Money Skills Workshop
Presented to Squaxin Youth
Shawn Spruce, Programs Consultant, First Nations Development Institute -

Below are quotes from local youth when asked to share what they learned after attending last month's tribally sponsored “Building Strong Foundations” personal finance workshop:

“I was amazed to discover how much money I can save if I start investing when I'm young, and pick the right kinds of investments!”

“I can’t believe all of the hidden fees associated with credit cards, and the high interest rates that some cards charge to borrow money!”

“You can’t afford to buy everything you want so it’s important to create a realistic budget for yourself, and then stick to it”

“I had no idea that learning how to manage my personal finances could be so much fun!”

Nearly sixty students took part in the one day financial education event at the Little Creek Casino and Resort, a joint effort between the Squaxin Island Tribal Housing staff, Squaxin Island Human Resources and the Squaxin Island TANF Program. Held on Friday, August 13th the workshop occurred on the last day of the Stepping Stones and Summer Youth Employment Programs in which all of the students had recently participated, and served as an enjoyable yet informative way to close out the two work readiness seasonal programs.

Two certified financial education trainers from the First Nations Development Institute, a nationally recognized non-profit that specializes in delivering personal finance to Native communities, travelled from Longmont, Colorado to conduct the interactive workshop which included an array of exercises, hands on activities, and games to effectively instill financial concepts. Moreover lessons on smart budgeting, using credit responsibly, car buying tips, basic investing, and other pertinent topics were all specifically designed to address the unique needs of Squaxin youth and other participants.

“The games and activities were the best part” commented Kassidy Whitener. “I was worried the presentation was going to be really boring with a lot of lecturing, but it wasn’t that way at all. We did one activity where we all had a chance to pick stocks from different companies
Walking On . . .
Joyce Johns

In Loving Memory of Joyce Ann Johns
June 18, 1947 - September 6, 2010

She was a loving mother and grandmother. She was part of the Squaxin Island community for many years. She was married to a tribal member. She will live on in all our hearts. We would like to thank the tribe and everyone who helped out the family. Thank you very much!!!

Love,
The Johns Family

Community

New Employee (kind of)

Elizabeth Fenton
Family Support Specialist

Hi there family and friends. I am very excited to let you all know of my new position with the Family Services Department. I am the new Family Support Specialist. I am the ICW/TANF Liaison. I will be coordinating and assisting families with accessing and overcoming barriers to services/resources. I will be doing family assessment and conducting home visits.

I will serve as a family resource advocate that will provide support for families who:
• Struggle to meet TANF requirements
• Need help when safety of family member(s) and/or children are compromised
• Need concrete services to preserve family unification

I will encourage as well as support families in gaining tools and skills in their continued efforts toward self sufficiency. I am very happy to be in this new position. I am dedicated to helping our tribal families. I look forward to seeing you guys/gals, my family and friend around.

For those of you who don’t know me, I am a member of the Cooper family. My grandpa is the late Francis “Buddy” Cooper and my grandma is Mabel Cooper of the Chehalis Tribe. My mother is Theresa Davis and my father is Marvin Campbell, Sr. I have one brother CPO Marvin Campbell Jr. (Illinois) and three younger sisters, Lyssa, Kristen and Kelly (Texas). I also have four beautiful daughters, Alicia, Shashoney, Savannah and Jewels.
Fall in love with The Kamilche Café and Espresso

Brittany Bitar - Is there a better time of year than fall? The trees are changing colors and the air is crisp. The month of October offers some of the best fall experiences, especially Halloween. Get into the holiday spirit by trying one of our berry scary, boo berry or caramel corn lattes. If these lattes sound too scary, try a delicious fall classic, the pumpkin spice latte.

KTP Espresso is changing with the season. The name of the new espresso stand is The Kamilche Café and Espresso. Construction is underway across the street from our current location and the grand opening is just around the corner. Along with the new name comes an appetizing new breakfast and lunch menu. The Kamilche Café and Espresso's menu will have your mouth watering. We will be offering a variety of pastries, soups, salads, and sandwiches. Come and see our full menu when we announce our grand opening!

