

KLAH-CHE-MIN

ʔacaciḥtalbixʔ gʔɪ tə xʔəlɛ yəxʔ ti stultuləkʔ. A PUBLICATION OF SQUAXIN ISLAND TRIBE ʔacaciḥtalbixʔ gʔɪ tə xʔəlɛ yəxʔ ti stultuləkʔ.

FEBRUARY 2004

► *People of the Water* ◄

COMPLIMENTARY

An After Christmas Snow Was An Extra Special Gift

*Tribal Employees and students
get extra days added their holidays*

Tribal employees and Shelton School District students received an extra Christmas gift this year - four additional days of Christmas vacation, thanks to snow!

Unfortunately for the students, all four days will have to be made up at the end of the school year. The school district has not yet decided whether seniors will be required to attend those days after graduation.

Snow began falling late in the day on December 26th and continued on and off well into the second week of January with accumulations reaching as much as 13+ inches in some locations. By late January, piles of snow could still be seen in places around the reservation.



*For more fun snow
pictures taken by
Tribal Council member
Charlene Krise,
see pages 16-19.
Enjoy!*



Kaleb First in 2004

Reprinted from the Shelton Mason County Journal - The first baby born in 2004 at Mason General Hospital was Kaleb Darell O'Bryan.

Little Kaleb, the son of Squaxin Island Tribal member Santana Mesplie-Sanchez and Shawn O'Bryan of Shelton, was born at Mason General Hospital at 4:34 a.m. on Wednesday, January 7. He weighed 6 pounds, 13 ounces and was 20 inches long.

And while Kaleb arrived several days later than the typical first-of-the-year child born at the hospital, he actually came one day earlier than his due date, his mom said.

"It was amazing. I just sat down and stared at him," Santana said of her son. "I just loved him. I couldn't believe he was mine."

"It was an amazing sight," Shawn, who was present at the birth said. "When they put him in my hands it felt so good."

"He's a good baby. He's a really good baby," the first-time mother said.

A record 316 babies were born at MGH in 2003.





KLAH-CHE-MIN SQUAXIN ISLAND TRIBAL NEWS

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Shelton, WA 98584

PHONE: (360) 426-9781
FAX: (360) 432-0858

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 & staff.

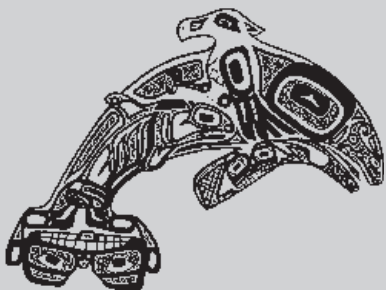
Submissions Deadline:
15th of each month

SQUAXIN ISLAND TRIBAL COUNCIL:

DAVID LOPEMAN: *Chairman*
ANDY WHITENER: *Vice Chairman*
VINCE HENRY: *Secretary*
PATTI PUHN: *Treasurer*
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CHARLENE KRISE: *Third Council Member*

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COMMUNITY

Island Enterprises Inc. Update

The Tribe has filed suit in federal court to decide whether the Tribe's plan to blend fuel on site preempts state taxation. This is important since, if it does, the Tribe would be able to enact its own tax without state interference. Currently this tax is 28 cents per gallon. The KTP is also working on a card system that will allow tribal members to have a card to buy gasoline at the pump with the tribal discount. This will allow cardholders with a credit or debit card 24 hour access to gasoline or diesel.

The drive through is open and doing well, and lines inside the KTP have been significantly reduced without adding additional personnel. The KTP hours have also been extended later into the evening.

The manufacturing plant is still plodding along. The manufacturing machines will take about one month longer to get than originally planned, pushing the schedule back at least one month. The opening is now estimated to be in August. But we have decided to develop our brand sooner through a cooperative agreement with Virginia Brands. Virginia Brands is manufacturing one of our brands, Complete, this month. Log on to skookumcreek.com to see the look of the packaging. This web site was set up so that we could let people see the packaging, we plan to work on a better and more comprehensive site soon. If you have questions or concerns contact Bob Whitener or Bryan Johnson for information.

**Have You Visited
Your Web Site Lately?**
www.squaxinland.org

Have a Graduating Senior in the Family?

Time to get busy on their button robe

WORKSHOPS: SMS ART ROOM 6:00
February 10 & 24
March 23
April 13 & 27
May 4, 11, 18 & 25

Daily News

If you are interested in receiving tribal news on a daily basis with information on events and activities, tides and other things, please call Theresa Henderson at 432-3945 or JeNene Miller at 432-3820 and give us your email address. We'll get you on the list to begin receiving the Daily Scoop the next day.

Thank you.

Elder Needs a Designated Clam Digger

Tribal Elder Ron Dailey is in need of a designated clam digger. If you are interested, please call 427-0554. If there's no answer, please leave a message. Thank you.

Narcotics Tips Line

The Squaxin Island Public Safety Department has started a narcotics Tips Line. Any illegal drug information (on or off-reservation) can be reported without leaving your name. Simply call the number below and leave detailed information regarding the activity.

432-3898

?

SPIPA
*Native
Women's
Wellness
Program*

Logo Contest!

*Help us create a logo for the
Native Women's Wellness Program.
First prize is \$150!*

Design should be simple enough to reproduce well. Suggestions:

- Northwest Native style
- Women/women's wellness theme
- Generation-to-generation theme

Deadline is Friday, February 6th at 4:00 p.m.
Send all submissions (with your contact information) to South Puget Intertribal Planning Agency
Attn: Native Women's Wellness Program
2970 S.E. Old Olympic Highway, Shelton, WA 98584



New Years Eve Powwow

Marcella Castro - The powwow turned out well, even though we had some snow that impacted people and kept them from coming. We ended up with 140 people showing up throughout the day. We got started about 1:00 p.m. and ended at 11:00 p.m. due to the roads turning icy. We had some people come from Monroe and Rainier. I guess the weather doesn't stop the powwow rush.

Our honorary drum group was Midnight Echo, a group of our own tribal members - Andrew Cooper, Alan Cooper, Billy Yocash, Joseph Rivera and Madeena Rivera. Neil Blueback was the leader of the drum group and he did a great job. There were a few more drummers from Wa-He-Lut School including, Christopher Gardi-pee and Rikki Sutterliet. I am so proud of how our kids did on the drum. They were there from the beginning to the end.

There was also a drum group called Lonesome Creek that traveled from LaPush. They were good too.

We gave out incentive T-shirts to people who came to the powwow, and had a raffle for children as well as the adults. Rose Algea made her fry bread and chili which we ran out of first.

I want to thank Heidi Chambers, Patty Suskin, Gloria Hill, Charlene Cooper, Vanessa Algea, Ed Cooper, Abel Castro, Chickie Rivera and Madeena Ri-



vera for all their help. I especially want to thank Brooks Farrell for coming in to set up the PA system for us on his day off. What a guy! I also want to especially thank my mom, Rose. I couldn't have done this without you. Thank you. Thanks to everyone else I may have forgotten to mention that helped me out at the powwow.

I'm just so happy that our people had a good time. It was fun to watch the kids dance and enjoy themselves.





Water and the Legislature *Governor Commits to Development of State/Tribal Process*

Governor Locke committed to work with tribes to develop a government-to-government process to improve water management in a state/tribal meeting here Friday evening, after being criticized by tribal officials for supporting two anti-environment water bills last session as well as two proposed for this year's session.

"I hear your concerns," said the Governor, committing himself and his staff to work with the tribes to find consensus through the legislative session. "If, at the end, we don't have a good bill, we'll give up," he said regarding this year's proposed water legislation "We'll walk away."

"I don't want a repeat of last year," the Governor said several times, referring to what tribes referred to as a woefully inadequate process between the state and tribes in the passage of a municipal water rights bill, HB 1338, and a water quality/quantity bill, SB 5028. The tribes consistently held throughout the 2003 State Legislative Session that both bills served a few interests at the expense of everyone else and the environment.

HB 1338, for example, made fundamental changes in water law, providing some certainty of water availability to growing populations in King, Pierce and Snohomish Counties, but diminishing instream water flows needed by fish and wildlife in the process.

"Everyone, regardless of who they are, relies on fish and wildlife populations for their health and well-being," said Billy Frank, Jr., chairman of the Northwest Indian Fisheries Commission. "Fish and wildlife gauge the quality of life throughout the Northwest."

"If people want cool, clean water to drink, they want to have salmon in the rivers," added State Representative John McCoy, also a Tulalip Tribal member who opposed the legislation. "Nobody was listening in the legislature. There was no give and take," McCoy said in reference to the process that moved the water bills in the 2003 session.

The two bills the governor has proposed to introduce this year pertain to

the protection of instream flows and the "modernization" of laws pertaining to "use it or lose it" or water right relinquishment. One of the primary problems the tribes pointed out about the Governor's proposed instream flow bill is that it simply calls for a process and uncertainty in implementation, whereas last year's bills made fundamental changes in law for out-of-stream interests.

"It's a matter of equity," said Frank.

One of the primary concerns the tribes had with the relinquishment bill was that it would change 150 years of law, the bottom line of which is expanded water take from rivers that are already over-exploited.

