





COMMUNITY



Squaxin Island TRIBAL NEWS

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

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

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

Submissions Deadline:
15th of each month

SQUAXIN ISLAND TRIBAL COUNCIL:

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Volunteers Needed For Tree Planting

Tracy Farrell - The Squaxin Island Tribe Natural Resources Department has completed the first part of a multi-phase habitat restoration of Skookum Creek. There will be more restoration projects in the following summers similar to the large woody debris placed in the channel this year (2005). If you or your group would like to participate in replanting the trees along the stream there is an opportunity for helping out early (January or February) next year.

The purpose of this project is to improve the stream channel for fish use. This is a project that has short term and long term goals. In the shorter term, the log jams placed in the stream speed up the creation of meanders and slow down the passage of water to form pools for salmon to use. The replanting of stream side vegetation provides some shade in the next 5 to 25 years and then later some of the trees will fall into the channel and replace the wood put in by our department to jump start this natural process.

We are encouraging as many Tribal members as we can to help with this community project. Please contact Tracy Farrell at (360)432-3818 or tfarrell@squaxin.nsn.us if you have questions or you would like to participate.



Merry Christmas

Per Capitas

Per Capitas will be distributed December 1st
from 8:00 a.m. - 4:00 p.m. in the new Tribal Center

General Body Meeting January 7, 2006

10:00 a.m. in the Gym

Door prizes and lunch

Chili Cook-off
Can Joe win again?!

Mason County 40 et 8 Christmas Baskets

Apply in person at 40 et 8 Club office on Cota Street in downtown Shelton

9:00 - 5:00
DECEMBER 3RD & 10TH

Must bring photo ID





Celebrations Mark 10 Year Anniversary of TESC Longhouse

Annual Potlatch at Squaxin Island is a Lasting Tribute to David Whitener Sr.'s Role in the Life of the Longhouse

It was a powerful and long-lasting relationship, forged more than 30 years ago between members of the Makah Tribe and the Squaxin Island Tribe's current Deputy Executive Director David Whitener, Sr., that helped give birth to the dream of a longhouse on The Evergreen State College campus. The Longhouse celebrated its 10 year anniversary in September.



David, who graduated with a Masters in Teaching from Western Washington University in 1967, spent five years serving as Principal at Neah Bay School in the Cape Flattery School District in the mid-1970's. There David assisted in the implementation of the Urban Rural School Development

program which brought in \$750,000 to develop a radio station and innovative ways of teaching elementary school, such as non-graded classes. "Students signed a contract saying what they would do for lessons, what they would learn and how they would use that knowledge," he said. In addition, he and other Makah teachers and administrators opened the door for Job Corps.

During that time David became close friends with a number of Makahs who played a pivotal role in the development of the Longhouse. In 1978, David "moved back to Squaxin" and became a Professor of Native American Studies at TESC. Lloyd Colfax and Greg Colfax, both Makahs, joined him in the 1980's.

"The Longhouse was Mary Hillaire's (Lummi and TESC faculty) dream," David said. "The rest of us joined forces and formed the Student Longhouse Committee, committing ourselves to raising awareness and funding for the facility," he said.

The December potlatch dinners were a central part of the fund-raising plan. So committed were the Makahs, they never failed to show up, even in snowy weather. Lloyd Colfax gave David the name ʔəkwatid, meaning Soaring Eagle and gifted him with a song and dance that is performed at the annual potlatch dinners.



"We also had fish bakes and fry bread sales to make enough money to look for other money," David said. "Governor Dan Evans pledged \$1,000 in seed money in the mid-1980's."

TESC President Les Perce said, "Dave is one of the leaders who contributed to the founding of our Native American programs and a member of The Evergreen State College faculty who is well loved and respected by his students."

This year's December potlatch dinner was held in September so it could be held in conjunction with TESC Longhouse 10 Year Anniversary Celebration. It was hosted by the Tribe and coordinated by David Whitener.

In addition to his many years of service in the field of education, David served on the Squaxin Island Tribal Council for 24 years. He was first elected

Acting Secretary for a two-year term in 1958. "We were meeting in people's homes at that time," he said. He was elected Treasurer in 1966 and again in 1969. He was elected Vice Chairman in 1981 and Chairman in 1984 and 1987. In 1991 he was elected Vice Chairman and Chairman again in 1996.

After moving back home from Neah Bay, David worked as Manager of Harstine Oyster Company and as a consultant for the BIA and the Tribe setting up multi-purpose classes in the old Tribal Center called IFISH (Indian Fishing Industry Self Help). He also worked part time for TESC in 1973 and then as Fisheries Manager for the Tribe.

"I found the most gratification working as a Fisheries Manager for the Tribe," David said. "I helped negotiate the Region of Origin Coho Fisheries Agreement with all Puget Sound Tribes. This gave our fishermen more of a chance to catch fish at the end of the line. We sat at the table and hashed out an agreement to protect salmon in the mixed stock Area 9. Prior to this agreement, the Lummi Tribe caught 50%+ of the tribes' 50% share. We developed a model for timing and calculating the size of the runs, both pre-season and mid-season so fisheries could be managed proportionately."

"It was exciting times after the 'Boldt Decision.' The state resisted all the way to the Supreme Court seven times after 1974. In the 1970's we established the netpen program. The state wanted South Sound to be listed as 'non-viable.' We had to fight this too, because we believed there were natural runs in our area and that the best and most economical way to run a fishery is for them to replenish themselves naturally."

Thank you, David for your making such a tremendous difference in the life of tribal people at Squaxin Island and far beyond!





Annual Tribal/State Centennial Accord Meeting Held at Chehalis *Continued from page One*

The afternoon agenda consisted of policy discussions with the governor and staff led by tribal representatives. Key topics of discussion included *Natural Resources and Water* led by Chairman Peters and Billy Frank, Jr., Chairman of the Northwest Indian Fisheries Commission; *Economic Development* (on gaming and taxation) led by Ron Allen, Chairman of the Jamestown S'Klallam Tribe; and Health and Human Services (on juvenile justice and substance abuse) led by Pearl Capoeman-Baller, President of the Quinault Indian Nation and Darrell Hillaire, Chairman of the Lummi Nation.

Discussion on cultural resources protection was allowed to go over its allotted time because tribal leaders had a large number of issues "close to their hearts" they wanted to discuss. These issues included problems crossing borders with regalia, a request for cultural resources laws to be based on tribal beliefs and traditions rather than only existing state and federal laws, a request for all state agencies to notify appropriate Cultural Resources personnel before land purchases and subsequent construction projects begin, additional cultural resources and tribal relations training for state agencies and mortuaries not allowing tribal members access to deceased family members in order to dress them for burial. The governor said she is developing a draft cultural resources executive order pertaining to protection of cultural resources that will be issued to tribes in December so they can make comments before it takes effect next year.

The governor and Chairman Peters then signed the *Operational Protocol Between the Recognized Tribes of the State of Washington and the Washington State Department of Ecology* that establishes the Ecology/Tribal Environmental Council (ETEC). This group will meet four times a year to communicate issues. Tribal representatives then expressed concerns about oil spill response and the need for tougher laws on derelict boats.

Discussion then moved on to tourism and economic development. The governor invited the tribes' participation in trade missions to Europe and Asia where there is considerable interest in the Pacific Northwest, particularly Native American culture. She said visitors from these places "are tired of the United States being portrayed as Disneyland and want to know, if they came to Washington - what would be real?" The governor then expressed a strong commitment to cooperative marketing of tourism including an intertribal web site, full page color advertisements in national magazines and tribes' participation in the Washington State Visitors Guide. She said studies

have estimated a return of \$29 per \$1 spent in tourism advertising. She invited tribal participation in the Summit on Tourism held November 17th and 18th. Tribal representatives expressed a need for a tribal tourism liaison, an intertribal tourism strategy and a strategy for marketing Washington State seafood products - "When you come to Washington, eat Washington seafood products."

Education was discussed at great length, and tribal leaders expressed concerns about WASL testing and fears that the 59% drop-out rate could escalate as high as 79%. "We are afraid they will be stigmatized for life, thinking to themselves, 'I couldn't even pass that test'," a tribal representative said. "We don't feel that it is a fair assessment. There needs to be multiple testing methods. There needs to be input from the tribes. We know better than anybody what our students need."

Chairman Peters led the discussion on Natural Resources citing concerns about water quality, wildlife management, habitat protection, access to state lands for gathering cultural materials such as cedar bark, huckleberries and sweet grass, gathering seasons (the state issues permits for gathering materials at times when harvesting can cause damage), consulting tribes when there are land transfers, lack of tribal input on the Puget Sound Initiative, Salmon Recovery Board, Federal Salmon Recovery funds being cut at the tribal level, the Federal Water Bill, and Timber Fish & Wildlife (TFW) funding cuts. He thanked the state for supporting the shellfish agreement, coming up with their share of the settlement and helping to get the federal portion.

