



KLAH-CHE-MIN



A PUBLICATION OF THE SQUAXIN ISLAND TRIBE

DECEMBER 2008

dibəl ti ʔacaciłtalbixʷ gəł ti xʷələč yəxʷ ti stułtuləkʷ yəxʷ ti čalčələł.


COMPLIMENTARY

HAPPY HOLIDAYS!!!



Jay Leno Performs at LCCR


Tribal Council Treasurer Russell Harper (second from right) hit the stage with Jay Leno November 8th at Little Creek Casino Resort Events Center!!! Leno offered two performances that evening, and Scott Cleveland was his limo driver for the night!






Christmas Party





Please join us for the


Annual Youth



Christmas party.


Dinner Sponsored by:

* 'Tu Hə' Buts Learning Center





HAPPY HOLIDAYS!

HOI HOI HOI





Date: 12/19/08



*Special Guest from the North Pole

SQUAXIN ISLAND GYM

* Community Dinner @ 5:00pm-6:00pm



This is a drug, alcohol and tobacco free family activity.

For more information, please contact "Santa's Little Helper," Bill Kallappa at 463-6361 or 432-3992.



PEOPLE OF THE WATER

10 S.E. Squaxin Lane
Shelton, WA 98584



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



Was Nice to Have You Home Crystal McCulloch!!! (Ed Cooper's Daughter)



To everybody who knows Crystal, sorry she didn't get to see all of you!

Basketweaver Needed

Island Enterprises, Inc. is in need of a local artist who can weave a large piece of artwork. Contact Tyson Kruger @ Island Enterprises @ 360-462-0185.

Who Is it?



Liz Kuntz and Sallee Elam

LONGHOUSE
The Evergreen State College, Olympia WA

Holiday Arts Fair

FRIDAY
December 5, 2008
10:00 a.m. - 6:00 p.m.

FMI: call (360) 867-6718 or www.evergreen.edu

Great Job Haley Peters!!!

Great job - Making the Capital HS Girls Varsity Soccer Team and lettering your freshman year !!! Keep working hard to achieve your goals, we're proud of you!!!



Haley is in the white tee shirt

Squaxin Island TRIBAL NEWS

10 S.E. Squaxin Lane
Shelton, WA 98584

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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:

DAVE LOPEMAN: Chairman
ARNOLD COOPER: Vice Chairman
VINCE HENRY: Secretary
RUSSELL HARPER: Treasurer
MISTI SAENZ-GARCIA: 1st Council Member
MARCELLA CASTRO: 2nd Council Member
CHARLENE KRISE: 3rd Council Member

Klah-Che-Min Staff:

THERESA M. HENDERSON: EXT. #3945
thenderson@squaxin.nsn.us



Enrollment

at the

Winter General Body Meeting

JANUARY 10TH

PowerPoint Presentation
on Enrollment

Come join us!!!

Tribal Council Resolutions

08-92-A: Authorizes membership in the National Congress of American Indians

08-93: Approves the FY09 tribal budget

08-94: Authorizes SPIPA to submit a grant proposal with the HSHS ACF Office of Community Services LIHEAP for heating, cooling and weatherization services to low-income tribal members

08-95: Acknowledges the decision to contract with Korsmo Construction to be the designer/builder for the construction of a wellness center

08-96: Enrolls Lena and Tyrone Krise

08-97: Tabled

08-98: Enrolls Quinton Whitener

08-99: Enrolls Adarius Coley

08-100: Enrolls Jesse James

08-101: Enrolls Barbara Kennedy

08-102: Enrolls Anthony Armas

08-103: Enrolls Manuel Castillo

08-104: Enrolls Candace Penn

08-105: Corrects the blood quantum for Virginia Farron and her children and grandchildren

A New Position



Bill Kallappa

Youth Activities Coordinator

Hi, my name is Bill Kallappa and although most of you know who I am by now, you may not know that I am serving in a new capacity. Yes...I am the new "Mark"! Mark and I were colleagues until his departure and I am now attempting to fulfill his role. I am the new "Youth Manager". I have a Bachelors degree in education from the Evergreen State College and have worked with kids for over twenty years. I have over fifteen years experience coaching both boys and girls' sports at all levels and have been fortunate enough to have coached twice at the High School state championships for Girls Basketball at the 3A level. I love working with kids and it is really all I have ever done. I am excited about the direction the Squaxin Tribe is leading their youth and will work hard to provide a positive environment in which our youth can succeed. Thank you for the opportunity to work here.

We Honor Our Veterans



Phillip Martin

Fort Eustice, Virginia
Saturday morning, 1955
TI&E

Officers told us to go out on the parade field. So we had rebels and yanks. The Sergeant told all the rebels to go on his side of the street and all the yanks on the other side of the street. He asked me, "What side of the street do you belong on?" I said, "Neither side! It's my land they are fighting over!"

Bicycle Rodeo

Madeena Rivera - On Saturday, August 23rd, the Squaxin Island Police Department hosted the Bicycle Safety Rodeo in the gym parking lot. A bicycle skills course was set up with cones in the circle at the far end of the parking lot with a layout of seven different bicycle exercises. There were close to 20 kids who participated in the event. The kids were timed by a stopwatch with the results recorded on paper for the following trophy results. Timing made it fun for the kids to see how fast they could get around the cones, stop on time and follow instructions from Chief Evans without making a mistake. The kids all seemed to enjoy the bicycle skills course, but it was a challenge for some kids who had a tough time riding their bikes and not touching the ground.