Terry Williams of the Tulalip Tribes said state efforts to secure more water without a meaningful government-to-government process with tribes violates federally protected treaty law. Tulalip is working to introduce federal legislation to support the development of state-tribal agreements, based on federal treaty law. A counterpart bill was to be introduced in the state legislature by McCoy today.

"We want to be clear about this," said Williams. "The state has been giving away water it doesn't own through 1338 and other bills. We've been involved in water discussions for the past 25 or 30 years. We have articulated our principles and we've always worked to get meaningful processes that are acceptable to the tribes and the state. But never has there been an adequate discussion about government-to-government decision-making."

The tribes cautiously accepted the Governor's offer to work toward such

a process in water management, and welcomed his offer to "walk away" from his proposed water legislation if consensus isn't reached with them.

Contact: Steve Robinson (360) 438-1180, ext. 317 srobinson@nwifc.org

Ecology Maps Pollution *In South Sound, Budd Inlet Shows Up Most On List*

John Dodge, The Olympian - The state Department of Ecology has developed the most comprehensive picture to date of pollution problems in state waters.

Armed with 32,165 pieces of data, the agency has identified 2,682 lakes, stream segments and marine water locations that fail to meet one or more standards for such things as fecal coliform, toxic chemicals, dissolved oxygen, temperature and heavy metals.

In South Sound, more than 25 bodies of water are on the pollution list. Budd Inlet shows up most often, with 50 listings representing multiple sites in the inlet.

Community consequences

When a body of water such as Budd Inlet lands on the impaired water quality list, it can have significant consequences for a community.

For instance, the fact Budd Inlet is on the water quality hit list is likely to prohibit the LOTT Wastewater Alliance from boosting the volume of wastewater it's permitted to discharge there.

Other major South Sound water bodies on the list include the Deschutes River; Woodland, McLane, Indian and Moxlie creeks; and Ward, McIntosh, Long, Pattison and Lawrence lakes.

"This is our broadest look yet at the condition of Washington's waters," said Dick Wallace, manager of Ecology's water quality programs.

In 1998, the last time Ecology did a similar assessment, the department had about 10 percent as much data as it does this time.





NATURAL RESOURCES



"We can't say if overall water quality is getting better or getting worse," Ecology's Sandy Howard said. "But we're getting a closer look at it."

Environmentalists are less hesitant to voice an opinion.

"The rapid urbanization we've seen on the I-5 corridor has exacerbated a lot of the water quality problems," said Bruce Wishart of People for Puget Sound. "There are some success stories, but the problems have grown worse."

Some good news

Nineteen percent of the 2,362 listings from 1998 no longer show signs of pollution, Wallace said.

In South Sound, that includes the lower Nisqually Reach, which the state Department of Health was able to reopen to shellfish harvesting in 2002 after reductions were made in the amount of fecal coliform entering marine waters from failing septic tanks, stormwater runoff and livestock waste.

Ecology uses the assessment to set priorities for moving forward with water cleanup plans, often at the watershed level.

Ecology and its community partners have completed 293 cleanup plans since 1998. Ecology is under a legal deadline to complete 400 more over the next decade.

Lack of enforcement is still a problem with cleanup plans, said People for Puget Sound program director Naki Stevens.

"It makes you wonder: Are they focusing on the quantity of cleanup plans or the quality?"

For a comprehensive listing of water quality data throughout the state, including South Sound, visit www.ecy.wa.gov/programs/wq/303d/2002/2002-index.html.

Dirty-water swimmer

A man who swims in dirty water to demonstrate a point swam in Budd Inlet on Jan. 23. Christopher Swain, who swam the 1,243-mile Columbia River in 165 days in 2003, swam Budd Inlet to Percival Landing, then gave a presentation at The Olympia Center, 222 Columbia St. N.W. In his Columbia River journey, Swain

faced blizzards, rapids, storms, nuclear waste and sewage, Olympia city officials said. The United Nations gave him the International Earth Day award in March 2003.

On the Web

Washington State Department of Ecology:
<http://www.ecy.wa.gov/>



Shellfish Growers Get Good News

JOHN DODGE THE OLYMPIAN - Shellfish growers in north Oakland Bay breathed a little easier in late January after learning water quality samples taken from Malaney Creek showed low levels of bacterial contamination.

Mason County health officials tested water in the creek upon the arrest of a Mason County septic hauler charged with illegally emptying loads of septic sludge on his Malaney Creek property.

The creek flows into north Oakland Bay, which is home to 40 percent of the state's commercial Manila clam population.

The state Department of Health closed the area to shellfish harvesting as a precaution.

The creek samples near the home of the accused dumper, George Harmon, 44, showed levels of eight and 17 fecal coliform pieces per 100 milliliters of water. The fecal coliform water quality standard for streams is no more than 100 fecal coliform per 100 milliliters.

Readings ranging from 30 to 220 fecal coliform per 100 milliliters were found upland and in a forested area next to the stream and wetlands on Harmon's property, said health environmental engineer Frank Meriwether.

"Our concern is the runoff of sewage sludge into the creek," Meriwether said.

Meriwether also reviewed two years' worth of monthly water quality data from several marine water stations in north Oakland Bay to see if there were any unusual spikes in fecal coliform that could be associated with contamination reaching the bay. He didn't find any.

For samples taken in marine shellfish growing areas, the geometric mean for fecal coliform is not to exceed 14 per 100 milliliters of water.

Harmon got paid for transporting the sludge from the plants to an approved disposal site. That didn't always happen.

Mason County official suspected overbilling and requested Harmon produce trip tickets to Bio Recycling Corporation where the biosolids were to be taken. Harmon was to pay for the disposal and submit bills to the county for repayment. Bio Recycling said Harmon brought in about 12,000 gallons, significantly less than what he billed the county.

NOTE: Squaxin Island Shellfish Biologist Ian Child said all testing done to date as a result of the sludge dumping showed no signs of increased pollution. Regularly scheduled ambient water quality monitoring in the salt water will continue as usual from now on. In addition, John Konovsky will be working with the Environmental Protection agency (EPA) and the Department of Ecology to conduct fresh water monitoring for metals and viruses in upland areas.

Natural Resources Hotline
360-432-3899



SPIPA Breast Cancer Awareness Program Receives Grant

Local Organization Recognized With Support From National Program

The Avon Foundation Breast Care Fund has awarded a \$40,000 one-year grant to the South Puget Intertribal Planning Agency (SPIPA) to increase awareness of the life-saving benefits of early detection of breast cancer. It is the third year that the program has received Avon Foundation funding to support its work on this important health issue.

The Native Women's Wellness Program at SPIPA educates women of the Chehalis, Nisqually, Shoalwater Bay, Skokomish, and Squaxin Island Tribes and provides free mammograms and clinical breast exams for eligible women at the tribal clinics.

Since 1994, SPIPA's Native Women's Wellness Program has reached thousands of Native women with information about the importance of early detection of breast cancer. It has also provided 2,582 mammograms and 3,823 clinical breast exams.

Before the program, only a fraction of women in the five tribes were receiving any kind of screening, education, or outreach services for breast and cervical health. Nationwide, health outcomes may be worse for Native women with breast and cervical cancer than for other races. The Native Women's Wellness Program plays an important role in reversing that trend for women of the five tribes.

Breast cancer is the most common form of cancer in women in the U.S., and the leading single cause of death overall in women between the ages of 40 and 55. Thirty to 40 percent of breast cancer deaths could be prevented if all women practiced the three early detection steps: the American Cancer Society (ACS) recommends annual mammograms beginning at age 40, annual clinical breast exams beginning at age 20 and monthly breast self-examinations beginning at age 20. According to the ACS, the majority of women who don't comply with these guidelines are poor and underserved women.

"Many factors, such as fear, cost, cultural traditions, and lack of cultural sensitivity within the off-reservation health care system, keep Native women from practicing good breast health," says Reva Wittenberg, Native Women's Wellness Program Coordinator for the South Puget Intertribal Planning Agency. "There is a tremendous need to reach Native American women with information and resources," adds Wittenberg. "We are grateful that Avon shares this mission, and has chosen to support our program."

The Avon Foundation has funded more than 800 community-based programs across the United States in more than 10 years, including the Native Women's Wellness Program at South Puget Intertribal Planning Agency. These programs are dedicated to educating underserved women about breast cancer and linking them with early detection screening services.

The Avon Foundation Breast Cancer Crusade

The Avon Foundation Breast Care Fund is made possible with a gift from the Avon Foundation, with funds raised by the Avon Foundation Breast Cancer Crusade. From 1992 through October

2002, the Avon Crusade returned \$250,000,000 net to breast cancer research and care organizations worldwide. Funds are raised through a wide variety of special events, product sales, walks, runs, concerts and other marketing initiatives worldwide.

The Avon Foundation Breast Care Fund is administered by Cicatelli Associates Inc. to support community-based, non-profit breast health programs across the country. The Fund's National Advisory Board selected the Native Women's Wellness Program at South Puget Intertribal Planning Agency as one of 106 new grant recipients nationwide in the 2004 cycle of Avon Foundation Breast Care Fund grants. These organizations were chosen based on their ability to effectively reach women, particularly minority, low-income, and older women, who are often medically underserved.

