



World War II Veterans - *Cal Peters, Harry Fletcher & Bill Peters* - Honored For Service to Our Country



A special Veterans Day celebration took place in the Tribal Council Chambers on November 6th to honor Cal Peters, Harry Fletcher and Bill Peters for their service to our country during World War II.

Tribal member veteran Glen Parker, who led development of the Squaxin Island Tribe's Veterans Memorial Project, served as the emcee for the event. He presented a slide show of the project along with a photo album containing pictures of all tribal member veterans. He also shared the now-framed eagle feathers, donated by Tribal Chairman David Lopeman, that were used during all blessing and smudging ceremonies.

The Squaxin Island Color Guard then presented the flags. "This is protocol," Glen said. "We're still learning how to do all of this Honor Guard stuff properly, and we can stand tall because we're trying to get it right. John Krise has a lot of knowledge and we're learning from him."

According to Glen, Tribal Council ordered a staff to lead Color Guard processions. "That is really good news, and we thank Tribal Council for that gift." Protocol then calls for the U.S. flag to come next, followed by the tribal flag, which is of equal standing to the state flag, which comes fourth.

After the presentation of the flags, the World War II veterans were invited to share memories about their service.

Bill Peters, the most highly-decorated Squaxin Island tribal veteran, Air Force Staff Sergeant and Aircraft Tail Gunner, shared stories from his incredible 32 bombing missions over Europe in 1944. During the D-Day bombings, Bill flew three missions over France. He and the others who made it back, were given a special "Lucky Bastard" award. Bill was shot on one foot and was barely missed on two other occasions.

Bill's younger brother, Cal Peters, also served during the war,



We salute you and all of our veterans!

but because Bill was on active duty in Europe and their middle brother, Raymond, was killed by a Kamikaze pilot in Okinawa, Japan, just a week before the nuclear bomb was dropped on Hiroshima, he was forced to stay at home and serve by providing transport for military officers.

"Its hard to follow after Bill," Harry chuckled. "I didn't win the war, but I served in the Army one year, one month and one day." Harry went through extensive training to prepare him for battle, before going on missions to drop troops in Korea and Okinawa.

Cal Peters expressed his great appreciation for the special honoring celebration. "Thanks for honoring us even though we feel like we don't deserve it," he said. Both Cal and Glen shared statistics indicating that Native Americans serve this country in greater per capita than any other ethnic group.

"All of our veterans have served our country well, and we are very proud of them," Glen said.

L-R: Harry Fletcher, Cal Peters and Bill Peters

NOTE: See Bill's full story on Page 3 and more photos from the event on Page 8



We Honor Our Veterans

Staff Sergeant William Peters

Bill Peters served in the U.S. Eighth Bomber Command, Stationed in England during World War II.

He was enlisted into the Army Air Force Services at Fort. Lewis, WA, and trained for service duty as a B-24 Airplane Mechanic.

He eventually served as an Aircraft Tail Gunner in the 371st Army Air Force. He provided dual machine gun anti-aircraft cover for 32 bombing missions in 1944. These included 3 missions over Belgium, 10 missions over France, 18 missions over Germany and 1 one Secret Mission into France.

The first mission was flown on May 10th over Brussels, Belgium. Bill and the others were sleeping when a voice came over the intercom. "Crew 26, its time to go. You are going to fly until you can't walk any more." They were given breakfast in the briefing room before being sent off for the "North Sea." About mid-way across the ocean, they were told, "Man your guns over the mainland."

On his second mission, over Berlin, 1,000 men and 200 airplanes were lost. "There was fighting galore," Bill said. "I don't even know if we hit any of the enemy planes."

According to Bill, the bombs are orange when they explode - unless they hit their target, then they are black.

On his 21st birthday, Bill helped bomb Munich, Germany for three days in a row in a bomber named Trudy. *There is a picture of the entire crew in the Tribal Record Book.* "We were joking around about the good beer in Germany," Bill said. "We took glasses with us and figured if we hit a brewery, we could hold our glasses out and get a free drink. We tried three times, but no beer." In addition, the Red Cross gave Bill a carton of cigarettes for his birthday.

During the D-Day bombings, Bill flew on three separate missions over France "looking for Germans to bomb." Bill, and all who made it back safely, were given a special "Lucky Bastard" award.

During Bill's fourth mission, "flack was coming up at us. Little pieces of metal. One of those pieces made a big hole in the plane above my head. I looked at that and thought, 'Jimini Crickets!'" The navigator was hit. The engine was on fire and the pilot dove us down. He straightened us out, got the fire out and guided us to the coast of the North Sea."

On June 25th, Bill flew a secret mission into France at a mere 1,500 feet. "We didn't even need an oxygen mask," he said.

During the bombing missions, Bill was hit in the toe, and was barely missed on two more occasions.

Bill is the most highly-decorated tribal veteran.



Medals awarded to Bill include Good Conduct, European Service, Distinguished Flying Cross, and the Army Air Medal. The Army Air medal was awarded with Three Oak Clusters. He also received a Special Citation from Brigadier General A.W. Kissner for "extraordinary achievement while serving as a courageous combat Tail Gunner who repelled numerous hostile fighter attacks by his excellent marksmanship."

Bill received Honorable Discharge on October 6, 1945.

Special Thanks

I would like to thank the Legal Department for the chili cook-off; it was great! The tastes were so different and all were great. The people and feeling of friendship went well with the chili and corn bread and muffins. Thank you for offering cold drinks and coffee to drink. It was great and I thank you, as I am sure the whole community does. The Seniors will put the money to good use.

- Sharon Johns

Bill's 32 Bombing Missions During World War II, 1944

1	10-May	Brussels, Belgium
2	13-May	Berlin, Germany
3	22-May	Kiel, Germany
4	23-May	Chaumont, France
5	24-May	Berlin, Germany
6	25-May	Brussels, Belgium
7	27-May	Karlsruhe, Germany
8	29-May	Leipzig, Germany
9	30-May	Watten, France
10	31-May	Soest, Germany
11	3-June	Wimereux, France
12	5-June	E'Taples, France
13	6-June	Caen, France D-DAY
14	6-June	Argentan, France D-Day
15	8-June	Nantes, France
16	14-June	Florennes, Belgium
17	18-June	Hannover, Germany
18	20-June	Magdeburg, Germany
19	21-June	Berlin, Germany
20	22-June	Norcourt, France
21	24-June	Woball, France
22	25-June	Secret Mission
23	29-June	Leipzig, Germany
24	7-July	Leipzig, Germany
25	11-July	Munich, Germany
26	12-July	Munich, Germany
27	13-July	Munich, Germany
28	18-July	Cuxhaven, Germany
29	20-July	Merseburg, Germany
30	25-July	St. Lo, France
31	28-July	Merseburg, Germany
32	29-July	Leipzig, Germany



Teaching Basic Quilting and Basic Sewing Repairs

Sundays 3 - 7 p.m. at Dorinda's house

350 T'Peeksin Lane

790-9307

Hemming, zippers and minor tears

Repairs and quilting - no making new clothes



Island Enterprises, Inc. IN THE COMMUNITY

By Tyson Kruger, IEI Marketing Coordinator - Island Enterprises, Inc. has been involved in many community activities recently. Here are just a few things that IEI has been doing....

Kinship Care 2009 Conferences

Family Education and Support Services, in conjunction with the Thurston Mason Lewis Grays Harbor Area Agency on Aging - This event was sponsored by The Squaxin Island Tribe, (Tribal Council) Island Enterprises, Inc. and Little Creek Casino Resort this year. Annually, these organizations raise awareness to "families raising/caring for family members, and gives them tools and resources to let them know that there is an abundance of help available and resources that will point you in the right direction of how to find assistance, in almost any area that one may be seeking. This all-day event was held at Little Creek Casino Resort on Saturday, October 21, 2009.

Toys for Kids Plus

The 2009 Toys for Kids Plus dinner auction will be held Saturday December 12th, 2009. Once again, Island Enterprises, Kamilche Trading Post and Salish Seafoods merchandise will be showcased and auctioned off to those attending the dinner and participating in the auction. All money raised will be donated to the Toys for Kids Plus. Toys for kids plus was formed 8 years ago by The Shelton Fire Dept. as a way to give back to community members and their children who less than receive items during the holiday season. It is continuing to grow from support within the community and IEI and related businesses are pleased to be supporters of Toys for Kids Plus. Continue to keep your eyes peeled for articles in The Shelton-Mason County Journal for what the organization is gaining from this annual event.

If you would like more information on what else Island Enterprises is doing, or information on Toys for Kids Plus, Kinship Care, The Area Agency on Aging, and how your support can help, please contact: Tyson Kruger @ tkruger@ieinc.org OR 360-462-0185



Elders Activities

Lunches are \$3.00 per person for anyone under 55. This includes tribal employees and community members. The money goes back to the Elders Food Program, so please support your Elders and pay this minimal charge for your meal.

Also, please note that "to go" food should be taken only after 12:25 pm, unless other arrangements have been made, so that there is enough food for everyone at the meal. To go meals also have the \$ 3.00 charge for non-Elders. Thank you very much for coming to Lunch we look forward to seeing you.

We would like to go to a play and see the **Christmas lights the first part of December.** If you are interested, please Call Colleen at 360-432-3936. If I'm not in, please leave a message. I am looking for a good play and, when you call, I will have one picked out - or maybe you have some suggestions . . .

Friday, December 4th **Christmas BAZZAR / GARAGE SALE and BAKE SALE. ALL YOU CAN EAT SPAGHETTI FEED (NO TO GO) please.** \$5.00 per person. We need DONATIONS, DONATIONS and DONATIONS, PLEASE. Clothes, Crafts, Cookies, Cakes, home made Candy.
11:00 a.m. until 7:00 p.m.

