this year. These improvements will occur on and near the Reservation, and will include road and bridge construction and maintenance and other improvements.

The first major project has already begun. The Tribe is contributing about one million dollars in funds received from the BIA to cover 80% of the replacement cost for the Skookum Creek Bridge on Old Olympic Highway – a bridge declared obsolete due to safety concerns in the 1990’s. As a result of the lawsuit, the Tribe will use new tribal fuel tax dollars for planning and other in-kind services related to this project.

The Tribe will also be spending fuel tax dollars for other road planning, construction and maintenance on the Reservation.

And, the Tribe has begun planning for another major off-reservation project – significant repair and upgrades to the public boat launch at Arcadia Point and related parking and other facilities. In addition to Tribal members, those facilities are primarily used by the non-tribal commercial shellfish industry and the general public. New fuel tax dollars will help the Tribe leverage additional financing to complete this project.

The Tribe is collecting fuel taxes under existing Tribal law and the terms of a one-year agreement made with the state Department of Licensing. The agreement with Licensing was made as a result of the Tribe’s victory in a case filed by the Squaxin Island and Swinomish Tribes in December 2003. Judge Thomas Zilly issued an order in that case which declares that the legal incidence of the state gasoline and diesel taxes falls on the retailer, not on the ultimate consumer where state statute attempted to place it. The “legal incidence” of a tax falls on the party who is ultimately legally responsible to pay it; this is different than the “economic incidence”, which falls on the party who ultimately bears the financial burden of a tax – almost always the customer who purchases the product.

As a matter of federal law, when the legal incidence of a state tax falls on a Tribe or its members in Indian country, the state may not impose that tax. Because Judge Zilly found that the state’s fuel taxes fall on the retail level, he required that the state notify fuel suppliers and distributors that they may not tax sales of fuel to the Squaxin Island Tribe’s and Swinomish Tribe’s fuel retailers. Effective April 1 of this year, the Kamichle’ Trading Post began substituting a Tribal fuel tax equivalent to the state tax on all fuel sales under previously adopted Tribal law.

The state responded to the Judge’s decision by filing an appeal, and by attempting to pass legislation that would have moved the legal incidence of the tax to the supplier/importer level. If the legislation had passed, fuel would have been taxed before it arrived on the Reservation, rendering Judge Zilly’s ruling irrelevant. But, arguing that one or more Tribes could occupy the supplier/importer position and make tax exempt sales to Tribes and non-Indian distributors, several Tribes kept the legislature from passing the bill in the 2007 session.

In the meantime, the Squaxin Island and Swinomish Tribal Chairs have met with the Governor, representatives of the Attorney General’s office and the Department of Licensing to forge a one-year agreement. Under that agreement, the Tribes will impose a tribal fuel tax equivalent to the state fuel tax and keep 75% of the revenues for transportation purposes including road planning, construction and maintenance, police services, and transit services. The Tribes and the state have also agreed to work together in the 2007 legislative session to obtain passage of a bill that would move the legal incidence of the fuel tax to satisfy the state’s concerns, and create fuel tax compact opportunities for the Tribes so that the one-year agreement may become permanent.

This win-win solution is a positive first step in a new cooperative relationship developing between the state and tribal governments to ensure that transportation needs are met for all travelers, on- and off-reservation.
Who Are These Handsome Protectors of Freedom?

Rain in the Mountains

Continued From Page One

Twelve year-old tribal member Kassidy Whitener offered an outstanding performance of a young friend and neighbor named Lisa. Tribal member James Peters did a phenomenal job as Sound Recordist. James graduated from the Art Institute of Vancouver/Burnaby in British Columbia in June, 2005, with a degree in Digital Film. He worked on many projects in Vancouver, including filming several of the Olympic athletes. He also worked on the set for the movie "Five People You Meet in Heaven," "Chronicles of Riddick," "Scooby Doo 2," "Stargate SG1," "Smallville," and "Mothers Against Drunk Driving National Commercial." James is the son of Mark and Marlene Peters.

Outside of being a movie star, Kassidy enjoys sports and spending time with her mom.

Congratulations Kassidy on Your Movie Rain in the Mountains, on Making the Football Team of All Boys "Griffin Grizzlies" and for Getting All A’s in the 7th Grade! I Am So Proud of You!!!

Love, Mom

Tribal Council Resolutions

06-71: Enrolls James Sen
06-72: Enrolls Isabel Cools
06-73: Enrolls Tanalee Mendoza
06-74: Enrolls Trent Brown
06-75: Authorizes payment of membership dues to Affiliated Tribes of Northwest Indians (ATNI)

Squaxin Indian Bible Church

Sundays at 11:00 a.m.
Mary Johns Room
Pastors Ron and Kathy Dailey
For more information, call 432-3009
Fall Maintenance

Submitted by Lisa Peters, Office of Housing - It may seem early but now is the time to think about fall maintenance of the home. Everyone is busy with school and fall activities and winter will be here before we know it. By doing a maintenance check now, the home will be ready for winter and it will save time and money later. Schedule these jobs to be done this fall as time permits and involve the family in making the home and yard ready for next season.