Don’t forget to enter to win our exciting drawing on your next visit. Just ask your Barista how you can win an espresso gift basket that includes a free beverage-per-day for a week gift certificate! The winner will be chosen on October 30th so stop by and enter soon.
Pool News

Hello again from Molly Robertson, Manager of the Squaxin Island Pool
(360)432-3852

SWIMSUTS are now required at the pool

Need a SWIMSUIT? - We may have one for you!

Tribal Members can request a suit size & color from the Pool office, as we have received the 1% fund. A first order will be made on October 11th. Come in and put your suit order in now!! Patty Suskin from the Diabetes Program first told me about the 1%. What an incredible resource! We are buying suits from A3, a popular swimming suit company who we are getting a bulk discount from. We will stretch as many swimsuits and swimming caps out of this money as possible!

De-Stress Your Day - Come swim at the pool! After a full day at school or work, there is nothing better than swimming to counteract a day of concentration. Time spent in the pool ensures a deep and sound sleep for each youngster.

Youth Swim lessons: Sign up now! Lessons start on October 1, 2010.
Adult Swim lessons: Let us know if you are interested!

Come to the Family Pool Party on Friday, October 22nd from 5:00-8:00 p.m. complete with pool games and food. Want a monthly Pool Party? Come on the 22nd and show us you’re interested!

For Pool Hours and activities, please see http://www.squaxinisland.org/

Commercially caught salmon species must be recorded

All commercially caught salmon species must be recorded on a fish ticket. Any salmon not sold to a commercial buyer or sold to the public and/or used for personal use or consumptions is regarded as Take Home fish. All Take Home fish must be recorded on a fish ticket and/or reported to the Squaxin Island Natural Resources Department. Reporting Take Home catch is essential to for the Squaxin NR department to properly estimate the total harvest of our fisheries and future management of our fisheries as well as providing information for future run forecasts.

To report Take Home fish please contact Joseph Peters @ 360-432-3813 or email jcpeters@squaxin.us

Shellfish harvesters

It is unlawful for any shellfish harvesters to dig more than their limit for any dig. A reasonable amount of incidental overages may be shared with another harvester that is present on that dig, but at no point can a harvester dig another limit for a person who is not present and is not on the list for that day. Designated diggers must be pre-approved by the Natural Resources Dept. and must be documented on the list.

Weigh out stations on digs will be closely monitored by the Natural Resources Dept. and the Squaxin Island Police Dept. Anyone who attempts to sell a limit for another person who is not present on a dig will have the clams seized and will be cited for: 7.16.110 E. Providing Unauthorized Assistance.

Tribal Council Resolutions

10-79: Allocates FY10 BIA Indian Reservation Roads (IRR) program shares
10-80: Tabled
10-81: Authorizes equipment lease (copy machine) from DeLage Financial services, Inc (DLL)
10-82: Tabled
10-83: Authorizes membership in NCAI
10-84: Authorizes membership in Affiliated Tribes of Northwest Indians
10-85: Amends the Anita Estupinan Neal, attorney at law, contract to extend for a period of three years
10-86: Amends the Leslie K.S. Ching, attorney at law, contract to extend for a period of three years
10-87: Amends the Thomas Meyer, attorney at law, contract to extend for a period of three years
10-89: Authorizes submission of a grant application to the U.S. Department of Interior BIA OJS to address the critical need for additional funds to support the Squaxin Island Tribal Public Safety and Justice Department in its effort to protect lives and maintain peace within the tribal community

Pool News

Church Services

Squaxin Bible Study
Tuesdays @ 6:30 p.m., 30 Ho-Mamish Court
Pastors Ron and Kathy Dailey

Shaker Prayers and Services
Rose and Mike Davis are available for Shaker prayers and services
Please call 877-0820

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Fresh out of beauty school!