Starting January 12th, 2010 at 1:00, we will start the Wii GAMES on our New Big Screen T.V. Come in and watch and play. We will all learn together! We will have the newspaper each day, board games, cards, puzzles, and crafts. Lets get ready for our NEXT Host Luncheon in OCTOBER, 2011.

LUNCH ON TUESDAYS (SOUP AND SANDWICH) COME ON IN!!!!!!!

Elders Meeting - December 3rd at 1:00 p.m.

Leavenworth - Call now if you want to go (December 11th 2009). Bus leaves at 7 a.m. from the Elders building. Sack lunch on the way up and buffet on the way back. Dress Warm!!!!!! WE WILL CHARTER A BUS. Hopefully other tribes will go with us and share the cost.

Christmas Party at the Casino

December 10, 2009 at 6:00 p.m.
Gifts exchanged \$5 to \$10.00) If you pay more, don't expect more.

- COLLEEN WOODARD
Squaxin Island Elders Activity Coordinator

Peace
on
Earth

LITTLE CREEK
CASINO • RESORT

Local Food Banks Receive Generous Donation from LCCR

Just in time for the holidays, many struggling families will find assistance at the food banks in our community. This fall Little Creek Casino Resort brought back the *Fall Into Fun* hotel package and offered guests a luxury stay at a discounted price. All it took was a single donation of a non-perishable food item. This year's program collected over two tons of food for families in need.

Local recipients include Salvation Army, Bread and Roses, Squaxin Island Tribe, and United Methodist Church. Jeannie McConnell, Business administrator for Salvation Army indicated that the kitchen was running low on many items. "Items like canned vegetables and protein are always in need, this year the demand is even greater" Said McConnell. Many collection sites are gathering Thanksgiving baskets to distribute this week. The United Methodist Church shared that they have seen an increase in people over the last few months, many new faces looking for assistance. "For me it opened my eyes to the need that was there, I didn't realize the need was so huge." Said Kim Burrow, Hotel Director. "It feels good to think that there will be one less hungry mouth on Thanksgiving."

To help its own family, Little Creek Casino Resort will also be giving each one of its 750 employees a free Thanksgiving turkey early next week. Many generous employees will donate their turkeys to the food bank, last year over one hundred Turkeys were donated.



LEARNING CENTER



You're Invited!

EDUCATION:

Sylvan (Must be enrolled for these 3 one-hour classes)
 After-School Tutor (Homework Central)
 GED

Monday –Thursday 4:30-7:30
 Monday - Wednesday 4:00-5:00
 Monday - Wednesday 5:00-7:00

HIGHER EDUCATION:

Assistance with FAFSA forms, college enrollment,
 scholarships, Squaxin Higher Education applications

Monday – Friday 8:00-5:00

RECREATION:

Rec. Center, Teen Center, Skill Building, Open Gym
 (Fun, Games, and Club)
 Community Open Swim

Monday-Friday 3:00-7:00
 Mon., Weds. & Friday 3:00-6:00

Hello from the Wellness Center Pool

To those people that are interested in water aerobics, the pool will be adding an additional class! The class will be starting Dec. 1st, 4:30-5:30 p.m. on Tuesday and Thursdays.

We are hoping this will give those of you who get off of work at 4:00 p.m. an opportunity to work off the daily stress!

For those of you that are enjoying the 6:00-7:00 p.m. class ... Keep up the good work!

Also we are looking forward to adding some new activities at the pool by the end of the year. For example; water volleyball, basketball, birthday parties... So please give us some feedback on what would bring you and your family to the Wellness Center Pool.

To those of you who that are interested in our Monday, Wednesday, Friday lap swim; we have lanes available for lap swim, stroke development, water walking, and self-guided aerobic exercise. These hours are from M-W-F. 6:00-8:00 a.m.

We encourage you to participate in our "Holiday Challenge," to maintain your body weight through the holiday season!

For more information, please contact the pool @ (360) 432-3852.

We are looking forward to seeing all of you soon.

Squaxin Youth Cultural, Educational and Activities Calendar December 2009

All activities are Drug, Alcohol and Tobacco Free!!

TLC Hours 8:30 AM—7:30 PM (Office 8:30-5:00 Activities 9:30-7:00) Phone: 432-7958

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Weekly Homework Help M-W 4-6PM GED Classes M-W 5-7	Daily after school snacks	1 Lacrosse Games B-ball practice 6-12 Grade 3:30pm 1-5 Grade 5pm-6pm	2 3:30-6pm Basketball 3-6pm Swim w/Wes 5pm Youth Council	3 Lacrosse Reading 3pm Board Games 3:30-6pm Basketball	4 3pm Baton Lessons No School Wah he lut Conferences Christmas Crafts	5
6 December Coloring Contest Open to All Ends on the 15th	7 Lacrosse Art 3:30-6pm Basketball Making Christmas Cards	8 Lacrosse Games 3pm Board Games 3:30-6pm Basketball	9 3:30-6pm Basketball 3-6pm Swim w/Wes 5pm Youth Council	10 Lacrosse Reading 3pm Board Games 3:30-6pm Basketball	11 No School Shulton Christmas Crafts	12
13 Computer Lab open Daily	14 Lacrosse Art 3:30-6pm Basketball	15 Lacrosse Games 3:30-6pm Basketball	16 3:30-6pm Basketball 3-6pm Swim w/Wes 5pm Youth Council 6pm Dinner w/elders	17 3:00-6:00 Decorating Party Tree Trimming	18 Christmas Party 5 PM No After School Program	19
20 	21 Lacrosse Art	22 Lacrosse Games 3:00 Baton Lessons	23 No After School Programs	24 Christmas Eve Winter Break No School CLOSED 	25 Merry Christmas! Winter Break No School CLOSED	26
27 Holiday youth Basketball tournament!	28 Holiday youth Basketball tournament! Winter Break No School	29 Holiday youth Basketball tournament! Winter Break No School	30 Winter Break No School CLOSED	31 Winter Break No School New years eve! CLOSED	January 1 New Years Day! CLOSED	Co-Sponsored by DASA





GED Classes

Jamie Jhanson - GED Classes continue to be held Mondays, Tuesdays and Wednesdays from 5:00 – 7:00 p.m. in the classroom at the Learning Center.

Getting your GED will help increase your chances of obtaining a job or job promotion. If you would like to be able to better provide for you and your family, a GED is a great way to begin that journey.

Earning your GED requires passing five tests: math, reading, writing, science, social studies. I am here to help prepare you for these tests. I have practice tests, packets for practice and activities to help you learning any concepts you might need help with. I can even help you get signed up for the orientation class and tests at Olympic College.

Most of the time there is only one or two people attending the class. This allows the classroom to be quiet and instruction to be individualized.

Feel free to drop in during the GED class. You are more than welcome to drop in to see what the classes are like and if they are a good fit for you.

You can get a hold of me by calling 292-3301 or emailing me at jjhanson@mcclary.wednet.edu. I am at the TLC Mondays, Tuesdays and Wednesdays from 5:00 – 7:00.

Homework Help

Jamie Jhanson - Send your child up to the classroom at the Learning Center Mondays, Tuesdays and Wednesdays for help with their homework. I am here to help with any homework your child may have. Your child can come up to the classroom for a quiet place to read or do homework.

I can even provide tutoring services if your child needs extra support in a particular subject. Please feel free to contact me if your child needs tutoring. I would enjoy working with you and your child to help provide your child the support he or she needs to be successful in school.

I am here to help make this year a successful school year for your child!

You can get a hold of me by calling 292-3301 or emailing me at jjhanson@mcclary.wednet.edu. I am at the TLC Mondays, Tuesdays and Wednesdays from 4:00 – 7:00.

Halloween Bash 2009

If you were one of the nearly 200 people in the Gym on the evening of October 30th, 2009 you probably saw some interesting activities - a Count Dracula cake walk, Frankenstein's face painting or maybe some spooky musical chairs. You may have also seen the creepy backdrop for taking pictures - perhaps some of you have a skeleton posing with you? If you followed your nose, you would have ended up at the buffet dinner for delicious lasagna and salad! There was no end to the excitement, especially when Michael Jackson's "Thriller" came on and the Native Sisters performed their dance! If you got the courage up, you may have even gone to the haunted house! Without fail, you surely had the chance to grab some candy and visit with friends and family. No matter what activities you participated in, I'm sure you had a spooktacular night.

The evening's events were planned with cooperation from many tribal departments and volunteers. The Tu Ha' Buts Learning Center is pleased so many members of our community were able to come to the Halloween Bash this year. We had a lot of positive feedback. We truly appreciate the help we received from all the fabulous volunteers and tribal departments for making this evening a success! Thank you!

Halloween Haunted House

Kim Heller - This year's haunted house was a cooperative effort between the Squaxin Island Tribal Police Department and a group of students from Shelton High School. The students volunteered to work on the haunted house as their community service project which is a graduation requirement. Each student donated 20 hours of work on making the haunted house a special event for the tribal community. Many of the students also brought their friends that graciously helped build the haunted house and/or were characters in the haunted house. Every student demonstrated awesome creativity, motivation and the ability to work together as a team.



Youth Research Team Members Needed for the Squaxin Island Integrated Youth Development Project

Be involved in determining the future of your community!

The Squaxin Island Tribe was recently awarded a three-year Administration for Native Americans grant that will allow us to put our minds and hearts together for the benefit of young adults in our community.

With the recognition that the best solutions exist within the Squaxin Island community, this project will tap into the creative power of the whole community. One element of the project is the Youth Research Team.

In the first year of the project, about a dozen young adults will be trained in peer research methods by a contracted trainer. Those youth will then interview their peers, conducting their own youth-focused Community Assessment.

The young adult researchers will gain a better understanding of themselves and the needs of their peers and ways to generate knowledge and information. A young adult will be hired full-time for a year to be the Community Assessment Coordinator to lead this process. The Research Team's body of knowledge will inform the way the project evolves in Years 2 and 3.