- Rake debris away from the sides of the house and other outbuildings.
- Clean out gutters and check down spouts and roof for leaks.
- Clean out deck debris above joists.
- Note any foundation, brick or stucco cracks.
- Clean around air condition compressor.
- Trim away any limbs or shrubs touching the house.
- Clean flower beds and garden areas.
- Inspect and replace any worn weather-stripping.
- Inspect and clean windows, check storm window, if they are used.
- Inspect and lubricate windows for emergency exits.
- Clean window wells and under decks and porches.
- After gardening season, clean and oil tools.
- Check chimney and have it cleaned, if necessary.
- Check crawl space for broken heating ducts, mold, excess moisture or insects.
- Prepare mowers and all yard equipment for storage.
- Clean the garage and/or storage shed.
- Find proper storage for summer games and sports equipment.

Six Ways to Trim Holiday Spending

Submitted by Lisa Peters, Office of Housing

1) Assign a dollar amount to holiday cheer. That is, how much can you reasonably afford to spend on holiday gifts without giving yourself ulcers in January? You probably already have a good sense of what this amount is. Maybe it's a certain percentage of your monthly salary, maybe you can just pull a number out of the air that feels "reasonable." Whatever that number is, stick to it.

2) Next, make a list (and check it twice). List all the people you’d like to buy something for. Set a dollar amount (in stone) to spend on each person. Include ALL costs --- gift-wrap, shipping, cards, and stamps.

3) Don’t leave home, or log on to shop, without your holiday gift list. It will keep you on track, plus you won’t forget anyone if you have your list.

4) Forget the plastic. Unless you know you can pay your holiday bill in full, don’t charge it. Use cash and give yourself the gift of not having a huge after-the-holiday’s-over credit card bill hangover.

5) Give your time as well as your money. Lots of people would love to receive a free night of baby sitting rather than bath salts. Don’t be concerned about being "cheap." It really is the thought that counts, so do the best you can.

6) Start a Christmas Club account for next year. Starting in January, set aside money for next year’s shopping, it could be in your checking or savings account, or even in an envelope. Just a little put away each month will make next year’s holiday shopping that much easier and stress-free.

Canoe Journey Photos Wanted

Kim Burrows, Director of Little Creek Casino Hotel Operations, is looking for quality photos from the journey for art for the new tower. Tribal members that may have photos they would like to submit for consideration are encouraged to contact Kim as soon as possible. hotelgm@little-creek.com.

Keep Out Unwanted Pests

Soni Cochran
UNL Extension Associate

Cooler temperatures are here and you may find a few unwanted guests making their way into your home. Millipedes, crickets and wolf spiders are some common “accidental invaders” stumbling into homes trying to escape the chill of fall. Most of these visitors are not going to cause a problem because they won’t be able to survive in the home environment. Homes are too dry and there probably won’t be enough food to keep these pests alive.

Many of these short-lived visitors can be controlled without pesticides—a fly swatter, broom or vacuum will work nicely. Gently sweep the beneficial wolf spider into a jar and release it outside away from the house. Snakes who find their way into the home should also be captured and released.

Accidental invaders are not the only creatures looking for a safe haven. Mice and rats quickly take advantage of unchecked openings around the home. These creatures, unlike accidental invaders, can take up permanent residence in your house damaging your property and possibly spreading disease. Their control can be more difficult and expensive if they become established.

Protect your home from unwanted guests by “pest-proofing.” By taking a few moments now to inspect your property, you may prevent rodents, snakes and insects from using your home as a winter hideaway.

Here are some things you might look for:
- Make sure all cracks around the outside of your house are sealed so mice, rats, snakes and insects can’t squeeze in (rats can get through openings 1/2-inch in diameter—mice can get through holes no bigger than a dime). To fill openings, use something strong like cement, mortar or caulk. Steel wool can be used as a temporary fix. Stuffing cracks with cloth won’t help and rodents may use it or for bedding.
- Holes and other rodent damage in your home or garage need to be repaired and protected. Make repairs and, if necessary, cover the damage with hardware cloth (1/4-inch squares). If you cover rodent damage with a piece of wood, rodents may chew right through it again.
- Doors, windows and screens should be in good repair and fit tightly. Caulking will also keep pests out and help lower fuel bills.
- Do your floor drains need screens? If so, ask a professional to help you select the screen size.
- Check around your dryer vent and other openings to make sure they aren’t being used as a handy way to get into your house.
- Removing leaves and grass clippings from around the foundation, cleaning out window wells and general yard clean-up will get rid of hiding places for pests near the home.

For more information on how to pest proof your home, please contact the UNL Extension in Lancaster County.
Walking On

Leo Gene Henry

Leo Gene Henry, a beloved Squaxin Island Tribal Member and lifetime Shelton area resident, died on Thursday, August 31, at Shelton Health and Rehabilitation Center. He was 58.

He was born on November 22, 1947 in Tacoma to Walter J. and Theresa (Cooper) Henry.

He married Paula Henry in 1989. Previously, he was married to Todga Austin in 1978 and Maryanne Haney in 1968. Both of those marriages ended in divorce.

