

4th Annual Drug/Alcohol Awareness Dinner

Christine Semanko - You don't need to be in recovery, just sober, for the event, and children are welcome!

People are dying right and left, children are losing parents, and families are saying goodbye to loved ones prematurely. The purpose of this dinner is to raise awareness of the effects that drugs, alcohol, trauma, and grief and loss have on individuals, families, and communities and to provide resources to the same. We hope to bring families together for support and to facilitate the healing process. I encourage anyone who has been affected by drugs and/or alcohol through either personal use or a loved one's use to attend.

There will be a free dinner, free give-away, free info, and a free T-shirt to all who attend. This year's T-shirt design has is donated by Squaxin Island tribal member Matt Bell.

The dinner will be held on January 30th at 3 p.m. in the Squaxin Island Gym. S.E. 70 Squaxin Lane.

This year's main speaker is Don Coyis, famous author of Red Road to Well-briety and creator of White Bison. Others participating this year are Squaxin Youth Council, Family Services Prevention and Wellness, Behavioral Health's Greg Twiddy, SADD and Mason County Drug Abuse Prevention. MADD is hosting a candle light vigil to memorialize loved ones lost due to drugs or alcohol.

This year's sponsors are Squaxin Island 1%, Family Services Prevention and Wellness, Tu Ha' Buts Learning Center, Project Thrive MSPI, Island Enterprises Inc. and the Semanko family.

For more information, please contact Christine at 360-402-7297 or by e-mail at cree2sober@aol.com.

Hope to see you there!

Don Coyhis is a member of the Mohican Nation. He currently lives in Colorado Springs, Colorado. He is the founder and president of White Bison, Inc., an American Indian non-profit corporation that has the following vision: To bring 100 Native American communities in heal-



Tribe steps up efforts to restore fish and wildlife habitat in Shelton Harbor

The Squaxin Island Tribe will develop a plan to restore fish and wildlife habitat in the Shelton Harbor portion of Oakland Bay, the southwestern most terminus of Puget Sound. Over the next year, the tribe will work with harbor landowners to formulate a list of mutually agreeable actions to improve estuary conditions there.

"Simpson Timber Company has been active in the early planning efforts and their partnership is critical," said John Konovsky, environmental program manager for the Squaxin Island Tribe.

"If we want to protect Oakland Bay, we need to restore and protect fish and wildlife habitat too," said Dave McEntee, Simpson vice president.

The relationship between the tribe and Simpson is hoped to expand to include other landowners around the harbor. "While Simpson owns a majority of the shoreline and tidelands, this partnership is incomplete without taking as much of the harbor into consideration as possible," McEntee said.

The habitat improvements will boost coho production in Goldsborough Creek – the main tributary to Shelton Harbor – and will help protect shellfish harvest in Oakland Bay.

One possibility is to create more gradual slopes along portions of the shoreline to allow salt marsh plants to grow. "Creating salt marsh will restore a habitat type currently missing in the harbor that provides refuge as juvenile coho transition from fresh to salt water," Konovsky said. "It might look similar to the head of the bay at Capitol Land Trust's recently conserved Twin Rivers Ranch." (<http://go.nwifc.org/twinriver>)

The tribe, Simpson and other partners worked together to remove a dam on Goldsborough Creek in 2001, significantly increasing natural coho production. "Goldsborough is the only system in all of Puget Sound that has produced more, not less, coho in the last few years," Konovsky said. "All other creeks and rivers have experienced a severe decline, especially in South Sound."

"Lumber operations in Shelton have evolved over the years, and that has changed the way the harbor is used," McEntee said. "That change has opened up a number of opportunities to improve conditions for fish and wildlife. Finding creative ways to capitalize on these habitat opportunities will allow the environment to thrive while Simpson continues as a very successful business operation."

The tribe's stepped up habitat efforts coincide with a just issued Department of Ecology report about sediment contamination in Oakland Bay. "While the pollution doesn't present a human health risk, some clean-up may be required and that's the time to improve habitat as well," Konovsky said.

"By combining any funds destined for clean-up with money EPA and others are providing for restoration, we may be able to advance improvements to fish and wildlife habitat in Shelton Harbor far beyond expectations," said Andy Whitener, natural resources director for the Squaxin Island Tribe. "Shelton Harbor will always be a working harbor, but with this kind of cooperation we can move toward a healthy Puget Sound by 2020," Whitener said. "Without this kind of innovation, we don't stand a chance."



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Presented by the Squaxin Island Tribe

Sa'Hel'Wa'Mish Days

February 18th, Coast Salish Gathering & Dinner (Native Community Only)
February 19th, Pow Wow, Grand Entry 1:00 pm & 7:00 pm
February 20th, Pow Wow, Grand Entry 12:00 pm
At the Skookum Creek Event Center
Little Creek Casino Resort
(360) 432-3841
91 W State Route 108, Shelton, WA 98584

Master of Ceremony
Ray Fryberg
(Tulalip)

Arena Director
Sonny Eaglespeaker
(Blood)

Over \$20,000 in prizes

Grammy nominated
The Boyz



Squaxin Island
TOURISM

LITTLE CREEK
CASINO-RESORT

SKOOKUM CREEK
TOBACCO





Inclement Weather Impact to Transit and Garbage Services

Transit: During adverse weather conditions, Squaxin Island Transit will at a minimum follow the lead from Mason Transit Authority regarding levels of service. Due to the rural area that we cover we may run an alternate schedule or shut down service when Mason County Transportation is running minimum routes. While every weather event is different, Squaxin Transit will follow these general guidelines:

- If Mason Transit shuts down Route 6 (Shelton/Olympia), Squaxin Transit will not operate.
- If Shelton School District is operating on a late start or is closed due to weather, Squaxin Transit will operate on a snow route (no service on Kamilche Pt. or Bloomfield Roads, no Elma/McCleary run). Buses will run between the Reservation and the Transit Hub only.
- If Griffin School is on regular schedule when Shelton Schools are late or closed, off-reservation parents can take their children to the Transit Hub for the morning Steamboat Island run.
- If Squaxin Transit has to close down service during the day, we will record a message on the Squaxin Transit phone number, 432-3970, and notify MTA, Griffin School and Squaxin Island Child Development Center.-
- To confirm whether Squaxin Transit Services is running please call the Squaxin Transit phone number at 432-3970. Squaxin Transit drivers will update the message as necessary if changes to the level of service are needed to ensure driver and rider safety.
- To find out information on Mason Transit you can listen to KMAS radio station or check the Mason Transit's website at www.masontransit.org and click on "Rider Alert" for updates that may affect their service.