After all participants completed the bicycle skills course the timed results were reviewed to see who came in as the 1st, 2nd and 3rd place winners for all 4 age groups. All 1st, 2nd and 3rd place participants received a trophy. For the 6-year-olds and under, Coen placed 1st and TJ Seymour placed 2nd in the bicycle skills course. In the bicycle skills course for the 7, 8, and 9-year-olds and under, Conor Ramage placed 1st, Jackson Cruz placed 2nd and Machiah Rivera 3rd. For the 10, 11 and 12-year-olds, AJ Krise placed 1st, Sebastian Rivera 2nd and Cris Rodriguez 3rd. The 13 and up trophy winners were Julito Krise 1st place, Elijah Krise 2nd place and Marcus Johns 3rd. While the trophies were presented to the kid's, photos were taken of them and their trophies.

After the trophy presentations, Chief Evans and Officer Bogart took the kids to Kla-Che-Min Drive for the bicycle race that started in front of the Police Department. All participants had to race from Kla-Che-Min Drive to the new housing entrance turnaround and race back to the police department. The winners of the race received Wal-Mart gift cards. After the race down Kla-Che-Min, the Bicycle Rodeo participants rode their bikes back to the gym with Chief Evans and Officer Bogart to receive their "Smart Rider" certificates for their participation. After the certificates were handed out to each participant, it was time to pick up the cones and equipment.

The Squaxin Police Department would like to thank Chris Hagner who helped us with bicycle repair and making sure the bicycles were safe and in good condition for the kids to ride. We'd also like to thank Mason County Fire District 4 for bringing the helmets and fitting the kids with proper sizes. The volunteers who came and lended us a hand were Victoria Sanchez, Tasheena Sanchez, Alex Rivera and Kristy Krise. Thanks for helping us put together the supplies! Thank you to all who participated in this event and those who helped set up and clean afterwards. We look forward to seeing you all again next year!

Photos on Pages 8 & 24



Office of Housing Highlights

The OOH would like to congratulate the 4 participants who completed all 3 sessions of the *Tools for Success* class and received their certificate.

The class was presented by Office of Housing staff and guest presenters: Mia Vermillion of Key Bank and Hank Woolridge of Angle Agency.

The curriculum for this class covered the following topics:

- Rental Basics
- Building A Healthy Economy
- Creating a Budget
- Understanding Credit and Your Credit Report

These classes are held on a quarterly basis with the next one beginning in January and are open to anyone that would like to increase their personal financial skills.

Upcoming Events

One On One Credit Counseling

November 24, 2008

6:00, 7:00, 8:00 p.m. (by appointment only)

December 22, 2008

6:00, 7:00, 8:00 p.m. (by appointment only)

If you have any questions about the scheduled classes or would like to attend, please call Lisa Peters @ 432-3871.



L-R: Debbie Obi, Vanessa Algea, Stephanie Gott, and Jearid Williams



Housing Q & A

Why must housing applicants complete counseling and training before they're eligible to move into SIT housing?

As stated in the Eligibility, Admission and Occupancy Policy: Prior to occupancy the OOH shall provide tenant with counseling and training services. Our goal at the Office of Housing is for everyone residing in tribal housing to be successful. Each training session provides tools to achieve this.

Topics discussed in our Tools to Success curriculum include:

- Rental Basics - discussion of housing policies and what you can expect as renter.
- Creating a household budget
- Understanding credit and your credit report
- Maintaining your home

These workshops are offered on a quarterly basis and open to anyone who would like to attend.

Why are dog owners required to license their pets, and why are you requesting copies of the rabies certificates?

Tribal Code, Chapter 9.04 Animal Control. For many years, the Tribe has had an Animal Code that requires dog owners to license and register their pets. The purpose is to provide means to identify the dog/pet in case of injury or misconduct, and establish who is responsible for the animal.

Why is pet vaccination important?

Pet vaccination is important because vaccinated pets act as a barrier between wild animals and people to keep the rabies virus from spreading. If your dog is not current on their rabies vaccination and bites a person it may be quarantined at an animal control facility. The pet owners it responsible for cost of the quarantined animal.

Mariano's Fine Jewelry

Mon. - Fri. 10-5:30 & Sat. 10-2

First & Railroad, 426-5811

- watch battery replacement & repair
- In-store jewelry repair and appraisals
- Engraving
- Pearl restringing
- Redesigns
- Free cleaning & repair estimates!!!

Kathy Hurley (Willow, Cameron, Marvin and Melissa's mom) works there, so stop by and say hi!



Holiday

Budgeting and Planning Tips

Tips to boost your spending spirit and reduce holiday debt stress

The day after Thanksgiving is the most anticipated shopping day of the year – the beginning of the holiday shopping season. It's also a time when poor financial planning can lead to overspending and deeper debt.

“When you don't plan, spending for gift-giving can become a burden. Now is the time to compare your income and savings to your credit card debt, living expenses and other financial obligations. This assessment should help you determine the number of gifts you can afford to give and the total amount you can afford to spend.”

Here are three tips to help holiday shoppers spend wisely: Draft a spending plan in November, stay the course in December and breathe easier in January.

Draft a Plan in November

- Develop your holiday budget: Determine what financial expenses you'll have in November and December. Decide whom you'll shop for and the number of gifts you'll need to buy. Don't give more gifts than you can afford.
- Boost your holiday spending account: Ask about ways to make overtime pay at work. Look for seasonal, part-time employment and consider using part of any holiday bonus to offset expenses. Find ways to cut your energy and utility bills, like turning off the lights and television whenever possible.

Stay the Course in December

- Avoid last minute shopping: Shopping under stress can lead to more spending. You might buy what's easiest, which may not be most economical.
- Shop smart and look for deals: Look for sales, discounts, coupons in newspapers and deals online. Ask about markdowns after the holidays. It may be worth buying gifts after Dec. 25.
- Track your expenses: Tally your receipts from credit card, check and cash purchases. Don't spend more money than you've set aside. Once you're done shopping, stop. More mall time can amount to more spending.