He worked for Simpson Timber Company as a logger at Camp Govey, as a security employee at Kamilche Trading Post and as a brush picker.

He enjoyed clam digging, going to Little Creek Casino Resort, visiting family and friends and sports.

He was preceded in death by his father, Walter Henry Sr.; mother Theresa Faye Cooper Henry Nason; siblings Catherine Henry, Vernon Henry, Bennett “Spike” Henry, Ed Henry, Verna Henry, Walter Henry Jr. and Marlene Henry.

Surviving are his wife, Paula Henry of Kamilche; former wives Todga Austin and Maryanne Haney; biological daughters Maralee Hopkins, Debra Henry, Laura Henry and Lilly Henry; biological son Beau Henry; stepdaughters Juana Perry, Dorthey Nelson, Corri Coleman and Jasmine Nelson; brothers Marvin Henry and Raymond Henry; sisters Barbara Henry and Sue (Henry) McFarlane; and 23 grandchildren.

Viewing was at 9:00 a.m. on Thursday, September 7, at the Squaxin Island Tribal Center, followed by a funeral service at 11:00 a.m. Ron Dailey and Rose Algea officiated. Inurnment is at the Skokomish Y Cemetery.

The Tribe is grieving the loss of Tribal Elder Buddy Cooper Who passed away on September 19th, Community Member Bob Gouin who passed away on September 6th and Kelly Riley who passed away in August. Watch for a full write-up in next month’s Klah-Che-Min.

To the Henry Family

I want to apologize to the Henry family. I really felt all of you were disrespected at Leo’s funeral. I did not feel right about eating dinner when your loved one was still there, and I feel it was not right the family did not get served dinner first. I would like to apologize because I also took part in eating the meal. I was in disbelief when the family was saying their final good-bye and taking your loved one out of the gym while everyone was eating. It did not feel right. I hope you can forgive me. I hope whoever started the dinner line can come and apologize to the family, as it was rude and disrespectful to all of you. I am truly sorry for your loss, and I will certainly miss Leo. Especially the way he would look at me with one eyebrow raised and say with a deep voice, “What are you doing?” then he would laugh. My prayers are with all of you.

Sincerely,
Rose Blueback

Thank You

I really appreciate Tribal Council for giving the Henry family financial assistance for Leo's family, daughters and brother. I really appreciate what you've done for all of us. Thank you so much, especially Jim Peters

Sincerely,
Barb Henry

New Employees

Jessica Solano
Receptionist

Hello, I’m Jessica Solano. I live on the Rez with my husband, Marco, and my four children, Lorenzo, Austin, Alex, Giovanni Solano. I look forward to meeting you all. Stop by and say hi. Hoyt.

Lil Kruger
Records Specialist

Hello again! I’m Lil Kruger and I’m happy to say I’m back at the Tribal Center working as the Records Specialist. I really enjoy being here and seeing all of you!
Qwu?gwes Heritage Site 2006

By Dale Croes and Rhonda Foster - We just completed the eighth Summer at Qwu?gwes! It seems like we started the training program and found the cedar bark gill net a few years back, but it was way back in 1999. This summer we continued to record the wealth of shellfish being harvested over the past 700 years. In the area where the shellfish and other food were being prepared, we also found five arrow points in one area in one day. And we found the small edge of a basket with a decorated top edge early in the summer in the waterlogged intertidal area of the site.

Some of the most memorable times for this summer’s Qwu?gwes field school involved our field trips to meet with Squaxin paddlers on the Paddle to Muckleshoot. We spent the weekend at Neah Bay when the crew came in from their West Coast journey. We were able to tour the Makah Museum with the Squaxin crew, led by Makah Elder Ed Claplanhoo. And we had dinner and breakfast in the community hall and drove up and hiked to Cape Flattery before returning to Olympia. The next Sunday we set up tents at Muckleshoot (where we could hear the Tom Petty concert at the White River Amphitheater!), and went to Sand Point on Lake Washington the next day to help bring in the canoes. The Qwu?gwes field school crew helped carry the canoes to their trailers for the trip back to Muckleshoot.

Towards the end of summer Sally (Sis) Brownfield visited Qwu?gwes and helped one of the students excavate in the waterlogged inter-tidal area of the site. At the very bottom of the cultural layers, they encountered a top edge of a basket or basket trap with a rope looped handle. We called Ed Carrier, who makes cedar bough pack baskets at Suquamish. Ed helped Jolene Grover learn how he makes pack baskets last winter to help her with a paper she was preparing on the Qwu?gwes basketry. He was thrilled and said he would come up by noon the next day, Ed was gracious to assist us with the identification.

Rhonda and Margaret Seymour-Henry came out that morning and all of us discovered that it was not just a small fragmented basketry edge, but the whole mouth of a basket or basket trap—three feet across and it lay at the very bottom of the site (so is at least 700 years old). It had been collapsed so this would make it 6 feet in diameter. Because it was the end of the summer school, the basket/trap was covered with porous cloth and will be excavated next summer (after all it has been there for 700!).

Ed came back two days later and showed the students baskets he makes including a pack basket with a tumpline strap for carrying on the forehead. Two hours after showing us this basket, we found a section of an ancient cedar bark twill-weave tumpline in the site!