Garbage Pick-Up: Under normal circumstances residential garbage totes are picked up each Monday. During adverse weather or road conditions Mason County Garbage (MCG) may miss scheduled pick-ups. Under this situation they will pick-up the following week. Routinely MCG doesn't pick-up excess garbage. However, when they are unable to do their route, due to adverse weather or road conditions, they will pick-up over-filled receptacles or contained bags placed next to totes as long as the amount of extra material does not exceed the amount that would have reasonably been expected to accumulate due to the missed pick-up(s).

I hope this helps minimize the disruption that you may experience during adverse weather conditions. If you have any questions, please don't hesitate to give me a call at 432-3951.

Sincerely,

Pamela Hillstrom
Program Services Manager



To contact a
Squaxin Island
Police Officer Call:
360-426-4441

**If it is an
EMERGENCY
CALL 911**

T^{Squaxin Island}
TRIBAL NEWS

10 S.E. Squaxin Lane
Shelton, WA 98584

PHONE: (360) 426-9781
TOLL FREE: 877.386.3649
FAX: (360) 426-6577

www.squaxiniland.org



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:

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



4th Annual Drug/Alcohol Awareness Dinner

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ing by the year 2010. Through the leadership of White Bison, the Wellbriety Movement has taken a prominent role in the recovery of many Native Americans and their communities. In 2002, White Bison, Inc. published the Red Road to Wellbriety: In the Native American Way. This traditionally-based and spiritually-oriented resource is just one of the many recovery support resources developed for the Firestarters and for the Wellbriety Movement. In 2008, White Bison, Inc. also published a new book for youth about life teachings entitled Understanding the Purpose to Life: 12 Teachings for Native Youth written by Don Coyhis. All of the programs, trainings, and resources developed by White Bison are based upon principles, values and laws found in the Teachings of the Native American Elders and the principles and values of the 12 Step program. For the past few years, Don has been called upon to provide technical assistance by national policy organizations such as the White House Office of Drug Control Policy, Substance Abuse and Mental Health Services Administration and national recovery organizations such as the National Association for Children of Alcoholics to develop prevention campaign materials and prevention and recovery programs for Native American communities. He was also the 2009 Purpose Prize Award winner.



Who are they?

ANSWER:

Left to Right: Kurt Postle, Lena Krise, Two Hawks Krise, Astrid Postle, Tyronne Krise, Erika Postle.



Whitney Jones will be new Director of Business Development Center

A "Farewell from the Tribal Center" party was held Friday, Dec. 10th for Whitney Jones, former Deputy Executive Director for the Tribe, who will be taking on a new position as the Director of the Business Development Center. Whitney was gifted with a blanket woven by Susan Pavel.



Drive Hammered, Get Nailed

Time to Give Thanks as Law Enforcement Canvas Mason County Roadways from November 25, 2010 to January 2, 2011

Mason County, WA – Thanksgiving takes on a special meaning this year as the holiday Drive Hammered, Get Nailed campaign officially begins that day. Between November 25, 2010 and January 2, 2011, local law enforcement will conduct extra DUI patrols throughout Mason County to rid the roads of impaired drivers during the holiday season.

"In Washington, impaired driving is still the most frequent contributing factor in deadly collisions. During this time of year with holiday parties and celebrations, we urge everyone to plan ahead and choose a safe ride home," said Lowell Porter, Director of the Washington Traffic Safety Commission.

The average blood alcohol level of people arrested in Washington for DUI is about .14. That's almost twice the legal limit of .08.

Especially at this time of year, law enforcement officers statewide advise all holiday party-goers to designate a sober driver, take a taxi or choose not to drink alcohol because if you drive hammered, you will get nailed!

In 2009 there were 41,006 people charged with DUI in Washington. Here's the breakdown for the past four years:

2006	42,029
2007	41,569
2008	39,455
2009	41,006

This Drive Hammered, Get Nailed campaign is a joint effort between the WA Traffic Safety Commission, law enforcement statewide and Mason County DUI/Traffic Safety Task Force. **Squaxin Island is also participating.**

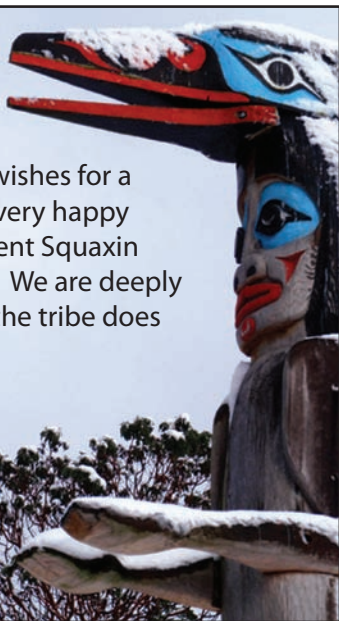
According to the National Highway Traffic Safety Administration (NHTSA), an average of 30 people are killed every day on our nation's roadways as a result of alcohol-impaired crashes. However, there is good news. During 2009, there were 10,839 alcohol-impaired driving deaths nationwide, a decrease of more than 7% from 2008.

For additional information about the Washington Traffic Safety Commission, visit www.wtsc.wa.gov

To all our friends in the Squaxin Island Tribe,

We send you our best wishes for a Merry Christmas and a very happy New Year from the ancient Squaxin village site on Mud Bay. We are deeply appreciative of all that the tribe does for our community. Love to each of you.

Ralph, Karen and George Munro





Business Spotlight

By Stephanie Gott

HAPPY NEW YEAR! May this New Year bring lots of Love, Peace, Happiness and Hope to all!

I personally am very excited about what the New Year will bring: People I will meet or get to know better, places I will go, things I will learn. I love the possibilities that a New Year brings. And something tells me that I will learn a lot and get to know a diverse group of individuals just by writing my monthly article... I love it!

So my first business spotlight of 2011 is about a business that most of us (who own a computer) will probably need at one point or another. Native Micros is a computer business that specializes in hardware, software and data recovery. The Business is owned by Squaxin Island Tribal Members Davey Whitener, who handles the "technical" part of the business and Penni Giles, who takes care of the "administrative" part. I had an opportunity to sit down with one of its owners, Davey so that he could bring me (and essentially, the readers) up to speed on what Native Micros is all about.

SG: *So for those that don't know you, can you tell me a little bit about yourself?*

DW: I grew up in Kamilche. My parents are Dave Sr and Elaine Moore. I have worked in many different areas within the Tribe over the years. I worked as the Tribe's IT Technician, and in Law Enforcement...quite some time ago, as well as other departments. I am also a diver (geoduck) and fisherman. In the early 90's, I started playing around with computers. I would take them apart and rebuild them, it's something I enjoyed doing and eventually I became certified to work on them.