Details:

→ Up to 12 Squaxin community youth ages 19-24 are needed to form the Research Team for the Integrated Youth Development Project

→ The Research Team will meet for 9 months. There will be 8 sessions per month (about 2 sessions/week for 9 months)

→ Compensation: \$50 per session

→ Interested applicants should respond to Sis Brownfield, Education Director, (sbrownfield@squaxin.nsn.us or 432-3904) with the following information by December 4, 2009:

- Name
- Contact information (address, phone number, etc.)
- Availability (days, nights, weekends, etc.)
- Short statement about why you would like to serve on the Research Team
- Resume (if you have one)



Blast from Christmas Past

*Melissa (Henry) Grant,
Jolene Grover
and Ginny Mae Berumen*

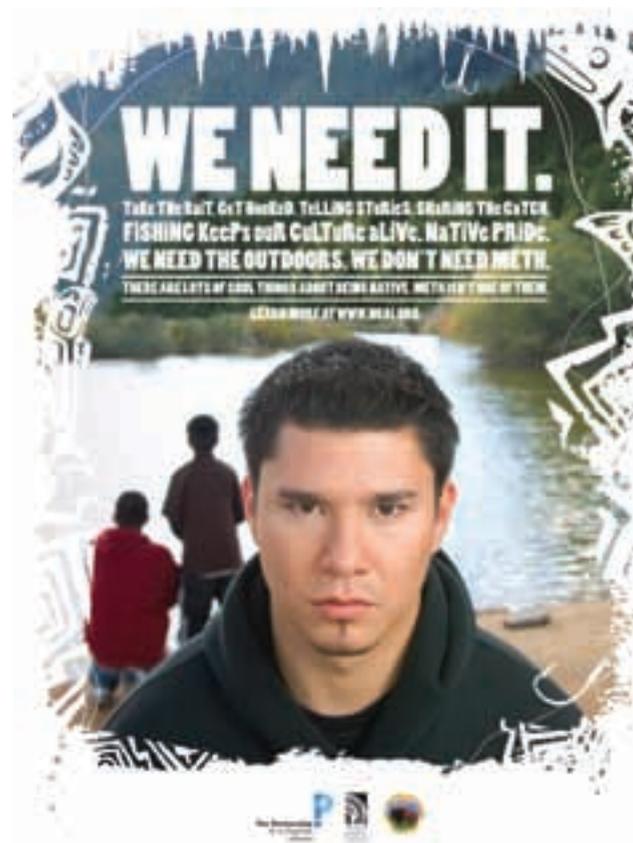
Veterans Day Guest Speaker

Meghan Brandt, November 11 - Between swimming at the pool and going into town to see a movie, students gathered in the gym to hear Glen Parker, a Korean War Veteran and enrolled member of Squaxin Island Tribe. He spoke to the gathered youth about the origins and intent of Veterans Day.

“Veterans Day is a day for honoring those who have committed themselves to the protection of our country,” Glen told them.

The students listened to him with respect when he spoke about his time in the service, as well as the Tribe’s involvement in the service. There are 86 Squaxin Island veterans. Mr. Parker passed around pictures of World War I, World War II, Korean War, Vietnam War and Iraq War Squaxin veterans. After his talk, many students had questions ranging from, “What was the Korean War?” to “Why did you decide to become a veteran?” It was good to see so many curious minds being taught by one of our elders. Several students even went up to ask questions during their lunch.

We appreciate our veterans, past and present, who have and continue to give to our community.



*Provided by Janita Johnson, Prevention & Wellness Advocate
360 432-3972*

Squaxin Island Youth B-Ball Tournament



Dec. 27, 28 & 29, 2009
\$150 entry fee!!

9 and under any sex

11 and under any sex

14 and under co-ed

16 and under girls

16 and under co-ed

18 and under boys

Call Little Creek Casino Hotel (360)427-7711 and mention "Youth Basketball Tournament" receive your discount and make room reservations.

1st place Jackets
2nd place Hooded Sweatshirts
3rd place Crew Sweatshirts
MVP
All-Star
T-Shirts for all players!!

ID's for all ages must be available upon request
No ID, No play!! No Exceptions, even Squaxin

Contact person:
Bill Kalappa (360) 463-6561



WE HONOR OUR VETERANS





Christmas Party

Please join us for the
Annual Youth Prevention

Dinner Sponsored by:

- Squaxin Island Law Enforcement
- Puget Sound Drug & Alcohol Prevention
- Tu Ha Buts Learning Center

Gifts and Activities Sponsored by:

- Squaxin Island Tribal Council
- Little Creek Casino
- Island Enterprises

Date: 12/18/09

SQUAXIN ISLAND GYM

- **COMMUNITY DINNER @ 5:00PM-6:00PM**
- **GAMES WITH "FUN FOR ALL" 6:00PM-8:00PM**
- **A VISIT FROM THE NORTH POLE**

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

For more information, please contact Bill Kallappa at 463-6361 or 432-3992.



Tu Ha Buts

Sylvan
Sylvan is at the learning center four days a week. If you are looking for individualized learning plans that build the skills, habits and attitudes students need to succeed and wish to get enrolled in Sylvan call Shannon Bruff at the Tu Ha Buts Learning Center. 432-3826



Introducing the Washington AllPrep Academy

At Tu Ha Buts' Learning Center

An alternative model of education delivering powerful learning through an online curriculum and a personalized one-on-one teaching/mentorship experience.

**Contact Shannon Bruff
432-3826**

AllPrep

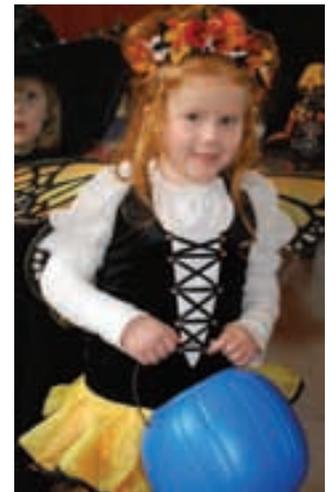
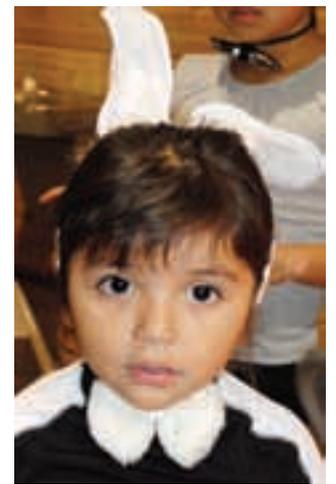
A few facts about Washington AllPrep Academy...

- Focus is on the family
- Prioritizes relationships with students
- Individualized curriculum
- Work at your own pace and at your skill level
- Flexible schedule. "Based on your time!"
- One-on-One tutoring/mentoring for every learner
- Serving students K-12

An alternative school program partnering with the community to better serve young learners; offering choice, flexibility and cultural awareness.



HALLOWEEN FUN



Merry

 Christmas

NWITC Receives IHS Grant For Meth & Suicide Relapse and Prevention Project

Northwest Indian Treatment Center began implementation of its new Meth & Suicide Relapse and Prevention Project October 1st, through a 2-year grant funded by Indian Health Services with a possibility for renewal.

According to newly hired Resource Specialists Stephanie Tompkins and Cris Franklin, they will be assisting clients - for four months post-treatment - with access to services that will help them maintain sobriety. Contacts with individual NWITC alumni will be made three times per week.

"We are not Counselors," Stephanie said. "We are just adding another layer of support. We don't want anyone to feel like they are being dumped off at the end of their treatment program and forgotten about. We are here to assist with resources, but we will also help people set goals and find the resources they need to accomplish those goals. After four months, our clients should have the skills needed to continue on their own."

At Northwest Indian Treatment Center, at least 85% of clients have abused meth-amphetamines. After completing the treatment program at NWITC, patients often return to situations where they are at risk of using again; 25% of individuals relapse within six months of leaving treatment. Due to the high incidence of relapse, this more concentrated effort is being made to develop and improve individualized and culture / location-specific recovery support services for NWITC alumni.

"June (O'Brien, NWITC Director) has been dreaming about a program like this for years," Cris said. "She worked diligently with the Planning Department to make this happen."

"We will be offering this support to clients by developing a network of service providers and community mentors in a client's home communities," Cris said.

This will be done through the implementation of the alumni aftercare project that incorporates case management and a recovery support system of care by providing crisis support, intervention and skill-building using phone coaching and in-person counseling.

"An important aspect of this culturally competent program is approaching each individual as a whole unit, as well as establishing a communication network among diverse counterparts such as yourself," Stephanie said. "We look forward to your participation in this project and the relationship that will be strengthened as we strive for our common goal of supporting our patients."

A resource guide will be developed through the program that will provide a complete listing of services available to NWITC alumni. These resources will include housing, school, food, clothing and transportation. "Almost anything they might need or be looking for," Cris said. "Our job is to connect them with the help they need. We will help them surmount the obstacles they might face."

For more information, feel free to call Stephanie Tompkins or Cris Franklin at the Treatment Center, 360-482-2674.



Stephanie Tompkins



Hello, my name is Stephanie Tompkins. I am a Squaxin Island tribal member and recently moved back from Oregon to work for the NWITC. I went to school at Portland Community College for Chemical Dependency Counseling. I am licensed in Oregon and am working on licensing in Washington. I worked at NARA (Native American Rehabilitation Association) for over 4 years as a Counselor. I am happy to be home and working on this new grant that will help our people maintain sobriety.

Cris Franklin



Being at NWITC is such a wonderful experience for me I find it hard to put into words. I have worked with many tribes in the past and was employed for several years with the Miami Tribe of Oklahoma, but not in such a personal capacity. I am new to the field of chemical dependency and have worked as an Outpatient Counselor in Federal Way, Washington for two years. I am currently finishing up my required schooling to obtain my CDP and look forward to many years in this field. Chemical Dependency Treatment is my passion. I have 14 years of recovery and have found that my life is so blessed. I want to help others find those blessings.





