

Tribal Members Gather at Semi-Annual Meeting to Discuss Concerns, Enjoy Friendship



Vicki Kruger thanked Russel Harper for the work he has done on the program to get tribal members employed in management positions at the casino.

There was discussion about possible locations for hosting a canoe journey in conjunction with the other Medicine Creek Treaty Tribes. The canoe journeys are growing rapidly and there would have to be adequate lodging for thousands of people.

Sis Brownfield publicly congratulated Chris Peters on his "professional and decent behavior" in his role as a law enforcement officer.

The Learning Center (TLC) Director Kim Cooper talked about discussions with Boys & Girls Clubs to see whether the Tribe might want to coordinate programs with them or use them as models for more tribally-oriented programs.

Harry Fletcher asked about meals being brought to Elders' homes and transportation to appointments. He was told a person has been hired to do this work and should begin very soon.

Tribal members gathered on Saturday, January 7th, for their semi-annual General Body meeting to talk about their concerns, discuss possible solutions and join in friendship over a potluck dinner and chili cook-off.

Things discussed included the need for a Safe House, a Halfway House, a Community Recreation Center with a swimming pool and fitness center, a plan for artists to market their products, more housing (stop turning purchased homes into offices), more options for relaying of clams, better animal control, a home for foster care, a plan for hosting a canoe journey in this area, more participation in Shelton School District activities, funding to provide more health services and increased police presence on the reservation.

Dave Whitener Sr., said, "Just fifty years ago we wondered who would be the custodian of our typewriter, and forty years ago we had \$11,000 to take care of. Look at us now! Don't be afraid of growing!"

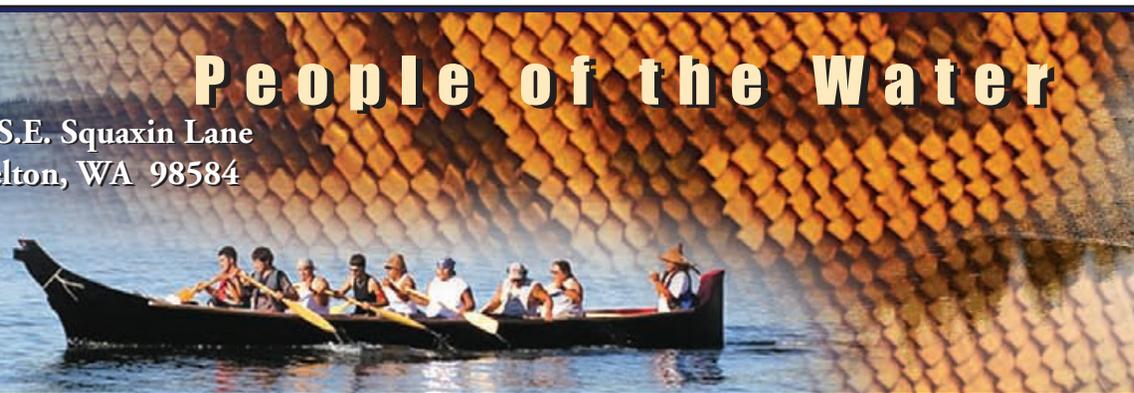
Will Penn encouraged people to think "seven generations out. Will our great-great-grandchildren be enrollable, or will we self-eliminate?"



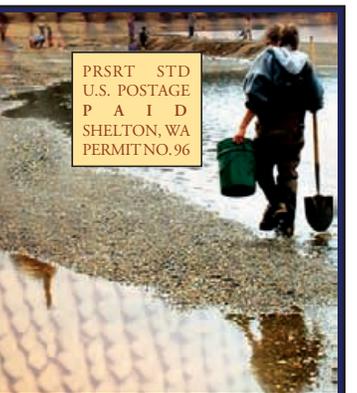


People of the Water

10 S.E. Squaxin Lane
Shelton, WA 98584



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





Carving Class Participants Make Stepping Stones for TESC Longhouse and Squaxin Island Tribe Veterans Memorial

Participants of a recent carving class made 17" circular carvings that were used to create molds for stepping stones at The Evergreen State College Longhouse and the upcoming Squaxin Island Tribe Veterans Memorial.

The classes, held December 10 - 14, were taught by Andrea Wilbur-Sigo, Squaxin Island and Susan Point, Musqueam. The Musqueam people are native to the southern mainland of what is now British Columbia. Both artists are world-renowned for their fine art.

The classes were held in Andrea's home workshop.

Class participants Bear Stone, Glen and Ann Parker, Pete Cuch, "Bubs" Strong, Chris Hanger, Michael Pavel, Russel Harper and others learned how to create "shallow relief (flat, not three dimensional)" carvings using trigons, circles and crescents.

The art created during these classes will be on display at the Squaxin Island museum beginning February 9th. In addition, blown glass pieces created at a previous workshop by renowned artist Preston Singletary will also be on display. These pieces include glass hats, panels, masks and spindle whorls.

For more information, contact Andrea Wilbur-Sigo at 360-427-9462 or Charlene Krise at 432-3851.

TRIBAL NEWS

10 S.E. Squaxin Lane
Shelton, WA 98584

PHONE: (360) 426-9781
FAX: (360) 426-6577
www.squaxinland.org



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

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

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

Submissions Deadline:
15th of each month

SQUAXIN ISLAND TRIBAL COUNCIL:

- JIM PETERS: *Chairman*
- ANDY WHITENER: *Vice Chairman*
- VINCE HENRY: *Secretary*
- PATTI PUHN: *Treasurer*
- WILL PENN: *First Council Member*
- PETE KRUGER: *Second Council Member*
- CHARLENE KRISE: *Third Council Member*

Klah-Che-Min Staff:

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

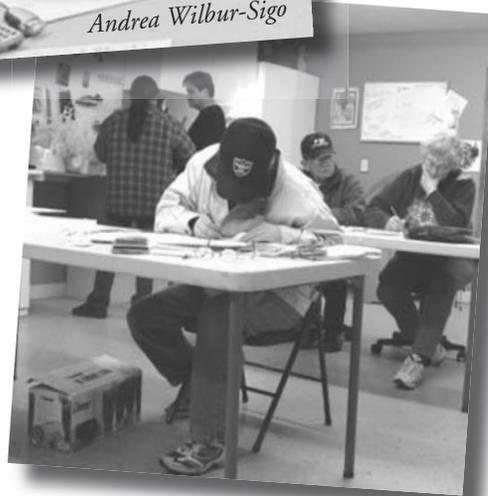


Andrea Wilbur-Sigo



Susan Point

Steve Sigo



Glen and Ann Parker (back table)



Russel Harper

Congratulations Andrea Wilbur-Sigo

Andrea has been chosen to participate in the Heard Museum Native American Art Show in Phoenix, Arizona March 3-5. This is the second largest Native American art show in the United States. She was selected by a panel of judges.

In addition to teaching classes and participating in shows and exhibits, Andrea also creates commissioned pieces. She and her husband Steve, are currently working on two welcome poles for the Suquamish Tribe's new hotel that is scheduled to open this April. She is also making a six-foot spindle whorl. Her friend and fellow artist Michael Pavel is serving as Art Director for the project that will also include houseposts, headboards, a fish trap, cedar mats, bone games, panels and historic photographs.



Who Are These Handsome Protectors of Freedom?



Correction: Louis Napoleon was incorrectly identified last month. Apologies to the family!



*Is it Elvis or his twin?
No, it's our dear Toby Lewis!*

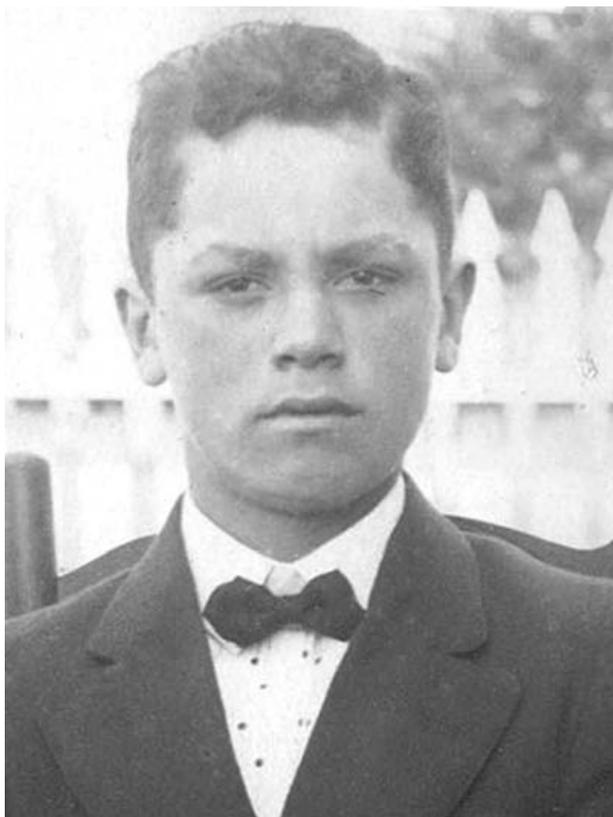
To Whom it May Concern

The Squaxin Island Tribe is in the process of planning a veteran's memorial to honor all Native Americans who have direct Squaxin lineage. It has been brought to our attention that there might be some veteran's who have Squaxin lineage but are enrolled in other surrounding tribes.

We would like to publicize our memorial in the hopes we might contact those veterans and include them in our memorial if they choose to be included. In that capacity, would you please publish a notice in your tribal newsletter or other means of contacting them and request they call Glen W. Parker, chairman of the veteran's committee, at 360-426-1755 or Bob Whitener, secretary, at 360-426-3236. You could also send written material to Glen Parker at the Squaxin Island Tribal Administration Building.



Vernon Parker



Levi Parker

For All Seniors . . .

Dr. Gene Sine will be at the Elders Building on February 4th from 9:00 a.m. to 3:00 p.m. to take photos of Tribal Elders. This is for Tribal Elders only. You will receive a gift of one free 8x10 photo. Please sign up with Colleen Woodard, Senior Activities Coordinator, at 432-3936.





New Employees



Joy Gonyea
Mentor Coordinator

ʔəsʔid čəxʷ (How are you?)
siʔiʔab dʔiisəd (my honorable friends),

My name is Joy Gonyea and I am honored to introduce myself as the Mentor Coordinator. Some of you may know or recognize me from the Skokomish Tribe Education Department. I served there as the Tribal Early Learning Opportunities (TELO) Outreach Coordinator. The grant I was involved with brought Read Right to the Squaxin Island Tribe, Shelton and Hood Canal School Districts. I also spent last year working as a Read Right teacher at OBJH, alongside Ruthie Whitener. I am grateful to continue working with many of the Squaxin youth I have come to know and respect. I am excited about the new grant awarded to Squaxin Island and the Tribe's dedication to mentoring youth. Walt Archer and I will be working on the new program together in the Tu Ha' Buts Learning Center. We have already begun accepting applications for mentors and youth who wish to participate (see program description). Please come by anytime and introduce yourself – I may even have some delicacies to share from my homeland of Hawaii.