SG: *What services does Native Micros provide?*

DW: Obviously we offer the areas we specialize in as already mentioned (hardware, software, data recovery), building computers, on-site work for clients, maintenance, and consulting services.

SG: *When did you and Penni start Native Micros?*

DW: October of this year.

(SG's note: Penni and Davey took part in the first Business Plan class that was offered by the Business Center)

SG: *Do you have employees?*

DW: No. If the need for additional assistance is required, for example, I'm not a network administrator, so I would sub contract that type of work out or provide a referral. Otherwise this line of work is something that can be handled by a single technician.

SG: *What hopes and dreams do you have for the future of your business? (Where do you see it 5 years?)*

DW: It would be nice to work with 8A (Native Business Development) and really expand on that.

SG: *How should a potential client go about contacting you?*

DW: The business phone number is: 360-480-6705 and email is: nativemicro1@gmail.com. These are the best ways to contact us.

SG: *Can you offer any advice to aspiring entrepreneurs who may be considering starting their own business?*

DW: Learn how to manage your business properly. Things like taxes, accounting, making certain the business has structure is important. Because there is a whole other side to owning a business other than the services it provides.

SG: *I take it that this is where Penni becomes involved?*

DW: Yes. She takes care of the business.

SG: *Just curious, but what if I wanted to hire you to fix a computer issue. How much would that cost me?*

DW: I charge \$60.00 an hour.

SG: *Thanks for talking with me about your business. I probably don't have to tell you that you WILL hear from me at some point. I am a self-proclaimed Idiot when it comes to technology and all its advances. I mean I still love my Sega.....*

DW: (he laughs....).



Olena Cooper - I'm sure you have seen a lot of construction going on over by the KTP Express, but don't hesitate to stop in for your non-ethanol fuel. Ask Billy Hagman (enrolled Squaxin tribal member and lead) what's going on. Billy has worked for KTP for 3 years and is still going! Keep checking in to see if we have any special deals going for the New Year! Thanks everyone! Have a safe New Years! 2011, here we come!!



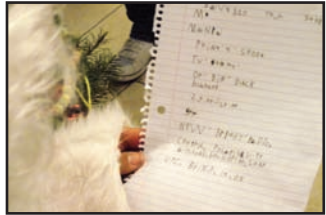
New Location For The New Year

Brittany Bitar - The Kamilche Café and Espresso construction project has been evolving quickly this past month. This is an exciting time for all of the café staff. The baristas can't wait for the new location to be up and running. We are planning a mid-January grand opening. The wait will be over soon! Feel free to check out the progression of the new stand, located at 21 SE Simmons Rd, Suite 3. The pictures below showcase the development of the project. Happy New Year everyone!





ISLAND ENTERPRISES





Thanks, to all who came and enjoyed our community holiday night with Good Ole St. Nick. We hope you all enjoyed it like all of us. A special thank you goes out to the Child Development Center! The kids made decorations to spice up our store! Thank you, Salish Seafoods, for cooking up some deep fried oysters and a thank you also goes out to the baristas from KTP Express Espresso for serving up some nice and warm spiced carmel cider and salted carmel hot chocolate! We are thankful for all of your support!







Cook Basket Collection Videos

The MLRC now has available videos of individual baskets from the Cook Basket collection. These videos give a close up look at each basket in this large collection. The videos are a good resource for examining and determining the different types of weave and materials that were used when creating baskets. If you are interested in viewing any of the videos, stop by the museum during regular business hours.

If you have any questions about the Cook collection or how to properly store baskets, please contact the MLRC Curator Mandy McCullough (360) 432-3843.



December 2010 Tourism Update



Leslie Johnson, Squaxin Island Tourism Director, Ljohnson@squaxin.us, (360) 432-3838

Tourism Department & Casino join Forces for Sa'Heh'Wa'Mish Days!

The Squaxin Island Tourism Department takes the lead but the pow wow committee will be co-chaired by Josh Mason, Little Creek Casino Resort and Leslie Johnson, SIT Tourism Director. The first meeting went well, and all are ready to make this 4th annual pow wow an even better experience!

Olympic Loop Culinary Tourism & Other boards...

✓ For the first time, the Tourism Director met with the **Olympic Culinary Loop Board** as a board member (Alderbrook Resort). There was a discussion about the website, <http://olympicculinaryloop.com>.

After the meeting, I learned that none of Little Creek's restaurants had been listed on this website. I have submitted all dining establishments (from LCCR website) for inclusion.

This board is important for the Squaxin Island Tribe because our native foods are important to this culture. People come from all over the world to share in traditionally prepared salmon, clams and oysters. If we are not involved, that part of our cultural story is not told.

Board members did comment that they really hoped that the Tribe would have SalmonFest this year. They believe that this event is a great one for Culinary Tourism. In addition, they've already committed to having a booth!

✓ **Olympia | Lacey | Tumwater Visitor Convention Bureau** The Squaxin Island Tourism Director was on the hiring committee to select a new Executive Director. This is a key position for the upcoming Canoe Journey. George Sharp from Washington State Department of Commerce was selected as of the 22nd of November. I am already meeting with him to discuss Sa'Heh'Wa'Mish Days, the Squaxin Island Museum and the Canoe Journey -- how can the VCB partner with us? I have been appointed the chair of the Marketing & PR Committee for the VCB.

✓ **Shelton-Mason Chamber of Commerce.** A few months ago, the Tourism Board directed me to work more closely with this chamber. As a result, I am now Chair of the **Subcommittee on Tourism for Mason County**. We held our first county wide meeting on November 18th at Little Creek Casino Resort. There was a big turnout. The food was delicious, the staff excellent! Weeks later, I'm still hearing how great the food and service!

✓ **NorthWest Tribal Tourism.** We met at Suquamish Clearwater Resort. A major part of the discussion was on sending Sam Askew, Clearwater Casino, to ITB-Berlin. He is willing to promote Squaxin Island Tourism and NorthWest Tribal Tourism. He asked for a letter of support from NW Tribal Tourism. I am co-Chair of this vital organization.

✓ **Education & Cultural programs** - From November 1st to November 20th, the Tourism Department and the Squaxin Island Museum hosted Valerie Parson and Jay Saros, Ojibwa-White Earth Reservation. They held classes for Tribal Members on doll making, drums, regalia enhancements and protocol. Several Tribal Members attended a class at the museum for the first time! These classes were a rockin' success!



<http://www.SquaxinIslandTourism.com>

Squaxin Island Tourism

The people of the water invite you

Many people associate the Squaxin Island Tribe with Little Creek Casino Resort but you'll find much more there.