**Stephanie Cleveland**

Hi! I graduated from the Gene Juarez Academy and will be working at the Catwalk Studio Hair Design in Olympia. I’m passionate about hair and want to make you feel beautiful or handsome! Call for specials and to schedule your appointment. I look forward to seeing you! Phone: 360-943-0600 – you can find us on Facebook too!

**Walking On**

In Loving Memory

Donna Lee Krise

1937-2010

Born: March 24, 1937, Tabolah, WA

Passed: August 1, 2010, Tabolah, WA

Services: Thursday, August 5, 2010 @ 1 p.m., Tabolah Community Center

Officiating: Pastor Stanley Lien, Mike Curley Jr.

Burial: Tabolah Cemetery
**TLC Tours UW in Seattle**

*Shannon Bruff* - Eight of our youth were able to join The Learning Center staff for a trip to University of Washington Seattle on Friday, September 17th. We participated in a tour of the campus, ate lunch at McMahon Hall and walked through the UW Book Store. The youth learned about life on campus, the many opportunities the UW can offer, including over 150 major studies, student housing and much more. We were also able to walk the Seattle Waterfront and see the Seattle Aquarium where we watched the octopus eat dinner and ended our trip by taking the Bremerton Ferry boat home.

This was a tremendous opportunity for our youth to learn more about the University of Washington college experience, and we look forward to offering more campus tours soon!
Your Educational Journey

*TLC Staff* - Tu Ha' Buts Learning Center hosted a two day college preparation workshop entitled *Your Educational Journey*. This program emphasized goals, preparation, motivation, and family support. The goal of the workshop was to help interested youth find their career path and professional success by looking at the skills and interests they possess now.

The first day of the workshop participants met at Olympic College to create their story about why they want to attend college. The participants discovered that finding the right direction in college and career involves knowing themselves, their interests, and their skills. To gain first-hand experience of college programs, the participants toured Bronze Works, an Olympic College welding program. A tour of South Puget Sound Community College rounded out the day. At SPSCC, the participants spoke with college representatives regarding financial aid, the admissions process, and SPSCC Programs.

On the second day, the youth learned more about their own journey by listening to the journeys of others. Youth participated in workshops like *Creating Your College Application*, *The Perfect Match: Finding the Right College*, and *Don't Count on Winning the Lottery: Paying for College*. Finally, participants realized that every journey requires costs and finding resources is not an impossible task. TLC hopes to continue the program in the future, so look out for future college prep workshops!

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Youth Council Elections

- To be held October 6, 2010 5:30 p.m. at TLC
- Squaxin Island Community Youth between grades 7—12 eligible to run
- Must be available for weekly meetings and other activities—be dependable and drug free
- All Tribal Youth who follow the Rules and Regulations are welcome to attend and have the right to cast one vote
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<thead>
<tr>
<th>Sun</th>
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<tr>
<td>Open Gym/ Rec. Room M-Th 3-7; F 3-6</td>
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<td>Key</td>
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<td>SSD E.R.</td>
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<td>After school snacks M-F 4-5</td>
<td>Parachute</td>
<td>ALTERNATE SCHEDULE *</td>
<td>E.R. = early release</td>
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<td>SSD E.R.</td>
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<td>Open Swim: M &amp; T 3-6; F 5-8; Sat 1-4</td>
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<td>SSD = Shelton School District</td>
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<td>Homework Help &amp; GED Prep. in TLC classroom</td>
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<td>GSD = Griffin School District</td>
<td>GYM CLOSED</td>
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<td>M-W 4-7pm Computer Lab M-Th 3-6, F 3-5</td>
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<td>ALTERNATE SCHEDULE *</td>
<td>3pm Youth Council</td>
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<td>GYM CLOSED</td>
<td>ALTERNATE SCHEDULE *</td>
<td>Disc Golf</td>
<td>Disc Golf</td>
<td>Lushootseed Chutes and Ladders</td>
<td>SSD E.R.</td>
<td>Lushootseed Chutes and Ladders</td>
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<td>GYM CLOSED</td>
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<td>Parachute</td>
<td>Basketball</td>
<td>SSD E.R. Basketball</td>
<td>SSD E.R. Basketball</td>
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<td>31</td>
<td>31</td>
<td>HAPPY HALLOWEEN!</td>
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</tbody>
</table>