Volunteers Needed!!!!!!

The Squaxin Island Tribe Free Tax Preparation Site is looking for volunteers to assist with tax preparation on Tuesday or Thursday evenings beginning February 2010 – April, 2010. If you are interested in volunteering please call Lisa Peters at 432-2871.



Holiday Safety Tips

Fires caused by candles and Christmas trees equate to several million dollars in property loss and damage each year.

The holiday season is near. Throughout the year, especially now, safety should be a major consideration. Many times fun and excitement can be interrupted by an accident or fire. Statistics show every 60 seconds a house burns, and every 24 hours 10 people die in residential fires. Fires caused by candles and Christmas trees equate to several million dollars in property loss and damage each year.

Safety tips for the holiday season:

- Use only non-combustible or flame-resistant materials to trim trees.
- Be cautious when burning candles. Keep them away from decorations or other combustible materials. Don't leave children unattended in a room with lit candles. Consider using battery operated candles.
- Keep matches and lighters out of the reach of children.
- Use only lights tested for safety by a recognized testing laboratory, which indicates conformance with safety standards.
- Check strings of lights, new or old, for broken or cracked sockets, frayed or bare wires, loose connections and throw out damaged sets.
- Be sure to use lights labeled for outdoor use for outdoor decorations.
- Don't connect more than three sets of lights to an extension cord.
- Turn off all lights when you go to bed. The lights could short out and start a fire.
- Don't run cords under rugs or carpet. Wires could overheat and surrounding materials could catch fire.
- Do not overload outlets. Use surge protectors, if multiple outlets are needed.
- When purchasing an artificial tree, look for the label "Fire Resistant."
- Make sure the tree stand is sturdy so the tree won't tip over.
- Place trees away from fireplaces, stoves and radiators.
- Keep live trees watered to preserve freshness.
- Burn only wood, never paper or pine boughs. Pieces can float out of the chimney and ignite a fire.
- Dispose of ashes and embers properly. Leave ashes and embers in the appliance for several hours to let them cool. When cool, remove with a metal scoop and place in a metal container with a lid, not a cardboard box or with other trash. Store outside, away from the house, until proper disposal.
- Check your smoke alarm and have a fire escape plan for your family.
- If you leave during the holidays, have a neighbor or friend check your house and take in the papers and mail. Set lights on a timer, so it looks like someone is home.

How to Handle Food if Power Goes Off

If your power has gone off, how should you handle food in your refrigerator and freezer? Knowing how to determine if food is safe and how to keep food safe will help minimize the potential loss of food and reduce the risk of food borne illness.

- Meat, poultry, fish and eggs should be refrigerated at or below 40 degrees Fahrenheit and frozen food at or below 0 degrees Fahrenheit. This may be difficult when the power is out. Here are some tips to help you keep your food safe and/or determine if it is still safe:
- Keep the refrigerator and freezer doors closed as much as possible to maintain the cold temperature. The refrigerator will keep food safely cold for about four hours if it is unopened. A full freezer will hold the temperature for approximately 48 hours (24 hours if it is half full) if the door remains closed.
- Digital, dial or instant-read food thermometers and appliance thermometers will help you know if the food is at safe temperatures. Keep appliance thermometers in the refrigerator and freezer at all times. When the power is out, an appliance thermometer will always indicate the temperature in the refrigerator and freezer no matter how long the power has been out. The refrigerator temperature should be 40 degrees Fahrenheit or below; the freezer, 0 degrees Fahrenheit or lower.
- If a thermometer has not been kept in the freezer, check each package of food to determine the safety. Remember, you can't rely on appearance or odor. If the food still contains ice crystals or is 40 degrees Fahrenheit or below, it is safe to refreeze. Refrigerated food should be safe as long as power is out no more than four hours. Keep the door closed as much as possible. Discard any perishable food (such as meat, poultry, fish, eggs and leftovers) that have been above 40 degrees Fahrenheit for two hours.
- Obtain dry or block ice to keep your refrigerator as cold as possible if the power is going to be out for a pro-longed period of time. Fifty pounds of dry ice should hold an 18-cubic foot full freezer for two days. Plan ahead and know where dry ice and block ice can be purchased.
- Do not put the food from the refrigerator and freezer out in the snow. Frozen food can thaw if it is exposed to the sun's rays even when the temperature is very cold. Refrigerated food may become too warm and foodborne bacteria could grow. The outside temperature could vary hour by hour and the temperature outside will not protect refrigerated and frozen food. Additionally, perishable items could be exposed to unsanitary conditions or to animals. Animals may harbor bacteria or disease; never consume food that has come in contact with an animal.
- Consider what you can do ahead of time to store your food safely in an emergency. Coolers are a great help for keeping food cold if the power will be out for more than four hours—have a couple on hand along with frozen gel packs. When your freezer is not full, keep items close together—this helps the food stay cold longer.

Be prepared for an emergency by having items on hand that don't require refrigeration and can be eaten cold or heated on the outdoor grill. Shelf-stable food, boxed or canned milk, water and canned goods should be part of a planned emergency food supply. Make sure you have ready-to-use baby formula for infants and pet food. Remember to use these items and replace them from time to time. Be sure to keep a hand-held can opener for an emergency.

Adapted in part from "Keeping Food Safe during an Emergency," U.S. Dept. of Agriculture Food Safety and Inspection Service, www.fsis.usda.gov



Ralph and Karen Munro Vaccinate Against Polio in East Africa

Former Secretary of State Ralph Munro and his wife, Karen, recently returned from East Africa where they vaccinated 100's and 100's of children in a drive to totally eradicate polio from the face of the earth.

The Munro's own the property where the Mud Bay archaeological site is located and has generously allowed excavations in partnership with the Tribe and South Puget Sound Community College. He is also a Squaxin Island Museum Library and Research Center (MLRC) Board member.

According to Ralph, the trip was successful, with positive results. Polio is almost entirely gone in Africa except for Northern Nigeria, he says. "Unfortunately it spreads from there and re-infects the areas that have already been cleansed. This year we were assigned an area by the World Health Service that is near the Somalia border. There is fear that polio cases will appear in Ethiopia in people who have come across the border."

"Many of the neighborhoods where we went from house to house were Muslim. The people welcomed us warmly and were very appreciative. Ethiopia is one country where Muslims and Christians live side by side in harmony. Their children go to school together, play in the streets with each other and get along well. It is refreshing.

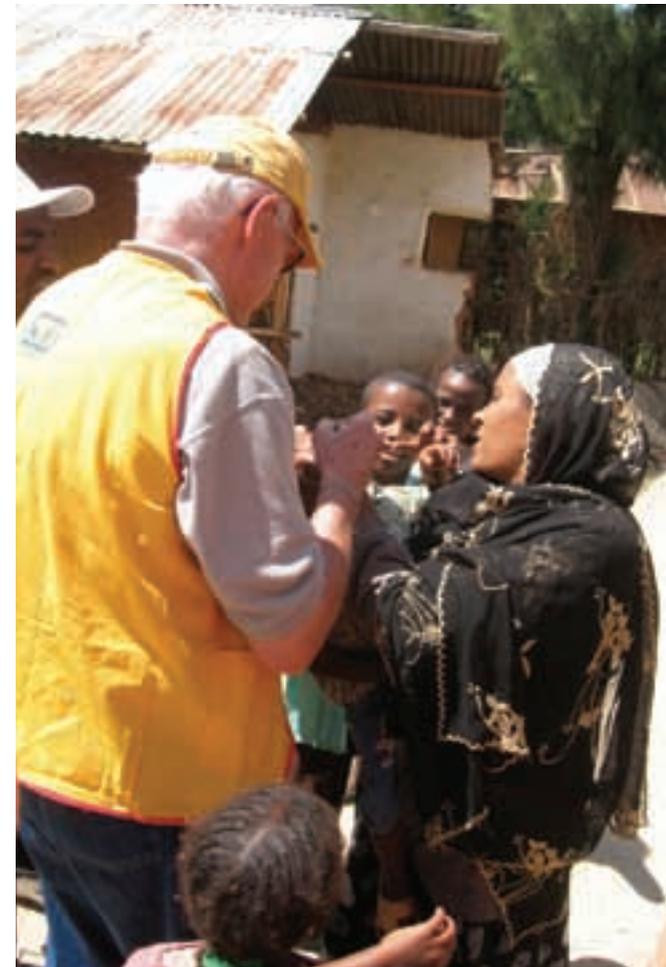
"Once again we had Rotary Club members and families with us from the states of Washington, Hawaii, New Hampshire, Montana and California. In addition there were Canadian Rotarians from British Columbia and Alberta."

"Thank you to each and every person who has contributed to this effort. Nearly every Rotarian and Rotary family member in the world has helped out financially to make this huge campaign happen, Also a special thanks to the Bill and Melinda Gates Foundation, the United Nations Children's Fund, the Center for Disease Control, the World Health Organization, the Canadian Wheelchair Foundation, and others who have been instrumental in this effort."

"It is just a blessing that we have such good medical care here in America. Many of the huts and homes we enter to vaccinate children have no evidence of Western civilization at all. Only the shirts on the kids and a plastic bucket or two are familiar. Nothing else. No books, no radio or TV, no electric lights."

"We will continue this campaign until polio is GONE!"

Squaxin Island Tribal Council member and MLRC Director Charlene Krise said, "Ralph has shown so much dedication to Squaxin Island Tribe, Cultural Resources Department and the Museum Library Research Center for many years. He has been one of the steadfast Board members and has always been encouraging our tribe; he is one of the strongest humanitarians I know."