SalmonFest, Sa-Heh-Wa-Mish Days, an annual powwow, and the First Salmon Ceremony highlight the Squaxin Island culture and provide venues for free family fun, says Leslie Johnson, Squaxin Island Tribe director of tourism. The powwow is in February, while the other events occur in late summer and early fall.

Throughout the year, Kamilche Adventures owned by tribal member Jeremie Walls offers guided hiking, biking, kayak and canoe trips and barbecues.

"He will take you out onto the water and tell you stories about the island," Johnson said. "Squaxin Island is a very sacred place to the tribal people. You can only go there if you are invited."

Visit the Squaxin Island Museum, also called Home of Sacred Belongings, to learn more about the tribe's rich history and culture. In the museum's Hall of the Seven Inlets you'll find the story of the Squaxins, descendants of maritime people from the Henderson, Budd, Eld, Totten, Hammersley, Case and Carr

inlet watersheds. Artifacts from the Mud Bay dig site are exhibited at the museum. Public summer tours of this archaeological site, which uncovers hundreds of artifacts from a centuries-old fishing camp, ended in August.

Don't forget to stop off at the Kamilche Trading Post for oysters, smoked salmon or clams when you visit. "You can buy quality seafood there," Johnson said. The tribe's visitor's center is right behind the post, along with a transit hub.

The casino resort offers gambling, concerts, a 192-room luxurious hotel, and gift shops, which highlight Coast Salish art. As the holidays approach, the casino features bazaars where you can find a special Christmas gift.

"I also invite people to have lunch at the casino. We have a seafood bar that highlights harvests from the tribe's Salish Seafoods and our tribal harvesters," said Johnson.

The resort features 40,000 square feet of meeting space that can be used for events from weddings to birthday parties, as a venue for sales meetings, or for multi-day tradeshows and conferences. The tribe designed the casino with a separate entrance so people who don't want to pass through it do not have to.

In June of 2011, the state-of-the-art Salish Cliffs Golf Course is slated to open.

In July of 2012, the Squaxin tribe will host the 22nd annual Tribal Canoe Journey, a major cultural event. The public is invited.

"It's ceremonial and spiritual. It's also very social."

Squaxin Island Tourism
(360) 432-3839
www.squaxin-islandtourism.com/

SQUAXIN ISLAND TRIBE
Museum Library and Research Center

Reprinted with permission from The Olympian

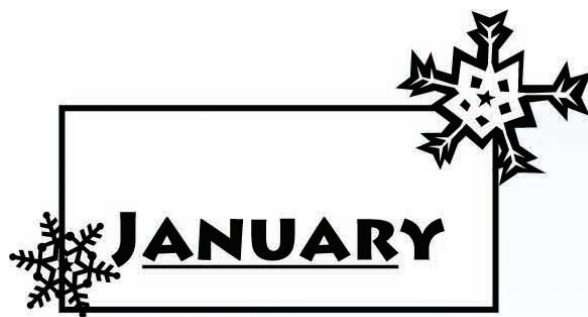
Congratulations Mandy McCullough, Washington Museum Association Scholarship Winner



WMA conference scholarship winners (left-right) Mandy McCullough, Laura Smith, Kris Kirby and Erin Bailey.

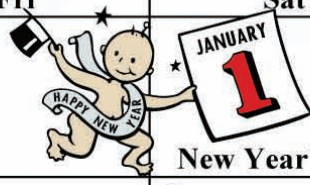


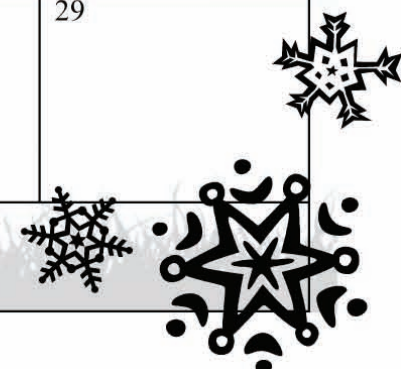
Happy 2011



Squaxin Youth Education, Recreation and Activities Calendar

TLC hours M-F 8:30am-5pm Front Desk: 432-3958
Gym/Rec. hours M-Th 3-7pm; F 3-6 Youth Activities Manager: 432-3992
Co-sponsored by DASA. All activities are drug, alcohol and tobacco free.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
After school snacks M-F 4-5pm Computer Lab M-Th 3-6, F 3-5pm Homework Help & GED Prep. in TLC classroom T-Th 4-7pm			Key E.R. = early release SSD = Shelton School District GSD = Griffin School District			 New Year's Day
2	3 Suquamish @ Squaxin Open Swim 3-6	4 Lushootseed Activity	5 Griffin E.R. Youth Council @ 5:30 Open Swim 3-6	6 Nutritionist 4-5:30	7 1.5 hr SSD E.R. Open Swim 5-8	8
9	10 Squaxin @ Chehalis Open Swim 3-6	11 Lushootseed Activity	12 Griffin E.R. Youth Council @ 5:30 Open Swim 3-6	13 Nutritionist 4-5:30	14 Open Swim 5-8	15
16 Possible Inter- tribal Tourney @ Nisqually	17 Rev. Dr. MLK Jr. Day No School Open Swim 3-6	18 Lushootseed Activity	19 Griffin E.R. Youth Council @ 5:30 Open Swim 3-6	20 Nutritionist 4-5:30	21 1.5 hr. SSD E.R. Open Swim 5-8	22
23	24 Open Swim 3-6	25 Lushootseed Activity	26 Griffin E.R. Youth Council @ 5:30 Open Swim 3-6	27 Nutritionist 4-5:30	28 Open Swim 5-8	29
30	31 Open Swim 3-6					





Notes from the Planning Department

By Margaret Foley

Environmental: The Department has begun implementation of two grant-funded environmental sustainability projects. Sheena Kaas was hired as project manager for the Environmental Protection Agency-funded Solid Waste Management Plan project. Sheena will work with multiple tribal departments to develop a plan that reflects the Tribe's commitment to environmental stewardship. Planning team members have begun to implement the Environmental Regulatory Enhancement Grant, funded by the Administration for Native Americans. This project is another multi-departmental effort, with Penni Giles as project manager. Its focus is to develop environmentally sound policies for planning and development of capital projects, aided by enhanced GIS capabilities.

Cultural: Planning worked with the Museum, Library and Research Center to develop a project and submit an application to the Institute of Museum and Library Services for \$25,000 to promote and support youth engagement in Museum programs, and provided support for the MLRC's launching of a Department of Justice grant that helps fund planning for the 2012 Canoe Journey hosting. Planner Bridget Ray met with representatives of the Paul G. Allen Foundation on behalf of the MLRC.

