



## Native American Veterans Day Celebration

**Ann Parker** - Veterans and their families gathered to honor our Squaxin Island Veterans Sunday, November 7th, 2010. It was held in the Sa-Heh-Wa-Mish room of the new hotel with Dave Johns as emcee.

Chairman Dave Lopeman smudged the new eagle staff and flags as they were presented by members of the Honor Guard - John Krise, John Briggs, Cecil Cheeka, Kim Keenan, and Don Brownfield. Joe Seymour, Jr. drummed in the colors. A prayer was offered by Dave.

Dave Lopeman presented the veterans with beaded eagle feathers. Some of the veterans received feathers previously when Dave received the eagle staff.

Dave Pratt explained the significance of the eagle staff. The top circle is a dream catcher and represents protection. The twelve eagle feathers represent sacrifice. The colors of the staff are black, red, yellow and white and represent the colors of people who served, red being the color of the Native Americans. Red also represents the blood that was spilled. The white spots on the feathers represent chiefs.

Following was a drawing for Medicine Creek grand-baby trees which were donated by Bob Barnes of WSDOT and two box seat tickets to see Wayne Newton.

Groups were gathered according to the war they served and photographed. Then Dave Pratt said a prayer for the buffet dinner that followed. A group of drummers and dancers performed for the celebration. The staff and colors were retired after dinner.

Our thanks to all who helped make this a day to remember. **Find more photos on Pages 9-10**



## A Happy Halloween!



**Find more fun Halloween pictures on Pages 10-17**





# COMMUNITY



## Squaxin Island TRIBAL NEWS

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

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

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

Submissions Deadline:  
15th of each month

### SQUAXIN ISLAND TRIBAL COUNCIL:

DAVE LOPEMAN: Chairman  
ARNOLD COOPER: Vice Chairman  
PETE KRUGER: Secretary  
ANDY WHITENER: 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.us](mailto:thenderson@squaxin.us)

## Pool Updates

We are happy to announce that Jackie Whitener, wife of Patrick Whitener, has not only joined our pool crew as Office Manager but has also just passed her Lifeguard Certification course! This includes 1st Aid and CPR. Congratulations Jackie!

### Pool Party Fun!

#### Our October Pool Party was LOTS of fun!

There were people playing Volleyball and shooting hoops in the shallow end while the nerf was thrown back and forth and people dived in the deep end. The food was great and the decorations fabulous (thanks Mimi and Machiah). Missed it? Come to the one in December! The music will be playing and there's word there will be a microphone! It's a Potluck! Bring a dish!

### Pool Party

*Friday, December 10th from 5:00-8:00 p.m.*

Water Aerobics are now open to young adults 16 and up who wish to join in. Are you a mom or a dad who wants to participate but has a teen or tween to look after? If they want to work out, then bring them along. All youth 10 - 16 have to be accompanied by an adult. We will be doing a Water Aerobic Ballet in January! Come join in!!

### Water Aerobics

*Tuesdays & Thursdays from 4:30-5:30/5:30-6:30 p.m.*

Morning Lap Swim has a steady group of swimmers. Join them to start your day smiling and with a workout under your belt.

### Lap Swim

*Mondays, Wednesdays and Fridays from 6:00-8:00 a.m.*

Open Swim is the perfect time to come with family or friends. It is the time to do whatever you want (as long as it doesn't put you or anyone else in danger).

### Open Swim

*Mondays and Wednesdays from 3:00-6:00 p.m.*

*Fridays from 5:00-8:00 p.m.*

*Saturdays from 1:00-4:00 p.m.*

Swim Lessons are open to all Squaxin Tribal Members at only \$20.00 / month. Have your child increase their swimming skills in a safe, enjoyable and warm pool. If you are an adult who would like lessons, please contact the Pool @ 432-3852.

### Swim Lessons

*Mondays & Wednesdays from 6:00-8:00 p.m.*

**\* The Squaxin Island Pool will be CLOSED Nov. 25th/26th/27th & 28th for Thanksgiving.**



## Way to go Wily

Derrick Wily, #60, Defensive Lineman for the Timberline High School Varsity Football Team, has been hitting the opposing offense pretty hard this year. Derrick has six quarterback sacks, fourteen tackles for loss, and fifty-nine solo and assist tackles. . . so far this season. Timberline has entered the playoffs winning their first game against Mountain View High School, and will play Bellevue High School on November 12. Derrick has been a great team member, motivating the defense and putting a lot of effort into his game as well as his studies. Derrick is a Senior this year and will graduate from Timberline in June 2011. Derricks Brother's and his family want to let him know how proud they are of him. Way to go Derrick - keep up the good work!



**We are so proud of you Derick! Keep up the good work. Love, Gary, Lindsay, Christopher and Keerah Brown**





## A Call for Artists

Would you be interested in donating a design - or even an idea for a design - that could be used on tee shirts for the upcoming Drug & Alcohol Awareness Dinner? It would be greatly appreciated! Please call 360-402-7297. Thank you!

## Holiday Safety Tips

The holiday season is just around the corner. It is the time of year when families decorate for the holidays. As we see more decorations indoors and outdoors this time of year. Safety is important at all times but especially when additional lights, and items are put up around the home.

### Candles

Candles are fun and add a special touch and smell to homes during the holidays. Even so, candles are one of the main causes of fires in the home. Some tips when using candles during the holidays or anytime are:

- Place candles in sturdy, non-combustible holders. Places candles away from decorations and drapes.
- Keep matches and lighters out of the reach of children.
- Do not use candles to decorate Christmas trees.
- Keep Menorahs, Kinaras, and Yule logs away from flammable objects.
- Before leaving the home or going to sleep put out candles and turn off decorative lights.
- Use battery candles for the same affect with no flame to worry about.

### Decorative Lights

Decorative lights can be used inside, outside, and on trees. Check all lights and cords before using them this season. Check for worn or grayed cords. Replace lights if they are damaged or worn. Do not overload electrical circuits. Be careful when using several strings of lights and extension cords. Read instructions on light strings and do not connect more strings than indicated. When using extension cords outside, use only those for outside use.

### Christmas Trees

Christmas trees are holiday atmosphere in many homes. Whether your family chooses an artificial or real tree, precautions should be taken when decorating. Trees should be placed away from fireplaces, radiators, television sets, and other heat sources. This can dry out real trees prematurely. When decorating your tree consider safety at all times. Use a safe ladder or step stool when putting decorating on the highest part of the tree. If there are little ones in the home consider using unbreakable decorations. Always be sure to turn off all decorations before going to bed or leaving the home.

### Additional Tips

Keep these additional tips in mind during the holiday season:

- Limit the visibility of holiday gifts through doors and window. If the front door has a window consider decorating it with tinfoil or wrapping paper.
- Watch where you put wrapped food gifts if you have pets. Chocolates and some foods can be harmful to pets. Wait to put them under the tree until it is time to open gifts.
- Check children's gifts for hazards of small pieces and long cords before they play with them.
- Refrain from putting wrapping paper in the fireplace. It can cause sparks and produce a chemical buildup in the home.
- Clean spills up immediately to avoid stains and falls.
- Safety in the kitchen is also important. Unattended cooking is another one of the leading causes of home fires in the United States.

Enjoy the holiday season with family and friends. Remember safety is important and will make the holidays much more enjoyable if hazards are removed and safety precautions are taken.