For more information on the Native Women's Wellness Program at South Puget Intertribal Planning Agency, please call Reva Wittenberg at (360) 426-3990 x213. For more information about breast cancer, contact the American Cancer Society at 1-800-ACS-2345 or www.cancer.org or the National Cancer Institute at 1-800-4-CANCER or www.cancer.gov.

For the name of the nearest Avon Representative, or to learn more about Avon products and programs, please call 1-800-FOR-AVON. To register to walk, crew or volunteer, or to pledge financial support for the new Avon Walk for Breast Cancer events, visit www.avonwalk.org or call 1-877-WALK-AVON. For information on the Avon Foundation, visit www.avonfoundation.org.



Some Words of Thanks

We would like to extend our deep appreciation and thanks to the Squaxin Island Tribe, their members and employees for their heartfelt condolences, cards and flowers sent to us in the recent passing of our loved one.

We would like you to know how much Louise cared about so many of you. You may remember her from the little Kamilche School where she was always one of the moms involved with all sorts of projects, even sewing curtains and cheerleading uniforms or from the Espresso Bar where she would greet you with a smile and hugs and kisses any chance she got!

She loved her community and the people in it. Thank you again.

Your friends and neighbors
Wayne Clary and family



LEARNING CENTER



Scholarship Corner

AIGC/College Horizons

pre-graduate school program

College Horizons Graduate Program is a four-day "crash course" for Native college students (or graduates) in preparing for graduate school. Students must be Native American (enrolled members only), Native Alaskan or Native Hawaiian from throughout the U.S. Students will be selected by application: a minimum GPA of 3.0 is required. Priority application deadline is February 13, 2004; second round deadline is March 1, 2004. Complete program cost is \$100 (includes tuition, room, board and all materials). Substantial funds are available for travel and tuition assistance.

Washington State Trial Lawyers

\$2,500

Deadline 03/15/04

U.S. Bank Scholarship

usbank.com/studentbanking

Deadline 02/28/04

Wells Fargo

100 @ \$1,000

wellsfargo.com/collegesteps

Ewing C. Scholarship

\$2,500

Deadline 02/14/04

University of Idaho

Deadline 02/15/04

Washington State PTA

\$2,000 & \$1,000

Deadline 02/14/04

American Legion Scholarships

\$138,000 Nation Wide

Imagine/Commitment to Agriculture

100 @ \$1,500

Deadline 02/15/04

WASA/PEMCO

3 @ \$4,000

Deadline 03/15/04

St. Martin's Merit Scholarships

www.stmartin.edu

University of Portland

\$7,000-\$12,000 per year

www.admission@vp.edu

WASA/PEMCO 3@ \$4,000

Career in Education

Deadline 03/05/04

Best Buy

www.bestbuy.com

click on "community relations"

Deadline 02/15/04

Sammy 2004/Got Milk?

www.whymilk.com

Deadline 03/05/04

WAVE Scholarship

(Vocational Excellence)

Deadline 02/14/04

NASA Idaho Space

4 year @ \$1,000

Deadline 03/01/04

DeVry University

\$10 million nationwide

Deadline 03/15/04

PSE Employees Scholarship

10 @ \$500

Deadline 03/15/04

Governor's Foster Group

www.waedfoundation.org

Deadline 03/01/04

State PSE

10 @ \$500

Deadline 03/15/04

Education Communication Scholarship

Deadline 05/15/04

Grays Harbor College 2004-05

Deadline 02/13/04

POSSCA Arts Scholarship

10 @ \$1,200

Deadline 03/01/04

Learning Center Update

The Homework Center is open Monday through Thursday from 3:00 to 5:00 p.m. in the TLC. Please have students come to the TLC prepared to work. The main purpose of the Homework Center is to provide students with assistance in completing daily homework assignments and study for tests.

Private Tutoring Sessions are now being offered in the TLC. A certified teacher will be available for private individual tutoring sessions. If your child needs a little extra help in any academic areas, please call to schedule an individual tutoring session. Call Lisa Evans at 432-3882 or stop by the TLC to schedule your appointment.

Reading program sessions are being offered in the TLC every Tuesday and Thursday, between 4:00 and 6:00 p.m. We have state-of-the-art reading curriculum and equipment available. Individual reading sessions can also be scheduled. Contact Lisa Evans at 432-3882 or stop by TLC to schedule your session.

Staff Hours

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

Kim Cooper, Director
8:30 – 5:00 432-3904

Mark Snyder, Youth Coordinator
8:30 – 6:00 432-3872

Walt Archer, Education Liaison
7:30 – 4:00 432-3826

Lisa Evans, Administrative Assistant
8:30 – 5:00 432-3882

Jeremiah George, Cultural Coordinator
10:30 – 7:00 432-3968

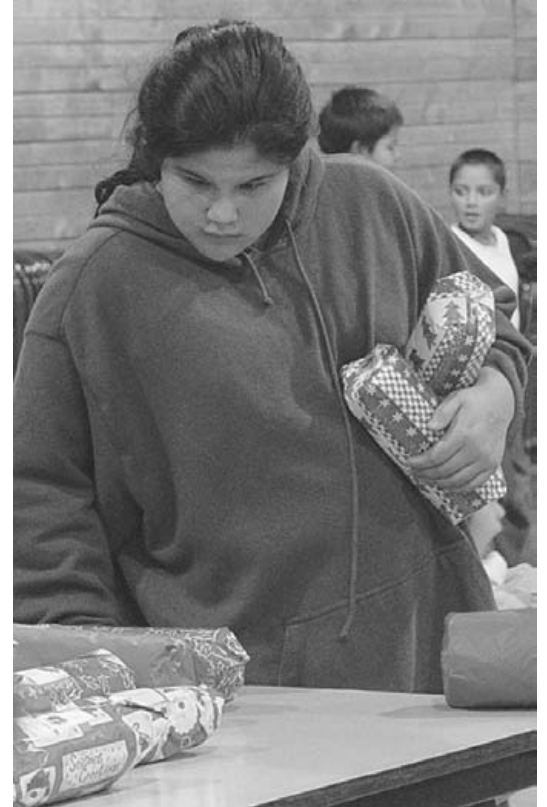
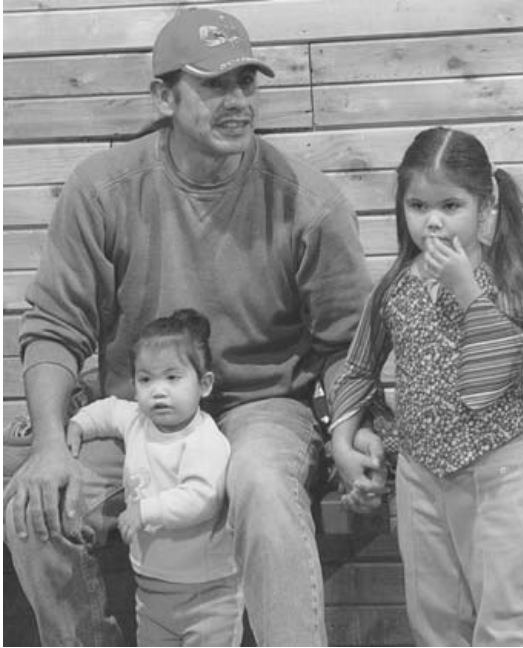
Chris Henry, Volunteer Tutor
Wed. - Sun. 3:00 – 5:00

Patricia Green, Volunteer Tutor
Mon. - Thurs. 4:00 – 6:00

Mandy Valley, Volunteer Reading Tutor
Tues. & Thurs. 4:00 – 6:00 432-3882



CHRISTMAS PARTY





CHRISTMAS PARTY





CHRISTMAS PARTY





Holiday Youth Basketball Tournament

Jeremiah George (including photos) - This year's Squaxin Island Holiday Youth Basketball Tournament was awesome!

A lot of hours had to be put in for it to be possible. Thanks, to those who put in consecutive 15-hour days. You know who you are.

There was a lot of talent out on the floor for every game. There were even a couple of ten year-olds who played in every age bracket. When more than one team from another reservation asks you to play with them and your only ten, you know your good.

The Squaxin teams did better than expected. Even the 16 & under team competed with a team that had older than 16 year-old kids playing.

There were some controversies, as with any tourney. One kid was put on the spot by his mom when carded about his age, then the team who carded him tried to put an older kid of their own in the same game (Much to the delight of Mark). An eleven year-old held her own against an older girl who liked bullying younger, smaller kids (Much to the delight of professional wrestling scouts in the bleachers). But for all the controversy and parents living their dreams through their kids, it was a great showcase of talent.

In the next few years, be on the lookout, because if these kids keep with it, there's going to be a Native American in the NBA or WNBA!



What is OxyContin?

Submitted by Misti Saenz-Garcia - OxyContin is the trade name for the drug oxycodone hydrochloride. It is an opiate agonist, which means that it provides pain relief by acting upon the opioid receptors in the brain. Opioids are the most powerful pain relievers available. OxyContin is made by modifying an alkaloid found in opium. OxyContin is usually prescribed for pain relief associated with injuries, bursitis, dislocations, fractures, arthritis, and back pain.