Other tribal representatives voiced concerns about pollution and state timber harvest permits. "It doesn't do us any good to use state-of-the-art management techniques when others come in with state permits and rape the land," a tribal chairperson said. "We can't swim in Tulalip Bay, Tribal Chairman Stanley Jones said. "We need help from the State Department of Ecology so its not always 'just the tribes being a problem'."

Governor Gregoire said, "When it comes to Puget Sound, we don't know what to do. We are being overwhelmed with population growth. We don't want to duplicate failures. No matter how we do this (cleaning up Puget Sound), it won't happen without the tribes. But its a formidable challenge." Addressing the Chairman of the Skokomish Tribe, Gordan James, regarding the dissolved oxygen problem in Hood Canal, the governor said, "I am with you 1,000 percent. And we will likely use Hood Canal as an example when it comes to Puget Sound."

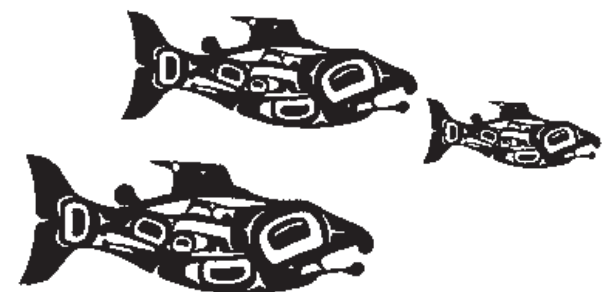
Chairman of the Jamestown S'Klallam Tribe, Ron Allen led discussions on economic development. "Tribes have been cut 33% on salmon recovery funds. State funding has not been cut despite the fact that our job is much tougher than yours. We are the ones out there doing the job in the trenches. And we have no tax base. We have only our businesses. Tourism requires roads and infrastructure. We have a mutual interest in our success, because if we are not successful with providing jobs and health care, etc., these things will come back to effect the state." He asked the state to be balanced and fair when it comes to negotiating gaming compacts. "Many tribes are in rural areas and have different issues," he said. He also expressed a need to negotiate more fitting ratios of contributions to social needs such as problem gambling.

"Tribes should get a municipal share of the contributions they make to local governments," Chairman Jones said, citing the millions of dollars the Tulalip tribe has donated to the city of Marysville, the county and state. "Right now we get nothing, even though we are the ones producing it." He went on to say, "Economic development and tourism are all connected. Money that goes to the tribes does not leave the state recycled. We need public endorsement of the amount of money tribes bring to local governments. Tulalip is creating new dollars, not taking from state or city coffers. We need to establish a Tax Policy Advisory Panel."

The governor said, "We are merely talking among ourselves and all agreeing. I am behind you, but I was not able to get legislation passed in the Senate. You must educate your legislators."

Ron Allen reminded the governor that Washington State citizens don't want expanded gaming. "We don't want the public to think we are moving casinos around to get better locations."

The governor responded by saying, "Are you asking me to work on a government(s)-to-government level? That is not my place to make that decision. How you work together to do this (agreeing on gaming compacts to make them more equitable) is up to you."





**A
Real
Conifer;
Stabilizes soil.
Emits fresh oxygen.
Protects water supplies.
Creates a scenic green belt.
Provides refuse for wildlife.
Absorbs carbon dioxide and other gases.
Recycled real Christmas trees create mulch
for gardens and landscaping.
For every real Christmas tree harvested,
at least three seedlings are planted in its place.
Protects soils which may not support other crops.
One acre of trees = oxygen for 18 people per year.
Real trees recycle back to the earth from where they started.
REAL TREES ARE GOOD.**



Holiday Safety for Your Home

The holiday season is here! If you are like me, you are excited about the holidays and have already started or maybe even finished decorating the house and yard.

Many of you put your Christmas tree up right after Thanksgiving. This year you may have decided to have a real tree. Be sure to select a fresh tree. If you cut the tree yourself you know the tree is fresh. But if you do not cut your own tree, be sure to ask when the tree was cut and check it closely for drying needles. Dry greenery and Christmas trees can be a fire hazard this time of year in your home.

The stump of your Christmas tree should be cut fresh before placing the tree in the tree stand. Keep an adequate supply of fresh water covering this fresh cut at all times. Check the water level daily, and refill when needed. The cooler you can keep the room where you have the Christmas tree, the longer it will stay fresh and green. Do not

place the tree near a heat vent, wood stove or fireplace.

At the first sign of needle drop and drying you should dispose of the Christmas tree. A single spark can ignite a dry tree. Use some of the discarded tree material as a mulch over dormant perennials or as a haven for wildlife in a nature area.

Holiday greenery used for decoration should be watched very carefully for signs of drying. Evergreen boughs and wreaths can dry in just a few days. A cigarette ash or match could easily start a fire in one of these center pieces. Never leave an unattended candle burning. Blow out candles in these center pieces after the meal is over.

When decorating landscape trees and the exterior of the house, be careful. Make sure you have a sturdy ladder and someone to help hold the ladder when you are stringing lights in high places. When you are on a ladder, do not lean out or reach. Climb down and move the ladder to a better location. Please have a safe holiday season. (MJF)

Submitted by Lisa Peters

A Special Thank You



I give thanks for those from Squaxin Island who came to the Squalli-absch dinner 11-12-05. They shared songs with the people and witnessed my Uncle Leonard Squally's naming which took place. We all had a very good feast and giveaway. Again, mah-see for their presence.

- Lou Ann K. Squally



In Loving Memory
of our Beautiful Daughter, Sister and Aunt,
Larrinea Lee Lewis,
Born December 22nd 1966,
Passed on January 31st, 2002
of a heart attack caused by an enlarged heart

Love Always
Dad, Mom,
Brother David Michael,
Bear and Nephews Bubba,
Payton and
Brenden James Lewis

We will never forget you!





In Loving Memory

Rebecca Anne James

Born July 4, 1951

Passed November 5, 2005

Becky James was a woman who did much and asked for little in return. She may have not worked, but she was a hard worker. Becky James was truly blessed with a heart of compassion and the gift of giving. Becky James was challenged daily with many trials and temptations, with her health and life's struggles in general. Becky was truly a soldier for the Lord. Besides what was going on in her own life, she would go out of her way to help others. It may have been very hard for Mom at times, but you would never know it by the smile she carried on her beautiful face. I know that Momma Becky is in a much better place now. A place where it's always warm, a place where there is no pain and no tears, a place where there is no crime and no fears. I thank the Lord for choosing Becky James to serve Him because in that I find comfort in knowing that she is completing her journey to heaven. And we will see her again.

We will miss you Mom! God bless you.

Becky James was preceded in death by:

Husband: Steve James
Son: Randy Ewing
Two Brothers: Allen and Mark Ewing
Step-Sister: Annette
Step-Brother: Kenny McDonald

Becky is survived by:

Mother: Violet McDonald
Two Brothers: Bill and Larry Ewing
Step-Sisters: Nora and Tom Gallant, Wendy and Maurice Child and Cindy and Devin Adkins
Granddaughter: Davina Braese
Great Grandchild: On the way
Step-Grandchildren: Patrick Braese, Lisa Eaton, Malachi Johns, Beau Henry, Tiana Henry and Terence Henry

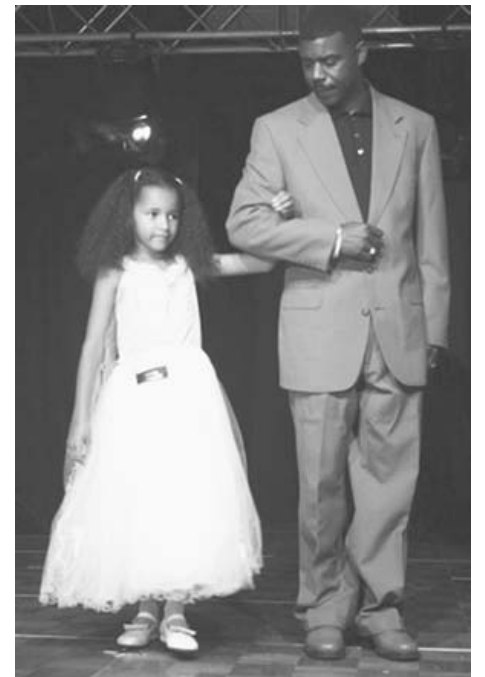
P.S.

Mom, please tell Pop, Randy, Aunt Mary and everyone else we love that we truly miss them.



Tenaya Johnson

Thank you to all the Squaxin Island tribal and community members and employees for sponsoring us in the Miss Washington Pageant. We had a great time and hope you will support us again next year.