Aloha,
Joy Gonyea
360-432-3957 office phone
360-490-7037 cell phone
jgonyea@squaxin.nsn.us



Margaret (Nu-Nee-Na) Seymour-Henry
Cultural Resources Technician II

Hello everybody! As of September, 2005, I was hired as a Cultural Resources Technician II to work in the Cultural Resources Department for the Squaxin Island Tribe. I'm currently working under a National Parks Service grant on a Washington State DNR project.

The Cultural Resources Department, in conjunction with the Washington State DNR, is conducting a comprehensive survey on DNR property in the Skookum Inlet, Woodard Bay and Kennedy Creek areas. One portion of this survey is for gathering as much information as possible from tribal Elders, tribal members and anyone else who may have information or know of an important place in these areas. If you have any information that would help in this project, please contact me at 432-3836.

On a personal note, I am happily married to Vincent G. Henry Sr. (Vinny) We have 4 children, Kiana Jean, Malia Red-Feather, Jolene Renee' and Vincent Gene. My mother's name is Marjorie J. Seymour (Squaxin-Yurok). My father's name is David George Underwood, (Quinault). My grandma's name is Clara "Bagley" Seymour. My grandfather's name is Roy Seymour. I have three sisters, Marie Snyder of San Diego, Gloria Hill of Kamilche and my baby sister, Lydia Parrot of Tacoma. We are descendants of three of the original allottees of the Squaxin Island Tribe. They are Old Man Sedulk, Jack or Yesapab and my great-grandfather, John Skalapin. Yes, I am a proud enrolled member of the Squaxin Island Tribe.



Jason Todd
Director of Information Services

Hi, my name is Jason Todd. I have been working for the Tribe for the last three years as the Network Administrator. I now have the opportunity to continue serving as the Director of Information Services. I am originally from the Shelton area, and returned here several years ago to attend college for Computer Network Administration. I am currently enrolled at Evergreen State College attending the Reservation-based program at the Nisqually site for my Bachelor of Arts Degree. I look forward to continuing to be a part of the Squaxin Island Tribe's progressive technological growth.





Veterans Memorial Committee Sells Fireworks to Raise Funds for Memorial

The Squaxin Island Veterans Committee sold New Years Eve fireworks to raise funds for the upcoming Squaxin Island Veterans Memorial. The group raised \$1,413 for the project.

Special thanks go out to Jim Peters and the entire Tribal Council for allowing the fireworks sales, Irvin Fletcher for making the fireworks stand, Carolyn Hoosier for helping out, and Mary Fletcher for supplying the fireworks.



ViewPoint

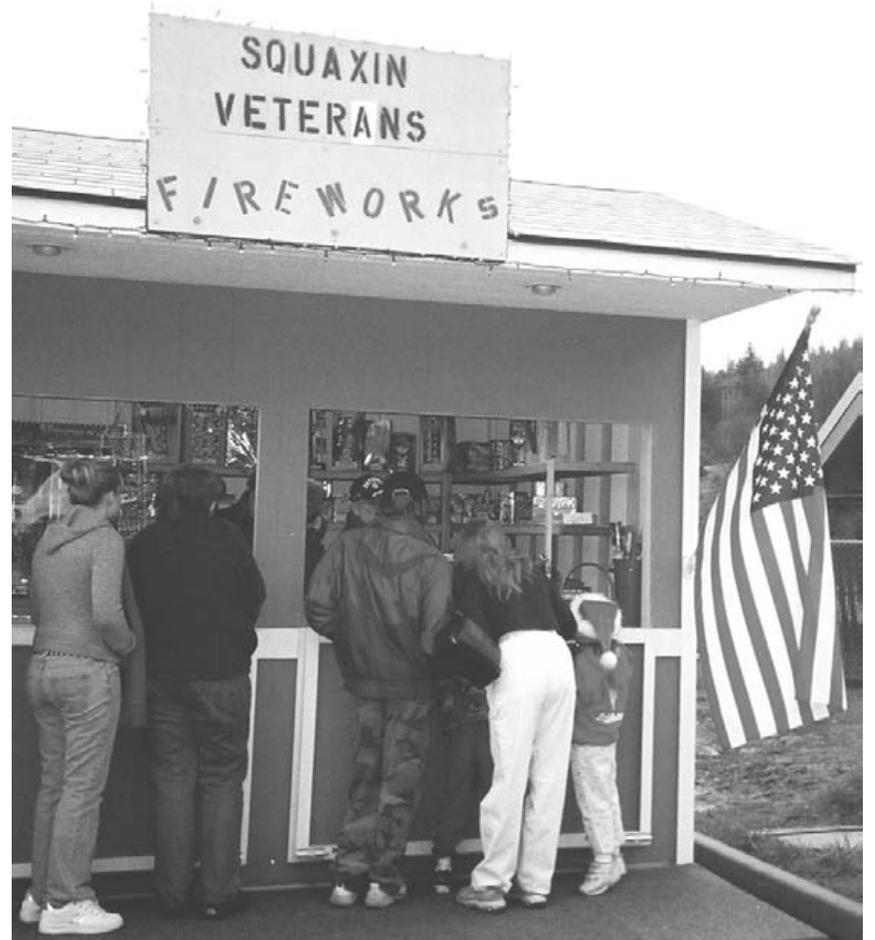
I personally have a few things that I would like to say about TLC and its staff. I feel Kim Cooper and her team are doing a very good job with the education department. We have come a long way from back when I was a kid. There really is no excuse why anyone cannot get education, whether its school age kids or adults of all ages. TLC has after school programs - homework help, computers, GED classes, Sylvan Learning. They will even help college students fill out a FASFA for extra support financially. Not only do they provide all these services, but they also provide a place to have fun, or just sit and relax to get a way from it all. They also provide a great place to talk in case you're in need of a good conversation.

I raise my hands to these people for all their hard work. Even when we get setbacks like the FURPA Law, this team takes it on and overcomes! They are truly working to make this community happy. I feel that the problem is the community. We have gotten to the point of, "I want. I want. I want." More. More. More!!!! Our kids see this and they follow the example. Only a few people really appreciate what we already have. When I was a kid I never asked for more, I was happy with what we had.

I also see that some of us as adults have lost respect, and have forgotten how to teach it to our children. To me that is highly important!! If we are fighting to get "our ways" back, why not start with RESPECT!!

Kim, Walt, Lisa, Mark, Jeremiah, Seder and Bridgett, keep up the wonderful work! I am behind you all the way. Welcome newcomer Joy Gonyea. You will be an asset to our tribe!

Sincerely yours,
A faithful Tribe member, Ruthie Whitener!





LEARNING CENTER



Annex and Gym Usage

The Tu Ha' Buts Learning Center is now responsible for the Mary Johns Room and Gym. These rooms are available for use by the Squaxin Island Tribe, SPIPA and associated departments. These rooms are also available to Tribal Members and the community for a nominal fee. There is a deposit which must be paid for each room rented. The deposit is returned to the renter if the rooms are left clean and there are no damages to the rooms and its contents. Please call Lisa Evans at 432-3882 if you are interested in reserving one of these rooms. Contact Julie Goodwin in Finance at 432- 3891 to arrange payment of your deposit. Keys will be given out the day of your event, or the Friday before, if event is scheduled for the weekend. The renter is responsible for picking up keys at TLC and returning them after use. Please be aware that keys to these rooms can not be released to the renter without the deposit receipt.

Learning Center Update

Squaxin Island After-School Program Notice

Parents/Guardians: Please be aware that the activity hours of the Rec Room are Monday through Thursday 3:00 p.m. to 6:00 p.m. unless otherwise noted. The TLC computer lab is open Monday through Thursday from 3:30 p.m. to 6:00 p.m., and Friday from 3:30 p.m. to 5:00 p.m. unless otherwise noted. These are "at will" after school programs; students are not required to sign in or out. TLC staff cannot force your child to stay at the TLC, gym, or Rec Room. Therefore, the TLC staff cannot be responsible for students after hours or when children leave the premises. Thank you for your understanding and cooperation. Please contact Kim Cooper, Education Director at 432-3904 if you have any concerns.

GED Classes are available to tribal members, community members and Casino employees. Classes are held Monday and Wednesday evenings from 5:00 p.m. to 7:30 p.m., in the classroom upstairs in the old tribal center building (above the gym). You must be 18 years of age to participate in this program. For more information, you may contact Walt Archer at 432-3826.

The Homework Center is open Monday through Thursday, 3:30 to 5:00 p.m. in TLC. Please have students come to TLC prepared to work. The main focus of the Homework Center is to provide students with assistance in completing daily homework assignments and studying for tests. Remember we are located upstairs in the old tribal center building.

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

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

Learning Center Rec Room

The Rec Room is open until 7:00 p.m. On Friday and Saturday it is open until 8:00 p.m. We have regularly scheduled youth movie nights. Contact Jeremiah George at 432-3968 for more information. We hope to see you there!

Higher Education

Attention ALL Higher Education students, don't forget to send in your receipts for the Winter '06 quarter. **Fall grades were due in the Education Department by Friday, January 20, 2006 before 5:00 p.m.** If you need assistance with paperwork or anything else, please call Lisa Evans at 432-3882. Please see the Higher Education Calendar for important dates and deadlines (October Klah-Che-Min).

Scholarship Corner

Scholarship Opportunities are listed on the Squaxin Island web site. Navigate to the "Government" button on the main navigation bar at the top. "Click on Learning Center" on the left menu bar. Then click on "Scholarship Opportunities" on the left menu bar.



Please Watch Your Speed

We are very glad that you are here,
but we also love our children! Please drive slowly!!!