## Stocking Stuffer Ideas

Some practical but inexpensive stocking stuffers ideas for the tight economic times at hand can be small items but useful. Stocking stuffers don't all have to be whimsical. It's thoughtful to add a few practical items, too. Some ideas to consider: hand wipes, hand gel, or a stain stick. In fact, many of your favorite laundry products and personal care products are available in mini sizes — the perfect fit for a suitcase, gym bag, briefcase, glove compartment or dorm room, to name a few. Look for the "travel-size" area in local stores. Small food snacks are always another good item. Pens, pencils, highlighters, and small sticky notes are also useful. Be creative and have a happy holiday.

*Sixth Grade Reps are: Mimi BlueBack, Machiah Rivera, Tiana Henry and Malia Henry.*



## Basketball Update

Congratulations to our students and basketball coaches who helped bring us a Squaxin/Skokomish basketball victory over Nisqually on Monday, November 8!

### JUNIOR HIGH FINAL SCORE

Squaxin/Skokomish	98
Nisqually	19

### HIGH SCHOOL FINAL SCORE

Squaxin/Skokomish	44
Nisqually	32



## Congratulations New Youth Council!

Youth Council Elections were held November 3rd, 2010 and results are in!

President:	Jacob Adams (far right)
Vice President:	Jessica Cruz (middle)
Secretary:	Elijah Krise (3rd from right)
Treasurer:	A. J. Krise (not pictured)
Sergeant at Arms:	Elena Capoeman (not pictured)
Alternate:	Mario Rivera (not pictured)
Advisor:	Charlene Abrahamson (far left)
Powwow Royalty	Tamika Krise (2nd from left)
Education Rep:	Meghan Brandt (3rd from left)



## Salish Seafoods 2010 Update

**Rod Schuffenhauer** - Salish Seafoods ended the year with 22 larvae sets out of a goal of 30. We will be fine with the 22 sets. The larvae was healthy this year, but the hatcheries where we purchase the larvae from had water quality issues which set us behind.

We also planted 479,000 single oyster seed in grow bags for the year. We had hoped for more but, due to the gulf oil spill, single seed was in popular demand this year. We have already put in our requests for the coming year. By doing so, we hope to get a majority of our requested seed early in the spring and the remainder in early fall to try and get a double rotation on our grow bags. This is something we have not been able to do in the past. Salish also is doing a couple of test sights on growing singles in grow bags that float so the oysters are always rolling in the bags with the tidal levels. This is something new in the industry we are trying and we are very excited about.

Salish has a test sight of geoduck planted on Harstine. We hope to get more planted in the spring when seed becomes available.

Salish Seafoods want to thank all the shellfish harvesters who support us. Last year we purchased 54% of all shellfish and fin fish. The clam market is a tough one right now. There are a lot of frozen clams on the market right now that are good quality and are affecting the live market and price. We are working on getting some new markets started here this month.

And a big thank you to all the fisher men and women who support us as well. It's been a tough year so far. We are all praying for the Chum return to be big. Jeff says, "Hang in there." He has his fingers crossed. As of the 4th of Nov., Salish Seafoods has purchased 96.9% of the fish caught:

61,930 pounds of Chinook  
24,721 pounds of Coho  
320,613 pounds of Chum.  
407,264 pounds TOTAL

On Oct. 21st Salish purchased a total of 69,100 lbs. in 24 hours. Also, for all fishers, Jeff's contact number is (360) 490-3886. If he doesn't answer, leave a message and he will return calls.

## Business Center Spotlight

**Stephanie Gott** - Have you ever watched an individual become so energetic, so into the moment of what is being discussed that it brings out a personal desire to be a part of it all? I have. One of my favorite things to do while working is to watch this month's Business Center Spotlight (Jennifer Ulrich) talk about business...ALL business! I am dedicating this month's spotlight to her not only because she deserves the recognition, but because she has opted to "pass the baton" and move on to other adventures, which I am certain she will be successful in whatever she chooses to do. In the following article I have asked Jennifer Whitener Ulrich to talk about some of the things that I thought others would like to know about her.

### Your thoughts on Business?



I have always loved business, even as a kid. I sold things I made, put on plays and charged for admission etc. I remember working with Shirley Lopeman to have my first official booth at the powwow. I got my booth free for one day if I worked at the fish pit the next. I sold kelp rattles and dream catchers I had made and sold over \$100 (which was big money at 12). I had the privilege of growing up around entrepreneurs (Mary Whitener, my dad, my mom, my grandma, on and on). I was born with the bug. What I love about business is not just the ability to make money, which is obviously not a drawback but its ability to also be a form of creative expression. A business can change the world. It can change a person's world. Your business can reflect your passions in life. It is a vehicle to create the life you want. It is not the right fit for everyone, but I have always thought our community has a higher percentage of entrepreneurs than the larger community (they say 10% of the general population in the US is suited for owning their own business and the other 90% really do better working for someone else). I think this because of our harvesters, artists, fireworks stands, and other opportunities. In short (or long) I just love the possibilities that business ownership holds!

### Your thoughts on the future of the business center?

I am so excited about the future of the center. Since I believe, and have data to support it, that our community has a business focus, I know the Center has the customer base to be successful. My strengths really have revolved around my ability to get projects started (sometimes I joke that



I have high functioning ADD - which is probably more true than a joke). I think that hiring a director for the Ta-Qwo-Ma Center at this point in its development is great timing. It is poised to create more opportunities for Tribal members by having someone who is dedicated to its growth and day-to-day operation. I am looking forward to working with Whitney Jones, whose involvement with micro-enterprise development off-reservation brings an understanding of what the Center is trying to achieve. I am really looking forward to the Center expanding its services beyond business planning classes which is the main offering at the Center now. There are huge opportunities to create incubators for harvesters, artists and/or food based businesses. The Center could create programs that would help our youth consider self employment as one of their options. We can be a model for other tribes that are interested in this type of program. As you can tell I really believe in the Center and think there are so many ways to expand and solidify its services.

### Your thoughts on supervising?

Ummmm well, supervising. As some of you know, I have owned two businesses of my own (both of which had full time and contract employees) and have had supervisory responsibilities at IEI as well. As any supervisor will tell you, it's tough. Those people who come by the skill naturally are my idols, because I am not one of them. It is something I plan on working on and refining throughout my life. The thing about it is I really do love people and the potential they hold and a good supervisor can bring the best out of people. The struggle for me honestly is the whole dynamic between wanting to be liked and yet also having boundaries (then throw in the added element we experience here at the tribe quite frequently, being related to everyone!). I have certainly had failures at that, but I learn important lessons every time and am not afraid to keep trying. Thanks, Steph, for this question.

Oh you are welcome Jen! I couldn't resist that question. Besides, being my supervisor for nearly the last year has certainly proved to be eventful.





## Holiday Spirit at Kamilche Café & Espresso

Kamilche Café & Espresso's December specials are sure to get you into the Christmas spirit this year! We have many exciting options for seasonal beverages. If you are looking to switch up your latte routine for the holidays, try one of our: Jack Frost, Jingle Bell, Snowflake or Eggnog lattes. If you love the Eggnog latte, try our new Mistletoe or Silver Bells Eggnog latte to keep your palate entertained.

If you want a sugar rush for Christmas, come in and try a: Peppermint, Winter Wonderland, Candy Cane, White Winter, Christmas Cheer, or Santa's Little Helper mocha. The Kamilche Café & Espresso wishes all of our customers a happy holiday season!