Breathe Easier in January

- Maintain financial planning momentum: If you've kept to your budget, you'll start the year with less debt stress. Don't stop your financial planning after the holidays. Plan for the year.



New Employees



Mandy Valley
Educational Tutor

Hi, my name is Mandy Valley. Most of you know me from Summer Rec. I have worked Summer Rec. for the last 7 summers. I have recently been hired by the Education Department as an Educational Tutor. I will be working at the Shelton Middle School and at Oakland Bay Jr. High assisting the youth. I have 14 years experience in the education field. The last 10 years I worked at Mary M. Knight School District and prior to that I worked at Rochester Middle School. I look forward to working with the tribe and supporting the youth as they meet their educational goals.



Shannon Bruff
High School Tutor

Hi, my name is Shannon Rae (Bloomfield) Bruff. I am a Squaxin Island Tribal member that was hired October 1st to work at Shelton High as a Tutor/Mentor. I look forward to meeting all of our students and am anxious to work with each student individually, as well as in our after-school tutoring group. I am at the high school from 7:30 to 4:00 PM. Shelton High has "Native Club" meetings every other Thursday starting with the first Thursday of the month. We'll have lots of food and fun with arts and crafts, and our regular business meeting. Elected officials are:

President, Cassie Henry
Vice President, Shannon Edwards
Secretary, Brittany Beasley
Treasurer -- Carly Ward
Sergeant of Arms -- Brittany McFarlane

Squaxin Youth Cultural, Educational and Activities Calendar

December 2008

Co-Sponsored by DASA

All activities are Drug, Alcohol and Tobacco Free!!



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 3:30 6-12 Grade Practice 5-6pm 1-5 Grade Practice 3pm Board Games	2 3pm Board Games 3pm Snack/Wii 3:30-6pm Basketball	3 3pm Snack 3:30-6pm Basketball 5pm Youth Council	4 3pm Board Games 3pm Snack 3:30-6pm Basketball	5 3pm Board Games 3pm Wii 4pm Movie/Snack	6
7	8 3:30 6-12 Grade Practice 5-6pm 1-5 Grade Practice 3pm Board Games	9 3pm Board Games 3pm Snack/Wii 3:30-6pm Basketball	10 3pm Snack 3:30-6pm Basketball 5pm Youth Council	11 3pm Board Games 3pm Snack 3:30-6pm Basketball	12 No School Center Based 10am to 6pm	13
14	15 3:30 6-12 Grade Practice 5-6pm 1-5 Grade Practice 3pm Board Games	16 3pm Board Games 3pm Snack/Wii 3:30-6pm Basketball	17 3pm Snack 3:30-6pm Basketball 5pm Youth Council	18 3pm Board Games 3pm Snack 3:30-6pm Basketball	19 3pm Board Games 3pm Wii 4pm Movie/Snack	20
21	22 Winter Break CLOSED	23 Winter Break CLOSED	24 Winter Break CLOSED	25 Winter Break CLOSED Merry Christmas!	26 Winter Break CLOSED	27 HOLIDAY B-BALL TOURNAMENT
28 HOLIDAY B-BALL TOURNAMENT	29 Winter Break HOLIDAY B-BALL TOURNAMENT	30 Winter Break CLOSED	31 Winter Break CLOSED	JANUARY 1 CLOSED	JANUARY 2 CLOSED	



Stephanie Weaver
Educational Tutor

Hi Squaxin community! Most of you know me already from Summer Rec to being upstairs at TLC after school. I've been working with the tribe for 4 years. I've just accepted a position through TANF working with the Squaxin youth at Bordeaux Elementary. I'm excited to start this new adventure with the kids! Thank you!



Return to Tradition, Return to a Balanced Life Dinner with Barbara Mora

Marilee Bittner- Fawcett - She made deals with the Creator to be extra nice to everyone if only she did not get diabetes, so, when she was diagnosed, she felt betrayed. Despite her prayers, Barbara Mora (Paiute/Dine) got diabetes about 12 years ago. Anger, depression and heartbreak set in.

After many prayers, Barbara began to write *Using Our Wit and Wisdom to Live Well with Diabetes*. She didn't consider herself an author or an expert, but she wanted to be able to help people, to show them it is possible to live a full, happy life with diabetes. "I speak up for wellness," she says.

She lost her mom to diabetes. "My mom knew how to raise a family on next to nothing." Her father, lost without his soul mate, committed suicide. "Three generations of diabetes is too much," Barbara realized. She used her culture and heritage to cope. "I returned to sweat lodge. I am a traditional person." She spoke about the importance of using the strength of your culture and heritage to change the way you react to diabetes. ***"We're tribal people. You need to take care of yourself so you are there for that graduation and wedding. We need to unite and fight to prevent diabetes."*** Throughout the evening she spoke about the strength of Native women, but reminded them they needed to care of themselves, as well as their families; that by taking care of themselves they were also taking care of the ones they love.

Barbara and Bob Mora appeared at the Squaxin Island Elders Center October 24, 2008, to talk about a *"Return to Tradition, Return to a Balanced Life"* - reminding everyone that humor is a great way to cope, especially with diabetes. She immediately put everyone at ease by sharing how, when she looked out over the group, she saw faces that reminded her of aunties, grandparents, sisters, cousins, nieces and nephews back home.

The evening began as Squaxin Island Tribal Chairman David Lopeman offered a prayer, asking blessings for those on the Reservation, and to all the people with diabetes. Bob thanked David Lopeman for his prayer. "Native American prayer is powerful. We believe in the power of prayer and the Creator. Thanks for treating us warmly." Jeremiah George, Patricia Green and Greg Lehman offered a number of drum songs, beginning with *Dinner Song*, and wrapping up with the *Grandmother and Grandfather* song by Ralph Edgar. Greg began the song, and then Jeremiah and Patricia slowly joined in with their voices and drum. Before long, those familiar with the song softly joined in too. Everyone shared a healthy dinner prepared by Cleveland Johnson before Barbara and Bob Mora began their presentation. Because exercise is so important, several women at Squaxin Island Tribe who are learning line-dancing) funded by the diabetes prevention program) graced the audience with a few numbers.