			1 Homework Help 3-5 Basketball Practice 12 & Up 4:30 - 6	2 Homework Help 3-5 Basketball Practice 11 & Under 4:30 - 6	3 Baton Class 3 - 7	4 Closed
5 Closed	6 Homework Help 3-5 Basketball Practice 12 & Up 4:30 - 6	7 Homework Help 3-5 Basketball Practice 11 & Under 4:30 - 6	8 Homework Help 3-5 Basketball Practice 12 & Up 4:30 - 6	9 Homework Help 3-5 Basketball Practice 11 & Under 4:30 - 6	10 Baton Class 3 - 7	11 Closed
12 Closed	13 Homework Help 3-5 Basketball Practice 12 & Up 4:30 - 6	14 Homework Help 3-5 Basketball Practice 11 & Under 4:30 - 6	15 Homework Help 3-5 Basketball Practice 12 & Up 4:30 - 6	16 Homework Help 3-5 Basketball Practice 11 & Under 4:30 - 6	17 Skok Youth Basketball Tourney	18 Skok Youth Basketball Tourney
19 Skok Youth Basketball Tourney	20	21	22	23	24	25 Closed
Mid-Winter Break Activities Feb 20 - 24. Watch for Flyer						
26 Closed	27 Homework Help 3-5 Basketball Practice 12 & Up 4:30 - 6	28 Homework Help 3-5 Basketball Practice 11 & Under 4:30 - 6	Youth Calendar			



News from the Read Right Class at Shelton High School

Carol Dittbenner, SHS - The Read Right program has continued at Shelton High school and is now a regular class. I was hired by the Shelton schools to continue the program until the end of the year. Students selected for the class are those who participated in the class at Oakland Bay Junior High last year, plus a couple of other



students who need reading assistance. Until the holiday break, I tutored at Oakland Bay for 1st period, then went to the high school for 3 classes, but I will now be only at the high school until the end of the year.

Students are receiving an .5 English credit for participating in the class. The class is 90 minutes long. They are in Read Right for 45 minutes, then move to the computer lab to complete the class in what is called Nova Net, a computer writing program. There are 8 students per class, and I work with 4 students at a time in Read Right.

I'm pleased to report that we had three students from Skokomish successfully graduate from the program last trimester. They each received the Excellent Reader certificate. They are Joel Allen Johns, Carlene Twiddy and Mary Pulisfer. We also have one Squaxin Island Tribal member, Wes Whitener.

BPA Summer Internship Program

The Bonneville Power Administration (BPA) is funding a 10-week Summer Student Internship Program through the Environment, Fish and Wildlife (EF&W) Program and administered by the American Indian Science and Engineering Society (AISES). More information can be found on their web site at www.aises.org. Applications must be submitted by February 15th.

Mentoring Program Now Under Way

The Squaxin Island Tribe is now offering a mentoring program through the Tu Ha' Buts Learning Center. The mentoring program serves all Native youth in grades 4-8 within the Shelton School District. The mentor/mentee relationship is designed to parallel the tradition of elders teaching the young. Youth are matched with positive role models for school and reservation based activities. Program activities are designed to keep culture alive through language, art, and learning. The program goal is to enhance leadership, integrity and honor in our young people. More to come about the Squaxin Island Tribe Mentor Program in next months issue of the Klah-Che-Min. Mentoring opportunities are available within Shelton schools and at the Squaxin Island Tribe. For more information about becoming a mentor or signing up your child for the program please contact:

Joy Gonyea
Mentor Coordinator
360-432-3957
jgonyea@squaxin.nsn.us

Walt Archer
Project Director
360-432-3826
warcher@squaxin.nsn.us



GED Participants Hear about Nutrition Math

Patty Suskin, Diabetes Coordinator - On January 11, 2006, Patty Suskin, Registered Dietitian and Certified Diabetes Educator met with the GED group. Patty gave an overview of the new food pyramid, shared food models, and provided booklets on nutrition information of fast food. She also discussed calories in beverages including sodas and coffees. Here is some of what we learned:

NUTRITION MATH.

Question 1: If a 12 ounce soda is about 150 calories, about how many calories does a person drink in a year from drinking one soda a day?

Step 1: (150 calories per soda) X (7 days a week) = 1050 calories from one soda a day for a week.

Step 2: (1050 calories per week) X (52 weeks a year) = 54,600 calories per year from drinking on soda a day

Answer: about 54,600 calories

Question 2: How do the calories translate into pounds of weight? There are 3,500 calories to one pound.

54,600 calories per year divided by 3,500 calories per pound = 15.6 pounds per year. **In other words, drinking one 12-ounce soda a day equals a weight gain of 15.6 pounds in a year. Or drinking one less 12-ounce soda a day, will result in a weight loss of 15.6 pounds in a year. Wow! One change can make a difference!**

We also discovered the number of calories in coffees. Did you know that a 16 ounce (Grande) 3 pump Vanilla Latte is over 500 calories? Amazing. Most people do not think of their coffee as a place where they get calories.

Here are some tips to cut back on calories from your coffee that you may consider: Approximate calories saved with one 16-ounce (Grande) size coffee with . . .

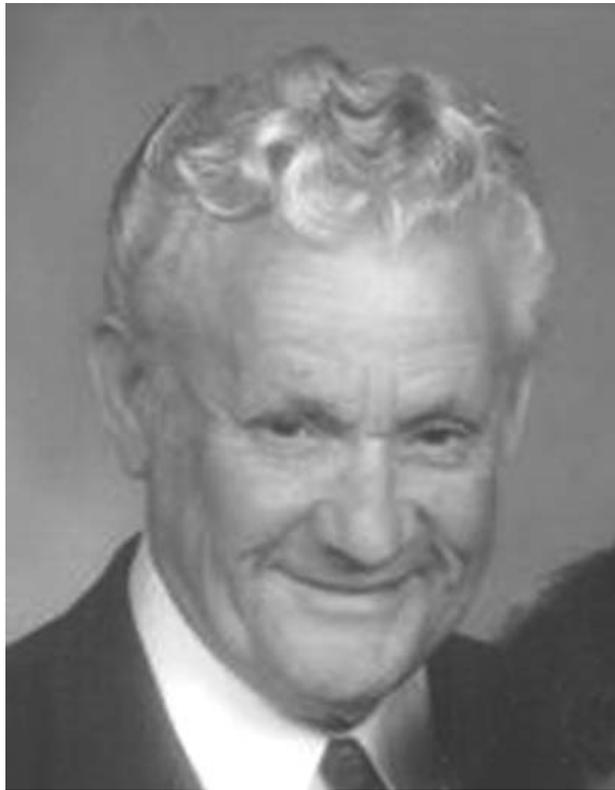
- Nonfat milk instead of whole milk 100
- Whole milk instead of breve 200
- A smaller cup (try tall instead of grande) 60

Knowledge is power!

Thank you to Mandy & Angela for inviting me to your session. Thank you to the whole group for the great discussion. I hope to come back soon.



Walking On . . .



Gerald "Jerry" Hause

Gerald S. "Jerry" Hause, 74, a longtime "harborite (member of the Grays Harbor community)," died Friday, December 2, 2005 in a Lacey area nursing home. He was born January 31, 1931, in Olympia to Jessie (Sawyer) and Robert G. Hause Sr.

He was raised in Moclips and attended school there, graduating from Moclips High School in 1949. Growing up he enjoyed hunting, fishing, clam digging and playing basketball. In high school, he lettered in basketball every year, earning an athletic scholarship to Grays Harbor College where he attended one year. He then went to work in the woods in the greater harbor and Oregon areas. He also traveled to Alaska where he worked as a commercial fisherman and clam digger. He returned to the harbor area after that.

Gerald married Lucille C. Martin on July 19, 1961, in Montesano. The couple resided at Pacific Beach where he worked in lumber mills.

Soon after their marriage, the couple moved to Port Angeles where Gerald attended the Peninsula College for two years, earning a degree in fisheries. He worked at the Spring Creek Fish Hatchery in Underwood, Washington for a couple years and then spent another two years doing fisheries research for the University of Washington in Seabeck, Washington. Following that, he worked for the Quinault Indian Nation in Taholah at the Lake Quinault net pens. He worked there until his ill health forced him to quit in 1978. In

recent years, he helped out at the Squaxin Island Reservation.

The couple resided in Oakville from 1985 until 1995, when they moved to Aberdeen, where he had since resided. While in Oakville, he had a large vegetable garden that enabled him to raise and can a vast amount of crops. He loved smoking fish for his family and friends.

Gerald also enjoyed woodcarving which allowed him to be one of the first white men in the areas to race a cedar dugout canoe. He also carved many wooden paddles.

Gerald was a member of the East Aberdeen Kingdom Hall of Jehovah's Witnesses and enjoyed preaching and teaching the bible.

Gerald "Jerry" Hause is survived by his wife, Lucille C. Hause of the family home in Aberdeen; three sons, Gary Hause of Kelso, Jerry Hause of Longview and Michael Hause of Kelso; two daughters, Meloney Hause of Aberdeen and Jessica Osborne of Humptulips; one brother, Robert G. Hause of Port Angeles; two sisters, Gloria Capoe-man of Taholah and Judy Lalonde of East Olympia; ten grandchildren and four great-grandchildren.

He was preceded in death by a son, Shayne Hause, who died November 12, 1980.

The family has requested that donations be sent to the Alzheimer's Support Group of Grays Harbor, P.O. Box 161, Montesano, WA 98563.

Funeral services were held at 11:00 a.m., Friday, December 9, 2005 at the Coleman Mortuary Chapel in Hoquiam. The services concluded with a private internment held at the Taholah Cemetery in Taholah.

Friends and relatives may sign the on-line guest register at www.colemanmortuary.net. Arrangements were by Coleman Mortuary of Hoquiam.



Jobs Daughters Auction!!!!

Ruth Whitener - I want to thank those of you who responded to my request last year for donations of art to the Jobs Daughters Organization for a fundraiser auction. It's just around the corner again and I'm asking again for those DONATIONS. If ANYONE has any kind of art/crafts that they are willing to donate to us, we'd be really grateful!!

This year's auction is on April 15th at 6:00 p.m. in the Little Creek Casino/Hotel in the Ballrooms A, B & C. You're welcome to join us! Tickets are sold by Leila at \$10.00 per person which includes a dinner of Lasagna, salad and dessert. We will have a silent and live auction as well as drawings.

What is "Jobs Daughters" you ask? Job's Daughters is an organization of young women between the ages of 10 and 20 who are related to a Master Mason, and share a common bond. We have members in the United States, Canada, Australia, Brazil and the Philippines. We have fun together at activities such as swimming parties, dances, family picnics, slumber parties, miniature golf, marching in parades, travel . . . well, you get the picture. For more Information, log on to www.iojd.org.

This year Leila is a Junior Princess. This is her auction to raise money for her organization. A portion of the proceeds will also be donated to the Breast Cancer Awareness Association. The funds will be used in the parties, dances, and travels. If you have a female between the ages of 10-20 and want to join please contact us and we'll help get them in! I believe it's a wonderful organization that has helped my daughter in so many ways!!

Again please consider joining us at the action and making a donation.