### Kamilche Café & Espresso's new store hours:

Monday – Friday	6 a.m. – 6 p.m.
Saturday	7 a.m. – 1 p.m.
Sunday	Closed



**Olena Reyes** - Hello everyone! 'Tis the season for snow and ice. Since its so cold outside, why not go through KTP's drive-thru and grab a cup of Joe along with your cigs, chewing tobacco, or any of your other tobacco needs. You might get a chance to catch the main lead out there. Some of you might know her, Jean Henry. She's an enrolled Squaxin Island tribal member. Jean has been employed with the KTP since October of 2004. She's currently in charge of all the clerks out there as well as ordering all the product. Don't be afraid to say hello.

Also for the holiday season, all of the KTP stores will be doing numerous fund-raisers to help families in need. The drive-thru will have a donation box accepting donations to help feed families for Christmas dinner.

Be sure to stop in at KTP #1 in the afternoon, where we will be having a hot chocolate and apple cider fundraiser. Donations will be accepted to also help families in need in the Squaxin Island community through the holiday season.

In case you haven't seen it yet, or wondering what it is, in front of the KTP #1 by the propane tanks, we have a white and green us-again recycling bin. Please feel free to recycle any of your unwanted clothes, shoes, toys or anything someone else could use. Thank you all for your support!

*Please have a safe and wonderful holiday from all of the staff at KTP.*



## Little Creek Casino's Holiday Bazaar

**December 3rd, 4th, 5th**

3rd & 4th from 8 a.m. to 8 p.m.  
5th from 8 a.m. to 3 p.m.

Proceeds (vendor fees) go to give Christmas Dinner & Gifts to the children, families in Mason County's Homeless Shelter and Transition Homes.

### NATIVE AMERICAN GOODS

Fry bread, bake sale, Jewelry, Wood Works  
Christmas Decorations  
GIFTS, GIFTS, GIFTS, GIFTS! And MORE

In Hotel Lobby Tower One & Boardwalk  
\$30 for small spaces  
\$25 for tribal members and LCCR employees

### CONTACT :

April Olson Phone 432-7037  
april.olson@little-creek.com

Darlene Krise 427-3027  
Darlene.krise@little-creek.com

Mark your Calendars... **Squaxin's Annual Basketball Tournament will be held Dec. 28, 29 & 30**

**Volunteers Needed!**  
Concessions, referees, scoreboard keepers...

More details to come.  
Interested? Contact Meghan Brandt at 432-3992 or mbrandt@squaxin.us

## Charlene Abrahmson's Good luck in your new job party

Here are some pictures from what I called my "Good luck in your new job party," because I'm not going away. I appreciate, very much, my time working for the Squaxin Island Tribe and the community's generosity in understanding my new opportunity. I want everyone to remember: let's be free of drugs and alcohol, Native people aren't slaves to anyone or anything, including these substances. My love to all, yes ALL. Thanks, Charlene



**Due to the upcoming holidays, the Klah-Che-Min deadline will be the 8th of December. Thank you!**





## New Employees

**Sheena Kaas**



***Solid Waste and Recycling  
Program Manager***

Hi, my name is Sheena Kaas, daughter of Larry and Pamela Hillstrom and granddaughter of Misty and Nancy Bloomfield. I am the new Solid Waste and Recycling Program Manager and am excited to be working with the community. Originally from Mason County, I attended Shelton High School and graduated from Washington State University in 2008 with a Bachelor of Science in Environmental Science. While studying at WSU, I conducted undergraduate field research, studying the restoration of tropical forests in Costa Rica and meadow restoration in the Willamette National Forest. My area of interest and focus of study at WSU was on sustainable development in local communities. I am excited to help the Tribe and community work on a more sustainable approach to solid waste management.

**Happy Birthday and  
Belated Happy Birthday  
Laura and Lily  
Love, Your Bro**

**Michael Henderson**



***Clinical Applications  
Coordinator/  
Clinic Site Manager***

Hello, most of you know me, but for those who do not, my name is Michael Henderson. I previously worked in the DIS department for close to 7 years, and I loved my job there. I have now taken a different job within the Tribe as the Clinical Applications Coordinator/Site Manager for the Health Clinic. I will be responsible for getting Electronic Health Records set up for the clinic as well as managing the application, keeping it updated and training the staff on how to use it. I am really excited to do something a little different.

**Happy Birthday to My  
Beautiful Daughter  
Kendra!  
Love You Always!  
Your Mom**

**Happy Birthday  
Donovan  
Love, Dad**

**Christine Semanko**



***Chemical Dependency  
Counselor  
at Behavioral Health***

Hey everyone, most of you know me but for those who may not I am Christine Semanko, also known as Shila BlueBack's mom. I am a long time community member and have been around, oh, about 16 years now. Anyway, I am proud to say that I am the new Chemical Dependency Counselor at outpatient, now known as Behavioral Health. It is an honor to contribute to the Squaxin community, and to give back to the place I have taken so much from during my own active addiction. I am a person who has faith in people and their ability to succeed. Others believed in me until I was able to believe in myself, and now I do the same for others. My purpose in life, thus far, is to help people help themselves. I do this by living the lesson I teach, being non-judgmental and having respect for people, their individuality and confidentiality. I carry with me respect, understanding, and accountability which enables me to help others become empowered. Being of service to my community and giving back means a lot to me. I want to help make our community a health-

ier, safer place for our children and their children yet to come. I currently have an Associates Degree in Human Services and am enrolled at Evergreen pursuing my Bachelors Degree in something lol. Evergreen is a trip! Well, that's enough out of me. Take care and maybe I'll see you around!

**Jacqueline Whitener**



***Pool Office Manager***

Hi, my name is Jacqueline Whitener and I am the new Office Manager at the Squaxin Pool. I am married to Patrick Whitener and we live here on the reservation with our three children, Emily, Kade & Quinton.

Although I'm the Office Manager, I recently completed the American Red Cross Lifeguard Course provided by Discover Aquatics. Additionally, I'm spending time in the pool training to be a swim instructor. I am enjoying my new position and find that each day, I become better acquainted with other members of the Squaxin Island Community.

I hope to see more of you and your families enjoying all the activities we provide at our beautiful pool.





# COMMUNITY



## Love You Dad!



**Larry McFarlane Sr. pictured  
with his sister, Sis & Pat**

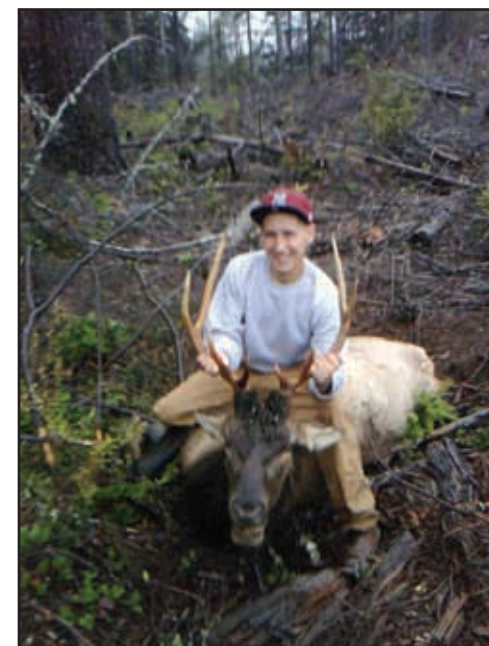
## Happy Birthday Babydoll!