Barbara's husband of 31 years, Bob, helped her to cope with diabetes and now accompanies her when she speaks. Bob beads and makes flutes. He brought two flutes with him to play softly during some of Barbara's stories. He asked us to consider his *Hummingbird Song* as a gift the Creator gave us to unite. "We sing this song in sweat lodge to focus," he said. Bob played flute while Barbara told the story of her Uncle Woody and how Native American people share things. She always remembered her Uncle Woody for bringing oranges. He always told the family it was a money-making scheme, he never made any, but always showed up with oranges and to give the kids rides in his car.

Barbara wore a complex, beaded collar that reflects how in sync Barbara is with her heritage and culture. When asked about it, she said, "This is very traditional. The design represents mountains and valleys." She went on to explain the meaning of the colors and the shells. You may think this is not related, but Barbara says she used weaving and other traditional ways to overcome the depression and anger she felt when diagnosed with diabetes. Her culture, and her husband Bob, buoyed her up and now she is happy to share what she has learned with tribes across the U.S. Barbara signed many of the books, then wrapped up the evening by teaching people how to create beautiful journals inexpensively. Daily journaling helps Barbara to stay optimistic about her life.

Many of you may have seen Barbara's book, *Using Our Wit and Wisdom to Live Well with Diabetes*. This event was so much more than publicizing her book; she says the book is a sharing of her experience with diabetes in order to help people cope by using their natural wit and traditional wisdom. She's been thanked over and over again for her appearances and for writing this book, which she said started only as a guide to blood sugar testing, but grew to be so much more.

The book was a collaborative effort of the Indian Health Service Division of Division of Diabetes Treatment and Prevents and the Centers for Disease Control and Prevention, National Diabetes Wellness Center. Editing, photography and design was provided by Cecilia Kayano, with layout and graphics by Paula Barr.

The evening was sponsored by the Squaxin Island Tribe's Health and Human Services Department and the Special Diabetes Program for Indians. Other supporters included the Squaxin Island Museum and Learning Center, LCCR Food and Beverage Department, Island Enterprises and Skookum Creek Tobacco.

If you would like a copy of Barbara's book, contact Janita Johnson or Patty Suskin in the Health Promotions building.



Barbara shares a passage from her book



HEALTH & HUMAN SERVICES



Barbara and Janita Johnson



Bob and Barbara Mora



Line dancers perform



Greg Lehman, Jeremiah George and Patricia Green



Tribal Chairman David Lopeman shares an enjoyable meal with tribal members



Front, L-R: Barbara and Cecilia Kayano, Editor of Barbara's book and Health for Native Life magazine. Back, L-R: Bob and Patty Suskin



Barbara and Bev Hawks at book signing



BICYCLE SAFETY RODEO



Photos by Madeena Rivera





HALLOWEEN FUN

Photos by Theresa Henderson





HALLOWEEN FUN

Photos by Walt Archer





HALLOWEEN FUN

Photos by Walt Archer





HALLOWEEN FUN

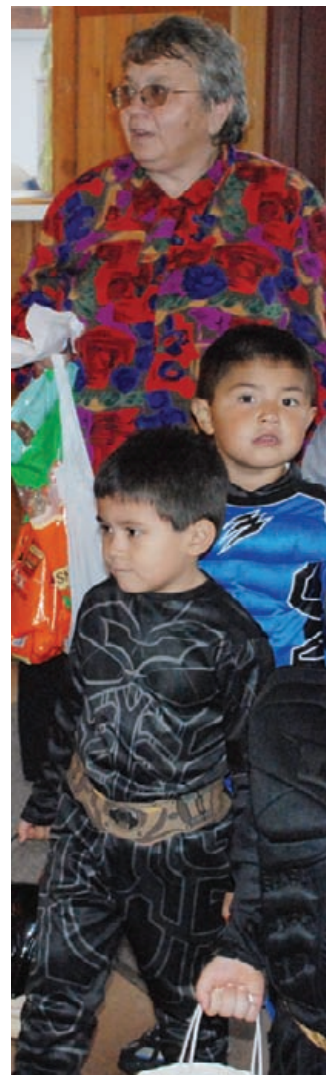
Photos by Walt Archer





HALLOWEEN FUN

Photos by Walt Archer & Theresa Henderson





HALLOWEEN FUN

Photos by Theresa Henderson





HALLOWEEN FUN

Photos by Theresa Henderson





Clinic Extended Hours in December

On Thursdays the clinic will be open from 8:30 am until 7:00 pm.

Do you have Medicare?

Medicare Part D enrollment ends Dec. 31, 2008. This provides low cost drug benefit for seniors on Medicare. Please come to the clinic for more information and to sign up.



"Thank you so much for the food stamp card. It has helped me so much... This helps me buy things I have not been able to buy for a long time, like greens and fresh fruit."

— Anna R., Colfax, WA

"Thank you! The new amount (of food benefits) will help me greatly, and the fewer reviews and less paperwork will be good for me, too."

— Richard G., Puyallup, WA

WHAT IS BASIC FOOD?

Basic Food is a food and nutrition program for individuals and families who meet income guidelines. Also known as the food stamp program, **Basic Food** helps people afford a nutritious diet by providing eligible households an electronic benefits card and monthly benefits to buy food at participating grocery stores.



What Should You Know About Basic Food?