Contact Leila or Ruth at number: 556-6210



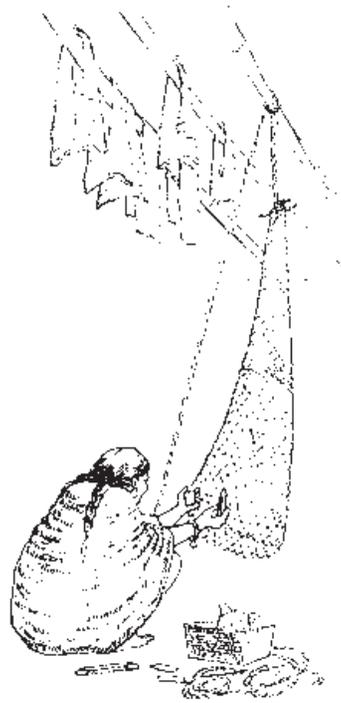
CATCHING UP WITH KTP



Jennifer Johns



Hi, my name is Jennifer Johns. I am a Squaxin Island Tribal member. I recently started working at KTP. It's an awesome place to work with a lot of great people with awesome personalities. I love to work with the public and see old friends that I haven't seen for a long time.



Georgena James



Hello my fellow Natives! My name is Georgena James. Most of you know me as Georgena James. Ha! I'm originally from Anchorage, Alaska, but I currently reside here in Shelton, Washington. I am a Squaxin Island tribal member. My father is Tony James Sr., also a Squaxin Island tribal member. My mother is Georgena James (Paddock deceased in '92), and Alaskan Native (both Tlinkit and Tsimshian) from Juneau, Alaska. I've been here at KTP since May 5, 2005. Aside from the people I work with, the best part of being here is the excuse to see friends and family on a regular basis.

The "All Native Owned" Directory

"All Native Owned" specializes in promoting Indigenous Native Businesses, organizations and people throughout the U.S. and Canada. Support the growth and economic development of Native owned businesses, organizations and people.

Or, start the New Year advertising your business on the "All Native Owned" Directory. The directory includes your business name, address, phone, email and website. Directory also includes 150 words to tell customers about your business and products.

Some of the listings include:

Artists, Arts & Crafts, Authors & Books, Business Services, Casino Resorts, Museums, Campgrounds and Recreation, Clothing & Regalia, Contractors, Financial Services, Native Fine Art Posters, Native Organizations, Native Music,, Films, Video & DVD's, Native Talent, Newspapers & Magazines, On-line News, On-line Radio Shows, Retail & Online Stores and Travel & Tour Companies.

(If you don't see your business type listed, we are happy to add it for you!)

online: AllNative@AllNativeOwned.com

email: www.AllNativeOwned.com



Jennifer Keith



Hello everyone! My name Jennifer (Jenna) Keith. I'm from Skokomish. My grandparents are Ray and Georgie Johns. I'm a mother of two great children. My husband, my children and I reside at Skokomish.

My goal is to help make KTP an enjoyable place to work or to visit. I enjoy all my co-workers. I'm happy to be a part of the Squaxin KTP family.

Morganna Barker



Hi! I've been working here since August, 2005. I was a Squaxin Island scholarship winner for my schooling at Central Washington University in 2001. I love working here and look forward to completing by B.A. degree soon.

Susan Miller



Hi, I'm Susan Miller. I've been working at KTP since August 21, 2005. I'm enrolled Yakama, but was born and raised in Shelton. I like that KTP is one of the busier convenience stores and everyone is great to work with.



Congratulations Shiloh Henderson



Shiloh Henderson recently received a *Certificate of Honor* for induction into the *National Honor Roll* for outstanding academic achievement, being in the top 10% of her class nation-wide. This recognition will open the door for numerous scholarship opportunities.

WAY TO GO SHILOH!!!

The Law is the Law

Submitted by Kim and Del Zachry

We could save a lot of tax dollars in pay to the government workers if we followed this. A lot less holidays or overtime pay.

THE LAW IS THE LAW

So, if the US government determines that it is against the law for the words "under God" to be on our money, then so be it.

And if that same government decides that the "Ten Commandments" are not to be used in or on a government installation, then so be it.

And, since they already have prohibited any prayer in the schools on which they deem their authority, then so be it.

I say, "so be it," because I would like to be a law abiding citizen.

I say "so be it" because I would like to think that smarter people than I are in positions to make good decisions.

I would like to think that those people have the American public's best interests at heart.

BUT, YOU KNOW WHAT ELSE I'D LIKE?

Since we can't pray to God, can't trust in God, and cannot post his commandments in government buildings, I don't believe the government and its employees should participate in the Easter and Christmas celebrations which honor the God that our government is eliminating from many facets of American life.

I'd like my mail delivered on Christmas, Good Friday, Thanksgiving and Easter. After all, it's just another day.

I'd like the US Supreme Court to be in session on Christmas, Good Friday, Thanksgiving and Easter as well as Sundays. After all, it's just another day.

I'd like the Senate and the House of Representatives to not have to worry about getting home for the "Christmas break." After all, it just another day.

I'm thinking that a lot of my taxpayer dollars could be saved if all government offices and services would work on Christmas, Good Friday and Easter.

It shouldn't cost any overtime since those would be just like any other day of the week to a government that is trying to be "politically correct."

In fact, I think that our government should work on Sundays (initially set aside for worshipping God) because, after all, our government says that it should be just another day

What do you all think???

If this idea gets to enough people, maybe our elected officials will stop giving into the minority opinions and begin, once again, to represent the 'majority' of ALL of the American people.

SO BE IT.

Please, dear Lord,
Help us keep you in our country!
Amen and Amen!

Touche!
These are definitely things I never thought about, but

from now on, I will be sure to question those in government positions who support these changes.

Native American Youth Create Digital Media

Longhouse Media, Seattle's premier organization for Native American youth media, art and culture and home to the Native Lens program, announces several engaging events, discussions, and performances as part of our 2006 winter season.

Longhouse Media is a not for profit youth media organization based in Seattle, WA. Longhouse Media draws from traditional and modern forms of artistic expression, storytelling, teaching and inquiry, based in the technologies of today. Native Lens offers youth media programming employing the most recent artistic and intellectual media making skills.

Native Lens, a program of Longhouse Media, has been successfully working with Puget Sound area youth for more than 2 years. Based on the digital media pieces produced to date and the overwhelmingly positive feedback of the participants and their tribal communities, the Native Lens program is expanding to reach more Native American youth nation wide.

In 2006, Longhouse Media has expanded existing programs and formed new partnerships with organizations that include the U.S. Environmental Protection Agency, the Mt. Vernon Lincoln Theater, 1st Nations Canoe Productions, the Swinomish Tribe, the Suquamish Tribe, and the Tulalip Tribe.

For more information, contact Tracy Rector or Annie Silverstein at 206-778-8394 or via email at nativelens@mac.com.

Visions of the Environment Premiere

Saturday, February 11, 2006

2:00 p.m. at Lincoln Theater, Mount Vernon, WA

Award winning actress Elaine Miles introduces the most recent work, funded by the Environmental Protection Agency and Puget Sound area Tribes, by the Native Lens youth producers. Following the screening of the films, join us for a revealing discussion with the youth producers about their work and the use of media for self-expression.

Ticket prices are \$5, and free for tribal members.



Squaxin Elders Visit Daybreak Star, Pike Place Market

Squaxin Island Elders visited Daybreak Star Indian Cultural Center last month along with Elders from tribal communities throughout the state. They feasted, visited, walked the grounds and viewed art exhibits. As an added bonus, they stopped by the Pike Place Market for some shopping!



Photos by Glen and Ann Parker



SQ3Tsyaiyay

(pronounced cut-see-ya-ya):

Weaver's Spirit Power Exhibit

Washington State History Museum

1911 Pacific Avenue

Tacoma, Wash. 98402-3109

1-(888)-238-4373

www.washingtonhistory.org

Exhibition Dates, Hours:

January 15 thru July 16, 2006

Sun. 12 - 5 p.m.

Tues., Weds., Fri, Sat. 10 a.m. - 5 p.m.

Thurs. 10 a.m. - 8 p.m.

Beginning March 6, the museum will also be open on Mondays through Spring and Summer.

Special Events and Programs

Family Day activities (including weaving demonstrations) will take place at the museum from Noon to 2 p.m. on Sunday, June 17, 2006. These demonstrations are free with admission.

The museum will also offer Free Thursday weaving demonstrations by notable Native American weavers including: Heather Johnson-Jock of the Jamestown S'Kallam Tribe (on February 16); Karen Reed of the Puyallup Tribe of Indians (March 16th); and Dr. Susan Pavel, exhibition curator (May 18th and June 15th).

Price of Admission

The exhibit is open to the public at a cost of \$8 for adults, \$7 for seniors and \$6 for students and military. Children 5 years of age and under are admitted free.

Exhibit Overview

The exhibition celebrates a revival of unique Native American weavings that have long been indigenous to the Coast Salish region. The exhibit curator is Dr. Susan Pavel, a respected weaver in the Coast Salish tradition.

Directions to the Washington State History Museum

From I-5 North or South, take the City Center exit #133. Follow the I-705/City Center signs to 21st Street where you'll turn right onto Pacific Avenue. The museum parking lot is located on Pacific Avenue near the group entrance.



COMMUNITY



Staff Hours

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

KIM COOPER, Director 8:30 – 5:00 432-3904	LISA EVANS, Education Assistant 8:30 – 5:00 432-3882	MANDY PARADISE, GED Instructor 3:00 – 7:00 432-3876
MARK SNYDER, Youth Coordinator 10:00 – 7:00 432-3872	BARB WHITENER, Language Coordinator Check Language class schedules 432-3897	JEREMIAH GEORGE, Cultural Coordinator 10:00 – 7:00 W-Sunday 432-3968
WALT ARCHER, Education Liaison 7:30 – 4:00 432-3826	BRIDGETTE LOSEY, Pathways Coordinator 3:30 – 7:00 432-3895	SEDAR ROWSON, Youth Counselor/Skillbuilder 2:00 – 6:00 432-3896



TLC February 2006

Pathways to Success & TLC Calendar

ʔiʔabil šəgʷł
“The Path to Victory”



Bridgette Losey
Pathways Site
Coordinator

Tu Ha' Buts
Learning Center
70 S.E. Squaxin Lane
Shelton, WA 98584

360.432.3958

BLosey@
Squaxin.nsn.us

SUN	MON	TUE	WED	THU	FRI	SAT
GED class is held on Monday & Wednesdays @ 5:00-7:15pm, Walk-in's Welcome!	Computer Lab is open from 3:30-6:30pm Mon-Thurs. For Homework	There is a new homework helper at the TLC! Stephanie will be here Mon-Thurs. 3:30-6:30pm!	1 GED class 5:00-7:15PM	2	3 No After School Homework Tutoring	4
5	6 GED class 5:00-7:15PM	7	8 GED class 5:00-7:15PM	9	10 No After School Homework Tutoring	11
12	13 Family Movie Night & GED 5:30-6:45pm "The Journey Inward"	14 Valentine's Day! 	15 GED class 5:00-7:15PM	16	17 No After School Homework Tutoring	18
19	20 President's Day GED class 5:00-7:15PM	21	22 GED class 5:00-7:15PM	23 6:00-6:45pm "Pearl Harbor" Arizona Memorial Museum	24 No After School Homework Tutoring	25
26	27 GED class 5:00-7:15PM	28				



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

one needs to remember
~ that the Soul ~
holds....
the most precious gold...

