

Squaxin Island Flag is Raised for the First Time on Native American Veterans Day

The Squaxin Island Tribe held a small ceremony on Native American Veterans Day, November 7th, to open its new flag pavilion and raise the Tribe's flag for the very first time.

"This flag is a symbol of our sovereignty and our authority to govern ourselves," Squaxin Island Tribal Chairman Jim Peters said.

The flag pavilion is a key component of the Squaxin Island Tribe Veterans Memorial currently under construction in the Tu Ha' Buts Cultural Center complex between the museum and Elders Center. The Veterans Memorial will open officially in the spring of 2008.

In addition to the Squaxin Island flag, the United States of America, Washington State and Prisoners of War flags were also raised.

Brooks Farrell and David Whitener, Jr. sang patriotic songs as the flags were raised and everyone in attendance joined voices to sing "God Bless America" at the conclusion of the ceremony. The sun made a brief appearance and a little breeze lifted the flags to the clear blue sky before the sun retreated and the air stilled.

Blessing:	Shaker Ministers Mike and Shirley Davis
Smudging:	David Lopeman and David Elam
Emcee:	Ray Peters
Singing of Patriotic Songs:	Brooks Farrell and David Whitener, Jr.
Lushootseed prayer:	Andy Whitener
Raising of POW flag:	Harry Fletcher
Raising of U.S. flag:	Bob Whitener
Raising of WA State flag:	Glen Parker
Raising of Squaxin Island flag:	Don Brownfield

Sa'He'Wa'Mish Days Returns to the Squaxin Island Tribe

February 15 - 17, 2008 -- The Squaxin Island Tribe restores Sa'Heh'Wa'Mish Days with four major activities:

Premier All Tribes Day


On February 15th, the Tribe celebrates Pacific Northwest Coast Salish culture by inviting all tribal communities to a traditional dinner, performances and camaraderie. All tribes may participate. The program will be steeped in the Tribe's Salish and time honored ways. Coast Salish Canoe Families are invited to participate by drumming and singing. As always, elders and veterans will be honored. Tribes will join together to share in the regeneration of the Pacific Northwest's Coast Salish Culture. Elk, salmon and venison will be served in celebration of our traditional foods.

Powwow

On the 16th and 17th, the Tribe hosts a powwow encompassing two full days. The powwow includes art booths and traditional food prepared by tribal members. Dance and drum competitions with prizes are the primary focus of the event. The powwow is open to the public. Traditionally, the Tribe does not charge for their powwow, inviting everyone to experience native culture. Leslie Johnson, Tourism Department said, "We are honored to have Ray Fryberg (Tulalip) as our powwow Master of Ceremonies." [Call Leslie Johnson 360 432-3838 for information on All Tribes Day and Sa'Heh'Wa'Mish Days]


Continued on Page 3



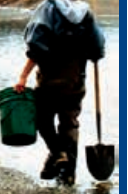


People of the Water

10 S.E. Squaxin Lane
Shelton, WA 98584



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





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.squaxinisoland.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:

JIM PETERS: Chairman
ARNOLD COOPER: Vice Chairman
VINCE HENRY: Secretary
RUSSELL HARPER: Treasurer
WILL PENN: First Council Member
PETE KRUGER: Second Council Member
CHARLENE KRISE: Third Council Member

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

Tribe Restores Little Creek Habitat

Scott Steltzner - The Squaxin Island Tribe is restoring salmon habitat on a stream that runs through the Tribe's reservation by building a half-dozen log jams. "Salmon are important to the Tribe today both culturally and economically," said Andy Whitener, the Tribe's Natural Resources director. "Our connection to salmon means that we want to restore and protect their habitat."

To open the valley for farming, Skookum Creek was straightened from a meandering stream into a ditch. "Fast, straight streams aren't good habitat for salmon," said John Konovsky, Environmental Program Manager for the Tribe. "Juvenile and adult salmon need slow water so they can rest and feed."

This year's project follows up the earlier stages of successful restoration of a lower portion of the creek over the past two years, when more than ten log jams were built. Log jams help create deep pools, for example, in which adult salmon can hold while making their way upstream. They also provide shelter and food for juvenile salmon that haven't yet made their way out to sea.

In addition to putting logs back into the creek, the Tribe is creating the conditions that lead to log jams in the first place by planting over 2,000 conifers along the creek. "While log jams provide a quick fix, trees along the creek will make sure the solution works in the long run. Eventually these trees will shade and cool the creek," John said. "Many of the trees will also fall into the creek, creating logjams that will slow the water and create habitat for salmon."

Wild coho salmon, which spend more than a year in freshwater before moving out to sea, will especially benefit from improved freshwater conditions. "Wild coho in the South Sound have been in a prolonged slump for more than a decade," John said. "Improving their habitat is the most significant thing we can do to recover them."

The restored stretch of Skookum Creek runs behind the Tribe's casino and is just off a Highway 101. "This creek runs right through our reservation, past our houses. This is the creek we see every day," Andy said. "Skookum may be a small creek, but to us it's important as any other."





Sa'He'Wa'Mish Days

Continued from Page 1

Regeneration of Salish Art Juried Art Show

February 16, 2008 -- The Squaxin Island Tribe is pleased to publicize their artisan community. Salish art is unknown in many parts of the country. Regeneration of Salish Art will focus on regalia, drums, basketry, carving and original or print art. "With this show," said Charlene Krise, Executive Director of the Squaxin Island Museum, "we are building a prestigious show that will highlight the incredible talent we hold in the Pacific Northwest. Our world class art stands apart from other native art." Show entries will be on display at the Little Creek Casino Resort hotel lobby the week of the show, with awards given on February 16, 2008. "We are seeking entries immediately."

Water Sounds

Coast Salish Art Auction

February 16, 2008 -- An auction dinner follows the art show. "Our auction benefits the museum," said Charlene Krise. "It is my hope that by supporting a strong Coast Salish art community, we will also be able to share in the fruits of the community through this auction." Traditionally, few museums can rely on admission prices alone to survive. "We plan to auction at least 75% Coast Salish Art, but of course, will accept other donations." [Call Ruth Whitener 360 432-3841 for more information on the art show or to donate to the auction.]

Tourism Update

Leslie Johnson, Tourism Director, is on the Shelton/Mason County Chamber of Commerce Board. One of her duties is to work with the Joint Chambers (North Mason & Shelton/Mason Chambers) Tourism Committee. They created a Mason County web site and map which includes Squaxin Island Tribe (museum and the casino). <http://explorehoodcanal.com/>

Through the Tribe's Squaxin Island Tourism Board, cultural programs are funded for the tribal community. Many of these programs are ONLY for tribal community members (not open to the public). Ruth Whitener is in charge of this program and doing an EXCELLENT job (See page 5). Drop by the museum to see the gorgeous button blankets and moccasins created in the last 2 classes.

Charlene Krise, Tourism Delegate for the Council and Museum Executive Director, is the Olympic Peninsula Tribal Tourism Affiliation Board Member. Leslie is the delegate.

By the next tourism season a brochure and other promotional items will be developed. Sa'Heh'Wa'Mish Days! They're back with a bang. Please see the front page article on this great event!

There's a lot going on in tourism. Have concerns? Comments? Just want to share your vision? Call Leslie Johnson at (360) 432-3838. She promises to welcome any and all comments!

Leslie is also on the American Indian Alaska Native Tourism Association Board and represents the Pacific Region.