As we backfilled, a final highlight of the summer was the visit by George Krise and Will Henderson. They heard about the basket or basket trap, but arrived after it had been covered up for the year. However, George generously told our students about the highlights of the canoe journey, paddling up the West Coast, passing inside Ozette Island, rounding Cape Flattery rocks and the trials of the trip down the rough waters of the Straits to Muckleshoot.

It was an amazing summer and we look forward to next summer when we can jointly excavate the remarkable basket/trap discovered this summer, with it’s finally resting place being exhibited at the Squaxin Island Museum, Library and Resource Center.

Squaxin Island Tribe and Quinault Nation Sign First Ever Cultural Resources Agreement With USDA’s NRCS

Leaders from the Squaxin Island Tribe, the Quinault Tribe and USDA’s Natural Resources Conservation Service (NRCS) met on August 29th for a joint signing ceremony for their first ever Cultural Resources Tribal Programmatic Agreement. The event took place at the Squaxin Island Tribal Administration office. The purpose of the agreement is to coordinate cultural resource protection between NRCS and the Tribes. Each sovereign Tribe signed a separate agreement with the NRCS.

“This has been a dream for well over a year,” said Larry Ross, Squaxin Island Tribe Cultural Resources Specialist. “This makes our working relationship much simpler because it spells out exactly how each party is supposed to do things.”

Washington State Conservationist for the Department of Agriculture, Natural Resources Conservation Service, Gus Hughbanks agreed, saying, “This is a win-win for all of us. Cultural resources are important not only to us, but to all the people of Washington State.”

The NRCS has an obligation under the National Historic Preservation Act to consult with tribes and private landowners who are requesting conservation assistance, as well as other interested stakeholders.

“These agreements help protect Washington’s irreplaceable historic and cultural resources, preserving them for the future,” Gus said.

Pictures on Page 16.
Youth News

Bill Kallappa - Eager Squaxin Island students returned to school this month in anticipation of yet another great school year. Tu Ha Buts Learning Center provided Squaxin students with Wal-Mart cards to assist with back to school shopping for school supplies for backpacks, pencils, pens and paper, as well as other supplies necessary to start the year off right. Thank you TLC for the help!!

The After School Program started off a little slow, but attendance quickly rose during the second week of school. The Program runs daily from 3:00 p.m. to 6:00 p.m. and offers youth a variety of programming. There is Homework Help available upstairs as well as the Computer Lab for those who need internet access or computers to finish their homework. Downstairs in the Recreation Room, board games are available, as well as organized games for those who wish to participate. There is also a daily menu of snack items available to those attend the program! Check out the calendar for daily activities!

School age youth, ages 13-18, are needed to participate in Youth Council now that the school year has begun. Youth Council meets every Wednesday at 4:30 to discuss issues, plan youth activities such as conferences as well as assisting with community events such as Halloween or helping the elders with different activities. So, if you are between the ages of 13-18, please come and attend Youth Council!!

Watch for the flyer about the Haunted House coming soon!
Mentoring of Youth
What Do Young Mentees and Mentors Have in Common?

Lynn Olson, Mentoring Coordinator - If you have not signed up to be a Mentor through the Squaxin Island Tribe Mentoring Program because you are concerned that you don’t have anything in common with the younger generation, let me assure you that you do!

A mentor is a caring, adult friend who devotes time to a young person. Although mentors can fill any number of different roles, all mentors have the same goal in common: to help young people achieve their potential and discover their strengths while having fun.

Mentors understand they are not meant to replace a parent, guardian or teacher. A mentor is not a disciplinarian or decision maker for a child. Instead, a mentor echoes the positive values and cultural heritage that parents and guardians are teaching. A mentor is part of a team of caring adults.

A mentor’s main purpose is to help a young person define individual goals and find ways to achieve them. Since the expectations of each child will vary, the mentor’s job is to encourage the development of a flexible relationship that responds to both the mentor’s and the young person’s needs.

By sharing fun activities and exposing a youth to new experiences, a mentor encourages positive choices, promotes high self-esteem, supports academic achievement, and introduces the young person to new ideas.

For more information about the Mentoring Program of the Squaxin Island Tribe, please contact:
Lynn Olson
Mentor Coordinator
Tu Ha’ Buts Learning Center
Squaxin Island Tribe
70 SE Squaxin Lane
Shelton, WA 98584
360-432-3957 office
360-490-7037 cell
360-426-7897 fax
lolson@squaxin.nsn.us

POSSIBLE ACTIVITIES
Help with homework
Watch a movie
Play catch with a baseball or frisbee
Write a resume
Do a mock interview
Balance a checkbook
Write a budget
Listen to music
Order takeout and eat on the lawn
Read a book together
Do a craft project
Write a play; write a song
Eat lunch together
Make a poster; create a collage
Color together
Design a new wardrobe
Attend a school event (i.e. sporting event, band concert, plays, award assemblies)
Plan a project for school
Plan how to make healthy choices about day-to-day life, from food to exercise and beyond
Create a dream catcher, drum or sand painting  Read a newspaper
Play board games (Chess, Monopoly, Candy Land)
Learn to use a camera and take photographs
Make greeting cards
Send a card
Take a tour of the Squaxin Island Museum
Explore culture in the Museum library
Search the Internet
Seek out and share Web sites based upon what you know about your mentor/mentee
Set goals
Help mentee to earn a Boy or Girl Scout badge
Create a board game together with index cards, cardboard and other items
Play computer games
Make a kite and fly it
Keep a scrapbook or journal of your experiences together
Set career goals and start taking steps to realize them
Think through a problem at home or school
Weave a basket; headband
Carve a paddle, mask or flute