OxyContin is a central nervous system depressor. It works by stimulating the opioid receptors that in turn cause feelings of pain relief and euphoria in the user. Using the drug repeatedly will lead to development of a tolerance/resistance to it.

OxyContin is taken orally, in tablet form. It is a controlled-release drug that works over the course of 12 hours. Side effects of OxyContin include drowsiness, constipation, blurred vision, and slowed mental ability. It is available in 10mg., 20mg., 40mg., 80mg., and 160mg. tablets.

OxyContin Abuse

The power painkiller OxyContin is being abused by more and more people across the nation. The heroin-like effects of the drug attract both legitimate and illegitimate users.

There have been over 100 deaths linked to OxyContin abuse. In many of the cases, death was the result of taking a mixture of drugs - alcohol or other drugs in addition to OxyContin resulted in the overdose.





HEALTH & HUMAN SERVICES



Happy Valentine's Day!

Can you say "I LOVE ME" this Valentine's Day by doing **something healthy for YOU** as Paula Henry did when she quit smoking 9 years ago on February 14th?

YOU CAN CHOOSE TO LEAD A HEALTHIER LIFE!

(just as Paula did 9 years ago)

Here are some ideas of healthy actions you could start on February 14th:

- **Schedule your annual mammogram** (call Rose Algea at 432-3930)
- **Get a pap smear** (call for an appt. at 427-9006)
- **Get help to quit smoking** (Call the clinic to set up smoking assessment with Michelle Wiley, RDH at 427-9006) or call the Tobacco Quit Line at 1-877-270-7867

- **Get help to quit drinking** (call the NW Indian Treatment center's outpatient program at 426-1582)
- **Schedule a dental appt.** (call Michelle Wiley at 427-9006 if you are eligible for services at the Clinic)
- **Get help to quit drugs** (call the treatment center at 426-1582)
- **Start walking** (meet at the Elder's building on Thursdays at 12:40 pm short walk till 1:00 p.m. or call Patty Suskin at 432-3929 to find out about more community walks (next one is Feb 23rd at 10:30 at the Clinic)
- **Eat healthier** (see this month's article, Motivation Boosters, several January Klah-Che-Min articles & other back issues for more suggestions, check the www.squaxinland.org web site to read

Klah-Che-Min online or call Patty Suskin for an appt 432-3929)

- **Feeling stressed? Depressed?** Give us a call - Brenda or Heidi at 427-9006
- **See your doctor for a check up or physical** (call 427-9006 for an appt at the clinic)
- **Talk with someone about domestic violence** (call Gloria Hill at 432-3927)

Every step you take is one step closer to better health. What is your first step? Write it here:

MEAL PROGRAM MENU

A salad bar will be available at each meal, as well as fresh fruit or fruit salad. Beverages available each meal: 2% milk, fat free milk, crystal light, water, coffee, tea, hot chocolate. Sandwiches are available on request instead of the entrée listed. Want seconds? - Just ask or help yourself! Free to seniors 55 and older and \$3 for all others.

Food Group	Monday	Wednesday	Thursday
Meat	French Bread Pizza ²	Beef Stew ⁴	BBQ Chicken ⁵
Vegetable	Cole Slaw	Veggies in Stew	Petite Green Beans
Grains/Bread		Bisquits	Baby Red Potatoes
Meat	Baked Potato Bar & Chili ⁹	Pork Chops ¹¹	Roast Beef - for Valentine's ¹²
Vegetable	Copper Pennies Salad	Steamed Broccoli	Peas and Mashed Potatoes
Grains/Bread	Potatoes	Orzo Pilaf	Wheat Rolls
Meat	Sandwich Bar Day ¹⁶	Breakfast Dinner - Sausage ¹⁸	Chalupas ¹⁹
Vegetable	Broccoli & Cauliflower Salad	Veggies with Dip	Corn
Grains/Bread	Navy Bean Soup/Rolls	Blueberry Pancakes	Pintos, Rice, Chips
Meat	²³	²⁵	²⁶
Vegetable	No Meal Service This Week	No Meal Service This Week	No Meal Service This Week
Grains/Bread	Cooks in Training IHS sponsored "Promoting Good --Nutrition in Tribal Meal Programs"		



Clinic Closure

The clinic will be
CLOSED
February 16th
for President's Day

Mammogram Days

February 12th
March 25th

To schedule an appointment,
call Rose Algea at 432-3930

Walk to the Olympic Peninsula Tribes *Wellness One Step at a Time*

TRIBE TRIVIA

Did you have a setback in your activity over the holiday season? Do not despair - its time to get back to taking care of yourself. Here is the path you may be on for the Walk to Olympic Peninsula. If you are not to Nisqually yet, keep on moving at your own pace till you reach Squaxin Island Tribe (home). Call Patty or stop by when you finish to pick up your "I WALKED" shirt!

NISQUALLY TRIBE

(Weeks 16 and 17 and home through February 12)

Through the Treaty of Medicine Creek, the allotment of the land to individual tribal families began in 1884. In 1917 the U.S. military, through condemnation proceedings, took 3,370 acres for the Fort Lewis Military Reserve. Today, nearly 300 Nisqually have returned to their homelands and have begun to re-establish their culture and community. The Tribe adopted a constitution in 1946, according to the 1934 Indian Reorganization Act.

Motivation Boosters:

10 ways make your New Year's resolutions stick

1. Get started today.

Waiting for next Monday, next week or any time in the future delays the time that you will start to feel better. Commit to your health right now – and for the rest of your life.

2. Do it for yourself.

Trying to change for someone else usually ends in no change at all. The strongest reasons are ones that are important to you – not to a parent, spouse, child or friend.

3. Make health a priority.

No time to eat right or be active? All of us have time; it's a question of how we spend it. Move health up on your priority list, and you'll have more energy for everything else too!

4. Set realistic goals.

Getting a model-perfect body isn't realistic for most of us (despite what the ads say). Set yourself up for success with achievable goals – and you'll stick with the program longer.

5. Make small changes.

Small changes work better than giant leaps and, over time, they make a big difference. Break behaviors down into smaller "bites" – and work on them one at a time.

6. Expect to be successful.

Plan for success rather than failure. Positive self-talk and an enthusiastic approach are often self-fulfilling prophecies. Reviewing past failures is a recipe for disaster.

7. Ask for support.

Supportive people can help you stay with your plan. You can take a class, join a group, or just hook up with a good friend (or family member) who also wants to make a change.

8. Consult an expert.

The right "coach" can make all the difference in your attitude and progress. Find a health care provider you feel comfortable with. At the clinic, we have

Dr. Sine, Tiff, Pam, & Tonya, (medical), Brenda & Heidi, (mental health) Michele, (dental & tobacco) & Patty (nutrition, diabetes and fitness). Call 427-9006.

9. Track your progress.

Research shows that tracking changes is a real motivator. Pick a convenient place to write down how you're doing, like notes on a calendar or in your computer scheduler.

10. Celebrate every success.

Rewards and positive feedback work for kids – and adults too! Choose several ways to give yourself pats on the back, like saving for a massage or spending time with a friend.

Provided by Eat Right Montana

Submitted by Patty Suskin,

Diabetes Coordinator (360)432-3929

Use the Fitness Center!

Exercising is easy – even in the winter – if you use the Squaxin Island Fitness Center. The center has all of the state-of-the-art equipment you need regardless of your fitness level. If you would like to give it a try, you must first get a brief orientation. Fitness Center Orientations are held on Tuesdays at 4:00 p.m. Call Jen for an appointment at 427-9006.

Food Vouchers

Available

Contact

Marcella Castro

at 432-3931



HEALTH & HUMAN SERVICES



Upcoming Events

Enjoying your "Walk"
to the Olympic Peninsula Tribes?
Keep on increasing those steps!
Call a friend, bring an umbrella and
enjoy better health!

Meet every Thursday
Elder's Building at 12:40 p.m.
for a brief walk.

Walk the Rez

Monday, February 23
Bloomfield or T'Peeksin Loop
A great way to start your week!
1.2 or 2.8 mile walk
Meet at the Health Clinic at 10:30 a.m.
Back in time for Elders/Senior Lunch
Go at your own pace
Bring a friend
Bundle up & bring an umbrella!

Yoga on Thursdays for Six Weeks

January 29 through March 4
4:15 to 5:30
MLRC Simpson Conference Room
All levels
Come when you can
Some mats provided
Bring a mat if you have one

Eating on the Run

Healthy Tips for Busy People
Wednesday, February 25
Noon to 1:00 p.m.
Elder's Building

Coming in March/April

March 24: Carbohydrates, How Much is Healthy?
April 6: Foot Care Day for People with Diabetes

To RSVP or for more info,
contact Patty Suskin,
Diabetes Coordinator, at 432-3929



Congratulations

Liz Kuntz



January Mammogram Day
Raffle Winner!

Free Classes Offered by Providence St. Peter Hospital

10,000 Steps a Day

Research indicates that 10,000 steps a day will improve health. Learn how to integrate more physical activity into your normal routine with this one-hour class. We will discuss pedometer use, ways to increase your current level of activity and hiking and walking opportunities in Thurston County.