~ then the Spirit can fly ~

Four years later....

In loving memory of
Bruce A. Johnson

~*~Who rides the Warrior's Spirit Horse ~*~

~*~ free among the Stars ~*~

May 17th, 1944 ~ December 20th, 2001

Love ~ his Wife ~Peg

A Family Announcement

Marlene Davis - Hi! I'm the staff person who usually answers the telephone at the Governor's Committee On Disability Issues And Employment office located in the Employment Security Department building in Lacey. My daughter, Denise, gave birth to her second child on January 17th. Baby Charlotte Sky Bradley (named after an elder Aunt Charlotte Bryson of Quinault Nation) weighed 8 pounds, 4 ounces. She came to this earth very hungry, born during lunch time and trying to nurse on the tube that cleared her mouth at birth. She is a member of the Squaxin Island Tribe - People of the Water. Denise named her first daughter after the proud grandmother, Marlena Starr Bradley. On the day of her birth, there was a part of a moon and rainbow in the sky. Larry Bradley (Squaxin Island Tribal member and Denise are very happy with their precious daughter. All My Relations.....

Marlene Davis Governor's
Committee On Disability Issues And Employment
PO Box 9046
Olympia, WA 98507-9046

To the Community

I would like to extend a heart-felt apology to the community for my involvement with drugs over the past year. I am sorry for this behavior and hope to find a way to make it up to all of you in the future.
- Your Friend, Ed Cooper

A Thank You to the Tribe

I am working on my personal history and wanted to be factual about Goldsborough Creek. I encountered your restoration project on the web and was delighted to learn of it. I lived on the creek from about 1945 to 1953 as a youth. I had many fond memories of the creek but was devastated after visiting there a few years ago...clear cutting and silt seemed to have nearly destroyed what was once a beautiful, natural, pristine, habitat for the animals, flora and fauna of the area.

My boyhood memories are of fishing, hunting, trapping and growing up with my Native American friend, Roger Scott...all at the creek and nearby.

God bless you for the work you have done and are doing.
- Wayne L. Wickizer



Insulin Facts and Fiction

Submitted by Misti Saenz-Garcia, from http://www.bddiabetes.com/us/yourinsulin/into_facts.asp

INJECTING INSULIN IS PAINFUL.

False. Most new insulin users are pleasantly surprised when their first shot ends up hurting much less than they expected. It's become more comfortable to inject insulin because of the needles, which are smaller and thinner than ever. In fact, BD needles not only make injecting virtually pain-free, but they also make it easy, too:

- BD offers syringes with barrel sizes to match your exact dose.
- BD offers a wide variety of convenient and comfortable pen needles.
- BD has created helpful injection demonstrations and instructions to make the injection process comfortable and easy to understand.

A twinge of soreness from time to time is normal, but if you frequently feel a sting while injecting, try the following:

- Check with your healthcare professional to make sure that your injection technique is correct.
- Wait until the alcohol from the swab has dried completely on your skin before injecting.
- Be sure you're not bending the needle when you remove the cap. Needle caps should be removed by first twisting and then pulling them straight off.
- Inject your insulin when it's at room temperature. Cold insulin hurts.
- Keep the muscles in the injection area relaxed during injection.
- Never use your needles more than once. Reusing a needle can bend or dull the tip, which will increase the pain, and could cause it to break off and become lodged in your skin.
- Larger insulin doses hurt more than injections of small amounts. To minimize injection pain, ask your doctor if you can try injecting more frequently throughout the day with a smaller amount of insulin.
- Penetrate your skin quickly. If this is hard to do, consider using an automatic injection device that will put the needle in your skin for you, such as the BD™ Inject-Ease® Automatic Injector device.
- Avoid injecting into muscle by pinching up your skin before injecting and injecting into the fold of skin that you pinch up.
- Speak with your doctor about using a different needle size or injection device.
- Speak with your doctor about injecting into other parts of your body.
- Only use BD needles and syringes to inject your insulin. The fine diameters, sharp points, and lubricated coatings of BD's high-quality needles and syringes make your injections as comfortable and pain-free as they can be. (If BD products aren't covered by your insurance, contact us and let us know.)

IF I BEGIN USING INSULIN, I WILL HAVE TO TAKE IT FOR THE REST OF MY LIFE.

For people with Type 1 diabetes, this is true. For some people with Type 2 diabetes, depending on the stage of their disease, insulin therapy may be a temporary treatment that's only necessary during periods of illness and other stress.

Many insulin users find that by controlling their diet and following an exercise program, they can reduce the amount and type of insulin and/or medication that's needed. Sometimes losing as little as 10 pounds can make a big difference in a person's insulin requirements, though this doesn't work for everyone.

For people whose diabetes is caused by pregnancy, illness, or another temporary con-

dition, insulin treatment can usually be stopped once the cause of the disease has been resolved.

But whatever kind of diabetes you have, keep in mind that insulin can help you achieve your blood glucose target, which will make you feel better and have more energy. In fact, many people who were at first intimidated by insulin therapy find that it makes them feel so much healthier, they wish they had started it earlier. You may not be able to stop insulin therapy whenever you want, but that's because your condition requires it, not because it's addictive. Remember, insulin is a hormone, so it is not "habit-forming" or addictive.

IF I HAVE TO BEGIN INSULIN THERAPY, IT MEANS THAT MY DIABETES IS GETTING WORSE.

False. If your doctor tells you that you need insulin therapy in order to control your diabetes, that doesn't mean you're doing anything wrong or your condition is getting worse. Insulin is simply a tool to help you better manage your blood sugar level.

Your blood sugar level can be controlled through a combination of insulin therapy, diet, and exercise. (In fact, many people with Type 2 diabetes follow a regimen called combination therapy that uses pills along with insulin.) Without insulin treatment, however, your blood sugar may rise and you'll be at greater risk for developing the serious complications associated with diabetes.

INSULIN WILL MAKE MY LIFE MORE COMPLICATED.

True. But the additional work of taking proper care of your diabetes today will help prevent the complications of diabetes in the future and help you to live a healthier longer life.

For your insulin therapy to be effective, you'll need to make certain changes in your lifestyle. For example, you should:

- Eat the right foods.
- Exercise regularly.
- Test your blood glucose regularly.
- Follow your insulin regimen regularly.

If you do these things, you may find that your daily routine calls for more discipline than you're used to. But once you commit to these healthy changes, you'll also find that the benefits of feeling better and having more energy are well worth the effort.

I'M AFRAID OF NEEDLES. HOW AM I SUPPOSED TO STICK MYSELF?

At first, many people are nervous about injecting themselves with insulin, so you're not alone. If you're worried about the injection hurting, don't be: today's insulin needles, especially the BD line of small, comfortable, high quality needles, aren't like the larger, more painful ones that you remember from when you were a kid.





Once you've gotten past that first shot and the insulin begins to take effect, you should begin to feel better and have more energy. That's why your doctor prescribes insulin for you - it's the best way to get control over your diabetes.

If you're still a little uneasy, try these helpful injection relaxation tips:

- Take a deep breath before injecting.
- Visualize a calm, relaxing scene, like a sunset or a favorite vacation spot.
- Picture an enjoyable experience (like going outside to start your day) that you can do once you finish injecting.
- The BD Injection Demonstration is an animated, step-by-step explanation of the process of injecting insulin.

INSULIN WILL MAKE ME GAIN WEIGHT.

Many people find that they do put on a few pounds when they begin taking insulin. This is also true if they take oral medications that stimulate the pancreas to produce extra insulin.

The reason for this is simple: when your blood sugar was too high, many of the calories you ate were flushed out of your system in your urine. But since insulin therapy turns those calories into energy for your body's cells, all those lost calories are now being absorbed - which leads to weight gain. To preventing weight gain, follow a meal plan that has only the necessary amount of calories that your body needs to function, and start an exercise program. By combining these steps with your insulin therapy, you should begin to lose any weight that you gained.

If the weight isn't coming off as fast as you'd like, you may have to make some other changes, which can include:

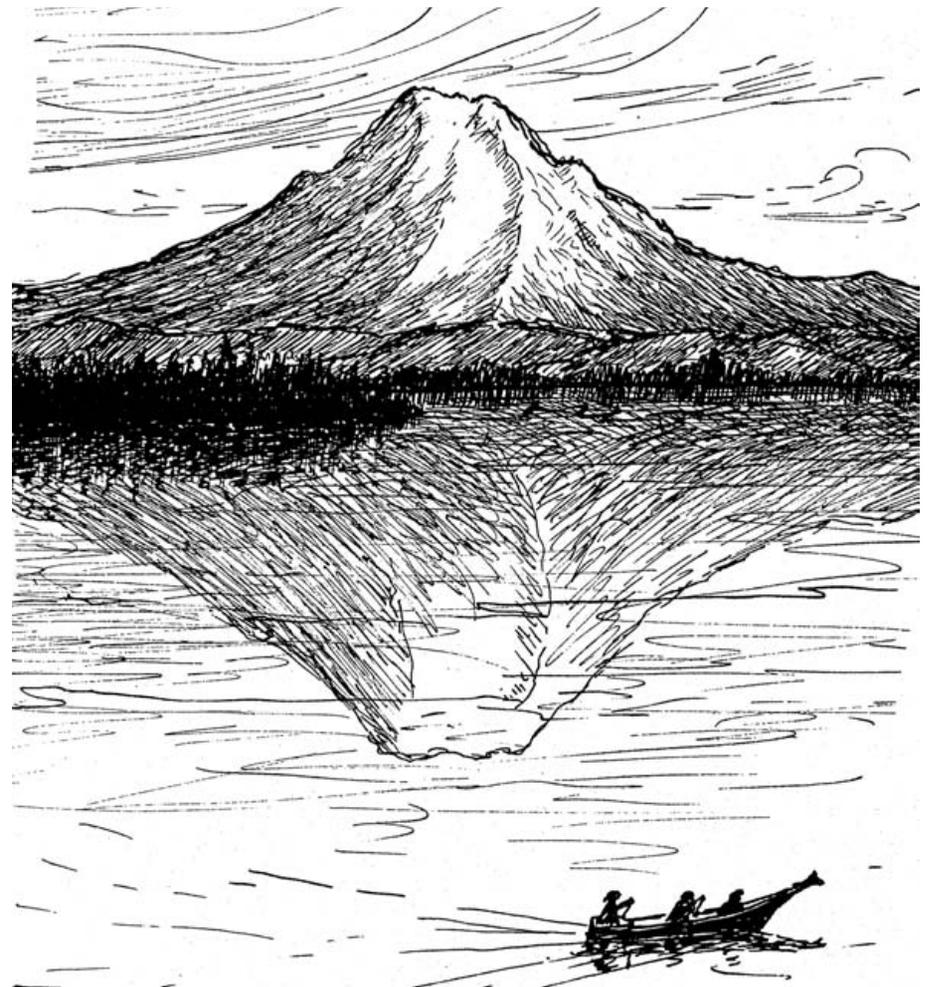
- Developing a meal plan with the help of a dietitian.
- Increasing your exercise level.