* Sylvan, After-school tutoring and GED Prep. ARE available Oct. 6-12.
All other offices will be closed Oct. 6-12.
Bazaar

Squaxin Island Museum

November 12th, 9-5
13th 9-4

150 SE Kwuah-Deegs-Altxw
Shelton, WA

Would you like to be a vendor this year?
Fill out our vendor application, and send or bring it into the Squaxin Island Museum.

Ruth Whitener
432-3841
rwhitener@squaxin.us

NO LATER THAN:
November 5th, 2010

Vendor Information
Squaxin Island Museum

Vendor
Vendor Name:
Address Line 1:

Type of Business:
Address Line 2:

E-mail Address:
City:

Telephone Number:
State/Province:
Postal Code:

Fax Number:

Web Site Address:

Payment Options
This vendor accepts: $20.00 per 6ft table.

☐ Check $  ☐ Cash $

Contact at Museum
Name: Ruth Whitener
Job Title: Cultural & Tour Coordinator
Office Location: 150 SE Kwuah-Deegs-Altxw
Shelton, WA, 98584

E-mail Address: (NOTE it's changed)
rwhitener@squaxin.us

Telephone Number:
360-432-3841

Mobile Phone Number:
360-490-8127

Fax Number:
360-432-3744

Vendor Products and Services
The following table lists the products/services this vendor provides. To add or remove categories or types from the table, click Edit Table.

<table>
<thead>
<tr>
<th>Category</th>
<th>Type</th>
<th>Specialty</th>
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Christmas is coming...Ho ho ho
Building Strong Foundations
Housing and Education Fair

The 2010 Housing and Education Fair proved to be another educational, entertaining, and successful Fair! Attendees had the opportunity to engage in discussions with vendors on homeownership options, home maintenance and repair, higher education, as well as learn health and safety tips from the food and nutrition program and the local police staff.

The first 20 participants that arrived had their choice of a first aid kit, a flashlight or a bucket of household cleaning items. There was a wide array of door prizes included, Little Creek Casino Resort night stay/dinner, gas cards from KTP, vacuum, wheel barrow/gardening tools, digital camera, I-Pod, a beautiful Pendleton blanket and many more gifts that were donated by local businesses.

In addition to the many planned activities, the TaHa'Buts Learning Center staff provided lunch and distributed “Back to School” gift cards to all tribal youth in attendance. Participants had a chance to visit well over 20 vendors on hand with a multitude of housing, education, and community safety related information. There was a booth addressing pet licensing, free vaccinations and neutering needs for families with pets. After visiting the booths, participants were entered into the door prize drawing for the many drawings that took place throughout the day.

We would like to thank our generous sponsors, the wide variety of vendors who donated their time to be on site answering questions and providing valuable information, our hard working volunteers and all of the tribal and community members that participated in the fair.

Money Skills Workshop
Continued from Page 1

like Nike, Best Buy, and Apple and see which ones have performed better over the last three years. It was really high energy and I learned a lot. Like Apple’s stock is doing way better than Microsoft’s right now!”

The problems many individuals and families face today with regard to poor financial management extend far beyond Squaxin Island and the State of Washington. In fact overwhelming personal debt, unhealthy dependency on consumer finance companies often referred to as predatory lenders, and soaring bankruptcies have all reached epidemic proportions in the United States in recent years. As a result financial education classes, such as last month’s workshop at Little Creek, are now offered in many cities and towns across the country.

Squaxin Housing Financial Counselor, Lisa Peters, played an instrumental role along with Liz Kuntz and Juana Perry in organizing the extremely well received workshop. Moreover all three women have strong feelings when asked about the value in providing the Squaxin community with this type of financial training.