Saturday, Feb. 21 at 11:00 a.m. Fitness Center Classroom. Free. Call 360/493/7768.

Healthy Heart Walk and Bike

Join us on Feb. 14 or 15 for a free Healthy Heart Walk and Bike sponsored by the Capitol Volkssport Club. Choose from a 5K or 10K walk or a 25K bike ride. The route begins at Providence St. Peter Hospital Fitness Center, goes through the hospital campus and down the Chehalis Western Trail. Join us anytime from 8:00 a.m. to 1:00 p.m. either day.

For details about the walks, call Renee Hunter at 360/280-4889. For information about the bicycling event, call Lee Smith at 360/438-2893.

Congratulations

Tamika Green



January Women's Health
Raffle Winner!

Poison Control Center

If you suspect your child has swallowed or inhaled a household chemical or medicine
Call 800-222-1222

Any time of day or night

*Join hands, walk in harmony,
keep the peace*



Inter-Tribal Warrior Society

Indian veterans and active-duty military,
your families and friends

We would be honored for you
to join our group.

For more information, contact
Sonny Bargala (Secretary)
toll-free at (866) 685-4400
Bob Sison (Chaplain) at (360) 456-8961
or at Squaxin, contact
Will Penn or Lynn Scroggins
at (360) 426-9781



Fetal Alcohol Syndrome

Children with FAS have significant behavioral, emotional, and learning difficulties that can best be understood as a deficit in processing information: recording information (bringing it into the brain), interpreting information, storing the information in memory for later use, and using the information to guide language and movement.

At the Children's Research Triangle we want to move away from "blaming." We want parents and children to understand there is a reason for every behavior; no child is trying to be bad. We want parents to look beyond the behaviors they see and understand what is behind those behaviors. We want children to recognize "cues" as to the way they feel so that they can learn to manage their own behaviors.

The staff at Children's Research Triangle offer comprehensive evaluation and treatment for children at risk for FAS. We are committed to the healthy development of children and their families and believe it is never too late to start improving children's lives with our proven medical and therapeutic strategies.

To arrange for an appointment or a long distance telephone conference with a staff member at Children's Research

A Survivor of Domestic Violence

February 14, 1998

Submitted by Gloria Hill

My heart is the symbol of who I am.

It is the core of my being.

*It stands for all that I have seen,
all that I am and all that I will be.*

Today is Valentine's Day.

Today I gave myself a gift;

I loved myself again.

I will take care of myself.

I will be my own best friend.

Today we talked, we laughed and we cried.

Just me and I.

Me and I spent the entire day together.

We chatted over coffee.

*We watched the flowers and candies
being given as tokens of love.*

Me and I sat quietly.

Me and I were alone, but we were not lonely.

We had each other.

We gave each other the greatest gift of all.

Today the wounds in my heart are deep.

*For the moment I will neatly put away
this heart of mine, giving much time to heal.*

*This "moment" may last a lifetime,
but for today I found true love.*

Today I stand alone, me and I.

- Connie Sue

Free and Low Cost Ways to Save Energy

Submitted by Marcella Castro

Courtesy of Mason County PUD 3

- Use cold water for laundry.
- Hang clothes outside to dry.
- Keep dryer lint trap clean at all times for the dryer to work at the highest efficiency.
- Close draperies and blinds to keep heat in during the winter months and keep your home cool in summer months.
- Use the "Energy Saver" feature on the dishwasher.
- Only run the dishwasher when full.
- Keep the freezer as full as possible.
- Limit time in the shower.
- Layered clothing during winter months will keep you warmer.
- When preparing a meal, make enough for leftovers. It is cheaper to reheat leftovers than to prepare another meal.
- Set water heater at 120 degrees.
- Vacuum heater and vent registers.
- Turn lights off in rooms not being used.
- Consolidate refrigerators and freezers.
- Caulk windows.
- Weather-strip doors.
- Wrap water pipes.
- Use shrink-wrap on drafty windows.
- Seal and wrap heating ducts.
- Change furnace filters regularly.
- Replace incandescent bulbs with new energy efficient fluorescent bulbs.
- Be sure to close the fireplace damper.

In Case of Choking

If your child is choking but can talk, cry or breathe, his airway is only partially blocked. Don't try to unblock it, which might make the problem worse. He'll probably cough up whatever's choking him.

Call 911 right away if he shows any of these signs: blue lips or skin; inability to swallow, talk, cry, make noise or breathe; or loss of consciousness.

STEP ONE: While waiting for emergency help, apply CPR. It's best if you've taken a course, but here's what to do for a conscious baby under age 1: Lay him face down on your forearm, which rests on your thigh. Support his chin with one hand, with his head lower than his torso.

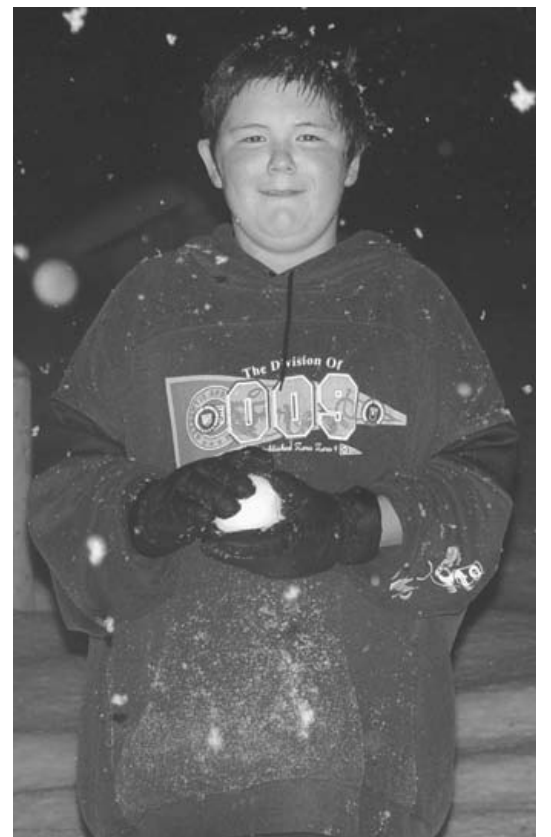
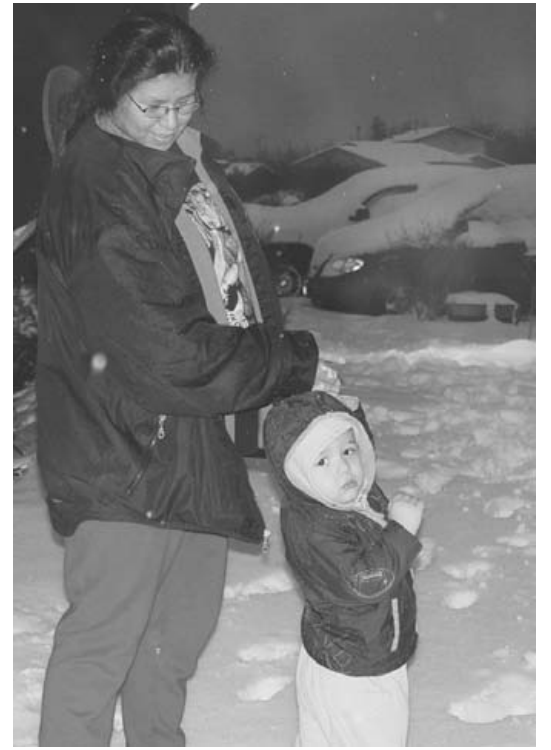
STEP TWO: If he doesn't cough up the object, turn him on his back. Now, with two fingers, deliver five quick thrusts to the center of his chest, right on the breastbone, a fingerbreadth below the nipples.

STEP THREE: If he still can't breathe, alternate between back blows and chest thrusts until the airway is clear or help arrives.

When shopping for a new appliance, don't forget to take into account hidden energy costs. The appliance with the lowest price tag may not be the most efficient, or save you the most money in the long run. Look for appliances with the ENERGY STAR label and talk to salespeople about the best energy buy. By federal law, these new appliances have energy-efficiency labels: Refrigerators, dishwashers, water heaters, clothes washers, freezers, furnaces, room and central air conditioners.