Computer Lab
The Computer Lab is open and will be available Monday through Thursday, 3:30 to 6:00 p.m. and Friday 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 TLC. The Computer Lab is open to adults from 9:00 a.m. to 5:00 p.m. The computers are intended to be used only for educational purposes such as homework, research and reports, etc.

Tutoring Sessions
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 areas, please call to schedule an individual tutoring session. Please be aware that there is often a waiting list for these services. Call Lisa Evans at 432-3882 or stop by TLC to schedule your appointment.

Higher Education
Please remember to turn in your tuition and book receipts for fall quarter. The deadline to apply for funding for winter 06/07 quarter is Friday, December 15, 2006 by 5:00 p.m. If you need assistance with higher education paperwork, please call, Lisa Evans @ 432-3882. Please see the Higher Education Calendar for important dates and deadlines.
Vanessa Algea:
We wish you luck in your coming year at Chemawa Indian School. We know that being away from your friends and family can be difficult, but your outstanding character and friendliness will make it easy for you to feel at home even though you’re away. The Tu Ha’ Buts Learning Center Staff would like to thank you for all that you contributed while working at the TLC. Your assistance during Summer Rec. was especially appreciated. Our days won’t quite be the same without your smiling face and bright personality, but know our thoughts are with you while you’re at school.

We look forward to seeing you on our up and coming road trip!

We love you Vanessa!

TLC Staff

G.E.D. Classes Offered
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 to participate in this program. For more information you may contact Walt Archer at 432-3826.

Student Spotlight
In an attempt to inform the community of the outstanding achievements of Squaxin youth, The Learning Center Staff would like to honor a student each month. Various qualities such as academic performance, community involvement, cultural activities, and positive role modeling will be the basis for the Student Spotlight selection.

This month the Tu Ha’ Buts Learning Center would like to recognize Damien Bloomfield. Damien has worked extremely hard over this past summer to improve himself academically. He has utilized the Sylvan Learning Program offered at the TLC for several months now. Damien’s dedication is made apparent by his near flawless attendance record through the summer months. Damien also made Honor Roll at Hood Canal by having an outstanding 3.2 GPA. He continues to impress the TLC staff as well as the Sylvan tutors. Thank you Damien for your commitment to excellence!

Want to Trade
Queen Size Bed
For two twin size mattresses
and box springs with frames
Mint condition!
Contact Nancy Rose @ 432-9460

Pathways Press
news
Pathways Press
?
“Path to Victory”

VIDEOCONFERENCING CLASSES

“To Infinity and Beyond!”
10/5/2006, from 3:00 - 4:00 p.m.

“Not So Scary Animals”
10/10/2006, 3:00 - 4:00 p.m.

“Bats!”
10/12/2006, from 3:00 - 4:00 p.m.

“Halloween Slime Time”
10/17/06, 3:00 - 4:00 p.m.

The Intertribal Pathways to Success grant has provided TLC with videoconferencing equipment and supplemental tutoring in core subject areas. Offering courses in this setting will be beneficial and will give you the confidence you need to succeed. Tutoring will be focusing on the core subject areas: math, science, reading, and writing and standardized test taking.

Anyone can benefit from these courses. Just come by and check it out!

Contact:
Bridgette Losey-
Tu Ha’ Buts Learning Center
360.432.3958
BLosey@Squaxin.nsn.us

Student Spotlight

TLC Staff

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Upcoming Events

BRIEF COMMUNITY WALK
Every Thursday @ 12:40
Meet at the Elder’s Building after Senior Lunch

DIABETES FOOT EXAM MORNING
Tuesday, October 3rd
9:00 a.m. to noon at the clinic
Priority for people with Diabetes
Contact Patty Suskin for an appointment

COMMUNITIES FOOD SAMPLING
Tuesday, October 9
10:00 a.m. to noon in the gym

HEALTH FAIR @ TRIBAL CENTER
Thursday, October 19th  10:00 a.m. to 3:00 p.m.

MAMMOGRAM & WOMEN’S HEALTH EXAMS
October 19th
Contact Rose Algea (360) 432-3930

COMMUNITY HEALTH WALK
Thursday, October 19th
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!
Help us win the Walking Stick!
The Tribe with the most walkers each month wins the
walking stick for that month.
We won it for June, July and August.
Can we get it back for October?