Tae'lor Johnson

EASTER
Mystery



Native Contributions in Combat

It is estimated that more than 12,000 American Indians served in the United States military in World War I. Approximately 600 Oklahoma Indians, mostly Choctaw and Cherokee, were assigned to the 142nd Infantry of the 36th Texas-Oklahoma National Guard Division.

The outbreak of World War II brought American Indian warriors back to the battlefield in defense of their homeland. Although now eligible for the draft by virtue of the Snyder Act, which gave citizenship to American Indians in 1924, conscription alone does not account for the disproportionate number of Indians who joined the armed forces. More than 44,000 American Indians, out of a total Native American population of less than 350,000, served with distinction between 1941 and 1945 in both European and Pacific theaters of war. In addition, more than 40,000 Native American men and women left their reservations to work in war-related industries. American Indians also invested more than \$50 million in war bonds and contributed generously to the Red Cross and the Army and Navy Relief Societies.

Battle-experienced American Indian troops from World War II were joined by newly recruited Native Americans to fight Communist aggression during the Korean conflict. The Native American's strong sense of patriotism and courage emerged once again once again during the Vietnam era. More than 42,000 Native American, more than 90 percent of them volunteers, fought in Vietnam. Native American contributions in United States military combat continued in the 1980s and 1990s as they saw duty in Grenada, Panama, Somalia and the Persian Gulf.

Native Americans are the ethnic group with the highest percentage of veterans per capita.



Who Are These Handsome Protectors of Freedom?



Pete Kruger



Riley Lewis

Comanche Code Talker Answered 'Call to Duty'

Submitted by Joe Castellucio/Written By David Vergun/Army News Service - He became a legend in the Army, as well as in his native Comanche tribe in Oklahoma. Charles Chibitty, 84, the last of the Comanche "code talkers," died July 20 this year in Tulsa, Okla. He also reportedly was the last hereditary chief of the Comanche, having descended from the great leader, Chief Ten Bears.

"Code talkers" is the term used to describe Soldiers from various Indian tribes who communicated on radios, telephones and telegraph during World Wars I and II. They spoke in their own languages and dialects, many of which were not written down and all of which were indecipherable by enemy forces. Chibitty was among the 17 Comanche code talkers who served throughout the European Theater during World War II with the 4th Signal Company, 4th Infantry Division. Since there were many military words that had no meaning in the Comanche language, Chibitty and other Soldiers had to invent their own unique military lingo. For example, they used the Comanche word for "turtle" to signify "tank." Chibitty saw plenty of fighting during the landings at Utah Beach during the D-Day Normandy invasion in June 1944. He immediately put his skills to use, directing aircraft and naval gunfire to targets and informing other Comanche code breakers at higher headquarters of the tactical situation on the ground and relaying information back to his unit commander.

Chibitty survived the landings and saw a lot more action throughout France and during the Battle of the Bulge. He and his unit were among the first Americans to liberate Paris and later to enter Germany. In addition to code talking, Chibitty became a champion boxer in the Army. Later in life, he became a much acclaimed and prize-winning Comanche war dancer. The French presented Chibitty and other Comanche code talkers with their second-highest medal for valor, the Chevalier de L'Ordre National du Merite. In 1999, the Department of Defense recognized Chibitty, who was then 78, and the last surviving member of the Comanche code talkers. He was honored in the Hall of Heroes inside the Pentagon for his extraordinary bravery and achievements.

At the ceremony, he didn't dwell much on his own combat actions, preferring rather to speak of the achievements of his fellow Comanche code talkers. He recounted the story of one code talker who was wounded in the back with shrapnel. That Soldier refused to be evacuated to the rear and continued to fight and code talk. His wounds were treated and he survived the war. Other Comanche code talkers were wounded as well, but all survived the fighting.

(November was Native American Heritage Month and the Army created a special web site for the observance at www.army.mil/americanindians.)





Mary Johns Room and Gym Usage

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

Learning Center Update

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

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

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

Private Tutoring Sessions will be offered in TLC. A certified teacher will be available for private individual tutoring sessions. If your child needs a little extra help in any academic areas, please call to schedule an

individual tutoring session. Call Lisa Evans at 432-3882 or stop by TLC to schedule your appointment.

Learning Center Rec Room

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

Higher Education

Attention ALL Higher Education students, don't forget to send in your receipts for the Fall '05 quarter. The deadline to have all paperwork turned in for Winter 05/06 quarter is December 12, 2005. If you need assistance with paperwork or anything else, please call Lisa Evans at 432-3882. Please see the Higher Education Calendar for important dates and deadlines (October Klah-Che-Min).

Scholarship Corner

Scholarship Opportunities are listed on the Squaxin Island web site. Navigate to the "Government" button on the main navigation bar at the top. "Click on Learning Center" on the left menu bar. Then click on "Scholarship Opportunities" on the left menu bar.

Staff Hours

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

KIM COOPER, *Director*
8:30 – 5:00 432-3904

MARK SNYDER, *Youth Coordinator*
10:00 – 7:00 432-3872

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

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

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

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

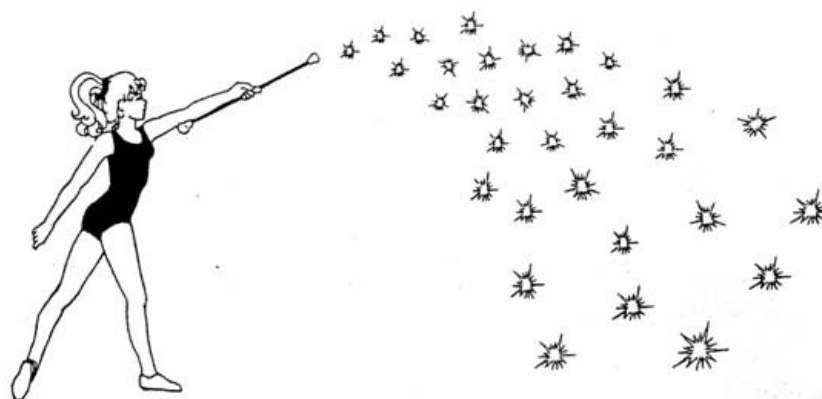
MANDY PARADISE, *GED Instructor*
3:00 – 7:00

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

SEDAR ROWSON, *Youth Counselor/Skillbuilder*
2:00 – 6:00 432-3896

TWIRL

Twirl with Fantasia Twirling Corps. Open enrollment through December. Fridays at 6:00 p.m. in the gym. Ages five and up. Next class is December 2nd. Team classes funded by the 1% committee.



For more information, call Coach
Judy Welsheimer at 459-2518.
Coach of 1989-2005 Washington
State Team Champions.



Lumina Foundation Gives \$800,000 to Evergreen's Enduring Legacies Reservation-Based Project

Olympia, Wash. – The Enduring Legacies Reservation-Based Project, a partnership of The Evergreen State College, Grays Harbor College and the Washington State Board for Community and Technical Colleges, has received an \$800,000 award from Lumina Foundation for Education. Lumina Foundation is an Indianapolis-based, private foundation dedicated to expanding access and success in education beyond high school.

The three-year Enduring Legacies Project seeks to increase college access and success for reservation-based Native American students through more cohesive degree and transfer programs, stronger student support services, and more engaging curriculum provided by an innovative multi-institutional and tribal partnership.

The project partners worked together to establish a hybrid distance learning Associate of Arts degree through Grays Harbor College that is fully transferable to four-year colleges. The online courses will be offered via WashingtonOnLine (WAOL), which serves community college students throughout Washington state. The AA program combines culturally appropriate on-line courses with community-based instruction. Faculty at community colleges throughout the state developed the online courses. Among the cooperating institutions that agreed to present proprietary courses through Grays Harbor College and WAOL are: North Seattle Community College, Skagit Valley College, South Puget Sound Community College and South Seattle Community College.

Upon completion of the AA degree, students may transfer to Evergreen's upper division Reservation-Based Program, which serves six tribal communities: Makah, Muckleshoot, Nisqually, Port Gamble S'Klallam, Quinault and Skokomish. This BA program features a culturally relevant liberal arts curriculum taught on-site in the participating tribal communities.

Evergreen's Academic Vice President and Provost, Don Bantz, said he sees great potential in the new partnership. "This could be a prototype for Indian education," said Bantz. "It's a combination of distance learning and high tech learning. Evergreen is grateful to the Lumina Foundation for supporting our continuing efforts to develop curriculum and facilitate partnerships among the tribes, government agencies and other educational institutions."

The Lumina Foundation grant funds extensive student and faculty support services, including a

program coordinator and on-site study leaders for the AA program and annual faculty development workshops for both the AA and BA programs.