“I am really proud we were able to offer this exciting educational opportunity to our youth, all of who worked so hard this past summer” Peters stated during an afternoon break in the training. “Because it's simply not enough today to just know how to work and make a living. A person must also understand how to properly manage all of the money he or she earns if one really wants to get ahead in life”
Elders Do the Puyallup

Ann Parker - The day started out a little chilly and foggy, but ended up just right for a day at the fair. Thirty-four elders loaded onto the bus and had a comfortable ride to the Blue Gate. They disembarked and were off to see the sights. Some stopped for an early flu shot; then stopped at the reception table to enjoy rolls and coffee or tea that were free for elders. From there we scattered to all points to find our favorite booths. We welcomed some of the new elders this time. George and June Krise came back from their time at the fair with a HUGE stuffed pink porpoise!! Others had bought items they “couldn’t live without” from the many vendors. We were all happy to sit down on the bus and rest our old bones! We stopped for Chinese Buffet at Dupont on the way home.
Lila's Tribe

Here are some pictures of new additions to the list of Clara Bagley Seymour and Roy Seymour's family. All the babies are in baby cradles made by basketweavers from Northern California from the Yurok and Hoopa Tribes.

This is a picture of Daniel Napoleon’s son Jackson Copper, and the mother is Tuesday Kennedy.

Here is Lolita Johns, the daughter of Latoya Johns, and granddaughter of Terri Capoeman and Wilson Johns.

A Yurok/Hoopa woman

Jordan Whitener

A Yurok/Hoopa woman

Guy Cain (Lila’s grandson) and son Jacob

Guy Cain

Hayden Seymour is the son of Nicole Seymour and Lizzy Perez is the Grandmother.

David Martin, son of Phillip Martin

Malia Henry

Dorinda Thein and son, Guy Cain

Hi Mike!

Guy Cain
**Health Clinic**

**Need Food? Check these out..**

**WIC @ SPIPA**  
Provides healthy foods and nutrition information for you and your child up to age 5  
Please bring: your child, medical coupons or paystub & identification  
Monday, Oct. 11, 9 a.m. to 4 p.m.  
Contact Debbie Gardipee-Reyes: 462-3227  
Dates subject to change

**USDA FOODS AT SPIPA**  
Monday, Oct. 4th 10 a.m. to noon  
Contact Shirley or Bonita at 438-4216 or 438-4235  
Dates subject to change

**FOOD BANK**  
At Health Promotions Building  
If you need access to the food bank at any time once a week, just stop by.  
If possible, Wednesday is the best day.  
If you would like to be on call list for fresh produce or bread, let me know.  
Contact Melissa Grant: (360)432-3926

**Upcoming Health Events**

**Brief Community Walk**  
Every Thursday at 12:40 p.m.  
Meet at Elder’s Building after Lunch

**Free Diabetes Screening**  
at Health Promotions  
Tuesday through Friday  
Contact Melissa Grant for details

**Want a garden in your yard?**  
Are you low income?  
Contact Patty Suskin to get on the waiting list to have a garden placed in your yard – for FREE.

**Free Pilates classes**  
Community members welcome  
Mondays and Wednesdays  
4:00 - 5:00 p.m. at Health Promotions

**Smart Shopping/ Food Label Reading Workshops**  
Contact Patty to schedule a family & friends session

**Diabetes Support and Education**  
Monday, November 1st  
Elders Building  
Right after lunch (12:45) p.m.  
Guest speaker: Dr. Karen Anderson

**Health Promotions Programs**  
We have exercise videos in the building across from clinic  
Work out alone, with us or schedule a time for a group

**Our Nationally Recognized Lifestyle Balance Program**  
If you are ready to lose weight, we can provide support.  
If you are Native American and over 18, see if you qualify to participate.