Social Services: Planning continues to facilitate meetings of the Elders Work Group and to assist the TLC, Clinic, Treatment Center and Family Services with strategic planning. Planner Elizabeth Egan and Family Services Director Lorraine Van Brunt attended an IHS-sponsored conference on tribal Elder Care, and Elizabeth continues to serve as SPIPA liaison. Recently submitted SPIPA grants include a 3-year renewal of the Administration on Aging's Senior Nutrition Program and Caregiver Support Program; the annual renewal of the Susan G. Komen Foundation funding to support Women's Wellness Program; and SPIPA was recently awarded one-year planning funds through the Tribal Maternal and Infant Health demonstration grant.

Transportation: Planning worked with Natural Resources to prepare and submit an application to the Corps of Engineers for the permit needed for the Arcadia Boat Ramp project; received a favorable review by Federal Highways of the Klah-Che-Min Improvements project; and submitted approximately 15 additional miles to the BIA Indian Reservation Roads Program to increase Squaxin's funding. Transportation Planner Margaret Foley participated in development of WSDOT's Olympic Peninsula Regional Human Services and Public Transit Co-

ordination Plan. That plan forms the basis for the Tribe's biennial application for funding for Squaxin Transit, submitted in December.

Other: The Department continues to assist Tribal departments with strategic planning, and to develop and build relationships with private and public funders for a variety of tribal projects and programs. Planner Tracy Parker met with USDA representatives to discuss potential partnerships to benefit Salish Seafoods and to fund a new Natural and Cultural Resources facility.

Animal Awareness Bulletin

Protect your pet from the winter chill

As our environment transforms around us and the land grows increasingly whiter, remember that not all of our family members are able to let themselves inside to escape from the cold.

Animals die every winter because negligent owners forget to care for their wintertime needs.

Squaxin Tribal Code requires owners provide and adequate supply of feed and water for their pets, as well as shelter from the wind and other severe conditions to include rain.

As a reminder, dogs, cats, and other companion animals that live inside homes may not tolerate outdoor winter temperatures for very long periods. Outdoor dogs and barn cats that live outside need dry, clean, enclosed spaces such as dog or cat houses that retain body heat.

Solid Waste and Recycling Program

Did you know you can recycle your holiday lights and artificial trees? **Wilson Recycling in Shelton accepts holiday light strings and artificial trees.** Their address is 2278 E. Brockdale Rd. For more information call (360) 462-4444 or visit www.wilsonrecycling.com.

Did you know you can also recycle the following?

Electronics: Wilson Recycling also accepts TVs, computers, monitors, and laptops free of charge. Goodwill Olympia Retail Store (along with other Goodwill Retail Stores in Lacey) also accepts electronics for free. The Olympia Retail Store is located at 400 Cooper Point Road SW. For more information call (360) 956-0669.

Eyeglasses: Lions Club will take your used eyeglasses and redistribute them to developing countries. To donate your eyeglasses, mail them to Northwest Lions Eyeglass Recycling Center, 9013 Mullen Rd, SE Olympia, WA 98513. For more information, visit lionswlerc.org.

Athletic Shoes: Nike Re-Use a Shoe recycles worn out athletic shoes and turns them into athletic surfaces. To donate your old shoes, mail them to Nike Grind Processing, 3552 Avenue of Commerce, Memphis, TN 38125. You can also drop off your old shoes at NIKETOWN, 1500 6th Ave Seattle, WA 98101 (206-447-6453) or Nike Clearance Store, 140 W High St., Centralia, WA 98531 (360-736-7434).

Tools, building materials, furniture, and appliances: Mason County ReStore will take usable building materials, furniture, and appliances free of charge and sell them to raise funds for building projects. Mason County ReStore is located at 205 West Cota St. in Shelton. For more information call (360) 426-2198.

Feedback and questions about this article can be directed to Sheena Kaas, Solid Waste and Recycling Program Manager at 432-3907 or skaas@squaxin.us.



Klabsch Lane Apartments

There was an Open House and Blessing Ceremony on November 18th for the newly built Klabsch Lane Apartments. A BBQ was provided by Native Land Development for the many community members in attendance.

The Tribe obtained \$1,522,598 in American Recovery and Reinvestment Act (ARRA) grant awards for the construction of the two-six unit "Build Green" apartments adding a new housing option for tribal members.



The 1,000 square-foot apartments with two bedrooms, utility, bath, dining, kitchen, and living area will be managed by the Office of Housing and will accommodate family sizes of one to three persons.

Designed by J.A. Morris and constructed by Native Land Development a native owned firm, twelve families took occupancy just in time for Thanksgiving.

The Office of Housing would like to welcome the new tenants of the Klabsch Lane Apartments!



Winter Fire Safety

Your home can be a cozy, warm place to spend the winter, but it can become a nightmare if you don't "watch what you heat!"

- Keep three feet of clearance between heating equipment and combustible material.
- Always turn off portable heating appliances when leaving home or retiring for the evening.
- Have chimneys, fireplaces and other heating devices inspected by a qualified professional at the start of every heating season.
- Use a sturdy screen in front of your fireplace, and burn only clean firewood.
- Install smoke detectors on every level of your home, and test them monthly.
- If you smell gas in your home, contact your local utility company or qualified professional heating contractor and follow their advice.
- Inspect heat tape before using it. Never thaw frozen pipes with an open flame.

Winter Driving Tips:

Winter road conditions require your extra attention. Staying off the phone, driving at a safe and legal speed, driving alert and sober and buckling up will ensure that you safely make it to your destination.

- Drive with your headlights on.
- Slow Down! Give yourself extra time to reach your destination when roads are slick.
- Leave room for maintenance vehicles and plows - stay at least 15 car lengths back.
- Watch for icy surfaces on bridges, even if the rest of the road seems to be clear of ice.
- Look farther ahead in traffic. Actions by other drivers will alert you to problems and give you extra seconds to react.
- Trucks take longer to stop, so don't cut in front of them and give them space.
- Don't use your cruise control or overdrive when it's freezing (or colder).
- Don't get overconfident with four-wheel drive. It helps you get going quicker but won't help you stop any faster.

Cooking Oil and Grease Fires

Cooking oil and grease fires are one of the major causes of house fires. Fires started by cooking oils or grease are the fastest spreading and the most destructive. Many people are killed or seriously burned in kitchen fires that start this way.

Tips for Pan Frying:

- Use only enough oil or non-stick spray to cover the bottom of the pan.
- When using a gas stove, adjust the burner to avoid flare-ups around the pan.
- When using a pan or wok for stir frying, preheat the pan before adding oil. The pan is ready if a teaspoon of water skitters or dances across its surface.