We Now Have an Enrollment Committee

The committee will meet on the second Tuesday of each month at 9:00 a.m. in the Administration Building Training Room.

The Enrollment Committee gives advice to the Tribal Council. They will provide recommendations to Council regarding changes in enrollment and are encouraged to discuss any changes to policy, requirements and the process of enrollment.

The Committee had its first meeting on October 30th, 2007, when members attended training at Quinault and held its second meeting on November 13th, 2007. The Committee welcomes your comments and suggestions. The Committee is learning all about enrollment and the challenges faced by the Tribe, its members and those who would like to be enrolled.

Members are:

Vicki Kruger ~ Chair
Misti Saenz-Garcia ~ Vice-Chair
Liz (Johns) Yeahquo ~ Secretary
Margaret Henry ~ Member
Mary Whitener ~ Member
Paula Krise Henry ~ Member
Arnold Cooper ~ Member
Charlene Krise ~ Council Rep.

Staff assistance:

Tammy Ford ~ Enrollment Officer
Melissa Puhn ~ Recorder
Kevin Lyon ~ Attorney
Stephanie Nichols ~ Attorney

Per Capitas

Tuesday, December 4th from 8:00 - 3:30
at the Tribal Center

Safety Alert Notice Child Development Center.

We are experiencing an increased number of vehicles failing to stop for the school bus while loading or unloading at 3851 SE Old Olympic Highway both in the morning 8:15-8:20 a.m. and afternoon 4:00-4:05 p.m.

Please get the word out to everyone you know to **be careful when driving near the Child Care Center.** We love our children and don't want any of them hurt.

Natural Resources Committee Meetings Schedule

Fish Committee Meeting

December 4th, 2007 at 11:00 a.m.

AGENDA:

Committee reports
Current fish schedule

Hunting Meeting

December 4th, 2007 at 12:00 noon

NR will provide lunch.

AGENDA:

Draft regional hunting plan
Enforcement issues
Changing to in-season emergency regulations

Shellfish Meeting

December 4th, 2007 at 2:00 p.m.

AGENDA:

Legal - Settlement issues
Tentative harvest plan / schedule
Enhancement update

Aquatics Meeting

December 12th, 2007 at 2:00 p.m.

AGENDA:

Harvest Update
Regulation issues
Tribal Member concerns



We Honor Our Veterans



GARY L. BROWNFIELD

I enlisted in the US Coast Guard in July of 1962. I underwent thirteen weeks of basic training at Alameda, CA. After basic training, I was assigned to the Coast Guard cutter, 'Tancy', based at Alameda. Most of the time, our schedule was just advanced training. We spent a lot of time undergoing training with the US Navy. Not to brag, but when we played war games with them, we almost always came out in first place. Every few months we would be stationed half way between San Francisco and Hawaii for 30-day tours. Our purpose there was to relay messages, weather reports and search and rescue. During one tour out, we encountered a hurricane. Rather than find this a little scary, most of us really enjoyed it. It was there I saw some of the most beautiful sites of my life. The water is so clear out there that you seem to see for miles down in the water. During the storm, when we would be on top of a wave, we could see for miles and miles. When you are down in between waves, you can look up and see a wall of water that never seems to end.

We had, of course, several rescues, most of which were boats that were in trouble, lost power, etc. We would tow them to the nearest port. It was also interesting watching as they did the weather reports. We had huge weather balloons on board that were sent up that would send back information on the weather, which the ship would relay on to the aircraft en route to Hawaii, etc.

I spent a year on the 'Tancy'; then went to school in Groton, Connecticut, where I studied payroll and supply. I spent twelve weeks in school. Upon graduation, I went home on leave. I was married while on leave; then returned for the remainder of my duty again at Base Alameda, CA. I spent the rest of the time working payroll. My job was doing the payroll for the guys in basic training. I managed to attain the rank of E-5 before being discharged in July of 1966.



Merry Christmas Everyone!

Mark your calendar...

Squaxin Island Tribal Council

Winter General
Body Meeting

January 12th, 2008

9:00 a.m. in the

Squaxin Gymnasium.

Lunch will be served at noon!

Any questions?
Please call
426-9781.



Another Successful Class

The Office of Housing just completed another successful Building Native Communities- Financial Skills for Families class.

The class was presented by Office of Housing staff as well guest presenters: Angel Keating - Credit Counselor and Mia Vermillion - Countrywide Home Loans. The curriculum for this class covered the following topics:

- Building A Healthy Economy
- Developing a Spending Plan
- Working with Savings and Checking Accounts
- Understanding Credit and Your Credit Report
- Accessing Credit

We would like to congratulate the 4 participants who completed all 3 sessions of the class and received their certificate.

Come join in on the fun and attend the next Building Native Communities class which will be held on January 8 - 10, 2008. Watch for details in the near future!!!

Call Lisa Peters @ 432-3871 to reserve your spot at the class. Hope to see you there!!

Transportation Planning Update

The first traffic counter results are in!

In October the first two traffic counters were set up on Klah-Che-Min Drive by the Clinic and in Slocum Ridge. The counters were out for a little over a week. For the Clinic traffic counter, the count was 500-700 vehicles driving over the tubes during each week day and 140-180+ vehicles on the weekend. For the Slocum Ridge counter, the count was 120-170 during the week and about 20 vehicles less on the weekend. This sure beats the 25-vehicles-a-day traffic count used by the BIA to calculate funding for road construction, planning, and maintenance!

Squaxin will be counting traffic on about fifty different Tribal road sections between now and June 2008. The counts are used in calculations called Average Daily Traffic (ADT) and Adjusted Average Daily Traffic (AADT) with the adjustment for seasonal factors.

Please watch over the counters and don't bother them. Think of them as an investment in our youth. With these traffic counting tools, we can fund and improve the roads now so our youth don't have to pay as much for roads and trails in their future.

Traffic counters also track the vehicle speed and type of vehicles driving over the tubes (but they do NOT track the individual vehicles). For example, these Klah-Che-Min Drive counters detected a number of trucks with trailers – not surprising since it's fishing season – as well as cars, bikes, and buses. By far most people drove the speed limit, but there were some speeders and a handful of high speeders at varied times throughout the week.

In addition to helping generate more transportation funding, traffic counter reports will be used by our Public Safety Department to better understand the traffic trends and help make our Squaxin roads and neighborhoods safer for everyone.

For more information about Squaxin transportation planning and/or the traffic counting program, please contact Vince Henry or Lynn Scroggins at (360) 426-9781.



Roger Fernandez



Cedar hat class: Theresa Parker



*Graduation robe:
Wes Whitener's*



Roger Fernandez

Native Art Classes Offered at the Museum

Ruth Whitener - Native Art classes are offered at the museum with the goal of strengthening the infrastructure of Squaxin Island Tribal community by empowering individuals.

Squaxin Island Tribe and surrounding community members have been participating in cultural activities, educational opportunities and traditional skill building through "classes-events" offered at the museum under the cultural tourism advertisement. The "classes-events" have been successful largely due to the diverse teachings of recognized tribal artists.

The Museum cultivates positive outcomes through cultural activities and maintaining high standards. The museum offered teachings of both traditional and contemporary artists.

Paddle Carving:

George Krise (Squaxin) offered a class on carving cedar canoe paddles based on traditional knowledge of hydro-dynamics. The paddles made are worthy of paddling through strong waters.