SNOW MUCH FUN



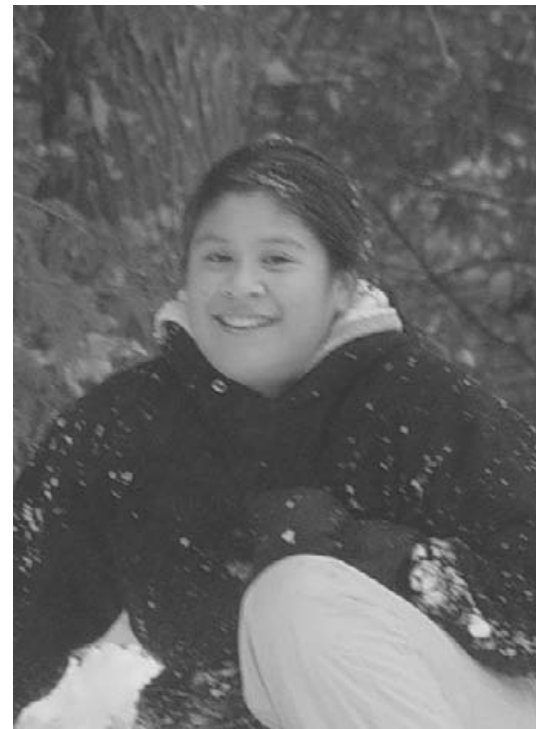
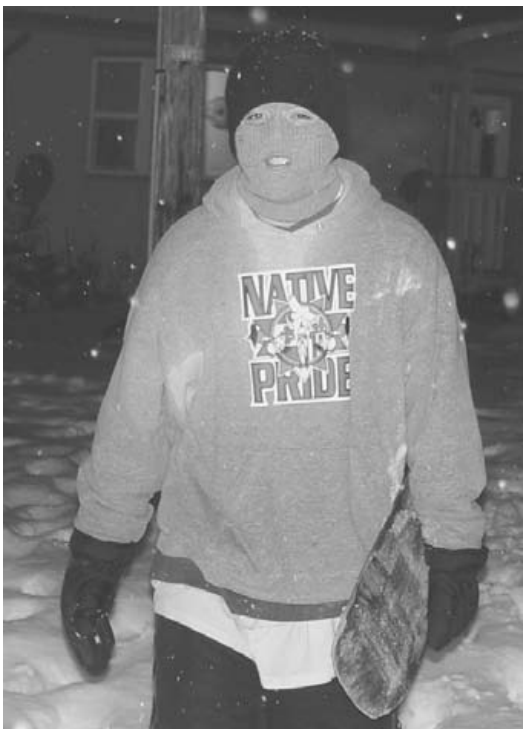


SNOW MUCH FUN





SNOW MUCH FUN





SNOW MUCH FUN



Yeah! Snow!!!





My Hunting Trip

How it really happened

Submitted by Debbie Obi

1:00 a.m. Alarm clock rings.
2:00 a.m. Hunting partners arrive. Drag me out of bed.
2:30 a.m. Throw everything except kitchen sink in the pickup.
3:00 a.m. Leave for the deep woods.
3:15 a.m. Drive back home and pick up gun.
3:30 a.m. Drive like hell to get to the woods before daylight.
4:00 a.m. Set up camp. Forgot damn tent.
4:30 a.m. Head into woods.
6:05 a.m. See eight elk.
6:06 a.m. Take aim and squeeze trigger.
6:08 a.m. Load gun while watching elk go over hill.
8:00 a.m. Head back to camp.
9:00 a.m. Still looking for camp.
10:00 a.m. Realize I don't know where camp is!
Noon Fire gun for help. Eat wild berries.
12:15 p.m. Run out of bullets. Eight elk come back.
12:20 p.m. Strange feeling in stomach.
12:30 p.m. Realized I ate poison berries.
12:45 p.m. Rescued!
12:55 p.m. Rushed to hospital to have stomach pumped.
3:00 p.m. Arrive back in camp.
3:30 p.m. Leave camp to kill elk.
4:00 p.m. Return to camp for bullets.
4:01 p.m. Load gun. Leave camp again.
5:00 p.m. Empty gun on bird that's bugging me.
6:01 p.m. Load gun.
6:02 p.m. Fire gun.
6:03 p.m. One dead pickup truck.
6:05 p.m. Hunting partner returns to camp dragging elk.
6:06 p.m. Repress strong desire to shoot hunting partner.
6:15 p.m. Take pickup. Leave partner and his elk in the woods.
6:25 p.m. Pickup boils over. Hole shot in block.
6:26 p.m. Start walking.
6:30 p.m. Stumble and fall. Drop gun in the mud.
6:35 p.m. Meet bear.
6:37 p.m. Fire gun. Blow up barrel (plugged with mud).
6:38 p.m. Cuss and pant!
6:39 p.m. Climb tree.
9:00 p.m. Bear departs. Cuss. Wrap gun around tree.
Midnight Home at last . . .



Help Celebrate the Arrival of the New Harstine Oyster Company Scow

Arrival expected between 1:00 and 2:00 Monday, February 2nd
at Arcadia Boat Launch. See you there?!

Museum Updates

Upcoming Exhibit

The MLRC will be putting together a new exhibit entitled "Rez Kids, A Day in the Life." The exhibit will consist of photos taken by twenty-five kids who will be given cameras for the project. Contact Russel Harper at 432-3839 to sign up!

Drum Group Practice has been moved to the MLRC

It's still on Wednesday nights at 6:00

Support Your MLRC

Become a member!

Call Dale Clark at 432-3853

Tribal Council Resolutions

03-79: Designates Whitney Jones as the delegate and Paula Henry as the alternate to sit on the American Indian Health Commission for Washington State

03-80: Enrolls Brett and James Orozco

03-81: Enrolls Nicholas Dorey

03-82: Enrolls Tyler Hartwell

03-83: Enrolls Tarvail Davis

03-84: Enrolls Sammantha Smith

03-85: Enrolls Rodney Krise, Jr.

03-86: Enrolls Vernon Kenyon

03-87: Enrolls Christina Shea and Diana VanHoy

03-88: Enrolls Winona and Andrew Crone

03-89: Enrolls Haelee Hernandez-Smith

03-90: Enrolls Mark, Kelly, Robert and Sean Jones

03-91: Enrolls Sophia Pinon

03-92: Enrolls Wendy Bowman

03-93: Enrolls Florence Sigo

03-94: Enrolls Aloha Clark

03-95: Enrolls Kim Kenyon

03-96: Authorizes submission of the Squaxin Island Commerce Economic Development Strategy report to the U.S. Department of Commerce Economic Development Administration which provided a \$30,000 grant to develop the report

03-97: Authorizes submission of a grant application to the State of Washington Community Trade and Economic Development for up to \$100,000 to address the critical need for additional funds to support the Squaxin Island Public Safety and Justice Department in their effort to protect lives and maintain peace

03-98: Authorizes SPIPA to prepare, submit, negotiate, execute and administer with the Department of Health and Human Services, ACF, a grant proposal and agreement for a FY04 Family Violence Prevention Grant of up to \$132,000

03-99: Adopts revisions to the Squaxin Island Gaming Ordinance in the sections on policy, definitions and Internal Revenue Service to scratch the word "reservation" and replace it with the words "Squaxin Island lands," to include lands held in trust, not only for the Tribe, but also "any individual."



Congratulations Connie Whitener



Masters in Organizational Leadership Chapman University

Tribal member Connie Whitener recently received a masters degree in Organizational Leadership from Chapman University and also holds certification in Human Resources management.

Chapman University is located in California, but has campuses at Fort Lewis and McChord Air Fort Base.

Connie was employed as the Training Coordinator at Little Creek Casino when her boss, Mike Farrell, began to encourage her to pursue a masters degree.

"He even drove me to the campus," she said with a warm smile. "I'm very appreciative of that."

Since earning her masters degree, Connie's job title has been modified to Employee Relations/Training Coordinator to better reflect her role within the organization.

"It does make a difference in income too," she said. "Getting a degree really does make a difference."

Connie began working on her degree in 1999 and took one class at a time over a period of approximately three years in order to complete all requirements.

"I would encourage everyone to continue their education," she said. "Most people already have a full plate and it takes some effort to wedge in some space

and time for their education. But its well worth it."

"I'm especially thankful to my family. They have been amazing in allowing me the time to do this. Sometimes they would literally give me the house so I could concentrate on my work."

When asked if she has any additional plans to further her education, she grinned and said, "I do think about it. I think about becoming a doctor (earning a PhD). I think I'll always be in school. They call it life-long learning. That's something I got from my dad (David Whitener was a Professor at the Evergreen State College and a Principal at Makah)."

"I'm currently enrolled in a class through Landmark called Partnership Exploration that looks at how what's going on in your community effects the rest of the world. If my community succeeds, then I succeed. Everything is connected."

Connie is already enrolled in another upcoming class entitled Power and Contribution that encourages students to think globally and for the generations ahead.

"When you plant a tree and know that you will never sit under the shade of it, but that others in the future will, that's power and contribution," she said.

Congratulations Connie!
Job well done!

Little Creek Casino Hotel

The hotel has been filled at approximately 50% occupancy since it opened in late December, which is high for new facilities, according Director Sam Askew. A full scale marketing plan is being developed and will be discussed further in next month's issue, he said.

Special Thanks to Little Creek Casino and KTP

For all the generous donations to the Squaxin Island and community Food Banks!!! Awesome!

Introducing



Kathy Hatch DSHS Liaison

Kathy Hatch, a Native Chippewa who has been employed by the Nisqually Tribe for the past 11 1/2 years, is now working as a Department of Social and Health Services (DSHS) Tribal Liaison.

She will be available Mondays and Wednesdays from 10:00 a.m. to 2:00 p.m. in Paula Henry's office in the Senior Room. Her job is to help tribal and community members with anything that pertains to DSHS.

Kathy can assist with TANF, Work First and just about anything, including filling out forms, processing paperwork and delivering it to caseworkers.

"If you have a question and I don't know the answer, I'll find out!" she said.