Tips for Preventing and Extinguishing Grease Fires:

- Never use water to extinguish a cooking oil fire - it will make the fire flare and spread.
- Put a tight-fitting lid on the pot or slide a cookie sheet over it to smother the flames.
- Turn off the overhead fan to keep the flames from spreading.
- Don't remove the pot from the stove. The flaming oil will slosh and spill, burning you or spreading the fire.
- Never pour burning oil down the sink.
- Keep the area around your stove free from items that could catch on fire easily - paper towels, pot holders, curtains, dish clothes, etc.
- Keep your stove top and fan unit clean.
- Wear short sleeves or tight fitting clothing when working around your stove.
- Never leave food cooking on the stove unattended.
- Keep a charged fire extinguisher handy.
- Work out an escape plan with your family and practice it regularly.
- Never use a stove as a heating appliance.

Safety is No Accident!

Free Tax Site

The Office of Housing is planning to offer a FREE TAX SITE again this year. We are still in need of one volunteer who would be available to offer their time preparing basic tax returns, 1- 2 nights per week February 15-April 15. Please contact Lisa Peters at 432-3871 if you are interested in this opportunity.

Teach Your Children Well

As the most influential teacher in a child's life, parents can help their children by:

Teaching personal responsibility.

TEACH CHILDREN

(1) to-do it right" even when their friends/peers do not;

(2) to know taking an unpopular position is OK;

(3) to take responsibility for their behavior rather than blaming others.

Emphasize the ripple effect/ erosion principle. Help children to know what may be inappropriate behavior. It is likely to be perpetuated.

Spending time with them.

Spend quality time with children. Turn off the TV!

All parents are busy today. However, this does not give any parent the permission to overlook their most important task—parenting children. Children deserve more than the things parents can give them. They deserve their parents!



Ready to shed those extra holiday pounds?

Join the Squaxin Island Tribes Biggest Loser contest.
Bring your lunch to the Planning meeting

January 5, 2011
12:00 to 12:30
Tribal Center lunch room

Contest will start Monday, January 10, 2011

At this first meeting we will discuss the program and
answer any question.

Please bring your \$10 registration fee

What you get:

- Team Support
- Cash Prizes
- Healthy weight loss support
- Smoking cessation products and tips

E-mail or call Janita Raham,
Prevention and Wellness Advocate jraham@squaxin.us
432-3972

Quitline.com

TOLL-FREE 1-800-QUIT-NOW

Washington State Department of Health



Breastfeeding: A Tool to Reduce SIDS (Sudden Infant Death Syndrome)

Babies who are breastfed less likely to die from SIDS.

Submitted by Patty Suskin, Registered Dietitian, condensed from IHS Provider Women's Health News 2010 written by Sue Murphy Suzan. Murphy@ihs.gov at Phoenix Indian Medical Center

Sudden Infant death, SIDS is the leading cause of death in babies between one month and one year of age.

SIDS is nearly three times more common among American Indian/Alaska Native infants when compared to the general population. Parents are encouraged to use the "back to sleep" sleeping position on a firm sleeping surface for their baby, to not smoke around their baby, to eliminate soft items (toys, pillows, thick blankets, etc) from their baby's environment, and to not allow their baby to fall asleep on recliners, sofas, or couches.

Did you know? Choosing to breastfeed can also make a difference. Recent studies show that exclusive and partial breastfeeding reduced SIDS risk by 50% at all ages. Overall, families who breastfeed can know they are doing the best they can to prevent SIDS.

Babies were born to be breastfed. While breastfeeding may not seem the right choice for every parent, it is the best choice for every baby

Living Smart Quiz

Some ideas for improving your Health in the New Year

Are you living smart? Complete this American Cancer Society quiz and find out how you rate. Circle Yes or No next to each question, then keep reading to see how you can keep living smart.

- | | | |
|-----|----|--|
| Yes | No | I eat at least five servings of vegetables and fruits every day. |
| Yes | No | I eat at least three servings of whole-grain bread, rice, pasta and cereal every day. |
| Yes | No | I drink reduced-fat or fat-free milk and yogurt, and I seldom eat high-fat cheeses. |
| Yes | No | I rarely eat processed and red meat like bacon, hot dogs, sausage, steak, ground beef, pork or lamb. |
| Yes | No | I take it easy on high-calorie baked goods such as pies, cakes, cookies, sweet rolls and doughnuts. |
| Yes | No | I rarely add butter, margarine, oil, sour cream or mayonnaise to foods when I'm cooking or at the table. |
| Yes | No | I rarely (less than twice a week) eat fried food. |
| Yes | No | I try to maintain a healthy weight. |
| Yes | No | I get at least 30 minutes of moderate to vigorous physical activity on five or more days a week. |
| Yes | No | I usually take the stairs instead of waiting for an elevator. |
| Yes | No | I try to spend most of my free time being active instead of watching tv or sitting at the computer. |
| Yes | No | I never, or only occasionally, drink alcohol |

How Do You Rate?

0-4 "Yes" Answers: Uh oh. Alert, alert! Yikes, your eating habits are probably too high in fat and too short in vegetables, fruits and grains. Maybe take a look at your eating habits and find ways to make some changes.

5-8 "Yes" Answers: Not bad! You're halfway there! You still have a ways to go, though. Check your 'No' answers to figure out which areas of your eating need to be improved, or whether you should exercise more.

9-12 "yes" Answers: Hey, good for you! You're living smart! Keep up the healthy habits and keep on looking for ways to improve.

Making food choices that are high in fiber & nutritious and getting plenty of exercise can reduce cancer risk. In fact, approximately one of three cancer deaths in the United States could be avoided through a good eating habits and physical activity.

Eat a variety of healthy foods, with an emphasis on plant sources.

Eat at least five servings of a variety of vegetables and fruits each day.

Choose whole-grain breads, cereals, rice and pasta instead of refined grains and sugars.

Contact Patty Suskin, Registered Dietitian at the Health Promotions Building (360)) 432-3929 if you are Native American and would like some individualized support & ideas for being healthier.



The right amount of sleep is good for weight loss

Cutting back on sleep may compromise your weight-loss goals. Researchers put overweight volunteers on a calorie-restricted diet, then measured their weight loss over two 14-day periods, once after 8 ½ hours a night of sleep and again after only 5 ½ hours. While participants lost the same amount of weight regardless of rest time, those who were well rested lost more body fat (as opposed to lean body weight) than the sleep deprived. Tired participants reported being hungrier, and researchers learned that sleep-deprived bodies produced more of the hunger hormone ghrelin, which may make it harder to stick to a diet. Ideally, adults should all get 7 to 9 hours of sleep a night

Source: Annals of Internal Medicine, Oct. 5, 2010

Try this...