**Love, everyone! : )**

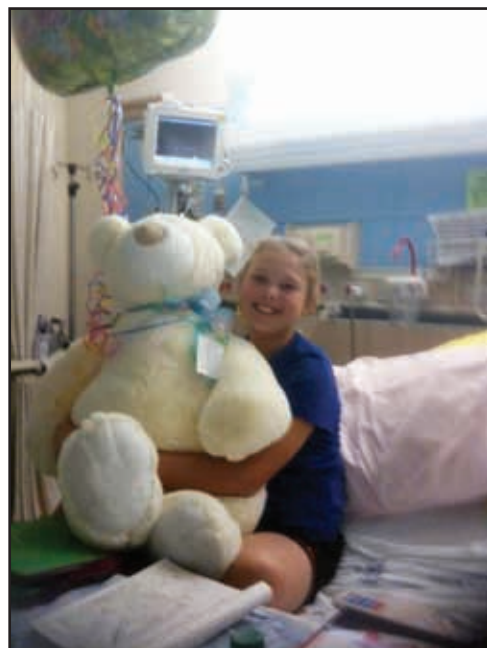
*Mom, you are so special to me,  
You let me know you love me  
In so many different ways.  
You make me feel important  
With your beautiful smile  
and praise.  
You're always there when  
I need you, whether its  
To comfort me or  
Show you care.  
I know I'm in your thoughts;  
Your love follows me  
Everywhere.  
Thank you for all you've done  
And given me so generously.  
I love you, my most  
Awesomest mother.  
You're a heaven sent  
Blessing to me.*

## Congratulations Miguel Jordan



**Love, Mom & Dad**  
(Donated for Food Bank  
& Ceremonial Use)

## Love You Kenedee!



**Love, Misti & Family**

**Happy Birthday to  
my wonderful husband  
I love you and I hope  
you have a great day!**



**Love Always, Your Wife**

**Happy Birthday to  
the Best Mom in the  
World!!!**



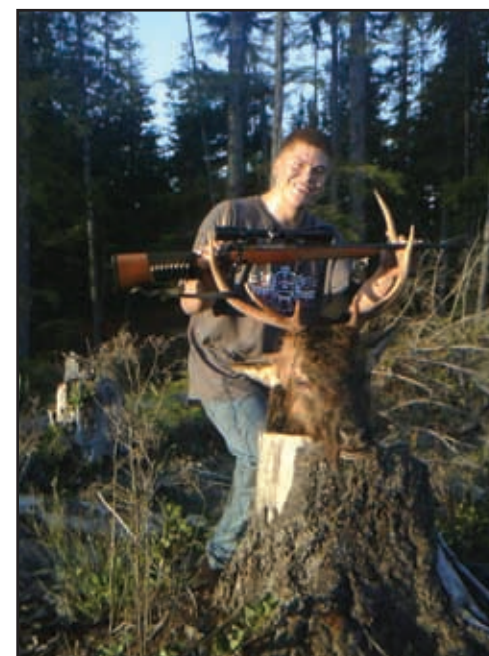
**I Love You With All My Heart  
Momma!  
Love, Rose**



**Happy Birthday Mom  
We Love You and Are  
Praying You Come  
Home Soon!**

**Love always, Your Son, Nicholas,  
and Daughter-in-Law, Olena!**

## Congratulations Taylor



**Love, Misti & Family**

**Funny Its Your  
Birthday on the 11th  
Happy birthday  
NO EYED DEAR  
S.L.Y  
Your Husband**

**Happy 21st Birthday  
Davina  
Love, Leo "Bo" Henry**





# TU HA' BUTS LEARNING CENTER



## Perfect Attendance

**Shannon Bruff** -We have several students that should be congratulated for perfect attendance. We are very proud of all of our students, and feel that perfect attendance is worthy of . . . OFFICIAL ACKNOWLEDGMENT! If you are a tribal member, descendent, and or community member and have perfect attendance in one of the K-12 schools, contact me, Shannon Bruff, at 432-3826.

Way to go Mt. View, you have 10 students with perfect attendance. Olympic Middle School is in a close

second with 5 students, and Oakland Bay has 1 student with perfect attendance. Let me know if you are a student with perfect attendance and we will identify your school.

Everyone keep up the great work.

Some of the other schools that were not able to get their data in to me in time for this article are Griffin, McCleary, WaHeLut, Hood Canal, Pioneer, Grapeview, Southside, Bordeaux, Evergreen Elementary, Choice High School, Capitol High School, and Shelton High School. Please call me to update my information.

## Way to go Sylvan Students!

We had FIVE Perfect Attendance Winners in October: Grace Brown, Jeffrey Nerney, Jenica Nerney, Kayden Palmer, and Fernie Rodriguez! Those five students will receive a certificate plus 50 bonus tokens!

These EIGHT only missed it by one session: Casey Badillo-Brown, Alex Brown-Garcia, Raymond Castro, Lynzy Petty, Talon Beattie, Kierah Lincoln-Sigo, Shawn Lincoln-Sigo, and Jordan Lopeman-Johns.



## Squaxin Youth Education, Recreation and Activities Calendar

TLC office hours 8:30am-5pm M-F

Front Desk: 432-3958


Meghan Brandt: 432-3992

Recreation program hours 3-7pm M-Th; 3-6 F

Co-sponsored by DASA

All activities are drug, alcohol and tobacco free!

## December 2010: A Time for Reflection

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Open Gym/ Rec. Room M-Th 3-7; F 3-6</b> <b>After school snacks M-F 4-5</b> <b>Open Swim: M &amp; T 3-6; F 5-8; Sat 1-4</b> <b>Homework Help &amp; GED Prep. in TLC classroom</b> <b>M-W 4-7pm Computer Lab M-Th 3-6, F 3-5</b>			1 Hanukkah Begins 	2	3 E.R. SSD No School WaHeLut	4
5	6 Basketball: BYE	7	8	9	10 E.R. SSD	11
12	13 Basketball: Skok/Sxn @ Nisqually	14	15	16	17	18
19 12/20-31 Winter break No School →	20 GYM OPEN @ 12 No Basketball game	21 <b>CHRISTMAS PARTY @ TLC</b>	22 GYM CLOSED	23 GYM CLOSED	24 GYM CLOSED Christmas Eve 	25 <b>Merry Christmas!</b>
26 <b>KWANZAA</b> Begins No School →	27 GYM CLOSED No Basketball game	28 Squaxin Basketball Tournament	29 Squaxin Basketball Tournament	30 Squaxin Basketball Tournament	31 GYM CLOSED  Happy New Years Eve!	
<b>Key</b> E.R. = early release; SSD = Shelton School District; GSD = Griffin School District						