**Mammogram Clinic**  
November 4th  
9 a.m. to 3 p.m.  
Health Clinic  
To schedule an appointment,  
Call Melissa Grant  
(360)432-3926

**Community Health Walk**  
Thursday, October 21st  
Meet at Elder’s Building at 12:40 for a 20 minute walk around the REZ  
If you cannot make it to our walk, report your 20 minutes of fitness to Melissa.  
All SPIPA tribes will be taking a walk in their area at the same time for diabetes prevention!  
The tribe with the most walkers each month wins the walking stick.  
We won it in July … can we get it back in October?

**Contact Melissa Grant (360)432-3926  
Patty Suskin (360)432-3929**

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**Flu Shots will be here soon... delivery expected October 15th, 2010**

Contact Jaclyn at the Clinic  
(360) 427-9006 to get your shot

*We are happy to administer flu shots for non-native clients for $20*
Meal Entrees

<table>
<thead>
<tr>
<th>Day</th>
<th>Entree</th>
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<tbody>
<tr>
<td>Mon., 5</td>
<td>Chili</td>
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<td>Tues., 5</td>
<td>Soup &amp; Sandwich</td>
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<td>Wed., 6</td>
<td>Baked Chicken</td>
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<td>Thurs., 7</td>
<td>Pork Chops</td>
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<td>Mon., 11</td>
<td>Meatloaf</td>
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<tr>
<td>Tues., 12</td>
<td>Soup &amp; Sandwich</td>
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<tr>
<td>Wed., 13</td>
<td>Crab Cakes</td>
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<td>Thurs., 14</td>
<td>Teriyaki Chicken</td>
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<td>Mon., 18</td>
<td>Spaghetti</td>
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<td>Tues., 19</td>
<td>Soup &amp; Sandwich</td>
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<td>Wed., 20</td>
<td>Beef Roast</td>
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<td>Thurs., 21</td>
<td>Baked Salmon</td>
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<td>Mon., 25</td>
<td>Ham</td>
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<tr>
<td>Tues., 26</td>
<td>Soup &amp; Sandwich</td>
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<tr>
<td>Wed., 27</td>
<td>Steamed Clams</td>
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<tr>
<td>Thurs., 28</td>
<td>Cabbage Rolls</td>
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</tbody>
</table>

Menu Subject to Change

How to Start Your Family Plan to Lose Weight

Remember:
- If you are overweight or obese, losing a small amount of weight can help you lower your risk of heart disease.
- Lose weight slowly, about 1-2 pounds a week.
- Pick a day to begin.
- Change one thing at a time, and stick to each one.
- Be physically active. Walk or dance for 30 to 60 minutes on most days.

Try these steps to lose weight
Choose heart healthy foods
- Choose fat-free or low-fat (1%) milk and cheese
- Eat fruit and vegetables with your meals
- Drink water or other calorie-free drinks instead of regular soda.
- Eat lean cuts of meat and fish

Pregnant and breastfeeding mothers should talk to their health care provider to find out what types of fish are lower in mercury. Mercury may be harmful to your baby.

Mary: "We took steps to lose weight slowly. We are now at a healthy weight. My cousin followed a diet that offered a fast and easy way to lose weight. She lost weight initially, but she gained it all back."

Are you ready to begin?
You can start physical activity slowly if you do not have a health problem.

If you do have a health problem, check with your doctor before starting physical activity.

Celebrate in a healthy way with your family. We encourage each other to eat the right amount of food and not eat too much.

Don’t go to the family gathering hungry. Eat a heart healthy snack before you leave home. Bring a heart healthy dish to share. Prepare a dish with lots of vegetables.

Cut down on calories and high-fat foods. Eat more vegetables and fruits instead of fried food.

Watch your portions. Go for small portions, and eat slowly.

Take the focus off food. Dance, walk, play sports such as basketball or other ball games. Plan activities for the kids. Encourage the family to get involved.
**Car Seat Facts**

**The 4 Steps for Kids are:**

1. Rear-facing infant seats in the back seat from birth to at least one year old and at least 20 pounds. Best practice says keep your child rear facing to age two.