BREAST CANCER AWARENESS WALK
Saturday, October 21st at Shoalwater Bay
Leave Elder’s Building at 8:00 a.m.
Bring the whole family!
Contact Rose Algea for a ride & details

SHOP SMART/ FOOD LABEL READING
WORKSHOPS
Contact Patty to schedule a family and friends session

COME VISIT
OUR HEALTH PROMOTIONS PROGRAMS
We have exercise videos
(Sit & Be Fit, Yoga, Walk Away the Pounds & more)
you can come & use in the building across from the
clinic. Work out alone, with us,
or schedule a time for a group

Contact Patty Suskin (360) 432-3929
or Janita Johnson (360) 432-3972

The Powwow Drum Class
Marcella Castro - We had a powwow drum class this past June with George (Dave) Krise. There were 26 adults
and children who attended. It was great to have a good turn out for the cultural event for the second phase of the
Sobriety Powwow this New Year's Eve. The class went on until around 7:00 p.m.

We had my mom’s (Rose Algea) famous fry bread and my homemade chile. I felt so bad because I tried to
save some for Dave after drum class, but all the food went.

Dave did a great job on the drum, and the kids gave a helping hand on putting it together. I want to thank
Dave for doing this for us. It was an honor to have him help us out. He is a great guy.

We will be having a few more classes to get ready for the Powwow. Just watch for the flyers, and give me a
call to get on the list. We have a few slots still open, and the funds for this project came from the DASA prevention
grant.
Food Vouchers Available
Family Services Office
Contact: Marcella Castro at 432-3931

Tips to Eat More Vegetables
Can you remember the last time you ate vegetables? If not, now is a good time to choose healthier eating habits.

When possible, choose fresh or frozen vegetables without added sauces, fats and salt. Select no-salt-added canned vegetables. If you shop only every week or two, use fresh produce first so it doesn't spoil, then use frozen or canned vegetables until the next shopping trip. Here are some tips to work up to the recommended 2 ½ cups of vegetables a day:

- Visit supermarket salad bars for a quick salad at lunch or to buy pre-cut vegetables to sauté for dinner.
- Add shredded carrot or zucchini or finely diced onion or mushrooms to ground beef or ground turkey for tacos, chili, lasagna, sloppy joes or spaghetti sauce.
- Keep prepackaged or cut-up and cleaned vegetables in the refrigerator at eye level. Baby carrots, broccoli, cauliflower, grape or cherry tomatoes, pepper strips and mushrooms are good for snacking on by themselves or with a low-fat dip.
- Have prepackaged bagged salad on hand for a fast salad or sandwich topping.
- Replace one beverage per day with a can of reduced sodium tomato or vegetable juice.
- Fill an omelet with vegetables such as spinach, tomatoes, onions, peppers and mushrooms.
- Stuff a sandwich with vegetables such as cucumbers, tomatoes, lettuce, onion, artichoke hearts and hot peppers.
- Toss broccoli, sugar snap peas, pepper strips, onions, or other veggies into a favorite pasta dish.

There is no single fruit or vegetable that’s a complete source of nutrition, so variety is ideal. Color is a simple way to think about variety. Enjoy a variety of colors on your plate!

For individualized help with healthier eating, contact Patty Suskin, Registered Dietitian at Health Promotions or call 432-3929.

Diabetes Support Group
Dave Caulfield, Nurse Practitioner, discussed “Diabetes and Your Heart” at the Diabetes Support Group in August. Seventeen people learned more about how the heart works, medications, and what they can do to live a long, healthy life with Diabetes. A delicious healthy lunch was enjoyed as well as door prizes.

Join us for our next session from noon to 2:00 p.m. on Tuesday, October 17th. Michelle Wiley, Dental Hygienist, will discuss Diabetes, Oral Health and Tobacco. Contact Patty Suskin, Diabetes Coordinator, at (360)432-3929 to RSVP for lunch.
Enjoy the Season at Frye Cove

WHAT
Frye Cove County Park on Eld Inlet

WHERE
The park is at 61st Avenue Northwest, off of Young Road Northwest.

TO DO
Frye Cove is the perfect place to enjoy early fall. The park has a terrific, 1,400-foot beach on Eld Inlet. The beach is great for shellfishing, birdwatching and walking. Check the tides if you want to walk on the beach, as a big high tide covers up just about the whole beach. It’s a good idea to visit the park when the tide is dropping. Be sure to watch for areas of soft mud. Look for shells, starfish and water birds. The trail to the beach is steep in a couple of spots, but it winds through a maturing cedar forest. The leaf-covered paths are a perfect road into the silent, mossy forest of cedar, Douglas fir, alder and madrona.

This 86-acre park offers more than a great beach. The park has 2 miles of trails through a mature forest -- and with views of the beach, Mount Rainier and Eld Inlet. There are two covered picnic areas, grassy spots, quality restrooms and water. You can spend an hour -- or an entire day -- at this park. On a clear day, the beach has great views of Mount Rainier.

The picnic shelters and grills make the park a good option for a cold-weather picnic lunch when the rain starts to fall in a few weeks.

Look for deer, water birds and ducks. A great blue heron prowled the beach during a visit earlier this week. Crabs hang out in the rocky areas. It’s common to see sea lions and seals from the beach.

HIKE DETAILS
The beach trail has one steep pitch, but it should be no problem for children or people who use wheelchairs or walkers.