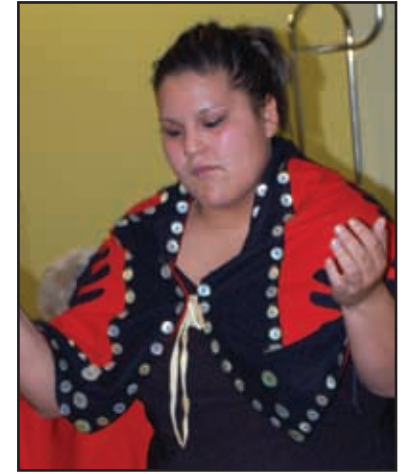
# NATIVE AMERICAN VETERANS DAY







# NATIVE AMERICAN VETERANS DAY







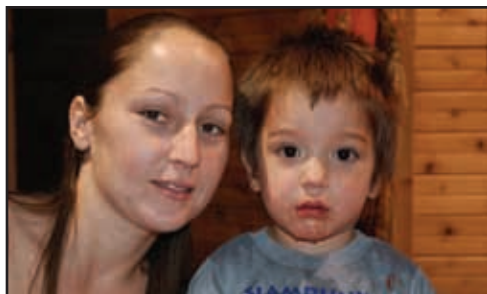
# A HAPPY HALLOWEEN







# A HAPPY HALLOWEEN







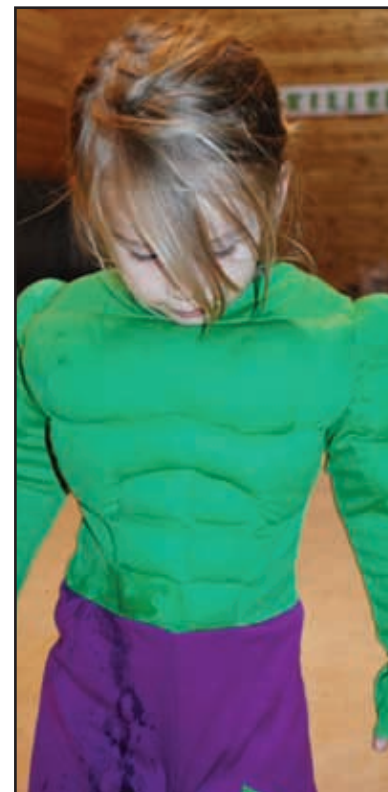
# A HAPPY HALLOWEEN







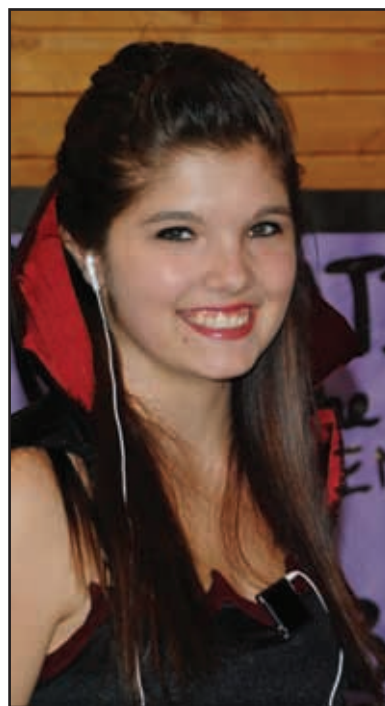
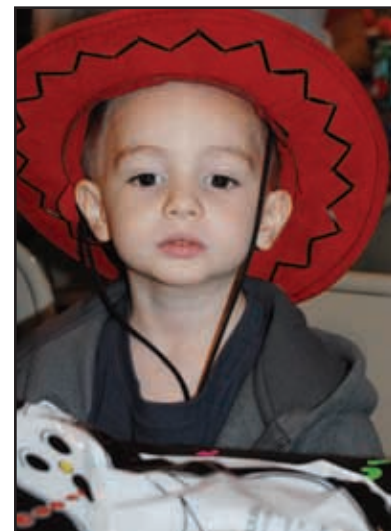
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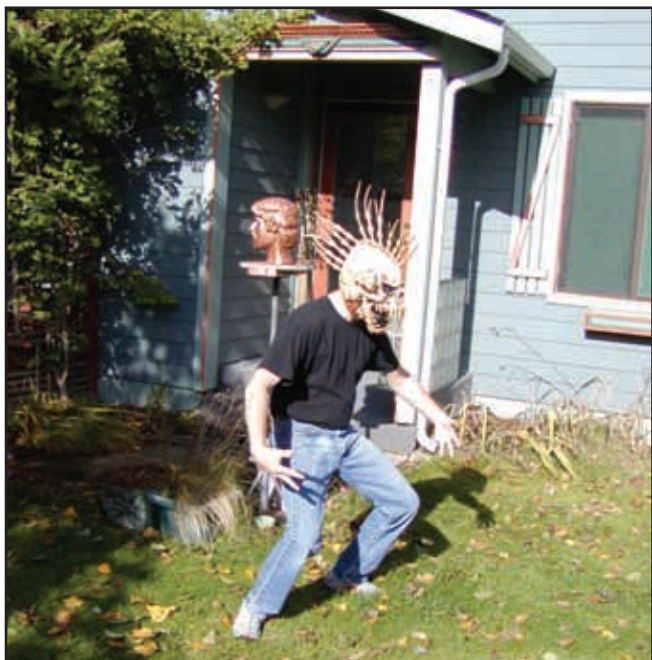
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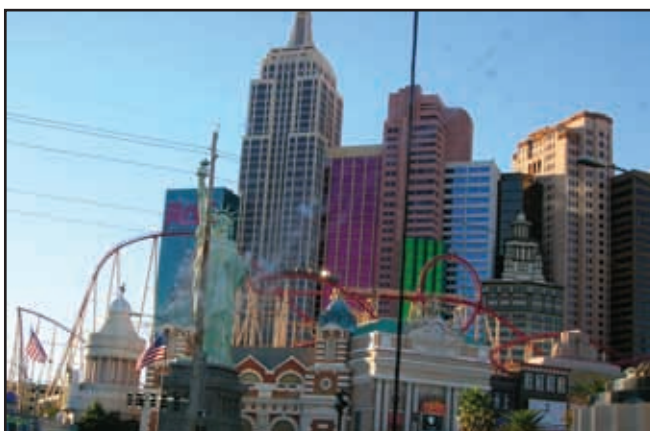




# ELDERS



**Rose Brownfield** - There were about 40 elders went to Laughlin for a few days. those who wished saw Grand Canyon, Hoover Dam; drove through LasVegas, took in concerts for Debbie Reynolds and Gatlin Bros. We had a good tme.







## A Diabetes Friendly Meal Everyone Can Enjoy

**by the National Diabetes Education Program**

Knowing what to serve and eat for dinner can sometimes be a challenge – especially for people with diabetes. While eating healthy foods is important for everyone, it's essential for people with diabetes. Diabetes is a disease that results in high glucose, or sugar levels in the blood, which can lead to serious complications. For the 21 million people with diabetes in this country, making healthfood choices and being physically active is crucial to managing their diabetes.

Whether you are a person with diabetes or a family member or friend, you can prepare a meal that is healthy and tastes great. Look for recipes that are low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars. Experiment with recipes that include fruits and vegetables, fish, lean meats, chicken or turkey without the skin, dry peas or beans, and low-fat or nonfat milk and cheese. Other healthy ingredients are foods high in fiber, such as whole grain cereals, breads, crackers, rice, and pasta. To give an example of what to serve as a healthy meal, the National Diabetes Education Program suggests a recipe, along with other foods to complete the meal, that everyone can enjoy—whether you have diabetes or not.

### **What's For Dinner?**

When planning a meal, start with a salad appetizer. Baby spinach leaves with seasonal fresh vegetables or fruits like sugar snap peas or sliced pears go nicely with a low-fat vinaigrette dressing. For the main course, stick with lean meats or fish. Below you'll find a recipe for baked salmon. Designed to serve six people, it takes about half an hour to prepare. Nutrition information, including carbohydrate grams, is provided.