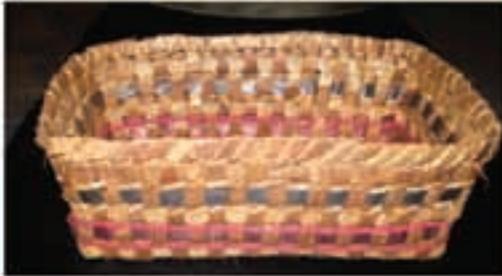


"Donations can be made through any Rotary Club or a Rotarian. Rotary members and families participate from throughout the globe. Each person pays their own way and it is hard work. Many of the villages we visit have no evidence whatsoever of Western Civilization except kids clothing and plastic water buckets."



**Squaxin Island Museum Basketry
Classes Two Times a Week!**

**Tuesday s from 1:00 to 4:00
Wednesday s from 3:00 to 6:00**



Happy Holidays

FREE MOVIE SCREENING!

***EVERYONE IS INVITED TO A MOVIE SCREENING
THAT FEATURES SQUAXIN ISLAND YOUTH MOVIE STARS***

DECEMBER 9th at 7pm

at the SQUAXIN ISLAND MUSEUM

**PLEASE COME SHOW YOUR SUPPORT
FOR THESE MOVIE STARS & THEIR WORK**

ALETA POSTE

GREG LEHMAN

JESSICA CRUZ

MARIO RIVERA

WESLEY WHITENER

***EACH OF THESE MOVIE STARS WORKED
FROM SCRIPT TO POST PRODUCTION
COMPLETING 5 SHORT MOVIES AS PART OF
THE SUPERFLY EXPERIENCE YOUTH CONFERENCE
THIS PAST SUMMER FILMING EVERY SCENE HERE
AROUND THE COMMUNITY & THE ISLAND***

LONGHOUSE MEDIA IN PARTNERSHIP WITH THE SQUAXIN ISLAND TRIBE PRESENTS

SUPERFLY FILM SCREENING

WEDNESDAY, DEC 9TH, 2009
7:00 PM | SQUAXIN ISLAND MUSEUM

PLEASE JOIN US FOR A COMMUNITY SCREENING OF THE YOUTH FILMS PRODUCED ON THE SQUAXIN ISLAND RESERVATION DURING SUPERFLY 2009. SQUAXIN YOUTH FILMMAKERS WILL BE IN ATTENDANCE AND A Q&A WILL FOLLOW THE SCREENING!

WHAT IS SUPERFLY?

LONGHOUSE MEDIA'S 4TH ANNUAL "SUPERFLY FILMMAKING EXPERIENCE," WAS HELD JUNE 4TH-6TH, 2009, ON THE BEAUTIFUL SQUAXIN ISLAND RESERVATION. SUPERFLY, IN PARTNERSHIP WITH THE SEATTLE INTERNATIONAL FILM FESTIVAL, BRINGS TOGETHER 50 YOUTH AND 20 MENTORS FROM ACROSS THE COUNTRY TO PARTICIPATE IN A 36-HOUR FILMMAKING CHALLENGE. 4 YOUTH FROM THE SQUAXIN ISLAND TRIBAL COMMUNITY PARTICIPATED IN THIS YEAR'S EVENT. COME CELEBRATE THE ACHIEVEMENTS OF OUR YOUTH IN FILMMAKING!

QUESTIONS? CONTACT ANNE AT 206-779-8394
WWW.LONGHOUSEMEDIA.ORG





HALLOWEEN FUN



Halloweens Past from Sally Brownfield





WAS A HAPPY HALLOWEEN





Walking On . . .



PALLBEARERS

Mitch Florence
Gordon George
Preston Paul (Sonny)
Ed Gladstone
Stan Greene Jr.
Jiro Gladstone

Allen Purcell
Leonard Corpuz Jr.
Darrell Williams
Ronnie Williams
Robert Jimmie

HONORARY PALLBEARERS

Chuck Jimmie
Poodle Green
Stan Greene Sr.
Rieko Smith

Gloria Dan
Lorna Jimmie
Tiona Pete Smith
Keisha Pete Smith



Riley Timothy Lewis, Jr.

SKWENOPS

Squaxin Island Tribal member Riley Lewis, Jr. passed away on October 16th at 8:35 a.m. after a three-month battle with bone marrow cancer.

Riley was born September 3, 1954, and graduated from Waipahu High School in Hawaii in 1972. He earned his Associates degree in Aquaculture from Lummi College in 1980. He transferred to Western Washington University where he graduated with the Highest Honors (3.82 GPA) in 1982, gaining his Bachelors degree in Aquaculture and Fisheries with a minor in Federal Indian Law!

He worked as a Fisheries Biologist for the Quinault Nation from 1981-1991, as an Archaeologist for Sto:lo Nation in British Columbia from 1997-2005 and Fisheries Biologist at Shxwha:y Village until the time of his passing.

He enjoyed going to Smokehouse ceremonies, drumming and volunteering at numerous events. His specialty was helping babies make paint and other ceremonial items.

Riley was preceded in death by his son, Aaron Casimire in 1996. He was also preceded in death by his parents, Alfred Lewis and Eileen Gladstone Bello; three brothers, Greg Lewis, Timothy Longshore and Elton Bello; sister Gail Longshore; and uncle, Leonard Gladstone.

He is survived by friend, Antoinette Smith; children, Riley, Greg, John, Alfred, River, Shaun and Amos Lewis; brothers, Wayne Lewis, Elpidio and Patrick Bellow and Chuck, Thomas and Edward Longshore; sisters, Sadie Lorentz, Julie Lewis and Francis Longshore; and aunts, Anne Narte, Wilfreda Paul, Mable Lewis, Margaret Hinksman. He is also survived by numerous grandchildren, nieces and nephews.

Prayer services were held at the Nooksak Community Building at 9:00 a.m. and at Shxwha:y Smokehouse in Chilliwack, B.C. at 7:00 p.m. A funeral mass was held on Saturday, October 24 at 10:00 a.m. Celebrant was Eddie Lea. Burial followed at Shxwha:y Cemetery.



New Employee



Lorane Gamber

Hi! I'm happy to be working with the janitorial crew. I hope you all have a very merry Christmas and a great 2010!

Shelton Player

Wins \$100,000 in 1st NW Poker Tournament

They came from as far as Florida, Alaska and California, but in the end it was the local hometown favorite besting a field of 200, taking home the first-place prize of \$100,000 in the first Northwest Poker Tournament last weekend at Little Creek Casino Resort.

Bill Wilson of Shelton, WA, complete with a cheering section, defeated Tim Weekley of Spokane, WA, heads up to finish the nine-hour tournament. Weekley was rewarded the second-place prize of \$45,000 for his day's work. The \$100,000 to first place was the largest ever awarded in Northwest poker history.

With a prize fund totaling \$445,500 (also the largest prize pool for a single poker event for the Northwest), all 200 entrants were guaranteed at least a \$500 payout. Remaining final table finishers and their winnings were: 3. Richard Edwards, Olympia, WA, \$25,000; 4. Mary Camille Emerson, Anaheim, CA, \$18,000; 5. Jacob Hunt, Longview, WA, \$12,000; 6. Fitzgerald McClellan, Tacoma, WA, \$10,000; 7. Andrea Laggart, Bremerton, WA, \$8,000; 8. Martin Crabtree, Aberdeen, WA, \$6,000; 9. Darrin Dietrich, Lake Chelan, WA, \$5,000, and 10. KZOK Seattle's own Downtown Joe Bryant, Bellevue, WA, \$4,000. Eleventh through 25th place earned \$2,500, 26th-50th \$2,000, 51st-75th \$1,500, 76th-100th \$1,000, 101st-149th \$750 and 150th-200th \$500.

Bryant was joined by poker Professional Poker Players Phil "The Unabomber" Laak and Antonio "The Magician" Esfandiari plus Major League Baseball player Jay Buhner who all provided "comentary" and entertainment until the final hand. Laak, Esfandiari and Buhner were eliminated earlier in the tournament, but gave Bryant "advice" until the end.

All final table players except Wilson qualified for the tournament through a second chance drawing offered by the Washington Lottery's popular game Tournament Poker Scratch. Non-winning tickets were entered into a second chance drawing awarding 170 seats to this event. Wilson earned his seat through a free-roll tournament at Little Creek Casino for its top live game players who had a minimum of 200 hours.

Fourth-place finisher and Californian Emerson had never played live poker prior to the tournament. She was notified by the lottery that she had won the drawing after buying a Scratch ticket when visiting Washington last summer. She read books and started learning the game by playing on her computer. The result – an \$18,000 payday!

Wilson plays at Little Creek "almost every day" and learned the game when he was about 16 playing in neighborhood quarter games. He honed his skills in the service and loves the game. When asked if he had any plans for his winnings, he said, "I'm getting Momma a new car." "Momma" is Wilson's wife, Vicky, who was part of the vocal group of locals who cheered him to victory. He enjoys watching poker on TV and said he felt like he already knew the celebrities, Phil Laak and Antonio Esfandiari.

The Northwest Poker Tournament was played Saturday, Nov. 14th at Little Creek Casino Resort, 91 W State Route 108, Shelton, WA (800) 667-7711.

**Lyle Mitchell Corbine
Hired as CEO / General
Manager of LCCR**



After a national search, the Squaxin Island Tribal Council has selected Lyle Mitchell Corbine to take on the role

of CEO/General Manager of the Little Creek Casino Resort (LCCR) in Shelton.