INSULIN CAN MAKE ME GO BLIND.

False. There is absolutely no evidence that insulin treatment causes blindness. In fact, it's almost the opposite that's true: if you don't control your diabetes, you can eventually lose your eyesight. The Diabetes Control and Complications Trial showed that proper treatment of diabetes with insulin reduced the risk of eye disease by as much as 76%.

Over a long period of time, high blood sugar levels can damage the small blood vessels of the retinas in your eyes. This condition, known as diabetic retinopathy, can cause loss of vision and eventually lead to total blindness as it progresses. (Note: if you already have retinopathy and your blood sugar levels are lowered too quickly, your vision can be affected. Be sure to talk to your doctor about this.)

Fortunately, diabetic retinopathy - which is the leading cause of blindness in the United States - is totally preventable if it's discovered early and treated quickly. Be sure to visit an eye doctor once a year to make sure you're okay.



WHAT IS INSULIN SHOCK?

Insulin shock is a term that was previously used to describe hypoglycemia (also called low blood sugar reactions, or insulin reactions). By testing your blood sugar and treating low blood sugar at the first sign of trouble, you can minimize the effects of hypoglycemic reactions and have more control over your diabetes.

PEOPLE WILL THINK I'M A DRUG ADDICT IF I CARRY A SYRINGE.

If you've told your friends, family, and co-workers about your diabetes, they'll know you're injecting insulin and aren't a drug addict. However, some uninformed people have been known to jump to the wrong conclusion when they see a person with diabetes injecting insulin.

If you're asked why you have a syringe, all you have to say is "I have diabetes and I have to inject insulin." If this person insists on asking questions or making comments that are pushy or tacky, try to end the conversation as quickly and politely as you can.

Fortunately, most people are aware of what insulin injection is, so you shouldn't run into this problem. And if you'd rather not tell anyone about your condition, try carrying your supplies in a zippered case and injecting in private.



Diabetes Screening in November & December!

Thank you to all who participated in Diabetes Screening! A finger poke can allow us to look at the amount of sugar in your blood and find out if you may have pre-diabetes or diabetes. Patty Suskin, Diabetes Coordinator, set up camp in the Tribal Center and SPIPA Building several different days during the month of November. She also checked blood sugars for those interested in the clinic in December. Millions of people in the United States alone are unaware that they have diabetes. If you have diabetes and you do not know it, your high blood sugars can begin damaging your body. Protect yourself and find out! If you missed the screenings and want to have your blood sugar checked, contact the clinic or Patty Suskin at (360)432-3929 to schedule a screening.



Raven Thomas and Patty Suskin



Brooks Farrell and Patty Suskin

Foot Exam Morning February 28th for People with Diabetes

Ruthie Lopeman knows to take care of her feet! Thank you, Ruthie, for having your feet checked by Dr Kochhar, Podiatrist, on November 15th, 2005, as shown in this photo. A podiatrist needs to check your feet at least once a year if you have diabetes.

Foot Care Tips for People with Diabetes

1. **Look at your feet every day** for red or black spots, ingrown toenails, cracking, dry skin, sores, blisters or cuts. See your doctor right away for any of these problems.
2. **Keep your skin soft and smooth.** Rub a thin coat of skin lotion over the tops and bottoms of your feet, but NOT between your toes.
3. **Wear shoes and socks at all times.** Never walk barefoot. Wear comfortable shoes that fit well and protect your feet. Feel inside your shoes before putting them on each time to make sure the lining is smooth and there are no objects inside.
4. **Keep your blood sugars in line.** General guidelines (check with your doctor for specific guidelines for you):
 - Fasting(or first thing in the morning): 80-120
 - Two hours after a meal: 80-140
 - Bedtime: 100-140
 - Hemoglobin A1C: under 7%

These tips can help you to make your feet last a lifetime. Most amputations are preventable by taking quick action if any problems occur. If you have diabetes and are due for your annual exam with Dr. Kochhar, contact Patty Suskin at (360)432-3929





HEALTH & HUMAN SERVICES



Upcoming Health Events

Brief Community Walk
Every Thursday at 12:40
Meet at the Elder's Building
after Senior Lunch

Mammogram & Women's Health Exams
February 23rd and March 16th
Contact Rose Algea (360)432-3930

Healthy Habits for Life
Take charge of your health!
2nd Tuesday of each month
Noon to 1:00 p.m.
Administration building lunch room
Bring your own lunch and thoughts

Community Health Walk
Thursday, February 16th
Meet at Elder's Building at 12:40 for
a 20 minute walk around the REZ
All SPIPA tribes will be taking a walk in their area
at the same time- for diabetes prevention!

Tuesday Tastings with Youth
Hands-on food preparation
After school on Tuesdays

Diabetes Foot Exam Morning
Tuesday, February 28
9 am to noon at the clinic
Priority for people with Diabetes

Commodities Recipe Tasting
Monday, February 6th
10 to noon, in the gym

More activities in the works
Kitchen Creations,
Diabetes Support Group guest speakers,
Recipe Tastings Wednesdays at the Food Bank,
Supermarket Food Label Reading and more!

Contact Patty Suskin for more information at
(360)432-3929 or stop by the clinic



Rain or Shine, Thursday Walks Continue... Come Join us!

Thank you to Carolyn Hoosier, Bertha Fletcher, and Harry Fletcher for taking the time to get some exercise on a rainy day. In this photo taken November 10th, 2005, they walked inside the Tribal Center due to the stormy weather.

No excuses for this family! We leave the Elder's Building at about 12:40 & stroll for about 20 minutes. Anyone is invited. For more information, contact Bj Peters at (360)432-3884 or Patty Suskin at (360)432-3929.



Healthy Habits for Life!

Thank you to all those who have attended *Healthy Habits* and made healthier choices in life! It takes effort to make changes in your lifestyle. In this photo from the December 7th, 2005 meeting are L - R: Elaine Moore, JeNene Miller, Melanie Vigue, and Janna Johnsen. *Healthy Habits* continues to meet on the 2nd Tuesday of each month in the Tribal Center lunch room. Anyone is welcome to join us and take charge of your health. Contact Patty Suskin, Registered Dietitian, at 432-3929 for more information.



February Health Events

			1	2	3	4
				- Thursday Walk		
5	6	7	8	9	10	11
	- Commodities Recipe Tasting 10:00 - Noon	- Food Tasting with Youth		- Thursday Walk		
12	13	14	15	16	17	18
		- Healthy Habits Noon - Food Tasting with Youth		- Community Health Walk		
19	20	21	22	23	24	25
		= Food Tasting with Youth		- Mammogram & Women's Health - Thursday Walk		
26	27	28				
		- Foot Exams - Food Tasting with Youth				



Asian Spinach Salad

Look for rice vinegar in the Asian foods section of the supermarket.

- 8 tablespoons olive oil
- 3 tablespoons sugar
- 3 tablespoons unseasoned rice vinegar
- 3 tablespoons soy sauce

- 1 3-ounce package Asian noodle soup mix (such as Top Ramen), noodles coarsely broken
- 1/2 cup slivered almonds
- 2 tablespoons sesame seeds
- 1 10-ounce bag ready-to-use spinach leaves (can use more)
- 1 bunch green onions, chopped

Whisk 6 tablespoons oil, sugar, vinegar and soy sauce in small bowl to blend. Season dressing with salt and pepper. Set aside.

Heat remaining 2 tablespoons oil in heavy medium skillet over medium heat.

Add noodles from soup mix (reserve seasoning packet for another use), nuts and sesame seeds.

Stir until noodles, nuts and seeds are toasted and golden, about 8 minutes.

Pour contents of skillet into large bowl and cool 10 minutes.

Add spinach and green onions to same bowl.

Toss with just enough dressing to coat--reserve some for another batch later or for people to add extra if desired.

Serve, passing remaining dressing separately.

Makes 6 servings.

This is a quick, delicious, recipe that's high in nutrition. See how much spinach you like with it.

We used more spinach than the recipe called for and used less dressing. We used the dressing for another batch.

For more ideas for healthy eating, contact Patty Suskin, Registered Dietitian, at (360)432-3929.

Tuesday Tastings with the Youth!

Thank you to the youth, Bj Peters, Shiloh Henderson and Sedar Rowson for help with the Tuesday Tastings. Here are some photos of the kids enjoying a samples of jicama, mandarin oranges and mangos during November and December. Thanks, kids, for completing the surveys, too!

Tuesday tastings are funded by USDA and Washington State as part of the BFNEP (Basic Foods and Nutrition Education) program. The focus of BFNEP is to promote healthy eating and specifically encouraging low income families to eat more vegetables and fruits. Nutrition information about the food sampled is provided by Patty Suskin, Registered Dietitian. For more information, contact Bj Peters at (360)432-3884 or Patty Suskin at (360)432-3929.



Congratulations December Raffle Winners



Chasity Parish
Women's Health



Loretta Case
Mammogram



Two Sisters Working Together For a Healthier Lifestyle

You can do it for yourself, too - love yourself enough to get started on Valentine's Day!

Patty Suskin - Since last summer, Penni Giles and JeNene Miller have lost a combined total of 100 pounds! (at print time). WOW!

Early in 2005, Penni was concerned about her high cholesterol, had little energy, and had trouble getting out of bed.

JeNene's son's comment about her biceps being on the wrong part of her arm got her going.

Penni joined the Healthy Habits group at work in the spring of 2005 and learned about healthy eating and reading food labels. She made changes in eating as a result and then added exercise once the healthier eating became a firm habit.

JeNene used to eat at fast food places 3 or 4 times a week and never took time to eat breakfast. Now she eats breakfast every day, cooks at home more and eats more vegetables. She even attended a food label reading/supermarket tour last summer and learned more about food choices. She makes healthier choices now when eating out—she rarely eats fried foods now and chooses smaller portions. JeNene also drinks water instead of pop. She drinks a couple quarts of water a day.

Both Penni and JeNene find themselves eating more frequent, smaller meals.

Both JeNene and Penni exercise (either at home or at the gym) 6 days a week for at least 20 minutes each day. They also park farther away when shopping to walk more and even have been known to stroll the mall – just to be active!