SAFETY
Watch kids on the beach, as there are sharp shells, barnacles and rocks. Sharp barnacles encrust several fallen trees on the beach, so watch where you put your hands. Old sneakers or sandals are a must for walking on the beach. The trail system has some steep slopes and thick brush.

EQUIPMENT
Rain gear, food, water, warm clothes, cameras and binoculars. Bring shellfish gear in season.

DIRECTIONS
Take the Steamboat Island exit. Go north on Steamboat Island Road Northwest about 6 miles to Young Road Northwest. Turn right onto Young Road. Take Young Road to 61st Avenue Northwest and follow the road into the park.

PARKING
There are plenty of spaces.

RESTROOM
A restroom is midway between the parking lot and the beach.

RULES
The park is open from 9 a.m. to dusk. No camping, alcohol or firearms.

INFORMATION
Call Thurston County Parks and Recreation at 360-786-5595 or go to www.co.thurston.wa.us/parks.

Photos: A young great blue heron patrols the Frye Cove County Park beach during Tuesday’s falling tide. The heron nabbed a few little fish and at least one crab. If you want to spot and watch a heron, find a comfortable spot on the beach and don’t move!
Health & Human Services

Congratulations Raffle Winners

Diane Young
August Mammogram

Teresa Krise
July Mammogram

Brandi Stanart
August Women's Health

Be Active
So We Can Win back the Walking Stick!

Pictured: Janita Johnson, Squaxin Island Tribe Diabetes Prevention CHR and Pat Odlonre, Registered Dietitian, Certified Diabetes Educator, Director of the Diabetes Prevention Program for the local tribes.

Chehalis won the walking stick in August, but it wasn’t given up without a fight. Help us win it back!

Join in the fitness competition among the five tribes and be active for 20 minutes on the third Thursday of the month! The tribe with the most active adults wins the walking stick for the month.

Call in your fitness activity to Janita Johnson, Diabetes Prevention CHR at (360)432-3929.

Meal Program Menu

A salad bar will be available at each meal, as well as fresh fruit or fruit salad. Beverages available each meal: milk, crystal light, water, coffee, tea, hot chocolate. Menu is subject to change. Free to seniors 55 and older. All others $3.

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<thead>
<tr>
<th></th>
<th>Monday</th>
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<th>Wednesday</th>
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<th>Thursday</th>
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<tr>
<td>French Dip</td>
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<td>Parmesan Chicken</td>
<td>4</td>
<td>Spaghetti</td>
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<tr>
<td>Baked Ham</td>
<td>9</td>
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<td>Steak Night</td>
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<td>BBQ Chicken</td>
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<tr>
<td>Stir Fry</td>
<td>16</td>
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<td>Baked Fish</td>
<td>18</td>
<td>Soup and Sandwich Bar</td>
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<tr>
<td>Lasagna</td>
<td>23</td>
<td></td>
<td>Cook's Choice</td>
<td>25</td>
<td>Steamed Clams</td>
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<tr>
<td>Indian Tacos</td>
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Community

Happy Birthday

Jess Ehler 10/1 Mike Peters 10/11 Bear Lewis 10/21
Donna Penn 10/1 Sharon Ahrens 10/12 Sean Spezza 10/21
Carmen Varela 10/1 Draven Brown 10/12 Leroy Yocash 10/21
Adam Mowitch 10/3 Sabrena Johns 10/12 Anthony James 10/22
Josh Smith 10/3 Larry McFarlane, Jr. 10/12 Pete Kruger, Sr. 10/22
Clinton Kruger 10/4 Jericho Hartwell 10/13 Danielle White 10/22
Nichole Seymour 10/4 Ray Peters 10/13 Eric Johnson 10/23
Steven Sigo, Jr. 10/4 Steven Sigo, Sr. 10/13 Rose Algea 10/24
Lorenzo Solano 10/4 Savannah Fenton 10/14 Daren Brownfield 10/24
Lydia O’Brien 10/5 Machial Nugent 10/14 Marjorie Hill 10/24
Jeremiah Whitener 10/6 Joseph Seymour 10/14 Roger Hartung, Jr. 10/24
Michael Todd 10/6 Troy Baxter 10/16 Donna Baker 10/25
Shiloh Henderson 10/6 Bobbi Filipetti 10/16 Erika Poste 10/25
Russell Pleines 10/6 Charles Bucher 10/17 Selah Thale 10/25
Zachery Clark 10/7 Ruth James 10/17 Lisa Ewing 10/26
Mike Krise 10/7 Wilson Johns 10/17 Mario Rivera 10/27
William R. Peters 10/7 Mitchell Coxwell 10/17 Dione Whitener 10/27
Theresa Davis 10/8 Kelli Davis 10/17 Joseph James 10/27
Yum Krise 10/8 Charles Lacefield 10/18 Ellen Davenport 10/27
Elizabeth Perez 10/8 Shanika Cooper 10/18 Dione Johnston 10/27
Ronald Day 10/9 Christina Lorentz 10/18 Andrew Crone 10/28
Colton Gott 10/9 Clara Seymour-Luby 10/18 Mariano Bello 10/29
Matthew Nelson 10/9 Danielle Whitener 10/18 Ronnie Johns 10/29
Addison Yvette Peters 10/9 Trelace Sigo 10/19 John Krise II 10/29
Susan Clementson 10/10 Christine Thompson 10/19 Carie Kenyon 10/30
Christina Smith 10/10 Brenda Thomas 10/20 Tori Kruger 10/30
Donatue Hartwell 10/11 Michael Henderson, Jr. 10/20 Tanya Anderson 10/31