DRINK TWO glasses of water before you eat. In a study of 48 middle-aged men and women, researchers assigned half to a low-fat, low-calorie diet. The other group stuck to the same eating plan but also drank two 8-ounce glasses of water before each meal. Those who took water before meals lost more weight than their peers.

Source: American Chemical Society annual meeting, August 2010.

Walking boosts brain function

Walking boosted brain function in a study of formerly sedentary individuals who had gotten almost no exercise in the previous six months. During the study, they walked for 40 minutes three times a week for a year. Over that time, regions of their brains that previously had little to do with one another began to interact. Since connectivity is a hallmark of young healthy brains, the results suggest that exercise may help turn back the brain's clock.

Source: Frontiers in Aging Neuroscience, August 2010.

Prone to headaches?

Prone to Headaches? You may want to hit the gym. A German study found that inactive teens had four times the odds of getting migraines as avid exercisers. The survey results also suggest that cutting down on alcohol and coffee drinks could help the headache prone.

Source: Headache, June 7, 2010



Nov. was Diabetes Awareness Month!

Submitted by Patty Suskin

Pictured are L to R: at table: Dr. Karen Anderson, MD, Bob Whitener, Alene Whitener, Ann Parker. Standing L to R: Rose Davis, Mike Davis, Herb Johns, Margie Witcraft, George Witcraft, Glen Parker.

Thank you to Dr. Karen Anderson, MD, our new clinic medical director, for leading the diabetes support group discussion about "Blood Pressure- The Silent Killer". Dr. Anderson stressed the importance of controlling blood pressure to avoid heart attacks, strokes, & kidney problems. She stated that both physical activity & weight loss are very helpful to keep blood pressure in a healthy range. (130/80 or below). In addition, eating less salty foods can be helpful. Examples of some salty foods to limit or avoid include: canned soups & top ramen, pickles, olives, hot dogs, and boxed meals. For more information on hidden sources of salt, contact Patty Suskin, Registered Dietitian, at the Health Promotions Building. If you have not had your blood pressure checked recently, please make an appointment at the clinic (360) 427-9006 or call the fire station near Island Enterprises at (360)426-7222.

Foot Exam Morning
with Dr. Kochhar (Foot Doctor)

Friday, January 14th, 2011

9 am—noon

Priority for people with Diabetes
Others will be seen if space is available.



Contact Patty Suskin,
Diabetes Coordinator for an appt.
360 432-3929



Church Services Shaker Prayers and Services

Rose and Mike Davis are available
for Shaker prayers and services
Please call 877-9480





HEALTH CLINIC



Upcoming 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 Juana Perry @ 432-3863
to get on the waiting list to have a garden
placed in your yard – for FREE.

Free Pilates classes

Community members welcome
Mondays and Thursdays
4:00 - 5:00 p.m. at Health Promotions

Smart Shopping/ Food Label Reading Workshops

Contact Patty to schedule
a family & friends session

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

Thursday, January 20th
9 a.m. to 3 p.m. @ the Health Clinic
Contact Elizabeth Heredia
at 432-3930

Community Health Walk

Thursday, January 20th
Meet at Elder's Building at 12:40
for a 20 minute walk around the REZ

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



January Mammogram Clinic

January 20, 2011

9:00 am to 3:00 pm

At the Squaxin Island Health clinic

- Free Snacks
- Incentives
- Breast care information
- Drawings for Door Prizes-including a Pendleton Blanket

Please call 360-432-3930 to schedule your appointment.

*If you have any questions regarding your eligibility please contact:
Elizabeth Heredia, Women's Health Outreach Worker for the Squaxin Island Tribe
at (360)432-3930 or (360) 490-9977*

**Every Woman counts, tell your sisters, daughters, mothers, and friends to have a
mammogram done yearly”.**

Beginning at age 40 Women should have a mammogram done yearly. CBE should be done on a yearly basis by your medical provider. You should do monthly Breast Exams on a regular schedule.



**Tuesday,
January 11th is
WIC DAY at
SPIPA**

WIC

(Women, Infants, and Children)

provides healthy foods &
nutrition information for you and
your child up to age 5.

Please bring:

Your child, Provider One Card
or paystub and Identification for
you & your child

**Call Debbie Gardipee-Reyes at
SPIPA 360 462-3227**

Meal Program

Mon., 3: Teriyaki Chicken
Tues., 4: Soup & Sandwich
Wed., 5: Breakfast for Dinner
Thurs., 6: Beef Stew

Mon., 10: Shrimp & Broccoli Stirfry
Tues., 11: Soup & Sandwich
Wed., 12: Pork chops
Thurs., 13: Chili

Mon., 17: Spaghetti & Soup
Tues., 18: Soup & Sandwich
Wed., 19: Fish & Chips
Thurs., 20: Chicken Fajitas

Mon., 24: Cornflake Chicken
Tues., 25: Soup & Sandwich
Wed., 26: Beef Roast
Thurs., 27: Crab Cakes & Soup

Mon., 31: Meatloaf

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

**Tuesday, January 11
9:00 - 4:00**

Contact Debbie Gardipee-Reyes:
462-3227

Dates subject to change

USDA FOODS AT SPIPA

Contact Shirley or Bonita at
438-4216 or 438-4235

**Monday, January 10
10:00 a.m. - Noon**

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



Happy Birthday

Nancy Moore	01	Shila Blueback	08	Tristan Coley	17
Jessica Solano	01	Patti Riley	08	Charlotte Bradley	17
Aaron Evans	01	Melanie Sequak	08	Whitney Jones	17
Fernando Rodriguez	02	Jazmin James	09	Leanora Cruz	17
Patrick Braese	02	Emmalee James	09	David Dorland	18
Tory Hagmann	02	Deanna Hawks	09	John Ackerman	18
Nohea Robinson-Black	03	Janita Johnson	09	Lorna Gouin	18
Mary Garrett	04	Stephanie Peters	10	Emily Whitener	19
Halia Cooper-Lewis	04	Isaac Ackerman	10	Santana Mesplie-Sanchez	20
Aaron Peters	04	Tiffany Valderas	10	David Lewis	20
Mary Cruz	04	Patricia Green	11	Leonard Hawks, III	20
Lametta LaClair	05	Lolyta Johns	11	Jacob Campbell	21
Christopher Stewart	05	Cassidy Gott	11	Traci Lopeman	21
Two Hawks Krise Young	05	Natasha Gamber-Chokos	11	Shawnell McFarlane	22
Sherry Haskett	06	Anthony Armas	11	Kahsai Gamber	22
Moses Kruger	06	Marvin Campbell, Jr.	13	Percy Welcome	22
David Whitener, Sr.	06	Connie Whitener	13	Linda Jones	23
Samantha Ackerman	06	Grace Scout	14	Keona Rocero	23
Lincoln Villanueva	06	Sheena Glover	14	Miguel Saenz-Garcia	24
Zachery Clark	07	Jesse James	15	Mini Gamber	24
Charlene Blueback	07	Kayla Peters	15	Percina Bradley	25
Melissa Whitener	07	Theresa Bridges	15	Jace Merriman	25
Kaleb O'Bryan	07	Shelby Riley	16	Margaret Henry	25
Meloney Hause	08	Barbara Cleveland	17	Adonis Bradley	25
Francis Cooper, Jr.	08			Robert Bucher	26