Native Jewelry:

Mandy McCullough (White Earth) taught native jewelry making to youth workers. The youth made beautiful earrings and contributed their artwork to the museum.

Mask Carving:

Andrea and Steve Sigo, (Squaxin) "known nationally as gifted artists," offered a mask carving class at the museum. The class was attended by numerous people, including Suquamish tribal members. Each participant took home beautiful carved masks and the memory of enjoyable teachers.

Button Robe Blanket:

Lorraine Van Brunt (Colville) taught the button robe class for 9 of our community members including two 13 year old girls. The outcome were the most beautiful button robe blankets which have been displayed at the museum. A certain confidence-pride could be seen in each individual as they finished the robes.



*13 year-old
Clara Capoeman's*



Kuteeyaa Dancers



Drum making class

Cedar Hat Class:

Theresa Parker (Makah) who is an active board member in the Northwest Native American Basket Association taught the cedar hat class. Class participants signed an agreement to help teach the next cedar hat class. There will be a men's cedar hat class in January.

Storytelling:

Roger Fernandez (Jamestown S'Kallam) is strongly involved in the Northwest Indian Storytelling Association. Once a year they hold a conference where tribal members are teamed together. Paula Henry (Squaxin) and Ruth Whitener (Squaxin) have attended as the mentor and apprentice.

Johnny Moses (Nooksak) and Pauline Hillaire (Lummi) brought and shared many traditional stories. Rebecca Chamberlain was instrumental in securing their time for the museum. We are grateful for the opportunity to listen to wonderful storytellers.

Traditional Dancers:

Kuteeyaa Alaska Dancers came to the museum and shared their cultural ways with our community. They were also one of our featured artists at Salmonfest in August 2007. The youngest dancer is four years old and is not shy in displaying his cultural knowledge.

Moccasin Making:

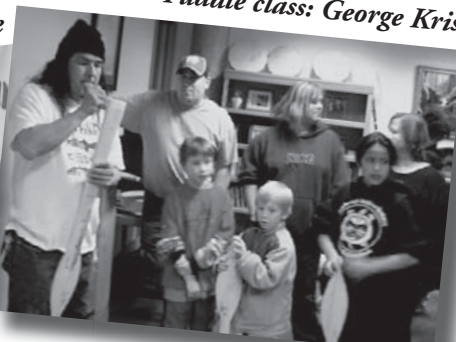
Charlene Krise (Squaxin) taught us how to make tanned moccasins. All sizes, from baby to adult, were painstakingly sewn with thimbles, welts, glovers needles and a few pin cushioned fingers.

We are looking forward to be bringing back many more classes, so keep in touch with us, read your email, read the Klah-Che-Min tribal paper and check your mail. Don't miss the upcoming: gift-giving gifts, drum making, cedar hat, button robe (wall hanging size) and moccasin classes! MLRC encourages all Squaxin Island Tribe Members to be more involved in any event/activities hosted by the Squaxin Island Tribe Museum. These classes are for you! Join us!

Elk robe: Charlene Krise



Paddle class: George Krise





Storm Season Is Upon Us “Are you prepared?”

John Taylor - That time of year with which many of us have a love-hate relationship is quickly at hand, bringing weather conditions that are enjoyable . . . to a point. The rain has a soothing effect on many, but too much rain creates flooding and landslides. Cold weather clears the air, resulting in a smell of clean, but taxes our power and home heating systems. The snow is beautiful and creates an environment of natural quiet, but too much snow complicates all of our lives.

Too much of anything good can become a challenge. The question is, are you prepared for too much of a good thing; in this case, the weather conditions presented by fall and winter seasons?

My preparations have already begun and, of course, they are a family affair. One person shouldn't have all the fun, plus it teaches responsibility, and goes a lot faster.

Here are some of the things we do to prepare for fall and winter:

1. Review your family's evacuation and emergency contact plans and update your family emergency contact numbers with all your family members.
2. Ensure your primary and alternate heating sources are inspected and serviced. Some key examples are fireplace and chimney cleaning and operational checks.
3. Check smoke detectors and replace batteries. This would also be a good time to evaluate your need for CO2 detection units.
4. Identify, inspect and place alternate lighting sources where you can get to them easily.
5. Have a three day supply of canned foods and a water source that provides 1 gal. of water per-day per person. Also identify an alternate cooking source.
6. Warm clothing and blankets available both for use in your home and ready to quickly be collected if the need arise for you to evacuate our home.
7. Necessary family medications quickly accessible just in case evacuation is necessary. This would include any personal documents you may need and physician contact information.
8. A plan for your family pets, which would include shelter, food, water, and necessary medications.
9. Know emergency contact numbers:
911
Tribal Law Enforcement (360) 432-3954
Tribal Emergency Operations Center (360) 462-3500
Tribal Emergency and Safety Manager (360) 432-3947 or (360) 463-0903

Safety Tips for Decorating Your Christmas Tree

- Carefully decorating Christmas trees can help make your holidays safer.
- When decorating Christmas trees, always use safe tree lights (check lights for indoor or outdoor use).
- Never use electric lights on a metal tree.
- Follow the instruction label on how to use the lights.
- Always unplug Christmas tree lights before leaving home or going to sleep.
- Never use lit candles to decorate a tree, and place them well away from tree branches.
- Try to keep live trees as moist as possible by giving them plenty of water.
- Choose a sturdy tree stand designed not to tip over.
- If using a artificial tree, be sure it is fire-retardant.
- Children are fascinated with Christmas trees, keep a watchful eye on them around the tree, lights, and wiring.
- Store matches and lighters up high, out of reach of children, preferably in a locked cabinet.
- Be sure the tree is at least 3 feet away from any heat source or blocking exits.
- Safely dispose of the tree when it begins dropping needles.

More Holiday Safety Tips...

- The winter holidays are a time for celebration, and that means more cooking, home decorating, entertaining, and an increased risk of fire.
- Use caution with holiday decorations whenever possible, choose those made with flame-resistant flame-retardant or non-combustible materials.
- Keep candles away from decorations and other combustible materials.
- Carefully inspect new and previously used light strings and replace damaged items before plugging lights in. Do not overload extension cords. Read instructions for installation and maintenance.
- Always unplug lights before replacing light bulbs or fuses.
- Don't mount lights in any way that can damage the cord's wire insulation (using clips, not nails).
- Keep children and pets away from light strings and electrical decorations.
- Turn off all light strings and decorations before leaving the house or going to sleep.
- Unattended cooking is the leading cause of home fires in the U.S. When cooking for holiday visitors, remember to keep an eye on the range.

Upcoming Events

One-on-One Credit Counseling

Administration Bldg. 2nd Floor

December 7, 2007

January 3, 2008

By appointment only

4:30, 5:30, 6:30

Building Native Communities:

Financial Skills for Families

Administration Bldg. 2nd Floor

January 8, 9 and 10, 2008

4:30 - 7:30

Free Tax Preparation Site

(Basic Returns)

Tu Ha'Buts Learning Center

January 15- April 17, 2008

Tuesday and Thursday evenings

4:30 p.m. – 7:30 p.m.

By appointment only

There will be community volunteers on site who have received IRS approved training to assist individuals with their tax returns.

THINK OF THE MONEY YOU WILL SAVE!!!

If you have any questions about the scheduled classes or would like to attend, please contact Lisa Peters@ 432-3871. The OOH asks that you call to reserves a seat if you plan to attend a workshop.