2. Forward-facing toddler seats in the back seat from age one to about age four and 20 to 40 pounds.

3. Booster seats in the back seat from about age four and 40 pounds to at least age eight, unless 4’9”.

4. Safety belts at age eight or older or taller than 4’9”. All children 12 and under should ride in the back seat. Most kids age four to eight need booster seats. NHTSA recommends using booster seats in the back seat for children from about age four and 40 pounds to at least age eight, unless 4’9”.

Moving to a safety belt too early greatly increases risk of injury. Children age two to five who are prematurely graduated to safety belts are four times more likely to sustain a serious head injury than those restrained in child safety seats or booster seats.

Because many State laws only require children to be in a safety seat up to age four or so, many parents assume older kids are safe in just a safety belt. However, all children need to be restrained correctly whenever they ride in a motor vehicle. As of December 2002, only 15 States and the District of Columbia had enacted booster seat provisions in their child restraint laws.

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**Diabetes Support At Little Creek!**

**Join in to Learn How to Be Healthier**

Staff at Little Creek asked Patty Suskin to share information about Diabetes with anyone with or without Diabetes or Pre-Diabetes. Each month, the group decides what to discuss the next month. Patty will be back to discuss Food Label Reading on Thursday, October 14th at 2 p.m. in the Executive Board Room. Everyone is welcome. For more info, contact Patty Suskin, Diabetes Coordinator at 360 432-3929 psuskin@squaxin.us or Darlene Krise at 427-7711.

In addition to Little Creek, our next support group at the Elder’s Building is November 1st about 12:45 (right after lunch). Guest Speaker is Dr. Karen Anderson, MD, new at the clinic.

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**High Blood Pressure...**

**The Silent Killer**

*Submitted by: Dr. Karen Anderson, MD & Patty Suskin, Diabetes Coordinator*

Blood pressure is the force of your blood pushing against the walls of your arteries. Each time your heart beats, it pumps out blood into the arteries. Your blood pressure is highest when your heart beats, pumping the blood. This is called systolic pressure. When your heart is at rest, between beats, your blood pressure falls. This is the diastolic pressure.

Your blood pressure reading uses these two numbers, the systolic and diastolic pressures. Usually they are written one above or before the other. A reading of

- 120/80 or lower is normal blood pressure
- 140/90 or higher is high blood pressure
- 120 and 139 for the top number, or between 80 and 89 for the bottom number is prehypertension

High blood pressure usually has no symptoms, but it can cause serious problems such as stroke, heart failure, heart attack and kidney failure. You can control high blood pressure through healthy lifestyle habits (such as daily aerobic exercise and eating a diet low in fats and salt) and taking medicines, if needed.

CHECK THAT PRESSURE: Call ahead to the clinic to get on the nurse’s schedule (360)427-9006 or stop at any “manned” firestation, which includes the one between the REZ & Little Creek.

*Source: NIH: National Heart, Lung, and Blood Institute*
Stop By for a Quick Visit

It has been 8 months since we have had the Colon Health Program at Squaxin Island Tribe. There have been an outstanding number of patients that have had their FIT (Fecal Immunochemical Test) tests done. Others have had their screening colonoscopies done. But, there are still a lot of eligible people out there that have not had their screening tests done.

If you are over the age of 50, then it is to your benefit to stop by the Health Clinic to set up your screening test. It takes a short amount of time to get the test. When you return the test, you can also receive some nice gifts along with a tee-shirt that has the Colon Health Program logo (like the one above) on it. You might also consider arranging your test when you come to the clinic for your flu shot. Or perhaps you are scheduled for a Mammogram. You are welcome to stop by Cheryl’s office at that time to get your FIT test.

Remember, colorectal cancer is a preventable and treatable form of cancer. Colorectal cancer has a five-year survival rate of 90% when diagnosed early. It’s a quick visit to set up and do your test. It’s worth the few minutes it takes to arrange and do the test. Stop by for a quick visit. If you have questions contact Cheryl Mahlberg at 432-3933 or 427-9006.