What's Happening						
2	3	4	5	6	7	1/ 8
			Family Court	AA Meeting 7:30		
9	10	11	12	13	14	15
		Criminal/Civil Court		Council Mtg.		
				AA Meeting 7:30		
16	17	18	19	20	21	22
				AA Meeting 7:30		
23	24	25	26	27	28	29
		Criminal/Civil Court		AA Meeting 7:30		
Drug & Alcohol Awareness Dinner 3:00	31					

Tristan Coley	17
Charlotte Bradley	17
Whitney Jones	17
Leanora Cruz	17
David Dorland	18
John Ackerman	18
Lorna Gouin	18
Emily Whitener	19
Santana Mesplie-Sanchez	20
David Lewis	20
Leonard Hawks, III	20
Jacob Campbell	21
Traci Lopeman	21
Shawnell McFarlane	22
Kahsai Gamber	22
Percy Welcome	22
Linda Jones	23
Keona Rocero	23
Miguel Saenz-Garcia	24
Mini Gamber	24
Percina Bradley	25
Jace Merriman	25
Margaret Henry	25
Adonis Bradley	25
Robert Bucher	26
Myeisha Little Sun	26
Dakodah Vigil	26
Emily Baxter	27
Alohna Clark	27
Cheryl Melton	27
Guy Cain	27
Amanda Salgado	27
Rebeckah Ford	28
Eva Rodriguez	28
Sharleina Henry	29
Buck Clark, Jr.	30
Brandon Stewart	31
Alicia Obi	31
Nikolai Cooper	31

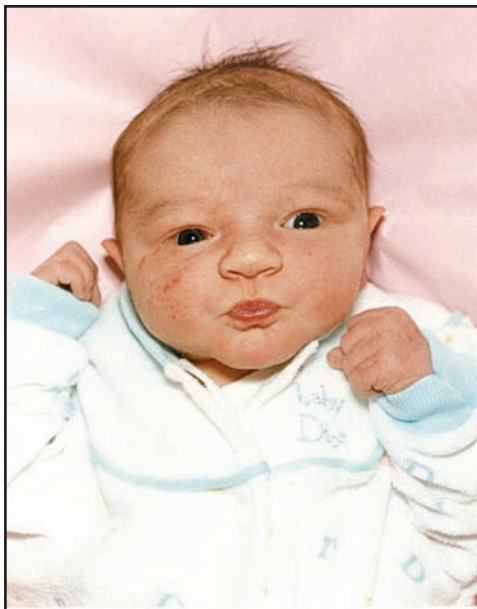




COMMUNITY



Happy 18th Birthday Kayla!



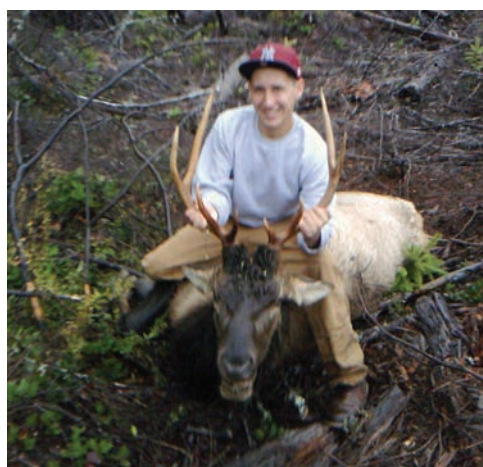
**Love Dad, Mom, Carly,
and Aaron"**

**Happy 25th Birthday (1/11)
Patricia J. Green
Hope you have
a wonderful day!!
Love, Mom, your sisters
and all the kids**

**Happy 11th Birthday
(1/27)**

**To our nephew
Thomas" Nate" Jackson
We love & miss you!!
Love, Gramma Donna,
your aunts, your cousins
& all your family
from Squaxin**

**Bestest 18th birthday wishes
Miguel
with loads of love.....**



**Love Mom, Dad,
Justin, Bianca and Brit**

**Wicket, see you've always
been my baby :-)**



Love, Misti

**Hey Sis,
Remember this Expo 86
ride to Canada?**



Love, Misti



**Bestest birthday wishes to
Shawnell Mcfarlane**



**Love Grams, Gramps,
Auntie Misti, Uncle Miguel,
Auntie Wicket,
Auntie Theresa,
Auntie Connie
and all your cousins**

Happy Birthday Astrid



March 1985

Love, Mom

**Happy New Year everyone
Loads of love!
Misti Dawn & family**

**Happy 13th Birthday (1/22)
Shawnell Lynn
Daddy's Baby Girl
Hope all your wishes
come true!
We love you very much!!**



**Love Dad, Raven,
Sissy & Seth**

JOHN RICH

**OF
BIG &
RICH!**

**SATURDAY,
JANUARY 29TH
AT 7PM**

**SPECIAL GUEST
CHANCE
MCKINNEY
N' CROSSWIRE**

\$65/\$60/\$50

**FOR TICKETS
VISIT THE
BOX OFFICE
OR CALL
360-432-7300**

LITTLE CREEK

CASINO • RESORT

Purchase tickets online at

www.little-creek.com

Must be 21 or older. For Skyboxes call 360-432-7300

SOCK Fund-Raiser

SOCK is partnering with a group of grassroots organizations in town to promote and sell a 2011 calendar that SOCK made. A different grassroots organization is featured on each month. Plus, the back pages have a comprehensive resource list including contact information for most of the non-profit organizations in Mason County.

There is a web address below so people can buy the calendar online. Also, if you'd like me to drop off any calendars in person to sell in your office, I'd be happy to do so.

Anyone who buys a calendar has a chance to win \$500 that will go to the non-profit of their choice!

The calendar is \$10 and the money goes towards SOCK.

Here is a link to buy the calendar online:
www.tinyurl.com/sockcalendar

Thank you very much!
Emily Hammargren
Program Assistant, SOCK
Save Our County's Kids
PO Box 1013
Shelton, WA 98584
360-462-SOCK(7625)
www.sock.org
Join us on Facebook!

Snow Much Fun



Return Service Requested

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10 S.E. Squaxin Lane
Shelton, WA 98584

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