THE RULES HAVE CHANGED

Household	Monthly Income
1	\$1,734
2	\$2,334
3	\$2,934
4	\$3,534

Beginning October 1, 2008, the gross income limits for Basic Food will increase. Net Income limits and asset limits are also waived under the expansion.

GETTING BASIC FOOD IS EASIER

- You may apply in person at a local office, by mail, or online at www.foodhelp.wa.gov.
- Phone interviews are available and can help verify any required information.
- You can call toll-free 1-877-514-FOOD for more information or to request an application.
- More than half of all applications are approved in less than 6 days.

THERE ARE ADDITIONAL BENEFITS WHEN YOU RECEIVE BASIC FOOD

Besides monthly benefits to buy food, receiving Basic Food:

- Qualifies you for low-cost local phone service through the Washington Telephone Assistance Program. People getting Basic Food can learn more by calling 1-888-700-8880.
- Automatically enrolls school-aged children in the free school meal program.
- Shows that your family meets the Women Infants and Children (WIC) income test.



Merry
★
Christmas



MONTHLY BASIC FOOD BENEFIT AMOUNTS

Monthly benefits vary by the number of people living in your household, your income, and living expenses you pay for such as: rent, mortgage, utilities, childcare, and child support.

The average monthly benefit families received in 2007 was \$181.18. The highest monthly benefits are:

- \$176 for a one-person household;
- \$323 for a two-person household;
- \$463 for a three-person household

YOU DO NOT HAVE TO BE A U.S. CITIZEN TO GET BASIC FOOD BENEFITS

While the federal Food Stamp Program is limited to U.S. citizens and immigrants who meet specific program rules, the state does pay for Basic Food benefits for *legal immigrants* who may not meet the citizen rules for the federal program.

Undocumented immigrants and non-citizens who are tourists or other non-immigrants are not eligible for Basic Food.



Beginning
October 1, 2008,
income limits will
increase for Basic
Food helping
more people get
more food in
Washington state.

Take a Fresh Look



For more information:

1-877-514-FOOD

www.foodhelp.wa.gov

Congratulations Raffle Winners



Missy Cooper
September Women's Health



Darcy Sytsma
October Mammogram



Shirley Cameron
October Women's Health

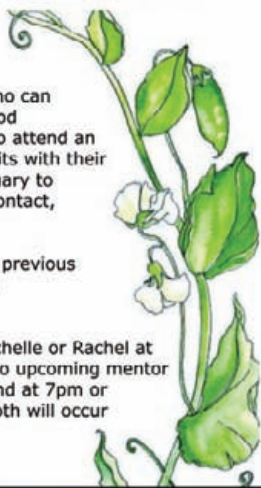


Do you have experience growing your own food?

GRuB matches each of our first Year Kitchen Garden Project home gardeners to a volunteer mentor who can teach them the basics of organic food gardening. Mentors are expected to attend an orientation in December, do site visits with their gardener at least 5 times from January to October, maintain monthly phone contact, and keep monthly progress notes.

This volunteer opportunity requires previous garden experience and an on-going commitment for 1 year.

If you are interested please call Rochelle or Rachel at 753-5522 and sign up for one of two upcoming mentor orientations: Tuesday December 2nd at 7pm or Sunday December 14th at 3pm. Both will occur at the new GRuB farmhouse, 2016 Elliott Ave NW, Olympia.



VOLUNTEER OPPORTUNITY



Strengthen community while helping new gardeners in your neighborhood successfully grow food for their families!

Are you Pregnant? What have you heard about breastfeeding?

From The Easy Guide to Breastfeeding for American Indian & Alaska Native Families

Did you know...

Breastfed babies are less likely to have:

- Ear infections
- Diarrhea
- Colds
- Flu

Breastfed babies may be less likely to become obese. Research shows that obesity is part of the reason that many Native people suffer from type 2 diabetes. Babies were born to be breastfed. Choosing to breastfeed honors the traditions of American Indian & Alaska Native families. The practice of breastfeeding respects our heritage, communities, and our future.