In addition, the project partners will work in close collaboration with tribal communities to develop specific curricular units, or case studies, based on key issues of concern to tribes. Case study topic areas to be developed in collaboration with a tribal advisory board might include topics such as restoration of natural resources, indigenous research, tribal self-governance, education, health, and economic development. Five colleges have agreed to field test these case studies: Salish Kootenai College, Northwest Indian College (both two-year tribal colleges), Grays Harbor College, Fairhaven College at Western Washington University, and Bainbridge Graduate Institute.

Upon completion, the case studies will initially be used in Evergreen's undergraduate programs and in the college's Master of Public Administration Tribal Governance Program.

Lumina Foundation is one of the many organizations scheduled to participate in a special celebration event recognizing the Reservation-Based



Transfer Program in Native American Studies that is offered through Grays Harbor College and Evergreen. The celebration took place on September 20 at 3:00 p.m. at the Quinault Beach Resort in Ocean Shores. The gathering honored the program that represents a partnership among several tribes and colleges in the state of Washington. The event was open to the public.

For more information about registering for classes, contact Mark Ramon, Grays Harbor College, Tribal Education Specialist at 360-532-9020 or 360-538-4090 or student toll free 1-800-562-4830.

Youth Calendar

				1	2	3
				Basketball Practice All Ages 4:30 - 6	Baton Class 3 - 7	Closed
4	5	6	7	8	9	10
Closed	Basketball Practice All Ages 4:30 - 6	Basketball Practice All Ages 4:30 - 6	Basketball Practice All Ages 4:30 - 6	Basketball Practice All Ages 4:30 - 6	Baton Class 3 - 7	Closed
11	12	13	14	15	16	17
Closed	Basketball Practice All Ages 4:30 - 6	Basketball Practice All Ages 4:30 - 6	Basketball Practice All Ages 4:30 - 6	Basketball Practice All Ages 4:30 - 6	Christmas Party 5:00 - 8:00 p.m. <i>Watch for the flyer</i>	Closed
18	19	20	21	22	23	24
Closed	Basketball Practice All Ages 4:30 - 6	Basketball Practice All Ages 4:30 - 6	Basketball Practice All Ages 4:30 - 6	Basketball Practice All Ages 4:30 - 6		Closed
25	26	27	28	29	30	31
Closed	Closed	Holiday Basketball Tourney	Holiday Basketball Tourney	Holiday Basketball Tourney	Holiday Basketball Tourney	Closed



A Wonderful Opportunity to Reduce the Stress of Caregivers

Are you caring for someone in your family who suffers from memory loss? Are you under stress? It is important for us to care about our elders. It is part of who we are as a family and as a community. Caring for others can be beneficial and provides us with an opportunity to thank our elders who have given so much to us. But it can also put caregivers under a lot of stress. Add to that the problems we encounter in our everyday life and caregivers can be under too much stress. Having stress for long periods of time can lead to insomnia, increased worry, hormonal changes, heart problems, depression, fatigue and pain. It has also recently been found that stress can lead to type 2 Diabetes.

Both the Center for World Indigenous Studies and the Center for Traditional Medicine in Olympia, under the guidance of tribal leaders from Nisqually (Zelma McCloud), Puyallup (Connie McCloud), Lummi (Henry Cagey), and Lower Elwa Klallam (Monica Charles), are offering a wonderful opportunity to help you, the caregiver, reduce some of the stress you may be experiencing. If you are an American Indian man or woman who is caring for an elder who has some memory loss, you are invited to undergo stress reduction therapy. We offer two methods of stress reduction: respite care and polarity therapy.

To help us evaluate both of these therapies, you will be randomly placed in either the respite care or polarity therapy group. For nine weeks we will provide you the care that you need in exchange for telling us how it is working for you. You will be provided with a full health report after the nine weeks.

Zelma McCloud is a strong advocate and stating that, "we need to be doing more of this." By volunteering to participate you will help us gain knowledge that will improve the health of our people.

To find out more about this wonderful opportunity and how to participate, call Tiffany or Dr. Korn directly at the Center for Traditional Medicine at 360-586-0117. You may also contact any of the tribal leaders mentioned above. A free gift basket will be given to all participants. Hope to hear from you soon!

This study is sponsored by the National Institutes of Health, the Center for Complementary and Alternative Medicine, and Assured Home Health and Hospice.

Kamilche Elk Herd

Rhonda Foster - In 1984, Dad was concerned because he hadn't seen the Kamilche herd for a couple of years. So, in late spring we were determined to find the herd. It took us two weeks to find them, tracking them over many miles. We found them at the base of a ravine in a large meadow. There were 9 adults and two new calves. We watched them for two days while they stayed there putting on weight and the calves getting strong.

Dad said we needed to do something before the herd was gone. "This Kamilche herd has been around before my time, I can't imagine Kamilche without them", he'd say.

Dad had me go with him over the next months to visit home owners up the valley, letting them know how small the herd had gotten, and talking to them about putting up gates on their property. Old timers who lived in the valley their whole lives were just as concerned as Dad. Pretty soon the gates started going up.

By 1996 the herd had grown to about 70, and in April each year the herd would show up across the road from our house. Dad loved to watch them and know in his heart somehow the herd made everything right in Kamilche.

Its amazing things you think are important may not be important to other people. How some take and not give back without thinking into the future. And how some people understand and recognize the importance of a small herd.



Who Are They?



Krissy Penn and Jeremiah George

Indian Country Contributes Over \$5 Million in Aid in Wake of Hurricanes

Figures collected by the National Congress of American Indians (NCAI) and the National Indian Gaming Association (NIGA) show financial support from Indian Country for victims of Hurricanes Katrina and Rita is upwards of \$5 million. The Principle Chief of Louisiana's United Houma Nation (one of the many tribes that received aid), Brenda Dardar Robichaux, expressed tremendous gratitude for the outpouring of support for her tribe after it was devastated by the storms.

"We had over 6,000 tribal members affected by the storms," said Robichaux. "On behalf of my people, I want to thank all who have contributed so that my nation can get back on its feet."



**Toby and Merline Lewis
Married 40 Years April 2nd
And Still Best Friends
Congratulations on Your Upcoming
Celebration
to a Beautiful Couple!**



HALLOWEEN FUN



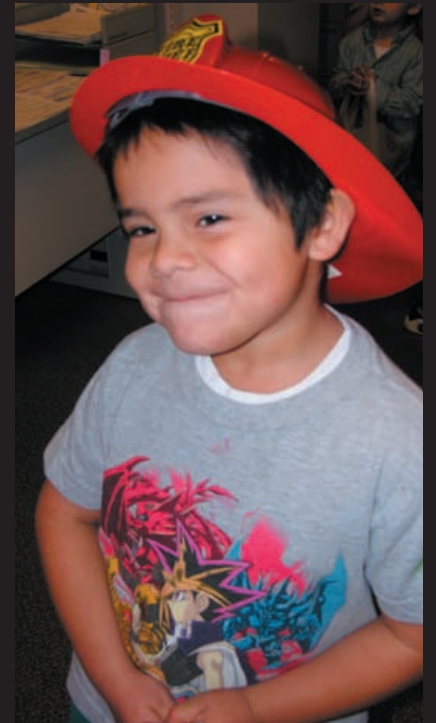


Too CUTE!





To BE SCARY



Boo!





BE VERY AFRAID





VERY, VERY AFRAID





THE GHOSTS OF HALLOWEEN





SPOOKTACULAR





Two Squaxin Fishermen Rescued from Dark, Icy Waters

Jeff Green, The Shelton-Mason County Journal
- Had Mark Taylor jumped in the shower at his



Kamilche Point home early on the morning of October 31, a pair of Squaxin Island fishermen likely would have died.

It was a nasty night with lots of wind and rain, Mark recalled. Through an open window he heard an engine noise out on

the water. Next, he thought he heard calls for help.

Mark glanced at a bedroom clock. It read 4:02 a.m., around the time he usually gets up to go to work. Instead of heading for the shower, though, he ran outside. The wind was blowing hard, but now he could definitely hear two people yelling for help.

"They were screaming for bloody murder," he told The Journal.

While his wife, Julie, called 911, Mark threw on some clothes and a life jacket, tossed two more life jackets in his boat, then headed for his father's home where he picked up his uncle, Bob Sunder.

The two men headed out in the boat, shining a light into the predawn darkness. They spotted a buoy with a man clinging to it. Next, they saw the overturned boat with a second man on top. The fishermen were 300 to 400 yards from shore, Mark reckons.

They shined the light back on the buoy where Casey Krise, 32, (pictured at top left with daughters Kiona and Tamika) appeared to be in bad shape, Mark said. He and Bob grabbed Casey and pulled him into their boat.