Focus on Fruits and Vegetables

Choose a variety of fruits and vegetables each day. Fruits and vegetables will help you stay healthy. Most fruits and vegetables are low in fat and calories. They can help with weight control. Eat fruits and vegetables instead of higher-calorie foods.

Here are some ways to include fruits and vegetables:

- Top your cereal with strawberries, peaches, blueberries, or other fruit.
- Add a variety of fresh, frozen, or canned vegetables to your favorite soup.
- Add steamed broccoli, green peas, or cauliflower to your pasta.
- Top your yogurt with some chopped fruit, sliced banana, or berries.
- Add beans to your salad. For a sweeter taste, you can add chopped apples, pears, or mangoes to your salad.
- Add tomatoes, cucumbers, onion, lettuce, or other greens to your sandwich.
- Eat dried fruits for a quick and easy snack. You can also add them to your salad. Note: Dried fruits, such as raisins, should not be given to children under 4 years of age due to possible choking.

Other tips for eating fruits and vegetables:

- Steam your vegetables. You can use low-fat dressings, herbs, and spices to add flavor.
- Fruits and vegetables that are canned or frozen are also good choices. Check the label to be sure that these products do not have added sugar, syrup, cream sauces, or butter sauces.
- Choose whole fruit instead of fruit juices. Whole fruit contains fiber that helps you feel full.

Try new fruits and vegetables. Most food stores and farmers’ markets have a variety of fresh fruits and vegetables that are healthy and delicious. Try new kinds of fruits and vegetables. Then, try new ways to prepare them. You will be amazed at how many ways you can serve tasty fruits and vegetables to your family!

How will you add some new fruits and vegetables to your family’s meals and snacks?

Here are some recipes to get you started.

Skillet Zucchini with Chopped Tomatoes

1 teaspoon margarine
1 cup chopped onion
4 small zucchini, thinly sliced
2 medium tomatoes, chopped
1/4 teaspoon black pepper

Directions: In a large nonstick skillet, melt margarine over medium heat; add onions and cook, stirring until onions are softened. Add zucchini and cook for 2 minutes. Add tomatoes and cook for 3 to 5 minutes or until the zucchini is tender-crisp. Season with black pepper.

Makes 4 servings.

Breakfast Sundae

2 (8 ounce) containers of fat-free flavored yogurt of your choice
1 cup WIC cereal of your choice
2 medium, firm bananas, sliced
1 cup of mixed fruit of your choice

Directions: In four separate glasses, layer 2 tablespoons each of yogurt, cereal, bananas, and mixed fruit. Repeat layers. Serve immediately.

Makes 4 servings.

1-800-342-3556
www.FloridaWIC.org

WIC is an equal opportunity provider.
Happy Birthday

Happy Birthday Mathew
Love you forever
My son, my son, my favorite son
Love, Mom
(Love from Sisters too)

What's Happening

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Happy Birthday Uncle David (Brother, Cousin)

Love, The Seymour, Martin & Napoleon Clans

Happy 4th Birthday Micha Roberts (10/18)
Lots of hugs & kisses!!!
Love, your aunties & cousins

Happy Birthday Rusty

Robert Edward Sigo
Born August 8th at 12:07 a.m.
6 pounds 13 ounces
19.5 inches

Love, your wife

Happy Birthday Mom, Donna Penn (10/1)
We love you very much and wish you all the best on your B-Day!!!
Love, your kids & grand-kids

Happy Birthday Larry (10/12)
Lots of love & wishes on your B-Day!!!
Love, Me & kids

We Love You!
Cathey
Lyle
Heather
Kelly
Kobe
Kyler
Kelvin
Chris
and Will

Working on the NOAA ship Davidson
Happy Halloween

BINGO
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Oct 23rd at 2:30pm & 6:30pm

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See the Players Club for more details. Promotion ends 10/14/10.
Earn extra entries for every three points you earn! Must be present to win.

Return Service Requested

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