WELCOME!!

Please join The Office of Housing in welcoming Fleet Johns and Kristen Penn to the community.

Attention Housing Waiting List Applicants...

REMINDER: If you are on the Squaxin Island Tribal Housing Waiting List, it is time to update your housing application. Office of Housing will do a mailing to all applicants in January, 2008. The updated application will be mailed to the last known address that the Office of Housing has for you. If you have recently moved or have a change of mailing address, please call Diane Stymacks, Occupancy Specialist, at (360) 432-3863. If you do not update your address to receive the update application and/or do not update your application by March 31, 2008, your name will be removed from the housing waiting list.



Get the Most Out of Your Paycheck

The IRS may owe YOU money! You may qualify for federal tax credits and not even know it. The Earned Income Credit (EIC) and Child Tax Credit (CTC) are federal tax benefits for working people like you. Some workers can receive a refund even if they don't owe taxes!

Are YOU raising children? YOU may be entitled to as much as \$ 4,716! In 2007, if you raised one child living in your home for more than half the year and earned less than \$33,241 (\$35,241 if married) you could get an EIC up to \$2,853. If you raised two or more children in your home for more than half the year and earned less than \$37,783 (\$39,783 if married) you could get an EIC up to \$4,716. Children claimed for the EIC must be under age 19, under age 24 if a full-time student or any age if they have permanent and total disabilities. To claim the EIC, a worker, spouse and child each must have a Social Security number (SSN) that authorizes work.

Not raising children? YOU may still be eligible for an EIC! Some low-wage workers not raising children are eligible for a smaller EIC of up to \$428. To qualify, you must have been between 25 and 64 years old by the end of 2007, and have earned income less than \$12,590 if you are single, AND \$ 14,590.00 if you are married.

YOU could earn extra credit through the CTC! Workers raising children could get an even larger refund by claiming the CTC. Workers who earn more than \$11,750 in 2007 and raised a child under age 17 who lived with them for more than half the year could be eligible. The CTC is worth a maximum of \$1,000 per child. Most families receive a credit worth several hundred dollars. To claim the CTC, a worker, spouse and child must have an SSN or an Individual Taxpayer Identification Number (ITIN).

Let the credits add up for YOU! Together, the EIC & CTC can really add up! Some families may be able to claim both the EIC and the CTC. For example: Carol Smith is a single mother raising her two children ages 7 and 13. In 2007, she earned \$18,000. Carol will receive an EIC refund of \$4,166 and a CTC refund of \$938. Together, the EIC and CTC give her a total tax refund of \$5,104 this year!

Don't let YOU or your family miss out on these benefits!

To claim the EIC and CTC, you must file a tax return using Form 1040 or 1040A AND fill out and attach Schedule ETC to claim the EIC or Form 8812 to claim the CTC. To take advantage of the full range of benefits available to you and to help make sure forms are filed correctly, get free tax filing assistance. The Volunteer Income Tax Assistance (VITA) program, sponsored by the IRS, operates free tax filing assistance sites across the country.

Get help with your taxes by visiting:

Squaxin Island Tribe – Free Tax Preparation Site

Tu Ha' Buts Learning Center

70 SE Squaxin Lane Shelton, WA 98584

Tuesday and Thursday evenings

January 15- April 15, 2008

6:30 p.m. – 7:30 p.m.

By appointment only - to schedule an appointment, call Lisa Peters @ 360-432-3871.

For additional locations, call the IRS at 1-800-829-1040.

Get all the money YOU earned. If you were eligible for the EIC or CTC in the past but did not claim them, you can get your refund for up to three back years. Ask the volunteer tax preparers at the VITA site for help.

Tax Credit Eligibility for Tax Year 2007

- Families with one child who earn less than \$ 33,241 in 2007 (or less than \$35,241 for married workers) are eligible for a credit of up to \$2,853.
- Families with two or more children who earn less than \$37,783 in 2007 (or less than \$39,783 for married workers) are eligible for a credit up to \$ 4,716.
- Workers without a qualifying child who earn less than \$12,590 in 2007 (or less than \$14,590 for married workers) are eligible for a credit of up to \$ 428.
- Investment Income Limit = \$ 2900.
- Child Tax Credit is up to \$ 1000 per dependent child. The additional Child Tax Earnings Threshold is \$ 11,750 in 2007.

2008 Checklist

Getting Help to Prepare Your Taxes

What to Bring with You

If you need help completing tax forms, a Volunteer Income Tax Assistance (VITA) site near you can help. Call Lisa Peters @ 360-432-3871 to find the nearest location. When you go to a VITA site, or if you choose to go to a commercial tax preparer, be ready. Take these items with you:

- Valid picture ID
- Copy of 2006 tax return (if you have it)
- Social Security numbers or Individual Taxpayer Identification Numbers (ITIN) for you, your spouse and any children born before December 31, 2007. (If available, bring the Social Security cards or ITIN letters to ensure information is copied correctly onto the tax return.)
- Income documentation including:
 - W-2 Forms from all jobs worked in 2007
 - All 1099 Forms showing other income received in 2007
 - A blank check for direct deposit of your refund (If you don't have a checking account, bring your bank account name, number and the 9-digit American Bankers Association (ABA) routing number. Contact your bank if you need assistance identifying the ABA number.)

If any of the following apply to you, take the documentation with you:

- Child care expenses, including the provider's address and federal ID #
- Mortgage company statements
- Adoption expenses
- Alimony paid or received
- Any notices received from the IRS or state tax office
- Property tax bills
- College tuition and student loan interest statements
- Additional forms of income such as:
 - Prizes and awards
 - Scholarships and fellowships
 - Lottery/ gambling winnings

If you lost or do not have all of these items, you can still get your taxes prepared. Call the IRS helpline at 1-800-829-1040 to find out what you need to do and how to obtain replacement documents.



Computer Lab

Computer Lab is open and will be available Monday through Thursday from 3:30 to 6:00 p.m., and Friday from 3:30 to 5:00 p.m. in TLC. Students and parents must read, complete and sign the TLC Computer Use Agreement before students are allowed to use the computers. The Computer Lab is open to adults from 9:00 a.m. to 5:00 p.m. The computers are intended to be used for educational purposes, homework, research and reports, etc.

Learning Center Hours

Kim Cooper	8:30 – 5:00	432-3904
Walt Archer	7:30 – 4:00	432-3826
Lisa Evans	8:30 – 5:00	432-3882
Mark Snyder	10:00 – 8:00	701-1561
Bill Kallappa	10:00 – 8:00	432-3992
Vanessa Algea	10:00 – 8:00	432-3876
Stephanie Weaver	3:00 – 8:00 M-Th	432-3876

Tutoring

Private tutoring sessions will be offered in TLC. A certified teacher will be available for private individual tutoring sessions. If your child needs a little extra help in any academic areas, please call to schedule an individual tutoring session. Please be aware that there is often a waiting list for these services. Call Lisa Evans at 432-3882 or stop by TLC to schedule your appointment.

Higher Education

The deadline to apply for funding for winter quarter 07/08 quarter is Monday, December 10, 2007 by 5:00 p.m. If you need assistance with higher education paperwork, please give me a call, Lisa Evans 432-3882. Please see the Higher Education Calendar for important dates and deadlines.

College Information

UW Undergraduate Evening Degree Program.