"Oh God, I've got four kids," Krise moaned a few times. Then he got calm, which worried Mark. They covered Casey, went to the capsized boat and grabbed Darren Ford, 43. Then they headed for shore.

Paramedics from Fire District 4 were al-

ready on the scene by the time they got back to shore. "That fire department is excellent," Mark said.

The men had been in the cold water for 15 minutes or longer, Taylor figures. Casey ingested a lot of salt water as the buoy kept turning over in the waves.

At Mark's parent's house, the fishermen sat next to a fireplace insert to warm up. Medics checked their body temperatures. Darren's had dropped to 94 degrees, said Roy Taylor, Mark's father.

Bob Burbridge of Fire District 4 said that Casey was later transported to Mason General Hospital by a family member and that he was treated there and released.

"It was just fortunate they got them when they did," Roy Taylor said, adding he's glad the men didn't try to swim to shore.

"I'm happy the kids are okay. I hope they learned a lesson," the elder Taylor said of the men who had life jackets in their fishing boat but weren't wearing them.

Paramedics said it looked like the men wouldn't have lasted much longer in the water. Mark said, "It wasn't their time to go."

As for his part in the rescue, he said, "You've just got to do it."

It later took two boats, a number of men and several hours to get the fishing boat to shore. The men lost gear, but the boat appeared to be alright, Roy Taylor said.

"It's hard to work with a life jacket on," Casey said. "And it's everybody's goal to catch as big a load of fish as you can, but this made me think about wearing a life jacket. You never think you're gonna have an accident. You don't plan on it. But you really should be prepared. You should know your boat's weight limit and be prepared for emergencies. The weather can change on you really fast."

Darren said, "This is the time of year for giving thanks, and I have a lot to be thankful for. I owe the Taylor family my life. I get a lot of peace



and serenity on the water, but you have to respect it. I've been a fisherman for more than 20 years. And I'm also a geoduck diver. I know these waters, and I know my boat, but that didn't make me immune to having an accident. We had life jackets on board, but we didn't have time to get them on. It all happened really fast. I'm just grateful to be alive, and I'm very grateful for my loving family and community. I know the Creator was watching out for us, and I am thankful for that too!"

"I wish everyone a very 'Merry Christmas and a Happy New Year!'"

Congratulations Son!

Congratulations on your first buck!

We are all so proud of you!

This is a beautiful 2-point buck that Taylor shot on Saturday, November 5th, 2005. His Popz was so proud of him. A true father and son moment. Taylor participated in the tribe's Hunter Safety class this fall. Taylor is a wonderful person. He is a talented Native American artist. He is also a talented singer of several styles of music. (Yes Taylor, we hear you sing when you think we are not listening). My family has been blessed to have Taylor join our family.

We all love you SON!!!

Love, Momz, Popz, Your Sisters Shashoney, Savannah, Jewels and Little Brother Eli





HEALTH & HUMAN SERVICES



Tastings with the Youth!

Thank you to Bj Peters, Health Promotion Assistant; Sedar Rowson, Education Assistant; and Shiloh Henderson, Youth worker, for preparing and presenting nutrition tastings for the youth on Tuesdays at 4:30. Nutrition information and surveys about fruits and vegetables are prepared by Patty Suskin, Diabetes Coordinator. BFNEP (Basic Food & Nutrition Education Program) funds from USDA and Washington State are used to provide the food items for tasting. Our objective is to increase fruit and vegetable consumption to 5 to 9 servings a day. Foods tasted include: English muffin pizzas made with whole wheat English muffins, tomato, red and green pepper, pineapple, onion, and Canadian bacon. Baked apples and fresh apples were tasted as well as pomegranates and smoothies. For more information, contact Patty Suskin at the clinic (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: 2% milk, fat free milk, crystal light, water, coffee, tea, hot chocolate. Sandwiches are available on request instead of the entrée listed. Want seconds? - Just ask or help yourself! Free to seniors 55 and older and \$3 for all others.

Monday	Wednesday	Thursday
		Beef Roast 1
Lasagna 5	Baked Chicken 7	Pork Chops 8
Chalupa 12	Meatloaf 14	Salmon 15
Soup & Sandwich 19	Swiss Steak 21	Elders Meals Closed 22 Reopens January 4th
Closed 26	Closed 28	Closed 29

Outdoor Activity of the Month

Schafer State Park inviting for anglers



What

Schafer State Park, 119 acres of forest and trails on the East Fork Satsop River.

Where

The park is 10 miles off U.S. Highway 12 near Elma.

To do

This beautiful, pristine park offers almost year-round fishing. Anglers fish for sea-run cutthroat trout and salmon in the fall and winter; steelhead show up after Thanksgiving. Fishing upstream of the bridge closes Oct. 31. There is a limit of two trout, and they must be 14 inches long to keep. The park offers beautiful campsites from April to October. There are two miles of hiking trails, and the angler trail along the river is a walk under a dense canopy of maple, Douglas fir, hemlock and cedar trees. There are two horseshoe pits. Bird and wildlife watching is very good. Many visitors use the nice picnic areas, which have fire circles. This park is beautifully kept, and there is no litter or debris anywhere, which is a real treat for all visitors.

Look for

Fall visitors find streamside maple trees glowing with reds and yellows against the dark emerald of the evergreen trees. Deer, elk, raccoons and squirrels are common in the area. When salmon are in the river, bald eagles and ravens show up during quiet weekdays. Look for the park buildings, which are made of local stone and timber.

Equipment

Fishing tackle -- single-point, barbless hooks are required through Nov. 30 downstream of the park bridge and through Oct. 31 upstream of the bridge. Good walking shoes or boots, rain gear, warm clothes, picnic supplies, firewood, cameras, binoculars and wildlife guides are good to have.

Parking

There is plenty of parking. Visitors must pay a \$5 parking fee. Frequent visitors to state parks should buy a \$50 yearly parking pass.

Directions

From Shelton, take state Route 8 from Little Creek Casino. Route 8 turns into U.S. 12 at Elma. Stay on U.S. 12 and look for the Schafer State Park sign a short distance past the Satsop River Bridge. Turn right off U.S. 12 at the Monte Brady Road Exit. Follow the road to Schafer Park Road. Turn right and drive until you reach the parking lot.

Camping

Camping is closed until April.

Restrooms

There are two restrooms at the park.

Rules

Don't feed wildlife. Pets must be on leashes at all times.

Park hours

8 a.m. to dusk.

Safety

Keep an eye on children, as the river is deep and fast at times. Slimy fallen leaves make some of the trails slippery. The underbrush is thick throughout the park, so it is easy to get lost or bogged down if you leave the trails, roads, campsites or open areas.

More information

Call 360-482-3852
or visit www.parks.wa.gov.





HEALTH & HUMAN SERVICES



Emergency Room Guidelines

An emergency may be defined as “a threat to the loss of life and/or limb.” Because the Emergency Room is the most expensive way of obtaining medical care and Contract Health Services does have limited funding, it is important that you use the Squaxin Island Health Clinic whenever possible.

If the Clinic is closed, both Shelton Family Medicine (426-2653) in Shelton and Westcare Clinic (357-9392) in Olympia have extended business hours. Shelton Family Medicine is open Monday through Thursday from 8:00 a.m. until 8:00 p.m., Fridays from 8:00 a.m. until 5:00 p.m. and Saturday from 8:30 a.m. until 5:00 p.m.

Westcare Clinic is open Monday through Friday from 8:00 a.m. until 8:00 p.m. and Saturday and Sunday from 9:00 a.m. until 5:00 p.m. Either of these offices can advise you on how to handle a medical problem.

Below are some situations in which you might need to go to a clinic or emergency room. Please note that this is not a complete list, and is only meant to provide you with a few examples.

GO TO A CLINIC

- Ear ache
- Cough
- Ingrown finger/toenail
- Bronchitis
- Minor cuts & burns
- Headache
- Colds

EMERGENCY ROOM

- Amputation
- Heart attack
- Profuse bleeding
- Coughing & vomiting blood
- Sexual assault
- Acute asthma attack

If you find yourself in an emergency situation, please use Mason General Hospital or St. Peter Hospital. The Tribe has a 15% discount with these facilities.

A Closer Look at the Medicine Creek Treaty Tree

Patty Suskin, Diabetes Coordinator - On Thursday, October 27, 2005 we returned to Nisqually Wildlife Refuge to get closer to the Medicine Creek Treaty Tree. It was a cool, foggy morning, which made the scenery even more magnificent as we walked for an hour or so.