"I really enjoy working with Paula," she added. "She's a wonderful lady!"





COMMUNITY



Employee Christmas Party at Little Creek Casino - Photos by Lila Jacobs





Tribe Receives 3-Year Dept. of Justice Grant

The Squaxin Island Planning Department was successful in securing a \$500,000, 3-year grant from the Department of Justice. The grant was funded under the Indian Alcohol and Substance Abuse grant program in an effort to strengthen the Public Safety and Justice systems by working cooperatively with Tribal and outside entities to control and prevent crime associated with alcohol and substance abuse.

The grant will benefit the Squaxin Island Public Safety and Justice Department as well as the Northwest Indian Treatment Center. Funds provided through this grant will allow the Tribe to hire a Probation Coordinator who will work closely with other local and outside entities who will hold offenders accountable to their court order and provide or refer clients to appropriate entities thereby increasing the likelihood of alcohol and substance abuse recovery. The grant also provides funds needed for staff training, equipment and supplies as well as dollars to purchase new computers for the entire Public Safety and Justice staff.

Two other DOJ grant proposals were also submitted by the Planning Department and were successfully funded. The first is the Youth Mental Health Initiative which will serve as the other component of the probation program, but focusing on the youth with emphasis on addressing mental health needs. The award for the Youth Mental Health Initiative was for \$199,977. The second proposal submitted to DOJ was the Court Enhancement grant which was awarded \$62,834 to provide contractual funds for a Public Defender who will provide representation to Squaxin Island Tribal community members. The grant also provisions for training dollars for the Public Safety and Justice staff as well as the Law and Order Committee.

The Planning Department will continue to keep you posted on grants that have been successfully funded.

Tribal Staff Get Bulldozed by D.C. Dinosaurs



Seriously, Northwest Indian Treatment Center employees Rose Blueback (front passenger), Gwen Hildner (back seat) and Gail White Eagle (driver) had this photo taken while they visited the Smithsonian during some free time while attending a Department of Justice conference held in Washington D.C. January 12 - 16.

"The conference gave us an overview of what we can and are expected to do as part of the grant," Rose said.

Northwest Indian Treatment Center staff also meet weekly with the Public Safety Department staff to discuss ways to improve the lives of teenagers involved in the tribal court system.

"This is meant to be a collaborative effort with everyone working together," said Public Safety Department Administrative Assistant Shelley Rawding.

While in D.C., the travelers were also able to visit the Washington monument, the Lincoln Memorial, the nation's capitol and other significant sites.

"We really got to know our way around," Rose said. We walked everywhere! Miles a day!"

Keep up the good work, NWITC, Planners and Public Safety!

Photos Wanted

Does anyone have a photo of Kamilche School where the Trading Post is now?

Does anyone have a photo of the old "New Kamilche" School on the hill on Old 99?

If so, please contact Rose Brownfield, 18731 Nutmeg St SW, Rochester, WA 98579 or 360.273.9414.

Thank you!

New Employee



Nadine Romero
Hydrologist

Hello! I have been on a fascinating path in my career as a hydrogeologist, and nothing could please me more than to be here now serving the Squaxin Island people and the environment!

I came to Washington 13 years ago to work for the Department of Ecology where I became its first senior woman hydrogeologist.

I am vivacious and highly energetic, and I hope the Tribe will help continue to shape me not only as a scientist, but as a policy person and leader. I enjoy my indigenous heritage and roots. I believe these anchor me deeply to mother earth.

I am both a Geologist and Hydrologist and my task in the next few years is to protect precious waters under Treaty and through good science.

I am from Colorado and New Mexico. My mother is Mexican and my father is Native American and Hispanic. I enjoy family geneology and I speak, read and write 4 languages, including cuneiform and Sumerian from ancient Mesopotamia, 3200 B.C. to 2000 B.C.

I love museums! I have a fabulous photo collection of my family taken by pioneer photographers in the Southwest, including my Indian great-grandmothers. Last year I went back east to a big policy school and earned my second master's degree. I was the only Native person/Hispanic in my class of 200 people – and I did outstanding—not for me but for us and the planet!



McDonald's Minority Scholarship Program Omits Indians

James May / Indian Country Today

Submitted by Vicki Kruger

ANCHORAGE, Alaska - This past summer Ahtna Atathabaskan tribal member John Smelcer decided to stop at the local McDonald's for a burger and came out thinking that he found a good scholarship lead for his daughter who is nearing high school graduation.

Tucked away near the nutritional literature that many McDonald's patrons probably would rather not see was a brochure regarding scholarships offered by the philanthropic arm of the burger behemoth known as the Ronald McDonald House Charities.

On the brochure was information about applying for minority scholarships and since his daughter is Indian, Smelcer said he never doubted that this would apply to her.

However, upon further research into the minority scholarships, Smelcer found out American Indians are not among the groups that are eligible to receive the award.

"Of the four officially recognized minority groups, African Americans, Asian Americans and Hispanics, only American Indians are not eligible," said Smelcer.

Smelcer wrote several letters to the McDonald's corporation and eventually received a reply confirming that American Indians are not included among potential recipients of the scholarship.

In a letter dated Dec. 13 provided by Smelcer, Debbie Stone, an official at Ronald McDonald House Charities wrote that American Indians do appear on lists of data collected nationally for people in need. However Stone wrote that the charity "must prioritize how we spend the dollars that we have for scholarships."

Stone goes on to say that the eligible minority groups still require a "tremendous level of assistance."

In another letter, dated Dec. 17, Ronald McDonald House Charities Director Susan Kerr wrote that local chapters of the charity "feel we have the scholarships programs that fit the majority of

their constituents needs right now."

The Albuquerque, N.M. local Ronald McDonald House Charity Director, Sandy Mann claimed her office has suggested a separate American Indian or more general scholarship fund to the Ronald McDonald House Charities headquarters in Oak Brook, Illinois, whom she said have "taken it under advisement" though Mann is hopeful for at least a general scholarship in 2006.

Mann said it would be impossible for her office to do a separate American Indian scholarship because her staff is too small and already has their hands full with various other projects.

Smelcer has no problem with giving a larger amount of the scholarship grant to other minority groups since they constitute a larger number of needy students because of larger populations, but he wonders why they cannot perhaps direct at least a small portion of their scholarship budget to American Indians. In terms of prioritizing needs, Smelcer pointed out that American Indians are perhaps the neediest of all the groups.

For example, he pointed out that only 2.1 percent of American Indians attend college and that American Indian households average about \$12,000 a year less than whites. According to the U.S. Census Bureau only African Americans, as a whole, earn less than American Indians and Alaska Natives, who earn about \$33,000 annually, roughly equal to that of Hispanics.

Meanwhile Asians, one of the groups eligible for the Ronald McDonald House Charities minority scholarships, are the top ethnic income earners at about \$54,000 in average annual income between 2000 and 2002, though this does not reflect income disparities between the various groups of disparate people of Asian national origin.

Woodcutting Permits Have Been Extended to February 29th

New Employees



Lisa Peters

Housing Counselor/ Enrollment

Hi, my name is Lisa Peters I'm happy to be back working for the Tribe. I'm married to Jim Peters and we have 3 daughters, Chazmin, Haley and Addie.

Prior to accepting the position at DCD, I worked for the Washington State Grange Association as the Accountant. Prior to the WSG, some of you may remember me from my accounting position at Island Enterprises.

I'm excited about this new position and look forward to assisting the Community



Kim Heller

Tribal Court Clerk

Hi, I am Kim Heller. I am the new tribal Court Clerk. I previously worked in the Finance Department and for those of you that travel frequently you probably already know me from my duties as the Travel Coordinator. I am very happy to have the opportunity to service the tribe in my new role as Court Clerk



New Employee



Patrick Braese (John) KTP Stocker

Hi, my name is Patrick Braese, and I was recently hired as a Stocker at KTP. I just turned 18 on January 2nd, and I bought a truck with my per capita money. I also own a Cadillac El Dorado.

I enjoy my new job, and seeing all of you when you come in!

* Note: Patrick's mom (Lisa) wants to say how proud she is of him and all of his accomplishments!

Port Says Tainted Totem Pole Will Not Stand

THE OLYMPIAN - Port of Olympia commissioners voted 3-0 January 27th against erecting a welcome pole carved with the help of Doug Tobin, a man convicted in a murder-for-hire case.

About 70 people, most who were opposed to putting up the pole, packed the commission's meeting room before the vote.

The opponents said Tobin, now in prison for his role in a geoduck and crab poaching ring, was unfit to honor as a carver of the pole.

Tobin, a Squaxin Island tribal member, signed a 1997 contract to carve it after serving a prison term for his role in the 1986 murder of Joanne Jirovec, an employee at The Evergreen State College.

Jim Snell, a friend of the Jirovec family, urged commissioners to sell or discard the pole.