The Evening Degree Program serves peoples who would like to complete a bachelor's degree in the evening at the University of Washington in Seattle. These programs of junior and senior level courses lead to a bachelor's

degree. Evening degree courses, which are the same high quality as day courses at the University, are taught by UW faculty. Most classes meet one or two evenings per week, for two and a half years, starting at 4:30 or 7:00 p.m. The majority of evening students complete their degrees in two to three years.

Scholarship Corner

SPSCC Archaeological Field School

Archaeological Field School, South Puget Sound Community College (Anthropology): The MLRC has received a scholarship to fund one Mud Bay Archaeological Field School student for the summer of 2008. You must be an enrolled Squaxin Island tribal member undergraduate who has had some social and/or natural sciences training and limited to NO field experience. Interested students are required to write a letter of application to the MLRC. The letter should include the following information: Background information; educational interest and plans; information that demonstrates applicant's initiative, positive attitude and inspiration; special or relevant skills and activities. Students must attach a copy of their most recent college transcripts that demonstrate coursework/previous field/lab experience, and Anthropology and related courses, year in school, major and cumulative GPA. Application deadline is 5:00 p.m. on Friday, May 16, 2008. Submit applications to: Lisa Evans, Education Assistant; Squaxin Island Tribe Education Dept.; SE 70 Squaxin Lane; Shelton, WA 98584. You may also fax to, Attention: Lisa at (360) 426-7897, or email to levans@squaxin.nsn.us.

WINS Government

Agencies Internships

WINS provides a professional, real-world experience, ideal for jump starting a career or enhancing a graduate school application. Internships are available in a variety of fields within leading government agencies and other organizations, including local law firms. Take advantage of this great opportunity to live, learn, and intern in Washington, DC with WINS, hosted at American University. If selected for this capital city program, the sponsoring internship organization will pay for your tuition, books, housing, meal plan, and transportation costs. If you have any questions about the application process or the requirements, please visit the web site at <http://www.american.edu/wins>. All forms are available through the web site. You may also contact WINS at (202) 885-5934 or 1-800-853-3076 as well as email at wins@american.edu.

Higher Education Coordinating Board

Accepting applications for the 2008-09 American In-

dian Endowed Scholarship (AIES) awards. In an effort to better assist students with their educational planning and to bring the scholarship selection cycle in line with the awarding of other financial aid, the application deadline date is February 1, 2008. The application is available in electronic format on the HECB Web site at: <http://www.hecb.wa.gov/paying/waaidprgm/aies.asp> The application may be completed online, however, a hard copy must still be printed signed and to the HECB: HECB, Student Financial Assistance Division, 917 Lakeridge Way, PO Box 43430, Olympia, WA 98504-3430.

Morris K. Udall Native American Congressional Internship

This program is a ten-week summer internship in Washington, DC, for Native American and Alaska Native undergraduate, graduate and law students. Students experience an insider's view of the federal government and learn more about the federal government's trust relationship with tribes. Students are placed in Congressional offices, committees, or select agencies. The Foundation provides round-trip airfare, housing, per diem, and a \$1,200 educational stipend. Application deadline is January 31, 2008.

Morris K. Udall Scholarship

This program awards eighty \$5,000 merit-based scholarships for college sophomores and juniors seeking a career in tribal health, tribal public policy or the environment. Scholarship recipients participate in a five-day orientation in Tucson, AZ, to learn more about tribal and environmental issues through discussions with experts, their peers, and members of the Udall family. Application deadline is March 4, 2008. We encourage you to visit our website at www.udall.gov to learn more about our programs and share our materials with college students from your community. Interested students may contact us directly by email or phone. We look forward to working with you.

For more information on scholarships and a complete scholarship listing, please contact: Lisa Evans, Education Assistant @ (360) 432-3882 Or by email at levans@squaxin.nsn.us.

Shelton School District Indian Education Parent Committee

TUESDAY, JANUARY 29TH

Shelton High School, Room #308

Everyone is invited! Aunties, Uncles, Gandparents . . . We need your input!

All questions and concerns are welcome and will be discussed.



TESC Longhouse & Cultural Center Holiday Native Art Fair

Fri. and Sat., December 7th - 8th

Friday, 11:00 a.m. - 4:00 p.m.

Saturday, 12:00 p.m. 5:00 p.m.

Campus Activities Building (CAB)

Longhouse Education Cultural Center

For many years, vendors and community members have expressed a desire to host the holiday art fair on a Saturday. This year we want to expand the sale to include Saturday while providing The Evergreen State College community with an opportunity to visit the fair on Friday. Campus construction makes classroom space a premium this year and next. We must move the Friday fair to a different building as the Longhouse also serves as an academic class space. Tom Mercado, (Nisqually) Director of Student Activities, helped the Longhouse come up with a venue that is highly visible with significant customer traffic. On Friday, vendors will be located on the east side of the main floor of the CAB as well as on the mezzanine floor above. The vendor fee this year is \$40.00 for both days. Registration forms are available on the Longhouse web site in the most current newsletter www.evergreen.edu/longhouse. Please call the Longhouse at (360) 867-6718 if you would like posters. E-mail us at longhouse@evergreen.edu with any questions.



~*~*~ Legend says ~*~*~

Six years pass

~ LOVE ~

forever lasts

In loving memory of

Bruce A. Johnson

~*~*~Who rides the Warrior's Spirit Horse ~ free among the Stars ~*~*~

May 17th, 1944 ~ December 20th, 2001

Love ~ his Wife, Peg

Tribal Council Resolutions

07-73A - Amends Resolution no. 06-31 to lift suspensions, to limit per capita and dividend payments for the affected member to future payments, to accept for review and approval applications for enrollment from those who have relinquished through September 19, 2007, and to bar further applications for enrollment from individuals who have relinquished from another tribe



Special Thanks Vernon & Jay

For pulling me to shore when my boat sank and for sticking up for me with the buyer (My boat sank because I was loaded with fish and the buyer wouldn't take them because he was full too). I appreciate you taking the time out from making your own sets to help your fellow tribal member!

Special Thanks Will & Mark

For being patient with your cousin who's a little wet behind the ears (wink, wink!) Its good to know I'm part of this tribe and that, when the truth comes out and we show our true colors, we really do care for each other!

All the Best!

~ Melonie

Still Looking for that Perfect Christmas Gift?

Look No Further!

Elk prints by Andrea Sigo are still available at the Tribal Center and LCCR Gift Shop!

All proceeds benefit the Veterans Memorial!!!



Walking On

Fort Hall, Idaho - Squaxin Island Tribal member John Bryant Parker, 66, of Fort Hall, Idaho, passed away Tuesday, November 13, 2007, in Pocatello, Idaho at the Pocatello Care and Rehabilitation Center from a brief bout with cancer.

He was born January 30, 1941, in Parker, Arizona, the son of Frank Woodburn and Isabelle Bryant Parker. John graduated from Blackfoot High School in 1959.

He married Andrea Kniffin. To that union was born Cody, Lyda and Wendy. They were later divorced and John married Beverly Jean Peterson.

John served on the Blackfoot School Board for eight years. He worked as a Maintenance Supervisor for the Bureau of Indian Affairs Irrigation Department and retired after 34 years.

He was an avid snowmobiler and enjoyed four-wheeling, camping, traveling and his grandchildren. He was proud of his Native American heritage. He was very active in BHS Class of 1959 class reunions. He was very friendly and had numerous friends and acquaintances.