We were lucky to have Cynthia Iyall, Nisqually, there to lead us and give us additional history of the treaty and provide us with information and CD's. Thank you, Cynthia! Thank you also to Richard Johns and Rose Brownfield representing the Squaxin Island community and to Tanya Brown and Lee Shipman representing Shoalwater Bay community. Thank you to Bj Peters for preparing the snacks. Contact Patty Suskin, Diabetes Coordinator at the clinic or (360)432-3929 if you are interested in future walks, or join us on our Thursday walks from the Elder's Building at 12:40 pm.



Join in and Walk to Prevent Diabetes in Your Community!

Thank you to Traci Lopeman, Mary Fletcher, and Espie Austria for participating in our first Community Health Walk for Diabetes Prevention on Thursday, October 20. We will continue 20 minute community walks each 3rd Thursday of the month at 12:40. All the SPIPA tribes will conduct walks in their community at the same time. Come & show your support for this grant from IHS to reduce Diabetes in the Squaxin Island Community!

For more information, contact Patty Suskin, Diabetes Coordinator, at the health center or call (360)432-3929.



Rose Brownfield, Cynthia Iyall and Richard Johns



HEALTH & HUMAN SERVICES



Join us for the Thursday Walks!

Thank you to our most faithful family of walkers! October 13th, L-R: Carolyn Hoosier, Mary Fletcher, Irvin Fletcher, Bertha Fletcher and Harry Fletcher take a walk from the Elder's Building after lunch.

On Thursday, November 3rd, Carolyn, Harry and Bertha joined Patty Suskin, Diabetes Coordinator for an indoor walk inside the Tribal Center on a stormy day.

Join us on Thursdays at 12:40!

On the 3rd Thursday of the month, we will have special community walks. These walks will be aimed at Diabetes prevention and will be held at the same time as the other five SPIPA tribes in their own communities. Come and show your support for this grant from IHS to reduce Diabetes in the Squaxin Island Community.

For more information, contact Patty Suskin, Diabetes Coordinator, at the health center or call (360)432-3929.



Upcoming Health Events

BRIEF WALK

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

FOOD TASTING WITH YOUTH

Hands on food preparation and tasting
Youth Center
After school on Tuesdays
4:30 - 5:30 p.m.

HEALTHY HABITS FOR LIFE

Take charge of your health!
December 7th, noon to 1:00 p.m.
Tribal Center Lunch Room
Bring your own lunch and thoughts

COMMUNITY HEALTH WALK

Thursday, December 15th
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!

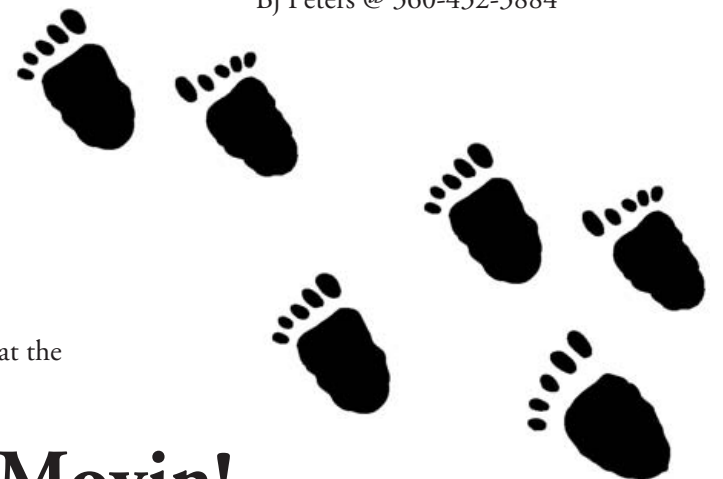
MAMMOGRAMS AND WOMEN'S HEALTH EXAMS

December 29th
Contact Rose Algea @ 432-3930

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

or

Bj Peters @ 360-432-3884



Keep On Movin!

December Health Events

				1	2	3
				Thursday Walk		
4	5	6	7	8	9	10
		Food Tasting with Youth	Healthy Habits	Thursday Walk		
11	12	13	14	15	16	17
		Food Tasting with Youth		Community Health Walk		
18	19	20	21	22	23	24
		Food Tasting with Youth		Thursday Walk		
25	26	27	28	29	30	31
		Food Tasting with Youth		Mammograms and Women's Health Exams Thursday Walk		



How to Manage the Challenge of Holiday Eating

Submitted by Patty Suskin, Diabetes Coordinator - Are you stressed about trying to eat healthier during the holiday season? The allure of cookies, festive holiday get-togethers, not to mention treats that coworkers share at the office - all conspire against our best-laid plans not to overindulge. To keep yourself sane and avoid excess pounds, keep these eating tips in mind:

1. Don't Eat To Be Polite.

You may feel uncomfortable when a friend offers a special dish, but you can refuse, nicely. Don't be afraid to say, "Gee, thanks, but I think I'll pass." Even a plain "no thanks" will do.

2. Don't Eat When You Are Not Hungry.

Eating because you're bored or nervous can contribute to unwanted weight gain. Find a tall glass of sparkling water, diet soda, or a cup of tea to sip if you need something to keep you occupied. Or, consider chewing sugar free gum.

3. Don't "Save" Yourself for Later.

How many times have you told yourself it's OK to skip lunch because you're going to a party later & you'll eat then? Bad idea. When you starve yourself, you are much more likely to overeat and go for foods higher in calories when you do eat.

4. Bypass Your Usual High-Fat Favorites

It may be your habit at a party to head straight for the dessert buffet or the cheese selection. This time, do it differently. Start with the fresh veggies and fruit, then last, head for the cookie. Eat, but try the healthier items first.

5. Don't Deny Yourself Every Indulgence.

Resolving not to have a single treat at this time of year just sets you up for failure. Enjoy, but have a smaller portion than usual.

6. Serve Yourself.

Generous hosts usually tend to pile the plate high. By serving your own portions, you can better control what you eat and how much.

7. Be More Active.

Walk to the event or park your car a few blocks away. Make physical activity a priority. Move away from the table with tempting treats. Go outside for a short walk with a friend.

Source: Northwest Health Magazine

Insights from Harvard Medical School

How to Quit Smoking

By Nancy Rigotti, M.D. - Quick, what's the greatest threat to a smoker's health? Lung cancer is a good guess, and a wrong answer. Cigarettes cause 124,000 lung-cancer deaths in America each year, but they kill even more people (138,000) via heart disease. Smokers suffer heart attacks at twice the rate of nonsmokers and they're less likely to survive them. Fortunately, these effects are reversible. Quit smoking, and your risk of a heart attack drops almost immediately, returning to that of a never-smoker within five to 15 years. Breaking the addiction isn't easy-some 40 percent of smokers try each year and most of them fail. But a failed attempt is not a final defeat. What distinguishes successful quitters is their willingness to keep trying. Smoking cessation is a marathon, not a 50-yard dash, and winning takes practice. Here are some strategies for reaching the finish line.



Think ahead. If often helps to set a date to quit and to spend some time preparing yourself for the challenges you'll encounter. The first ones are physiological. Tobacco smoke delivers nicotine, a powerful psychoactive drug, to the nervous system. Most smokers become irritable, restless, anxious or depressed when they try to go without it, and many have trouble concentrating and sleeping. Fortunately, these withdrawal symptoms are transient. They usually peak within two to three days and then wane steadily. So think beyond the discomfort of the moment. If you can make it today, life will get easier.

Use crutches. Medical treatment makes the transition easier. Nicotine administered through patches, gums, lozenges, inhalers or nasal sprays can alleviate withdrawal symptoms, and the prescription drug Zyban (bupropion) can help reduce craving. Studies suggest that quitters who use any of these aids double the chances of success. For best results, you should continue using them for two to three months.

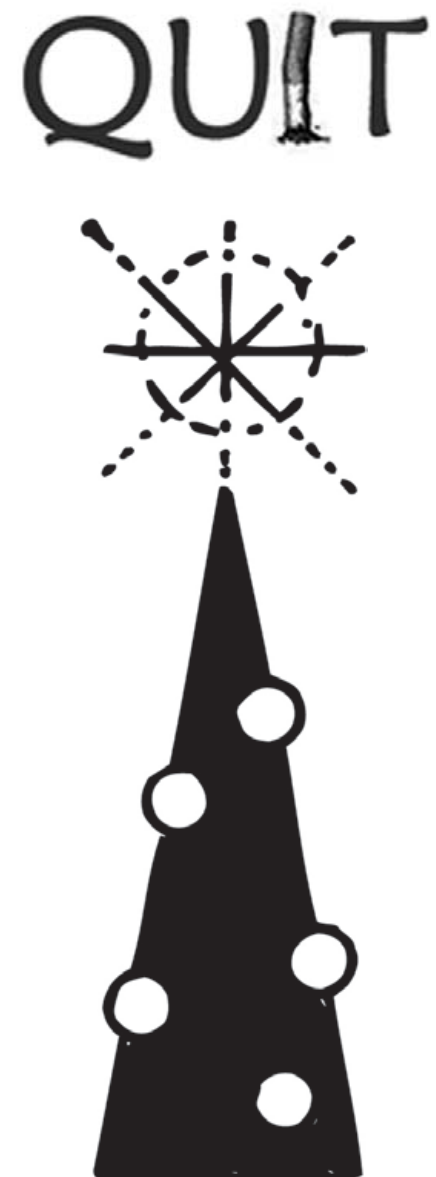
Change your routine. Nicotine isn't the only reason quitting smoking is hard. Cigarettes become a part of a smoker's everyday routine. If you're accustomed to lighting up whenever you have a cup of coffee, finish a meal or encounter a stressful situation, you may need to recondition yourself. Simple tricks can help you sidestep temptation. Some people try switching from coffee to tea for a while, or using a toothpick as an after dinner pacifier. New rituals are easy to adopt, and they quickly become old ones.