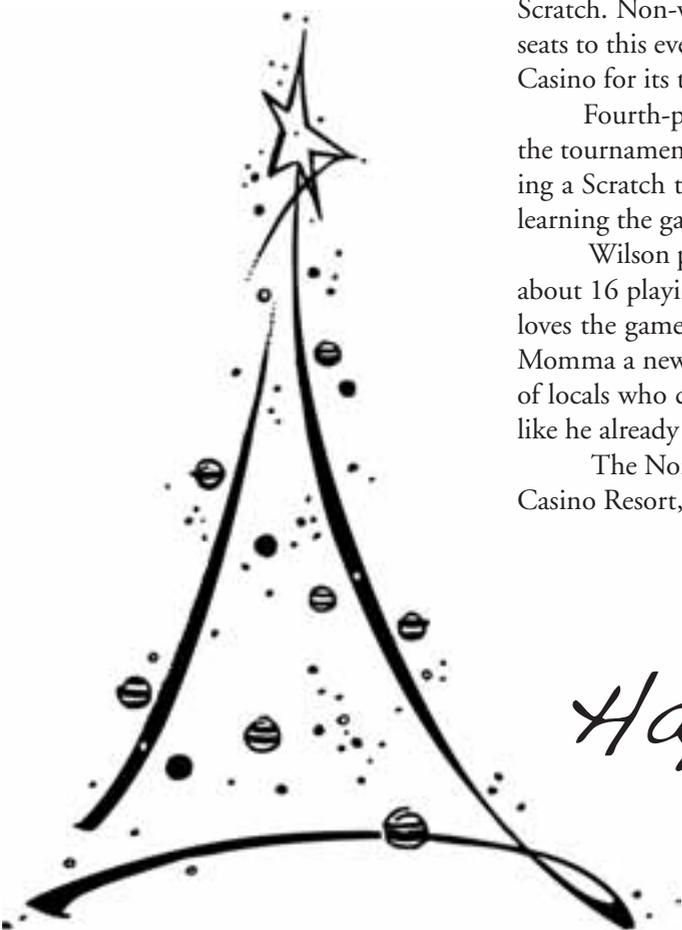
Most recently from Garrison, Minnesota, Mitch's 30 years of business experience include over fourteen years in casino management at the executive level serving as CEO, Senior Vice President of Gaming and General Manager. Mitch held leadership positions with the Mille Lacs Band of Ojibwe Indians in Onamia, Minnesota creating record gaming revenues from the Mille Lacs two casinos and enterprises as well as increasing the number of tribal members in management positions by 60%.

An enrolled member of the Bad River Band of Ojibwe Indians, Mitch also has a strong background in finance, and has spent most of his career in Indian Country because he is committed to being part of tribal economic advancement.

"In the course of this search, we reviewed over 106 candidates, and met some highly qualified casino execs from all over the country," said Tribal Chairman David Lopeman. "As a Council, we believe that Mitch is the best person to move LCCR forward at this time. I am very pleased that Mitch was the unanimous choice of the Council."

Mitch will take over from Interim GM, Joe Calabrese, who provided leadership to the Tribe for the last several months.

The new CEO assumed his duties on November 22, 2009.



Happy Holidays!!!



SPOOKY FUN





SPOOKTACULAR





HALLOWEEN





HEALTH CLINIC



Need Food? Check These Out . . .

WIC (WOMEN, INFANTS, & CHILDREN) AT SPIPA

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

Please bring: your child, medical coupons or paystub, & identification

Monday, December 7, 9 am to 4 pm

Contact Debbie Gardipee-Reyes at 462-3227

Dates subject to change

COMMODITIES AT SPIPA

Monday, December 7, 10 to noon

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

Dates subject to change

SQUAXIN ISLAND TRIBE FOOD BANK

At Health Promotions Building

If you need access to the food bank at any time once a week, just stop by.

If possible, Wednesday is the best day.

If you would like to be on call list for when we receive fresh produce or bread, let me know.

Contact Melissa Grant (360)432-3926



Car seat inspection and installation help now available

Would you like information on...

- How to properly install your child's car seat in your vehicle?
- When it's time to change your baby from rear facing to forward facing?
- What type of car seat your child should be in?



Contact Janita Johnson,
Certified Child Passenger Safety Technician,
For an appointment
360-432-3972

Clinic Holiday Closures

Closed Thursday, Christmas Eve, and Friday, Christmas Day.

Closed Thursday, New Year's Eve, and Friday, New Year's Day.

Barney Broccoli challenges you to fill in the blanks...

Hey, this is Barney Broccoli and I've written a cool song about all of the nutrients in broccoli. Check out my Jammin' 3 A Day song called "Broccoli" and see if you can fill in the missing lyrics. If you need help, go to the dole3aday.com website and listen to my song. There are many other Jammin' 3 A Day songs too, it's as much fun to sing and dance to cool songs!

S A D A Y

It's a real cool veggie
And it comes to you in dark leafy green.
It's super high in _____
It's a great source of _____
Rich in phytochemicals like _____ carotene.
Broccoli's got special things like indoles and lutein.
A real cool veggie
It comes to you in dark leafy _____

POTASSIUM

It's your family's favorite veggie
And you can eat it several times a week.
So tell your friends and neighbors
It's a crisp, crunchy, tasty kind of treat.
Fresh, frozen, _____ or raw, any way you please
Broccoli's the veggie that looks like little _____
Your family's favorite veggie
And you can eat it several times a week.

FIBER

So toothsome, so appetizing,
It's the star of your B _____
Folate, _____ and Vitamin A
Make broccoli the one to eat.
So eat some today!

VEGETABLE

A real super _____
Winter, _____, _____ or Fall
snack time or meal time.
You can eat it any time at all.
Just grab a _____ of broccoli and put it on your plate.
Prepare yourself to smile 'cause you know it's gonna taste great.
A real _____ vegetable
So wait! You agree and _____ it with me.
A real super vegetable
I'm telling _____

GREEN

That's right, it's **broccoli**, that's the one I like.
Give me some of that crisp, _____ broccoli.
Put some on your plate.
Let's give it up for broccoli!

T REES

COOKED

VITAMIN C

© 2005 Dole Food Company, Inc.
Find more 3 A Day Activity Sheets at www.dole3aday.com

ANSWERS TO BARNEY BROCCOLI:

- fiber vegetable
- vitamin C spring
- beta bunch
- green super
- cooked sing
- trees Broccoli
- A Day crunchy
- potassium



10 Eating Tips for a Healthy Holiday Season

Created by UCLA Health 2002 with modifications by Patty Suskin, Registered Dietitian - **Food is an important part of many holidays, celebrations, family and cultural traditions.** In fact, special occasions often center around food. As a result, many people gain weight between Thanksgiving and the New Year. What's to blame? Perhaps it's all the tempting treats available during the holiday season or the pressure from family, friends, and co-workers to overeat. Maybe it's the increased emotional eating (whether it be from holiday stress or holiday joy) or the extreme laxity with eating and physical activity regimens in anticipation for the strict "new diet and exercise plan" you're going to start January 1st. Regardless of the reasons, it is not necessary to avoid holiday festivities in an attempt to maintain your weight. Consider these 10 tips for fully enjoying the holiday season without gaining weight!

1. Focus on weight maintenance vs. weight loss during the holidays. If you are currently overweight and want to lose weight, this is not the time to do it. Maintenance of your present weight is a big enough challenge during the holiday season. Don't set yourself up for failure by making unrealistic goals for yourself.

2. Plan on NOT dieting after the New Year. Anticipation of food restriction sets you up for binge-type eating over the holidays ("after all, if I'm never going let myself eat this again after Jan. 1st, I might as well eat as much as possible now!") Besides, restrictive diets don't work in the long run. They increase your loss of lean body mass vs. fat, slow down your metabolism, increase anxiety, depression, food preoccupation, and binge eating, and make weight re-gain more likely.

3. Be physically active every day. Often, busy holiday schedules (or lack of structured schedules) bump us off their exercise routines. Physical activity, especially aerobic activities (like brisk walking, and swimming) can help relieve stress, regulate appetite, and burn up extra calories from holiday eating. Have you swam in the new pool yet? Pool hours available at 432-3852.

4. Eat a light snack before going to holiday parties. It is not a good idea to arrive at a party famished. Not only are you more likely to overeat, but you are also less likely to resist the temptation of eating the higher fat and higher calorie foods. Before party snack ideas: a piece of fruit, a small carton of yogurt, or a string cheese.

5. Make a plan. Think about where you will be, who you will be with, what foods will be available, what foods are really special to you (that you really want to eat) vs. those that you could probably do without, what are your personal triggers to overeat and how can you minimize them. Once you've thought about all of these things, make a plan of action. It's much easier to deal with a difficult social eating situation if you've already planned for it.

6. Take steps to avoid recreational eating. While some foods are more calorie-dense than others, no food will make you gain weight unless you eat too much of it. At parties and holiday dinners, we tend to eat (or keep eating) beyond our body's physical hunger simply because food is there and eating is a "social thing." To avoid recreational eating, consciously make one plate of the foods you really want. Eat it slowly--enjoying and savoring every tasty bite. Then, when you're done, pop a mint or stick of gum in your mouth, get a tall glass of water and sip on it throughout the night, or position yourself away from the buffet table or food trays to keep yourself from overeating.

7. Reduce the fat in holiday recipes. There are plenty of low fat and low calorie substitutes that are amazingly tasty. Try using applesauce in place of oil in your favorite holiday breads; use egg substitutes in place of whole eggs; try plain nonfat yogurt in place of sour cream. Magazines & the internet are full of reduced calorie and reduced fat holiday recipes. Give them a try, and share your cooking creations with friends and family. Ask for more ideas at Health Promotions.

8. Start a new healthy tradition. How about a family walk after a meal? A contest of eating vegetables every day? A family contest of being physically active daily? Eating breakfast daily? Think of something your family can work on together.

9. Enjoy good friends and family. Although food can be a big part of the season, it doesn't have to be the focus. Holidays are a time to reunite with good friends and family, to share laughter and cheer, to celebrate and to give thanks. Focus more on these other holiday pleasures, in addition to the tastes of holiday foods. The important thing to remember is balance and moderation. It's OK to eat too much once in a while. Just relax, enjoy the holidays, and remember what the season is all about.

10. Maintain perspective: Overeating one day won't make or break your eating plan. And it certainly won't make you gain weight! It takes days of overeating to gain weight. If you over-indulge at a holiday meal, put it behind you. Return to your usual eating plan the next day without guilt.