John is survived by Beverly, his loving wife of 24 years; children, Cody and Chere Parker of Green River, Wyoming, Lyda and Scott Mathews of Pray, Montana, Wendy and Frank Young of Lyman, Wyoming, Randy Petersen of Phoenix, Arizona, Kelly and Christie Petersen of Mesa, Arizona, Dan Petersen of Glendale, Arizona, Kevin and Barbara Petersen of Ogden, Utah, and Brian and Terasa Petersen of Glendale, Arizona; brothers Glen W. and Ann Parker of Shelton, WA, Llewellyn F. and Mary Parker of Nipomo, California, Bill and Christina Fortier of Sacramento, California; 16 grandchildren, Ian and Isaac Parker, J.T. Broncho, Phillip Lear, Justin, Dylan and Brittany Petersen, Emily and Hailie Howe, Christine St. Pierre, Jessica Burns, Rick, Brandon, Rachael and Shaun Petersen, and John Bingham; and three great-grandchildren. He was preceded in death by his parents and one grandson, Timothy Lords.

A funeral service was held Monday, November 19, 2007 at 2:00 p.m. in the Hawker Funeral Home, 132 S. Shilling Ave., Blackfoot, Idaho. The family met with family and friends on Sunday evening, Nov. 18, from 6:00 to 8:00 p.m. and on Monday from 1:00 to 1:45 p.m. at the funeral home. Internment is at the Grove Cemetery, Blackfoot, Idaho.

In lieu of flowers, the family suggests that donations be made to the American Cancer Society, PO Box 1145, Blackfoot, Idaho 83221.





Happy Birthday

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

What's Happening

						1
						Good News Book Club 10:30
2	3	4	5	6	7	8
Squaxin Indian Bible Church 11:00 a.m.			Family Court		AA Meeting 7:30	Good News Book Club 10:30
9	10	11	12	13	14	15
Squaxin Indian Bible Church 11:00 a.m.				Council Mtg.	AA Meeting 7:30	Good News Book Club 10:30
16	17	18	19	20	21	22
Squaxin Indian Bible Church 11:00 a.m.		Criminal/Civil Court			AA Meeting 7:30	Good News Book Club 10:30
23/30	24/31	25	26	27	28	29
Squaxin Indian Bible Church 11:00 a.m.	TRIBAL CENTER CLOSED					Good News Book Club 10:30
		Merry Christmas!			AA Meeting 7:30	

New Employee



TJ Hagmann

Housing Maintenance Technician

Hi, my name is TJ Hagmann. I am the new Housing Maintenance Technician for the Squaxin Island Tribe. Everyone has made this a fun experience so far. I am eager to meet and get to know the families in the community.



HEALTH & HUMAN SERVICES



Do You Have Diabetes? Have You Been in for Your Annual Exams?

Contributed by Patty Suskin, Diabetes Coordinator - IHS and the Squaxin Island Health Center staff wants you to live a long, healthy life with Diabetes! If you are Native American and have all your exams completed before the end of this year, you will receive a wonderful warm pair of socks!

Contact Patty Suskin, Diabetes Coordinator, or your Health Provider at the clinic for more details.

Paula Henry took the time to have all of her exams and is enjoying her new socks (Yes, they really are socks, not mittens!)



If you have Diabetes, did you know that stress can raise your blood sugar? Yes, it is true. Here are some tips to help you reduce your stress level.

December is Stress Relief Month Stress-Less Holidays

Contributed by Patty Suskin, Diabetes Coordinator and approved by Brenda Dorsey - This time of year is particularly hectic, and along with all the hustle and bustle of getting ready for the holiday season, comes tension and stress. For this reason, December is nationally recognized as Stress Relief Month, because there are several things we can do to minimize stress so that we can enjoy the holidays and our families.

Make a list of all the things you and your family like - and dislike - about the holidays. Build your own traditions around the highest-scoring "likes."

Take care of your body.

- Get at least 30 minutes of brisk exercise every day - even brisk walking is great.
- Stop eating when you are full - but don't skip meals, either.
- Allow yourself a few holiday treats, but don't over do it.
- Get plenty of sleep.
- Of course, do not drink and drive, and fasten your seat belt.

Take care of your spirit. Give yourself at least a couple of days to do what you want to do. Realize that you are not solely responsible for making the holidays special for everyone else. Don't accept every invitation you receive, or you'll run yourself ragged. It's OK to send your regrets.

If this is your first holiday after ending a relationship, getting a divorce, or the death of a loved one, remove yourself from reminders of the past. **Give yourself new memories** by doing something you've never done before.

Give time and friendship rather than presents. Share yourself with family, friends and the community by volunteering at a location of your choice, or driving a housebound friend/neighbor around the neighborhood to see the holiday decorations.

Keep your sense of humor. If things do not go exactly to your plans, it's not the end of the world. Actually, you will probably laugh about it....next year.

Count your blessings.

Source: This information has been adapted from Hope Health Letter, Vol. 20, No. 11, November 2000. NSU's (Nova Southeastern University) Office of Recreation & Wellness

Upcoming Health Events

SQUAXIN ISLAND HEALTHIEST TRIBES PROJECT

Funded by the Washington Health Foundation
We are looking for 2-person teams,
an adult and a youth, 12 & up,
to participate in a 12-week Wellness Program
To get on the Waiting List, contact Janita or Patty

BRIEF COMMUNITY WALK

Every Thursday at 12:40 p.m.
Meet at the Elder's Building after senior lunch

COMMUNITY HEALTH WALK

Thursday, December 20th
Meet at Elder's Building at 12:40 for
a 20 minute walk around the REZ
All SPIPA tribes will be taking a walk in their area
at the same time- for diabetes prevention!
Help us win the Walking Stick!
A walking stick was donated
by a Skokomish community member.
The Tribe with the most walkers each month wins the
walking stick for that month.
We won it in July . . . can we get it back in Dec.?

MAMMOGRAMS & WOMEN'S HEALTH EXAMS

Dec. 13th, from 9:00 a.m. - 3:00 p.m.
Contact Rose Algea (360) 432-3930

SMART SHOPPING/ FOOD LABEL READING WORKSHOPS

Contact Patty to schedule a family & friends session

HEALTH PROMOTIONS

We have exercise videos
(Sit & Be Fit, Yoga, Walk Away the Pounds & more)
You can come & use them in the building
across from the clinic.
Work out alone, with us, or with a group

INTERESTED IN LIFESTYLE BALANCE PROGRAM?

If you are Native American & over 18, see if you
qualify to participate in this 16-week workshop to
improve your health by changing your nutrition
and activity.
Call Janita Johnson at 432-3972

FREE PILATES CLASSES

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

Questions?

Contact Patty Suskin @ 432-3929

or

Janita Johnson @ 432-3972



Outdoor Activity of the Month

See Salmon and more at McLane Creek Nature Trail

From The Olympian

WHAT

Fall wildlife and spawning chum salmon at McLane Creek Nature Trail.

TO DO

McLane Creek — a tiny stream that flows just off Delphi Road — welcomes a big run of chum salmon every fall, and the fish are just now arriving. Most South Sound streams — even the tiny ones — have at least some chum salmon spawners, and McLane Creek is a great spot to see these fish.