STOP THIS MYTH ABOUT BREASTFEEDING

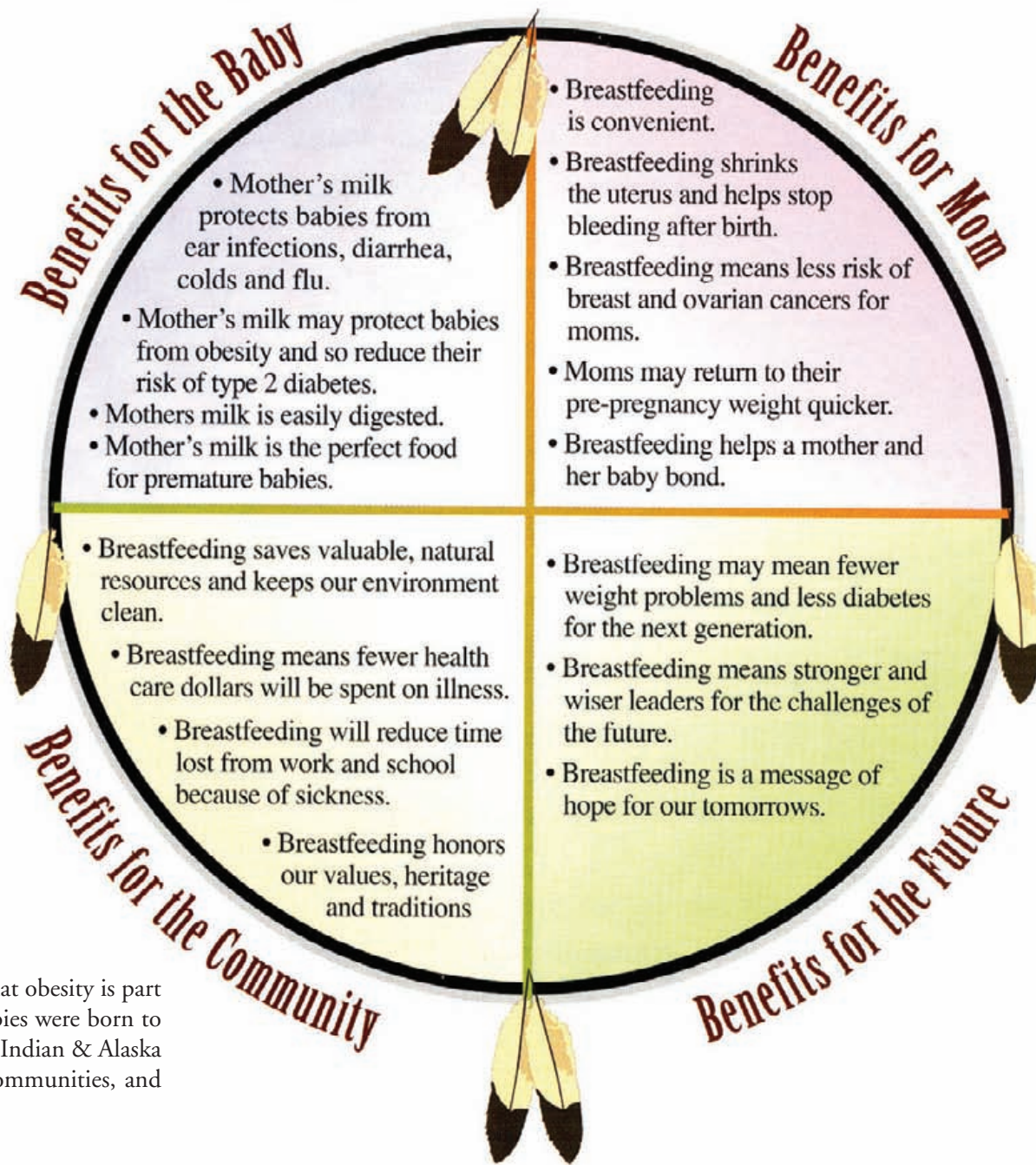
Think back to your ancestor's days... Did the women have enough breastmilk to feed their babies? Of Course! What else was there?

Here is the truth:

Breastfeeding works by supply and demand. That means the more your baby breastfeeds, the more milk you make. That's a fact. Women have enough breastmilk if they continue to exclusively feed their babies breastmilk. Please spread the word.

Babies are born to be breastfed

Breastfeeding has kept our people and traditions strong since the beginning of time.



"We are all one child spinning through Mother Sky."

- Shawnee proverb



HEALTH & HUMAN SERVICES



Upcoming Health Events

Brief Community Walk

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

Community Health Walk

Thursday, December 18th
Meet at Elder's Building at 12:40 for
a 20 minute walk around the REZ
All SPIPA tribes will be taking a walk
in their area at the same time -
for diabetes prevention!
Help us win the Walking Stick!
The tribe with the most walkers
each month wins the walking stick
for that month.
We won it last July ...
can we get it back this December?

Mammograms / Women's Health Exams

December 19th
Contact Rose Cooper (360)432-3930

Want a Garden in Your Yard?

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

Free Pilates Classes

Community members welcome
Mondays and Wednesdays
4:00 - 5:00 p.m.
at SPIPA

Free Line Dancing

Wednesdays & Fridays
at noon in the gym

Smart Shopping/ Food Label Reading Workshops

Contact Patty to schedule a family &
friends session

Come Visit Our Health Promotions Programs

We have exercise videos
(Sit & Be Fit, Yoga, Walk Away the Pounds
& more)

You can come & use in them
in the building across from the clinic.
Work out alone, with us,
or schedule a time for 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

Questions?

Contact Patty Suskin @ 432-3929
or
Janita Johnson @ 432-3972



Senior Meal Menu

Mon. - Hot Turkey Sandwich
Wed. 3 - Tuna Noodle Casserole
Thurs. 4 - Pizza (Elder's meeting at 1:00)

Mon. 8 - Stuffed Peppers
Wed. 10 - Meatloaf
Thurs. 11 - Cornflake Chicken

Mon. 15 - Fajitas
Wed. 17 - Holiday Meal: Baked Ham
Thurs. 18 - Seafood or Elk (as available)

Mon. 22 - Sloppy Joes

Closed for Winter Holidays December 22-
January 4th. Meal service will resume on
Monday, January 5th, 2009

Stop the Sugar Myth

Submitted by Patty Suskin, Diabetes Coordinator - Studies have shown that eating foods containing carbohydrates (fruit, milk, grains, sweets, starchy vegetables including peas, corn and mashed potatoes, etc determine blood glucose (blood sugar) levels for people with diabetes - **not just sweets!**

In other words, if you have diabetes, you have a choice how to spend your carbohydrates each time you eat or drink something. You can choose to have a slice of pumpkin pie or chocolate cake. You can choose to use your carbohydrate (carb) servings for mashed potatoes, fruits, milk or other carbs. Let well-meaning friends & family know if you are choosing to use your carbohydrates for your dessert today.

As Dr. John Bantle, MD, states, "Foods that contain sugar don't produce a greater rise in blood glucose than bread, rice or potatoes ...etc. However, if you add a small dessert to a meal, increasing the amount of carbohydrate, your blood sugar will be higher. But you'd have the same effect if you had a double helping of mashed potatoes or an extra roll."