### **Entree: Baked Salmon Dijon\***

#### **Ingredients:**

- 1 C fat-free sour cream
- 2 tsp dried dill
- 3 Tbsp finely chopped scallions
- 2 Tbsp Dijon mustard
- 2 Tbsp lemon juice
- 1 ½ lb salmon fillet with skin (cut in center)
- ½ tsp garlic powder
- ½ tsp black pepper
- Fat-free cooking spray as needed

#### **Instructions**

Preheat oven to 400 °F. Whisk sour cream, dill, onion, mustard, and lemon juice in small bowl to blend. Lightly oil baking sheet with cooking spray. Place salmon, skin side down, on prepared sheet. Sprinkle with garlic powder and pepper, then spread with the sauce. Bake salmon until just opaque in center, about 20 minutes.

#### **Nutrition Information Per Serving**

Calories 196, Total Fat 7 g, Saturated Fat 2 g, Cholesterol 76 mg, Sodium 229 mg, Fiber less than 1 g, Protein 27 g, Carbohydrates 5 g

*\* Recipe taken from Keep the Beat: Heart Healthy Recipes from the National Heart, Lung, and Blood Institute*



### **Church Services**

**CHURCH on Sundays at the ELders Building**

**Starting on the 5th of Dec. 11:00 A.M.**

**There will be a fellowship time after church  
with coffee and a snack.**

**All are welcome to come.**

**Pastors Ron and Kathy Dailey**

**Phone 432-3781**

### **Shaker Prayers and Services**

Rose and Mike Davis are available

for Shaker prayers and services

**Please call 877-9480**



## THE BIGGEST LOSER

Cash Prizes

Ready to shed those extra holiday pounds?  
Join the Squaxin Island Tribes Biggest Loser contest.  
Bring your lunch to the Planning meeting

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

Contest will start January 10, 2011

E-mail or call  
Janita Raham, Prevention and Wellness Advocate  
jrahams@sqwaxin.tn  
432-3072

To get on the e-mail list for meeting reminders.

### **The Kitchen Garden Project Application**

2016 Elliott Ave. NW, Olympia, WA, 98502 • 360-753-5522 • [www.goodgrub.org](http://www.goodgrub.org)



#### **Welcome!**

GRuB is a non-profit organization in Olympia, Washington that is dedicated to nourishing a strong community by empowering people and growing good food. We believe that fresh, healthy, and culturally appropriate food is a basic human right. We educate the community with workshops and field trips, and empower underserved teenagers by employing them on our organic food bank farm in our Cultivating Youth program.

Since 1993, GRuB's Kitchen Garden Project has been building free backyard gardens and community gardens in Thurston and Mason counties. As a KGP gardener, you are connecting to over a decade of gardeners and to GRuB's mission. This mission is only possible with the dedication and work of Kitchen Garden Project garden recipients and community gardeners.

If you are receiving this application, you have expressed interest in gardening with us for the 2010-2011 season. We ask that you carefully read all of the information about the Kitchen Garden Project, including the frequently asked questions, and fill out and return the application. **The sooner you return the form, the better!**

**Please return the form to GRuB, 2016 Elliott Ave. NW, Olympia, WA 98502**

Once GRuB has received your completed application, you will officially be a Kitchen Garden Project gardener for 2010-2011. We will be in touch to set up a site visit in the early fall or winter. **Thanks so much for your interest in the program!**

#### **Backyard Garden Specifics...**

The Kitchen Garden Project provides a free garden consisting of three 8'x4' beds, soil, seeds, starts, trellis, workshops, and an optional mentor to each gardener. Gardeners must be low income and must commit to following through with the garden for the entire growing season and on into the next year. They can show their support to GRuB by volunteering to build gardens for other families, sharing their knowledge with their community, and attending our seasonal workshops.



#### **KGP Gardener Expectations...**

Before applying, please be aware of the Kitchen Garden Project's expectations and make sure you are able to commit to them:

- ★ Each gardener is expected to assist GRuB staff and volunteers in building the garden at the garden installation day. Exceptions can be made for those with physical limitations or for those with difficult work schedules.
- ★ Each gardener is expected to attend at least 2 GRuB workshops or volunteer for GRuB for 4 hours during the first year you receive your garden.
- ★ Each gardener is expected to maintain their garden and keep it weed free, watered and healthy. For a successful food garden you can expect to spend 1-4 hours in the garden per week, depending on the season.

***Juana Perry at Housing has applications. 360 432-3863.***





## Ellis Cove Trail and Priest Point Park

Descend from forest to salt water along the Ellis Cove Trail at Priest Point Park. Towering trees and nesting osprey abound. The tidal shoreline trail crosses watersheds before ending on the Puget Sound shore; gravel beach and mud flats at low tide. Opportunities to see waterfowl and water-views.

### Location

2600 East Bay Drive NE, Olympia, at Priest Point Park. 2.4 mile trail, mixed surfacing including boardwalks and steps. East side of park has shorter trails.

### Also find it here

Picnic shelters, Play equipment, Restrooms & more trails.

### Directions from I-5

Take Exit 105.  
Follow signs towards Port of Olympia.  
Turn Left at stoplight onto Plum.  
Plum turns into East Bay Drive.  
Park entrance is on right hand side about 2 miles out of town.

*For more information, call City of Olympia Parks, Arts and Recreation Department. (360) 753-8380*



## Meal Program

Wednesday, 1: Pepper Steak & Soup  
Thursday, 2: Chicken Tacos

Monday, 6: Baked Potato Bar & Chili  
Tuesday, 7 : Soup & Sandwich  
Wednesday, 8: Swedish Meatballs  
Thursday, 9: Salmon

Monday, 13: Chicken Stirfry  
Tuesday, 14: Soup & Sandwich  
Wednesday, 15: Oyster Stew  
Thursday, 16: Spaghetti

Monday, 20: Turkey Dinner  
Tuesday, 21: Soup & Sandwich

Closed for Holidays: December 22-31st.

*Will reopen Monday, January 3, 2011.*



Monday,  
December 13th is  
WIC DAY at  
SPIPA

## Have Diabetes?

IHS, Patty & the rest of the clinic staff want you to live a long, healthy life.

IHS has a list of tests & exams for you to complete every year so we can find any problems early & take care of them.

Is it time to make an appointment for your "Diabetes Physical" with your health provider?

**Call for your appts before the end of 2010!**

Health Clinic (360) 427-9006  
Dental (360) 432-3881

*Dental appointments for Tribal members only*  
You can take charge of your diabetes and live a long, healthy life

Questions? Contact Patty Suskin,  
Diabetes Coordinator at (360) 432-3929

## New Employee



### Elizabeth Heredia

#### Women's Health Outreach Worker

Hello, my name is Elizabeth Heredia. I am very excited about my opportunity to work with our community as the Women's Health Outreach Worker for the Women's Wellness programs.

I have probably met a lot of you as Cage Cashier at Little Creek or at KTP as those are the other two places I worked before coming here. I am also the Secretary for our Squaxin Island Elders' group and have really enjoyed meeting a lot of my fellow elders and participating in the elder activities and trips. I am really proud to be employed by Squaxin Island Tribe as I am new to this side of my heritage and find every day a true learning experience.

Please stop by and say hello. I am housed in the building across from the clinic with Melissa Grant and Patty Suskin. You can reach me at 432-3930 or cell phone 490-9977. I am looking forward to meeting with you. May this upcoming holiday season bless you with health, happiness and all the true wealth of life.



## Preventable Treatable and Beatable

Colorectal cancer is preventable, treatable and most of all, beatable. So what does that mean to you? Let's take a closer look.