For the best view, don't walk right up to the bank and spook the fish. Stay back — or use brush and trees for cover. If you do this, the fish continue fighting, swimming and spawning — instead of racing around in fear. Pick out one group of salmon and see whether you can identify the males swarming around the females. The males bite each other with their big teeth, and they brush against the female during their wooing.

Salmon dig deep nests in the gravel with their tails. Look for bright clean gravel, which is the sign of a fresh nest, which is called a redd. Look for salmon that are on their sides and thrashing. They are spawning or getting ready to spawn. Look for dead salmon — they are food for baby salmon, cutthroat trout, birds and other creatures.

The McLane Creek Nature Trail offers more than chum salmon. Visitors can see beavers, a beaver dam, a beaver lodge and recently chewed logs and branches at the large pond. Visitors that sit quietly and patiently have a great chance of seeing a beaver in the pond.

The pond also has a good population of roughskin newts. The rusty-colored immature newts slowly paddle through the beaver pond, while the adults ease through the damp fallen leaves on shore. Don't pick up these animals, as their skin has toxins that can be deadly if they make their way into your mouth. It's easy to just watch these slow-moving critters.

A great, 1.1-mile trail takes visitors past McLane Creek — and the spawning salmon — through dense stands of cedar and maple trees, past swamps and the beaver pond. The trail took a lot of damage early last winter, but state Department of Natural Resources crews did a great job of repairing the boardwalks earlier this year.

The trail takes about 40 minutes at a brisk walk, but there is no reason to walk briskly, or you'll miss too much. It pays to walk slowly or even sit down on a bench if you want to see beavers, deer or other wildlife. Early morning is the best time to see beavers swim around the pond or visit their lodge, which looks like a giant pile of driftwood. If the beaver sees you, it will whack the water with its tail and hide.

Look for ferns sprouting out of trees — and young cedar trees sprouting out of old cedar stumps. Look for the old springboard cuts that loggers chopped into the stumps when the area was logged decades ago. The cuts held boards that the loggers stood on as they sawed through the tree trunks.

The trails have terrific signs that explain the ecology of the area and the life stories of plants and animals.

EQUIPMENT

Rain gear, cameras, binoculars, boots, warm clothes, water and snacks.

SAFETY

Don't hike this trail on windy days, as trees rooted in the shallow, muddy soil can uproot and fall. Don't hike off the trail or boardwalk. Be careful on the boardwalks, as some of them don't have railings and can get slippery. This trail is not passable for people who use wheelchairs and walkers. Don't let kids wander off to fall into the pond or into the black muck.

HOURS

The McLane Creek Nature Trail is open daily until dusk.

DIRECTIONS

Go south on Highway 101 and Exit at "Mudbay Road/Evergreen State College". Turn LEFT off the ramp and go up the hill. Just at the crest of the hill, turn RIGHT onto Delphi Road. Follow Delphi Road south a little more than 3 miles, turn RIGHT at the sign to McLane Nature Trail, and go to the parking lot at the end of the road.

COMFORTS

There is a restroom at the trailhead.

MORE INFORMATION

Go to www.dnr.wa.gov

These chum salmon are hovering over a redd — a nest dug into the McLane Creek gravel — and getting ready to spawn. Chum salmon will spawn in the creek through early December.





A Vaccine Against Cancer for Girls?

On June 8, 2006, an HPV vaccine was licensed by the Food and Drug Administration (FDA) for use in females, ages 9-26. This vaccine protects against four types of HPV, including two that cause most (70%) cervical cancers (types 16, 18), and two that cause most (90%) genital warts (types 6, 11). It is the first vaccine ever designed to prevent a cancer.

For more information about the HPV Vaccine, call the Centers for Disease Control at: (800) 311-3435. Ask that a brochure on the HPV Vaccine be mailed to you. Or, visit the internet at, <http://www.cdc.gov/std/hpv/STDFact-HPV-vaccine.htm>

Q: **What is HPV?**

A: Genital HPV infection is a sexually transmitted disease (STD) that is caused by human papillomavirus (pronounced "pap-ah-LO-mah-virus"). HPV is a very common virus. HPV is not a new virus. HPV is the name of a group of viruses that includes more than 100 different strains or types. HPV is not the same as HIV (Human Immunodeficiency Virus) or herpes simplex virus (HSV).

Q: **If my daughter does not have sex, why is she at risk to get HPV?**

A: Even if a girl listens to her elders and arrives at her wedding day without ever having sexual relations, she is at risk for HPV. That's because if her husband-to-be has had prior sexual activity, even a single time, he can be carrying HPV. Sadly, without knowing it, he can give it to his young wife.

Q: **What happens if you get HPV?**

A: Most people who have an HPV infection do not know they are infected. Many will clear the infection on their own. Most types of HPV virus are 'low-risk' types. They may cause genital warts or mild abnormalities on the Pap test. But some of these viruses are called 'high-risk' types and can cause more serious abnormalities on the Pap test. They may lead to cancer of the cervix (the opening of the womb). If cervical cancer goes undetected, it can cause death. That's why health professionals are trying to get the word out about this new vaccine that can prevent cervical cancer.

Q: **Why is the vaccine recommended for such young girls?**

A: Ideally, females should get the vaccine before they are sexually active. This is because the vaccine is most effective in girls/women who have not yet acquired any of the four HPV types covered by the vaccine. Girls/women who have not been infected with any of those four HPV types will get the full benefit of the vaccine.

Q: **Is the vaccine safe?**

A: The vaccine has been tested in over 11,000 females (ages 9-26 years) around the world. These studies have shown no serious side effects. The most common side effect is soreness at the injection site.

Q: **How about the costs to get the vaccine?**

A: American Indian and Alaska Native children, through 18 years of age, can get vaccines through the Vaccines for Children Program (VFC) at no charge. Immunizations are provided at 12 Indian Health Service agencies around the country for Native people free of charge. However, vaccines can also be administered by most health care providers at low or no cost. Ask if your doctor is a "VFC" participating provider. If your doctor is, you can get your child's shots in the doctor's office. Find out more at,

(800) CDC-INFO (800-232-4636)

TTY: (888) 232-6348

FAX: (770) 488-4760

Or visit the web at,

<http://www.cdc.gov/vaccines/spec-grps/ai-an.htm>



Holiday Hours

The Squaxin Island Tribal Health Center is closed on Christmas Eve, Christmas, New Year's Eve and New Year's Day. We re-open on Wednesday after each holiday. We are open 8:00 a.m. to 5:00 p.m. December 26th - 28th and January 2nd - 4th. Enjoy a safe and healthy Holiday!

Congratulations Raffle Winners



Barb Knudson

November Mammogram
Pendleton Blanket Winner



FYI about MRSA

From the Squaxin Island Health Center - What is MRSA (methicillin-resistant Staphylococcus aureus)? Some staph bacteria are resistant to antibiotics. MRSA is a type of staph that is resistant to antibiotics called beta-lactams, but there are other antibiotics that can treat it.

There is no MRSA epidemic.

What is community-associated MRSA (CA-MRSA)? Staph and MRSA can also cause illness in persons outside of hospitals and healthcare facilities. MRSA infections that are acquired by persons who have not been recently (within the past year) hospitalized or had a medical procedure (such as dialysis, surgery, catheters) are known as CA-MRSA infections. Staph or MRSA infections in the community are usually manifested as skin infections, such as pimples and boils, and occur in otherwise healthy people.