It's an attitude change. You, too, can change your lifestyle with a change in attitude. Use the food guide pyramid as a guide, being aware of portions, and making activity a priority.

Penni was first to begin exercising—it was a challenge, but Penni was determined to be healthier. At first, she could not even do a sit up. In September, JeNene joined in exercising. After quitting smoking, JeNene found that exercise helped to eliminate the craving for cigarettes.

JeNene and Penni enjoy visiting when they work out together. The time goes quickly as they visit and keep each other company. They keep each other motivated. They recommend “buddying up” with someone for support and encouragement.

The hardest change for JeNene was not centering her activities around food. She never realized how much she ate fried foods and hardly ever ate vegetables and fruit. Now, she plans her day around being active, enjoys vegetables and fruits every day and uses the George Foreman instead of frying.

JeNene's son encourages her and points out healthy choices on restaurant menus. He likes her being more active and likes seeing her new biceps in the right place.

Both JeNene and Penni have tried “diets” before. But this is different. By combining quitting smoking, healthy eating (including eating breakfast every day) and being more active, they have a healthier lifestyle - for LIFE!

“It's not dieting—I don't tell myself ‘no’ to anything”—JeNene

“Being more active has not only increased my energy, but has also increased my balance and coordination.” – Penni

Changing your habits and lifestyle is a slow process. Penni and

JeNene want to emphasize that there is no “Quick Fix” or “Magic Pill”. They have been there and done that. All it got them was the weight back and Penni even had some thyroid problems as a result of diet pills.

Becoming healthier takes watching what you eat and being more active every day.

Making small changes will make a big difference over time.

JeNene and Penni would like to thank their family and friends for their support. They also will share more details of their success if you are interested.

Also, Patty Suskin, Registered Dietitian at the clinic, is available for help with lifestyle changes.



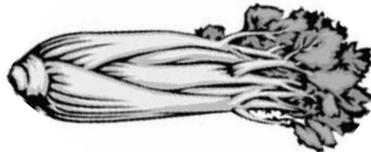


HEALTH & HUMAN SERVICES



More Recipes and Sampling at Commodities!

Bj Peters does it again! Bj, Health Promotions Assistant, prepared buffalo and vegetable soup for tasting at commodities on December 5th, 2005. Nutrition literature, fresh vegetables for tasting, and surveys were also available. Pictured are Traci Lopeman, Jazmyn Thomas and Richard Johns tasting a sample or completing a survey. Thank you to everyone who tasted the recipe and completed the surveys! The recipe tastings are thanks to Bj and the BFNEP (Basic Foods and Nutrition Education Program) through USDA and Washington State to promote eating more fruits and vegetables. For good health, every day each person is encouraged to eat 2 1/2 cups of vegetables and 2 cups of fruit. How are you doing with this goal? It takes a lot of effort to meet this goal, so any progress is well worth it to reduce your risk for many types of cancers and other health problems. For more information, contact Bj Peters at 432-3884 or Patty Suskin at 432-3929.



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.

Monday	Wednesday	Thursday
	1 Spaghetti & Garlic Bread	2 Turkey Dinner
6 French Dip Sandwiches	8 Pork Chops	9 Beef Stew
13 Taco Salad	15 Pot Roast	16 Fish and Chips
20 Fried Oysters, Spaghetti	22 Chicken Pot Pie	23 Soup & Sandwich Bar
27 Beef and Vegetable Lasagna		

Outdoor Activity of the Month

If you happen to be in the area of the Nisqually Tribe, here is a nice spot to enjoy nature—you may need to remember an umbrella!

Chum return to Roy's Muck Creek

WHAT

Chum salmon returning to Muck Creek at Roy City Park

WHERE

Right in the middle of Roy, a small town about six miles from Yelm

TO DO

Muck Creek is flowing high and fast right now, but it's still easy to spot spawning chum salmon near the banks. After three years of low flows and poor runs, good stream flows -- and numbers of chum salmon -- have once again returned to Muck Creek, which is tributary to the Nisqually River.



It used to be rare to see a spawning chum in Muck Creek, but more than 10 years of stream restoration projects have removed reed canary grass beds that blocked salmon, improved salmon habitat and helped bring the fish back. The Nisqually tribe, Fort Lewis, the state Department of Fish and Wildlife and hundreds of volunteers have helped bring the fish back to Muck Creek.

LOOK FOR

Spawning chum salmon. If the stream flow drops, it will be very easy to see the spawning fish. If flows remain high, walking slowly near the bank and looking for the light-colored blotches on the salmon's' backs is the way to spot them. Use polarized sunglasses, and you'll see many more fish -- even on a cloudy, rainy day.. Equipment: Rain gear, warm clothes, polarized sunglasses and camera lens filters, cameras, and waterproof shoes or boots.

PARKING

There is parking available at Roy City Park and along neighborhood streets.

DIRECTIONS

From Olympia, take Yelm Highway -- which becomes state Route 510 -- to Yelm. Drive through Yelm and turn left at northbound state Route 507 -- you'll see a sign for Roy. Take Route 507 to Roy. Turn left at Fourth Street -- a Union 76 gasoline station is your landmark. Turn right onto Warren Street. Turn left onto Water Street, where you'll see a sign saying, "The Fish Are Back." The park is right there.

RESTROOMS

There are restrooms at the park.

SAFETY

Keep your children close at all times, as Muck Creek is very high and fast right now. A tumble into the water could wash your child -- or an adult -- downstream.

MORE INFORMATION

Call 360-438-8687



NEW EMPLOYEES



Tribal Council Resolutions

05-116: Approves a new funeral policy effective December 8th updating assistance to tribal members who are burdened with the expense of funeral costs.

05-117: Agrees to enter into a contract with South-west Surveillance Systems to expand the existing video surveillance system at Little Creek Casino Resort by providing certain equipment and installation.

05-118: Authorizes submission of the Annual Performance Report for the Squaxin Island Tribal Housing Program for Fiscal Year 2005 to the Department of Housing and Urban Development.

06-01: Authorizes SPIPA to submit and administer, with the Office of Violence Against Women Rural Domestic Violence and Child Victimization, enforcement grants for up to \$900,000.

Janita Johnson



Diabetes Prevention CHR

Hello, I am Janita Johnson your Diabetes Prevention CHR and I am very excited to be part of the fight against Diabetes. I am an enrolled Tribal member and live here on the reservation with my family, My Husband Cleveland, Daughters Tae'lor (7) and Tenaya (9) and my son Cleveland Jr. (2). We are looking for Native Americans to participate in a 16 week Lifestyle Balance program to delay or prevent Diabetes. If you are interested come visit me in my office across from the clinic.

Walter Lorentz



TANF Case Aide

Hello everybody! A couple of you might know who I am, to the majority who don't, my name is Walter Lorentz, and I've been hired on to help with the Squaxin Island TANF Program as a Case Aid.

It's far from being a seasonal Aqua-man. Nevertheless, I love taking on a task that allows me to contribute something back to our community and give a cousin or two a hand when in need.

I live in Lacey and have a wonderful family that consists of my best friend, Mandy; my two boys, Dakota (11) and Austin (9); and my little girl, McKenzie (5).

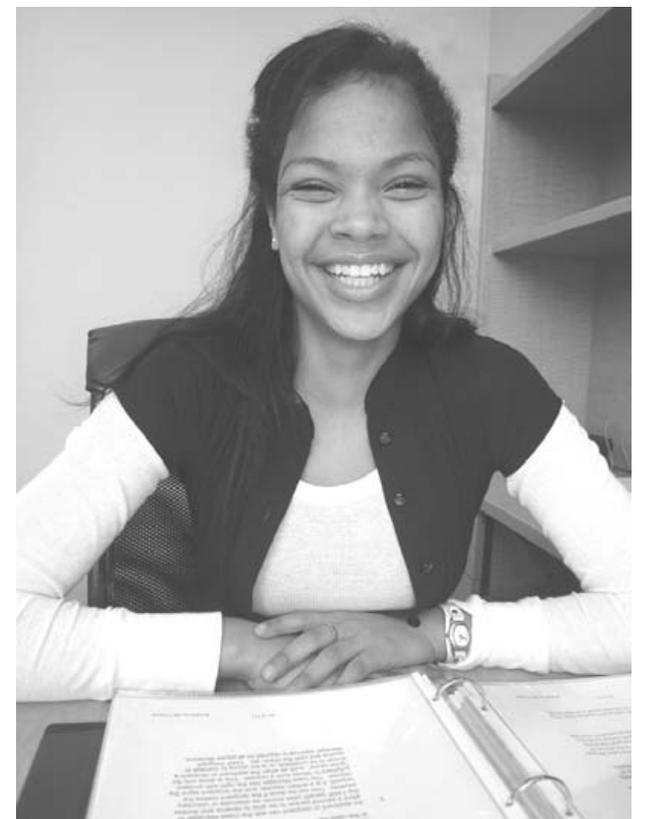
I enjoy the outdoors (fishing, digging and diving) as well as just soaking up the weather that's offered that day.

I'm excited about the opportunity to work for the Tribe (finally!) and most important - all of you!

So thank you, and I hope to see you all around!



Patricia Green



Receptionist/Case Aide Trainee

Hello! My name is Patricia Green. I am a Squaxin Island tribal member, the daughter of Donna Penn, and the sister of Raven Thomas, Tamika Green and Morningstar Green. I am currently working up at S.P.I.P.A as the Receptionist/Case Aide Trainee for Squaxin Island TANF. I would love to thank Patti Puhn, June Krise and Rose Blueback for hiring me. I feel that this position will allow me to achieve my goals and get my ducks back in order. I would also like to take this time to invite all tribal and non-tribal members up to drum group, which we hold up at the Museum every Wednesday @ 6:00 p.m. It feels great to be back in the community! Feel free to stop by and say hi.