Seek support. Quitting is easier if you have people to lean on, so don't go it alone. Friends, coworkers and family members can provide much-needed

moral support, especially if they've been through the process themselves. Physicians and psychotherapists can offer valuable counseling. And though smoking cessation programs can't guarantee results, they can increase your chances of success. Free information and counseling are now available nationwide at 800-QUIT-NOW or through Web sites such as smokefree.gov, cdc.gov/tobacco and guitnet.com.

Smoking is a powerful addiction, but it can be beat. Former smokers now outnumber current ones in this country, and indoor-smoking bans are giving people new incentives to quite. Medicines now in development could soon make smoking cessation easier, but no one should wait for them. Today's treatments are effective, and too few smokers are benefiting from them.

Submitted by David Caulfield





Cooking Turkey - Here's How to Do it Safely

Submitted by Joe Castelluccio -

THAWING TIPS - 3 methods: refrigerator, in cold water or in the microwave:

Refrigerator: 24 hours per five pounds

Cold water: changed every 30 minutes, about 30 minutes per pound

Microwave: Follow manufacturer's instructions & cook immediately.

Never defrost turkey on the counter.

Once thawed, keep turkey refrigerated at 40 degrees F. or below until baking.

FOLLOW THESE STEPS FOR SAFELY STUFFING TURKEY

(Or, cook the stuffing in a separate casserole dish)

Prepare and place stuffing into the turkey immediately before baking. If preparing the stuffing ahead-of-time, wet and dry ingredients should be refrigerated separately and combined right before stuffing the turkey. Stuff the turkey loosely, about 3/4 cup stuffing per pound of turkey.

Two-step test for turkey doneness:

First, insert a meat thermometer into the deepest portion of the thigh, not touching bone, and allow it to come to temperature for an accurate reading. Second, once the thigh has reached 180 degrees F., move the thermometer to the center of stuffing.

Once stuffing has reached 160 to 165 degrees F., it is ready!

FIVE EASY STEPS TO A PERFECTLY ROASTED TURKEY

1. Thaw the turkey and remove neck and giblets from the neck and body cavities.
2. Preheat the oven to 325 degrees F. for conventional or 300 degrees F. for convection ovens.
3. Place turkey breast-side up on a rack in a shallow roasting pan. If cooking stuffing inside the turkey, fill the body cavity with stuffing now.
4. Insert a meat thermometer into the thickest part of the thigh, not touching bone.
5. Roast the turkey, uncovered, until the meat thermometer registers 180 degrees F. Use the roasting timetable to estimate approximate cooking time. If stuffed, make sure the temperature of the stuffing has reached 160 to 165 degrees F. before removing the turkey from the oven.

CONVENTIONAL OVEN TIMETABLE FOR ROASTING A TURKEY AT 325 DEGREES F.

Unstuffed Turkey

8 to 12 pounds	2 ¾ to 3 hours
12 to 14 pounds	3 to 3 ¾ hours
14 to 18 pounds	3 ¾ to 4 ¼ hours
18 to 20 pounds	4 ¼ to 4 ½ hours
20 to 24 pounds	4 ½ to 5 hour

Stuffed Turkey

8 to 12 pounds	3 to 3 ½ hours
12 to 14 pounds	3 ½ to 4 hours
14 to 18 pounds	4 to 4 ¼ hours
18 to 20 pounds	4 ¼ to 4 ¾ hours
20 to 24 pounds	4 ¾ to 5 ¼ hours

ADDITIONAL POINTERS

Juices from the turkey will baste the meat as it cooks. For added moisture, pour 1/2 cup water in the bottom of the pan and brush the turkey with oil or butter and seasonings. Place an aluminum foil tent over the breast during the first 1 to 1 1/2 hours of cooking, then remove the foil to allow for browning. For easier carving, allow the turkey to stand 20 minutes once removed from the oven.

(Tips from the National Turkey Federation)



Attention people with Diabetes

Do you have a Glucometer

Made by Abbott?

Submitted by Joe Castelluccio -

If so, read on..

1. Check your meter to be sure it is measuring in milligrams per deciliter (mg/dl). NOT milimoles per liter (mmol/L). This has been reported to accidentally be switched when the meter is dropped or after battery replacement.

If this has happened to you, check your user manual about how to change the meter back to mg/dl or call Abbott Diabetes Care at 1-800-553-4105 (open 24 hours) or check AbbottDiabetesCare.com

If you need additional assistance, feel free to call Patty Suskin, Diabetes Coordinator at (360)432-3929 at the clinic.

Congratulations Raffle Winners



Elaine Moore

October Women's Health Winner



Aliea McGuire

September Women's Health Winner



Guest at Elder's Meeting Explains NWITC Native Plants Garden

Alene Whitener, Elders Committee - June O'Brien from the NWITC explained that the treatment center patients have been involved in learning about native plants and have a garden. They have classes to learn how to grow, gather and use the plants. June introduced Elise Krohn and explained that Elise had studied under specialists Michael Moore and others about clinical herbal foods. The purpose of the discussion was to generate interest in the community as they are expanding the project to include outpatients and community members who might be interested so that use of the native plants could be incorporated into everyday life. Several different things were passed around to try including a nettle/peppermint tea and explanations for why they are used. There were a number present who expressed an interest in learning about the uses of native plants.



Positive Indian Parenting

Carol Vanderwal, ICW - Squaxin Island is excited to get our Positive Indian Parenting Classes started.

Our first session is in full swing, but if you are interested in signing up for the next session call 462-3241.

We have childcare available, great food, and neat door prizes! The classes last 8 weeks and are on Tuesday evenings from 6-8.

Here is an example of a brief introduction in one of the sessions. "Choices in Parenting" This session is designed to help parents explore the things that Indian parents face today. It addresses the question, "What makes it hard to be an Indian parent?" Parents are asked to examine, again, where they learned to parent, the circumstances in which they now parent, the special problems faced by Indian children in today's world and the cultural issues parents face in parenting. Further, they are asked to determine what kind of parent they want to be. It is a time to look realistically at the job of parenting, the limits and frustrations, and then to set some goals for themselves.... The purpose of this session is to give parents an opportunity to plan realistically and to consider Indian parenting under modern conditions. By developing a realistic picture of where they have come from, what they face, and where they want to be, parents can be better equipped to use positive Indian parenting skills.



COMMUNITY



Happy Birthday Korina



**I Love You!
Mom**

**Happy Birthday Allen Lee Mosier 12/2
Love, Your Family**

**Happy Birthday Rodney James Krise 12/16
Love, Your Family**

**Happy 18th Birthday Yolanda Silva 12/9
Hope its a Blast!
Lots of Love, Your Family**

**Congratulations Bob Koshiway and Sally Scout on the news of
your upcoming twins
Lots of Love, Your Family**

**“Happy Birthday Thereeese!!!”
You’ll always be “Tweety Bird” & “Squirt”
Love, Joanne**

**Davina Marie,
You Have Grown Into Such a Lovely Young Lady,
and I'm So Proud of You and All That You Do.
Happy Birthday to my Sunflower . . . I Love You!
Love,
Aunty Bobo, Brother, Sister and your Lil Bro Malachi**

**Happy Birthday Debbie
Love, the Seymour Family**

**Happy Birthday Koreena Ann
Love, Mom, Brother and Sisters**

**Happy 13th Birthday Jaimie Lee
Love, Big Sister, Nieces and Nephews**

**Thank you, Jeff, for allowing Tully and Kevin to help with
clearing my house of belongings!!! Thank you so much TULLY
& KEVIN for helping Vinny, Lil Vince, & Joanne!!! Thank’s
to my family: Vinny, Lil Vince, Joanne, Chass & her special
friend Mike!!! I Love my new lavender floor & a BIG Thank
you to Lisa Peters for all her help too!!!
- Barbara Anne Henry**