Are certain people more at risk for community-associated staph or MRSA infections? CDC has investigated clusters of CA-MRSA skin infections among athletes, military recruits, children, Pacific Islanders, Alaskan Natives, Native Americans, men who have sex with men, and prisoners. Factors that have been associated with the spread of MRSA skin infections include: close skin-to-skin contact, openings in the skin such as cuts or abrasions, contaminated items and surfaces, crowded living conditions, and poor hygiene.

How can I prevent staph or MRSA skin infections?

1. Since it is mainly spread from one person to another by hand to hand contact....Keep your hands clean by washing thoroughly with soap and water or using an alcohol-based hand sanitizer.
2. Keep cuts and scrapes clean and covered with a bandage until healed.
3. Avoid contact with other people's wounds or bandages.
4. Avoid sharing personal items such as towels or razors.

What does a MRSA infection look like? It looks like a boil or spider bite

What should I do if I think I have a staph or MRSA infection? See your healthcare provider. The Squaxin Island Tribe's Health Center can provide effective diagnosis and treatment.

Are staph and MRSA infections treatable? Yes. Most staph and MRSA infections are treatable with antibiotics. If you are given an antibiotic, take all of the doses, even if the infection is getting better, unless your doctor tells you to stop taking it. Do not share antibiotics with other people or save unfinished antibiotics to use at another time. However, many staph skin infections may be treated by draining the abscess or boil and may not require antibiotics. Drainage of skin boils or abscesses should only be done by a healthcare provider. If after visiting your healthcare provider the infection is not getting better after a few days, contact them again. If other people you know or live with get the same infection tell them to go to their healthcare provider.

Is it possible that my staph or MRSA skin infection will come back after it is cured? Yes. It is possible to have a staph or MRSA skin infection come back (recur) after it is cured. To prevent this from happening, follow your healthcare provider's directions while you have the infection, and the prevention steps below after the infection is gone.

If I have a staph, or MRSA skin infection, what can I do to prevent others from getting infected? Keep this in mind when visiting someone being treated for MRSA. You can prevent spreading staph or MRSA skin infections to others by following these steps:

1. Clean your hands. You, your family, and others in close contact should wash their hands frequently with soap and warm water or use an alcohol-based hand sanitizer, especially after changing the bandage or touching the infected wound.
2. Cover your wound. Keep wounds that are draining or have pus covered with clean, dry bandages. Follow your healthcare provider's instructions on proper care of the wound. Pus from infected wounds can contain staph and MRSA, so keeping the infection covered will help prevent the spread to others. Bandages or tape can be discarded with the regular trash.
3. Do not share personal items. Avoid sharing personal items such as towels, washcloths, razors, clothing, or uniforms that may have had contact with the infected wound or bandage. Wash sheets, towels, and clothes that become soiled with water and laundry detergent. Drying clothes in a hot dryer, rather than air-drying, also helps kill bacteria in clothes.
4. Talk to your doctor. Tell any healthcare providers who treat you that you have or had a staph or MRSA skin infection.

What is the Squaxin Island Tribe's Health Center doing?

- Assisting in education and outreach in the community by providing information like this.
- Keeping our clinic thoroughly cleaned and disinfected, throughout the day and each evening.
- All staff are washing their hands frequently and encouraging the public to do so as well.
- Providing hand sanitizers, (alcohol-based hand gel), at our front desk and other locations throughout the tribe, but out of the reach of children.
- Letting people know that our bathroom has high quality antiseptic soap for hand washing.
- We have treated several cases of MRSA successfully.

If you have other questions, please contact your health provider or the Squaxin Island Health Center at 360-427-9006.



COMMUNITY



**Happy Birthday
Charity Vasquez!!!
December 19th
We Wish You the Very Best!**



*Charity & Dillon
July 2007
Little Creek Casino Swimming Pool*

**Love Joanne, Dino,
Dillon, Chasity,
Mike, Nokomis and Mykah.**

**Happy Birthday Scott/Dad!!!
December 1st
Love, Barb
Steph and Jess**

**Happy Birthday to the Most
Beautiful Mother in the
World,
Charlene Cooper!**



Love Rose

**Happy 6th Birthday
Xzandrea King!**



**We Love You Monkey!
Mommy & Nyla**

**Happy Birthday to my Mom,
Tonya
Love, Davina**

**Happy Birthday Uncle Richard
Love, Davina and Auntie Bobo**

**Happy Birthday
to My Beautiful Daughter!!!!**



**Love You So Much!
Mom**

**Happy Birthday Kestle Coley
and Sierra BlueBack
Love, Rose BlueBack**

**Happy Birthday
Jason Koenig**



Love, Rose BlueBack

**Happy 21st Birthday
Baby Boy!**



Love, Olena

**Happy Birthday
Nicholas Cooper
(Baby Brother)**



Love, Rose

**I love You Sister!
Happy 35th Birthday.
WOW, You're Getting Old!
Not Me Though!!!**



**Love,
Sister, Patrick,
Lil Lisa and Malachi**

**Happy Birthday
Cecilia Blueback**



Love, Aunt Rose

**I love You!
Happy 18th Birthday Baby,
Auntie's Girl All Grown Up.
Slow Down Now, You're
Making Your Mom Old.**



**Love Auntie Bobo, Brother,
Sister Lisa and Malachi**



Enhanced driver licenses and ID cards

Washington is creating enhanced driver licenses and identification cards that can be used as travel documents at U.S. land and sea border crossing stations.

To preserve travel, trade, and cultural ties with British Columbia, Governor Chris Gregoire is proposing an alternative to recent federal legislation requiring people traveling into the U.S. to present a valid passport as proof of identity. The passport requirement for air travel went into effect January 23, 2007. For land and sea crossings, the passport requirement will start June 1, 2009 or sooner. An enhanced license or ID will function like a passport at border crossings. Citizens could, of course, still use U.S. passports at border crossings.

When can I apply for an enhanced license or ID?

DOL will begin issuing them in January 2008. Participation is completely voluntary.

How much will it cost?

The enhanced driver license is expected to cost \$10 to \$15 more than a standard license or ID card.

Where will enhanced licenses and IDs be available?

DOL is planning to offer these special licenses at several locations across the state. These locations have not yet been determined, but every effort will be made to make sure the entire state is well served.

How will it be different from a regular license?

Enhanced licenses and ID cards will have a special icon on the front that indicates the holder is a U.S. citizen. On the back, the license will have text that can be scanned by border agents. The license also will have a **radio frequency identification chip (RFID)** required by the federal government to facilitate rapid identification checks at border crossings.

What documentation will I need to get one?

To participate in this voluntary program, you must provide proof of U.S. citizenship by presenting a certified copy of your birth certificate or other acceptable documents.



Privacy and personal information

DOL is committed to privacy and protecting personal information. When working with border agents, DOL will only verify information printed on your Washington driver license or ID card that you voluntarily provide to cross the border. This verification will help ensure that your personal information can't be used by someone else at border crossing stations.

The radio frequency identification chip (RFID) embedded in an enhanced license will only transmit an identification number, it will not transmit any personal information.

To Our Friends
at Coyote Ridge



*May joy and hope surround you
Earth's wisdom be your guide
May happiness be with you now
and bless you on your ride*

*Best Wishes for the holidays
and throughout the new year!*

Love,
Harold & Jackie



**Squaxin Island
Museum Library
and Research
Center Has
GREAT Christ-
mas Gifts!**
Don't Forget to stop in and
Check them out!!!

dol.wa.gov