Happy Holidays!



Scalloped Cauliflower
(Used as a substitution to scalloped potatoes)

Ingredients

- 1 large head of cauliflower or 2 bags frozen cauliflower thawed out
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 teaspoon garlic powder
- ½ stick butter
- 1 cup shredded cheese
- 1 cup diced onions
- 2/3 cup milk

Preheat oven to 350 degrees. Lay the cauliflower in one layer in a casserole dish, sprinkle with salt, pepper and garlic powder, and then sprinkle diced onions over cauliflower. Using ½ stick of butter slice into small squares and drop onto cauliflower, top with ½ cup shredded cheese and repeat for another layer.

Bake at 350 for 30-40 minutes. Makes 10 servings. Low carbohydrate side dish, 4 net carbohydrates per serving.



Squaxin Island Tribe Tobacco Cessation Program

The Tobacco cessation program is now offering Nicotine Replacement for people that are ready to stop smoking. After seeing a clinic provider to be prescribed the Nicotine Replacement aids, patients may receive them for three months. The provider and patient will discuss which product or method will work best for them. The products covered by this program are the Nicoderm CQ patch, Nicorette Gum, Wellbutrin and Chantix.

For more information Call Janita Johnson, Tobacco Prevention Coordinator
360-432-3972

Quitting Tips



GETTING READY TO QUIT

- Set a date for quitting. If possible, have a friend quit smoking with you.
- Notice when and why you smoke. Try to find the things in your daily life that you often do while smoking (such as drinking your morning cup of coffee or driving a car).
- Change your smoking routines: Keep your cigarettes in a different place. Smoke with your other hand. Don't do anything else when smoking. Think about how you feel when you smoke.
- Smoke only in certain places, such as outdoors.
- When you want a cigarette, wait a few minutes. Try to think of something to do instead of smoking; you might chew gum or drink a glass of water.
- Buy one pack of cigarettes at a time. Switch to a brand of cigarettes you don't like.

ON THE DAY YOU QUIT

- Get rid of all your cigarettes. Put away your ashtrays.
- Change your morning routine. When you eat breakfast, don't sit in the same place at the kitchen table. Stay busy.
- When you get the urge to smoke, do something else instead. Carry other things to put in your mouth, such as gum, hard candy, or a toothpick.
- Reward yourself at the end of the day for not smoking. See a movie or go out and enjoy your favorite meal.

STAYING QUIT

- Don't worry if you are sleepier or more short-tempered than usual; these feelings will pass.
- Try to exercise; take walks or ride a bike.
- Consider the positive things about quitting, such as how much you like yourself as a non-smoker, health benefits for you and your family, and the example you set for others around you. A positive attitude will help you through the tough times.
- When you feel tense, try to keep busy, think about ways to solve the problem, tell yourself that smoking won't make it any better, and go do something else.
- Eat regular meals. Feeling hungry is sometimes mistaken for the desire to smoke.
- Start a money jar with the money you save by not buying cigarettes.
- Let others know that you have quit smoking – most people will support you. Many of

- Liver disorders
- Metabolic disorders (such as inherited metabolic disorders and mitochondrial disorders)
- Weakened immune systems due to disease or medication (such as people with HIV or AIDS, or cancer, or those on chronic steroids)

If you (or your child) are in one of the groups above and develop flu-like symptoms, consult a health care provider to get advice about seeking medical care. Also, it's possible for otherwise healthy people to develop severe illness so any one concerned about their illness should consult their doctor.

There are "emergency warning signs" that should signal anyone to seek medical care urgently.

Emergency Warning Signs In Children:

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash

In Adults:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting

Are there medicines to treat infection with this new virus?

Yes. There are prescription drugs called "antivirals" that can treat influenza illness, including 2009 H1N1. These drugs can make illness milder and may also prevent serious complications. The priority use for influenza antiviral drugs this flu season is to treat people who are severely ill (hospitalized) and sick people who are at increased risk

of serious influenza-related complications. CDC recommends the use of the antiviral drugs oseltamivir or zanamivir this season.

How long should I stay home if I'm sick?

CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.) Stay away from others as much as possible to keep from making others sick. Staying at home means that you should not leave your home except to seek medical care. This means avoiding normal activities, including work, school, travel, shopping, social events, and public gatherings. If you must leave the house (for example to see your doctor), wear a facemask, if you have one and it is tolerable, or cover coughs and sneezes with a tissue and wash your hands often to keep from spreading flu to others.

Flu symptoms can include

- fever*
- cough
- sore throat
- runny or stuffy nose
- body aches
- headache
- chills
- fatigue
- sometimes diarrhea and vomiting

*It's important to note that not everyone with flu will have a fever.

For more information visit
www.cdc.gov/h1n1flu or
www.flu.gov or call 800-CDC-INFO

2009 H1N1 Flu & You

NOVEMBER 01, 2009



Upcoming Health Events

Mammograms and Women's Health Exams

Friday, December 4th at the clinic
Contact Lea Cruz @432-3930

Brief Community Walk

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

Free Diabetes Screening

at Health Promotions
Tuesday through Friday
Contact Melissa Grant for details

Want a garden in your yard?

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

Free Pilates classes

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

Smart Shopping/ Food Label Reading Workshops

Contact Patty to schedule a family & friends session

Come Visit our Health Promotions Programs

We have exercise videos (Sit & Be Fit, Yoga, Walk Away the Pounds & more) in building across from clinic
Work out alone, with us or schedule a time for a group

Interested in our Nationally Recognized Lifestyle Balance Program?

If you are ready to lose weight and be healthier,

we can provide the support
If you are Native American and over 18, see if you qualify to participate.

Community Health Walk

Thursday, December 17th
Meet at Elder's Building at 12:40 for a 20 minute walk around the REZ
If you cannot make it to our walk, report your 20 minutes of fitness to Melissa to be in the drawing for a gas card!
First place: \$25 gas card & small gift;
2nd place: \$25 gas card
3rd place: small Nike item
All SPIPA tribes will be taking a walk in their area at the same time for diabetes prevention!
The tribe with the most walkers each month wins the walking stick.
We won it in October ... can we get it back in December?

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

We are now hopeful that our H1N1 vaccines, in both spray and shots, will be sufficient for an uninterrupted supply. If you want the vaccine, call the clinic and we will let you know if we have it available for your particular situation. We hope to vaccinate everyone wanting the vaccine by the end of the year! Call 427-9006.

2009 H1N1

2009 H1N1 flu (sometimes called "swine flu") is a new influenza virus that is spreading worldwide among people. Because this virus is very different from current seasonal influenza viruses, many people will not have protective immunity against it and the seasonal flu vaccine will not protect against it either.

Influenza is unpredictable, but this flu season could be worse than recent years because of the 2009 H1N1 virus. CDC is preparing for an early flu season and expects both 2009 H1N1 flu and seasonal flu to cause illness, hospital stays and deaths this season.

How does 2009 H1N1 flu spread?

Both 2009 H1N1 flu and seasonal influenza are thought to spread mostly from person to person through the coughs and sneezes of people who are sick with influenza. People also may get sick by touching something with flu viruses on it, and then touching their mouth or nose.

How long can a sick person spread 2009 H1N1 flu to others?

People infected with 2009 H1N1 flu shed virus and may be able to infect others from 1 day before getting sick to about 7 days after getting sick. This can be longer in some people, especially children and people with weakened immune systems.

How severe is illness associated with this 2009 H1N1 flu virus?

2009 H1N1 flu illness has ranged from mild to severe. Most healthy people who have been sick with 2009 H1N1 have recovered without needing medical treatment, however, hospitalizations and deaths from 2009 H1N1 have occurred. Most people who have been hospitalized with 2009 H1N1 have had a medical condition that places them at higher risk of serious flu-related complications. However, some people who have become very ill have been previously healthy. Severe infections have been reported among people of all ages. While few people over the age of 65 have been infected with this new virus, if people in this age group become ill, they are at higher risk of developing flu-related complications.

Who is at greatest risk of infection with this new virus?

So far, younger people have been more likely to be infected with 2009 H1N1 flu than older people. Most cases of 2009 H1N1 have occurred in people younger than 25 years of age. At this time, there are relatively few cases of 2009 H1N1 in people 65 or older, which is unusual when compared with seasonal flu.

Prevention

What can I do to protect myself from getting sick from 2009 H1N1 flu?

CDC recommends a three-step approach to fighting the flu: vaccination, everyday preventive actions including frequent hand washing and staying home when sick, and the correct use of antiviral drugs if your doctor recommends them.

A vaccine against 2009 H1N1 flu is being produced.

To protect those at greatest risk of 2009 H1N1, CDC recommends that certain people get the 2009 H1N1 flu vaccine first when it becomes available. These key groups include people who are at higher risk of getting sick or having serious flu complications, those who are likely to come in contact with 2009 H1N1, and those who could infect young infants who cannot be vaccinated themselves.

This includes:

- Pregnant women,
- People who live with or provide care for children younger than 6 months of age,
- Health care and emergency medical service personnel,
- People 6 months to 24 years of age, and
- People 25 to 64 years of age who are at higher risk for 2009 H1N1 flu complications because of an underlying health condition or compromised immune systems.

Everyday actions can help prevent the spread of germs that cause respiratory illnesses like influenza.

- Cover your nose and mouth with a tissue when you cough or sneeze. (Throw the tissue in the trash after you use it.)

- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- Stay home if you are sick. CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.
- Follow public health advice regarding school closures, avoiding crowds and other social distancing measures.
- Be prepared in case you get sick and need to stay home for several days; a supply of over-the-counter medicines, alcohol-based hand rubs, tissues, facemasks and other related items might be useful and help avoid the need to make trips out in public while you are sick and contagious.

If You Get Sick

What should I do if I get sick?

If you become ill with influenza-like symptoms this flu season you should stay home and avoid contact with other people except to seek medical care. Most people have been able to recover at home from 2009 H1N1 without needing medical care and the same is true of seasonal flu.