Diabetes Health p. 42 Oct- Nov 2008 edition

For more information, Patty Suskin can help. Stop by Health Promotions to chat, pickup literature or make an appt. Call (360)432-3929 or Email psuskin@squaxin.nsn.us



Healthy Eating During Winter Gatherings for People with Diabetes

Winter is a season of holiday celebrations, football play-offs, and other occasions when family and friends get together over meals and snacks. For people with type 2 diabetes, it can be especially challenging to stick to a meal plan. Mouth-watering options such as honey-baked ham, buttery mashed potatoes, and sweet yams are popular for festive dinners, while chicken wings, cheesy nachos, and chips are among the favorites at football play-offs and other gatherings. However, you don't have to completely sacrifice all of your favorite foods. The key is to make a variety of healthy food choices and limit portion sizes.

Follow these tips from the National Diabetes Education Program (NDEP) to help you eat healthy during gatherings throughout the winter season:

- **Eat a healthy snack.** Eating a healthy snack prior to leaving home can prevent overeating at the party.
- **Plan ahead.** Check out the party food options before you begin eating, and make a mental note of what and how much you will eat. Your food choices should fit into your meal plan.
- **Bring a dish.** Share your healthy dish with family and friends.
- **Move away from the buffet.** Fix your plate, and then step away from a table of finger foods to avoid grazing while chatting.
- **Savor the flavor.** Eating slowly reduces your chances of overeating.
- **Drink H₂O.** Water is a healthy, no-calorie beverage. Drink plenty of it.
- **Trim it down.** Eat smaller portions of food. Trim off extra skin and fat from meat.
- **Party hard!** Focus on family, friends, and activities rather than food. Stay active by participating in games or dancing.

Follow these tips if your goal is to serve healthy feasts to your guests:

- **Bake it. Broil it. Grill it.** Consider healthy alternatives to traditional meats. Choose skinless meat or poultry and avoid fried dishes
- **Increase fiber.** Serve whole grain breads, peas, and beans as part of your meals.
- **Easy on the toppings.** Lighten your recipes by using reduced-fat or fat-free mayonnaise, butter, sour cream, or salad dressing.
- **Focus on fruits.** Serve fresh or canned fruits instead of ice cream, cake, or pie. Transform high fat, high-calorie desserts by replacing whole milk or whipped cream with 1 percent or nonfat milk.
- **Serve low-calorie beverages.** Offer your guests sparkling water or diet beverages.
- **We're all in this together.** Support your family and friends by encouraging them to eat healthy during the winter months and throughout the year.

To find out more information about the *Control Your Diabetes. For Life.* campaign and to order free materials and resources, visit <http://www.YourDiabetesInfo.org> or contact the National Diabetes Education Program (NDEP) at 1-888-693-NDEP (6337).

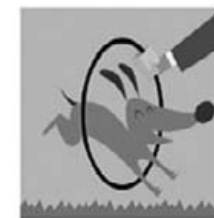
To our Friends at
Coyote Ridge



We are Wishing you....
The warmth of Family and Friends near you..
And deep Happiness and Peace within You!

Jackie & Harold

4-H Dog Training



Want your dog to learn new tricks or just come when you call him.
Bring your dog to 4-H

Thursdays at 5:30
TLC Gym

If you have a dog or can borrow one, come join us.

For more information call
Janita Johnson 432-3972



Sponsored by DASA this is a drug and alcohol free activity



TeleTrainings Available Through Native Employment Works

December 11, 2008 Innovative and Inclusive School to Work Programs

Join a conversation about creating, from scratch, outstanding opportunities in the lives of young people and in communities. You'll interact with leaders of school to work programs for youth ages 12-22 that incorporated community service, job clubs, employment, and so much more.

January 8, 2009 Clutter Collector? Secrets to Happiness in 2009 through Organization

Does the clutter magnet draw clutter to you? Join this teletraining and learn organizational secrets that can empower you in 2009. Learn how to go from being disorganized, dazed and confused to delighted and working efficiently. Discover new ways that organization skills can bring increased happiness to your life and leave the call with a realistic organization plan. Start the New Year right with this powerful CTAT training.

January 15, 2009 Planning for Productivity

This tool and its corresponding process will help you get on the same page with your colleagues and assist you in controlling your daily tasks. You finally have a way to plan, control, direct, record, and report your work activities on the individual or team level. Organizations have found this tool and its associated process beneficial in establishing and maintaining focus, reducing meeting time, and even clarifies writing performance appraisals.

12:00 - 1:30 p.m. in the Tribal Center - upstairs in the conference room

Call June Krise @ 432-3821 to sign up!



Computer Lab

Computer Lab is open and will be available Monday through Thursday, 3:30 to 7:00 p.m., and Friday 3:30 to 5:00 p.m. in TLC. Students and parents must read, complete, and sign the TLC Computer Use Agreement before students will be allowed to use the computers in the TLC Computer Lab. The 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, language, homework, research and reports, etc.

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
Bill Kallappa	10:00 – 8:00	432-3992
Vanessa Algea	10:00 – 8:00	432-3876
Stephanie Weaver	3:00 – 8:00	432-3895
	M-Th	

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.

Homework Help is offered in TLC after school. If your child needs a little extra help with homework, please call if you would like to schedule a certain time. Call Walt Archer at 432-3826 or stop by TLC to speak with Walt.

GED

GED prep classes are offered in TLC every Monday and Wednesday from 5:00 p.m. to 7:30 p.m. The instructor is contracting through Olympic College. Call Walt Archer at 432-3826 or stop by TLC to speak with Walt.

Higher Education

The deadline to apply for funding for winter quarter 08/09 is Wednesday, December 10, 2008 by 5:00 p.m. In order to have your paperwork processed before the holiday season, it is imperative that your information be turned in by the above date. If paperwork is turned in late, it may not be processed until after January 2, 2009. If you need assistance with higher education paperwork or need to use a computer, please give me a call, Lisa Evans 432-3882.