"This pole is going to be divisive in the community until my grandkids are

Construction continues on the new administration building
expected to open this March



NCAI Passes a Tribal Free Press Resolution

On Nov 21, 2003, the governing council for the National Congress of American Indians (NCAI) passed a resolution supporting a Free and Independent Native Press. The resolution, sponsored by Lisa and Frank King III, encourages all tribal nations to adopt policies, which ensure Freedom of the Press and further calls upon all tribal governments to pass similar policies that allow the unrestricted flow of information concerning news and news events. As an active member of the Native American Journalists Association, Frank King, said the resolution was a perfect fit for NAJA's ongoing efforts in the fight for a free and unfettered press in Indian country.

See the full resolution in next month's issue of the Klah-Che-Min.

gone," Snell said. "He (Tobin) doesn't deserve any honor. If anyone deserves honor, it's Joanne. She led an exemplary life."

The commissioners held off deciding what to do with the pole. Commission president Paul Telford said the members would decide whether to sell or discard the pole at a later date.

Elders Night Out

Lila Jacobs - On Thursday, December 4th, the Squaxin Elders were invited to the Harlequin production of "The Stardust Calvacade 1943"! It was a very nice production. While everyone seemed interested, only three showed up. The M.C. acknowledged the Squaxin Island Tribe as a new sponsor and the three Elders whooped and hollered. We three Elders appreciated the show. Where were you?





COMMUNITY



Language Classes

Mondays and Tuesdays
Special Classes

Wednesday

11:00 - Noon, Learning Center
12:30 - 3:30, NWITC
4:30 - 6:00, Mary Johns Room

Thursday

11:00 - Noon, Planning Department
3:00 - 5:00, Beginning Class, MLRC

Friday

Morning, Special Sessions
Noon- 2:00, Drop in Tutoring,
Mary Johns Room

For more information,
call Barbara (cicalali) Whitener
H-426-0041
C-490-2720
email: cicalali@hotmail.com



Congratulations & Welcome! Cleveland Gerald Bugg Johnson, Jr.

Born 1-14-04 6:45 a.m.

4 lbs, 15 3/4 oz, 17 inches

To Cleveland and Janita Johnson

Joins his sisters Taelor Johnson

Tenaya Johnson

Kennidi Johnson

Happy Birthday Kim

Love,
Sister

Happy Birthday Michael

Love,
Auntie Terri and Gramma Lizzie

Happy Birthday Winter Raven

Love,
Auntie Terri and Gramma Lizzie

Happy Birthday Mike

Love,
Little Sis Dee

YOUTH CULTURAL ACTIVITIES CALENDAR

1	2	3	4	5	6	7
Language Games 1:00 - 3:00	Closed	Closed	Drop In Language Tutoring 4:30 - 5:30 Drum Group 6 - 8	Youth Council 4:30 - 6:00 Language Games 4:30 - 6:00	Arts & Crafts 4:00 - 6:00 We need help with give-away gifts for the potlatch	Youth Drum Group 2:00 - 3:00
8	9	10	11	12	13	14
Language Games 1:00 - 3:00	Closed	Closed	Drop In Language Tutoring 4:30 - 5:30 Drum Group 6 - 8	Youth Council 4:30 - 6:00 Language Games 4:30 - 6:00	Arts & Crafts 4:00 - 6:00	Closed for Baton Meet
15	16	17	18	19	20	21
Language Games 1:00 - 3:00	Closed	Closed	Drop In Language Tutoring 4:30 - 5:30 Drum Group 6 - 8	Youth Council 4:30 - 6:00 Language Games 4:30 - 6:00	Arts & Crafts 4:00 - 6:00	Youth Drum Group 2:00 - 3:00
22	23	24	25	26	27	28
Language Games 1:00 - 3:00	Closed	Closed	Drop In Language Tutoring 4:30 - 5:30 Drum Group 6 - 8	Youth Council 4:30 - 6:00 Language Games 4:30 - 6:00	Arts & Crafts 4:00 - 6:00	Youth Drum Group 2:00 - 3:00
29	Anyone interested in attending tribal potlatches and other cultural events, please call 432-3872 and leave contact information so we can contact you when we are notified about events. The canoe journey could be a long one this year. We need to start gathering together and planning for support crew, and paddlers should begin conditioning. George Krise needs assistance with finishing the canoe. If you see him, ask him about lending your assistance.					
Language Games 1:00 - 3:00						



HAPPY BIRTHDAY



Harry Johns	2/1	Che-Vonne Obi	2/12	Timothy Linn, Jr.	2/21
Winter Perez	2/1	Rusty Gouin	2/13	Kristopher Peters	2/21
Donald Briggs	2/3	Ramona Mosier	2/13	Steven R. Peters	2/21
Mistifawn Martinez	2/3	Michael Furtado	2/14	Kim Allen	2/22
Lydia Algea	2/4	Sonja Clementson	2/15	Barbara Henry	2/23
Ronald Dailey	2/4	Clayton Bethea	2/17	Joshua Melton	2/23
Kalea Johns	2/4	Crystal Hill	2/17	Marvin Newell	2/23
Larry Bradley	2/4	Michael Scott Kenyon	2/17	Lydia Parrott	2/23
John Briggs	2/5	Derrick Wiley	2/17	Delwin C. Johns	2/24
Shannon Cooper	2/5	Steven Peters	2/18	Jonathon Joseph Fry	2/25
Stephanie Gott	2/6	Antone Hidalgo-Hawks	2/17	Maralee Morken	2/25
Ruth Lopeman	2/7	Kimberly Burrow	2/18	Miriam Whitener	2/25
Michael Mosier	2/7	Haley Peters	2/18	Katrina Palafox	2/26
John Tobin	2/7	Rachel Ford	2/19	Samual J. Penn	2/26
Justin Lopeman	2/8	Benjamin Parker	2/19	Cameron Henry	2/27
Michael Henderson	2/9	Robert Whitener, Jr.	2/19	Alex Larios	2/27
Brent Snipper	2/11	Cheryl Monger	2/20	Katherine Ackerman	2/28
Alei Henderson	2/11	Sallee Elam	2/21	Mishell Miller	2/29
Russ Addison	2/12	Annie Kuntz	2/21		

WHAT'S HAPPENING

1	2	3	4	5	6	7
		Church 7:30	Drum practice 6:00 p.m., MLRC	Walk after senior lunch 12:40	Housing Commission 9:00 in the Annex AA Meeting 7:30	
8	9	10	11	12	13	14
		Court Church 7:30	Drum practice 6:00 p.m., MLRC	Tribal Council Mammogram Day Scrapbooking @ 1:00	AA Meeting 7:30	
15	16	17	18	19	20	21
	Clinic Closed for President's Day	Church 7:30	Drum practice 6:00 p.m., MLRC	Mammogram Day Scrapbooking @ 1:00	Housing Commission 9:00 in the Annex AA Meeting 7:30	
22	23	24	25	26	27	28
	Walk the Rez Meet at Clinic 10:30	Court Church 7:30	Eating on the Run Healthy Tips for Busy People 12-1, Elder's Building Drum practice 6:00 p.m., MLRC	Tribal Council Scrapbooking @ 1:00	AA Meeting 7:30	
29						

FEBRUARY YOUTH ACTIVITIES CALENDAR

1 Open Gym 10:00 - 5:00	2 Homework Help 3:00 - 6:00 Basketball Practice 4:30 - 6:00	3 Homework Help 3:00 - 6:00 Basketball Practice 4:30 - 6:00	4 Homework Help 3:00 - 6:00 Open Gym 4:30 - 6:00	5 Homework Help 3:00 - 6:00 Baton 4:00 - 6:00	6 Baton 3:00 - 7:00	7 Open Gym 10:00 - 5:00
8 Open Gym 10:00 - 5:00	9 Homework Help 3:00 - 6:00 Basketball Practice 4:30 - 6:00	10 Homework Help 3:00 - 6:00 Basketball Practice 4:30 - 6:00 Gym Closed Maintenance	11 Homework Help 3:00 - 6:00 Basketball Practice 4:30 - 6:00	12 Homework Help 3:00 - 6:00 Baton 4:00 - 6:00	13 Baton 3:00 - 7:00 Basketball Tourney at Skok through Sunday	14 State Baton Meet in Gym Basketball Tourney at Skok
15 Basketball Tourney at Skok Open Gym 10:00 - 5:00	16 Homework Help 3:00 - 6:00 Basketball Practice 4:30 - 6:00	17	18 Lushootseed Book of Seasons coloring book 10:00 - 11:30 Lushootseed Games 1:00 - 3:00	19 Lushootseed Book of Seasons coloring book 10:00 - 11:30 Lushootseed Games 1:00 - 3:00	20 Movie Leave 12:30 Return 3:30	21 Open Gym 10:00 - 5:00
22 Open Gym 10:00 - 5:00	23 Homework Help 3:00 - 6:00 Basketball Practice 4:30 - 6:00	24 Homework Help 3:00 - 6:00 Basketball Practice 4:30 - 6:00 Gym Closed Maintenance	25 Homework Help 3:00 - 6:00 Basketball Practice 4:30 - 6:00	26 Homework Help 3:00 - 6:00 Basketball Practice 4:00 - 6:00	27 Baton 3:00 - 7:00	28 Open Gym 10:00 - 5:00
29 Open Gym 10:00 - 5:00						

SQUAXIN ISLAND TRIBE

SQUAXIN ISLAND TRIBE
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SHELTON, WA 98584

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