**Happy Belated Birthday Bianca
Love,
Mom, Dad, Brothers, Britt, Aunties, Uncles,
Gramma & Grandpa**



**Sister, You Are #1 in a Million and I love You With All My Heart.
I thank God for giving you to me.
Have a Great Birthday Baby!
I Love You!
Love, Sister, Patrick, Lil Lisa and Malachi**



Happy Birthday

Douglas Bloomfield	12/1	Lucy Aldrich	12/13	William Penn	12/24
Allen Mosier	12/2	Cecilia Blueback	12/14	Tahnee Kruger	12/24
Jess Brownfield	12/3	Nicholas Dorey	12/14	Jesus	12/25
Deborah Obi	12/3	Judith Arola	12/15	Richard Johns, Sr.	12/25
Cathlene Edwards	12/3	Xzandria King	12/15	Astrid Poste	12/25
Peggy Peters	12/4	Lisa Peters	12/15	Carol Tadios	12/25
Daniel Sigo	12/4	Frankie Metcalf	12/15	Nicholas Cooper	12/26
Lilly Henry	12/5	Amber Snyder	12/15	Karina Farr	12/26
Michael Foster	12/6	Rodney Krise	12/16	Edward Cooper	12/27
Sophia Cooper	12/7	Anthony LaFlame	12/16	Andrea Neilsen	12/27
Zoe Cooper	12/7	Wendy Bowman	12/17	Jocelyn Campbell	12/28
Jason Koenig	12/7	Donovan Henry	12/17	Jessica Stone	12/28
Rhonda Whitener	12/8	Vernon Sanchez	12/17	Kathy Block	12/28
Clinton Coley	12/9	Suzanne Snipper	12/17	Patti Puhn	12/29
Misti Saenz-Garcia	12/9	Daniel Brown	12/19	Penni Giles	12/29
Dustin Kruger	12/9	Winona Crone	12/19	Richard Gouin	12/30
Garrett Todd	12/9	Shashoney Fenton	12/19	Koreena Perez	12/30
Davina Braese	12/10	Theresa A. Henderson	12/19		
Sierra Blueback	12/10	Patrick Stapleton	12/19		
Kendra Blueback	12/11	Tyson Kruger	12/19		
Kestle Coley	12/11	Charlene Cooper	12/21		
Kelli Dahman	12/11	Larrinea Nichols	12/22		
Tonya Henry	12/11	Elroy Ellerbe	12/22		
Mary Mason	12/11	Jaimie Cruz	12/23		
Justina Cools	12/13	Alacyn Wilbur	12/23		
Karen Farr	12/13	Holly Henry	12/24		



What's Happening

December 6th - family court December 20th - criminal/civil court				1	2	3
				Per Capitas	AA Meeting 7:30	Bible Book Club 10:30 Mary Johns Room Food/Transportation
4	5	Court	7	Council Mtg.	9	10
		Church 7:30	Drum practice 6:00 p.m., MLRC	Brief Walk After Lunch	AA Meeting 7:30	Bible Book Club 10:30 Mary Johns Room Food/Transportation
11	12	13	14	15	16	17
		Church 7:30	Drum practice 6:00 p.m., MLRC	Brief Walk After Lunch	AA Meeting 7:30	Bible Book Club 10:30 Mary Johns Room Food/Transportation
18	19	20	21	22	23	24
		Court	Council Mtg.			Bible Book Club 10:30 Mary Johns Room Food/Transportation
		Church 7:30	Drum practice 6:00 p.m., MLRC	Brief Walk After Lunch	AA Meeting 7:30	
25	26	27	28	29	30	31
Merry Christmas		Church 7:30	Drum practice 6:00 p.m., MLRC		AA Meeting 7:30	Happy New Year's Eve

Happy Birthday Will



Love Donna, Raven, Tamika,
Morningstar, Seth and Dominique



Counting Fish is Not as Easy as it Sounds

Chester Allen, The Olympian - Thousands of chum salmon -- along with a few coho -- roar into this tiny creek near Shelton every fall. But it's hard to find all the fish, as the creek is often hiding under a tangle of alder and willow branches or flowing through swamps and dense thickets.

But the spawning fish must be counted so biologists can estimate future runs and know the health of the creek.

So, Daniel Kuntz and Joe Peters of the Squaxin Island tribe eased into the tea-colored flow Friday morning with clicker counters in hand.

"What we're doing today is walking down the creek and counting live and dead chum and coho salmon," said Peters, a tribal member and the fish biologist and harvest manager. "The state and tribes, which manage the salmon, will use the numbers to forecast future chum runs in Puget Sound."

Counting fish sounds easy, but it is not.

Kuntz, a tribal fisheries technician, grimaced as he eased himself into the creek, which was flowing high after last week's heavy rains.

Decaying carcasses of spawned-out wild chum salmon were scattered along the banks and caught in sunken branches.

The thick, musty, acrid odor of decaying fish hung over the river. Dead salmon caught in sunken branches fluttered like flags in the current as their flesh melted off the bones -- and fertilized the stream.

"Don't fall in, Joe," Kuntz said as he slowly waded downstream past a thicket of dead salmon.

Kuntz watched a live chum salmon dart upstream.

"There goes a live one," he said.

The Squaxin tribe counts spawning salmon in 12 streams, and this mile of Deer Creek gets surveyed seven or eight times every fall, Peters said as he picked his way downstream over downed logs and past dead fish.

State biologists count other sections of stream.

At the end of the year, tribal and state biologists share their numbers and get a pretty good picture of how each stream's salmon are faring, Peters said.

It takes two hours to wade the mile-long stretch of Deer Creek. The counters ease through chest-deep water, thread their way through downed trees and inch along slippery clay bottoms.

Beaver dams, which mean a tough climb over tree trunks and piled brush -- and a drop into a deep downstream hole -- are the toughest obstacles.

It's work to wade through the obstacle course, but the plunge pools below beaver dams create clean spawning gravel. The overhanging and downed trees give young salmon hiding spots and keep the water cool during the summer.

Deer Creek has a lot of good habitat for salmon, Peters said.

Small creeks are good spawning grounds for chum salmon, and they're one of the reasons millions of chum return to South Sound each fall.

"Last year, at this time, we counted 2,000 fish in this stretch," Kuntz said.

Chum numbers are down a little in Deer Creek this year, Peters said.

But there are still a lot of salmon in the creek.

On this afternoon, Peters and Kuntz count two live salmon and 113 dead salmon.

Unlike chinook or coho salmon, chum can spawn in streams that almost dry up in the summer, as their young head for saltwater soon after hatching.

Young coho and chinook spend a year or more in fresh water before heading for the Puget Sound and Pacific Ocean.

Other local creeks are crammed with salmon.

Tribal fisheries' workers counted 6,500 live and 2,300 dead chum salmon in Skookum Creek last weekend, Kuntz said.

Peters said the high water and heavy flow made



counting tough on Friday.

"I'm a little surprised we didn't see any coho," Peters said. "The water is a little dark."

"It's hard to see coho period," Kuntz said.

Peters said the Squaxin tribe checks streams for stray coho that wander away from the 1.8 million fish raised in net pens and released into Puget Sound.

Most hatchery salmon return to where they were raised, but strays do happen, Peters said.

The men found a wild coho later in the day when they checked the fish trap at the Limerick Lake Dam.

The dam blocks Cranberry Creek, which has runs of wild coho and chum salmon.

The returning salmon climb a fish ladder at the dam, which funnels them into a holding area.

Peters waded into the holding area and netted the 23.5-inch coho salmon.

After scale samples and measurements, the fish was released to swim through Limerick Lake and on to her upper Cranberry Creek spawning grounds.

State biologists count fish in the lower creek, while tribal biologists count the fish in the trap, which is checked once or twice daily, Peters said.

The long spawning season is coming to a close, but there are many miles of obstacle-course stream to walk, climb and wade this year. "We all fall in and get wet sooner or later," Peters said.



Do you recognize this place?

The Medicine Creek Treaty was signed under that old cedar tree.
It is located on the Nisqually Delta.

See page 16 for a short story on a walk to visit the site where your ancestors signed the treaty that retained your rights to fish, clam dig, hunt and gather, etc...

On Christmas Day, 1854 the Treaty of Medicine Creek was negotiated in Chinook Jargon, a trade language inadequate to convey the complex issues of treaty making. This treaty, signed on December 26, was the first in Washington Territory. Approximately 600 people attended the negotiations, although it was raining and miserably cold. Out of thousands of square miles encompassing the ceded area of our people, the small island, four and a half miles long and one-half mile wide, was retained as the main area for all of our people to reside. The island was given the name of the Squawksin of Case Inlet, and became known as Squaxin Island.

Community Health Fair and Breast Cancer Walk November 2005