COMMUNITY



Happy Birthday

Harry Johns	2/1	Russ Addison	2/12	Annie Kuntz	2/21
Winter Perez	2/1	Che-Vonne Obi	2/12	Timothy Linn, Jr.	2/21
Donald Briggs	2/3	Rusty Cooper	2/13	Kristopher Peters	2/21
Mistifawn Martinez	2/3	Ramona Mosier	2/13	Steven R. Peters	2/21
Lydia Algea	2/4	Michael Furtado	2/14	Jordan Sweitzer	2/21
James Cooper	2/4	Alicia Boyette	2/15	Kim Allen	2/22
Lareciana Broussard-James	2/4	Sonja Clementson	2/15	Barbara Henry	2/23
Ronald Dailey	2/4	Sean Jones	2/15	Joshua Melton	2/23
Kalea Johns	2/4	Jennifer Kenyon	2/16	Marvin Newell	2/23
Larry Bradley	2/4	Justine Vandervort	2/16	Lydia Parrott	2/23
John Briggs	2/5	Clayton Bethea	2/17	Delwin C. Johns	2/24
Shannon Cooper	2/5	Crystal McCulloch	2/17	Jonathon Joseph Fry	2/25
Stephanie Gott	2/6	Michael Scott Kenyon	2/17	Maralee Hopkins	2/25
Ruth Lopeman	2/7	Derrick Wiley	2/17	Zachariah Mirka	2/25
Michael Mosier	2/7	Antone Hidalgo-Hawks	2/17	Mary Whitener	2/25
John Tobin	2/7	Steven Peters	2/18	Katrina Story	2/26
Barbara Knudsen	2/8	Kimberly Burrow	2/18	Samual J. Penn	2/26
Justin Lopeman-Dobson	2/8	Haley Peters	2/18	Cameron Henry	2/27
Michael Henderson	2/9	Rachel Ford	2/19	Alex Larios	2/27
Stefanie Kenyon	2/9	Benjamin Parker	2/19	Juana Nelson	2/27
Brent Snipper	2/11	Katalina Lewis	2/19	Katherine Ackerman	2/28
Alei Henderson	2/11	Robert Whitener, Jr.	2/19	Mishell Miller	2/29
Hunter Merriman	2/11	Cheryl Monger	2/20		
Mari Stone	2/11	Sallee Elam	2/21		

What's Happening

			1	2	3	4
				Brief Walk After Lunch	AA Meeting 7:30	Bible Book Club 10:30 Mary Johns Room Food/Transportation
5	6	Court	8	Council Mtg.	10	11
	Church 7:30		Drum practice 6:00 p.m., MLRC	Brief Walk After Lunch	AA Meeting 7:30	Bible Book Club 10:30 Mary Johns Room Food/Transportation
12	13	14	15	16	17	18
		Church 7:30	Drum practice 6:00 p.m., MLRC	Brief Walk After Lunch	AA Meeting 7:30	Bible Book Club 10:30 Mary Johns Room Food/Transportation
19	20	Court	22	Council Mtg.	24	25
		Church 7:30	Drum practice 6:00 p.m., MLRC	Brief Walk After Lunch	AA Meeting 7:30	Bible Book Club 10:30 Mary Johns Room Food/Transportation
26	27	28	February 7th - family court February 21st - criminal/civil court			
		Church 7:30				

"Happy Birthday Gramma" Barbara Anne Henry, February 23



Happy Birthday Mom! We ALL Love Ya!





Life is Good

Submitted by Lori Hoskins -

This is the beginning of a new day.

I can waste it or use it for good.

What I do today is important because I'm

Exchanging a day of my life for it.

When tomorrow comes,

This day will be gone forever.

Leaving in it's place

Something that I have traded for it.

I want it to be gain, not loss; good, not evil.;

Success, not failure,

In order that I shall not regret

The price I paid for today.

**Happy 13th Birthday Winter Raven
Love,
Dad, Gramma Lizzie, Aunties,
Uncles and All Your Cousins**

**Happy Belated Birthday
Margaret Seymour-Henry
From the Seymour Family**

**Happy Birthday Michael James,
Love,
Dad, Gramma Lizzie, Aunties,
Uncles and All Your Cousins**

**Happy Birthday to Our Brother-In-Law
(up in Auburn - you know who you are)
From Your Family
Down Here at Squaxin Island**

**Happy Belated Birthday Meloney
From the Seymour Family**

**Happy Belated Birthday Gramma Leah
Love,
Your Granddaughters**



Happy Birthday

Mom/Grandma Ramona Mosier

On your birthday we wish you much pleasure and joy;

We hope all your wishes come true.

May each hour and minute be filled with delight,

And your birthday be perfect for you!

Lots-A-Love

Your Family

Email Etiquette

Do you really know how to forward emails? 50% of us do, 50% DO NOT.

Do you wonder why you get viruses or junk mail? Do you hate it? Every time you forward an email there is information left over from the people who got the message before you, namely their email addresses and names. As the messages get forwarded along, the list of addresses builds, and builds, and builds, and all it takes is for some poor sap to get a virus, and his or her computer can send that virus to every email address that has come across his computer. Or, someone can take all of those addresses and sell them or send junk mail to them in the hopes that you will go to the site and he will make five cents for each hit. That's right, all of that inconvenience over a nickel! How do you stop it? Well, there are four easy steps:

(1) When you forward an email, DELETE all of the other addresses that appear in the body of the message (at the top). That's right, DELETE them. High light them and delete them, backspace them, cut them, whatever it is you know how to do. It only takes a second. **You MUST click the "Forward" button first and then you will have full editing capabilities against the body and headers of the message.** If you don't click on "Forward" first, you won't be able to edit the message at all.

(2) Whenever you send an email to more than one person, do NOT use the *To:* or *CC:* columns for adding email address. Always use the *BCC:* (blind carbon copy) column for listing the email addresses. This is the way that people you send to only see their own email address. If you don't see your *BCC:* option click where it says *To:* and your address list will appear. Highlight the address and choose *BCC:* and that's it, it's that easy. When you send to *BCC:* your message will automatically say "Undisclosed Recipients in the *To:* field of the people who receive it.

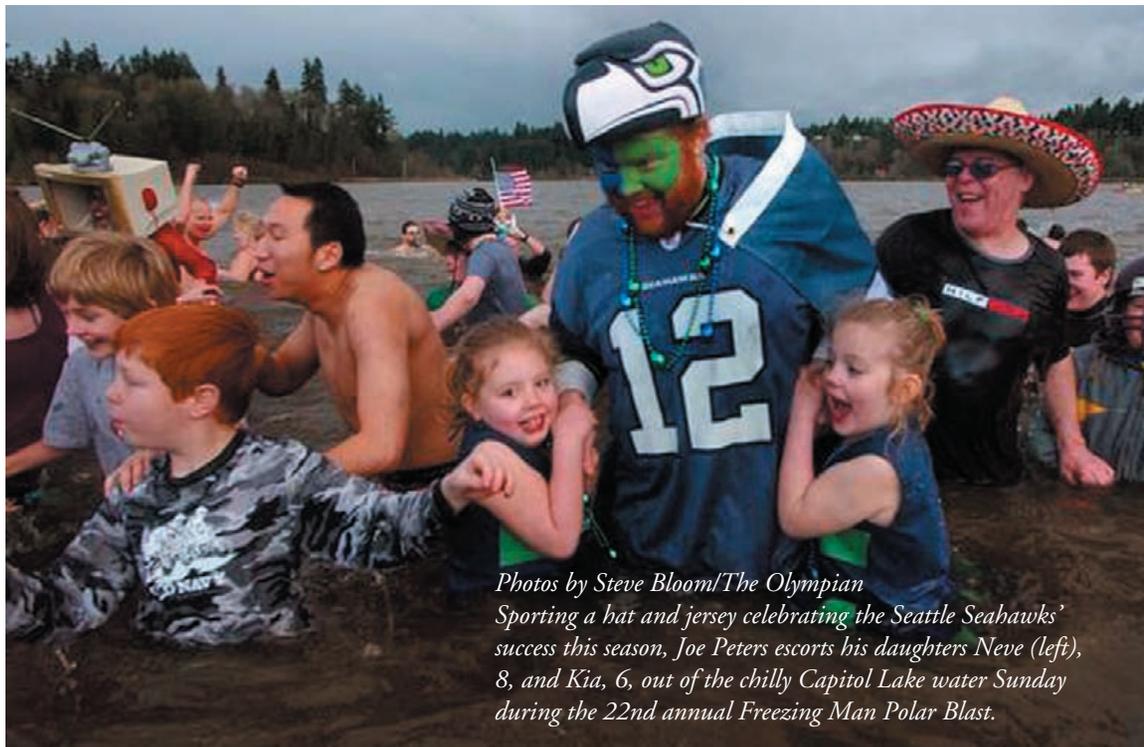
(3) Remove any *FW:* in the subject line. You can re-name the subject if you wish or even fix spelling.

(4) ALWAYS hit your *FW* button from the actual email your reading. Ever get those emails that you have to open 10 pages to read the one page with the information on it? By Forwarding from the actual page you wish someone to view, you stop them from having to open many emails just to see what you sent.

Have you ever gotten an email that is a petition? It states a position and asks you to add your name and address and to forward it to 10 or 15 people or your entire address book. The email can be forwarded on and on and can collect thousands of names and email addresses. A FACT: The completed petition is actually worth a couple of bucks to a professional spammer because of the wealth of valid names and email addresses contained therein. If you want to support the petition, send it as your own personal letter to the intended recipient. Your position may carry more weight as a personal letter than a laundry list of names and email address on a petition.

So please, in the future, let's stop the junk mail and the viruses.

121 swimmers shiver through annual winter dip Polar Blast makes chilly start for participants' new year



Photos by Steve Bloom/The Olympian
Sporting a hat and jersey celebrating the Seattle Seahawks' success this season, Joe Peters escorts his daughters Neve (left), 8, and Kia, 6, out of the chilly Capitol Lake water Sunday during the 22nd annual Freezing Man Polar Blast.

Christian Hill, The Olympian - The weather outside was frightful, and the water didn't offer any relief for participants in the annual Freezing Man Polar Blast on New Year's Day.



The 121 registered swimmers braved cold temperatures and gusty winds, only to willingly jump into the chilly waters of Capitol Lake in what is a community tradition and perennial kick-off to the new year for hardy souls. The rain held off until after the event, ensuring the participants' first day of 2006 wasn't all wet. "It was a great year, considering the weather," said Dave Sederberg, founder of the event's sponsor, the Olympia Polar Bear Club. "We kept it simple this year, and we still had average turnout." Participants dressed as Vikings, grooms and prom queens bolted into the water, ironically, to the sound of "Ring of Fire" by Johnny Cash. "I fell into a burning ring of fire. I went down, down, down, and the flames went higher," the song goes. At 48 degrees — 2 degrees warmer than the air temperature — the water was on the warm side compared with previous years.

The warmest water temperature in the 22-year history of the event was 52 degrees in 1994 and 1996; the record low was 34 degrees in 2004. But the water this year was plenty cold for the swimmers. Most didn't last more than a minute in the water. "We ran in the water, and we ran right out," said a shivering Khanh Doan, 22, a college student visiting from Seattle. "It's kind of a fun tradition to get out of the house and participate in a community event like this," said Mario Lopez, 34, a telecommunications worker from Lacey who dressed for the occasion in shorts and a Hawaiian shirt. His 7-year-old son, Julian, was his willing partner; his 4-year-old son, Tavian, was less exuberant about his participation.



**Go Seahawks
NFC Champions!!!**



Pictured at the NFC Championship game are Michael Peters, Jr., Chris Peters, Michael Peters and Joe Peters (top) and Jim Peters (below), faithful fans till the end!