However, some people are at high risk of serious flu-related complications. They are:

- Children younger than 5, but especially children younger than 2 years old
- People 65 and older
- Pregnant women
- People who have:
 - Asthma
 - Neurological and neurodevelopmental conditions (including disorders of the brain, spinal cord, muscular dystrophy, or spinal cord injury).
 - Chronic lung disease (such as chronic obstructive pulmonary disease (COPD) and cystic fibrosis)
 - Heart disease
 - Blood disorders (such as sickle cell disease)
 - Endocrine disorders (such as diabetes mellitus)
 - Kidney disorders

Meal Menu

Weds. Dec 2: Grilled Oysters, Fish
Thurs., Dec 3: Soup & Sandwich

Mon., Dec 7: Meatloaf
Weds., Dec 9: Chicken Fried Steak
Thurs., Dec 10: Chalupa

Monday, Dec 14: Fish Tacos (new recipe)
Weds., Dec 16: Hamburger casserole
Thurs., Dec 17: BBQ Chicken & Soup

Mon., Dec 21: Baked Ham

Meal program will be closed from Wednesday, Dec. 23 through end of the year. Meals will begin again on Monday, January 4, 2010.



COMMUNITY

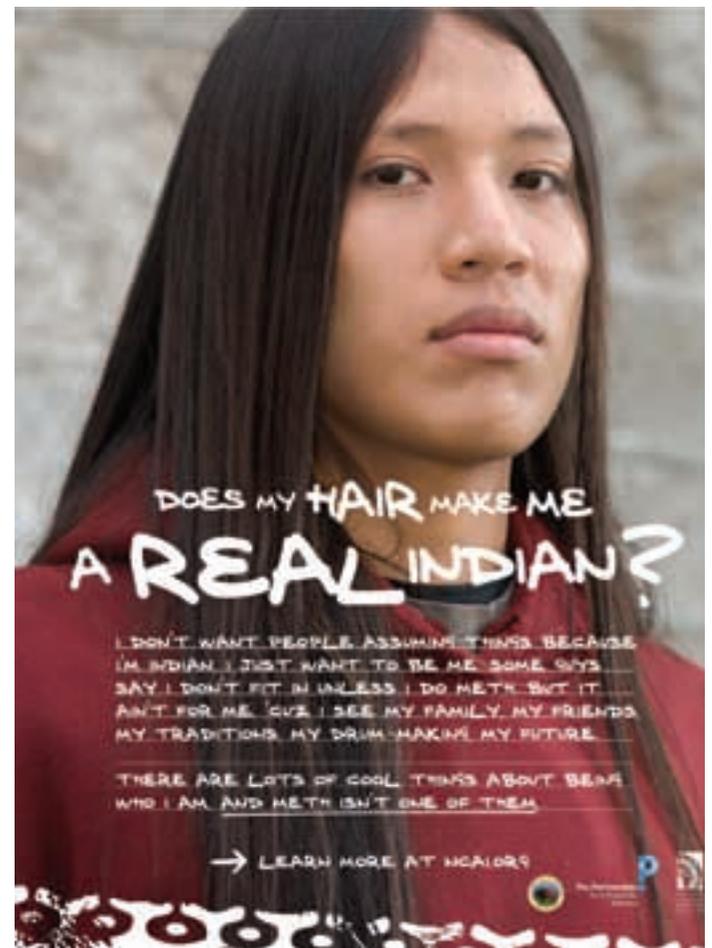


Happy Birthday

Kimberly James	01	Thelma Shea	07	Casey Lacefield	17	Candee Gillette	23
Wesley Fletcher	01	Russel Cooper	07	Joseph Peters	18	Michael Parker	24
Lena Krise	03	Tammi Birchall	08	Lucille Quilt	19	Alan Steehler	24
Roxsanne White	03	David Whitener Jr.	08	Samantha Smith	20	Joseph Seymour, Jr.	24
Rickie Ramage	03	Jefferey Blueback	09	Jason Kenyon	20	Cecily Neilsen	24
Shannon Bruff	03	Mickey Hodgson	09	Nathan Nunes	20	Terry Tahkeal	25
Cynthia Dorland	03	Dillon Decicio	09	Connie Uribe	20	Donald Brownfield	25
Juanita Pugel	03	Malena Herrera	09	Bianca Saenz-Garcia	21	Candace Penn	26
Twana MacHado	04	Virginia Berumen	10	Vincent Henry Sr.	21	Hope Pughe	27
Jeremiah Johns	04	Samantha Armas-Govan	10	Herbert Johns	21	Leonard Cooper	27
Ronnie Rivera	04	Calvin Peterson	10	Aleta Poste	21	Nokomis Masoner	27
Elizabeth Kuntz	05	Monique Pinon	10	Olivia Korndorfer	22	Leslie Cooper	27
Jennifer Briggs	05	Jolene Cowan	10	Susan McFarlane	22	Ila Ball	28
Jason Snipper	05	Benjamin Sayers	11	Steven Dorland	23	Mark Peters	29
Beverly Hawks	05	Rachel Parker	13	Delores Johnson	23	Sarah Thornton	29
Lawanna Sanchez	05	Ryan Fox	13	Diane Stymacks	23	Tyler Burrow	29
Terri Capoeman	06	Mary Mosier	14	Lyssa Davis	23	Carol Hagmann	30
Keerah Brown	06	Richard Peters	15				
Laura Smith	06	James Orozco	16				
Thomas Peterson	06	Tammy Peterson	16				
Kenneth Brownfield	06	Jennifer Johns	17				
Anthony Furtado	07	Laura Snyder	17				
Cyrus Little Sun	07	Elizabeth Heredia	17				

What's Happening

	1	2	3	4	5	
		Family Court	<i>Per Capita</i> AA Meeting 7:30			
6	7	8 Criminal/Civil Court	9 <i>Superfly Screening</i>	10 Council Mtg. AA Meeting 7:30	11 <i>MLRC gift making</i> <i>TESC Longhouse Bazaar</i>	12 <i>MLRC gift making</i> <i>TESC Longhouse Bazaar</i>
13 <i>MLRC gift making</i>	14	15	16	17 AA Meeting 7:30	18 <i>Youth Christmas Party</i>	19
20	21	22	23 <i>Employee Christmas Brunch</i>	24 TRIBAL CENTER AND CLINIC CLOSED	25 <i>Merry Christmas</i> TRIBAL CENTER AND CLINIC CLOSED	26
27 <i>Youth Basketball Tourney</i> TRIBAL CENTER CLOSED	28 <i>Youth Basketball Tourney</i> TRIBAL CENTER CLOSED	29 <i>Youth Basketball Tourney</i> TRIBAL CENTER CLOSED	30 TRIBAL CENTER CLOSED	31 TRIBAL CENTER AND CLINIC CLOSED	<i>Jan. 1</i> <i>Salish Sea Plunge</i> TRIBAL CENTER AND CLINIC CLOSED	



Provided by Janita Johnson, Prevention & Wellness Advocate
360 432-3972

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



COMMUNITY



Happy Birthday Nicholas!!!



**Love, Nicole, Baby and the Family
Congrats on Your New Buck!!!**

**To Our Friends
at Coyote Ridge . . .
May peace be with you where
ever life leads you.
May the Great Spirit
guide your steps a
nd bless you
in this Holiday Season.**

**Always in our prayers,
Jackie & Harold**



Happy Birthday Mom!!!



**(Charlene Cooper)
Love, Nicole, Baby
and the Family**



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POSTMARK DATE: JANUARY 29, 2010

U.S. Department of Education Office of Indian Education

**Merry Christmas to my wonderful children this holiday season.
Mat and Rose - I love you and miss you and pray your year is good
Kip and Chuck - Love and Prayers all this year.
J. C. & Greg - Mathew – Ethan - I wish you the best and I love you lots
Dodie & Joel - Ayshia - Running Bear - and my new grandson
Love you bunches
Jamie & Dennis - Jason and Jeremiah - Pray your year is good and
happy, Love you**

**I pray for the spirit of safety and protection, and love, health, joy
to be in your everyday life for the year of 2010!**

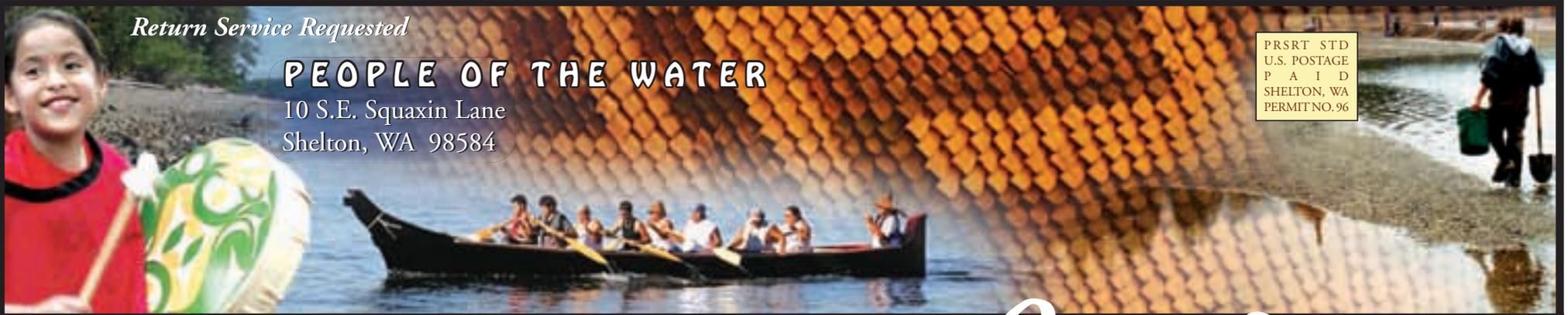
Love Forever and a day, MOM

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Happy Holidays

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