Scholarship Corner

For a complete scholarship list, please contact Lisa Evans in TLC or visit the web site:
http://www.squaxinisland.org/learning_center/scholarships.html

The list is quite lengthy. Lisa can be reached at 432-3882 between 8:30-5:00 or by email at levans@squaxin.nsn.us.



COMMUNITY



Happy Birthday

Douglas Bloomfield	12/1	Jayden Eagles	12/10	Ethan Baxter	12/18	Edward Cooper	12/27
Allen Mosier	12/2	Kendra Blueback	12/11	Daniel Brown	12/19	Andrea Neilsen	12/27
Jess Brownfield	12/3	Kestle Coley	12/11	Winona Crone	12/19	Jocelyn Campbell	12/28
Deborah Obi	12/3	Kelli Dahman	12/11	Shashoney Fenton	12/19	Jessica Stone	12/28
Cathlene Edwards	12/3	Tonya Henry	12/11	Theresa A. Henderson	12/19	Kathy Block	12/28
Peggy Peters	12/4	Mary Mason	12/11	Patrick Stapleton	12/19	Patti Puhn	12/29
Daniel Sigo	12/4	Justina Cools	12/13	Tyson Kruger	12/19	Penni Giles	12/29
Lilly Henry	12/5	Karen Farr	12/13	Charlene Cooper	12/21	Richard Gouin	12/30
Austin Penn	12/5	Lucy Aldrich	12/13	Ronnie Penn	12/21	Koreena Perez	12/30
Mario Castilla	12/6	Cecilia Blueback	12/14	Larrinea Nichols	12/22		
Evan Ellerbe	12/6	Nicholas Dorey	12/14	Elroy Ellerbe	12/22		
Michael Foster	12/6	Judith Arola	12/15	Jaimie Cruz	12/23		
Cora Krise	12/6	Priscilla Dolores-James	12/15	Alacyn Wilbur	12/23		
Sophia Cooper	12/7	Xzandria King	12/15	Holly Henry	12/24		
Zoe Cooper	12/7	Lisa Peters	12/15	William Penn	12/24		
Jason Koenig	12/7	Frankie Metcalf	12/15	Tahnee Kruger	12/24		
Mitzie Whitener	12/8	Amber Snyder	12/15	Jesus	12/25		
Clinton Coley	12/9	Angel Henry	12/16	JayAnne Gamber	12/25		
Misti Saenz-Garcia	12/9	Rodney Krise	12/16	Richard Johns, Sr.	12/25		
Dustin Kruger	12/9	Anthony LaFlame	12/16	Astrid Poste	12/25		
Garrett Todd	12/9	Wendy Bowman	12/17	Jasmine Rivera	12/25		
Davina Braese	12/10	Donovan Henry	12/17	Carol Tadios	12/25		
Marlena Brandley	12/10	Vernon Sanchez	12/17	Nicholas Cooper	12/26		
Sierra Blueback	12/10	Suzanne Snipper	12/17	Karina Farr	12/26		

Happy Belated Birthday

Kasia

Love, Tyrone

Dad, thank you for being hard on me.

Thank you for not.

Thank you growling at me

Thank you for not.

I'm grateful for you being there

just as much as when you weren't.

**Either way, I understand and appreciate
every bit of what you do as my Dad.**

- Love always Alex

Happy Belated Birthday Mom

Love, Tyrone

Happy Belated Birthday Nikki

Love, Tyrone



Squaxin Indian Bible Church

Church services are held on Sundays @ 11:00 a.m.

At the Museum in the Simpson Room

Bible Study is held Tuesdays @ 6:30 p.m.

At the pastors home - 30-Ho-Mamish Court

Bible Study will start up again the first of the year (2009)

Every one is welcome! Come as you are!

We are all family, and our family would like to see your family in church.

Pastors Ron and Kathy Dailey

We perform weddings and funerals (for a free-will offering).

Please call us any time you need help or prayer @ 432-3009

What's Happening

	1	2	3	4	5	6
			Family Court	AA Meeting 7:30		
7	8	9	10	11	12	13
Squaxin Indian Bible Church 11:00 a.m.		Criminal/Civil Court		Council Mtg. AA Meeting 7:30		
14	15	16	17	18	19	20
Squaxin Indian Bible Church 11:00 a.m.				AA Meeting 7:30	Christmas Party 5:00 In the Gym	
21	22	23	24	25	26	27
Bible Church 11:00 a.m.				Merry Christmas!		
28	29	30	31	Basketry Classes Every Tuesday and Wednesday From 4:00 - 6:00 @ MLRC		
Squaxin Indian Bible Church 11:00 a.m.						



Squaxin Island Veterans Presented the colors at the Tribal Leaders Health Summit on 11/6/08



Thank you for your service!!!



Santa Clause will come to your house

Call Elf @ 253-973-7300 to make arrangements
See you on Dec. 24th!

More info:
<http://santashiddenkids.com>



*"No stone goes un-turned in efforts to see
the mission succeed."*



In Loving Memory of Tina

We love you John! - Rebeckah, Erickah, Derek,
Kyla, Rachel, Kayden, Mary, Tammy, Teresa, Tyler,
Shelby, Judy, Kat and Kirsy

I want to wish a Very Merry Christmas to my children, Corri and her family, Mathew and Rose, Juana and her family, Dodie and her family and Jamie and her family. Thank you, Jamie, for a beautiful new grandson, Jeramiah. I pray that your paths this year be smooth and the scenery on your journeys be beautiful and full of exciting and wonderful events. Love to all my relations this year, Love Paula Krise Henry!

Thank You for Your Support!!! Merry Christmas!!!



***Fantasia Twirling and Show Corps
Olympia, WA***

Call Coach Judy if you want to join @ 360-259-3837



Photos by Madeena Rivera