What's Happening

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
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<tbody>
<tr>
<td>1</td>
<td>Squaxin Indian Bible Church</td>
<td>11:00 a.m.</td>
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<tr>
<td>8</td>
<td>Court</td>
<td>10:00 - 4:00</td>
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<tr>
<td>15</td>
<td>Squaxin Indian Bible Church</td>
<td>11:00 a.m.</td>
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<tr>
<td>22</td>
<td>Court</td>
<td>10:00 - 3:00</td>
</tr>
<tr>
<td>29</td>
<td>Squaxin Indian Bible Church</td>
<td>11:00 a.m.</td>
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Squaxin Indian Bible Church
11:00 a.m.

Batton Twirling Classes

Classes started September 22nd, but you can still join!

All classes are held at the Squaxin Island Gym on Friday evenings.

New and Young Students: 5:30 - 6:15
Returning Students: 6:15 - 7:00
Competitive Team: 7:00 - 8:00

For more information, contact coach Judy Welsheimer at 459-2518 or 259-3837.
... Belated...
(Yes, I messed up again - Theresa)

A Little Angel,
Isabela Jean Cordova Mesplie,
was born on August 6, 2005.
She was 6 lbs and 2 oz.
She was four weeks premature and is named after my mom
(Bev - Jean is her middle name). She is the pride of her grandma.
- Dayleann

Welcome To The World!
Joanne Decicio’s grandson and the son of Chasity Masoner, Mykah Jayson Masoner, was born at St. Peters Hospital on Saturday morning, September 23, 2006 at 12:47 a.m.
He weighed 8 lbs. 5.9 oz.
And was 21 inches Long
He has lots of Lt. Brown Hair

Happy Birthday Michael Sheldon Jr.
Love, Aunt Misti

Happy Birthday Bugs
Love, Misti

To Squaxin Women’s Circle, I may not see you often, but I just want you to know that I’m always here. I am so blessed to have each of you in my life. My hands go up to each of you. You have given me wisdom, courage, strength, love and friendship, and I thank each one of you.
I love you!
- Gloria Hill

Happy Birthday Momma Marge,
Your boy Dylan Michael
We love you Marge,
Mom, Dad, Mikey, Aunties, Uncles, and All Your Cuzzins

Happy Birthday Shiloh
Love, Aunt Misti
(If You Remember Who I Am)

Happy Birthday 11th Birthday Lorenzo
Love Mom, Dad and Brothers

Chick Magnet
Born February 1st in Grays Harbor
As soon as my parents get me enrolled, I will be a Squaxin Tribal Member.
My name is Toby Bear Lewis
a.k.a. (Also Known As) Cubby,
a.k.a. Cubby Bear,
a.k.a. Toby Bear,
a.k.a. The Boss

Submitted by His Proud Grandmother
Merline M. Lewis
a.k.a Crazy White Woman,
a.k.a. Casper,
a.k.a. Loco,
a.k.a. The Mouth

Happy 20th Birthday Jesse Patrick
(October 17th)
I hope you have a wonderful day. You are a strong young man with a good head on your shoulders. Don’t let anyone tell you otherwise. Keep your head held high. We are proud of you and Love you very much, Cousin Love, Your Family Always.
P.S. Can’t wait for next year's Canoe Journey.
- Raven Thomas

Why Do Our Loved Ones Do This?
By Deanna Hawks
Why, how come, you may ask, do people drink? Our loved ones, you may call them. It hurts everyone when others drink Or abuse themselves with powerful drugs. It scars, hurts you, forever. You’ll have those sad, painful memories!! It makes me and others feel sad deep inside. It happens all the time. You’ll look at them with a different perspective! It kills me deep inside to see our young ones suffer. Why, you may ask. Because we’re scared for you. I love you all with all my heart. You may not see it in my face. But it kills me inside to even talk about it sometimes. I love you all, all you out there. I may not say it, but I really do. Don’t forget. Please!! But all of you keep me moving and living every day. You’re all in my thoughts 24/7. It kills me and other family to see others abusing themselves with these powerful chemicals. Hey, you may not know me, but I’m Deanna Hawks. I love and care about everyone in this community. I may not show it, Because I really don’t know how to show it, But I do . . . Care!! I do a lot! Don’t ever forget it!
Love,
Deanna Hawks
Where: Little Creek Casino Resort Event Center
When: Wednesday, October 11, 2006
Time: 10:00 a.m. - 4:00 p.m.

This is will be a great opportunity for those seeking employment in our remarkable facility to meet face-to-face with our friendly staff!!

If you have any additional questions, please contact: Erika Thale, SIT Recruitment Specialist at 360-432-7036 or ethale@little-creek.com.