**Preventable:** The easiest way to prevent colorectal cancer is to be screened regularly. Starting at the age of 50 or younger depending on your family history is the best way to begin. Coming into the clinic and getting your FIT (Fecal Immunochemical Test) makes the process easy. In years past, there was a test that required 3 separate samples, dietary changes and was not very user friendly. The FIT test is a one time sample, no dietary changes and extremely easy to do in the privacy of your own home.

**Treatable:** If your FIT test does come back positive, you will be referred to a Gastroenterologist. That physician will then do a colonoscopy. During the procedure they will view the entire large colon. If there are polyps, they will be removed. There are many times that there are no polyps. Some polyps are benign (not cancerous) and some are not. The polyps will be sent to a lab to see if they are cancerous. The treatment for colorectal cancer can be as simple as removing the polyps. There are other forms of treatments but the bottom line is that colorectal cancer is treatable when caught early.

**Beatable:** Once again, early detection and treatment means that you can beat colorectal cancer. This is why it is so important to have your FIT test done. If you are 50 or above or have a family history of colon cancer, please take a few minutes to stop by the clinic and get your FIT test. Start the New Year off making a healthy decision. Colorectal cancer is preventable, treatable and beatable.

If you should have any questions about colorectal cancer or the FIT test, please contact Cheryl at 432-3933 or 427-9006 or stop in to get your test at any time.





## Upcoming Events

### Brief Community Walk

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

### Free Diabetes Screening

at Health Promotions  
Tuesday through Friday  
Contact Melissa Grant for details

### Want a garden in your yard?

Are you low income?  
Contact Juana Perry @ 432-3863  
to get on the waiting list to have a garden  
placed in your yard – for FREE.

### Free Pilates classes

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

### Smart Shopping/ Food Label Reading Workshops

Contact Patty to schedule  
a family & friends session

### Health Promotions Programs

We have exercise videos  
in the building across from clinic  
Work out alone, with us  
or schedule a time for a group

### Our Nationally Recognized Lifestyle Balance Program

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

### Mammogram Clinic

Friday, December 17  
9 a.m. to 3 p.m. @ the Health Clinic  
Contact Elizabeth Heredia  
at 432-3930

### Community Health Walk

Thursday, December 16th  
Meet at Elder's Building at 12:40  
for a 20 minute walk around the REZ

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



## Need Food? Check these out..

### WIC @ SPIPA

Provides healthy foods and nutrition  
information for you  
and your child up to age 5  
Please bring: your child, medical coupons  
or paystub & identification  
**Monday, Dec. 13, 9 a.m. to 4 p.m.**  
*Starting in January,*  
*WIC days will be on Tuesdays.*  
Contact Debbie Gardipee-Reyes:  
462-3227  
*Dates subject to change*

### USDA FOODS AT SPIPA

**Monday, Dec.. 6th 10 a.m. to noon**  
Contact Shirley or Bonita at  
438-4216 or 438-4235  
*Dates subject to change*

### FOOD BANK

At Health Promotions Building  
If you need access to the food bank at any  
time once a week, just stop by.  
If possible, Wednesday is the best day.  
If you would like to be on call list for  
fresh produce or bread, let me know.  
Contact Melissa Grant: (360)432-3926

## Five Ways Older Adults Can Be More Physically Active

### by the National Diabetes Education Program

As you get older, your risk for type 2 diabetes increases. You're also at higher risk if you have a family history of diabetes. But you're never too old to lower your diabetes risk. Studies have shown that modest weight loss through healthy eating and increased physical activity is highly effective in preventing or delaying type 2 diabetes in people over age 60.

### Getting Started: How to Get Moving

Physical activity can improve your strength, flexibility, and balance. Start by setting small, specific goals for yourself, like: "I will walk for 10 minutes, three days this week." Add a little more activity each day until you reach at least 30 minutes a day, five days a week. Ask your health care provider which activities are safe for you. Before any physical activity, be sure to warm up for a few minutes to get your body ready. Try shrugging your shoulders, taping your toes, swinging your arms, or just move in place.

### Five Ways to Be More Physically Active

There are many types of physical activity you can do at little or no cost, such as walking or doing chair exercises. Find an activity you can enjoy. This will make it easier to stick to your schedule and reach your goals. Try these simple suggestions:

- Around the House. Things that you do every day are an opportunity to be more active. Stand up from a chair and sit down again without using your hands or rise up and down on your toes while standing and hold onto a stable chair or countertop. Try putting away the TV remote and get up to change the channel. You can also walk around the house when you talk on the phone or check out a fitness video from your local library and follow along.
- Around Town. Becoming more active can also be a great way to meet friends. Try joining a local walking group. Always walk in safe places such as a shopping mall, museum, or a community center, and make sure to wear comfortable shoes.
- While Running Errands. Make physical activity part of your regular routine. Park the car farther away from stores or restaurants. If you take the bus or train – and the neighborhood is safe – get off a stop earlier and walk the rest of the way. Go for a brisk walk between errands.
- With Your Family. Getting your family involved can make physical activity more fun. Teach the younger people in your life the dances you enjoy. You can even plan a trip to the local pool and go for a swim together. Moving around in the water is a great activity that is gentle on your joints.
- Get Outside. When you can, take your physical activity outside. Simple activities such as planting a garden or washing your car are great ways to get more active. You can also go for a walk with friends or family at the local zoo, nature park, or outdoor walking path.

For more tips to help prevent or delay the onset of type 2 diabetes, download or order the free It's Not Too Late to Prevent Diabetes. Take Your First Step Today tip sheet from the National Diabetes Education Program at [www.YourDiabetesInfo.org](http://www.YourDiabetesInfo.org) or 1-888-693-NDEP (6337), TTY: 1-866-569-1162.

*The U.S. Department of Health and Human Services' National Diabetes Education Program is jointly sponsored by the National Institutes of Health (NIH) and the Centers for Disease Control and Prevention (CDC) with the support of more than 200 partner organizations.*





Happy Birthday

Douglas Bloomfield	01			Donovan Henry	17
Manuel Castillo	02	Jayden Eagles	10	Vernon Sanchez	17
Allen Mosier	02	Sierra Blueback	10	Ethan Baxter	18
Gregory Lehman	02	Marlena Bradley	10	Tyson Kruger	19
Jess Brownfield	03	Tonya Henry	11	Winona Crone	19
Cathlene Riker	03	Kendra Blueback	11	Theresa Henderson	19
Deborah Obi	03	Kestle Coley	11	Patrick Stapleton	19
Daniel Sigo	04	Kelli Dahman	11	Daniel Brown	19
Peggy Peters	04	Mary Mason	11	Shashoney Fenton	19
Lilly Henry	05	Anthony Forcier Jr.	13	Ronnie Penn	21
Austin Penn	05	Karen Farr	13	Charlene Cooper	21
Michael Foster	06	Justina Cools	13	Kyler Gall	22
Cora Krise	06	Lucy Aldrich	13	Elroy Ellerbe	22
Evan Ellerbe	06	Cecelia Black	14	Jamie Cruz	23
Brendan Bellon	06	Nicholas Dorey	14	William Penn	24
Jason Koenig	07	Frankie Metcalf	15	Holly Henry	24
Sophia Cooper	07	Amber Salazar	15	Jeremy Sigo	24
Isabel Cools	07	Xzandrea King	15	Tahnee Kruger	24
Zoe Cooper	07	Priscilla Dolores- James	15	Darrius Rau	24
Rhonda ( Mitzie) Whitener	08	Judith Arola	15	Jay Anne Gamer	25
Elizabeth Campbell	09	Lisa Bennor	15	Jasmine Rivera	25
Misti Saenz-Garcia	09	Angel Henry	16	Carol Tadios	25
Garrett Todd	09	Rodney Krise, Sr.	16	Richard Johns, Sr.	25
Dustin Kruger	09	Wendy Bowman	17	Astrid Poste	25
Davina Braese	10	Suzanne Snipper	17	Nicolas Cooper	26
				Karina Farr	26
				Andrea Koehn	27
				Edward Cooper	27
				Jessica Stone	28
				Quinton Whitener	28
				Kathy Block	28
				David Clark	28
				Jocelyn Campbell	28
				Penni Giles	29
				Patti Puhn	29
				Richard Gouin	30
				Matthew Sayers	30
				Koreena Capoeman	30
				Rebecca Black	31

What's Happening						
			1	2	3	4
			Family Court	AA Meeting 7:30	LCCR Holiday Bazaar	LCCR Holiday Bazaar
5	6	7	8	9	10	11
LCCR Holiday Bazaar		Family Court		Council Mtg. AA Meeting 7:30		Tribal Bingo Night
12	13	14	15	16	17	18
		Criminal/Civil Court		AA Meeting 7:30		
19	20	21	22	23	24	25
		Christmas Party	Offices Closed at 10 a.m. See you in Janaury	AA Meeting 7:30		
26	27	28	29	30	31	
		Basketball Tourney	Basketball Tourney	Basketball Tourney		

Happy Late Birthday  
Monique!  
We Love You Lots! XOXO  
Love, Mom, Mouse, Sophie,  
Ana & Anthony

Happy Birthday  
Sister Theresa!  
Hope You Have a Good One!  
Love, Wicket





**Happy Birthday Cuz!  
(Vinny)**  
*Love, Misti & Family*

**Susan Colleen,  
We're Proud of You and  
What You Have  
Overcome...  
Keep Up the Good Work  
for You and Your Kids  
and Our Community!  
Happy Birthday, Sis!**

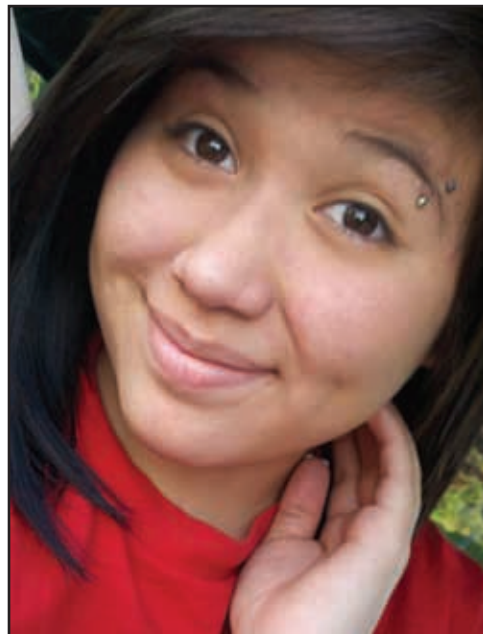


*Love, Misti & Family*

**Happy Late Birthday to  
My Niece,  
Bianca Angelina!**  
*Love, Auntie Wicket*

**Happy Late Birthday to  
My Brother!  
I Love You Lots!  
Thank You for Being  
There For Me!**  
*Love, Your Baby Sis, Wicket*

**Happy 15th Birthday  
Bianca  
(November 21)**



*Love, Mom & Dad*

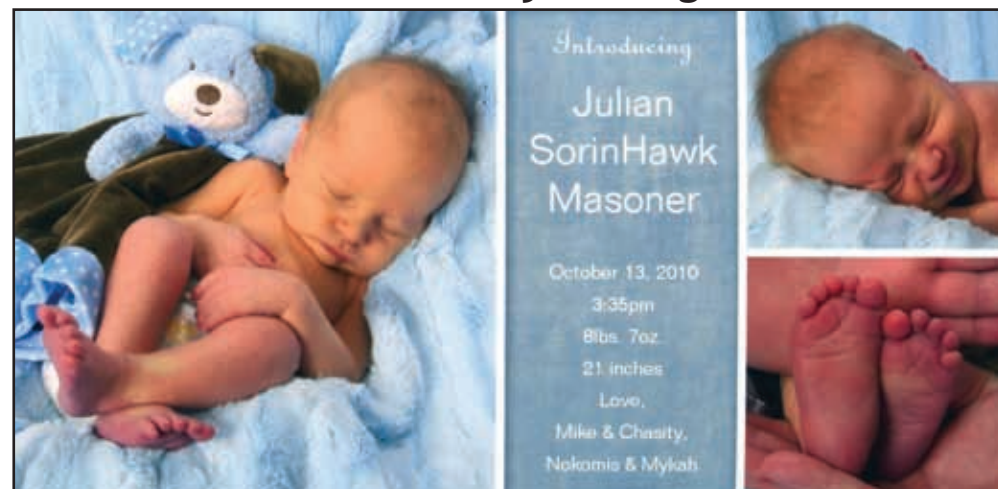
**Happy Birthday to My  
Sister, Theresa!**  
*Love, Misti & Family*

**Sophia (Tia), You're a  
Big Girl Now (7)**



*Misti Loves You Baby Girl ...*

**Welcome to the world! My newest grandson!!! Julian**



**Thanks to everyone who have shown so much love and support! Thank you so much to Lorna Gouin who expressed so much love, support, and understanding!!!**  
*- Joanne Decicio*

**Happy Birthday  
Sophia Lynn!  
Love You Lots  
Baby Girl!**  
*Love, Mom, Mouse, MoMo,  
Ana & Anthony*

**Jessica Lucero**



**The Saenz-Garcia  
Family Loves You Loads!  
Thanks For All  
Your Help & Support!**

**Pete Kruger Sr.'s  
Birthday  
Celebrated at NR**



**Love You Pete!**

**Happy Birthday Misti!  
You're the Best Sister  
Ever! I Love You With  
All My Heart and Am So  
Grateful to Have You in  
My Life!**  
*Love, Susan Colleen*





Merry Christmas and Happy 2011!!!



ALL ABOUT TONIGHT 2010 TOUR  
**BLAKE SHELTON**  
Special Guest  
**RAE SOLOMON**  
**December 10th at 7pm**  
Tickets on sale now: \$50/\$40/\$30  
**LITTLE CREEK CASINO • RESORT™**  
For tickets visit the box office or purchase online at  
[www.little-creek.com](http://www.little-creek.com) or call 360-432-7300  
Must be 21 or older. For Skyboxes call 360-432-7300



**Deck THE HALL\$**  
**\$500,000**  
**SWIPE TO WIN!**  
Enter daily for a chance to instantly win \$50,000!  
**WEEKLY GAME SHOW!**  
Be here each Tues, Weds & Thurs at 4pm, 6pm & 8pm for your chance to play Deck the Hall\$!  
Each week the prize grows \$50,000 ending with a total prize of...  
**\$500,000!**  
**LITTLE CREEK CASINO • RESORT™**  
[www.little-creek.com](http://www.little-creek.com)  
See Players Club for more details. Must be present to win. Ends December 30th.



Return Service Requested  
**PEOPLE OF THE WATER**  
10 S.E. Squaxin Lane  
Shelton, WA 98584  
PRSR STD  
U.S. POSTAGE  
PAID  
SHELTON, WA  
PERMIT NO. 96